

A close-up photograph of a brown sloth hanging upside down from a thick, dark brown tree branch. The sloth's long, shaggy fur is a mix of brown and tan. Its face is the central focus, showing its dark eyes, a black nose, and a small, pinkish-red mouth. The background is a soft-focus green forest with various tropical plants and leaves.

Arenal & Manuel Antonio Park

Costa Rica  
Wildlife Walking Adventure

CLASSIC JOURNEYS  
THE WORLD'S FINEST WALKING TOURS



## DAILY ITINERARY

Costa Rica: Arenal & Manuel Antonio Park | Wildlife Walking Adventure



“Classic Journeys provides unbeatable access to experiences around the globe.”

—Travel + Leisure

### The Perfect Blend of Adventure & Nature

You expect paradise to be beautiful. But who knew it was so much fun? Costa Rica blends adventure and nature like nowhere else. A quarter of the country is protected paradise for everything from anteaters to orchids. The best part is how easy and exciting it is. You don't just look at the cloud forest canopy. You stroll through it on suspended bridges or glide through on a zipline. You can high-five a monkey from a kayak or slalom down a colorful tropical jungle river by raft. And you'll explore with expert naturalists who make sure you spot the best fauna and flora. You'll meet the native ticos, too, and learn about local life. The trip features stays at the foot of Arenal Volcano and in Manuel Antonio Park, and all activities are included at no extra cost. Because Costa Rica is temperate and close to the U.S., you can join us in almost any season—and it's a great spur-of-the-moment getaway.

## DAY 1

**SAN JOSÉ / ARENAL**

- Sip on acclaimed brew at an organic coffee plantation
- Explore a tropical canyon before soaking in naturally heated springs
- Stroll in clouds of butterflies and hummingbirds at an observatory

Upon meeting in San José, your morning starts out with the freshest cup of coffee you've ever had. Costa Rica grows some of the world's best coffee in the volcanic soil of the central valley and you'll get an unforgettable look at the surprisingly complex process of growing, harvesting and preparing the beans. Visit with friends on their coffee plantation where they'll show you every step from the raw coffee "cherries" right through drying, roasting and, of course, tasting their brew. It's a great chance to see and learn about this distinctive agricultural tradition.

After, you'll head into the forest at La Paz where five waterfalls leapfrog down a scenic tropical canyon. Your guide leads you up the path with viewing platforms so close to the action that you can reach out and touch the cascading water. You'll also get an incredible feel for Costa Rica's teeming ecosystem in a butterfly observatory, a breeding ground for more than 25 species. A cloud of up to 4,000 butterflies surrounds you – an amazing sight, matched only by the constant zip and buzz of the hummingbird garden where you can hold out a hand to feed the 26 species of the jewel-like birds. A fantastic photo op!

Then you're off to your hotel perfectly positioned at the foot of Arenal Volcano. It's a near perfect cone – and it's been dormant for many years now. So you can enjoy the scenic setting and one of the happiest side effects of volcanic activity: the hot springs that bubble to the surface all over this region. You'll make time for a steamy soak in the late afternoon. There's no better way to relax and recharge before your dinner of fresh local specialties.

**Overnight:** Arenal

**Meals:** L, D

## DAY 2

**ARENAL VOLCANO**

- Walk on the scenic slopes of Arenal Volcano
- Follow your naturalist guide through tree tops on hanging bridges or zip line

Situated near the volcano, you can just imagine the stunning views you'll have over breakfast. As big as the volcano looks from your window, it still doesn't begin to prepare you for the awesome scale when you step onto its lower slopes. That's where you're headed – for a close-up look at the lava flows that gushed out of the caldera during the eruption in 1968. It's a fantastic walk that allows you to stand on the lava flows where they froze at the end of the eruption. You can see the difference between the forest that was untouched and the area that was devastated by the volcano and is being recolonized by nature.

You've probably read that most life in an old-growth tropical forest happens in the canopy far above trails on the ground. So you are headed up there this afternoon, high into the lush and lively environment at the top. You'll have two options for how to experience it all. Strap on a helmet and zing through the treetops on a thrilling (and safe) zip line that slices through the canopy. Or join a naturalist guide for a walk on the hanging bridges that zag among the giant trees. With 2,500 plant species, 300 types of orchids, 200 kinds of ferns, monkeys and more, there's plenty to see. There is no extra cost for either option, so you get to decide which style suits you best. Either way, you'll get an unforgettable firsthand look at a world so dense and full of life that it's hard to imagine. THIS is why you came to Costa Rica!

**Overnight:** Arenal

**Meals:** B, D

## DAY 3

**TARCOLES ESTUARY**

- Visit with the kids at a local village school
- Spot crocodiles from a boat on a jungle river safari

Ticos, the native Costa Ricans, are great people and throughout the trip, you'll never miss a chance to meet and interact with them. But this morning you'll get the special opportunity to stop at a local village school, and because you are traveling in a small group, the school welcomes the interactive visit. You'll meet the kids and teachers, and get a very hospitable look at local life.

Then you'll make the huge leap from smiling children to the gaping jaws of crocodiles. You'll board a boat on the Tarcoles River and drift through its estuary in search of the crocodiles that have barely changed in 200,000,000 years. Your guides will

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point them out —not to mention the scarlet macaws, kingfishers, vireos, hawks and many other birds that make this one of the world's best bird-watching locales.

And just when it seems like nature couldn't be any more spectacular, you arrive at Manuel Antonio Park to settle into your well-sited hotel for the next three nights. Overlooking the Pacific, this park is the country's crown jewel, from its cloud forests to its coral reefs. You'll soon explore all that this incredible park has to offer, but for now, take in the sunset views over the scenic Costa Rican coastline.

**Overnight:** Manuel Antonio Park

**Meals:** B, L

### DAY 4

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#### SAVEGRE RIVER

- **Whitewater raft on a jungle river...or paddle through the mangroves at the edge of the Pacific**
- **Shop in the village of Quepos...or enjoy leisurely beach or pool time**

Today is the first of two days immersed in the terrific wildlife in Manuel Antonio Park – and you begin before breakfast without even leaving your room! The hotel sits on the slope of a mountain so that you feel like you're in a tree fort. At home outside your windows are your neighbors, capuchin and howler monkeys.

After you fuel up at breakfast, the day is yours to experience Costa Rica from the water in either of two fun ways. For an adrenaline rush, join us for whitewater rafting on a river that gushes through the jungle. We provide expert guides, as well as all the rafting and safety equipment. The rapids range from Class II through IV. It's a wild, wet ride with beautiful vistas and incredible wildlife viewing, and you pull onto shore for a delicious snack along the way.

Prefer quieter water? Team up with your naturalist guide to paddle through the mangrove trees in a scenic tidal estuary. You can slip into a 1- or 2-person kayak or propelled aboard a flat-bottom fishing boat. Either way, the monkeys that live in the trees come up to you and there is a chance of spotting anteaters, egrets and basiliscus lizards—the velociraptors of Jurassic Park. Later, you can decide to spend the rest of the afternoon visiting the village of Quepos to do some shopping or soak up more of the mild Costa Rican climate down on the beach or at the pool.

**Overnight:** Manuel Antonio Park

**Meals:** B, L

### DAY 5

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#### MANUEL ANTONIO PARK

- **Join expertly-guided walks along exciting jungle trails**
- **Swim or sunbathe during your afternoon of free time**

Today you'll be engrossed in the flora and fauna that makes Costa Rica's National Parks so unique. A country that has always valued eco-tourism, you'll see first hand the conservation efforts that allow Manuel Antonio Park to thrive since it opened in the early 1970s. The lush park is a very manageable size (only 1,685 acres), which makes it easy to explore. Your naturalist guides are so much fun to be with. They know the footpaths and how to spot animals and the stories behind the plants you'll see. Thanks to them, it's likely to come across shy squirrel monkeys, sloths, toucans, coatis and white-faced monkeys – lots of things you'd never see on your own. The scenery is amazing, too. Your walks include Cathedral Point, where you can see out to Mogote Island, the site of pre-Columbian native burials. Take in the scenery and notice how terrain changes from lush forest to the mangrove swamps, marshland and lagoons at the edge of the Pacific Ocean.

Speaking of the ocean, Manuel Antonio is famous for its three horseshoe shaped beaches. The sand is a perfect base of operations for an afternoon of swimming or just relaxing on the beach. If you prefer lounging by the hotel pool, which is surrounded by forest, you can hear the wild sounds around you while enjoying pura vida.

**Overnight:** Manuel Antonio Park

**Meals:** B, D

### DAY 6

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#### SAN JOSÉ VALLEY

- **Enjoy the morning at your leisure**



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### • Return to San Jose for flights home or continue to Tortuguero on a post-tour extension

Enjoy the morning at your leisure, lingering over breakfast while sharing stories and photos of your Costa Rican adventures. Afterward, you'll return to San José in time for mid-afternoon flights back to the U.S. If you are continuing on the post-tour Tortuguero extension, you'll spend the night in San José and head for the Caribbean side of Costa Rica in the morning.

**Meals:** B



## Tour Hotels



### **Tabacon Grand Spa Thermal Resort**

This multi-award winning 5-star luxury resort is located at the base of Arenal Volcano. The property boasts its own thermal springs, heated by the volcano. Rooms are beautifully appointed with handicrafts and furnishings made by Costa Rican artisans.

**OVERNIGHT:** Arenal | **NIGHTS:** 2



### **Parador Resort & Spa**

Located on the most desirable promontory in Manuel Antonio Park, the resort has private beach access, plus incredible views of the Pacific and the rainforest. Relax on the beach, go for a dip in the swimming pools, or enjoy the hotel's fine spa.

**OVERNIGHT:** Quepos | **NIGHTS:** 3

## Tour Dates & Prices

To see the full list of dates and prices for this tour, go to our website by clicking [here](#).

Want to travel with just your group on a date of your choosing? Visit [CLASSICJOURNEYS.COM/PRIVATE](https://www.classicjourneys.com/private) to learn more about Private Journeys.

## Trip Essentials

<b>TRIP LENGTH</b>	6 Days, 5 Nights
<b>START</b>	Lobby of Costa Rica Marriott Hacienda Belen, San José, Costa Rica
<b>END</b>	San José Airport, San José, Costa Rica
<b>TERRAIN</b>	Easy to moderate forest, beach and jungle trails. 2 to 3 hours of walking per day.

## What's Included

- Breakfasts, 3 lunches & 3 dinners
- Full-time experienced guide(s) who are with you throughout the trip and handle behind-the-scenes logistics
- Admissions to scheduled events as noted in the detailed daily itinerary
- Gratuities for hotels, meals, and baggage
- All land transportation during the trip

## Above & Beyond Benefits

- Invisible Check-In
- Privileged Access Events

**READY TO BOOK?**  
**CLICK TO MAKE A RESERVATION**

## Or give us a call

**1-800-200-3887**

Mon-Fri 8:00AM – 5:00PM PST  
[moreinfo@classicjourneys.com](mailto:moreinfo@classicjourneys.com)

### AMBASSADOR CLUB

As a Classic Journeys guest, you are invited to join the Ambassador Club after your first Classic Journeys tour. As a member, you'll have access to [a whole suite of Ambassador benefits](#) you can use immediately and as often as you like.

### ENJOY THE UNEXPECTED

When you travel with Classic Journeys, you can expect handcrafted surprises built into every trip, but some things just can't be anticipated. Unusual weather, a once-a-year festival or an unscheduled site closing will inspire us and your local guide to improvise and modify this itinerary. Likewise, the hotels named here are used on the majority of our trips, but occasionally one of them can't accommodate us. If that happens, you can count on us to let you know before departure and make sure you're in a hotel of equal or better quality. It's our goal to make your trip exceptional!

\*\*Any discount offered cannot be combined with other offers, and only applies to published (regularly scheduled public) departure dates in our catalogs or on our website.

# THE Classic Journeys Difference

## HANDCRAFTING TRIPS OF A LIFETIME.



At the end of the day, we fundamentally believe that every guest on every departure of every trip should have a trip of a lifetime. We're fortunate to play the role of well-connected friend, linking our guests with amazing guides, artisans, winemakers, hoteliers, restaurateurs, naturalists, and too many others to list here.

That's what motivates me and our team — in our La Jolla HQ and around the world — every day. Join Us!

*Samuel*  
President & Founder



## You can expect the highest standards:



### Luxurious Lodgings:

Ours include coveted properties that appear in "World's Best" and "Gold List" rankings.



### Included Activities:

You'll never be surprised with add-on fees on your activities that include snorkeling to cooking lessons.



### Local Guides:

Your guides are locals who are always at your side like well-connected friends.



### Small Group Travel:

With an average of just 10-12 guests, it's a small footprint that guarantees you access that's off-limits to larger groups.



### Amazing Cuisine:

From Michelin-starred restaurants to lunch in a farmhouse kitchen, you'll have a seat for the region's signature dishes.



### Unmatched Value:

"Excellent value" and "unbeatable access" are two of the reasons that Travel + Leisure has consistently voted us a World's Best Tour Operator.

## You'll enjoy these handcrafted travel experiences in Costa Rica...

- Waking up to the sounds of Capuchin monkeys during your 3-day lodge stay in Manuel Antonio Park
- Standing in a cloud of butterflies, then walking in the rainforest canopy and rafting on a free-flowing river
- Visiting with children at a local school
- Admiring the magnificent views of Arenal Volcano as seen from your private casita at your resort
- Having instant access to encyclopedic local guides like Kenneth - just try to find an orchid or bird that this friendly naturalist can't identify for you

"The visit to the school and to the organic farm were both extremely educational and enjoyable. The visit to the coffee plantation was also very well done."

-Christine O., Midland, MI.