

WILDLIFE WALKING ADVENTURE

Costa Rica

Arenal & Manuel Antonio Park

CLASSIC JOURNEYS

THE WORLD'S FINEST WALKING TOURS



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*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.

The Classic Journeys Difference

- ACTIVE HIKING & WALKING
- LOCAL WELL-CONNECTED GUIDES
- PREMIERE HOTELS
- FOODIE FOCUSED
- HANDCRAFTED TRIP DESIGN
- MORE IS INCLUDED

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

→ PRIVILEGED ACCESS EVENTS

One-of-a-kind access to remarkable people, places and activities arranged just for you.

→ INVISIBLE CHECK-IN

When your group arrives, we whisk you and your bags to your room immediately. No waiting – no tipping.

Terrain

Easy to moderate forest, beach and jungle trails. 2 to 3 hours of walking per day.

CLASSIC JOURNEYS ITINERARIES MAY BE SUBJECT TO SLIGHT CHANGES, HOTEL SUBSTITUTIONS, AND OTHER MODIFICATIONS.

DAY 1 »

San José / Arenal

You'll meet in San José and start your day off with the freshest cup of coffee you've ever tasted. You might have heard that Costa Rica grows some of the best coffee in the world because of the volcanic soil of the central valley. Today you'll get an up-close and unforgettable look at the surprisingly complex process of growing, harvesting and preparing the beans. Visit with our local 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 learn about this distinctive (and delicious) agricultural tradition.

After, head into the tropical forest with your naturalist guide for a colorful nature walk. Marvel as five waterfalls leapfrog down a scenic tropical canyon. And make your way 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 26 species of hummingbirds. Hold out a hand to feed the jewel-like birds.

Then you're off to your country hotel at the foot of Arenal Volcano, which is a near perfect cone – and has been dormant for many years now. 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. Make time for a steamy soak in the late afternoon. There's no better way to relax and recharge before your dinner of local specialties.

MEALS: L, D

OVERNIGHT: ARENAL

DAY 2 »

Arenal Volcano

Fortified from breakfast, your adventures begin in the forest canopy, far above trails on the ground. Head up 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 zip line that slices through the canopy. Or join your 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. You decide which style suits you best and we'll do all the rest. Either way, you'll get an unforgettable firsthand look at a world so dense and full of life that it's hard to imagine until you experience it firsthand.

This afternoon, you'll approach Arenal Volcano, and as big as the volcano looked from afar, it still doesn't begin to prepare you for the awesome scale when you step onto its lower slopes. Explore on foot at eye level for a close-up look at the lava flows that gushed out of the caldera during the last 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.

MEALS: B, L, D

OVERNIGHT: ARENAL

DAY 3 »

School Visit / 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. This morning you have the special treat of stopping at a small village school. Because our groups are small, the school welcomes our visit to meet the kids and teachers for 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 Tárcoles River and drift through its estuary in search of the crocodiles that have barely changed in 200,000,000 years. Your guides will point them out to you—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'll arrive at Manuel Antonio Park, your home for the next three nights. Overlooking the Pacific, this park is the country's crown jewel, from its cloud forests to its coral reefs. Your luxurious hotel sits on a promontory a few hundred feet above a crescent beach. You can decide if the more spectacular view is of the coastline...or of the rainforest that surrounds the property. Either way, your day ends with a remarkable sunset.

MEALS: B, L

OVERNIGHT: MANUEL ANTONIO PARK

DAY 4 »

Manuel Antonio Park

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 for you to explore with your naturalist guide. They know the footpaths, how to spot animals, and the stories behind the plants you'll see. Thanks to them, you're likely to come across shy squirrel monkeys, sloths, toucans, coatis and white-faced monkeys – lots of things that you'd never see on your own. The scenery is amazing, too. Your walk includes Cathedral Point, where you can see out to Mogote Island, the site of pre-Columbian native burials. Keep an eye out for how the 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 two horseshoe-shaped beaches. The sand is a perfect base of operations for an afternoon of swimming or just relaxing on the beach. You're welcome to head back to the hotel where the outdoor pool is surrounded by forest, and you can relax while listening to the wild sounds all around you.

MEALS: B

OVERNIGHT: MANUEL ANTONIO PARK

DAY 5 »

Savegre River

When you wake up in a resort hotel that sits on the slope of a mountain, it feels like you're in a tree fort. At home right outside your windows, the capuchin and howler monkeys are the most authentic alarm clocks. From the open-air dining room, you can even see iguanas, monkeys, and squirrels while you eat breakfast.

After you fuel up, 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'll 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.

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 let us propel you aboard a flat-bottom fishing boat. Either way, the monkeys that live in the trees come up to your craft and there is a chance of spotting anteaters, egrets and basiliscus lizards—the velociraptors of Jurassic Park.

Later, you can visit the village of Quepos and do some shopping. Or spend the rest of the afternoon soaking up more of the mild Costa Rica climate down on the beach or at the pool.

MEALS: B, D

OVERNIGHT: MANUEL ANTONIO PARK

DAY 6 »

San José Valley

Feel free to linger over breakfast and embody the pura vida lifestyle as you start the day. Later, you'll be transferred back to San José with time for mid-afternoon flights back to the U.S.

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.

NIGHTS: 2 nights



[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.

NIGHTS: 3 nights

Arrival & Departure

→ ARRIVAL DETAILS

START LOCATION: **Lobby of Costa Rica Marriott Hacienda**
START CITY: **San José**
START TIME: **9:00 AM**

→ DEPARTURE DETAILS

END LOCATION: **San José Airport**
END CITY: **San José**
END TIME: **12:00 PM**