

# Jungles & Volcanoes of Costa Rica x

**Trip style:** Worldwide holidays

**Destination:** 📍 Costa Rica

**Trip code:** CRA11-WHW10

**Grades:** 1, 2



## HOLIDAY OVERVIEW

Our Costa Rica holidays tick-off all the highlights of this ecologically rich wonderland. You'll experience the steamy jungles of the 20,000-acre Caño Negro Wildlife Refuge and sail down the Frío River searching for sloths and monkeys swinging from the trees. Head into the fog-shrouded landscapes of a Costa Rican cloud forest to spot rare tropical birds, and be wowed by walks along the lava fields and trails of Arenal Volcano National Park. Equally impressive is Rincón de la Vieja National Park where smoking craters and fumaroles hint at the massive geothermal forces at work below the earth. You'll even squeeze in time to relax on the paradise beaches of Guanacaste.

## WHAT YOU'LL LOVE

- Admiring Costa Rica's tropical birds including the rare quetzal
- Discovering the active Arenal and Rincón de la Vieja volcanoes
- Relaxing on a boat ride through Caño Negro Wildlife Refuge
- Tucking into a homecooked dinner with our local family hosts
- Visiting Santa Rosa National Park

## WHAT'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- Comfortable accommodation
- Half-board (breakfast and evening meal plus 8 lunches)
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

## TRIP SUITABILITY

This holiday offers a mix of sightseeing and a choice of walks. Easier walks range from 0.5 to 3 miles (1 to 5km) on undulating terrain; harder walks are 4 -5 miles (8km) with up to 1,291m of descent.

## ITINERARY

### Day 1: San José

We arrive in San José and transfer from the airport to our hotel, which is set in its own private botanical gardens. We are joined here by our without-flight guests and enjoy a welcome dinner. Minimum altitude 1,200m Maximum altitude 1,200m

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### Day 2: San Gerardo De Dota and the Quetzal Valley

If you wake early, why not visit the botanical garden to start your day, before we drive into the mountains to the area known as the Quetzal Valley where Costa Rica's rich birdlife thrives. With luck, we'll spot the valley's namesake bird, the resplendent quetzal. We'll stop for lunch at Mirador de Quetzales, then walk along the cloud forest trails in search of rare wildlife and flora. The evening's yours to enjoy before dinner back at the lodge. Minimum altitude 2,700m Maximum altitude 2,800m Distance: 3km

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### Day 3: Quetzal Valley and Reserva Savegre

You'll experience the cloud forest of Reserva Savegre today, taking the Los Robles trail to reach the viewpoint, then returning along La Quebrada trail with a boxed lunch included for our journey. You can spend the afternoon relaxing back at the hotel or if you want to explore further in your own time, why not complete one of the shorter trails such as Canto de la Aves or Los Pioneros. Minimum altitude 2,200m Maximum altitude 2,600m Distance: 7.8km total. Steep ascent at the start and over three hours' walking time

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### Day 4: Sarapiquí

We'll drive across mountainous areas including the Braulio Carrillo National Park to Costa Rica's Atlantic region and Sarapiquí. We'll visit an Organic Pineapple Farm, run by a local family to learn about pineapple cultivation and its importance for the local economy. The tour includes a tractor ride around the farm and an opportunity to taste their produce, including a pineapple cocktail. Once we arrive at the hotel, you'll have free time before dinner. Minimum altitude 100m Maximum altitude 100m Distance: 2km with multiple stops (two hours)

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### Day 5: Sarapiquí to Arenal

We'll head into the jungle to explore the tropical rainforest on Selva Verde's 500-acre private reserve with our expert naturalist guides. Then we'll travel to the Arenal Volcano area and La Fortuna to check in to our hotel and relax for the afternoon. Minimum altitude 100m Maximum altitude 100m Distance: between 3km and 5km. On the longer route, the last 200m has a steep incline

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### Day 6: Arenal Volcano

Explore the western side of the volcano on the Arenal 1968 trail named after the year it dramatically erupted. Hike the old lava flow trails and enjoy a picnic lunch, before a relaxing afternoon at our hotel. In the evening we'll drive to the neighbouring town of La Tigra where a local family will host us on a nocturnal rainforest nature walk followed by traditional homecooked meal. Minimum altitude 600m Maximum altitude 900m Distance: 3.2km (1.5 hours) or 5.3km

(2.5 hours) with an ascent of approximately 150m to a viewpoint La Tigra night walk minimum altitude 500m and maximum altitude 600m. Distance: 1 km

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### **Day 7:** Caño Negro Wildlife Refuge And Frío River

This morning, we'll head to Los Chiles to visit the Caño Negro Wildlife Refuge. A slow river boat ride will take us along the Frío River, a biologically diverse wetland conservation area where you're in with a chance of spotting monkeys, caimans, turtles, sloths, and butterflies. Our lunch is included today and later you'll have time to relax before dining out at a restaurant in La Fortuna.

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### **Day 8:** Rincón De La Vieja Volcano

We'll travel to Rincón de la Vieja Volcano in Guanacaste. Then we'll head to our hotel which will be our base for the next three nights.

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### **Day 9-10:** Rincón De La Vieja Volcano

Taking our packed lunch, today we'll hike through the Rincón de la Vieja National Park today, home to over 300 species of birds. We'll see part of the Colorado River and several active fumaroles of this geyser volcano. Minimum altitude 1,400m Maximum altitude 1,800m Distance: from 2.8km to 7.6km

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## **Hotel Bougainvillea, San José - Costa Rica**

Located just 10 minutes from downtown San José, the Hotel Bougainvillea is surrounded by large, beautiful tropical gardens – the ideal start to your holiday.

## **Trogon Lodge, San Gerardo de Dota**

Nestled in the cloud forest, surrounded by mountains and impressive oak trees, Trogon Lodge is the perfect spot to soak up the beauty of this magical landscape. You'll stay in comfortable rooms that are spread out amongst the gardens. (November 2023)

## **Mirador de Quetzales, San Gerardo de Dota**

The family-run Mirador de Quetzales dedicates itself to ecological tourism. Each of the individual bungalows is relatively basic, making the views over the untouched cloud forest the star of the show. The cloud forest gets very chilly at night so it's a good idea to bring some warm layers. (December 2023)

## **Paraiso del Quetzal Lodge, San Gerardo de Dota - Costa Rica**

You'll stay in individual cabins overlooking the surrounding mountains at the Paraíso Quetzal Lodge. There's traditional Costa Rican cuisine to enjoy here, too, all cooked on a firewood stove at the onsite restaurant Los Colibríes.

## **Selva Verde (Lodge), Sarapiquí - Costa Rica**

Selva Verde is an eco-lodge featuring 45 comfortable rooms built on platforms so you can truly appreciate the surroundings of the Sarapiquí River. There are two restaurants, a swimming pool, plus a suspension bridge over the river and several forest trails.

## **La Quinta de Sarapiquí Country Inn, Sarapiquí**

La Quinta offers airy, spacious rooms in bungalows surrounded by tropical gardens. Complete with a swimming pool, a selection of self-guided short trails, and three lakes to explore, there's plenty to keep you entertained. (November 2023)

## **Sarapiquis Rainforest Lodge, Sarapiquí**

Built on the site of a 15th century pre-Columbian village, the Sarapiquis Rainforest Lodge

has its own archaeological park with sweeping views from the restaurant terrace to the Sarapiquí River and rainforest below. (December 2023)

### **Magic Mountain Hotel, Arenal Volcano - Costa Rica**

Magic Mountain Hotel is encircled by lush, tropical greenery and the magnificent La Fortuna de San Carlos. It boasts swimming pools, a restaurant, and spa facilities. Superior Rooms have a balcony to take in views over the impressive Arenal Volcano.

### **Arenal Paraiso Resort & Spa Hotel, Arenal Volcano**

Every Superior Room features a large terrace with rocking chairs to take in the views of Arenal Volcano. Arenal Paraiso Resort has two onsite restaurants and 14 pools – 11 of which are mineral water pools springing from a natural underground river heated by geothermal energy. (November 2023)

### **Hotel Arenal Manoa, Arenal Volcano**

Our Junior Suites come with private terraces set amongst the tropical gardens, lawns, and pools of the Hotel Arenal Manoa. The hotel also offers two hot spring pools and a hot tub. (December 2023)

### **Borinquen Mountain Resort & Spa, Rincón de la Vieja**

Located in the foothills of the Rincon de la Vieja volcano in Guanacaste, Hotel Borinquen offers comfortable accommodation with a private deck or terrace. There's also the chance to relax in one of the hot spring-fed pools surrounded by mountain views. (November 2023)

### **Hacienda Guachipelín (Lodge), Rincón de la Vieja**

Located at the foot of the Rincón de la Vieja volcano, Hacienda Guachipelín offers the ideal setting to explore this fascinating region. Our Superior Rooms offer comfortable, down-to-earth accommodation set amongst the property's ancient tempisque and cedro amargo trees. (December 2023)

### **Bahia del Sol Hotel, Guanacaste beach**

Just a few steps from the tranquil waters of Potrero Bay is Hotel Bahía del Sol. It's surrounded by artistic gardens, centuries-old trees, an exquisite beach, and

spectacular sunsets. And with 35 comfortable and spacious rooms, it's a relaxing end to our Costa Rica adventure. (December 2023)

## Papagayo Golden Palms, Guanacaste

Set on a pristine stretch of sand along the Gulf of Papagayo, the boutique-style Papagayo Golden Palms tempts with an oceanfront pool, spa, open-air terraces, and beautifully-appointed guest rooms. (November 2023)

### Vaccinations & health information for Costa Rica

Before booking, you should check with your doctor to see if any health precautions are needed. The following websites provide a wealth of information on travelling and health: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk) Medical services are not free to visitors and health insurance is therefore a necessity. Vaccines: Hepatitis A, Typhoid & Tetanus vaccinations are recommended. Diphtheria, malaria and rabies prevention may be recommended too. Mosquitoes, chiggers and a little biting black fly can present a problem if you are allergic to bites. Ticks are present but no diseases are known to be spread by them. Most people are not bothered at all. A spray repellent with DEET is recommended. Malaria is present in Costa Rica, although more towards the south and Atlantic coast, away from the areas we will visit. We would urge you to consult your GP before you depart for up to date information. COVID-19 Many countries have lifted their COVID-19 restrictions but there are several with rules still in place. Please be aware that these restrictions can change frequently so you should consider packing a box of lateral flow tests and some FFP2 facemasks in case required. If you test positive on one of our holidays you may be asked to isolate and be unable to continue your holiday with the group. With this in mind, we recommend you have full COVID-19 insurance cover. If you test positive, please inform your HF Holidays Leader and the hotel management who will confirm any local restrictions and what to do next. We ask you to please check the FCDO website for the most up-to-date COVID-19 advice well in advance of travel.

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### Passport & Visa information for Costa Rica

Passports A full passport is required and must be valid for one day beyond the date of departure from Costa Rica. Visas British citizens with full right of residence in the UK do not require a visa for Costa Rica. Those who do not have British passports should check requirements with the embassies or consulates of Costa Rica.

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### Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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