

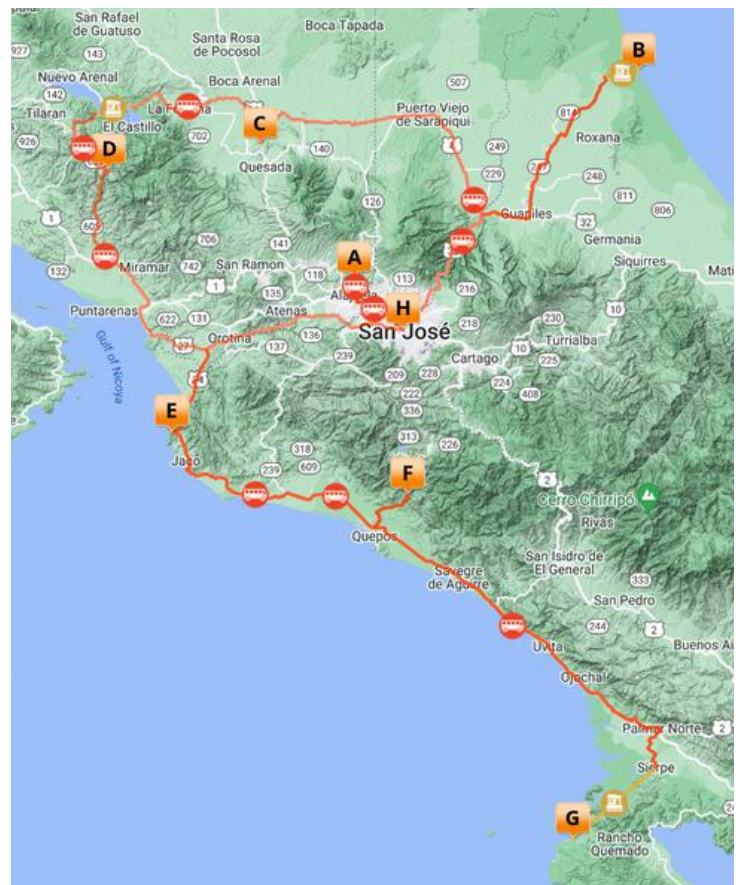
Costa Rica Fam Trip 2024

ITINERARY

16 – 26 June 2024

Trip Overview

A	16 June	Alajuela <i>1 night</i> <i>Hotel Grano de Oro</i>
B	17 June	Tortuguero National Park <i>2 nights</i> <i>Laguna Lodge Tortuguero</i>
C	19 June	Costa Rica <i>1 night</i> <i>Palo Alto Glamping</i>
D	20 June	Santa Elena <i>1 night</i> <i>Koora Hotel</i>
E	21 June	Jacó <i>1 night</i> <i>Villa Caletas</i>
F	22 June	Central Pacific Coast <i>1 night</i> <i>Santa Juana Lodge & Nature Reserve</i>
G	23 June	Drake Bay <i>2 nights</i> <i>Aguila de Osa</i>
H	25 June	San Jose <i>1 night</i> <i>Xandari Costa Rica</i>



Daily Itinerary

Day 1 | Alajuela

16 June

Your driver will meet you at the exit of the SJO International Airport! He will welcome you to our country and will drive you to your hotel for the first night in Costa Rica!

Accommodation:
 Hotel Grano de Oro



Day 2 | Tortuguero National Park

17 June

Today we have an early start, you will be picked up at 6am. Twenty minutes after leaving San José towards the Caribbean lowlands, you will drive into the Braulio Carrillo National Park, one of the largest and most diverse parks in the country. After approximately 30 minutes, you will descend into the lowlands, and you'll be able to see the transition between the Cloud and the Rain Forest.

Breakfast will be taken in a restaurant on the way. At mid-morning you'll arrive at the port where you'll get on a river boat. Today's destination is the north coast with its fascinating canals of the Tortuguero National Park, considered the Costa Rican Amazonia.

While telling you about this complex ecosystem your guide will bring you by boat up to this national park, and to the lodge where you will spend the night.



Included:

Transfer and meals

Accommodation:

Laguna Lodge Tortuguero (B&B)

Day 3 | Tortuguero National Park

18 June

A full day to explore the Tortuguero area awaits you. A floating trip on the canals is a great opportunity to see a big variety of birds, reptiles, monkeys, and butterflies.

You could hike to Tortuguero Hill for a spectacular view of the area if you are fit to climb a short but steep trail. Or you can just canoe on the canals to enhance your experience with the exuberant nature of the park.

During the afternoon you will visit the little town of Tortuguero and the museum of the green sea turtle, the world's second largest sea turtle, and the animal that makes this area so special. Tortuguero is the most important nesting site in the western hemisphere for the endangered green turtle. The area offers you miles of untouched Caribbean beaches that, apart from being beautiful and relaxing to explore, share with you plenty of opportunities to see (when in season) the actual nesting of the turtle.



Included:

Transfer and local guide

Accommodation:

Laguna Lodge Tortuguero (B&B)

Day 4 | Costa Rica

19 June

Early in the morning, a floating trip on the canals is a great opportunity to see a big variety of birds, reptiles, monkeys, and butterflies.

Then you depart through the canals, and rejoin your bus. Transfer to the northern plains: discover a glamping hotel, embedded in nature, and allowing you to disconnect from the chaotic world and reconnect with your inner self.

Enjoy an excursion to the stunning Finca Sura in Sarapiquí. Nestled in the idyllic La Virgen Sarapiquí, the farm is dedicated to improve the quality of the traditional crops in the area with simple, practical, organic and ecological methods. Crops growing in the area range from pineapples, aromatic peppers, beans, succulent cocoa, bananas, and exotic passionfruit. Visit the charming animals on site,



Included:
Transfer, guided tour

Accommodation:
Palo Alto Glamping (B&B)

Expert Tips: If you like eating healthy and organic, make sure you visit the Restaurant Organico Fortuna! They have lots of choices including vegetarian and gluten free menu options for breakfast, lunch and dinner. They support local products and focus on your health!

Day 5 | Santa Elena

20 June

You will visit the imposing Arenal Volcano National Park. The hike takes you around its base while you will be learning everything about the eruptions and the old lava flows, and you will see the transition of the rainforest growing in them. If you are lucky, you can see some rainforest animals too!

Then you will travel between La Fortuna and Monteverde by crossing the Arenal Lake. First by land, a vehicle will take you to the lake where you will board a boat for an approximately one hour ride across to Monteverde. This service is the fastest and a very scenic way to travel. You can admire the beautiful views of all of the mountains, sky and the colossal Arenal volcano itself on your way across the lake. When you reach the other side, you will be picked up and driven to your hotel in Monteverde. It is a transfer, but also an adventure!

Once you get to the 1440 meters above sea level mountain, on top of Costa Rica's continental divide, you will feel the much cooler weather of Monteverde and Santa Elena.



Included:
Transfer

Accommodation:
Koora Hotel (B&B)

The mountains are a popular destination for eco-tourism and adventure seekers, offering activities, such as zip lining, hiking and hanging bridges tours through the cloud forest. The town itself is small and charming, with a laid-back but lively atmosphere.

Enjoy a free afternoon to visit the shops, ice cream parlors, cheese factories, coffee houses or local micro breweries of Monteverde.



Expert Tips

It is recommended to bring insect repellent, sunblock, bottle of water (no plastic), towel and possibly raincoat for the afternoon hike.

Restaurant recommendations in Monteverde:

- **Tree House Restaurant & Café** – This cozy place serves a variety of quality food in a unique atmosphere and often hosts live bands to be enjoyed. In addition it is a locally owned business who focuses on sustainable work ethics.
- **Restaurante De Lucía** – One of the oldest restaurants in town, family owned and has a good atmosphere. On the menu you will find a variety of dishes; grilled meat and fish, pasta and fresh veggies, to name a few. Excellent prepared dishes.

Day 6 | Jacó

21 June

After a tasty breakfast you will have the day to enjoy the area, including the small and quaint town of Santa Elena, filled with tasty restaurants and folksy artisan shops. The nearby forest hosts a remarkable amount of biodiversity. A walk through a cloud forest in Monteverde reveals a lush garden of mosses, ferns, flowers and epiphytes growing thickly on every tree. Clouds drift in and settle among the slopes, providing the plants with the continuous moisture that they require. Dangling roots and vines sweep across the trails, while the sounds of birds and other creatures echo throughout the forest.

In the morning you will go on a canopy tour where you'll have an adrenaline rush swinging from platform to platform attached to a harness. This adventure let you slide on the longest and highest cables found in the area. Enjoy the panoramic views that can only be seen from high above.

In the afternoon the experience continues. You will get three tours in one, coffee, chocolate and sugar cane, at the Don Juan Coffee farm!



Included:
 Transportation & guide
 Zip lining activity

Accommodation:
 Villa Caletas (B&B)

The coffee tour, which begins with the wonderful history of coffee in the world, followed by its history in our country and importance in Costa Rica's development. During this part of the tour, we will get to see all the processes carried by coffee, from the seed to the delicious final product, the freshly steaming cup of coffee.

The second part of this tour is the famous chocolate tour, the perfect complement for coffee. You will learn about its contribution to rescuing the traditions and culture of our country.

The third part of the tour will be about sugar cane, where you'll learn about its history, plantations, different types of harvest, processing, obtainment of various products and you'll be able to live the experience of handcrafting sugar cane juice.

Day 7 | Central Pacific Coast

22 June

Carara National Park is a protected paradise, which boasts an abundance of easy hiking trails, making it a haven for nature enthusiasts and bird lovers alike.

Discover the diverse ecosystems of this 4700-hectare wonderland, including captivating marshlands, tranquil lagoons, and gallery forests. Keep an eye out for fascinating wildlife, including two-toed Sloths, Agoutis, Armadillos, Pacas, Great Anteaters, Crocodiles, Kinkajous, Tayras, Margay cats, Collared Peccaries, White-tailed Deers, and a variety of monkeys. And with over 400 bird species, birdwatchers will be in heaven.

In addition to its vibrant wildlife, Carara is famous for containing one of the highest diversities of trees in the world. Explore enthralling pre-Columbian archaeological sites dating back 2,000 years as you wander along its breathtaking trails.

Then you transfer: Santa Juana Lodge & Nature Reserve is located in Costa Rica and is 60 minutes away from Manuel Antonio National Park. The lodge offers comfortable handcrafted cabins that are tastefully furnished and feature a terrace that overlooks the National Park and coastline of Manuel Antonio.



Include:
Transfer

Accommodation:
Santa Juana Lodge & Nature
Reserve (B&B)

Day 8 | Drake Bay

23 June

Today you will see many different ecosystems as we arrive on Lowland Rainforest, and pass the Mangrove swamps of Sierpe before getting to the Pacific coastline. In Sierpe you board a boat that will finally take you to your next destination in Costa Rica, Drake Bay.



Include:
 Transfer

Accommodation:
 Aguila de Osa (B&B)

Day 9 | Drake Bay

24 June

Osa Península and Corcovado National Park is considered to be among the most biological intense areas in the world. If you like nature, your trip to Costa Rica must include Osa in the itinerary.

Sirena or San Pedrillo Stations are excellent spots to admire the huge biodiversity of Corcovado, and see animals like the tamandua, the tapir or the peccary. It is best when you go with a local guide, of course.

Caño Island is a gem of the South Pacific of Costa Rica! Not only do the waters surrounding this island contain some of the most abundant and varied marine life in the world (sea diving), but the island also possesses several pre-Colombian archeological artifacts. Caño Island is believed to have once been a pirate hideout and some go as far as to claim that the island was the inspiration for Robert Stevenson's Treasure Island. The journey to the island will give you the opportunity to see dolphins, sometimes whales, sea turtles, rays and other animals! You will go with a local guide, from the only tour operator owned and managed by locals.



Included:
 Guided Tour to Corcovado
 National Park with lunch

Accommodation:
 Aguila de Osa (B&B)

Day 9 | Alajuela

25 June

As you start returning to San José, you will visit the Sierpe Mangrove, either on boat (recommended to move faster and cover more area) or kayak.

Nationally designated as a Forest Reserve in 1977 and registered as a Wetlands International RAMSAR site in 1995, the Sierpe Terraba Mangroves National Wetlands are located near the Osa Peninsula approximately 45 minutes south of Uvita – Bahia Ballena and encompass 30,654 ha. The wetland reserve is a bird and nature tour attraction and host an important habitat of many species of birds, fish, shellfish, mammals and reptiles.

Return to the Central Valley for your last night in Costa Rica!



Accommodation:
Xandari Costa Rica

Day 11 | San Jose

26 June

Transfer OUT to SJO international airport to catch your flight back home.

Accommodation

Hotel Grano de Oro | San Jose

16-17 June | 1 night

Meal: Breakfast

Room type: Double

In Costa Rica, the term “Grano de Oro” is used to refer to the coffee bean, their “Grain of Gold”. The founders of this boutique hotel fell in love with the idea that such a small fruit could be so valuable.

Hotel Grano de Oro was started by a Canadian couple who frequented Costa Rica for vacation. They loved the natural beauty of the country and the people, and in particular the metropolitan city of San Jose. They found that San José was lacking an upscale boutique-style hotel, offering a unique, personalized service – in other words a “Grain of Gold”. With this in mind, the search for the perfect house to be renovated began.

The original tropical Victorian home, which is now known as the Grano de Oro, was a private family residence belonging to the Pozuelo family, built at the turn of the 20th century.

The Hotel Grano de Oro opened its doors in December of 1991, with 21 guest rooms, a gift shop and a modest café. Quickly gaining recognition from local and international agencies for its unique personality and great service, the hotel became a landmark within the city.



Laguna Lodge Tortoguero

17-19 June | 2 nights

Meal: Breakfast

Room type: Standard Lodge

Laguna is an eco-touristic lodge, located in Tortoguero in the northern Caribbean of Costa Rica. The area has amazing rivers, lakes and wetlands that shelter a lush jungle of primary forests and exotic plants.

The lodge is built on a narrow strip of land, 650 feet wide, between Tortoguero’s main lagoon and the Caribbean Sea. Its rooms, reception, restaurant, bar and swimming pools are distributed amidst six acres of wonderful gardens with amazing views of the lagoon and direct access to the beach.

Since 1990 Laguna Lodge has been growing to become the leading hotel in the area for its infrastructure, friendly staff and its concern for nature and the community.



PROPERTY FACILITIES

24-hour Security, Bar, Conference Centre, Disability Services, Eco Friendly, Internet Access (Complimentary), Laundry Service (Available), Mobile Connectivity, Pool, Restaurant

ROOM FACILITIES

Balcony / Deck, Electrical Outlets, Fan, Hair Dryer, Laundry Facilities, Shower, Tea / Coffee, Wheelchair Friendly

Palo Alto Glamping | Costa Rica *19-20 June | 1 night*

Meal: Breakfast **Room type: Double Room**

A luxury refuge in the heart of nature awaits your arrival.

At our glamping hotel, we believe in forging a deep connection with the Earth, allowing you to disconnect from the chaotic world and reconnect with your inner self. Our glamping experience is a perfect blend of luxury and nature, inviting you to immerse yourself in the sights, sounds, and sensations of the wild while relishing in the comforts of our well-appointed tents. Come and be enchanted by the enchanting magic of nature in a glamping setting that will truly take your breath away.

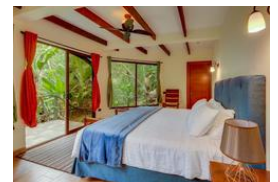


Koora Hotel | Santa Elena *20-21 June | 1 night*

Meal: Breakfast **Room type: Double Room**

Koora Hotel boasts an idyllic location overlooking the mighty Gulf of Nicoya, amidst Costa Rica's flourishing green landscapes. It rests within easy reach of the magical Aguti Wildlife Reserve and the bustling centre of Monteverde.

The hotel offers welcoming accommodation types to suit the needs and comfort levels of all travellers. Guests have the choice between suites and bungalows, all of which feature bright interiors and are equipped with the modern amenities needed to ensure a comfortable stay, as well as includes a delicious breakfast each morning. Facilities include a coffee shop, restaurant and bar, while services include Wi-Fi and a tour desk.



Villa Caletas | Jaco

21-22 June | 1 night

Meal: Breakfast

Room type: Quetzal

Villa Caletas is set upon a hilltop in the Central Pacific coast of Puntarenas, Costa Rica with views of coastline and the tropical rain forests.

The rooms are equipped with a private bathroom, Wi-Fi, TV, coffee maker, mini bar, hairdryer and safe. For guests enjoyment there are restaurants and bars, infinity swimming pool, boutique, spa, fitness centre, tour centre and a private beach.

For daily activities, guests can take a walk through the rain forest trail or spend a day swimming at the beach.



PROPERTY FACILITIES

24-hour Security, Activity Desk, Bar, Eco Friendly, Gym, Gym (nearby), Internet Access (Complimentary), Internet Access (Paid), Pool, Restaurant, Secure Parking, Spa, TV Room

ROOM FACILITIES

Air Conditioning, Fan, Hair Dryer, Internet Access (Complimentary), Laundry Facilities, Lounge Area, Private Pool / Jacuzzi, Safe, Satellite / Cable Television, Shower, Tea / Coffee, Television

Santa Juana Lodge & Nature Reserve | Central Pacific Coast

22-23 June | 1 night

Meal: Breakfast

Room type: Double Room

Santa Juana Lodge & Nature Reserve is located in Costa Rica and is 60 minutes away from Manuel Antonio National Park. The lodge offers comfortable handcrafted cabins that are tastefully furnished and feature a terrace that overlooks the National Park and coastline of Manuel Antonio. Amenities include a well-equipped kitchenette, cosy couches, a television and a private bathroom. The property also offers nature trails, pristine waterfalls to swim in, and traditional Campesino meals prepared by the villagers of Santa Juana.



Aguila de Osa | Drake Bay

23-35 June | 2 nights

Meal: Breakfast

Room type: Double

Nestled amidst the jungle-covered hillsides overlooking the tranquil waters of Drake Bay, Aguila de Osa is an exquisite rainforest and marine adventure hotel where visitors can experience life right on the edge of the Osa. Accommodation is offered in beautifully appointed rooms equipped with ceiling fans, coffee makers with complimentary coffee, fridges, mini-bars with snacks, and telephones with free local and international calls. The bathrooms are spacious and equipped with showers, hairdryers, and complimentary bathroom amenities. Wi-Fi is free in the rooms and throughout the hotel.



Gourmet dining and an extensive breakfast menu are offered in the Great Room, the hotel's open-air restaurant which is situated over the river and offers dramatic ocean views. A wide variety of inclusive packages, tours, and excursions are offered by the hotel. These include jungle treks, fishing, scuba diving, snorkelling, bird watching, hiking, beach trips, river kayaking, mangrove estuary tours, and more.

Xandari Costa Rica | Alajuela

25-26 June | 1 night

Meal: Breakfast

Room type: Villa

Xandari Costa Rica is nestled on a 40-acre plantation, surrounded by lush gardens, and with terraces offering spectacular views of Costa Rica's majestic Central Valley. Accommodation includes 24 villas categorised as prima villas, prima plus villas, ultra villas, ultra plus villas and star villas.



The on-site restaurant features a variety of healthy choices, from Costa Rican specialities to Californian and Mediterranean cuisines. The resort is a natural oasis with trails, exotic gardens, waterfalls, three lap pools, two poolside Jacuzzis, and five private spa Jacuzzis with panoramic views.

PROPERTY FACILITIES

Bar, Eco Friendly, Mobile Connectivity, Pool, Restaurant, Secure Parking, Spa

ROOM FACILITIES

Air Conditioning, Balcony / Deck, Bath, Hair Dryer, Internet, Satellite / Cable Television, Tea / Coffee