



## Costa Rica

Nature Adventure



# PIONEER EXPEDITIONS



**DO SOMETHING EXTRAORDINARY...**

## ITINERARY

**Costa Rica • Nature Adventure**

**10 DAYS • 9 NIGHTS**

**San José – Tortuguero National Park – Mawamba Park –  
Tortuguero – Sarapiquí – Arenal – Monteverde**

**Optional: Beach Extension at Quizales**

## HIGHLIGHTS

- Visit one of most biologically intense places on earth
- Raft the picturesque Saraquipi River
- See the vast array of birds in the beautiful Monteverde Cloud Forest
- Escape as you walk over the hanging bridges in Arenal
- Relax at the Tango Mar Resort on Quizales Beach

## TOUR ESSENTIALS

Tour Style	Nature Expedition
Tour Start	San José
Tour End	San José
Accommodation	Lodge & Hotel
Included Meals	9 Breakfasts, 4 Lunches, 2 Dinners
Difficulty Level	Medium

## ONCE IN A LIFE TIME WILDLIFE EXPERIENCE



For this fantastic activity packed Costa Rican nature adventure we explore the central and north-eastern part of Costa Rica, taking in the canals and rainforest in the Tortugero Sarapiquí – an adventurers dream, the volcano of Arenal before heading to the Monteverde cloud forest.

An optional beach extension takes you to the beautiful and rugged Nicoya Peninsula.



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# COSTA RICA *an overview*

Eco-diversity like no other - Costa Rica encases 500,000 different species which account for roughly 4% of the world's plant, insect and wildlife species. Witness Sloths, Monkeys, Frogs, Snakes, Turtles, Iguanas, Humming Birds and so much more. Wander through tranquil bird-packed cloud forests and rich rainforests brimming with a plethora of spectacular wildlife. As well as its head-turning abundance of wildlife, this Central American paradise is famed for its never-ending activities, making it an adventure-seeker's dream; the vast array of activities widely on offer include Zip-lining, White-Water Rafting and Trekking. The incredibly beautiful east and west shores that run down the sides of Costa Rica display gorgeous paradise beaches lined with jungle, such as the secluded sandy stretches of the laid-back Caribbean coastline and the 'sun and surf' pacific stretches containing some great marine life. Become acquainted with the warm friendly locals, offering huge smiles, an easy-going manner and 'Pura Vida's. Despite receiving a heavy influx of tourists in recent years, there are still some extraordinary hidden gems and quiet spots to be found which will allow the more adventurous of tourists to experience nature, activities and culture that the typical tourists let pass them by.

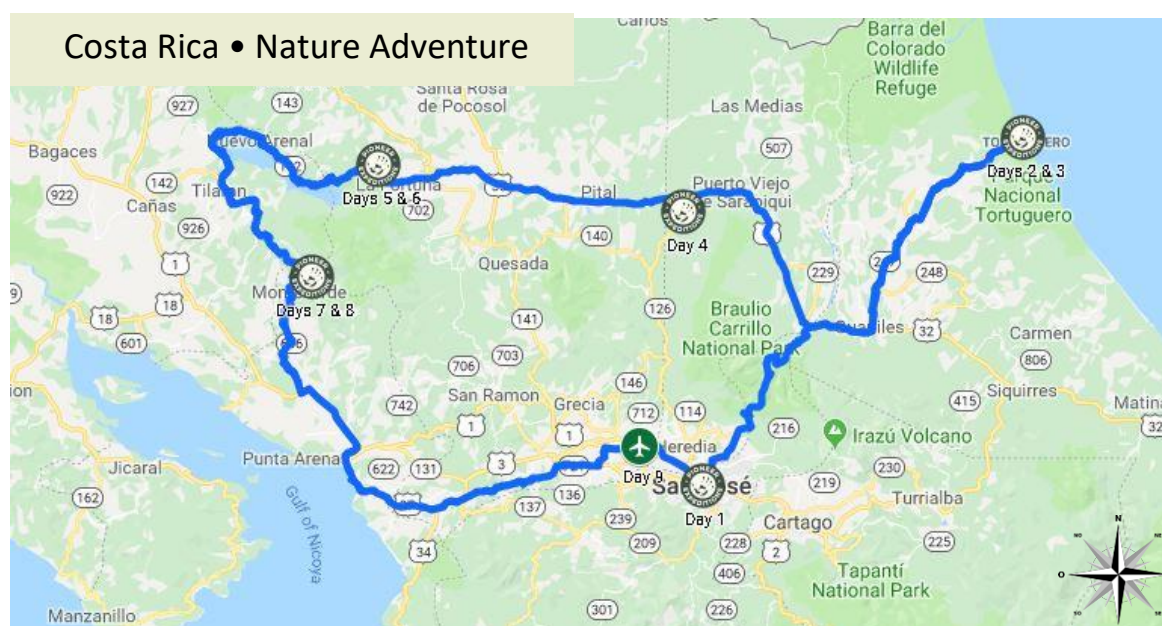
## WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel.

## ITINERARY



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## DAY 1: Welcome to SAN JOSÉ

Upon arrival in San José, you will be met at the airport by a Pioneer representative and transferred to your hotel.

*Overnight at Rincón del Valle Hotel or similar (Deluxe room) (PT)*



**Overnight:**  
**Hotel**



**Meals:**  
**Nil**



**Distance:**  
**30min airport transfer**



**Activity:**  
**Travel**

## DAY 2: Today we will travel to TORTUGUERO on the Caribbean Coast

This morning you have an early morning departure as you head off on the first part of your adventure to Tortuguero National Park. The journey to Tortuguero is by coach followed by boat and we will stop en-route for a typical Costa Rican breakfast. You will arrive at your jungle lodge in time for lunch. This afternoon is a great opportunity to visit the Village of Tortuguero along with your guide. Through this visit you will learn the ways of life of the local residents of Tortuguero. After the visit and some free time, we will return back to the Lodge walking by the trail on the beach directly to the Lodge (weather permitting).



*Overnight at Mawamba Lodge (Standard room)*



**Overnight:**  
**Lodge**



**Meals:**  
**B, L, D**



**Distance:**  
**Approx. 3hr drive**



**Activity:**  
**Exploring**

## DAY 3: Discover what TORTUGUERO has to offer



This morning after breakfast your naturalist guide will take on a visit to the "Mawamba Park" which includes the butterfly farms, frog farm and garden, bio-digestor and gardens. This visit is combined with a walk in the trails at the Lodge. In the afternoon, embark on a canal boat tour through the Tortuguero canals for more opportunities to spot abundant wildlife. This tour introduces you to the rich rainforest and its great array of wildlife.

*Overnight at Mawamba Lodge or similar (Standard room)*



**Overnight:**  
**Lodge**



**Meals:**  
**B, L, D**



**Distance:**  
**Varies**



**Activity:**  
**Exploring**

## DAY 4: Transfer from TORTUGUERO to SARAPIQUI

After breakfast at the lodge, we will take the boat ride back to dock before transfer to Guápiles. Here we will have a buffet lunch before meeting our private driver for our transfer to Sarapiquí.

Sarapiquí is known throughout Costa Rica for its amazing and rich biodiversity as well as for being an adventure seeker's dream destination. If you enjoy the outdoors, there are plenty of hiking and nature walk opportunities in this region as well as white water rafting down the River Sarapiquí. A boat trip down the Sarapiquí River is a great way to catch a glimpse of the region's wildlife including; monkeys, birds, turtles and caimans. If you are an avid bird watcher, coming here is the perfect way to see some of Costa Rica's many bird species in their natural environment such as hummingbirds, quetzals, dippers, guans, agoutis and quatumundis.



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### Overnight at La Tirimbina Lodge (Standard room)



Overnight:  
**Lodge**



Meals:  
**B, L**



Distance:  
**Approx. 3hr drive**



Activity:  
**Transfer**

## DAY 5: Enjoy an adrenaline rushing WHITE WATER RAFTING experience on the SARAPIQUI RIVER



We take a dose of adventure this morning on the half-day Sarapiquí river white water rafting (class II-III) – this is a fun rafting descent suitable for beginners but for those not interested, we can arrange an alternative activity. After lunch we will transfer to La Fortuna town which lies at the foot of the famous and stunning Arenal Volcano.

Overnight at Arenal Manoa Hotel (Junior Suites)



Overnight:  
**Hotel**



Meals:  
**B, L**



Distance:  
**Approx. 1-2hr drive**



Activity:  
**White water rafting**

## DAY 6: Discover ARENAL



This morning we visit the Arenal Hanging Bridges for a natural history walk. This afternoon is at your leisure and if you would like we can organise a hike through the forest at the foot of the volcano.

Overnight at Arenal Manoa Hotel (Junior Suites)



Overnight:  
**Hotel**



Meals:  
**B**



Distance:  
**Varies**



Activity:  
**Exploring**

## DAY 7: Transfer to MONTEVERDE and discover the incredible CLOUD FOREST

After breakfast at the hotel we will transfer by boat to Monteverde and the cloud forests.

### Monteverde cloud forest:

Cloud forests are as the name suggests; hazy mist or low lying clouds that cover the upper canopy of the forest. These rare forests cover just 1% of global woodlands and can only be found in tropical and subtropical mountainous areas. The thick layer of clouds makes it more difficult for the sun to break through, providing a slower rate of evaporation, which gives the plants plenty of life-giving moisture, which in turn promotes a huge biodiversity.

Monteverde cloud forests is host to 100 species of mammals, 400 species of birds, and 1,200 species of amphibians and reptiles. Additionally, it is also one of the few remaining homes to all 6 species of the cat family; Jaguars, Ocelots, Pumas, Oncillas, Margays and Jagurundis.

### Overnight at Trapp Family Lodge (1 Mountain Suite)



Overnight:  
**Lodge**



Meals:  
**B**



Distance:  
**Varies**



Activity:  
**Transfer**



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## DAY 8: Spend the day exploring MONTEVERDE



This morning we can visit the stunning Monteverde Cloud Forest reserve for a morning walk tour. This offers you a fantastic opportunity to see birds. This afternoon is free to relax or go on one of the many hiking trails.

*Overnight at Trapp Family Lodge (1 Mountain Suite)*



*Overnight:*  
**Lodge**



*Meals:*  
**B**



*Distance:*



*Activity:*  
**Exploring**

## DAY 9: Transfer to SAN JOSE and explore the capital city

After breakfast at the hotel you will get a private transfer back to San José and enjoy the rest of your time at leisure in the city

*Overnight at Rincón del Valle hotel (1 Deluxe)*



*Overnight:*  
**Hotel**



*Meals:*  
**B**



*Distance:*



*Activity:*  
**Day at Leisure**

## DAY 10: Unfortunately your COSTA RICA experience has come to an END

After breakfast at the hotel you will be transferred to the International airport (Aeropuerto Internacional Juan Santamaría) where we will say our goodbyes.



*Overnight:*  
**N/A**



*Meals:*  
**B**



*Distance:*  
**30min airport transfer**



*Activity:*  
**Travel**

## OPTIONAL BEACH EXTENSION

### DAY 9: Transfer from MONTEVERDE to QUIZALES BEACH

Rather than heading back to San Jose, we will transfer to the beautiful and rugged Quizaes Beach on the Nicoya Peninsula.

*Overnight at Tango Mar Resort (Beach front room)*



*Overnight:*  
**Hotel**



*Meals:*  
**B**



*Distance:*



*Activity:*  
**Day at Leisure**





## DAY 10, 11 & 12: QUIZALES BEACH

Days at leisure

Overnight at Tango Mar Resort (Beach front room)



Overnight:  
**Hotel**



Meals:  
**B**



Distance:



Activity:  
**Day at Leisure**

## DAY 13: QUIZALES TO SAN JOSE

Breakfast at the hotel. Private transfer to San José.

Overnight at Rincón del Valle hotel (1 Deluxe).



Overnight:  
**Hotel**



Meals:  
**B**



Distance:



Activity:  
**Day at Leisure**

## DAY 14: SAN JOSE

Breakfast at the hotel. Private transfer to International airport. (Aeropuerto Internacional Juan Santamaría).



Overnight:  
**Hotel**



Meals:  
**B**



Distance:



Activity:  
**Day at Leisure**

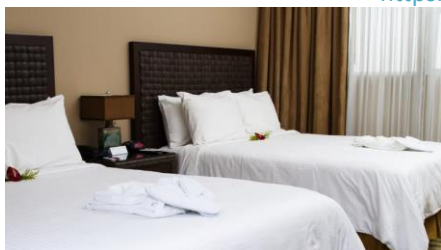
## ACCOMMODATION, at a glance

Subject to availability

### Rincón del Valle Hotel

San José

<https://www.hotelrincondelvalle.com/>



### Mawamba Lodge

Tortuguero

<https://www.mawamba.com/>



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### La Tirimbina Lodge

Sarapiquí

<https://www.tirimbina.org/>



### Arenal Manoa Hotel

La Fortuna

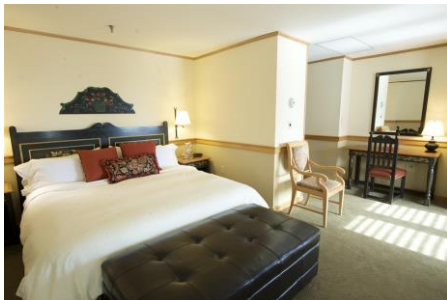
<https://www.arenalmanoa.com/>



### Trapp Family Lodge

Monteverde

<https://www.trappfamily.com/>



### BEACH EXTENSION: TANGO MAR RESORT

Tango Mar

<https://tangomar.com/>



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# IMPORTANT INFORMATION

## INCLUDED

- Arrival Airport Transfer (from Juan Santamaría International Airport (SJO) to hotel in San José.
- Accommodation as outlined above.
- Local bilingual English-Spanish speaking guides/interpreters on shared basis during the excursions and tours.
- A combination of private land transportation and shared transfers. Transportation to Tortuguero is on shared basis.
- Meals (B= Breakfast, L= Lunch, S = Snacks/light lunch; D= Dinner).
- All tours and activities as outlined. Some tours are on a shared basis.

## NOT INCLUDED

- International flights
- Meals not mentioned in the itinerary
- International Airport departure tax of \$26 p/p. payable in San Jose upon exit.  
Extras at hotels (telephone calls, room service, portorage, laundry, alcoholic drinks, etc.)
- Any additional/extra tours or park fees.
- Tips & Gratuities for Guide, Driver, local guides and service providers.
- Personal and/or medical expenses.
- Entrance fee to Tortuguero National Park

# ADDITIONAL INFORMATION

ACTIVITY DURATION	2 – 5 hours per day
SEASON	This expedition is open between January and December
BEST TIME TO GO	The driest time of year to travel to Costa Rica is December – April, so this does make a great Christmas and Easter holiday destination.
EXPEDITION SCHEDULE	This is run as a private departure (with some shared excursions) on dates to suit you
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'Medium' level (2 – 5 hours of activities per day). This means that you will need an average level of fitness.



# THE PIONEER BOOKING PROCESS

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Where do you go from here? Well, you can feel free to email us at [info@pioneerexpeditions.com](mailto:info@pioneerexpeditions.com) if you're interested in this trip, or any of our other expeditions from around the world. Visit our website [www.pioneerexpeditions.com](http://www.pioneerexpeditions.com) to unearth all of our other equally amazing trips and destinations.

**1. Contact us -**

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

**2. Leave everything to us -**

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

**3. Wait for your adventure to begin -**

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in contact with us and let us know your requirements and wishes. From here, we can simply tailor-make your dream holiday.

