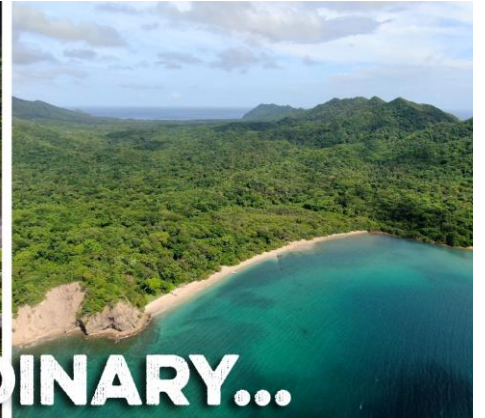




Costa Rica
Northern Wildlife Exposure

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY..

ITINERARY	Costa Rica • Northern Wildlife Exposure
12 DAYS • 11 NIGHTS	San Ramon – Cano Negro Wildlife Refuge – Bijagua – Nosara – San Jose

HIGHLIGHTS	TOUR ESSENTIALS	
<ul style="list-style-type: none"> ■ Cano Negro Wildlife Refuge ■ Cano Negro Wildlife Safari boat tour on Rio Frio ■ Tree Chocolate Tour ■ Tenoria Volcano National Park 	Tour Style	Adventure
	Tour Start / End	San Ramon – San Jose
	Accommodation	Hotels, Lodges
	Included Meals	Breakfasts, 2 days all meals
	Group Size	Tailor-made



NORTHERN WILDLIFE EXPOSURE

We've focused this particular trip on a spectacular area of Costa Rica that takes you 'off the beaten track' yet captures some of the best wildlife areas and experiences to be had in Central America. From the rural landscape and lush coffee regions of Alajuela to the remote and beautiful shores of Nosara, Guanacaste we experience the best of 'off the beaten track' Costa Rica. Wildlife and activity in abundance with well carefully selected accommodation throughout.



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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 the 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 Costa Rica – San Ramon

Once you arrive, you'll quickly notice that Costa Rica culture abounds in this small city and that the pace of life is slow, relaxed, and focused on forging strong community ties.

San Ramon

Located in the Alajuela Province in Costa Rica, the laid-back colonial city of San Ramon has been dubbed the 'City of Presidents and Poets'. It has played an important role in Costa Rica's history as it has been home to many local literary heroes and political leaders including one of Costa Rica's most influential leaders, Jose Figueres Ferrer. This small city is surrounded by lush rainforest as well as coffee and sugar cane fields. Visitors can explore the many historical sights dotted around the city, experience a rainforest canopy tour just beyond the city limits, and enjoy an array of restaurants, cafes, and bars serving up local delights. Don't miss the opportunity to hike through the beautiful tropical forests and spot a variety of animals such as monkeys, deer, and sloths as well as abundant birdlife.



Private Transfer from Juan Santamaria International Airport [SJO] to Villa Blanca Cloud Forest Hotel & Nature Reserve.

Overnight at Villa Blanca Cloud Forest Hotel & Spa – Deluxe Casita Room



Overnight:
Hotel



Meals:
B



Distance:
Airport Transfer



Activities:
Travel

DAY 2: Cano Negro Wildlife Refuge

A stunning natural refuge, Caño Negro is considered by many to be the third most important wetland in the world. A must visit place when in Costa Rica, this sanctuary was named the 'Wetland of International Importance' in 1991, and is one of the most significant humid zones in the country.

Private Transfer from Villa Blanca Cloud Forest Hotel & Nature Reserve to Natural Lodge Cano Negro



Cano Negro Wildlife Refuge

Situated near the Nicaraguan border within northern Costa Rica, the remote Cano Negro Wildlife Refuge forms part of the Arenal Huetar Norte Conservation Area. It is a thrilling off-the-beaten-track destination known for its lush landscapes featuring countless waterways, dense jungles and shallow wetlands. A wondrous playground for nature lovers and adventure seekers alike, activities such as boating, rafting, zip-lining, fishing, kayaking, horse riding and rappelling down waterfalls are in abundance. Commonly spotted wildlife includes jaguar, capuchin monkey, bull shark, alligator, black river turtle, white ibis and white-tailed deer. It is well worth venturing off the well-trodden tourist path to visit this

fantastic refuge and its surrounding scenic landscapes.

Overnight at Cano Negro Lodge – Standard Room



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Overnight:
Hotel



B,L,D



Distance:
3-4 hours



Activity:
Transfer / Relaxation

DAY 3: Cano Negro Wildlife Refuge

There are 160 species of mammals, of which 90 are bats and 70 are terrestrial mammals. The avifauna (with species considered rare or endemic) is one of the most diverse and important groups in the area. It is made up of 307 species, of which 206 are resident and 101 are migratory. Another important group is the fish, since the water system of this wetland favors their abundance.



Cano Negro Wildlife Safari boat tour on Rio Frio:

Wildlife Safari boat tour on Rio Frio takes place at the Caño Negro Wildlife Refuge, located near the border between Costa Rica and Nicaragua and is one of the most important wetlands of the country. Travel along the river in search of monkeys, herons, sloths, caiman, turtles, and hundreds of other species of flora and fauna that inhabit the area around the Caño Negro Wildlife Refuge.

Overnight at Cano Negro Lodge – Standard Room



Overnight:
Hotel



B,L,D



Distance:
Varies



Activities:
Boat Tour

DAY 4: Bijagua

Tenorio has everything you could want in a tropical forest natural area and every time we visit we find something new to love. Hiking to the sky blue Celeste waterfall is a highlight, but the hanging bridges in the rainforest and trail to Lago Danta through the cloud forest from the Heliconias entrance are equally amazing.

Transfer from Natural Lodge Cano Negro to Casitas Tenorio



Tree Chocolate Tour

Welcome to the sweetest experience of your life! Located in the foothills of the Tenorio Volcano, our farm is the ultimate destination for cocoa and cuisine lovers. We offer exclusive tours of our chocolate factory, located on site. You will see (and taste!) every step of the chocolate making process from the trees to the finished chocolate bars. You will also be able to taste our delicious and exclusive Tsuru or Yok Chocolate, a 100% handmade chocolate. You will undoubtedly enjoy a unique experience!

Tenorio Volcano National Park

Set in the north of Costa Rica, Tenorio Volcano National Park is home to a magnificent volcano from which it received its name. The park is covered in natural tropical forests and decorated with rivers and waterfalls. One of the many highlights here is a hike to the magnificent Celeste Waterfall, known for its stunning blue waters. Visitors can also enjoy walking over the many suspension bridges in the rainforest, visiting the Blue Lagoon, and climbing through the cloud forest along the Crater Trail to the top of the volcano to view the steaming Lago Dante. Hikers



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are likely to spot a variety of wildlife, possibly even the shy tapir and puma. The park also provides the opportunity to bathe in wonderful natural hot springs.

Overnight at Casitas Tenorio – Casita Deluxe Garden View



Overnight:
Hotel



Meals:
breakfast



Distance:



Activities:
Tour

DAY 5: Bijagua

Free day at leisure.

Overnight at Casitas Tenorio – Casita Deluxe Garden View



Overnight:
Hotel



Meals:



Distance:
N/A



Activities:
Relax

DAY 6: Bijagua



Located in northern Costa Rica, the Tenorio Volcano National Park is one of the country's youngest parks. Taking its name from the Tenorio Volcano, this national park boasts stunning river views and plenty of opportunities for wildlife adventures. The park was created in 1995 to protect the Tenorio Volcano, which is still active today. The park features four different life zones as well as the beautiful aqua-hued Rio Celeste.

Tenorio Volcano National Park

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Overnight at Casitas Tenorio – Casita Deluxe Garden View



Overnight:
Hotel



Meals:
B, L,D



Distance:



Activities:
Explore

DAY 7: Nosara

Looking for a little beach town surrounded by mangroves, forests and sandy long stretches of beach? You found it! Nosara has it all and more, beautiful hotels, a convenient downtown with variety of restaurants and juice bars, artsy shops and



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...oh! Wonderful waves for surfing, a refreshing ocean to go swimming and amazing sunsets. Located in Guanacaste, in the northern part of the country, it offers a wide variety of activities for your enjoyment, like visiting the surrounding villas and farms, absorb some of the local culture and learn salsa dancing or experience soothing yoga sessions immersed in serene, amazing landscapes.

Nosara

Resting on the outer western edge of Costa Rica's Nicoya Peninsula, between the popular beach towns of Playa Samara and Playa Tamarindo, the surfer's town Nosara is known for its wildlife, watersports opportunities, and long-standing yoga culture. A long stretch of white-sand beaches fringed by palm trees and verdant jungle make Nosara a prime destination for holidaymakers, and it is one of the only coastal towns with minimal development along the beachfront. Rated as one of the top twenty surfing destinations by National Geographic, the town attracts surfers from all over the world to enjoy its clean, plentiful waves. Animal lovers, hikers, and nature photographers should make sure to visit the Nosara Biological Reserve, where they'll be able to spot monkeys, turtles, and numerous other species.

Overnight at Olas Verdes – Panorama Room



Overnight:
Hotel



Meals:
B



Distance:



Activities:
Explore

DAY 8: Nosara

Free day at leisure.

Overnight at Olas Verdes – Panorama Room



Overnight:
Hotel



Meals:
B



Distance:
N/A



Activities:
Relax

DAY 9: Nosara



See the sights from the deck of your own private sailing tour or make new friends in a group tour. It's a unique and personal Costa Rican cruise that regular tourist tour boats can't match.

Boat River Tour

A boat river tour through Costa Rica is a fantastic way to explore the country's lush natural beauty and diverse wildlife. Costa Rica is home to several rivers that wind their way through dense rainforests, rugged mountains, and rolling hills, providing a unique and unforgettable way to experience the country's stunning landscapes.

Overnight at Olas Verdes – Panorama Room



Overnight:
Hotel



Meals:
B



Distance:



Activities:
Tour



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DAY 10: Nosara

The Ostional National Wildlife Refuge was officially created in 1984 but was declared a protected area in 1982. The refuge was initially construed as being 200 m wide from Punta India to the mouth of Rio Nosara. This area was increased to include the 200 m strip to Punta Guiones in 1985. Finally, in 1992, with the institution of the new "Wildlife Law", came the final definition of the refuge and in 1993 the amplification to the three-mile maritime limit as it is today. After an undetermined waiting time, close to the last quarter of the moon cycle, the "arribada" will begin. At first, few hundred turtles will come out on the beach, followed by a steady stream of animals for the next three to seven days. This is the only place in the world where it is legal to harvest turtle eggs. This practice is designed prevent poaching and to help the local community.

Overnight at Olas Verdes – Panorama Room



Overnight:
Hotel



Meals:
B, L



Distance:



Activities:
Explore

DAY 11: San Jose

Back to the city! Today you get to fly back to San Jose and relax in your hotel or go outside and check out the city.

San Jose

San Jose, affectionately known to its residents as 'Chepe', lies in the heart of Costa Rica and is home to almost two-thirds of the country's population. With few buildings over 100 years old, the mountainous capital is relatively modern compared to its Latin American counterparts, but still has a significant amount of culture, art and history for visitors to discover. With a number of theatres full of Costa Rican culture, museums that include the largest collection of American jade in the world, and streets full of bright murals and painted buses, San Jose is an eclectic city waiting to be experienced.



Overnight at Studio Hotel – Standard Room



Overnight:
Hotel



Meals:
B



Distance:
n/a



Activities:
Explore

DAY 12: End of Expedition

We hope you had a great stay in our country! You will be transported to the airport. Have a great flight!



Overnight:
Hotel



Meals:
B



Distance:
n/a



Activities:
Travel



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ACCOMMODATION






Subject to availability

Standard:

Nights	Destination	Accommodation	Photos
Night 1	San Ramon	Villa Blanca Cloud Forest Hotel & Natural Reserve	
Night 2, 3	Cano Negro Wildlife Refuge	Natural Lodge Cano Negro	
Night 4, 5, 6	Bijagua	Casitas Tenorio B&B	
Night 7, 8, 9, 10	Nosara	Olas Verdes Hotel	
Night 11	San Jose	Studio Hotel	



Premium:

Nights	Destination	Accommodation	Photos
Night 1	San Ramon	Villa Blanca Cloud Forest Hotel & Natural Reserve	
Night 2, 3	Cano Negro Wildlife Refuge	Natural Lodge Cano Negro	
Night 4, 5, 6	Tenorio Volcano	Rio Celeste Hideaway Hotel	
Night 7, 8, 9, 10	Nosara	Lagarta Lodge	
Night 11	San Jose	Studio Hotel	



IMPORTANT INFORMATION

INCLUDED

- All meals as described (B= Breakfast, L= Lunch, D=Dinner)
- Accommodation
- Airport transfers
- All transfers
- Guides

NOT INCLUDED

- International flights
- Activities not mentioned
- Meals not mentioned
- Additional services requested by guests on site
- Expenses



THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at 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 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.

