



Costa Rica
Remote Wildlife Odyssey

PIONEER EXPEDITIONS



ITINERARY

Costa Rica • Wildlife Odyssey

11 DAYS • 10 NIGHTS

San José – Pacuare Nature Reserve – La Virgen – Sarapiquí River –
La Fortuna – Braulio Carrillo National Park – Tarcoles River – Playa
Blanca – Carara National Park

HIGHLIGHTS

- Visit one of most biologically intense places on earth
- Escape as you go white water rafting on the majestic Sarapiquí River
- Discover some of the 500 species of birds found in Braulio Carrillo National Park
- Explore the Tarcoles River on a boat tour to see the great American Crocodiles
- Zip line through the jungle canopy

TOUR ESSENTIALS

Tour Style	Nature Expedition
Tour Start	San José
Tour End	San José
Accommodation	Lodge & Hotel
Included Meals	9 Breakfasts, 3 Lunches, 3 Dinners
Difficulty Level	Medium

COSTA RICA WILDLIFE ODYSSEY



Immerse yourself in the Costa Rica's coastal canals, magical cloud forests and lush rainforest as you discover flora and fauna in one of the most protected and varied ecosystems in the world. In evocative jungles come face to face with white faced capuchin monkeys. In the brackish waters where the river Tarcoles meets the Pacific great American Crocodiles sleep. You will visit some of the most extensive and biodiverse National Parks in Costa Rica, providing you with extraordinary bird watching as well as getting the chance to see animals like the Two-Toed Sloth, the Great Anteater, Margay Cat, Poison-arrow frogs, Jaguars, Tapirs, Monkeys and much more.

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

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. Alternatively, our small group tours have a maximum of 8 people, making it a much more personal experience.

ITINERARY



DAY 1: ARRIVAL to Costa Rica!

After arriving at Juan Santamaria (SJO) Airport, we will transfer to our hotel in the San Jose City. The city of San Jose, located in the center of the country, has served as the main hub for the exploration of Costa Rica. Attractions in San Jose include the National Theater, the National Museum, the Art Museum or the Pre-Columbian Gold Museum, the picturesque Central Market Place and several art cafes. Shopping also finds its birthplace in San Jose, from the modern malls to the little souvenir shops spread out all over the city.



Overnight:
Hotel



Meals:



Driving distance:
Approx. 30mins



Activity:
Arriving

Overnight at Hotel Radisson or similar

DAYS 2-3: Head East to Lirio Lodge

This morning we will head East to Lirio Lodge, where you will stay for a couple of nights, giving you a chance to explore the area. Meals and boat transfers are all included. Additionally, you will have a guided walk in the Pacuare Biological Reserve, where you will get to see Leatherback Turtles, Agarni Heron, Wild Felines, Sloths, and Monkeys.



Lirio Lodge is located in Barra de Pacuare, the most pure section of the Totuguero canals. Found in this extensive and unspoilt natural canal, Lirio Lodge is enclosed by tropical rainforest, and separated from the sea by a narrow peninsula of tropical jungle; the famous Pacuare Reserve.

Lirio lodge is surrounded by three Sea Turtle conservation projects, and you will get the chance to have a tour around a turtle protection project. Costa Rica is home to 5 of the 7 sea turtles in the world, and the Caribbean beaches and waters are used by the Leatherback, Green, Hawksbill and Loggerhead turtles.

Additionally, during your stay here you might get the chance to visit a local school (Monday to Fridays).



Overnight:
Lodge



Meals:
B, L, D



Driving distance:
Approx. 3hrs



Activity:
Wildlife

Overnight at Lirio Lodge

DAY 4: Leave Lirio Lodge and head to Sarapiquí

Today we will depart Lirio Lodge and head towards Sarapiquí. Here you will be able to go on a night safari to spot some of Costa Rica's nocturnal animals.



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.



Overnight:
Lodge



Meals:



Driving distance:
Approx. 3-4hrs



Activity:
Transfer and wildlife

Overnight at Tirimbina or similar



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DAY 5: WHITE WATER RAFTING / SAFARI FLOAT TOUR



After breakfast in Sarapiquí, you will be transferred to Sarapiquí River where you will take part in White water rafting!

If you are not up for White Water Rafting then you can take on a Safari Float Tour that will give you a chance to view the area's wildlife from a different perspective.

Lunch will be provided during the day

After your river adventure, you will be transferred with guide/driver to Arenal where you will spend the night.



Overnight:
Lodge



Meals:
B, L



Driving distance:
Approx. 2hr drive



Activity:
White water rafting

Lodging at Arenal Manoa or similar

DAY 6: LA FORTUNA WATERFALL, HANGING BRIDGES & HOT SPRINGS

Today we wake early for an action packed day in and around Arenal, starting with a guided visit to picturesque La Fortuna Waterfall. With a 75m drop into a bright blue pool, this attraction is the perfect postcard of the Costa Rican Jungle. Located just 6km from the town of La Fortuna and at the base of the Cerro Chato Volcano, this is a great day out.

After exploring La Fortuna Waterfall, we will head off on a guided walk to the Hanging Bridges, spotting different monkeys and birds along the way.

Finish the day in the relaxing Hot Springs



Overnight:
Lodge



Meals:
B, D



Driving distance:



Activity:
Exploring

Lodging at Arenal Manoa or similar

DAY 7: BRAULIO CARRILLO NATIONAL PARK

After breakfast, you will get a private transfer with your guide/driver to Braulio Carrillo National Park.

Braulio Carrillo National Park is one of the most extensive national parks in Costa Rica. The park covers an area of over 44,099 hectares and encompasses seven diverse habitats. It is home to more than 500 species of birds, 6000 species of trees and plants and over 135 species of animals. Toucans, guans, eagles, jaguars, tapirs and monkeys are just some of the many birds and mammals that can be spotted throughout the park.



Once you arrive at Braulio National Park, you will undergo another night walking safari to spot some more of Costa Rica's nocturnal animals.



Overnight:
Lodge



Meals:
B



Driving distance:
Approx. 2hr drive



Activity:
Transfer and wildlife

Overnight at Tapirus Lodge



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DAY 8: BRAULIO CARRILLO NATIONAL PARK

After breakfast, you will spend the morning on a bird watching tour.

Your guide will take you along the trails of the Braulio Carrillo National Park where you will be able to spot some of the 500+ species of birds, including the Dull-Mantled, Antbird, Nightingale Wren and Snowcap.



After your bird watching tour you will have two options. To have a ride on the Aerial Tram that takes you through the forest canopy, providing you with magnificent views of the Braulio Carrillo National Par and allowing you to absorb this fantastic nature experience. Or you can take on a zip lining canopy tour. Ascend into the tree tops and enjoy the thrill of the glide through the canopy back down to the forest floor. With climbing into the tree tops, flying through the beautiful canopy, and walking along the forest trails; you really immerse yourself in the vibrant foliage of the rainforest.

Spend another night at the Tapirus Lodge.



Overnight:
Lodge



Meals:
B



Driving distance:



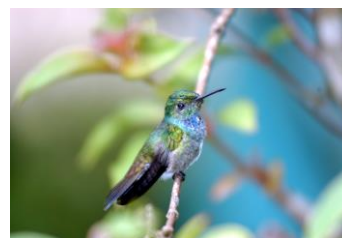
Activity:
Bird watching

Overnight at Tapirus Lodge

DAY 9: TARCOLES RIVER BOAT TOUR

After breakfast, we will head to the Central Pacific with our guide/driver.

We will stop on-route at the Tarcoles River where you will be taken on a boat tour. Here you will be able to see the great American Crocodiles of all shapes and sizes as you float down the Tarcole River. Enjoy spectacular rainforest scenery and cruise through the dense mangrove forest canals. Spot some of the beautiful exotic birds as well as huge green iguanas, mangrove crabs, monkeys and racoons.



After your boat tour you will be transferred to Hotel Punta Leona where you will be staying this evening.



Overnight:
Hotel



Meals:
B



Driving distance:
Approx. 3hr drive



Activity:
Wildlife

Lodging at Punta Leona



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DAY 10: CARARA NATIONAL PARK

After breakfast, you will be transferred with your guide/driver to the Carara National Park. Carara is one of Costa Rica's most popular National Parks (so prepare for more people). A few of the local animals include Opossum, Two-toed Sloths, Agouti, Armadillo, Pacas, Great Anteater, Kinkajou, Tayra, Margay Cat, Collared Peccary, White-tailed Deer, Poison-arrow Frogs, and the Omnipresent Monkeys.



Overnight at the Punta Leona



Overnight:
Hotel

Lodging at Punta Leona



Meals:
B



Driving distance:



Activity:
Discover Carara NP

DAY 11: DEPARTING

All good things must come to an end at some point. After breakfast at the Hotel you will be transferred with your guide/driver to San Jose Airport where you will get your flight home.



Overnight:
NA



Meals:
B



Driving distance:
Approx. 1-2hr drive



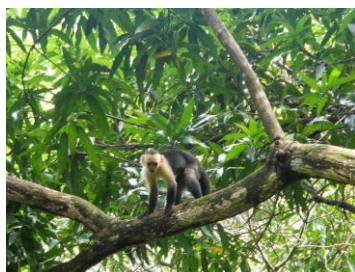
Activity:
Departing

-----END OF EXPEDITION-----

BEACH EXTENSION: Tango Mar

If you are not quite ready to say goodbye to Costa Rica, why not stay an extra 2 nights on a deluxe beach resort in Nicoya Peninsula. You will be privately transferred to Tango Mar beach resort via boat and stay 2 nights in a beach front room. After a relaxing couple of days at Tango Mar you will be transferred back to San Jose.

Here you will stay in San Jose before getting a private transfer the next day to catch your flight home.



-----END OF EXPEDITION-----



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ACCOMMODATION

Accommodation subject to availability

Hotel Radisson

San Jose

<https://www.radisson.com/san-jose-hotel-cr-494-1007/crsanjos>



Lirio Lodge

Near Matina

<http://www.liriolodge.com/>



Tirimbina

La Virgen

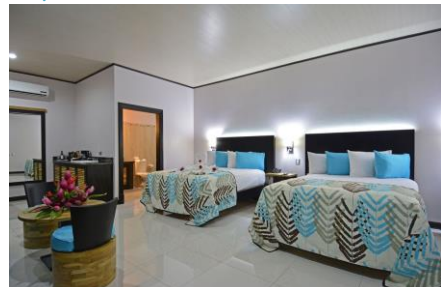
<https://www.tirimbina.org/>



Arenal Manoa

La Fortuna

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



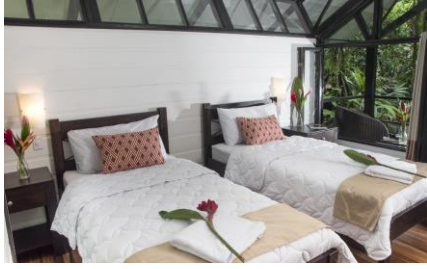
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Tapirus Lodge
Braulio Carrillo National Park
<https://www.tapiruslodge.com/en/>



Punta Leona
Playa Blanca
<http://www.hotelpuntaleona.com/en/>



BEACH EXTENSION: TANGO MAR RESORT

Tango Mar
<https://tangomar.com/>



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IMPORTANT INFORMATION

INCLUDED

- Accommodation in hotels and lodges as described
- Local bilingual English-Spanish speaking guide
- Airport transfers
- Private land transfers
- Meals (B= Breakfast, L= Lunch, D= Dinner) as specified on the itinerary
- National Park fees
- All activities as described above

NOT INCLUDED

- International Flights
- Meals other than mentioned
- Airport taxes
- Visa
- Personal expenses (alcoholic drinks, telephone calls etc)
- Excess luggage on any flight
- Tips
- Late check-out or early check-in

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.
GROUP SIZE	We have a couple of group departures– please see website or contact us for exact dates. Alternatively we are able to arrange tailor-made or private departures to suit.
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

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.

