



Costa Rica

Costa Rica In Style

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY..

ITINERARY	Costa Rica • In Style
14 DAYS • 13 NIGHTS	Central Valley – Pacuare River – La Fortuna – Arenal Volcano – Monteverde – Golfo Dulce – Central valley

HIGHLIGHTS	TOUR ESSENTIALS	
<ul style="list-style-type: none"> ■ Arrive at National Geographic rated eco lodge – by raft! ■ Experience luxury glamping in the shadow of a volcano ■ Barefoot luxury on the beach with a lush rainforest backdrop. ■ Be awe inspired by magical cloud forests. ■ Sample the best organic food Costa Rica has to offer. 	<p>Tour Style</p> <p>Tour Start / End</p> <p>Accommodation</p> <p>Included Meals</p> <p>Group Size</p>	<p>Luxury</p> <p>Central Valley</p> <p>Hotels, Lodges & Camping</p> <p>12 Breakfasts, 10 Lunches, 11 Dinners</p> <p>Tailormade</p>



COSTA RICA IN STYLE

Although small, Costa Rica packs a real punch when it comes to luxury, sustainable lodges. It has some of the best in the world and is regarded by other destinations as the standard to attain. Pacuare Lodge has been voted in National Geographics as one of the top 10 ecolodges in the world. What a great place to start, including some exhilarating activities such as rafting in the eponymously named river. We'll take you to magical cloud forests dripping with epiphytes in Monteverde to marvel at the imposing volcanic valley. Wildlife, flora and fauna in all its forms will be evident daily.

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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.

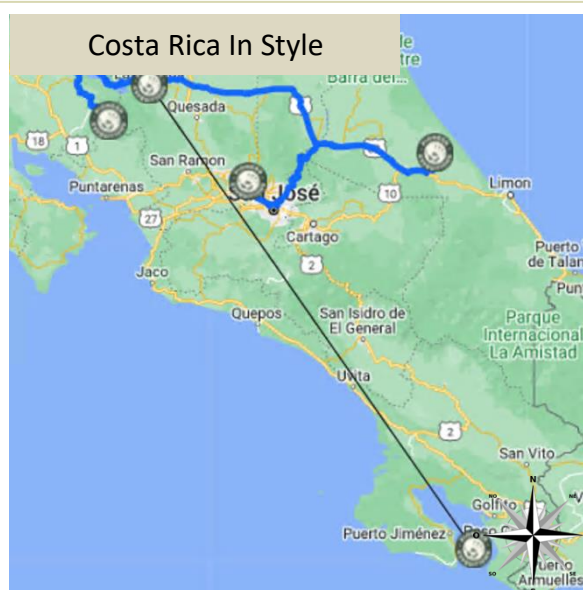
WHY PIONEER EXPEDITIONS?

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: CENTRAL VALLEY

Welcome to Costa Rica! At the airport in Customs please look for the personnel with your name in a board and identify yourself with them. They will assign a porter to assist you with the bags and escort you outside for your transfer.

Located in central Costa Rica, the Central Valley is home to over 70% of the country's population. This remarkably beautiful area makes up most of Costa Rica's interior and boasts many coffee plantations blanketing the hillsides and is fringed by rugged mountains and two active volcanoes, Irazu and Poas. Visitors can look forward to a number of wonderful attractions such as: the Iglesia de San Jose Orosi, built in 1734, it is the oldest church in Costa Rica; the famous town of Cartago, the country's oldest town; as well as Poas Volcano National Park, home to the most active volcano in the country and Irazu National Park, home to the largest and highest active volcano in Costa Rica.

Overnight at Xandari Costa Rica



Overnight:
Hotel



Meals:
n/a



Distance:
Airport Transfer



Activities:
Travel

DAY 2: CENTRAL VALLEY

As we ascend the terrain and near the Poás Volcano we will notice a change in temperature and vegetation; we will see coffee plantations as well as fern, flower and strawberry farms along the way, creating a beautiful array of colors and textures. On the way to the volcano we will visit the Doka Coffee Estate for a delicious breakfast. Then we will be treated to a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. The careful process involved in the cultivation, harvesting and roasting of the Golden Bean will then be illustrated, very hands-on, and then we will savor the delectable end product. After the coffee tour we will continue to the Poás Volcano where we will not only admire the impressive main crater with its sulfur fumaroles, but also learn about the different ecosystems in this unique and protected national park. Following the visit to the volcano we will continue to the La Paz Water Fall Garden for a scrumptious lunch and tour. As we arrive to La Paz, we will walk through a trail, leading to a spectacular waterfall in the middle of the rainforest. Inside the park we will also visit the hummingbird gallery, the serpentarium, the bird house, the butterfly garden and the frog's exhibit; to be enjoyed by those of all ages.

Overnight at Xandari Costa Rica



Overnight:
Hotel



Meals:
B,D



Distance:
Varies



Activities:
Explore

DAY 3-5: PACUARE RIVER

Welcome to Pacuare, Costa Rica the most wonderful river!

Complimentary activities at Pacuare Lodge (you can choose two per day, please check the activities schedule at the front desk)

- Pacuare Canopy Adventure
- Canyoning El Tesorito Creek
- Cabecar Indigenous Hike
- Ancient Trail and Hidden Waterfall Hike



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- Early Morning Birdwatching
- Rural Experience
- Sustainability Tour

Overnight at Pacuare Lodge



Overnight:
Lodge



Meals:
B, L,D



Distance:
Varies



Activities:
Optional Activities

DAY 5: LA FORTUNA

The pleasant town of La Fortuna is often described as "a quiet little town" sitting at the base of the Arenal Volcano. You can explore small stores, a colorful and radiant central park, and scenery organized around the region's picture-perfect volcano, not to mention the delightful hot springs that surround it.

Enjoy the sweetest experience in the tropical forest, discovering the mysterious secrets of chocolate: from its discovery and use in the tropical regions of America, until its transformation, in the product that we know and love, today. Considered as a gift from the Gods, the cacao tree was of great importance to culture, not only because of the ceremonial use of its beverage, but also because of its economic value, to the point of using its seeds as currency in Many regions of Mesoamerica, including Costa Rica. When visiting our plantation, in an activity scheduled for 1.5 hours, you will have the opportunity to know interesting aspects of cocoa and chocolate and participate in the whole production process, from working with the plantation, harvesting the fruit, drying and grinding the seed, making the traditional drink of our ancestors, and of course tasting an organic chocolate of high quality, combined with different ingredients, generates a festival of flavors.

Overnight at Nayara Tented Camp



Overnight:
Camp



Meals:
B, L,D



Distance:
Varies



Activities:
Explore

DAY 6: LA FORTUNA

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.

Overnight at Nayara Tented Camp



Overnight:
Camp



Meals:
B, L,D



Distance:
Varies



Activities:
Explore

DAY 7: LA FORTUNA – ARENAL VOLCANO

Arenal Volcano National Park, sitting north of the Tilarán Mountains, the emblematic Arenal volcano is a magnificent spectacle of nature! Surrounded by Humid Forest, at an elevation of 5,437 feet, this giant was active for four decades.



Currently, it is in a resting phase and always worth seeing. It's almost perfect conical shape reveals over the town of La Fortuna, it's hot entrails feed the many therapeutic volcanic hot water springs of the area.

The Fortuna River waterfall is in a biological reserve with an area of 210 acres of transition premontane tropical wet forest, part of the Arenal Volcano National Park located at 520 meters over the sea level. Here you can enjoy an incredible experience and also directly help the development of the local community.

To get to the stunning waterfall of 70 meters (230 feet) high, you will walk along a beautiful rain forest full of native trees with comfortable areas so that you can rest and hydrate all the way to the waterfall.

Once in the waterfall, you can find many spacious viewing points for you to admire the views and, take breathtaking pictures. You can also swim in the refreshing Fortuna River beside this incredible waterfall.

Overnight at Nayara Tented Camp



Overnight:
Camp



Meals:
B, L, D



Distance:
Varies



Activities:
Explore

DAY 8: MONTEVERDE

Cross the Arenal Lake to head down to Monteverde. Monteverde is evergreen due to the precipitation and moisture-filled clouds which hover over the horizon on an almost daily basis, and no better way to see all the flora and fauna of the forest than with all the activities we have planned for you.

Paco's Horses seamlessly merges exceptional horseback riding with captivating introductions to Arenal's lush rainforest. Throughout this expedition, we transport you to a time when life unfolded at a more leisurely pace, allowing for a deeper connection with the beauty of nature – its melodies, hues, and the vibrant energy that permeates the air.

Overnight at Monteverde Lodge & Gardens



Overnight:
Lodge



Meals:
B, L, D



Distance:
Varies



Activities:
Explore

DAY 9: MONTEVERDE

Sky Tram, aerial tram tour, suitable for all ages and even for people with special conditions, since it has space to introduce a wheelchair to any of the cabins without having to fold it. The route allows you to climb and descend the mountain in a comfortable and safe way and enjoy the best views of the area. Subsequent to the Sky Tram, the tour begins with the Sky Walk, which is a tour in Monteverde that combines suspension trails and bridges, with lengths of up to 300 meters and heights that surpass the forest canopy. The tour allows us to appreciate the richness and diversity of flora and fauna of the area. The tour lasts approximately 2.5 hours.

Monteverde Cloud Forest Reserve

At 3000 feet above sea level, the Monteverde Cloud Forest Reserve is special for nature lovers interested in exploring Tropical Rainforests growing among clouds. The reserve is close to Santa Elena town, originally settled in the 1950s by North American Quakers. There are three private wildlife reserves: Monteverde Cloud Forest, Santa Elena Reserve and the Children's Eternal Rainforest, covering 74,000 acres, famous for their populations of Resplendent Quetzal. Guests go



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through some of the most beautiful primary cloud forests in the world. Natural history, bird watching and nocturnal tours, restaurant and souvenir store complement this wonderful place.

Overnight at Monteverde Lodge & Gardens



Overnight:
Lodge



Meals:
B, L, D



Distance:
Varies



Activities:
Explore

DAY 10: GOLFO DULCE

Imagine a place where the lush rainforest meets the tranquil waters of Golfo Dulce, offering you a secluded sanctuary away from the crowds. This intimate and exclusive retreat is the ultimate escape for those seeking privacy and rejuvenation.

The knowledgeable naturalist guides will lead you into a realm seldom witnessed, unveiling the mysteries of creatures that emerge after dark within their natural habitats. This presents an ideal occasion to witness the enchanting world of frogs, bats, insects, and other nocturnal marvels, offering an unforgettable glimpse into the after-hours realm of the rainforest.

Overnight at Playa Cativo Lodge



Overnight:
Lodge



Meals:
B, L, D



Distance:
Varies



Activities:
Explore

DAY 11: GOLFO DULCE

Embark on an unforgettable kayaking excursion through the mangroves of the Esquinas River in Playa Cativo, where you will discover the beauty and serenity of Costa Rica's mangrove ecosystem. They are blessed to have one of the largest and most pristine river systems in Costa Rica just a few short beaches away. The river mouth mangroves lead to picturesque views of the forest and remote farms. The diverse terrain allows for some of the best bird watching in the area especially at sunrise and sunset. The boat tows your kayak to the mouth of the river where you will embark on a peaceful excursion and experience the magic of nature while cruising down the river.

Join us on this tour as we venture into a nearby valley renowned for its abundant bird and animal sightings.

Accompanied by our expert naturalist guide, you'll delve into intriguing insights about the natural history and intricate connections within the tropical rainforest – knowledge typically uncovered by our seasoned naturalists.

You also have alternate tour options: (At additional cost – Please contact for Price)

- Private transfer by boat from Cativo to Playa Blanca Round Trip
- Private Ground transportation with bilingual guide to Jacana Rey
- Private Palmito Tour
- Private Gold Tour
- Private Trapiche Tour with lunch

Overnight at Playa Cativo Lodge



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Overnight:
Lodge



Meals:
B, L,D



Distance:
Varies



Activities:
Explore

DAY 12: GOLFO DULCE

During low tide, you'll be captivated by the intricate brain coral reefs, while high tides reveal underwater rock pinnacles that mirror the majestic mountaintops. These formations provide a vibrant habitat for a diverse array of tropical reef fish. Golfo Dulce stands as one of the world's rare tropical fiords, which does impose some limitations on its diving potential.

Overnight at *Playa Cativo Lodge*



Overnight:
Lodge



Meals:
B, L,D



Distance:
Varies



Activities:
Explore

DAY 13: CENTAL VALLEY

During low tide, you'll be captivated by the intricate brain coral reefs, while high tides reveal underwater rock pinnacles that mirror the majestic mountaintops. These formations provide a vibrant habitat for a diverse array of tropical reef fish. Golfo Dulce stands as one of the world's rare tropical fiords, which does impose some limitations on its diving potential.

Overnight at *Xandari Resort & Spa*



Overnight:
Resort



Meals:
B, L,D



Distance:
Varies



Activities:
Explore

DAY 14: 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:
N/A



Meals:
B



Distance:
Varies



Activities:
Travel



ACCOMONDATION

Subject to availability:

Nights	Place	Accommodation	photos
Nights 1, 2, 13	Central Valley	Xandari	
Nights 3, 4	Pacuare River	Pacuare Lodge	
Nights 5, 6, 7	La Fortuna	Nayara Tented Camp	
Nights 8, 9	Monteverde	Chira Glamping	
Nights 10,11,12	Golfo Dulce	Playa Cativo Lodge	



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IMPORTANT INFORMATION

INCLUDED

- All meals as described (B= Breakfast, L= Lunch, D=Dinner)
- Accommodation : 5 nights hotel, 5 nights camp, 1 night local cabin
- Airport transfers
- All transfers
- Group equipment (bikes, rafts, camping gear etc)
- Support vehicle
- Experienced & fun bilingual guides
- Vegan or special meals can be included upon request.

NOT INCLUDED

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



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.

