



**SAMPLE
ITINERARY**

Call us now to customize
your trip!

COSTA RICA

COSTA RICAN ADVENTURES

10 DAYS / 9 NIGHTS

Prométour offers model itineraries you can customize to your liking. Start your planning from this basic itinerary! Whatever your personal, educational or professional interests, Prométour offers you a personalized service throughout all stages of the trip planning process. With the help of your own experienced Tour Project Manager, you will be accompanied every step of the way, ensuring the utmost in quality customer service and attention.

Plan a trip your students will remember
for the rest of their lives.



CALL US NOW!

1-800-304-9446 FROM THE USA

1-800-657-7754 FROM CANADA

INFO@PROMETOUR.COM



DAY 1: TRAVEL TO COSTA RICA

- Depart for San José's Juan Santamaria International Airport
- Your local bilingual Prométour Tour Director will greet you at the airport upon arrival and remain with your group for the duration of your tour
- Transfer by private motorcoach to your hotel **El Rancho de Español**, located 18 miles northwest of San José
- Enjoy a welcome dinner with your group and your Prométour Tour Director at the hotel
- Overnight accommodation at **El Rancho de Español**



DAY 2: SAN JOSÉ

- Enjoy breakfast at the hotel and then take the opportunity to enhance a **Costa Rican school** with gifts of basic school supplies that not all local students can afford. There will be a stop to pick some up en route, although donations from home are just as welcome
- Return to **San José** in the afternoon for a **guided city tour**. Practice your Spanish by bargaining at the famous **local flea market** situated at the **Plaza de Democracia**. Stop by the **Plaza de la Cultura**, the main square located in the heart of San José. Visit the **Gold Museum** where you'll see thousands of different examples of Pre-Columbian gold artifacts. The pieces in the collection date from 500 BC to 1600 AD, when the New World was discovered by Christopher Columbus. Visit the **Metropolitan Cathedral**; built in 1871 it's the largest church in San José
- Enjoy dinner and overnight accommodation at **El Rancho de Español**



DAY 3: SAN JOSÉ / TORTUGUERO

- Enjoy breakfast at the hotel and then board your private motorcoach for Tortuguero. The name of the village can literally be translated to **Place of Turtles**. The beaches around the area are important nesting sites for many of the world's most endangered species of sea turtles
- Make a stop at a **banana plantation** along the way for some wonderful photo opportunities
- **Transfer by boat to your hotel** and have lunch upon arrival
- This afternoon, enjoy a **tour of the village** as well as **The Turtle Interpretation Center**
- Enjoy dinner with your group and your Prométour Tour Director at the hotel
- Overnight accommodation at the **Samoa Lodge Tortuguero**



DAY 4: TORTUGUERO

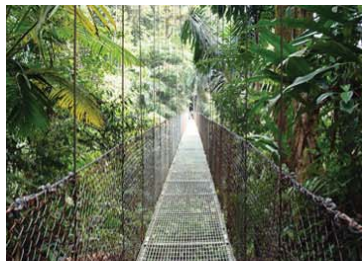
- Enjoy breakfast at the hotel and then head off to visit **Tortuguero National Park**. The exceptionally high rainfall, and rich environment where the freshwater meets the sea makes the beaches, canals, lagoons and wetlands of Tortuguero an in-depth illustration of exceptional biodiversity, a real opportunity for nature lovers to enjoy
- After lunch, **board a private motorboat** for a **3-hour cruise** around the **famous canals of Tortuguero**; keep your camera ready, as you are sure to spot plenty of wildlife
- Enjoy dinner with your group and your Prométour Tour Director at the hotel
- Overnight accommodation at the **Samoa Lodge Tortuguero**



DAY 5: TORTUGUERO / ARENAL

- After breakfast at the hotel and then transfer to **Arenal National Park**. At 5,437 feet, **Mount Arenal Volcano** looms large and ominous over the surrounding green hillsides. Smoke, gas and lava come pouring out its top and down its sides in a spectacular display of geological activity
- Visit **Arenal Lake at dusk**; a breathtaking experience whose beauty has to be seen to be believed
- Enjoy dinner with your group and your Prométour Tour Director at **La Cangreja Lodge** followed by overnight accommodation





DAY 6: ARENAL / BALDI HOT SPRINGS / ARENAL

- Enjoy breakfast at the hotel and then take a **guided visit of the Arenal Hanging Bridges** located in the reserve. Here you will see the natural beauty of this splendid environment, thanks to the imposing and huge hanging bridges that you will use to walk through this majestic rainforest
- This afternoon, experience the **Baldi Hot Springs**. These natural springs and geysers are a direct result of the volcanic activity of **Mount Arenal**. Visitors can relax and **bathe in nine different pools** while enjoying the striking views of the mountain and surrounding jungle
- Enjoy dinner with your group and your Prométour Tour Director at the **Baldi Hot Springs** followed by overnight accommodation

DAY 7: ARENAL / MONTEVERDE

- Enjoy breakfast at the hotel and then transfer to **Monteverde**. This large reserve is **one of the most diverse wildlife sanctuaries in the Americas** and includes eight distinct ecological zones. It protects more than 400 species of birds and over 100 species of mammals. Some of these include the jaguar, the ocelot, the Baird's tapir, the three wattled bellbird, the bare-necked umbrella bird, and the famously elusive resplendent quetzal. There are also 30 species of hummingbirds that may catch your eye
- **Partake in a spectacular tour that begins before sunset and ends at night**. This will give you the opportunity to **witness nocturnal wildlife** such as porcupines, toucans and other sleeping birds, owls, agoutis, coatimundis, snakes, tarantulas and an array of insects
- Enjoy dinner with your group and your Prométour Tour Director at **Hotel Establo** followed by overnight accommodation

DAY 8: MONTEVERDE / BEJUCO BEACH

- Enjoy breakfast at the hotel and then **partake in the Sky Trek**. Your program starts with a **30 minute ride on the cableway** where you'll have a unique perspective of the flora and fauna. The activity ends at a **wide observation platform**
- Next, experience the **Sky Trek Canopy Tour**; this is an adventure that lets you **roam through the treetops, leaping from platform to platform** using a special system of steel cables and professional climbing gear. This excursion requires no previous experience
- Return to the hotel for lunch and then transfer to **Bejuco Beach**. The beach has many rocky areas and coves that explorers can search through, it offers a **good swimming area**, as well as **tidal pools** near **Bejuco Point**
- Enjoy dinner with your group and your Prométour Tour Director at **Hotel Playa Bejuco** followed by overnight accommodation

DAY 9: MANUEL ANTONIO PARK / SAN JOSÉ

- Enjoy breakfast at the hotel and then head to **Parque Nacional Manuel Antonio**. Hiking provides a great opportunity to experience the tropical wildlife that enriches the park, arguably one of Costa Rica's most beautiful coastal areas
- The afternoon is dedicated to relaxation as your group enjoys some very **precious coastline scenery**
- Return to **El Rancho de Español** for a **farewell dinner** with your group and your Prométour Tour Director, followed by overnight accommodation

DAY 10: RETURN HOME

- Enjoy breakfast at the hotel and then transfer to the airport by private motorcoach
- Say a fond "**Hasta Luego**" to your Prométour Tour Director and board your return flight home

¡Buen Viaje!