Code NCR **Nature Trails**

Tour Dossier Introduction

Dossier Last Updated: 26-03-2014
Tour Code: NCR
Duration: 8 nights / 9 days
Joining City: San José
Departure City: San José
Nearest Joining International Airport: San Jose Juan Santamaria Intl Airport (SJO)
Nearest Departing International Airport: San Jose Juan Santamaria Intl Airport (SJO)

Please check this document just before departing in case of last minute changes to your tour.

Tour Documents

PDF Document Web Page

- Packing List for Adventure Tours
- Pre Departure Booklet - Central America
- Joining Letter for Tours Beginning in San José
- Optional Excursions Guide for Tours to Central America
- Costa Rica Dossier
- Spanish Language Guide

What's Included

- Entry to Monteverde Cloud Forest Reserve
- Entry to Manual Antonio National Park
- 8 nights in hotels, hostels & guesthouses
- Travel by local public bus, boat, taxi, on foot
- Tucan Travel Tour Leader, English-speaking local guide(s) on excursions

What's not Included

- International flights and departure taxes
- Domestic flight taxes if applicable
- Tips on included excursions, visas, travel insurance, personal items and single rooms.
- Airport transfers and pre and post tour accommodation
- Spending money – budget for meals, snacks, drinks, limited souvenirs, laundry, tips and any extras
- Optional excursions - Please see our optional excursions guide on the dossier page for a comprehensive list of optional activities and excursions available on this tour.

Detailed Itinerary

Day 1 to 1 - Arrive San José

The first day of your tour is simply an arrival day with no pre-organised activities. In order to allow time to relax and see some of the sights you may wish to add pre tour accommodation. On arrival please ask at the reception for information on when the pre departure meeting will be held.

The capital city of Costa Rica, San José, is nestled in a fertile valley among coffee and sugar-cane farms. There is not much left of the colonial era architecture, due to the damage done by earthquakes, but it is certainly worth seeing the National Theatre, built in 1897. Maybe you'll be lucky enough to catch a performance whilst you're here. The Gold, Jade and National Museums are also particularly recommended for a visit

There are plenty of interesting optional day trips that can be undertaken within a close vicinity of San José such as visits to the Poás or Irazú volcan o, white water rafting, the Turu BaRi Topical Park or the Rain Forest Aerial Tram.

Day 2 to 3 - La Fortuna

The main attraction in La Fortuna is the nearby Arenal Volcano, which has been constantly erupting since 1968 although is not doing so anymore. After settling into our hotel you'll have time for a leisurely lunch and to explore the town. An exciting optional night excursion is available where you are taken to a site near the volcano and sample the local alcoholic spirit (proceed with caution!). After this, you may want to indulge in a visit the luxuriant local hot springs for a well-earned dip.

There is also plenty of free time to partake in a variety of spectacular and exhilarating optional excursions while in La Fortuna; a visit to the some local waterfalls, caving, rappelling, white water rafting, canoeing, kayaking, horse-riding, trekking, biking, and wild-life spotting.

Day 4 to 5 - Santa Elena

Our next journey takes us up into the mountains using a combination of minivans and boats. The first leg takes about 30 minutes to Lake Arenal. After transferring onto a boat, we continue through stunning scenery for approximately an hour to the other side of the lake. Here we are met by our transport to take us the remaining hour and a half to the small town of Santa Elena, established by American Quakers in the 1950's.

From here we visit Monteverde Cloud Forest Reserve in search of the mysterious endangered Quetzal, a very rare and timid bird with incredibly beautiful and unique plumage. There are several paths to explore in this privately owned reserve, one of which takes you to the continental divide. On a clear day both the Atlantic and Pacific Oceans can be seen! We'll also stop at the Hummingbird Gallery where these energetic birds buzz around sipping on nectar. The area around Santa Elena is famous for its ziplines, where you'll have the option to go flying over the cloud forest on a series of cables strung out between the giant trees. For the less courageous, you may opt for a sky walk along a series of suspension bridges above the forest canopy. Along with the lovely horse treks, nature-spotting twilight walks, visits to coffee and dairy farms, you may find it hard to choose between all of the exciting excursions!

Included Excursion: Monteverde Cloud Forest Reserve

Day 6 to 7 - Manuel Antonio

Descending down a steep mountain road, we will travel through very lush green countryside to the coast and the old town of Quepos, once a very important port for the exportation of bananas. We continue our journey along another twisting road to Manuel Antonio, where we will visit the Manuel Antonio National Park, one of the most popular parks in the country. This celebrated park is blessed with beautiful lagoons, palm fringed beaches, a vast array of animals and lush green forests. Some of the many creatures that call Manuel Antonio home include sloths, pelicans, white-faced monkeys, anteaters and huge iguanas. It is also famous for its beaches - although almost deserted on weekdays, keep a sharp eye on your belongings, as the monkeys are seasoned thieves!

Included Excursion: Manuel Antonio National Park

Day 8 to 8 - San José

We then return to San Jose for another night. In the evening there are plenty of world class restaurants to choose from and some great nightlife especially if you are here on the weekend.

Day 9 to 9 - Depart San José

Your adventure of a lifetime comes to an end today. If you have a late flight or have lengthened your stay by adding post tour accommodation you will have more time to explore the sights.

This itinerary is a guide. Changes may be made before or during your tour to improve the running or due to unforseen circumstances.

Travel Style

This is an**Adventure Tour**. We see a destination from the locals' perspective using a variety of transport and staying in small locally owned accommodation. There is a maximum of 16 travellers with an average group size of 8-12.

Packing List

We have a detailed packing list for all of our Adventure Tours **here**.

Baggage

On all of our Adventure Tours, you will be required to carry your luggage long distances down unpaved and uneven roads or up flights of stairs when elevators are not available. It is important that you choose a durable and lightweight soft bag that you can carry comfortably on your back.

You will also need a small daypack, large enough to carry everything you might need on overnight excursions.

Add-ons & Extras

On many of our Group Tours, we spend one night in our arrival and departure cities. If you want to explore these cities more we can book pre and post tour accommodation, city tours and airport transfers for you. Price information can be found on the price page of each tour. We also have**Add-ons** - short packages that can be booked alongside a tour or on their own and have been carefully designed to ensure you don't miss out on popular highlights.

Rooming

All our**Adventure Tours** are priced per person on a shared room basis meaning there is no compulsory extra payment for those travelling on their own.

I'd like my own room
If you are a solo traveller, a single room is available on most occasions at an extra cost. Price information can be found on the price page of each tour.

Day by Day Itinerary

Day	Activity	Country	Meals	Single Room
Day 1	San José	Costa Rica		
Day 2	La Fortuna			
Day 3	La Fortuna			
Day 4	Santa Elena			
Day 5	Santa Elena			
Day 6	Manuel Antonio			
Day 7	Manuel Antonio			
Day 8	San José			
Day 9	San José			

(B - Breakfast, L - Lunch, D - Dinner included)

Please note the day to day itinerary above is given as a GUIDELINE ONLY.

For tours that include the option of a single supplement, a ? will indicate in which destinations single rooms are available.