

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# COSTA RICA

## Jungle, Wildlife, and Beaches



June 27 - July 5, 2020

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### TRIP HIGHLIGHTS

- ▶ Active adventure fun: whitewater rafting, horseback riding, hiking, swimming, tubing, and zip line rides
- ▶ Enjoy a chocolate making and Costa Rican cooking class
- ▶ Learn about Costa Rica's many ecosystems and wildlife habitats
- ▶ Kayak through Tortuguero National Park
- ▶ Relax in hot springs as you bond with your fellow Adventure Women

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive San José, welcome dinner
- Day 2: breakfast at an organic farmers' market, explore San José, pub crawl
- Day 3: drive to Tortuguero National Park, wildlife viewing by sea kayak
- Day 4: explore by boat, visit the Sea Turtle Conservancy, night hike to see nesting turtles
- Day 5: whitewater rafting, relax and enjoy the hot springs at your hotel
- Day 6: swim beneath a waterfall, enjoy the grounds and the spa at your hotel
- Day 7: float down the river in a tube, zipline through the forest canopy
- Day 8: learn about how chocolate is grown and used, cooking class, farewell dinner
- Day 9: depart Liberia Airport

### TRIP PRICE

Main Trip: \$4,090

Optional Single Accommodations: \$850

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### your adventure in depth

#### DAY 1

Saturday  
6/27/20

### Arrive in San José

Costa Rica is like Central America's middle sister - she's confident, fun, and is a sporting bon vivant with all the ingredients for exotic adventure. A mere 117 miles wide east to west, this tiny country still has 800 miles of beaches and 12 different climate zones! Costa Rica is a gorgeous riot of rivers and waterfalls, lush rain forests, cloud forests, steamy hot springs, volcanoes, and agrarian landscapes hosting plantations of bananas and coffee.

#### Pick-up and Transfer

Upon arrival at the Juan Santamaria International Airport in San Jose, Costa Rica, your guide will be waiting outside the Customs exit doors to meet you and transfer you to the hotel.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore Costa Rica!

#### Accommodations

Hotel Costa Rica

#### Meals Included

dinner

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#### DAY 2

Sunday  
6/28/20

### San José

San Jose is the capital of Costa Rica and the nation's largest city. Located in the Central Valley, it is the seat of national government, the focal point of political and economic activity, and the major transportation hub of this Central American nation.

#### Feria Verde: Organic Farmer's Market

Rise and shine early today and depart the hotel at 7:00am for a visit to the Feria Verde, an organic Farmers' Market, which has much more than fruits and vegetables. There are local artisans with hand-made clothes, artisanal jewels, medicinal herbs, hand-made aromatherapy oils, musicians, and plenty of places to eat. The majority of vendors are women, and you'll have plenty of opportunities to talk with them and find out about their businesses and crafts. Enjoy breakfast at the market.

#### Walking Tour of San José

Take a walking tour of the city of San José, visiting the Central Market, the National Theater, and either the Gold or the Jade museum.

#### Free Time

There's free time in the afternoon to do some exploring on your own. This is a perfect time for souvenir shopping, to enjoy the sights and sounds of San José, or simply to do some people-watching.

#### Cooking Class

Enjoy a cooking class with a master chef this evening.

#### The Next Two Days...

NOTE: There is a limit on luggage of 25 pounds per person when traveling on local boats while visiting the Tortuguero National Park. Please take only what you will need for the next two days. Bring light clothes, bathing suit, hat, insect repellent, sunblock. It will be hot and humid weather! Your driver will take the rest of your luggage and you will get it back on the way to Arenal on Day 5.

### Accommodations

Hotel Costa Rica

### Meals Included

breakfast, lunch, dinner

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### DAY 3

Monday  
6/29/20

## San José to Tortuguero

“Tortuguero” comes from the Spanish name for the giant sea turtles (tortugas) that nest on the beaches of this region every year from early March to mid-October. The exceptionally high rainfall and rich environment makes the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity. This is an incredible opportunity for nature lovers and there is no better way to explore this park than from the water.

### Travel to Tortuguero National Park

Set out very early for Tortuguero National Park, the “Venice” of the rainforest. Drive through Braulio Carrillo National Park, seeing the vegetation change from rainforest to cloud forest and back to rainforest again. Reaching the riverside village of Caño Blanco, board your boat to Tortuguero for a 90-minute ride on the Parismina river and on some man-made canals.

### Breakfast

Breakfast will be in a local restaurant during the drive today.

### Sea Kayak Tour

One of the few Costa Rican National Parks where walking isn't necessarily the best way to see things, you get to tour the lagoons and jungle waterways of Tortuguero National Park this afternoon by sea kayak. The extensive network of freshwater creeks and lagoons behind the beaches of Tortuguero are home to seven species of river turtles, spectacled caiman, southern river otters, a number of crustaceans, and more than 50 species of freshwater fish. You might also see spider, howler, and capuchin monkeys and dozens of species of birds. If you are really lucky, you might spot an endangered West Indian manatee.

### Evening at Your Lodge

Relax at your lodge this evening and enjoy dinner as a group.

### Accommodations

Aninga Lodge

### Meals Included

breakfast, lunch, dinner

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#### DAY 4

Tuesday  
6/30/20

### Tortuguero

An endless system of rivers and canals make Tortuguero the most biologically diverse region of Costa Rica. They also allow for some extraordinary in-depth exploration by boat, so get those cameras ready to capture some amazing wildlife. Crocodiles, lizards, toucans, sea turtles, and howler monkeys are often spotted.

#### Explore the Park by Boat

Explore the Park's winding jungle waterways by boat, looking for monkeys, sloths, crocodiles, and more.

#### Tortuguero Village and the Sea Turtle Conservancy

After lunch at the lodge, spend the afternoon visiting Tortuguero Village and the Sea Turtle Conservancy. Tortuguero beach is the most important nesting site of the endangered green turtle in the Western Hemisphere. Giant leatherback, hawksbill, and loggerhead turtles also nest here.

#### Night Hike to the Beach

The turtle nesting season is between June and September in Tortuguero. There will be night hikes to the beach after dinner tonight in search of this wonderful sight. Please note that dates and times are on a lottery system, so there is no guarantee in which group each person will be.

#### Accommodations

Aninga Lodge

#### Meals Included

breakfast, lunch, dinner

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#### DAY 5

Wednesday  
7/1/20

### Tortuguero to Arenal

The Central Highlands of Costa Rica are surrounded by the landscape's dominating volcanoes. In 2010, Arenal was considered one of the ten most active volcanoes in the world, and the area around it is a virtual playground. There are opportunities to explore this remarkable area on foot, by bike, and flying through the forest canopy on a zip line tour.

#### Head to Arenal and Pick Up Luggage

Leave Tortuguero by boat on your way to Arenal, stopping in Caño Blanco, where your driver will be waiting (with the rest of your luggage) to take you to the Arenal Volcano area.

#### Whitewater Rafting Adventure

Before arriving in Arenal, stop at the Sarapiquí River for an exciting guided whitewater rafting trip! This Class II - III rafting adventure takes you through more than 20 rapids in about three hours. You will be briefed on safety, and wear a helmet and life jacket.

Originating from clear mountain streams, the Sarapiquí River runs from the Central Mountain Range just north of San Jose to the San Marcos River which runs along the shared border between Costa Rica and Nicaragua. The river is considered a national monument because of the vital service it provided in transporting arms, goods, and soldiers in the 1856 war against the filibusters.

#### Head to the Lodge and Free Time

Finishing your adrenaline-packed raft trip, continue to the spectacular Volcán Arenal area and Hotel Arenal Kioro, with its hot springs and uninterrupted views of the volcano. Once at Kioro Hot Springs, the rest of the afternoon is free to relax and enjoy the famous hot spring pools at the Hotel Arenal Kioro.

#### Accommodations

Hotel Arenal Kioro

#### Meals Included

breakfast, lunch, dinner

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#### DAY 6

Thursday  
7/2/20

### Arenal to Guanacaste

The Guanacaste region is a dry tropical rainforest that creates a varied landscape. Popular white-sand beaches line the coast, and to the east the Guanacaste Mountains feature fascinating National Parks and caldera volcanoes.

#### Swim Beneath La Fortuna Waterfall

Stop to swim in the emerald pools beneath La Fortuna waterfall. You can choose to horseback ride or hike to the falls. La Fortuna waterfall emerges from dense jungle greenery before plummeting some 200 feet into a pool below. Bring your bathing suit!

#### Head to Hotel and Enjoy Free Time

Head to the Guanacaste region in the Northwestern province in Costa Rica. Arriving late afternoon at Rio Perdido, there is time to enjoy a massage or spa treatment and spend some time relaxing and soaking in the surroundings.

Accommodations  
Rio Perdido

Meals Included  
breakfast, lunch, dinner

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#### DAY 7

Friday  
7/3/20

### Guanacaste

The driest region of Costa Rica, Guanacaste is known for its lovely northern Pacific beaches, funky ocean-side villages, and miles of grazing plains that give way to dry tropical forests and bubbling mud pots at Rincon de la Vieja National Park. This region is a haven for all kinds of watersports!

**River Float** Begin a full day of adventure at Rio Perdido by floating down the river in a modified inner tube, through a gorgeous narrow canyon with the rainforest canopy above. Some parts of the river are very calm and slow, others are faster and very exciting! Sometimes you will need to carry your tube for a little while in order to get over rocks to the other side. Make sure to wear water shoes, sneakers, or Teva sandals. No flip-flops! Life vests and helmets are provided.

**Ziplining/  
canyoning  
Adventure** In the afternoon there will be a zip-lining/canyoning tour. While Costa Rica has dozens of "canopy tours," with hundreds of zip-lines, Rio Perdido has truly innovated with their Canyon Adventure. Under the guidance of renowned adventure designers, they have created a sequence that will please and surprise. Inspiring Rio Blanco canyon is the main stage for the awesome cable-based zip-line experience. Good walking shoes are a must! The adventure includes 15 platforms, six of which are rock-based and nine of which are suspended on the canyon walls, as well as zip lines of varying lengths from 260 to over 800 feet.

**Dinner** Share stories of today's adventures this evening with your group over dinner.

### Accommodations

Rio Perdido

### Meals Included

breakfast, lunch, dinner

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### DAY 8

Saturday  
7/4/20

## Guanacaste

Guanacaste has a long history as a cattle raising area. Its “Sabanero” cowboy culture still defines the personality of the province. In recent years, the area has become the most popular place in the country for beachfront development. Small fishing villages like Tamarindo are now a top draw for travelers, with hotels lining the beach boulevard, while quieter retreats further south on the Nicoya Peninsula offer plenty of peace and quiet for those looking to get away from it all.

### La Anita Rainforest Ranch

Begin the day at Anita Rainforest Ranch where you will meet the owners, Pablo and Ana, and spend time with Ana as she gives you a private tour of the property. Learn how they grow and harvest their crops, especially cacao, and how it is transformed from dry beans to paste and on to artisan chocolate. Of course, you get to try some too!

### Cooking Class

In a short cooking class, you’ll enjoy delicious food - heart of palm ceviche, taro chips, beef in red wine and rosemary sauce, and fresh produce from their organic gardens finished off with homemade ginger spiced lemon and natural fruit juices.

### Meet Aracely

Continuing to the small town of Colonia Libertad, meet Aracely, a neighbor in the village, where she will share a wonderful and special dessert treat in her home.

### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations  
Rio Perdido

Meals Included  
breakfast, lunch, dinner

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### DAY 9

Sunday  
7/5/20

### Guanacaste and Depart

Enjoy one last morning in Guanacaste before heading home.

Transfer to  
the Airport

Say goodbye to your new AdventureWomen friends  
as you transfer to the airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

#### Hotel Costa Rica

This hotel combines the essence of Costa Rican friendly and caring hospitality with a vast array of facilities and services. The hotel's central location offers unmatched access to local attractions, shopping, dining, and nightlife.

#### Aninga Lodge

Set on the edge of the main canal and surrounded by lush rainforest and howler monkeys, Aninga has 33 bungalows all with comfortable beds and ceiling fans. The bungalows, restaurant, and walking trails are all set on stilts about five feet from the ground to bring you into the canopy of trees and to protect the wildlife's natural habitat. Enjoy the pool and spa!

#### Hotel Arenal Kioro

Sandwiched between two streams - La Palma and Kioro - Hotel Arenal Kioro provides a breathtaking natural view of Arenal Volcano. The hotel's setting is a perfect representation of what makes Costa Rica so special, with two nature paths alive with myriad species of plants, as well as private thermal springs surrounded by flourishing gardens.

#### Rio Perdido

Rio Perdido, meaning "Lost River," is truly a hidden gem, situated in a protected dwarf forest that even many Costa Ricans have never seen. The property pays respect to its amazing environment, using wells and natural springs for water and taking 100% of its electrical energy from the Miravalles Geothermal Power Plant, among many other sustainable practices. The hotel's bungalows - suspended above the ground by columns and accessed by elevated pathways connecting to hiking trails - each offer a unique experience.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Professional English-speaking naturalist guide throughout the trip
- ▶ Entrance fees
- ▶ Drinking water
- ▶ Gratuities for maids, porters, and local guides
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare to and from Costa Rica
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for head guide and driver

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### Activity Level:

Moderate

**Active**

High Energy

Challenging

We rate this trip as Active. Our Active adventures at AdventureWomen get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before March 29, 2020.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Costa Rica, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about Costa Rica.

### Money:

The currency of Costa Rica is the Costa Rican Colon. Credit cards are accepted in major stores and larger hotels, and ATMs will be available in bigger cities. We recommend bringing US dollars and exchanging them for local currency.

### Suggested Gratuities:

- ▶ Guide: \$15 per day
- ▶ Driver: \$8-10 per day

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**Arrive:** Arrive at Juan Santamaría International Airport in San Jose, Costa Rica (SJO) on June 27, 2020 by 4:00pm.

**Depart:** Depart Liberia Airport (LIR) on July 5, 2020 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

**Packing Considerations:** There is a limit on luggage of 25 pounds per person when traveling on local boats while visiting the Tortuguero National Park. You will want a small spare bag to pack just the essentials for those few days.

You should expect pleasantly warm and sunny to hot and humid weather. Choose casual, comfortable, and breathable clothing. Lightweight pants and shorts are fine for daytime wear, but you may prefer to wear long pants and long sleeves for protection from sun and insects.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack and rain cover
- Lightweight hiking boots or walking shoes (make sure they are broken in!)
- 1 pair sandals/water shoes for rafting (must stay on your feet - no flip flops!)
- Comfortable shoes for evenings
- Rain jacket or poncho
- 4-5 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts for sun/insect protection
- 2 pairs of quick dry shorts for water sports
- 2 pairs shorts (not too short)
- 1-2 pairs of pants (light-weight recommended)
- 1-2 casual outfits for dinners
- Light fleece jacket
- 1-2 bathing suits
- Underwear

- Socks
- Hat for sun protection
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries or cell phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap

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### Essentials Continued:

- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a