

# EXTREME ADVENTURE TOUR

## Daily Itinerary

Meals Provided **B** Breakfast **L** Lunch **D** Dinner

### Day 1

Bienvenidos a Costa Rica! You have arrived at Juan Santamaria International Airport and will be greeted by a guide from Chiquita Tours and taken directly to your beautiful hotel room at the luxury 4 star Bal Moral Hotel. You may choose to rest, but with colonial San Jose literally right outside your front door, you may choose to start your tour early by exploring the Plaza de la Cultura, Teatro National and Parque Central.

With your hotel located in the middle of Avenida Central, and with your guides standing-by to offer suggestions, you can walk to explore the sites, shops and places to eat. If you're not up to walking, you can enjoy a delectable dinner or drinks in the hotel's open-air restaurant, or you can relax in the hotel's gym or spa. Soak up the warm evening air as you let the pressures of home drift away as you prepare for your exciting week in Costa Rica!

### Day 2

**B** **D**

Waking up in Costa Rica for your first full day, you will be treated to delicious "comida tipica" (or you can stay with an American breakfast if you choose). During breakfast on your first morning, you will formally meet all of the guides as well as the other guests who will be joining you on your adventure. After the itinerary is reviewed and all of your questions are answered, we will head out through the gorgeous Central Valley of Costa Rica headed for Fortuna and Volcano Arenal.

Your next three nights will be spent at the wonderful Volcano Lodge, where the volcano is literally in your backyard! After settling into the hotel, you will enjoy an afternoon hike up Costa Rica's most active volcano. Breathtaking views and actual lava explosions will fill you with wonder and excitement. That evening, relax and soak your tired muscles in the Baldi Thermal Springs, before enjoying a great dinner.

### Day 3

**B** **L**

Wake up to the birds singing! After breakfast we head off to repel down a 210-foot, 3-stage waterfall that will make your heart jump and your soul sing! You'll be in expert hands as you enjoy the exhilarating experience of 5 different waterfall repels (2 of them over 150 feet long). You will get soaked in this isolated slot canyon, and you will not soon forget this experience! After the morning excitement, we finish off with a delicious lunch before returning back to the resort. The evening is yours to enjoy some time to yourself and all the resort has to offer.

### Day 4

**B** **L**

Today you tackle the river rapids of the Rio Balsa. With class II and class III rapids, your heart will be pounding as you enjoy the raw power of the river on this four-hour trip. Keep your eyes open though as you will not want to miss the wildlife. After lunch, you are free to enjoy some down time by the pool, or exploring Fortuna on your own. Tomorrow we set off to a new destination, so be sure and get some rest.

### Day 5

**B** **L**

Wake up, pack, and have your last breakfast in Arenal. After breakfast, we head to Manuel Antonio National Park, where you will enjoy a 3-night stay at the beautiful Hotel Parador, located just minutes from the park and beach of Manuel Antonio. You'll enjoy the scenic drive past beautiful flora, plantations, and livestock. This part of Costa Rica is renowned for its natural beauty and wildlife, and you'll be able to see it all first-hand. After a delicious lunch, you will have the afternoon to settle into your hotel and see what wildlife you can spot from the hotel... a white faced monkey, a sloth, or maybe an iguana?

### Day 6

**B** **D**

Start the day off with a wildlife adventure. You are free to hike in the park at your own leisure. On your hike, you will see many species of birds, iguanas and monkeys. Be sure to bring your swim suit to enjoy the secluded beaches that you will encounter in the park!

Your evening will be packed with excitement, as we explore the nocturnal wildlife amongst the mangroves in the rainforest. Did you know that almost 70% of the mangrove ecosystem and the tropical rain forest jungle is nocturnal? On this kayak adventure you'll paddle at your leisure through several varieties of mangroves, and stop to observe the numerous animal species migrating through the estuary in search of food.

### Day 7

**B** **D**

This is your morning to do as you please. You can hop the shuttle and get some serious time at the beach, stay at the pool, or go into town and explore the local fare. However, you'll want to be back in time for the evening's catamaran cruise. Just off the coast of Quepos/Manuel Antonio, you will enjoy watching the sunset over the Pacific Ocean. As you watch for dolphins, you'll enjoy a wonderful catamaran BBQ and all you can drink, as you enjoy both the company and the scenery.

### Day 8

**B** **D**

Today we say farewell to Manuel Antonio as we head back to San Jose and the four-star Bal Moral Hotel. Enjoy last-minute souvenir shopping and meet back for a farewell dinner, Costa Rican style!

### Day 9

**B**

Time to say "Adios" to Costa Rica and head back to reality. Today we will transfer you back to the Juan Santamaria International Airport. You will be leaving Costa Rica for the time being, but you'll be taking with you memories of a lifetime. We hope we will meet you again on another one of our adventure tours and until then, "Hasta lleugo y buen viaje!"