



## Costa Rica - Pacific to Caribbean

### ITINERARY

#### **DAY 1 Fly London to Costa Rica**

We fly from London Heathrow Airport to San Jose, the capital city of Costa Rica. We arrive in the late afternoon and transfer to our central hotel.

#### **DAY 2 San Jose - Irazu**

After an early breakfast we transfer for 50km by private bus to the Irazu Volcano, close to the city of Cartago. At an elevation of 3432 metres this is the highest volcano in Costa Rica and is in a semi-dormant state. The last major eruption was in 1963 but seismologists have detected ongoing activity beneath the surface. There is a road which goes almost all the way to the top, where we can look down into a green ashpit lake which has formed in the crater itself. On a clear day it is claimed you can see both the Pacific and Atlantic Oceans. After exploring the volcano we will descend by vehicle and in the afternoon there will be a tour of a local coffee plantation. We will be able to learn about how coffee is grown and harvested, and perhaps sample some of the produce. In the afternoon we transfer to lodge accommodation at the foot of Turrialba Volcano.

#### **DAY 3 Turrialba Volcano Hike**

This towering giant is Irazu's sister volcano and one of the least visited National Parks in Costa Rica. Our hike starts from a small farming town set in the foothills of the volcano and over the course of three hours takes us to the top of the mountain, where we will be able to appreciate the majestic crater. The descent into the crater is a one-hour hike on narrow trails. Inside the crater we will be able to see the unique ecosystem and minerals normally found deep underground. Total hike time is five to six hours. In the afternoon we return to our lodge accommodation.

#### **DAY 4 Pacuare River Rafting Trip**

From our lodge accommodation we trek around the foot of the volcano until we again meet our vehicles and drive the short distance to the Pacuare River. This is acknowledged as one of the best white water rafting rivers in the Americas, not just because of its exciting rapids but because of the beautiful and lush scenery which it passes through. In the company of expert guides we raft nearly 20 miles in 4 hours. At the end of the raft there is a chance to swim in the river. Our private vehicles will meet us at the finishing point and from there we return to our lodge accommodation.

#### **DAY 5 - 7 Los Santos Forest Reserve**

Over the course of the next three days we embark on a classic jungle hike through the cloud forest of the Los Santos Reserve. The Reserve gets its name from the neighbouring towns, most of which are named after a Saint (Santo or Santa in Spanish). Therefore, we can find the towns of Santa María, San Marcos, San Pablo, San Gerardo, among others. The Reserve can be tough and challenging trekking and at times we will be following an overgrown trail. Our local guides may need to use their machetes to clear the route. But the rewards are a fantastic array of flora and fauna

to be seen. We will camp for two nights and all our heavy belongings and supplies will be transported for us. On the afternoon of the third day we emerge from the forest and meet up with our transport which will be waiting to take us to the Pacific Coast and our comfortable hotel accommodation.

**DAY 8      Pacific Coast**

We have a full day of rest and relaxation at our hotel which is located by the Pacific Coast. There are also a range of watersports activities available which can be included in the programme or taken as optional extras. Snorkelling, Sea Kayaking, Scuba Diving and surfing are all available. Alternatively you may wish to just enjoy the beach!

**DAY 9      Depart San Jose**

The morning will be free for relaxation and souvenir shopping. In the afternoon we return to the airport in San Jose for our flight home.

**DAY 10      Arrive London**

We arrive into London Heathrow Airport