



TRAVELPEAK

Costa Rica Coast to Forest

13 Nights

Produced: 07/02/2023



Travel Peak

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Costa Rica Coast to Forest

In two weeks you will get a flavour of one of the richest and most varied ecological countries in the world, relaxing white sand beaches and getting your thrills ziplining through the jungle.

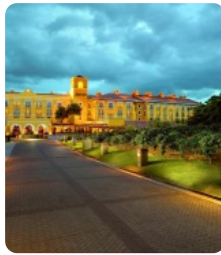
Your Trip Highlights



Hotel Villas Nicolas



Tamarindo



Costa Rica Marriott
Hotel Hacienda
Belen



Costa Rica



Zip Lining in the
Clouds



Montezuma

Your Trip

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The price for the arrangements as specified throughout this trip is: **£3,400 Per person**

What's included?

- Room upgrade
- Free car hire

Trip Guide



I'm here to help
Emiliano Touros

012345678910
Emiliano@ziplineadventures.com

Your day by day guide

Day 1

01/02/23

Arrive in San Jose

Arrive in the bustling Capital of San Jose.

Once settled into your hotel, why not explore the city with all its colour and vibrancy. Visit the Teatro National Theatre or visit the central market. Why not try a bite to eat at La Esquina de Buenos Aires.

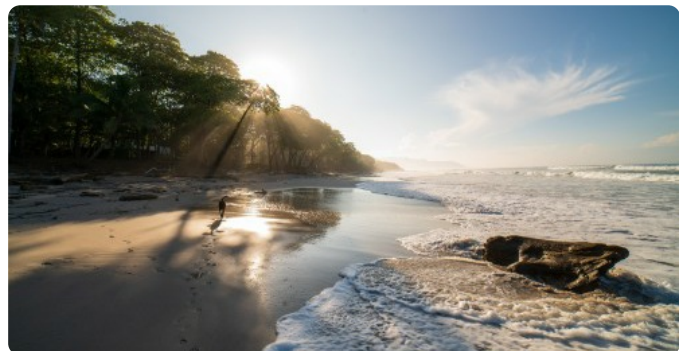


Day 2 - 3

02/02/23 - 03/02/23

Travel by jeep to Manuel Antonio

Enjoy a couple of days at one of Costa Rica's most beautiful beaches. Bright blue sea and the softest of sands. Look out for the monkeys in the trees and the macaws in the sky. San Antonio is a real gem and you'll feel all your worries washing away. Enjoy a cocktail in a local bar. Or just have a swim at the hotel. Your time is yours to enjoy.



Day 4 - 6

04/02/23 - 06/02/23

Ferry to Montazuma

Welcome to bohemia. The draws of Montezuma are its many quiet beaches, thick forest, and wildlife like monkeys, butterflies, and birds. One of the things that makes it unique is its almost bohemian feel.

Enjoy a sunrise yoga session or an evening surf. Take in the view at the top of a waterfall and jump off if you dare. Enjoy a meal out at one of the beach front cafes. Whatever takes your fancy, one thing for sure you will feel like you have stepped into paradise.



Day 7 - 9

07/02/23 - 09/02/23

4x4 to Tamarindo

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XXX



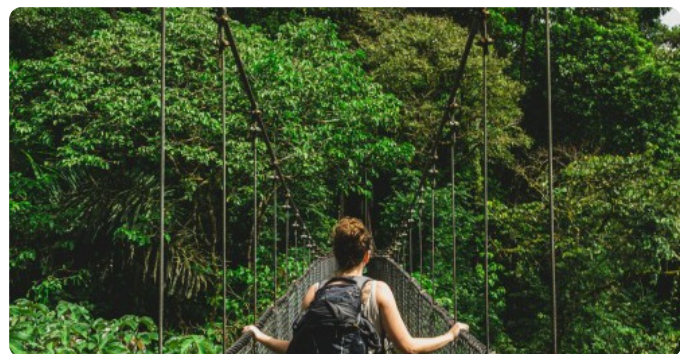
Day 10 - 13

10/02/23 - 13/02/23

Monteverde Cloud Forest

Xxxx

Xxxx



Day 14

14/02/23

Return to San Jose

Return to the capital in preparation of flight home.

Luxury 4x4 road journey to the capital in advance of flight home. Visit a museum or try one the the many restaurants and savour the last of this amazing country.

Travel to the airport and enjoy the flight home to London Heathrow.



Your destinations

Day 1 & 14

01/02/23

14/02/23

San Jose

San José is the capital and largest city of Costa Rica, and the capital of the province of the same name. It is in the centre of the country, in the mid-west of the Central Valley, within San José Canton.

Vibrant and packed with Victorian mansions, Costa Rica's rowdy, bustling capital was built on the profits of the coffee trade and working "golden bean" plantations still surround the city.

Try freshly roasted local beans at Mercado Central. For shinier gold, visit the Museo del Oro. Many renovated landmarks now house stylish hotels. Usually viewed as a hub, rather than a destination, nightlife is concentrated in Spanish village-inspired El Pueblo. Don't miss the elegant 1897 National Theatre,



Day 2 - 3

02/02/23 - 03/02/23

Costa Rica

Costa Rica is a rugged, rainforested Central American country with coastlines on the Caribbean and Pacific.

Though its capital, San Jose, is home to cultural institutions like the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Roughly a quarter of its area is made up of protected jungle, teeming with wildlife including spider monkeys and quetzal birds.



Day 2 - 3

02/02/23 - 03/02/23

Manuel Antonio

A tropical paradise awaits you. Manuel Antonio is one of Costa Rica's most glorious and wildlife abundant beaches.

Costa Rica is a marvellous country that has a lot of things to offer, even if it is considered a small country in size. Manuel Antonio is one of its jewels you absolutely need to know. An amazing flora & fauna that you can discover visiting the National Park as well as one of the most beautiful beaches in the world.

The area unique atmosphere, and many activities so everybody can find what they were looking for. With your family, couple or friends, eco-tourists, seeking exciting adventures, or just relaxing, you came to the right place.



Day 4 - 6

04/02/23 - 06/02/23

Montezuma

Montezuma is a town in the southern part of Costa Rica's Nicoya Peninsula. It's known for its long stretch of white-sand beach, Playa Montezuma.

To the northeast, a trail leads through jungle and around coves to Playa Grande, a popular surf beach. Behind the beach is Romelia Wildlife Reserve, a turtle sanctuary and hatchery. Montezuma Waterfall comprises a series of cascades and natural pools.



Day 10 - 13

10/02/23 - 13/02/23

Monteverde Cloud Forest Reserve

The Monteverde Cloud Forest Reserve is a Costa Rican reserve located along the Cordillera de Tilarán within the Puntarenas and Alajuela provinces.

Named after the nearby town of Monteverde and founded in 1972, the Reserve consists of over 10,500 hectares of cloud forest. It draws roughly 70,000 visitors a year.



Day 7 - 9

07/02/23 - 09/02/23

Tamarindo

Tamarindo is a town in the Guanacaste Province, on Costa Rica's Pacific coast. It's known for beaches with strong surf, like Playa Tamarindo and Playa Langosta.

To the north, Playa Grande beach is a major nesting site for huge leatherback turtles, and forms part of Las Baulas National Marine Park. The mangrove-lined estuary of Tamarindo Wildlife Refuge protects animals such as howler monkeys and crocodiles.



Your accommodation

Day 1 & 14

01/02/23

14/02/23

Costa Rica Marriott Hotel Hacienda Belen

A former hacienda set on a 30-acre coffee plantation, this hotel features 2 outdoor swimming pools, a golf driving range and a coffee-inspired spa. Downtown San Jose is about 15 minutes' drive away.

The Kuö Spa at Costa Rica Marriott Hotel San Jose offers a wide variety of body and beauty treatments using coffee, volcanic ash and other natural ingredients from Costa Rica.

All rooms feature flat-screen TVs with cable and satellite channels and wired internet. Private private bathrooms include amenities. Some rooms offer views of the pool.

The hotel offers Peruvian delicacies at the La Isabella Restaurant, open for dinner, or Latin American cuisine at Antigua restaurant. The café serves gourmet Costa Rican coffee.

Guests can try ecotourism activities at Poás Volcano National Park, or take a tour of the Café Britt Coffee Plantation, both within 15 minutes' drive of the hotel. Juan Santamaría International airport is only 3.1 miles away. Free Wi-fi is available in public areas.



Day 2 - 3

02/02/23 - 03/02/23

Hotel Villas Nicolas

Located in Manuel Antonio, offering an outdoor pool, tropical garden and a restaurant for breakfast only, Hotel Villas Nicolas - Adults Only offers self-catering accommodation in Manuel Antonio.

Free WiFi access is available.

Apartments at Hotel Villas Nicolas - Adults Only feature air conditioning and a balcony with hammocks. There is also a refrigerator. Guests can enjoy a sea view from the rooms.

Typical Breakfast is serve at the property.

Other facilities and services include laundry facilities, airport shuttle service with surcharge, massage services upon request and reservations for all activities available in the area.

Juan Santamaría International Airport is located 41 miles from the accommodation. This aparthotel is also nearby an array of restaurants, shops and bars. Three different beaches are within 5 minutes' bus ride or 20 minutes' walk.



Day 4 - 6

04/02/23 - 06/02/23

Casitas Sollevante Boutique Hotel

Set on the Montezuma Hills, 900 yards from the town center, Casitas Sollevante Boutique Hotel features an outdoor swimming pool and hot tub. It offers accommodation with terraces and breathtaking Pacific Ocean views.

Casitas Sollevante Boutique Hotel offers spacious, air-conditioned apartments, rooms, houses and villas with bright décor and private bathroom. The houses, apartments and villas feature a kitchen with a fridge, coffee maker and a dining area.

Guests can enjoy the snack bar where breakfast is served in the mornings and tropical cocktails are available in the afternoon.

Surrounded by tropical gardens, Casitas Sollevante Boutique Hotel has a picturesque setting on the Nicoya Peninsula. Activities such as diving, horse riding and fishing can be arranged by the staff, as well Tortuga Island Tours, canopy, surfing lessons and car and ATV rental. Yoga classes are available for an extra fee and the property can also help guests to organize group retreats including Adventure, Yoga, Massage and Scuba activities.

The center of Montezuma is a 5-minute drive from the resort. Cabo Blanco Nature Reserve is only 4.3 miles away and the Curu Nature Reserve is only a 45-minute drive away.



Day 10 - 13

10/02/23 - 13/02/23

Burbi Lake Lodge Monteverde

Situated in Monteverde Costa Rica, within 4.3 miles of Sky Adventures Monteverde and 5.6 miles of Selvatura Adventure Park, Burbi Lake Lodge Monteverde features accommodation with a garden and free WiFi as well as free private parking for guests who drive.

Boasting family rooms, this property also provides guests with a terrace. The property is allergy-free and is located 4.3 miles from Monteverde Orchid Garden.

At the hotel, each room is equipped with a wardrobe. Rooms come complete with a private bathroom fitted with a shower and a hairdryer, while some units at Burbi Lake Lodge Monteverde also feature a seating area. At the accommodation the rooms have bed linen and towels.

**Day 7 - 9**

07/02/23 - 09/02/23

Favela Chic Tamarindo

Set in Tamarindo, 450 yards from Langosta Beach and 650 yards from Tamarindo Beach, Favela Chic Tamarindo - Adults Only offers accommodation with free WiFi, air conditioning and access to a garden with an outdoor swimming pool.

Each unit is fitted with a patio offering pool views, a cable flat-screen TV, a seating area, a well-fitted kitchen and a private bathroom with shower. A microwave, a fridge and stovetop are also featured, as well as a coffee machine.

A sun terrace is available for guests to use at the apartment.

Grande Beach is 1.7 miles from Favela Chic Tamarindo - Adults Only, while Tamarindo is 1.1 miles away. The nearest airport is Tamarindo, 3.7 miles from the accommodation, and the property offers a paid airport shuttle service.



Your excursions

Zip Lining in the Clouds

You might have heard that Costa Rica is famous for its zip lines — discover why when you zoom through an emerald forest canopy on this Monteverde zip line tour.

Think Costa Rican rainforest, think zip-lining. The two almost go hand-in-hand, and it's hard to resist having a go. Zip lines have developed into one of Costa Rica's most widespread and popular activities.

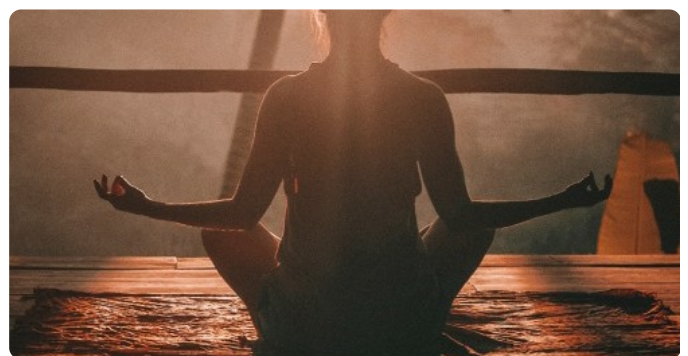
Why go zip-lining? First and foremost, it gives you a completely different perspective of the rainforest. The steel cables and platforms strung at various heights between trees allow the opportunity to reach areas previously unobtainable. Secondly, it will undoubtedly get your blood pumping, and thirdly, it will give you an insight into ecology, botany, wildlife and also the sustainability of the country.

- Feel the wind fly past as you whizz from platform to platform
- A safe yet exhilarating way to experience the rainforest
- Appreciate the ecology of the rainforest
- Experience nature from a different perspective
- It's fun. An adrenalin rush is guaranteed



Sunrise Yoga

Rise with the sun and head to the beach for a sunrise yoga session.



Surfing Lesson

Learn to surf in some of the best waves on the Pacific Ocean with expert instructors.

Perfect for beginners or the more advanced surfer.



Flight Information

London to San Jose

Flight: Departing London - Gatwick at 11:15 arriving San Jose at 15:30

San Jose to Tortuguero

Flight: Departing San Jose at 11:15 arriving Tortuguero at 15:30

Guides

Emiliano Touros

Emiliano has many years experience of zip lining. He is a local and knows the area like the back of his hand.

Call: 012345678910

Email: Emiliano@ziplineadventures.com

Getting in touch

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General questions and support:

Call: 01234 678890

Email: info@travelpeak.com

Insurance

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Visit



Photography

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What to take

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Wildlife, Flora and Fauna

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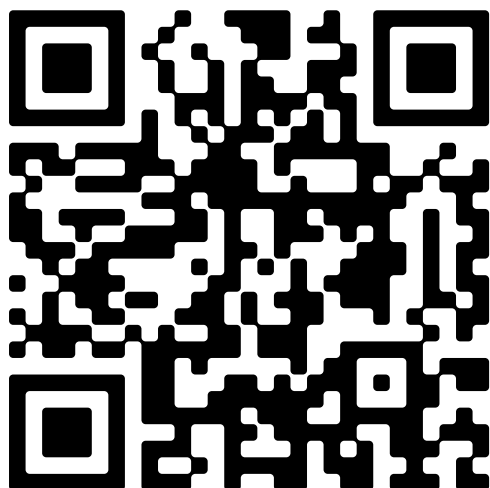


TRAVELPEAK

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