



# OAG Overseas Costa Rica



IN PARTNERSHIP WITH INTREPID TRAVEL

#OutdoorAdventureGirls

# OAG Costa Rica

## 9 days/ 8 nights

## About Your Trip

### Start Location/Finish Location

San Jose

### Accommodation

7 nights Hotel

1 night homestay

### Rooming Requirements

Twin Share /Single

### Included Meals

Breakfast 8

Lunch 1

Dinner 2

### Transport

Per Daily Itinerary

### Leader/Guide

English Speaking Leader  
throughout

### Included Activities

Per Daily itinerary

### Entrance/Admission Fees

Where applicable with  
included activities

### Airport Transfers

Arrival and departure transfers are  
included on a group basis

### Support

24-hour support from our local  
office

### Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

# OAG Costa Rica Itinerary

## Day 1

**Destination:** San Jose

**Meals included:** Dinner (D)

Hola! Welcome to Costa Rica. Your adventure begins with a welcome meeting at 6 pm today. With over half the country's population living within its parameters, San Jose is an enjoyable city with intriguing museums and a dynamic atmosphere. If you arrive with time to spare, a good place to start exploring is the main plaza – perfect for some people watching. Artisan booths are common here and you never know when there'll be a spontaneous art fair.

### **Included activities:**

- San Jose - Welcome Dinner

### *Optional Activities:*

- San Jose - Pre-Colombian Gold Museum (Entrance fee) - USD16
- San Jose - National Museum (entrance fee) - USD11

### **Accommodation:**

Hotel Auténtico or similar

<https://www.autenticohotel.com/>

## Day 2

**Destination:** Santa Rosa de Pocosol

**Meals included:** Breakfast + Dinner (B).

Travel by private vehicle to Santa Rosa de Pocosol (approximately 4 hours) where you'll spend the night in a homestay. Just down the road is the Juanilama agricultural community, where you have the opportunity to get to know the locals, help with farm chores, and take an informal cooking lesson. Several villagers have built comfortable rooms for guests next to their homes, and you will stay in one of them this evening. Please note that these rooms use shared facilities. In order to make the most of this homestay experience, it may take a bit of effort from your side to break the ice first. Learn as many Spanish words as you can and get ready for some serious hand language signals. The reward for your efforts? An authentic slice of life in the Costa Rican countryside.

### **Included activities**

- Santa Rosa de Pocosol - Home-cooked Meal
- Santa Rosa de Pocosol - Homestay experience
- Leader-led Informal Spanish Lesson

### *Add on activities*

- Santa Rosa de Pocosol - Soap-making workshop - USD19pp
- Santa Rosa de Pocosol - Waterfall hike - USD10pp

### **Accommodation:**

Homestay (1 Night)

## Day 3

**Destination:** La Fortuna

**Meals included:** Breakfast (B).

This morning, the itinerary in Costa Rica will continue with a private transportation to La Fortuna. The estimated travel time is 3.5 hours, during which the passengers will have the opportunity to enjoy some stunning views along

the way. Upon arrival, they will be greeted by the charming town nestled at the base of the awe-inspiring Arenal volcano. La Fortuna provides an unparalleled experience, particularly when witnessing the mesmerizing sight of fumaroles on a clear day.

#### **Included Activities**

· La Fortuna – Leader Led Orientation Walk

#### **Accommodation:**

Hotel Arenal Rabfer or similar

<https://arenalrabfer.com/>

#### **Day 4**

**Destination: La Fortuna**

**Meals included:** Breakfast (B), Dinner

One of the highlights of the itinerary in Costa Rica is a day spent in La Fortuna. The day begins with a visit to the magnificent La Fortuna Waterfall, where you can stand in awe of the cascading waters and take in the breathtaking beauty of the surrounding rainforest. After exploring the waterfall, perhaps embark on a journey to Arenal 1968 Volcano View and Lava Trails if you have time. Here, you will have the opportunity to witness the remnants of past volcanic activity and marvel at the panoramic views of the Arenal volcano. In the afternoon, unwind and relax at the Ecotermals Hot Springs, surrounded by lush tropical vegetation. This tranquil setting provides the perfect end to a day filled with adventure and natural wonders in La Fortuna.

#### **Included Activities**

- La Fortuna - Ecotermals Hot Springs & Dinner (entrance fee)
- La Fortuna - La Fortuna Waterfall (Entrance only)

#### *Optional Activities*

·La Fortuna - Arenal 1968 Volcano View and Lava Trails (Entrance fee) - USD25

#### **Accommodation:**

Hotel Arenal Rabfer or similar

<https://arenalrabfer.com/>

#### **Day 5**

**Destination: Monteverde**

**Meals included:** Breakfast (B).

Today you'll take the scenic route to Monteverde (approximately 4 hours in total). Travel by minibus to Lake Arenal, then cross the water by boat. On the other side of the lake, re-board a minibus and continue to our destination. Monteverde was founded as an agricultural community in 1951 by a group of North American Quakers – they cleared virgin forest to create verdant pastures ideal for dairy farming. These environmentally aware settlers were conscious of the danger that unrestricted settling and farming could cause to this precious habitat. Consequently, they established a small, privately-owned wildlife sanctuary, which has since grown to become the internationally renowned Monteverde Cloud forest Biological Preserve. Perhaps start your exploration with a tour of the suspension bridges that hang in the trees, or head to the Serpentarium to see some crawly critters. More than 2000 species of plants, 320 bird species and 100 different types of mammals call Montverde home.

#### **Included Activities**

· Monteverde - Cloud Forest Entrance

#### *Optional Activities*

- Monteverde - Suspension bridges tour - USD50
- Monteverde - Cloud Forest Night Walk - USD35

*Accommodation:*

Historias Lodge or similar

[Historias Lodge Trip Advisor](#)

**Day 6**

**Destination: Monteverde**

**Meals included:** Breakfast (B).

This morning, have an adrenaline filled experience as you zip through the canopy of Monteverde Cloud Forest.

Choose how you'd like to spend the afternoon in this beautiful area. Watch butterflies at play in the specially created garden, hire a local guide to show you around the area or visit a community cooperative! Whatever you do, be sure to keep an eye out for the resplendent quetzal – one of the most elusive birds in the world.

*Included*

Monteverde - Canopy Zip Lining

*Optional Activities*

- Monteverde - Butterfly Garden and Insects Farm (entrance fee) - USD21
- Monteverde - Coffee & Chocolate tour - USD45

**Accommodation**

Historias Lodge or similar

[Historias Lodge Trip Advisor](#)

**Day 7**

**Destination: Quepos**

**Meals included:** Breakfast + Lunch (B+L).

Travel through the mountains to Quepos by private minibus (around 5 hours). Located close to the beautiful Pacific beaches and exotic wildlife of Manuel Antonio National Park, Quepos is a laidback town with a vibrant nightlife. This afternoon, you'll get the chance to meet three generations of Costa Ricans and tuck into a traditional cooking class and lunch with them in their home. Prior to the pandemic, the family ran one of the most popular restaurants in Quepos for almost 20 years. Now, you're lucky to learn the secret flavours and spices of their traditional dishes and get to know the whole family. Once the sun goes down, why not grab a spot at a waterfront restaurant and sink your teeth into some fresh seafood with your travel crew – this is the life.

**Included Activities:**

- Manuel Antonio - Cooking Class & Lunch

**Accommodation**

Le Priss Hotel or similar

<https://www.lepriss.com/>

**Day 8**

**Destination: Quepos – Manuel Antonio NP**

**Meals included:** Breakfast + Dinner (B,D).

Spend your time enjoying all that Manuel Antonio National Park has to offer. Perhaps head out for a hike along one of the many trails on offer, keeping one eye on the great views and the other looking for the abundant wildlife. Monkeys, armadillos, sloths and hundreds of birds are among the species you maybe be able to spot. The park also boasts turquoise seas and white-sand beaches – perfect for swimming, kayaking, sailing and fishing. It would be easy to spend your whole time here in, or by, the water.

### **Included Activities**

- Manuel Antonio National Park - (Entrance fee)
- Manuel Antonio National Park - Tour with a Naturalist Guide
- Manuel Antonio - Farewell Dinner

### *Optional Activities*

- Manuel Antonio - Mangrove Kayak Activity (with lunch) - USD75
- Manuel Antonio – Cruise - USD95

### **Accommodation**

Le Priss Hotel or similar

<https://www.lepriss.com/>

### *Special Information*

Visitor numbers to Manuel Antonio have been reduced from 3000 per day to 1000. This means it is more difficult to secure entrance tickets for both tour groups and individual visitors. Over school holidays and peak travel season, it is especially difficult. We do our best to secure entrance tickets, but it is possible that on occasion demand will be too high. In these instances, we will include a visit to Carara National Park, home to a variety of animals including crocodiles, monkeys, and two-toed sloths.

### **Day 9**

**Destination: San Jose Airport**

**Meals included:** Breakfast (B).

There are no activities planned for the final day. You will be transferred back to the airport in time for the group flight. If you would prefer to spend more time at the beach, we can add additional nights for you, and your tour leader can advise where you can get a transfer or public bus locally.

### **Included**

Departure transfer

# Important Information

- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest
- All costs are per person in GBP based on indicated number of passengers travelling together as one movement. No arrangements are being held at this point and the costing is subject to availability at time of booking. In order to proceed, a deposit of GBP200per person is required and the remaining balance will need to be supplied at 70 days prior to departure.

## Special Conditions

### Final Balance

- Final balance payment is require 70 days prior to travel.

### Cancellation by the traveller

- Cancellation prior to 70 days; we will hold the deposit amount as a credit.
- Cancellation 70days or inside prior to travel will incur 100% cancellation fees
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

### Cancellation by Intrepid

- Cancellation is in line with those detailed in the standard Intrepid booking conditions in clause 8.

# Travel Insurance

Travel insurance is mandatory for all our travellers and must be taken out at the time of booking. Your travel insurance must provide cover against personal accident, death, medical expenses and emergency repatriation with a recommended minimum coverage of US\$200,000 for each of the categories of cover. We also strongly recommend it covers cancellation, curtailment, personal liability and loss of luggage and personal effects. You must provide your travel insurance policy number and the insurance company's 24-hour emergency contact number on the first day of your trip; you will not be able to join the trip without these details.