

Costa Rica



Day One

Fly from Gatwick London South Terminal to San Jose Terminal M.

Approximately 11hrs 15mins

Pick up hire car from Adobe Rent a Car (bus transfer from airport)

Drive 20 mins to Hotel Fina Rosa Blanca

Fina Rosa Blanca Coffee Plantation Resort, Calle Rosa Blanca, 41-3009,
Santa Barbara de Heredia (see printed map and directions 01)

+506 2269-9392

www.fincarosablanca.com/

Check-in and chill around the pool

Day Two:

Drive 3 hrs to Nayara Resort Spa & Gardens

Nayara Resort Spa & Gardens

702 road 21007, Provincia de Alajuela, La Fortuna, Costa Rica

GPS Coordinates 844112,966W 103010,44N Postal Code 21007

+506 2479-1600

www.arenalnayara.com/

Check-in and chill around the pool

Costa Rica



Nayara Resort Spa & Gardens



One of the swimming pools



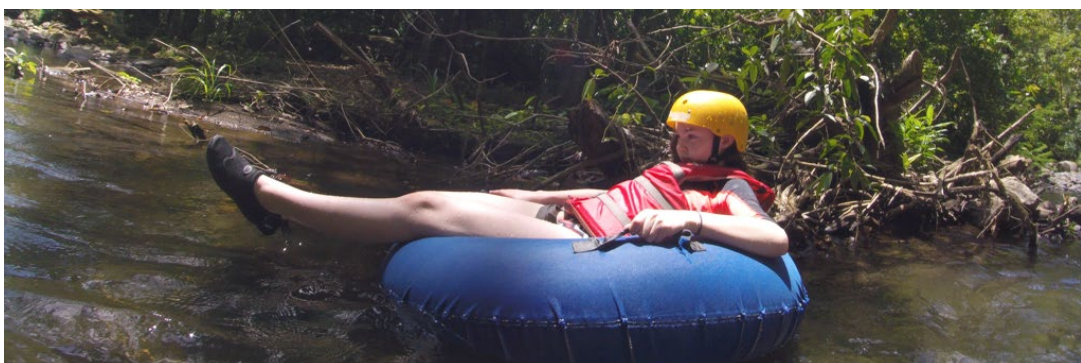
The view from our balcony

Day Three:

10am – 4pm White Water Tubing & Lunch (river time 1.5-2hrs)

<https://waveexpeditions.com/product/white-water-tubing-tour-class-i-ii-from-la-fortuna/>

Take change of clothes, beach shoes and towel. Pick-up/Drop-off hotel



Costa Rica



Day Four:

Chill around the pool

6pm Night Forest Walk NOCTURNAL ANIMALS IN ACTION

Night Forest Walk booked via Hotel



Praying mantis



Red eyed tree frog

Day Five:

Arenal Volcano Walk (no need to book, just turn up)

<https://www.arenal1968.com/>



Arenal volcano

Costa Rica



Day Six:

10.30am - 4.30pm White Water Rafting & Lunch (river time 1.5-2hrs)

<https://waveexpeditions.com/product/white-water-rafting-class-ii-and-iii-from-arenal-volcano/>

Take change of clothes, beach shoes and towel. Pick-up/Drop-off hotel



White Water rafting

Day Seven:

Chill around the pool

Option: explore La Fortuna

Day Eight:

Chill around the pool

Day Nine:

Drive 5 ½ hrs to Arenas del Mar Beachfront & Rainforest Resort

Arenas del Mar Beachfront & Rainforest Resort

Junction 4.6km on Route 618 turn right onto

Costa Rica



Road to Arenas del Mar

Manuel Antonio, Puntarenas

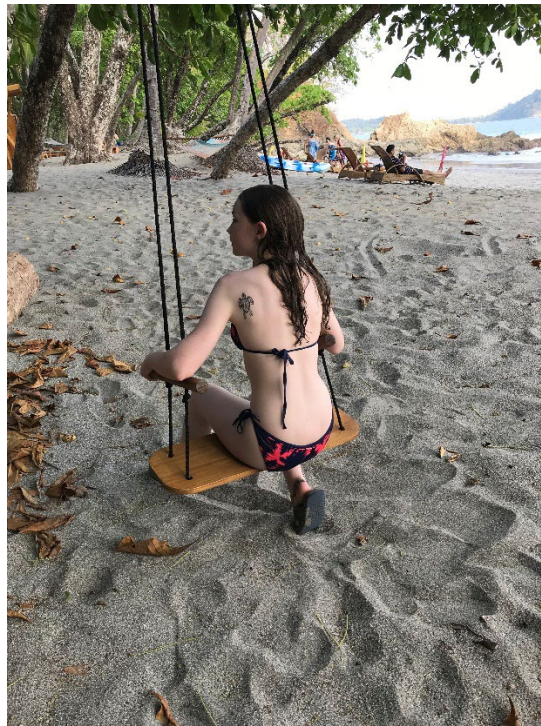
Costa Rica 60601

Hotel Tel: +(506) 2777-2777

Coordinates: 9.3977° N, 84.1632° W

www.arenasdelmar.com/

Chill around the pool and on the beach



The beach at Arenas del Mar

Costa Rica



Day Ten:

11am Snorkeling with Snorkeling Adventures (book via hotel)

Open your eyes to the many wonders that the Central Pacific of Costa Rica has to offer. Adventure yourself on a boat around the warm waters of Manuel Antonio to enjoy views of rock formations and endless array of flora and fauna and take a dip in Biesanz Beach, one of the hidden beaches in the area. What to bring: bathing suit, towel, sunscreen & waterproof camera Includes: transportation, tour guide, water, fruit, snorkelling gear & lunch Length: 3 hours Driving time: 15 minutes.



Snorkeling

2pm Chill around the pool

Day Eleven:

7am Manuel Antonio Private Tour (book via hotel)

Walk around Manuel Antonio Park – spot the sloths

Arenas del Mar Beachfront & Rainforest Resort

Book via Hotel: What to bring: sunscreen, hiking shoes or sneakers, insect repellent, hat, swimsuit, towel & camera Includes: transportation, water, bilingual guide, entrance fee & fruit Departure time: **7:am** Length: 4 hours Driving time: 15 minutes

Costa Rica



Sloth spotting

Day Twelve:

9am Surfing Private Lessons (book via hotel)

Experience the warmth of the beaches and the freshness of the water, while feeling the adrenaline of riding a wave with professional, bilingual and well-trained staff. Anyone can learn! No experience necessary! What to bring: bathing suit, towel, sunscreen & camera Includes: transportation, fruit, water, surf instructor & equipment Departure time: **9:00am** 3 hours. Driving time: 10 minutes. Minimum age: 6 years old

Chill on the beach



Surfing

Costa Rica



Day Thirteen:

10.30am Tarzan Canopy with Safari Adventure (book via hotel)

Tarzan Canopy Tour has its installations in a beautiful 450 acre conservation rain forest close to the town of Santa Juana. It has a total of 12 platforms, 9 cables, a Tarzan swing, a suspension bridge and a rappel. The finale is a 550 meter cable that crosses the valley overlooking the Pacific Ocean and a series of magnificent waterfalls. After enjoying the zip lines, a delicious typical Costa Rican dish awaits you in a restaurant in the middle of the jungle. You can finish the day with a swim in crystalline fresh waters. What to bring: comfortable clothes, towel, hiking shoes or sneakers & insect repellent Includes: transportation, fruit, water, tour guide and lunch

Length: 5 hours Driving time: 45 minutes. Minimum age: 5 years old

Day Fourteen:

Drive 4hrs San Jose airport

Fly from San Jose Terminal M to Gatwick London South Terminal

Approximately 10hr 25mins