

Costa Rica Wildlife Walk

Hotel-to-hotel  guided walking

- Dramatic volcanoes, emerald lagoons, world-famous Monteverde rainforest, lots of rare flora and 850+ birds
- Tiers of waterfalls, thermal springs, sandy beaches, sweeping ocean views
- Mountain lodge hotels, all with private swimming pools
- Tree frogs, iguanas, quetzals, spider monkeys
- Excellent value; no hidden extras - admission fees included throughout



This exciting holiday explores Costa Rica's most dramatic contrasts. You'll be amazed at the amount of wildlife you'll encounter. From quetzals and tree frogs to agoutis and iguanas, each day is memorably different. Walking on forest paths and some country tracks, we think we've found the perfect balance between spotting wildlife in the forest, and enjoying some awe-inspiring panoramas from the heights. Watching monkeys swing through the trees at Rincón de la Vieja, contrasts perfectly with contemplating sweeping views over Lake Arenal.

Our local guides have an expert knowledge of Costa Rica's flora and fauna and are passionate walkers. With them our tour is even more memorable as we learn about Costa Rica's unique natural inheritance. The hotels we stay in are normally mountain lodge style, with rooms like cottages with separate entrances. En suite and spacious, they are furnished to a high standard. Most have beautiful tropical gardens and swimming pools. Highlights include Arenal, where we look out at the volcano, and Ocotal with its stunning cliff top restaurant. Lunches are usually picnics with dinners in the hotels except for one night in Arenal where we take you to a restaurant in nearby La Fortuna.



Book now on **1-800-567-6286** or visit www.breakaway-adventures.com for more information

COSTA RICA WILDLIFE WALK | DAY BY DAY

Day 1 Arrive in Costa Rica

We meet you and take you to your hotel (20 mins) in Alajuela, just outside of San José.

Day 2 Coffee Plantations of Alajuela 7km/4mi/3hr

Descending through meadows bordered with pink hydrangeas, the Central Valley and San José are below us as we wind down to a coffee plantation. We visit the beneficio (mill) and savour the aroma of fresh beans drying on the sun baked patio, returning to the hotel in time for a swim before dinner.

Day 3 Monteverde Cloud Forest 12km/7.5mi/3hr

On to Monteverde, where we follow a forest trail through soaring ridge oak decked with bright orange clusia, in search of the resplendent quetzal. Onwards through the emerald forest canopy to the Continental Divide where the Caribbean and Pacific meet. Our next 2 nights are spent in Monteverde.

Day 4 Canitas & Cebadillas 15km/9mi/3.5hr

Walking through lush pastures with balcony views over curving Nicoya peninsula we soon reach the hamlet of Canitas. A gradual climb through forest brings us to Cebadillas mountain village. Before dinner, we take a fascinating evening stroll through the rain forest spotting tree frogs and hummingbirds.

Day 5 To Volcano Arenal 17km/11mi/5hr

We wind through farmsteads bright with blue flowered St Lucia trees overlooking the western shore of Lake Arenal. We'll pass cattle ranches, stud farms and dairies before continuing along the shore, spotting scarlet tanagers flitting through the reeds, before taking a boat to the western side of the lake for superb views over Arenal Volcano.

Day 6 Caño Negro Boat Tour

Today's tour takes us first by road then by boat through the Caño Negro Wildlife Refuge close to the Nicaraguan border. It's a bird watchers paradise as well as home to a number of endangered mammals and reptile species, including crocodiles, turtles and tapirs.

Day 7 Exploring Arenal & La Fortuna Waterfall 8km/5mi/5hr

Today we visit the Arenal butterfly and frog gardens and stop off at an indigenous Cabécares villages. On to the famous La Fortuna Waterfall - swimming possible - then back to the hotel mid-afternoon.

Day 8 Rincón de la Vieja National Park 6km/4mi/3hr

Onwards to Rincón de la Vieja, beginning our walk through rainwood and Spanish cedar. Continuing through forest, maybe spotting turkey vultures flitting above us, we reach Victoria Falls, a 35m high torrent thundering through a verdant gorge. Time for a paddle before going on to our hotel for dinner. We spend 3 nights here.

Day 9 Rincón de la Vieja Volcano 14km/9mi/6.5hr

Spider monkeys swing through the trees and dappled sunlight is replaced by swirling mist as we reach the feathery tree ferns of the cloud forest, alive to the chatter of tree frogs.

Day 10 Blue Lagoon & Thermal Springs 10km/6mi/3hr

Look out for toucans and white-fronted amazons, as we descend to La Cangreja waterfall. Its blue lagoon is so inviting we have to take a dip before our picnic. Then through woodland, where violet guaria morada (Costa Rica's national flower) grows, to Las Pailas - an eerie landscape of bubbling mud and geysers.

Day 11 Santa Rosa National Park 4km/1.5mi/2hr

Today we walk through Central America's largest protected dry forest. We may spot coatis, tapirs and iguanas as we descend to continue along the Indio Desnudo Trail - superb photo opportunities. Then to Playa Ocotol where our final 2 nights are spent overlooking the Pacific Ocean.

Day 12 Free day

Ocotol with its romantic cliff top setting, private beach, swimming pool, diving center and spa is the perfect end to our tour - and there's the option to stay on here for extra nights.

Day 13 Leave Costa Rica

We take you to Liberia airport (20 min) for your return flight.

WHERE YOU STAY



Hotel Buena Vista
★★★ Alajuela, Days 1+2



Hotel Fonda Vela
★★★★ Monteverde, Day 3+4



Arenal Observatory Lodge
★★★ Arenal, Days 5+6+7



Canyon de la Vieja Lodge ★★
Rincón de la Vieja, Days 8+9+10



Ocotol Resort ★★★★★
Playa Ocotol, Days 11+12

For extra nights we recommend Alajuela and Ocotol.

Dates and Prices

Departs selected dates	Tour Only
2012 departures	
Nov 18	\$4,582
Jan 23, Mar 5	\$4,386
Feb 13, Mar 19	\$4,458
2013 departures	
Jan 13, Mar 10	\$4,830
Feb 10	\$4,868

Singles: Add \$85 per night for sole occupancy of a double room.

Child: This holiday is unsuitable for children under 12.

Room upgrade: Prices from \$15 per person, per night, based on 2 sharing.

Holiday type: Guided walking, hotel-to-hotel, groups of typically 4-16 people on each tour.

Departs: Selected dates from Jan 23 2012 to Mar 10 2013.

Duration: 13 days (12 nights).

Meals: Continental breakfast, 11 lunches and 11 evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Costa Rica San Jose Santa Maria Airport

Nearest Departure Airport: Liberia Airport

Note: Different arrival and departure airports on this holiday.

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Costa Rica San Jose Santa Maria Airport at 21:35, (transfer to hotel, 20 mins, provided). **Return:** Liberia Airport by 05:45 (transfer provided).

Tour only: Transfers included from San Jose airport at 21:35, and back to Liberia airport for 07:45 flight time.

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COSTA RICA WILDLIFE WALK | WALKING DETAILS



This varied walking holiday is mainly on jungle trails and country tracks. Rain forest trails can be slippery and steep in sections, so walking boots are essential.

Average daytime temperature (°C):
 22 22 23 23 22 21 21
 JAN FEB MAR APR MAY NOV DEC

Average monthly rainfall (mm):
 11 5 14 46 224 147 42
 JAN FEB MAR APR MAY NOV DEC

Further details at www.breakaway-adventures.com