

# YOLO

**The journey of your life.**

**With all your heart**

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15 Tage Costa Rica

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## Costa Rica **With all your heart**

Es gab Zeiten, da kamen höchstens Schildkröten an die Karibikstrände Costa Ricas. Da brüllten die Affen unter sich. Füllten Aras und Göttervögel die Baumkronen des Urwaldes. Und die vulkanischen Lagunen verblubberten ihr segensreiches Thermalwasser ganz umsonst. Heute ist es noch genauso. Mit einem Unterschied: Heute bist auch du da.



## Included services:

- Abenteuerreise mit maximal 16 Teilnehmern
- Jede Reise findet statt
- Englisch sprechender einheimischer Guide, in internationaler Reisegruppe
- Unterkunft: 11 x Hotel, 2 x Lodge, 1 x Gastfamilie
- Transport: Reiseminibus, Boot
- Mahlzeiten: 5 x Frühstück, 2 x Abendessen
- Aktivitäten laut Tagesprogramm
- 100 m<sup>2</sup> Regenwald 4 you (Jedem Gast schenken wir im Regenwald von Ecuador ein Grundstück, das Jahr für Jahr den CO<sub>2</sub>-Ausstoß seiner Reise kompensiert. Eingetragen auf seinen Namen und auf ewig seins.)
- Highlights: Dschungeltour im Tortuguero-Nationalpark. Homestay auf dem Land. Entdeckertour im Nebelwald. Traumstrände am Pazifik.
- Rail&Fly inkludiert bei allen Buchungen mit Flug

## Day-to-day-Itinerary:

### Day 1

#### San Jose

Hola! Welcome to Costa Rica. With over a third of the country's population living within its parameters, San Jose is packed with both people and culture. Begin with a welcome meeting at 6 pm at your hotel; a good chance for you to meet your group leader and fellow travellers. If you arrive earlier in the day, why not visit the National Museum? This canary-yellow building houses everything from exhibits on pre-Colombian history to a garden filled with native butterflies, giving you an overview of the country before your adventure begins. Early bird history buffs might be interested in the Pre-Columbian Gold Museum or the Jade Museum, both of which display a wealth of indigenous artefacts.

#### **The Welcome Meeting will take place at 6 pm.**

Please look for a note in the hotel lobby or ask the hotel reception where it will take place. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details and next of kin information at this meeting, so please ensure you have all these details to provide to your leader.

**Accommodation:** Autentico Hotel/ Calle 40 with the corner of Avenida 5/  
San Jose

**Alternate joining point 1:** For trips departing on the following dates, use this joining point: Casa Las Orquideas / Avenida Central Calles 35 y 37 /  
San Jose 05 Mar 2020 , 07 Mar 2020 , 14 Mar 2020, 28 Mar 2020, 04 Apr 2020, 09 Apr 2020, 11 Apr 2020, 18 Apr 2020, 23 Apr 2020, 25 Apr 2020, 02 May 2020, 09 May 2020, 23 May 2020, 06 Jun 2020, 13 Jun 2020, 20 Jun 2020, 27 Jun 2020, 04 Jul 2020, 11 Jul 2020, 18 Jul 2020, 25 Jul 2020, 01 Aug 2020, 08 Aug 2020, 15 Aug 2020, 22 Aug 2020, 29 Aug 2020, 05 Sep 2020, 19 Sep 2020, 26



Sep 2020, 03 Oct 2020, 17 Oct 2020, 31 Oct 2020, 07 Nov 2020, 14 Nov 2020, 19 Nov 2020, 21 Nov 2020, 28 Nov 2020, 03 Dec 2020, 05 Dec 2020, 10 Dec 2020, 12 Dec 2020, 17 Dec 2020, 19 Dec 2020, 24 Dec 2020, 26 Dec 2020

**Alternate joining point 2:** For trips departing on 19 Mar 2020, use this joining point: Hotel Exe San Jose Center / Edificio Cristal, Av. principal, calles 1 y 3 / San Jose

**Alternate joining point 3:** For trips departing on 21 Mar 2020, use this joining point: Balmoral Hotel / Avenida Central between St 7 & 9 / San Jose

### Optional activities

- San Jose - Gold Museum - CRC4490
- San Jose - Jade Museum - CRC4080
- San Jose - National Museum - CRC4890

## Day 2

### Tortuguero National Park

Leave the hotel at 8 am. Without a planned lunch stop today, it is highly recommended to buy snacks prior or grab something at the bus station. At 9 am descend to the Caribbean lowlands by local bus on a 4-hour scenic (and a bit bumpy) journey that ends at the port of La Pavona. This rustic port is your entry point to Tortuguero National Park. Hop aboard a small boat and journey for around 1.5 hours into the depths of the Costa Rican wilderness. Arrive in the middle of this biodiverse area, where freshwater lagoons rest under the canopy of rainforest bordering the ocean which many animals call home, including jaguars and turtles. In the evening enjoy an informal Spanish lesson and relax with the sounds of nature at the jungle lodge.

### Included Activities

- Leader-led Informal Spanish Lesson

**Included meals:** breakfast

**Travel time:** by local bus and Boat takes approx. 5,5 hrs

**Accommodation:** Jungle Lodge



### Day 3

#### Tortuguero National Park

Today you're free to explore the park at your own pace. If you're woken by the chattering of the forests' some 300 bird species, why not haul yourself out of bed for a sunrise canoe trip? It's a magical way to see the maze-like canals of the park, and you can keep an eye on otters and manatees in the morning light. Tortuguero National Park, established in 1970, is now home to 13 of Costa Rica's 16 endangered mammals. Among them are manatees, ocelots and jaguars, as well as over 300 bird species. First and foremost, however, it is the nesting ground of the green turtle, which comes ashore between July and October to lay its eggs on the sandy beaches. Lesser numbers of the critically endangered hawksbill turtle, plus loggerheads, and giant leatherback turtles also nest within the park at different times of year. During the day, you might want to return to the park's walking trails or simply relax in your lodge. Many species are particularly active at night, so if you wish, you can head out in the evening on a turtle watching tour, with part of the cost supporting a program aimed to patrol the beach for poachers. Be ready for all seasons – waterproof clothing and shoes are recommended.

#### Included Activities

- Tortuguero - National Park (Entrance Fee)

**Accommodation:** Lodge

#### Optional Activities

- Tortuguero - Sunrise canoe trip around canals - USD25
- Tortuguero - Turtle watching night tour - USD20

### Day 4

#### Santa Rosa de Poscol Homestay

Bid farewell to the evergreen rainforest this morning and make the 3-hour journey to Santa Rosa de Pocosal by private vehicle. Tonight is a memorable homestay experience, but as the family you'll be staying with doesn't speak much English, it might be useful to brush up on some Spanish phrases on the drive. The community is centred around agriculture, and on arrival you will be led around the farm to see all the local and organic produce grown here. This is where your informal cooking lesson begins! Pick some of the fresh food that is grown, and head back to your homestay for a small cooking lesson. You'll prepare a couple of dishes, making up part of your dinner! Alternatively in the afternoon you might want to take a soap making workshop or a guided hike to a nearby waterfall. This evening, you will be staying in guest rooms attached to family homes.

#### Included Activities

- Santa Rosa de Pocosal - Cooking class
- Santa Rosa de Pocosal - Homestay experience

**Included meals:** dinner



**Accommodation:** Homestay

**Optional activities**

- Santa Rosa de Pocosol - Soap-making workshop - USD10
- Santa Rosa de Pocosol - Waterfall hike - USD10

**Day 5**

**Rio Celeste**

After breakfast, a truly magical river awaits. Drive for 2 hours to Tenorio Volcano National Park, where you'll visit the Rio Celeste: a river fed by two different water sources, and when they collide, the water takes on a distinctive light blue colour. Take a leader-led hike around Rio Celeste, and spend the afternoon exploring the sky-blue falls and streams – it must be seen to be believed! The surrounding forest is full of wildlife, so keep your eyes peeled for tapirs, monkeys, anteaters and more hiding in the jungle canopy.

**Included meals:** breakfast

**Accommodation:** Hotel

**Day 6**

**Rio Celeste**

Today is as clear as the Costa Rica air, and with plenty of optional activities available, how about a guided tubing excursion at Rio Celeste? The light-blue waters of the river are generally off-limits to travellers, however you'll have the opportunity to float along the water in an inflatable donut and spend the day lazing along the river. If you're a thrill seeker, there's the option embark on a 7-hour guided rafting tour at nearby Rio Tenorio. You'll tackle 20 rapids and there's plenty of natural beauty to admire along the banks during the lulls. Those who prefer a nature tour with less adrenaline might like to take 3-hour safari cruise along the Rio Tenorio, with a guide who will help you spot howler monkeys, crocodiles, river otters and an abundance of tropical birds.

**Included meals:** breakfast

**Accommodation:** Hotel

**Optional activities**

- Tenorio River - Rafting Class 3 & 4 - USD99
- Tenorio River - Safari Floating - USD65
- Rio Celeste - Tubing Tour - USD70
- Rio Celeste & Tenorio Park Hike - USD115



## Day 7

### La Fortuna

Beneath the watchful eye of the immense Arenal Volcano lies La Fortuna, a sleepy town with an abundance of hot springs and natural pools to enjoy. Departing at 8 am, you'll arrive by private vehicle after a 2-hour drive and have the rest of the day to do as you please. Perhaps grab some fresh fruit in town, hop in a taxi to the entrance and then hike to La Fortuna waterfall for a swim beneath the cascading waters that spill out of the towering jungle. In the evening, why not grab a classic local dinner with your travel buddies? Chifrijo (fried pork, salsa, beans and tortilla chips) is a great dish to share, though it's so good you might want to keep it all to yourself.

**Included meals:** breakfast

**Accommodation:** Hotel

## Day 8

### La Fortuna

Enjoy a free day to explore La Fortuna as you wish. The region offers a range of sights such as stunning lush forest, rare plants, animal watching and water-based sports on the lake. The volcano's inner workings also mean that the area has plenty of thermal springs where hot, lava-heated water gushes to the surface. These springs, often surrounded by foliage, make the ideal place to relax. Active types could try stand-up paddle boarding on Lake Arenal with the incredible backdrop of the volcano and rolling green hills. Animal lovers will have a good chance of spotting sloths, monkeys, crocodiles and basilisk lizards skipping across the water on a boat tour of Cano Negro Reserve. Have a chat to your leader about the options available.

**Accommodation:** Hotel

### Optional activities

- La Fortuna - Cano Negro boat tour - CRC27360
- La Fortuna - Stand up paddle board - CRC26260
- La Fortuna - Tabacon Hot Springs (entrance, dinner and transport) - CRC34720
- La Fortuna - Hot springs - CRC18380
- La Fortuna - Arenal hanging bridges - CRC22870
- La Fortuna - La Fortuna Waterfall - CRC6130



## Day 9

### Lake Arenal/ Monteverde

A morning of travel by bus and boat leads to incredible Monteverde. Depart at 8 am and arrive at a port on Lake Arenal in the afternoon. Cross the lake by boat (45 minutes) and then hop on a bus again to continue on to Monteverde (2 hours). There are options in town for lunch on arrival. Settled by North American Quakers in 1951, the area was initially used as an environmentally conscious agricultural community and is now a biological preserve. The forest has near-constant cloud cover, providing consistent rainfall, which also gives the area an enchanted feel. Spend the afternoon in the cloud forest, looking out for hummingbirds, quetzals and even lazy sloths among the mist later in the day. You may even choose to return after dusk to seek the animals and insects that are largely hidden in the day.

#### Included Activities

- Monteverde - Cloud Forest hike (Entrance fee & Transport)

**Travel time:** in total about 6h

**Accommodation:** Hotel

#### Optional Activities

- Monteverde - Night walk through Cloud Forest - CRC21240

## Day 10

### Monteverde

Make the most of your time in lush Monteverde and organise a local guide to take you on a nature walk. There also several local communities that operate cooperatives worth visiting. You may wish to get a different perspective on the forest by walking through the canopy on suspension bridges, or perhaps watch butterflies at play in the Butterfly Garden. More than 2000 species of plants, 320 bird species and 100 different types of mammals call Monteverde home, and no matter what you choose to do, be sure to keep an eye out for the resplendent quetzal, one of the most elusive birds in the world.

**Accommodation:** Hotel

#### Optional Activities

- Monteverde - Butterfly garden and insects farm - CRC6130
- Monteverde - Serpentarium - CRC6130
- Monteverde - Coffee & Chocolate tour - CRC13480
- Monteverde - Suspension bridges tour - CRC19200
- Monteverde - Zip lining - CRC36780



### Day 11

#### Manuel Antonio Nationalpark

Wedged between the beautiful Pacific coast and the national park, Manuel Antonio is a laidback town. After a 4-hour journey in a private vehicle, feel the soft crunch of foliage underfoot while you hike the trails of the national park. Keep one eye on the scenic views and the other looking out for the abundant wildlife.

Monkeys, armadillos, sloths and hundreds of birds are among the species you may be able to spot. In the late afternoon, perhaps head to Espadilla Beach to watch the sunset over the Pacific Ocean. A special seafood dinner awaits in town where shared food will be served to the group at La Cueva de Mariscos – a restaurant located at the market, and only open for you and your fellow travellers. Salud!

#### Included Activities

- Manuel Antonio National Park - (Entrance fee)

**Included meals:** dinner

**Accommodation:** Hotel

### Day 12

#### Manuel Antonio Nationalpark

Spend some time on the beaches surrounding the national park, and perhaps hire a surfboard to catch some waves at Playa El Ray. If you want to spot wildlife and keep active at the same time, consider paddling through the mangrove forest on a guided kayak tour. It's not unusual for curious monkeys to climb right onto the boat to say hello, and you'll likely see snakes, crocodiles and plenty of birdlife too. Just remember your insect repellent! In the evening, perhaps take a sunset sail off the coast, watching the blue sky turn orange is a spectacular sight. You're in Costa Rica, the 'rich coast', so soak up the shores as much as possible.

**Travel time:** Drive to Quepos by private minibus takes approx. 5 hrs.

**Accommodation:** Hotel

**Please note:** Depending on your tour departure day, the national park could be closed to visitors today (Mondays).

#### Optional activities

- Manuel Antonio - Sunset Sail - USD80
- Manuel Antonio - Mangrove tour by kayak (with lunch) - USD80
- Manuel Antonio - Surf/boogie board rental - USD10



### Day 13

#### Manuel Antonio Nationalpark

Today is free for you to do as you please. If you wish, you could return to Manuel Antonio National Park and continue your search for the solemn, white faces of the capuchin monkeys who live in the trees.

Alternatively, why not kick-off your shoes and feel the sands of Manuel Antonio Beach between your toes?

It's easy to spend a whole day on this calm coastline. The towering green trees provide that line the coast provide solace from the sun, and a great place to sit by with a book (and maybe a guaro sour).

**Accommodation:** Hotel

#### Optional activities

- Manuel Antonio National Park (Entrance fee) - USD16

### Day 14

#### San Jose

Bid farewell to the coast and return to San Jose on a local bus. On arrival, you might want to hit one of the markets for some last-minute gifts – the Central Market is the biggest in town. Look for a food stall packed with locals and you'll be guaranteed an authentic local meal on the cheap. In the evening, you could head for dinner with your fellow travellers and group leader, and potentially spend a night out on the town. The nightlife here is buzzing, but even if clubbing isn't your thing there's plenty to do, with bars aplenty.

**Accommodation:** Casa Las Orquideas / Avenida Central Calles 35 y37 / San Jose / Costa Rica

### Day 15

#### San Jose

With no activities planned for the day, you are free to depart at any time. San Jose is the urban centre of Costa Rica, and if you have a bit more free time, why not explore a little deeper with an Urban Adventures tour of the city's food markets, or even to explore its thriving craft beer scene.

**Included meals:** breakfast

## Accommodation on your trip:

During the trip you might stay in the following accommodation. Please note that, depending on availabilities, these may vary from departure to departure.

- Day 1 Hotel Don Carlos (<http://hotel-don-carlos-san-jose.san-jose-hotels-cr.com/de>)
- Day 2 Miss Junies Lodge ([www.hotel-miss-junies-lodge-tortuguero.costaricavive.com/de/](http://www.hotel-miss-junies-lodge-tortuguero.costaricavive.com/de/))
- Day 3 Miss Junies Lodge



- Day 4 Gastfamilie
- Day 5 Andrea Cristina (<https://posadaandrea.wixsite.com/andreacristina>)
- Day 6 Andrea Cristina
- Day 7 Arenal Rafter ([www.arenalrabfer.com](http://www.arenalrabfer.com))
- Day 8 Arenal Rafter
- Day 9 Historias Lodge ([www.monteverdecostaricahotels.com/historias-lodge-monteverde.html](http://www.monteverdecostaricahotels.com/historias-lodge-monteverde.html))
- Day 10 Historias Lodge
- Day 11 Historias Lodge
- Day 12 La Sirena ([www.lasirenahotel.com](http://www.lasirenahotel.com))
- Day 13 La Sirena
- Day 14 Casa Las Orquideas (<https://www.lasorquideashotel.com>)

## Important Notes

- Costa Rica is generally hot year-round, and from May to October can be pretty wet too. Of course, you wouldn't get that gorgeous, emerald-green rainforest without the rain, but please carefully consider which time of the year you'll feel most comfortable travelling.
- Hurricane season in this region is June to November, when landslides, mudslides, flooding and disruptions to essential services can occur. We monitor any situations that arise, and may need to change itineraries or activities in response to these natural weather occurrences.
- Many of the activities (both included and optional) on this trip take place in the great outdoors. This means you'll need to be prepared to deal with insects and occasionally rustic conditions. It's all part of immersing yourself in this natural paradise.
- There are many opportunities to get active on this adventure. Some of the optional activities require a moderate level of fitness and sturdy walking shoes. If you'd prefer to take it easy, however, there are plenty of other things you can do instead.
- Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time and costs.
- We recommend 330 € for meals not included during the trip.
- This is a shared tour. That means that tour operators from all over the world book their guests onto this tour. So you will be travelling in an international group.

## Preishinweise:

- Einzelzimmerzuschlag 479 €
- Langstreckenflug Frankfurt - San José: z.B. mit Iberia, Delta Airlines, Air France, KLM ab 899 €
- Rail & Fly innerhalb Deutschlands (2. Klasse): inkludiert bei Flugbuchung über YOLO



- Flughafen transfers im Zielland: Hintransfer vom Flughafen San Jose zum Starthotel 49 € pro Auto (bis zu 2 Personen), Rücktransfer vom letzten Rundreisehotel zum Flughafen San Jose 49 € pro Auto (bis zu 2 Personen) - Alternativ kostet eine Fahrt von San Jose zum Flughafen bei circa 30 Minuten Fahrt ungefähr USD 30.
- Vor- bzw. Anschlussübernachtung im Tourhotel Preise pro Nacht und Person (exkl. Frühstück):  
Vorübernachtung 43 € im DZ, 81 € im EZ ; Anschlussübernachtung 43 € im DZ, 81 € im EZ
- Bitte beachten: Bei Vor- und Anschlussübernachtung ist ein halbes Doppelzimmer nicht buchbar



# Wohin geht die Reise? Immer ins Herz.

**YOLO**

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Änderungen und Irrtümer vorbehalten

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