

# PAIR YOUR COSTA RICA & PANAMA CANAL VOYAGE with an inland tour of lush cloud

forests and Costa Rica's most prominent volcano. Venture inland to trek through Costa Rica's Monteverde Cloud Forest Biological Reserve and then experience the unique magic of a nighttime walk among nocturnal animals and sleeping tropical birds in the private Curi-Cancha Reserve. You'll also spend an unforgettable day around the steep slopes of Arenal, Costa Rica's most famous and active stratovolcano, where you can choose between a heart-pounding zipline ride among the high treetops, or a more leisurely hanging bridge walk featuring breathtaking rainforest and waterfall views.

# WHAT'S INCLUDED

- 4 hotel stays 1 night at the Costa Rica Marriott or similar, 1 night at the Poco a Poco Hotel or similar, 2 nights at Tabacon Resort or similar
- Admission to the Monteverde Cloud Forest
  Biological Reserve in search of the Resplendent Quetzal,
  Curi-Cancha Reserve Night Tour of the Cloud Forest,
  Arenal Lake Crossing, Ranch Heliconia World Famous
  Coffee Tour, Mistico Park or Sky Adventure Park,
  Tabacon Resort Hot Springs, San José National Theater
  and National Park
- · Meals as indicated on day to day descriptions
- · All transfers to and from sites, hotels, and ship
- 7-day cruise from Colón to Puerto Caldera
- · Activity Level: Moderate to Strenuous

## DAY TO DAY - POST CRUISE LAND TOUR



### DAY 1 - Puerto Caldera to Monteverde

Enjoy breakfast onboard the ship then disembark to be picked up by an English-speaking guide and a driver and transferred to Monteverde. Along the way you learn about the wildlife you might encounter at the Monteverde Reserve. Founded in 1972, the Monteverde Cloud Forest Biological Reserve is among the most famous in the world for its biodiversity, conservation, contributions, and scientific researches. Hike in the forest canopy, go birding, hoping to spot the Resplendent Quetzal, or discover the aromas and beauty of the coffee plantation. The evening brings Curi-Cancha Reserve, part of the 210-acre private wildlife reserve in the very heart of Monteverde, covering both lower, and wet montane, and premontane wet virgin cloud forest. The night allows for possible sightings of mammals and sleeping birds. Enjoy the nightly symphony of frogs and insects. Return to the hotel for dinner and overnight.

(Includes overnight at hotel in Monteverde and breakfast onboard the ship, lunch and dinner.)

# DAY TO DAY - POST CRUISE LAND TOUR



#### DAY 2 - Monteverde to Arenal

Enjoy breakfast at your hotel to fuel you for your lake crossing to Arenal. On the way, stop at Rancho Heliconia for a tour of world-famous Costa Rican coffee plantation, take a cooking class on local cuisine, and leave your green footprint by planting a tree. Lunch is served at Rancho Heliconia. Then head to Arenal Lake to board a boat. At the other side of the lake, head to Tabacon Resort for the rest of the evening is at your leisure. Soak in the hotel's well-known hot springs to prepare for your next full day. Buffet-style dinner at Aves de Paraiso (or similar) is included.

(Includes overnight at hotel in Arenal and breakfast, lunch and dinner.)



### DAY 3 - Arenal

Today includes the option of ziplining through the trees or walking a series of impressive bridges in the treetops. Start your day with breakfast at your hotel. Then it's off on adventure. If you're ziplining you'll head to Arenal Park for a 20-minute gondola ride to see the rainforest, the Arenal Volcano and Arenal Lake. Then you'll zipline, traveling 600 feet in the air to see nature from a truly different perspective. Or if you're walking the bridges, you'll start your adventure at Mistico Park. You'll want to bring your binoculars to look for the birds and howler monkeys in the trees around you. Then on to Arenal Park to take the gondola ride. Enjoy lunch at the park before transferring back to your hotel for an afternoon at your leisure. Your guide will recommend some optional activities before dinner at the hotel's main restaurant.

(Includes overnight at hotel in Arenal and breakfast, lunch and dinner.)



#### DAY 4 - San José

Breakfast at the hotel. Drive back to San José for your city tour with lunch downtown. Visit the National Theater, an icon for Costa Rican people and an architectural jewel representing the progress and the fruits of the labors of their ancestors. Continue on an easy walk to Democracy Square then to the National Park featuring the bronze National Monument of Costa Rica. You will be transferred back to the Costa Rica Marriott for dinner at the hotel on your own.

(Includes overnight at Marriott Hotel in San Jose and breakfast and lunch.)



# DAY 5 - Departure

Breakfast included at the hotel. Then a private transfer will be provided to Juan Santamaria Airport. (Includes: breakfast, transfer to the airport.)

