

11-DAY MONTEVERDE CLOUD FOREST & ARENAL VOLCANO CRUISE TOUR

San José to Puerto Caldera

PRE CRUISE LAND TOUR – 4 DAYS

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 Puerto Caldera to Colón
- Activity Level: Moderate to Strenuous

DAY TO DAY – PRE CRUISE LAND TOUR



DAY 1 – San José

Arrive in San José where a private transfer will be waiting at the airport to take you to your deluxe room at the Costa Rica Marriott Hotel. You will have the rest of the day on your own to travel into town if you wish to explore the sights of San José, like La Sabana Park, Museo del Jade Marco Fidel Frisan Castro and San José Central Market or remain and enjoy the facilities of your hotel.

(Includes overnight at Costa Rica Marriott Hotel)

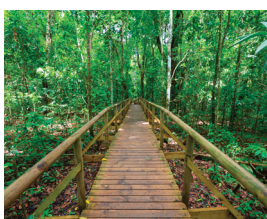
DAY TO DAY – PRE CRUISE LAND TOUR



DAY 2 – Monteverde

Enjoy an early breakfast at the hotel and a scenic drive to Monteverde as your English-speaking guide introduces you to the wildlife you might encounter at the Monteverde Reserve. Founded in 1972, the Monteverde Cloud Forest Biological Reserve is among the most famous reserves 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 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, lunch and dinner.)



DAY 3 – 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 4 – 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 5 – Arenal - San José National Park - Puerto Caldera to Board Your Windstar Ship

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. Your inland adventure ends here, and now it's time to meet your ship at Puerto Caldera.

(Includes breakfast and lunch and transfer to the ship.)

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