Hour by Hour

**Day 1 – San José, Costa Rica**
4:00 p.m. Check in hotel, eat dinner (served until 10:00 p.m.)
8:00 p.m. Welcome briefing in lobby.

**Day 2 – Poás Volcano, Cloud Forest**
8:30 a.m. Depart hotel.
9:15 a.m. Arrive at Poás Volcano, hike the Escalonia Cloud Forest Trail.
1:00 p.m. Lunch.
2:30 p.m. Arrive at Cafe Brit, a coffee plantation settled in Barva de Heredia, on the slopes of the extinct Barva Volcano. Enjoy a guided tour and sample fresh Costa Rican coffee.
6:00 p.m. Depart.
7:00 p.m. Arrive back at hotel, dinner.
Pack up belongings, last night in San Jose.

**Day 3 – Rainforest Aerial Tram**
8:30 a.m. Depart hotel, drive by San Jose’s Plaza de la Cultura, Central Park and the National Theatre. Next, pass through the lush vegetation of Braulio Carrillo Park.
10:00 a.m. Arrive at Rainforest Aerial tram to glide through the jungle canopy.
12:30 p.m. Begin a short rainforest hike with a naturalist guide.
2:00 p.m. Lunch.
3:00 p.m. Depart lunch spot, drive by pineapple and heart of palm plantations en route to the San Carlos Valley.
4:00 p.m. Arrive at Fortuna hotel, check in.
6:30 p.m. Dinner.

**Day 4 – Caño Negro Cruise, Hot Springs**
9:00 a.m. Depart hotel to cruise on the Rio Frio which runs through the world famous Caño Negro wildlife refuge.
9:45 Arrive at Caño Negro wildlife refuge.
1:30 p.m. Lunch.
3:30 p.m. Return to Fortuna.
4:30 Enjoy a relaxing soak in the volcanic hot springs, spot nearby majestic Arenal Volcano.
7:00 p.m. Dinner
Pack up belongings, last night in Fortuna.

**Day 5 – Hanging Bridges, Guanacaste, Pacific Coast Beaches**
9:00 a.m. Depart hotel to Hanging Bridges.
9:30 a.m. Arrive, hike on six suspension bridges, through the tropical rainforest canopy.
1:30 p.m. A scenic drive around Lake Arenal.
2:00 p.m. Lunch.
3:00 p.m. Drive and enter the Guanacaste province to Costa Rica’s beautiful Pacific Coast.
4:00 p.m. Check in resort for a relaxing two night stay.
6:00 p.m. Dinner.
 **Day 6 – Leatherback Turtles Park, Pacific Coast Beaches**
9:00 a.m. Depart resort, head to Leatherback Turtles National Park.
1:30 p.m. Lunch.
2:30 p.m. Depart back to hotel. Afternoon at leisure to enjoy your magnificent beach resort.
6:30 p.m. Dinner.
Pack up belongings, last night in Guanacaste.

**Day 7 – Bird Watching Cruise, Manuel Antonio**
9:00 a.m. Depart hotel.
9:45 a.m. Arrive at the Tropical Dry Forest.
2:00 p.m. Lunch, enjoy a bird watching and crocodile spotting cruise on the Tarcoles River, adjacent to the Carara Biological Reserve.
6:00 p.m. Arrive and check in at your hotel, located directly at the entrance to Manuel Antonio National Park.
7:00 p.m. Dinner.

**Day 8 – Manuel Antonio Park, Rainforest Hike**
9:30 a.m. Visit the world famous Manuel Antonio National Park. Hike through the rainforest and along the spectacular beach coves.
1:30 Lunch.
4:00 p.m. Depart hotel
6:00 p.m. Return to San José, check in hotel.
7:00 p.m. Farewell dinner.

**Day 9 – San José**
6:00 a.m. breakfast begins, your tour ends after breakfast this morning at your hotel. Caravan provides transfers to the Juan Santamaria International Airport (SJO) in San José, Costa Rica arriving at 5:00 a.m, 7:00 a.m, 9:00 a.m., and 11:30 a.m.