

## LatinDiscover.com

rediscovering the New World

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### TRIP DETAILS

8 nights / 9 days - Costa Rica

Departures Daily

Trip Ref 4745

### ITINERARY IN BRIEF



PRICES FROM \$2,059

## Paddles & Pedals

### Day 1: Arrival

Our representative will welcome you at the airport and take you to your hotel.

### Day 2: Pacuare River (Whitewater Rafting)

Today starts with a scenic drive along the foothills of the Irazú and Turrialba volcanoes to the "put in" on the Pacuare River for our two-day whitewater rafting adventure. We will run a total of 27 kilometers of Class III-IV rapids exploring the magnificent river valley. By afternoon we arrive at our comfortable riverside camp, El Nido de Tigre which nestles between the sounds of the rainforest and the hum of the river. This area of rainforest is maintained as much as possible in its natural state. The camp takes its name from the giant patches of ginger plants that carpet the floor of the main area. From the center of the camp, trails radiate out to secreted areas of rainforest, waterfalls and swimming holes. Take time to explore the lush environment first hand looking out for toucans overhead or simply relaxing in a hammock to the sounds of the river.

(Meals included: Breakfast, lunch and dinner)

### Day 3: Pacuare River (Whitewater Rafting)

Today the Pacuare takes us through virgin rainforest, cascading waterfalls and river carved canyons. We maneuver through the exhilarating rapids and point out the intricacies of the rainforest at the river's edge. Along the way we take time out to do some hiking to spectacular waterfalls and have lunch on the shore. "Taking out" in the heart of banana plantation country sees the end of our whitewater rafting adventure and we drive to La Fortuna, the nearest town to the Arenal Volcano for a change of activity. Overnight hotel in La Fortuna.

(Meals included: Breakfast and lunch)

### Day 4: Arenal (Hiking/Zip-Line Canopy/Hot Springs)

We begin the day with a hike to the magnificent 120ft La Fortuna Waterfall and are rewarded with a refreshing swim in its natural pool. Arenal is the perfect place to take a Canopy Tour. From a variety of platforms there are impressive views of the canyon of the Arenal River and the extraordinary flora and fauna of the rainforest. There is a chance to see the three kinds of monkeys that live in this area, as well as toucans, hummingbirds and sloths. We end the day with a visit to the Hot Springs and Spa. Thanks to the Arenal Volcano's geothermal activity, there is a number of natural hot springs throughout the area. They are designed to be very much in tune with their natural environment and offer a fantastic way to relax in the warm and soothing mineral waters while enjoying spectacular scenery in close proximity. For dinner you may choose from a variety of restaurants in La Fortuna area.

(Meals included: Breakfast and lunch)

### Day 5: Pacific Ocean (Mountain Biking)

Our adventure now moves from inland to the Pacific Coast. Playa Sámara is one of Costa Rica's hidden tropical paradises. It has a superb coral reef and its own picturesque wooded island in the bay - Isla Chora. It is popular with swimmers and windsurfers. Samara is not only a charming beach resort, with a wide choice of friendly and attractive hotels, restaurants and bars, but unlike other Pacific Ocean resorts, it is also a thriving fishing and farming community. Afternoon mountain bike loop exploring the coastline and inland off-road areas. For dinner, there is a wide choice of restaurants in Sámara.

(Meals included: Breakfast and lunch)

### Day 6: Pacific Ocean (Mountain Biking)

There are 83kms of beach, road, hill and trail! for us to explore. We encounter various river crossings as we traverse countryside and rainforest, rugged pacific coastline and sleepy Costa Rican villages.

You will have the choice of activities with the group or if you prefer to spend some quality personal time, our mountain bikes will be available for you to take your own relaxed route. Your guide will be available to discuss the possibilities according to the weather and personal choice. For those who want to end their trip with some relaxation, Samara is a very laid back town with the perfect atmosphere to just chill out, enjoy the beach, the hotel and some of the most spectacular sunsets you will ever see.

(Meals included: Breakfast and lunch)

### Day 7: Pacific Ocean (Mountain Biking)

(Meals included: Breakfast and lunch)

**Day 8: Beach/Return to San José**

Transfer to San José. The afternoon and evening are free to take in the sights and sounds of San José.  
(Meals included: Breakfast)

**Day 9: Departure**

Our representative will drive you to the airport for your return flight home.  
(Meals included: Breakfast)

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**PRICE INCLUDES:**

- Accommodation
- Transportation including airport transfers
- Meals where indicated
- Equipment and experienced, bilingual & fun guides

**NOTE:**

- All dates are guaranteed departures
- We will open a new date with a minimum of 4 people

**DO YOU FIT OUR CLIENT PROFILE FOR THIS TRIP?**

Paddles and Pedals is an active trip with a moderate level of activities, which attracts clients who have a good level of mountain biking expertise as routes are off-road. There are no specific requirements for whitewater rafting but you will fully participate in paddling. No experience is necessary for Sea Kayaking but clients should be prepared for paddling for a few hours. Each day is active and so to fully enjoy the trip good all-round fitness and stamina are advisable.

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