



Thomson Family Adventures

Costa Rica Multi-Sport Adventure February 25 - March 4, 2023

Itinerary for Seacoast Science Center

YOUR ITINERARY

2/25/2023
Saturday

Depart From North America



2/25/2023
Saturday

Arrive San José

Welcome to Costa Rica! You've landed in the largest city and capital of Costa Rica, located in the plain of the Central Valley. Settled between mountains and volcanos the Central Valley is home to three quarters of the population of the entire country. The city of San Jose has few residents living in the city center, but a million people commute in every day!

❖ **Meet guide and transfer to hotel**

Upon arrival at the Juan Santamaria International Airport in San Jose, Costa Rica, your guide will be waiting outside the Customs exit doors to meet you and transfer you to the hotel.

Accommodations: Hilton Garden Inn

2/26/2023
Sunday

San José to Tortuguero

Depart San José for Tortuguero National Park, a region rich with wildlife and flora, and a birder's paradise.

❖ **Welcome Breakfast**

In the morning you will meet and eat breakfast with your guide, who will brief you on your itinerary and review the expectations of your trip. This is a good time to ask your guide any questions, but don't worry - you won't have to remember everything! Your naturalist guide will have evening briefings throughout your adventure.

❖ **Drive to Caño Blanco**

Drive approximately 2.5-3 hours to Caño Blanco, which is as close to Tortuguero as a vehicle can take you! Remember to take only the luggage you need and the rest will be waiting at your next hotel when you arrive.

❖ **Boat Transfer**

Tortuguero is accessible only by air or boat. Enjoy the 2 hour transfer on a boat as you travel through the canal to your lodge.

❖ **Check into your Hotel**

Check in and unpack at your hotel. Relax and enjoy some free time settling in.



❖ **Wildlife by Canoe**

Head out into the narrower canals by canoe with your naturalist in tow. In the quiet of the forest raise your paddle and listen for the rustling of monkeys and birds in the trees, the plop of turtles sliding off a log. Watch for the peering eyes of crocs and caiman, slithery river otters, tall herons and bright egrets, parrots and toucans. It's an amazing symphony of nature!

❖ **Casa Cecropia Chocolate Tour**

Visit Casa Cecropia (by canoe of course!) for a hands-on explanation about the importance of chocolate. Hint: Chocolate was so important in pre-Columbian times, it was used as currency! Sample your own home-made chocolate and even get a (temporary) tattoo, made with vegetable ink in the ancient tradition of the indigenous people in the area.

Accommodations: Aninga Lodge

Meals Included: Breakfast, Lunch, Dinner

2/27/2023
Monday

Tortuguero

The waterways and lagoons of Tortuguero are the most biologically diverse in all of Costa Rica. In fact, there are seven species of turtle alone! It's home to the endangered sea turtle and during July and August, with any luck, your children will actually see them nesting on the beaches.

❖ **Jungle Boat Expedition**

Venture into Tortuguero National Park for a jungle boat expedition along the winding river system. Boat tours are the primary way to see wildlife and learn about this lowland tropical rain forest. Eleven habitats are found in the park; three species of monkeys (spider, howler and white-faced), three-toed sloths, and river otters are frequently seen. Caiman, iguanas, river turtles, basilisk lizards, and poison dart frogs inhabit the area, along with more than 320 species of birds Wow!

❖ **Friends Across Borders Meeting (Pen Pals)**

Thomson families love this program! Children traveling with us can choose to exchange letters with a local child of similar age before leaving on their adventure. While on the family trip we organize a pen pal meeting with a scheduled activity like soccer or hacky sacking. It's amazing how such interaction can be a real eye-opener for everyone involved.

❖ **Optional Sea Turtle Conservancy Visit**

Visit the Sea Turtle Conservancy's green turtle exhibit, where you will have the opportunity to adopt an endangered Green Sea Turtle as part of the Sea Turtle Survival League. Renowned naturalist Archie Carr did much of his work on sea turtles at Tortuguero, the most important nesting site in the western half of the Caribbean for this highly endangered species.

❖ **Relax at the Hotel**

Relax at your hotel and enjoy the beautiful surroundings.

Accommodations: Aninga Lodge

Meals Included: Breakfast, Lunch, Dinner

2/28/2023
Tuesday

Tortuguero to Sarapiquí

The Sarapiquí region overflows with a rich diversity; its fertile soil produces bananas, coffee, cacao and fruits and its nature reserves are home to the endangered green macaw and other exotic avians.



✦ **Boat and Van to Sarapiquí**

Leaving the remote jungle behind, board your boat for the ride through the canals to Caño Blanco. Here you'll board the van for the 2 hour ride to Sarapiquí, with a stop for lunch en route.

✦ **Hotel Check in**

When you arrive at your hotel your guide will assist you with check in. Settle in and relax before dinner.

✦ **La Quinta de Sarapiquí Gardens**

Explore the butterfly and frog gardens as well as the vegetable's garden at La Quinta de Sarapiquí. There is something here that will enchant everyone in your family.

Accommodations: La Quinta de Sarapiquí

Meals Included: Breakfast, Lunch, Dinner

3/1/2023
Wednesday

Sarapiquí Region

Spend a full day in the Sarapiquí Region of Costa Rica.

✦ **Whitewater Rafting**

Today you'll enjoy the fun and thrill of an easy Class II/III whitewater rafting adventure through lowland rainforest where exotic birds like the keel billed toucan and the endangered great green macaw can be spotted. With calm, crystalline pools following each run of rapids, you'll travel 7.5 miles from La Virgen de Sarapiquí to Chilamate, with a stop for swimming and snacking along the way. Minimum age is 6 years old. Closed-toe shoes required; no flip flops!

✦ **Zip-line**

Join expert guides using specialized equipment for a safety briefing before embarking on this thrilling two hour adventure. There are 14 lines that take off from platforms, the cables passing over fields of lush ornamental plants, soaring over tropical rainforest, and twice crossing the Sarapiquí River. The final run is a full 700 meters.

Accommodations: La Quinta de Sarapiquí

Meals Included: Breakfast, Lunch, Dinner

3/2/2023
Thursday

Travel by car to the lush central Pacific coast of Costa Rica. Along the way, you'll marvel at the jungle scenery, winding mountain roads and a view of La Paz waterfall.

✦ **Depart for Punta Leona**

Today you'll head to the coast. The drive to Punta Leona is three hours in total, but your guide has planned some fun for you along the way!

✦ **Corso Lecheria Farm**

Located in Vara Blanca, a visit to Corso Lecheria is a memorable experience. Breathe in the clean air along with the beauty of its rolling hills and fields and a unique view of the Poás Volcano. In the dairy farm, learn to milk the cows and hear about how their delicious dairy products are made. Stop by the greenhouse facilities where the strawberries are produced, and enjoy walking among the strawberry fields, collecting and eating, while the local guide explains every delicious detail of this famous fruit. In the mini-farm you can play with farm animals such as bunnies and some very sociable hens!



✦ **Continue on to Your Hotel**

Finish up the drive to the coast and your hotel. Your guide will assist with check in; then the balance of the day is yours to enjoy the resort.

✦ **Enjoy the Resort**

Your resort holds an endless array of entertainment - or relaxation! Enjoy the activities and amenities in any style you wish.

Accommodations: Punta Leona Hotel

Meals Included: Breakfast, Lunch, Dinner

3/3/2023
Friday

Central Pacific Region

The Central Pacific is one of the most biodiverse regions in Costa Rica. It's home to over 300 species of mammals and birds. Notable highlights include scarlet macaws, sloths and turtles.

✦ **Half Day Ocean Expedition**

At Playa Agujas you can choose between an outrigger canoe, stand up paddle board or ocean kayak. Enjoy the coastline with local experts as you gliding past serene beaches and stunning cliffs; watch for frigate birds and pelicans!

✦ **Taste a Churchill**

While in the Pacific coast region, you have to try a Churchill, a delicious mixture of shaved ice, Kola syrup, powdered milk, condensed milk and ice-cream. Mmmmm! It is rumored to have 10,000 calories, but believe us when we tell you, it's worth it!

✦ **Farewell Dinner**

Join your guide and new friends at a special dinner on your last night together. It's a perfect time to relive the highlights of your adventure and to remember all the fun you've had.

Accommodations: Punta Leona Hotel

Meals Included: Breakfast, Lunch, Dinner

3/4/2023
Saturday

Depart Costa Rica

All great adventures must one day come to an end. Say hasta luego to Costa Rica before departing for the airport.

✦ **Airport Transfer**

A private transfer to the airport in San Jose is included NOTE: it is a 90 minute transfer to San Jose and you need to be at the airport 3 hours prior to your departure; please book your return flight for noon or later.

Meals Included: Breakfast



ACCOMMODATIONS (Subject to change until the final itinerary)

Hilton Garden Inn (or similar)

The Hilton Garden Inn is a great place to stay while in San José. The hotel is clean and the rooms are spacious, giving your family a great space to relax. There is also a pool, a fitness room, and free Wi-Fi and internet access throughout the hotel. The lobby features a 24 hour snack service and it is centrally located to nearby restaurants, markets and a drugstore.

Aninga Lodge (or similar)

Aninga Lodge is located on the northeastern coast of Costa Rica. Amenities include ceiling fans, Wi-Fi, a public phone for overseas calls, a pool, jacuzzi and spa.

La Quinta de Sarapiquí (or similar)

La Quinta de Sarapiquí is located about 60 miles north of San José. The hotel has a pool, spa and walking trails. Each room has air conditioning, ceiling fans, a hairdryer, safety deposit box and a porch with a hammock and rocking chair.

Punta Leona Hotel (or similar)

Punta Leona Hotel is based in the heart of the Punta Leona National Wildlife Refuge, and offers something for every family member, from mini golf to spa treatments to kayaking and much more. Wifi, cable TV, AC, mini-fridge and safe are standard in all rooms, but you won't want to stay inside when there's a world of natural wonders right outside your door.



TRIP DETAILS

- All excursions as listed in the itinerary
- Accommodations based on double and triple occupancy at comfortable hotels
- Meals as per the above itinerary
- Services of a bilingual guide who will accompany you throughout your trip
- Groups of 8 or more will be accompanied by one of our Rafikis, the fun person on the trip, who provides opportunities for educational and recreational activities
- Airport transfers for families arriving on the scheduled arrival date and departing on the scheduled departure date
- Land transportation
- Water and snacks are provided daily in the vehicles
- Ages 6 to 17 will have the opportunity to be matched with a pen pal with whom they can correspond and meet in country
- Tips for local guides, porters, and wait staff

Not Included

- *Travel Insurance
- *Tips for your guide and driver
- *Tips for Rafiki (if applicable)
- ***Connecting rooms/cabins unless noted on the itinerary**
- *Soda, beer, wine and spirits (where we include dinner, you will need to pay the bar tab)
- *Fees for passports, visas and immunizations
- *Meals and expenses en route to your destination
- *Internet, laundry and other items of a personal nature
- *Additional activities not listed on this itinerary
- *Airport transfers on days other than scheduled arrival and departures dates



Please note that Thomson Family Adventures (TFA) will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. TFA reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Please note: This is a proposed itinerary and does not reflect actual availability of the accommodations. Upon receipt of your non-refundable deposit, TFA will proceed to book the above itinerary. In the event that any accommodation is not available we will substitute a comparable property or adjust the itinerary if necessary without compromising the integrity of the overall family adventure. If this affects the price, we will notify you before confirming the arrangements. We accept Visa, MasterCard or, Discover credit cards for the initial deposit, and require the balance to be paid by check, money order or wire transfer. The price quote is good for 7 days from the date it is quoted.

