



Bring a  
Friend!  
Everyone  
saves \$100

## 2023 | Explore Costa Rica | 9 days

### San José, La Fortuna, Monteverde & Manuel Antonio

Apr. 29 - May 7 | July 8 - 16 | Aug. 12 - 20 | Oct. 28 - Nov. 5 | Nov 4 - 12 | Dec. 2 - 10 | Dec. 9 - 17

#### Discover paradise in its purest form!

- ▶ Encounter Costa Rica's volcanoes, wildlife, rainforests and more on this **action-packed adventure**.
- ▶ **Visit a coffee co-op** to see where your morning cup of joe comes from, plus taste freshly roasted coffee.
- ▶ Hone your culinary skills as you learn to **make traditional pastries** in a family's home.
- ▶ Soak your muscles and **relax in the mineral-rich, soothing thermal springs** at the foot of Arenal Volcano.
- ▶ Be on the lookout for animals as you explore the winding trails and hanging bridges of a **misty cloud forest**.
- ▶ **Search for unique creatures**, from howler monkeys to sloths and toucans, in **Manuel Antonio National Park**.

877-572-5159

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## Included Features

- **Small Groups** sized just right at 20 travelers
- **Comfortable accommodations**
- **Active Discovery Adventures** connect you to the local community and culture via foot, boat, bike and more; all led by **resident guides and experts**
- **Expert-led Enrichment talks** enhance your insight into the region
- Welcome Reception to mingle
- **Flexibility for free time** to pursue your interests and book optional adventures
- Tipping of guides and drivers
- Departures guaranteed to operate with just 8 travelers
- **AHI Sustainability Promise:** We strive to make a positive impact by directly benefiting the communities we visit

## Discovery Adventures & Enrichment

**Coffee Co-Op.** Tour a local coffee co-op to meet the people who work the land.

**La Fortuna Discovery & Beyond.** Visit a rural community and engage with the residents. Learn how to make a local pastry and enjoy a forest hike.

**Thermal Springs.** Unwind under the stars at a soothing thermal spa.

**Santa Elena Cloud Forest Trek.** Cross hanging bridges in Monteverde's treetops.

**Zip-lining Adventure.** Hold on tight for a thrilling ride through the forest canopy!

**Manuel Antonio National Park.** Search for exotic animals along this park's forest trails and beaches. After, relax and play on the beautiful white-sand beach.

## Accommodations

- **1 night** in San José, Costa Rica
- **3 nights** in La Fortuna
- **2 nights** in Monteverde
- **2 nights** in Manuel Antonio

## Transfers & Meals

- Private vehicle transfers in the Land Program
- 8 breakfasts, 4 lunches, 5 dinners, including Welcome & Farewell Dinners





## Itinerary

**Day 1** Touch down in San José, ✈ transfer ➡ to the hotel and head out to discover this culture-filled capital city on your own.

**Days 2-3** After breakfast, depart for the adventure capital of La Fortuna. Along the way, visit a coffee co-op for a tour. Learn about the making of coffee, from bean to cup, and sample some freshly roasted and brewed coffee. Join your guide for a hike to a nearby waterfall.

Visit a rural community dedicated to forest preservation and agriculture. Trek into the rainforest in search of monkeys, toucans and more. Learn to make *enyucados*, a local pastry, followed by a traditional lunch. Tonight, relax in the therapeutic waters of a heavenly thermal spa, followed by dinner.

**Day 4** A free day allows you to book thrilling adventures! Your CEO is available to help. Paddleboarding? Horseback riding? Rappelling? The choice is yours!

**Days 5-6** Travel to Monteverde via coach and boat. Upon arrival, head out to trek across the fun hanging bridges of a cloud forest. From your perch in the mist and clouds, look high and low for colorful wildlife. Your guide shares insights into the area's remarkable biodiversity.

Adrenaline-filled memories are in the making today! Buckle up and fly through the forest canopy on a zip-line. Try to spot toucans or exotic orchids from your position above the trees. Later, enjoy leisure time to book optional activities.



**Days 7-8** Journey to the beautiful Pacific coast this morning. With stunning white-sand beaches, lush forests and the many storybook animals that call this area home, this tropical oasis will surely be a favorite!

Join your guide for a tour of the beloved, wildlife-rich Manuel Antonio National Park, one of Costa Rica's most famous national parks. This park is home to endangered species, many of which you can spot along the trails. Your guide leads the way as you scout for howler and white-faced monkeys, sloths, toucans and iguanas as well as smaller creatures like lizards, spiders and tiny insects.

Spend the remainder of the day at the beach, swimming and sunbathing during your last day in Costa Rica.

**Day 9** After breakfast, transfer ➡ to the airport for your return flight home! ✈

Flights ✈ and transfers ➡ provided for AHI Further FlexAir participants.

## AHI Travel Expertise

**Passenger Service Representative |** Helps with everything from arranging flights to fulfilling special requests.

**Travel Director |** Locally based guide who knows the area like the back of their well-traveled hand.

**Travel Information |** Prepares you fully for your journey.

**Local Specialists |** Provide friendly, knowledgeable service and share their expertise and passion for their country.

## Let us arrange your flights!

**AHI Further FlexAir |** Our personalized air program offers incredible advantages:

- price guarantee
- flexibility to change or cancel
- assistance with changes or delays
- flight insurance

## PRICES

### Full Price

**\$2,495**

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Single accommodations are an additional \$695 (limited availability).

Program-specific terms and conditions are available at <https://umicfr.ahitravel.com/destinations/1775A?school-id=694>. You can also request a copy from our travel experts.

**Note:** Itinerary sequence and/or scheduled events may change. Walking is required on many excursions.

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✈ Electives available at an additional cost.

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