

12-15 Day Exotic Blends Costa Rica & Panama



CUSTOM ITINERARY – YOUR DATES – FLEXIBLE INCLUSIONS – 12-15 DAY ITINERARY

OR

Escorted Tour With Pre-determined Dates & Non-flexible Itinerary

Costa Rica

Welcome to the jewel of travel experience in Central America. Far from the madding crowds, rich in natural wonders and biodiversity, in a region no larger than the state of West Virginia, this small country boasts magnificent, diverse topography and is home to 20 natural parks, 8 biological reserves, and a series of protected areas that captivates visitors.

This heaven on earth boasts serene beaches amid tranquil settings, jungle rivers for rafting and kayaking, and spectacular cloud and rainforests with ample opportunities for bird-watching and hiking. While Costa Rica's tourism trademark is eco- and soft adventure, it is also home to numerous charming hotels and lodges, many with a flavor of luxury.

So whether sojourn through the pristine rainforest, choose horseback riding, hiking mountainous paths in the cloud forests, or guided bird-watching tours, you'll soon find why Costa Rica is often referred to as "A Sanctuary of The Mind".

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Exotic Blends: Costa Rica & Panama

Package Code: LTDBRO06CRICAPTY



Overview

This tour combines the magic and adventure of Costa Rica and Panama, introducing you to the robust eco-diversity of these two Central America Counties.

First stop Costa Rica with and the active Arenal Volcano and Monteverde, one of Costa Rica's premier Cloud Forests, with lots of fun and excitement like soaring along the canopy tops, forest trekking and exhilarating river rafting.

Next it's Panama, more than the Canal Crossing, Panama offers a kaleidoscope of attractions sure to satisfy the most demanding travelers. We visit Bocas del Toro Archipelago close to the border with Costa Rica, where the islands offer numerous attractions; luxurious rain forests with an abundance of fauna and flora, sunny islands beaches with crystal clear water, mangrove islets in a lake-like scenery, indigenous Guaymi Indian villages.

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We stop in Panama city visiting the Canal and local wildlife; we board a train that takes us back in time along the legendary Las Cruces Trail, a route dating back to the 16th Century across the Panama isthmus mainly transport plundered Inca gold from the Pacific to the Atlantic coast.

Itinerary



Day 1 Arrive San Jose

Upon arrival in San Jose, you will be transferred to a quiet hotel in the outskirts of the city. Balance of the day at leisure. Overnight.

Day 2 Arenal, the smoking giant

This morning we depart San Jose for the spectacular Arenal area. Once we leave the Panamerican Highway, the road winds through lush rolling countryside with green pastures on one side and sparkling Lake Arenal on the other. As we drive around the lake, Arenal Volcano's imposing silhouette will start emerging on the horizon. Once at our hotel, there will be time to relax and have lunch on our own.



In the afternoon we'll take a leisurely hike through the forest and across lava fields. Don't make any plans for the evening. The volcano will probably put on a new show of fireworks and incandescent, flowing lava as it has been doing almost nightly for the last 40 years. (B)

Day 3 Adventures in Arenal

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With an active volcano, natural hot springs, a shimmering lake, cloud forests, rivers and waterfalls, this incredible place has something for everybody. We leave today at your discretion to follow your wishes, instincts or mood.

Recommendations include rafting trips in the Sarapiqui and Toro Rivers, excursions to Caño Negro Wildlife Refuge, horseback rides to La Fortuna Waterfall, canopy tours, lake windsurfing, mountain biking, or just plain relaxing at Tabacon Hot Springs. (B)

Day 4 Monteverde, the cloud forest

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The idyllic Monteverde community and natural preserve lie 3 ½ hrs. away from San Jose, straddling the Continental Divide at 4,662 ft. Monteverde is not the image you may have of a tropical country: The mist produced by perennial, hovering clouds and cool temperatures have created perfect conditions for the development of a lush cloud forest, where hundreds of bird and mammal species plus thousands of curious insects and plants thrive.



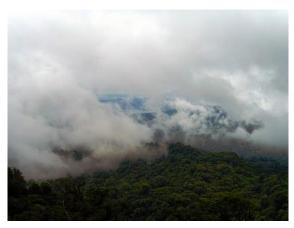
Think of hummingbirds, lichens, orchids, butterflies, bromeliads, mosses, even the elusive quetzal. This afternoon, after an overland transfer, and free time at your hotel, we will start our explorations with a canopy tour to observe the forest from different vantage points.

This thrilling experience will have you literally flying from tree to tree as you glide along "zip lines."

Or if you prefer you may walk along trails, and cross suspension bridges to observation platforms offering an easier, still highly rewarding experience. (B)

Day 5 Visiting the Monteverde Preserve

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The cloud forest wakes up early, so if we want to experience it at its best, we should too.

The Preserve looks and feels like an enchanted forest taken from the pages of a fairy tale book: Sun rays penetrate the forest canopy creating magical scenes as they reflect on streams and misty leaves; a symphony of chirping and tweeting sweeps through the forest; myriad butterflies add a touch of color with their incessant dances; looming strangler figs line trails with their sinister, ghostlike appearance; a

velvet carpet of moss and lichens coats rocks and tree trunks.



Our local guide will lead the way along well-maintained trails, pointing out birds and orchids as he explains their characteristics and habitats. Keep your ears opened and your eyes peeled and you may spot the multihued quetzal, one of nature's most beautiful creatures.

The rest of the day is free to visit the cheese factory, founded by Quaker immigrants, enjoy the butterfly garden, hike to San Luis Waterfalls, take a horseback riding excursion or peruse the numerous art galleries. (B)

Day 6 Monteverde – San Jose – Bocas del Toro

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Near the Costa Rican border, there is a small archipelago that has so far been ignored by the tourist hordes that ramble around the Caribbean. Columbus was here in 1502.

Centuries later, Jamaican landowners followed. Their slaves were brought along and Bocas del Toro slowly evolved into an isolated melting pot of races and languages. The banana boom hit "Bocas" in the roaring 20s, and the area flourished for a few years.

Today, some stately colonial mansions and parks remain, offering a taste of the Caribbean of yesteryear. However, the main draw for visitors is not the historical heritage but the superb, pristine natural environment.

You will probably get a glimpse of shimmering greens and azure blues from the airplane on your way from San Jose. The rest you will discover in the coming days. Upon arrival in Bocas, you will be transferred to your hotel. (B)

Day 7 A day in Bastimentos National Park



is Panama's first marine national park and one of the most stunning in the Caribbean.

We will start our excursion navigating through clusters of red mangroves as our guide explains the importance of this habitat for the conservation of the park's marine species.

Landing on one of the islands, we hike through lowland forest, admiring numerous tropical birds and mammals including night monkeys, white-faced

capuchins and three-toed sloth. The trail ends in an inland lagoon inhabited by caimans and turtles.

We will stop at a nearby indigenous community where you can purchase handcrafts directly from the artisans. After lunch, we grab fins and snorkels and explore the park's many underwater treasures: sponges, sea fans, corals, starfish and a myriad of tropical fish. In the late afternoon we return to our hotel. (B, L)

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Day 8 In Bocas del Toro



You have a full day to enjoy the sheer beauty and serenity of this piece of paradise at your own pace.

Possibilities run the gamut: Just a short boat ride away, the uninhabited Zapatillas Keys offer perfect white-sand beaches beside clear, shallow waters and lush forests.

Hiking pristine forests trails will reveal a multitude of familiar faces—night and capuchin monkeys, sloth, tanagers, manakins, and dart frogs.

Visiting nearby indigenous communities will give you an idea of what this land was like when Columbus arrived here 500 years ago. In the evening, take in the fiery sunsets and feast on fresh seafood as the sleepy communities wake up to the beat of ancestral drums and infectious Calypso rhythms. (B)

Day 9 Bocas del Toro – Panama City





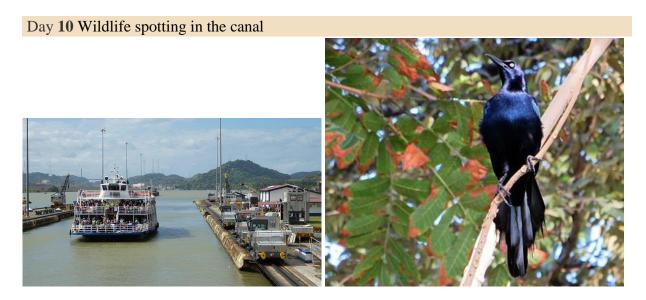
We make an early start as we depart for the airport for our flight back to the capital city.

Upon arrival, our guide will pick you up and take you on a comprehensive guided tour to show you historic Old Panama, Colonial Panama and Modern Panama, plus you'll visit the Miraflores Locks to watch the operation of Panama's famed canal.

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Evening free to shop, sample Panama City's seductive nightlife, or try your luck in the casinos. (B, L)



Most tours just offer a boat ride in the canal. We take it a step forward and give you the possibility not only of cruising beside gigantic cargo ships but of exploring Gatun Lake's tropic shores, where packs of inquisitive capuchin and howler monkeys will carefully monitor all your movements.

At Barro Colorado Island, we will disembark and follow our guide on a short hike along forest trails ending at the fascinating Smithsonian Tropical Research Institute, where we will stop for lunch. During the day, you are sure to meet Barro Colorado's long time residents, namely monkeys, sloth, and numerous tropical birds. (B, L)

Day 11 A train journey back in time





In the 16th century Spain's King Charles I established the legendary Las Cruces Trail, a route across the Panama isthmus to mainly transport plundered Inca gold from the Pacific to the Atlantic coast.

Five centuries later, we retrace the trail as we head for history-drenched Portobelo, departing point for galleons bound for the Old World. We will walk in the footsteps of pirates and conquistadors as we inspect narrow colonial streets, ancient forts and the Customs House, where gold was once stacked awaiting

shipment to Spain.

Our guide will also recount local legends including Sir Francis Drake's, who died offshore in 1596, and that of Portobelo's revered Black Christ. In the afternoon, we return by train to Panama City for an unforgettable ride beside the Panama Canal.

At the end of this eventful day we will transfer you to the new Gamboa Resort, located on the banks of the Panama Canal. (B, L)

Day 12 Depart Panama City

This morning you will be escorted to the airport in time for your departing flight. (B)

End of Services.

Ready to plan your journey? Contact us today ! 678-500-9548

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Featured Hotels

Cariari, San Jose Sapo Dorado, Monteverde Tabacon Resort, Arenal

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Bocas del Toro Panama City

Finca Rosa Blanca, San Jose Monteverde Lodge, Monteverde Arenal Kioro, Arenal Bocas del Toro Panama City

Herradura, San Jose Heliconia, Monteverde Arenal Paraiso, Arenal Bocas del Toro Panama City

Itinerary Features

- Round Trip Transfers airport/hotel
- Round Trip Transfers within Costa Rica & Panama
- 1 night in San Jose
- 2 nights in Arenal
- 2 nights in Monteverde
- 3 nights in Bocas del Toro
- 3 nights in Panama
- Arenal hiking tour
- Excursion to Monteverde Preserve
- Bastimentos National Park excursion with lunch
- Panama City Tour with lunch
- Barro Colorado Tour with lunch
- Gold Route Tour in train with lunch
- Breakfast daily
- Hotel tax and service charges
- English-speaking assistance

End of Services.

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