

## Costa Rica

7 Days / 6 Nights

San José, Caño Negro, Arenal Volcano National Park and Guanacaste



Unveil the mysteries of nature at its most beautiful. Explore the scenic wonderland of this Central American paradise—boasting a verdant rainforest, breathtaking coastlines, rugged mountains, numerous waterways, active volcanoes and exotic wildlife.

### COSTA RICA FAMILY VACATION HIGHLIGHTS

#### **Mistico Arenal Hanging Bridges**

Get a unique treetop view of the rainforest on the hanging bridges high above.

#### **Arenal Volcano National Park Zip Line**

Take flight as you soar through the rainforest canopy on this thrilling and scenic ride.

#### **Tabacón Grand Spa Thermal Resort**

Soothe mind, body and soul as you soak in natural hot springs heated by Arenal volcano.

#### **Sarapiquí River's Roaring Rapids**

Grab an oar and shoot the rapids on a white water adventure down this scenic river.

#### **Private Catamaran Excursion**

Set sail for a morning of aquatic adventure and relaxation on a secluded beach.

#### **Caño Negro Wildlife Refuge Boat Tour**

See the wonders of the rainforest on a guided boat tour of the local wildlife.

#### **Maleku Arts Experience**

Immerse yourself in Maleku culture as a local artisan guides you in the creating traditional

crafts.

### **Rainforest Gondola Ride**

Soar through the rainforest canopy to heights over 4,000 feet while enjoying unparalleled views.

### **Arenal Volcano**

Enjoy epic views of Arenal Volcano, which dominates the lush landscape of this beautiful town.

### **Private Mojito & Guaro Sour-Making Class**

Quench your thirst with delicious drinks that you make yourself using local flavors.

### **Traditional Music & Folk Dancers**

Cap off your adventure with a performance of Costa Rican music and folk dancing.

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<b>Flight Information</b>	<b>Ages</b>	<b>Meals</b>
Arrive: Arrive: San José International Airport (SJO)	Minimum Age: 4	6 Breakfasts
Return: Return: Liberia International Airport (LIR)	Suggested Age: 8+	4 Lunches
Internal Flight Included		5 Dinners

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## ***Adventures By Disney | Itinerary: Day 1***



### **San José**

**Meal(s) Included:** None

**Accommodations:** Costa Rica Marriott Hotel San José

### **Arrive in San José**

After you pass through customs, meet an *Adventures by Disney* representative who will assist with your luggage. Relax as a driver whisks your family away to the nearby resort.

### **Costa Rica Marriott Hotel**

Set on a 30-acre coffee plantation, this beautiful colonial hacienda hotel is brimming with luxury. Unwind in the grand courtyard or enjoy the hotel's amenities, including a swimming pool, lounge and fitness center. If you wish to explore San José, your Adventure Guides can make suggestions.

### **Dinner On Your Own**

Tonight, you and your family can enjoy a meal at one of the hotel's excellent restaurants or ask your Adventure Guides to recommend nearby local dining. Tomorrow, begin the real exploration of this incredible country.

## ***Adventures By Disney | Itinerary: Day 2***



### **Caño Negro Wildlife Refuge**

**Meal(s) Included:** Breakfast, Lunch and Dinner

**Accommodations:** Hotel Arenal Manoa

#### **Breakfast Buffet**

Meet your fellow Adventurers over a delicious breakfast.

#### **Welcome and Orientation**

Your Adventure Guides greet you and discuss your vacation's exciting itinerary.

#### **Flight to Los Chiles**

Board a private charter for an exclusive flight to Los Chiles.

#### **Caño Negro Wildlife Refuge Guided Tour**

Board a boat from Los Chiles and head down stream on the Rio Frio ("Cold River"). Along the ride, your guide will point out the wonders of the rain forest and the richness of the flora and fauna of the area. Keep an eye out for rain forest wildlife, including monkeys, sloths, many species of birds, bats, crocodiles, lizards and many more.

#### **Lunch at Hacienda in Caño Negro**

Enjoy a delicious riverside lunch overlooking the Rio Frio at a Hacienda in Caño Negro.

#### **Arrive at the Hotel Arenal Manoa in La Fortuna – and Exclusive Welcome Drink**

Prepare yourself for the powerful sight of the Arenal volcano, looming over the verdant pastureland of the rolling hills—a dramatic backdrop to your hotel. Adventure Guides will check you in.

#### **Welcome Dinner at the Hotel Arenal Manoa**

After you spend the afternoon exploring your surroundings, celebrate your arrival in Arenal with a festive hotel welcome feast arranged especially for *Adventures by Disney* Guests. As you dine, take in the panoramic view of the Arenal volcano, looming over the verdant pastureland of the rolling hills.

## Adventures By Disney | Itinerary: Day 3



### Arenal Volcano National Park

**Meal(s) Included:** Breakfast, Lunch and Dinner

**Accommodations:** Hotel Arenal Manoa

#### Breakfast at Hotel Arenal Manoa

Start your day off with a delicious breakfast before heading out on an adventure-filled day.

#### Sarapiquí River White Water Rafting\*

Shoot down the roaring rapids and bob over the gushing waters of the Sarapiquí River on this exciting adventure. You'll also enjoy smooth waters that will allow you to take in the lush scenery as you glide by a forest full of exotic birds and animals. Enjoy a rafting adventure in Class I - Class III rapids. Or if you prefer, choose a serene float trip on gentle waters.

#### Private Lunch in Aventuras del Sarapiquí

Enjoy a wonderful lunch amidst the lush surroundings and stunning scenery of a private area in Aventuras del Sarapiquí.

#### Transfer Back to Arenal

Travel back to Arenal via motor coach.

#### Exclusive Maleku Arts Experience

Learn traditional crafts from local artisans. You and your family can connect with the culture while expressing your creativity—and even design a keepsake to take home with you!

#### On Your Own Time at the Hotel

Relax and enjoy the unparalleled view of Arenal Volcano as you enjoy some time to unwind and explore the beautiful hotel.

#### Dinner at the Hotel

Enjoy a lovely dinner at the hotel's restaurant with your fellow Adventurers and other guests of the hotel.

\*For white water rafting, you must be at least 6 years old. Size restrictions also apply.

## Adventures By Disney | Itinerary: Day 4



### Arenal

**Meal(s) Included:** Breakfast and Dinner

**Accommodations:** Hotel Arenal Manoa

### [Sky Trek to Zip Lining](#)

Enjoy a scenic bus ride to the Sky Tram, a gondola that carefully carries you through the rainforest canopy up the mountain to heights of over 4,000 feet (1,250 meters). Be awed by the extraordinary views—and take note of changes in the vegetation as your gondola ascends.

### [Zip Line Adventure\\*](#)

Enjoy the adrenaline thrill of a lifetime! Strap on a harness that is clicked onto suspended wires and zip line above the treetops of the rainforest. For Adventurers who either don't meet Zip Line Adventure requirements or don't want to participate, a hanging bridges experience will be available as an alternative activity.

### [Lunch On Your Own](#)

After your thrilling high-speed ride, satisfy your hunger with a hearty meal of Costa Rican cuisine in the town of La Fortuna.

### [Tabacón Grand Spa Thermal Resort](#)

Enjoy a moment of pure relaxation. Immerse yourself in the soothing mineral water pools of a natural hot springs, which is heated by the Arenal volcano.

### [Private Dinner at Tabacón Grand Spa Thermal Resort](#)

Sit down for a delicious evening meal of traditional Costa Rican cuisine prepared in this local hot spring's rustic restaurant.

\*To use the zip line, you must be at least 5 years old and a maximum weight of 136 Kg (300 lbs).



## ***Adventures By Disney | Itinerary: Day 5***



### **Guanacaste**

**Meal(s) Included:** Breakfast, Lunch and Dinner

**Accommodations:** El Mangroove Hotel

#### **Breakfast at the Hotel**

Enjoy a hearty breakfast before setting out on a day full of new adventures.

#### **Transfer to Arenal Hanging Bridges**

Board a motor coach for your scenic drive to Mistico Arenal Hanging Bridges.

#### **Mistico Arenal Hanging Bridges**

Immerse yourself in the mysteries of the rain forest as a naturalist guide leads you and your fellow Adventurers through the dense forest, pointing out the wonders hiding throughout. Enjoy this unique opportunity to admire the forest from the ground and the air, as you cross any of the 15 hanging bridges.

#### **Lunch at Rincon Coribici Restaurant**

Relax and partake in a pre-ordered, buffet-style lunch with a spectacular view that overlooks the Corobici River.

#### **Departure Toward Guanacaste**

Enjoy a buffet breakfast at the hotel before departing on a motor coach for breathtaking Guanacaste. Named after Costa Rica's national tree that's also known as the "elephant-ear tree," this sun-kissed province is famous for its dry tropical forest, sparkling shorelines, exciting water sports and superb bird watching—with over 250 bird species!

#### **Welcome Reception at El Mangroove Resort in Guanacaste**

Take in the ocean views at Papagayo Bay as your Adventure Guides check you into this spectacular resort located on a natural mangrove and surrounded by luscious tropical scenery. Then join fellow Adventurers for a drink at a Welcome Reception.

#### **Private Mojito-Making & Guaro Sour-Making**

Learn how to make the delicious rum cocktail as well as a lime sour featuring the traditional liqueur of Costa Rica while Junior Adventurers enjoy a non-alcoholic drink.

#### [Adult Dinner in the Hotel](#)

Dine at the hotel restaurant featuring creative contemporary cuisine made from fresh local ingredients.

#### [Junior Adventurers Dinner and Movie Night](#)

While the adults dine, Junior Adventurers can join Adventure Guides for their own meal of kid-friendly fare. After dinner, Junior Adventurers can enjoy a private Disney movie presentation at the hotel.



## Adventures By Disney | Itinerary: Day 6



### Guanacaste

**Meal(s) Included:** Breakfast, Lunch and Dinner

**Accommodations:** El Mangroove Hotel

### Private Catamaran Excursion

After breakfast at the resort, head down to the beach to begin your Catamaran adventure. The Catamaran will anchor in deep waters where you can snorkel, swim and sunbathe. Nibble on snacks prepared by the crew.

### Lunch at the Hotel

Enjoy a light lunch at your leisure on your own.

### On Your Own Beach Time at the Hotel

Hit the sand with your fellow Adventurers and enjoy an afternoon of water sports. Or find your spot in the sun and just kick back while catching some Costa Rican rays.

### Private Farewell Dinner and Entertainment at the Hotel

Before a festive dinner, enjoy traditional music and a folk dance performance as you celebrate the adventures of your trip. Toast your newfound friends and share the family memories you will cherish forever. *Salud!*

## ***Adventures By Disney | Itinerary: Day 7***



### **Liberia**

**Meal(s) Included:** Breakfast

**Accommodations:** None

[Breakfast at El Mangroove Hotel](#)

Enjoy an early breakfast in paradise and say goodbye to your fellow Adventurers.

[Transfers to Liberia International Airport \(LIR\)](#)

Board pre-arranged transportation to the airport and say "*hasta luego*" until you return to the tropics!

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