

THE LATIN AMERICA TRAVEL COMPANY

"We regard each and every trip we organise as a trip of a lifetime."

CR-SC-03 | COSTA RICA IN A WEEK



★ ITINERARY PAGE 7

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ABOUT OUR COMPANY

As the UK's leading, independent and family owned Latin America tour specialists our focus is on well thought through private and tailor made adventures. Our emphasis is very much on creating the right trip for you and we work closely with you in order to achieve this. We use our experience and knowledge to ensure your trip to Latin America is a trip of a lifetime!

ALL TOURS ARE FINANCIALLY PROTECTED

We are members of ABTA (Y1699) and our tours are ATOL protected (license 10287) giving you full peace of mind when booking with us both for monies paid to us as well as the code of conduct and high standards that membership of these organisations require.



CENTRAL VALLEY • ARENAL • MANUEL ANTONIO



EXCLUSIVE PRIVATE TOUR : COSTA RICA IN A WEEK

Dear Sir / Madam,

Please find full details of this itinerary in this dossier. If you have any questions at all please do not hesitate to contact me.

Best regards,

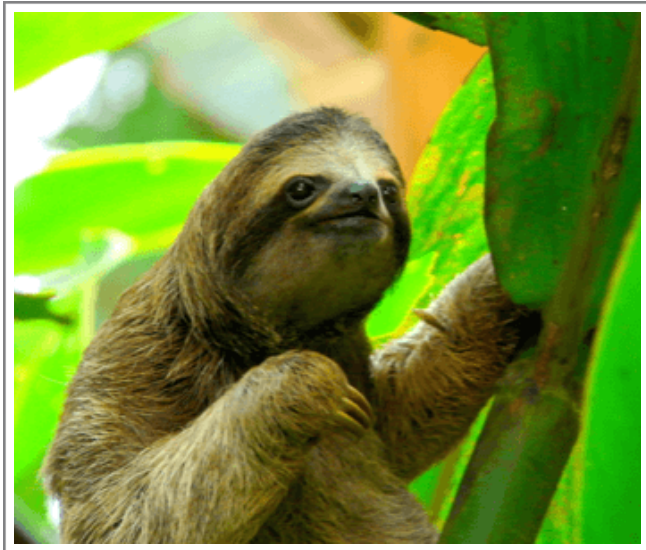
The Latin America Travel Company.

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- www.thelatinamericatravelcompany.com
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☎ +44 (0)20 8191 7772

- ABTA member Y1699
- ATOL License 10287



7 NIGHTS / 8 DAYS PRIVATE TOUR VISITING :

SAN JOSE & CENTRAL VALLEY

Costa Rica's vibrant capital city ringed by lush valleys and green mountains.

ARENAL

Beautiful area of volcanoes, hot springs, hiking, lakes and rain forests.

MANUEL ANTONIO

Stunning National Park where the Rain Forest meets the Beach.



Jan Patis & Friends

"The Latin American Travel Company is amazing and I cannot praise it highly enough! Their customer service is second to none - any queries were dealt with immediately and efficiently by and we were each provided with a personalised guidebook to take with us."



DAY

- 1** ● **CENTRAL VALLEY** Meet & greet at airport with a transfer to your hotel in the Central Valley nearby.
Hotel Bougainvillea ★ ★ ★ [Learn more...](#)
- 2** ● **ARENAL** Journey to the Arenal region of rainforest and the famous volcano.
Arenal Springs ★ ★ ★ ★ [Learn more...](#)
- 3** ● **ARENAL** Zip Line through the canopy to see the forest in a unique way.
Arenal Springs ★ ★ ★ ★ [Learn more...](#)
- 4** ● **ARENAL** A free day to relax at the resort or arrange other activities locally.
Arenal Springs ★ ★ ★ ★ [Learn more...](#)
- 5** ● **MANUEL ANTONIO** Transfer to the Pacific Coast beach and your place to relax and explore for the next few days.
Hotel Parador ★ ★ ★ ★ [Learn more...](#)
- 6** ● **MANUEL ANTONIO** Guided nature walk in the national park forest and along the beach.
Hotel Parador ★ ★ ★ ★ [Learn more...](#)
- 7** ● **MANUEL ANTONIO** A free day to relax at the resort or arrange further activities locally.
Hotel Parador ★ ★ ★ ★ [Learn more...](#)



DAY

8 • END OF TOUR

Transfer to the airport in San Jose for your onward flight.

N/A



DETAILED ITINERARY

The following pages detail your itinerary day by day. All our trips are tried and tested and, between us, we have visited most destinations and accommodation. We like to offer our clients the greatest flexibility possible with their trip so if there is anything you would like to change please do not hesitate to contact us.



**JUST ASK US IF YOU
WOULD LIKE TO MAKE
ANY CHANGES TO THIS
ITINERARY**



**Safe
travels**

by



YOUR DETAILED DAY BY DAY ITINERARY

DAY 1

DATE TBC

CENTRAL VALLEY

MEET & GREET AT THE AIRPORT & TRANSFER TO YOUR HOTEL

On arrival to San Jose you will be met by your friendly English speaking driver guide who will help you with your luggage and welcome you to Costa Rica. Then they will take you straight to your hotel in the Central Valley.

The rest of the afternoon and evening is at leisure to explore the beautiful gardens at your hotel or take a dip in the pool.

 **Meals Included:** None Today.



YOUR EXCLUSIVE TRIP GUIDEBOOK

Tap into our knowledge of Latin America with a copy of our exclusive guidebook personalised to your trip. These books are packed full of tips about the country, climate, what to take, currency, language guides and destination guides. The perfect way to prepare for and get the most out of your Latin America experience with us!

OVERNIGHT

HOTEL BOUGAINVILLEA



A good standard hotel located near to the airport but in a quiet area with absolutely beautiful gardens full of exotic plants and colourful birds.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



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YOUR DETAILED DAY BY DAY ITINERARY

DAY 2

DATE TBC

ARENAL

TRANSFER TO ARENAL & VOLCANO HIKE & HOT SPRINGS

After breakfast you will be met at your hotel and transferred to your hotel in Arenal. There is some time to check in to your room and have lunch before your afternoon excursion.

Embark on the tour by heading to El Silencio Private Reserve, aiming to get as close to the Arenal Volcano base as possible by vehicle. Walk approximately 1 km along a volcanic stone path to the viewpoint, the closest allowed point for volcano access. The guide shares insights into Arenal's formation and eruptions. Descend along the trail and enter the regenerating forest, exploring the primary rainforest on the outskirts. With luck, you may spot diverse rainforest inhabitants like toucans, monkeys, and snakes. A tropical fruit snack awaits, followed by a visit to Ecotermas Hot Springs for relaxation and mineral benefits. Conclude the day with a delicious dinner before returning to your La Fortuna hotel. Departures: 7:30 & 14:30, Duration: Approximately 3 hours (2 - 2.5 hrs walk & 1 hr between snack and transfers) plus time at the Hot Springs.

What's included? Transportation, naturalist guide, entrance fee, water, and dinner.

What to bring? Hiking shoes or sneakers, comfortable clothing, raincoat, bathing suit, a towel, sunscreen, and insect repellent (preferably biodegradable).

 **Meals Included:** Breakfast & Dinner.

OVERNIGHT

ARENAL SPRINGS



With its own hot springs, a fantastic swimming pool with a swim up bar, and well equipped rooms, this resort style hotel is great value for money.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



YOUR DETAILED DAY BY DAY ITINERARY

DAY 3

DATE TBC

ARENAL

ZIP LINE ACROSS THE TREE TOPS WITH INCREDIBLE VIEWS

Today you will have the unique experience of flying through the air on a cable at speeds of up to 50 miles per hour. After fitting your equipment and a quick demonstration and safety briefing, the experience starts with an open sided cable car ride to the top of the mountain. As you climb higher you will have fantastic views of the volcano and Arenal lake.

Howler monkeys are often seen in the treetops. Once at the top you begin your descent down a network of 7 cables, the longest of which is 760 metres and 200 metres high. This is an exhilarating experience offering a unique view of the volcano, the canopy and the lake beyond.

NOTE: This tour is suitable for people of all ages. Younger children, however, are required to go on the zip line with a guide.

 **Meals Included:** Breakfast.

OVERNIGHT

ARENAL SPRINGS



With its own hot springs, a fantastic swimming pool with a swim up bar, and well equipped rooms, this resort style hotel is great value for money.

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ARENAL HIGHLIGHTS

ARENAL VOLCANO



BIRDLIFE IN THE FOREST



ZIP LINING



YOUR DETAILED DAY BY DAY ITINERARY

DAY 4

DATE TBC

ARENAL

A DAY AT LEISURE TO RELAX OR TAKE ADDITIONAL EXCURSIONS

There are no activities scheduled for today so you can relax and enjoy the comforts of your hotel.

Arenal Springs: The hotel's manicured grounds are well kept and include a big swimming pool with a swim up bar. Other facilities include a gym, a full service spa, three restaurants and a gift shop. Guests also benefit from free yoga classes and complimentary access to the hotel's own hot springs.

There are many activities available in Arenal including chocolate tours, zip lining, horse riding, rafting tours, mountain biking, hanging bridges and more.

Please let us know if you would like us to arrange an activity for today.

 **Meals Included:** Breakfast.

OVERNIGHT

ARENAL SPRINGS



With it's own hot springs, a fantastic swimming pool with a swim up bar, and well equipped rooms, this resort style hotel is great value for money.

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YOUR DETAILED DAY BY DAY ITINERARY

DAY 5

DATE TBC

MANUEL ANTONIO

JOURNEY FROM ARENAL TO THE BEACH AT MANUEL ANTONIO

You will be picked up at your hotel in the morning after breakfast and transferred to your hotel in Manuel Antonio on the Pacific Coast.

There are local restaurants along the way that your driver can recommend should you wish to stop for lunch. Once you have checked into your room the rest of the day is at leisure to relax by the pool.

The Parador Resort is a grand hotel perched high on the clifftop surrounded by jungle and overlooking the Pacific Ocean. It's privileged position affords outstanding panoramic views. This fairly big resort still feels intimate and secluded with many hidden corners and three different ocean view pools to choose from. There is also a 'monkey trail' that leads around the grounds where a variety of wildlife is often seen and a fun mini golf course tastefully designed within the peaceful gardens. Monkeys can be spotted by the side of the main pool eating from the mango trees!

 **Meals Included:** Breakfast.

OVERNIGHT

HOTEL PARADOR



One of our personal favourites, a grand resort with superb dining options, monkeys by the pool and the best views in Manuel Antonio.

[CLICK HERE TO LEARN MORE](#)



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YOUR DETAILED DAY BY DAY ITINERARY

DAY 6

DATE TBC

MANUEL ANTONIO

GUIDED NATURE WALK AND BEACH TIME IN THE NATIONAL PARK

Manuel Antonio is the nation's smallest, but arguably the prettiest national park. With thick jungle emerging onto white sand beaches, it is a picture perfect tropical paradise. Your guide will lead you on an informative walk along the trails as you look for wildlife.

All four species of monkeys can be found in the park, one of the only areas in Costa Rica where this is possible, along with lots of other wildlife.

After the walk enjoy a refreshing dip in the sea before returning to the hotel by lunch time.

Departure: 7:30 am and 12:30 pm.

Duration: 3 ½ hours.

Difficulty: Moderate.

What to bring? Sunscreen, camera, sunglasses, walking shoes (bath towel and optional bathing suit).

TOP TIP: Make sure you bring your swimming costume and plenty of water.

 **Meals Included:** Breakfast.

OVERNIGHT

HOTEL PARADOR



One of our personal favourites, a grand resort with superb dining options, monkeys by the pool and the best views in Manuel Antonio.

[CLICK HERE TO LEARN MORE](#)



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MANUEL ANTONIO HIGHLIGHTS

BEACH TIME!



BEACH LIFE



GUIDED FOREST WALK



YOUR DETAILED DAY BY DAY ITINERARY

DAY 7

DATE TBC

MANUEL ANTONIO

FINAL DAY AT LEISURE

Spend these days relaxing by the hotel pool, taking a trip to the beach, or indulging in a spa treatment. For the more active kayaking excursions, catamaran tours, horse riding and river rafting are all available.

Please let us know if you would like us to arrange any additional excursions.

The Parador Resort is minutes from the national park and free daily shuttles are provided to the beach, a short 5 minute drive away. There are a selection of gourmet dining options, a rejuvenating spa, tennis courts and a wine cellar. Inspired by Spain, this prestigious hotel exudes old world charm and is the perfect place to relax and unwind.

TOP TIP: Why not try El Avión, a funky bar and restaurant built inside the fuselage of an old aeroplane! It is a great spot for sunsets and the atmosphere is relaxed

 **Meals Included:** Breakfast.

OVERNIGHT

HOTEL PARADOR



One of our personal favourites, a grand resort with superb dining options, monkeys by the pool and the best views in Manuel Antonio.

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DAY 8

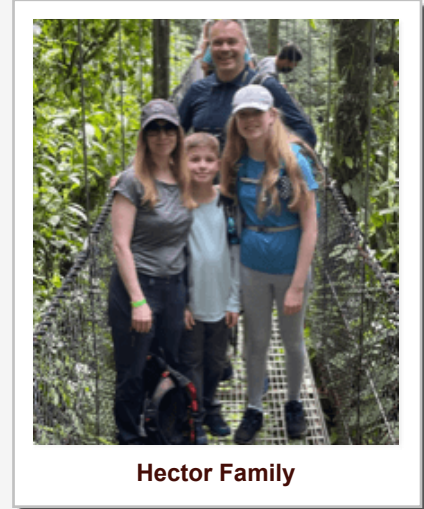
DATE TBC

END OF TOUR

TRANSFER TO THE AIRPORT

Free time before checking out of your hotel and a transfer to the airport in good time for your return international flight.

 **Meals Included:** Breakfast.



Hector Family

"LATC are a fantastic company. Our trip to Costa Rica was exactly as promised, the accommodation was excellent, the guides were all knowledgeable and everything happened seamlessly, would definitely recommend!"

[VIEW MORE FEEDBACK](#)



- **Guide price* per person based on 2 people travelling: UK £ 1,990 / US\$ 2,580**

** Prices vary by date, availability, exchange rates and the number of people in your party. Please contact us for a firm quote.*

A full list of what is included in this price can be seen on the following pages.

- **Booking and payment terms:**

Once we receive completed booking forms we will book and confirm services for you and send an invoice for the deposit payment of 20% per person (plus any international flights we are booking) with full payment due 60 days before departure. All payments to us are protected under our ATOL or ABTA licenses and we accept payment by Credit Card, Debit Card (no fee) or bank transfer. [Click here to read our Booking Terms & Conditions.](#)

- **Our pricing policy:**

We believe that the the pricing for this tour offers excellent value for the services and standards we operate and we frequently check our pricing against that of other operators. If you feel you have a similar quote that is of a lower price we are happy to reconsider our pricing for you if you can forward the other quote so we can fairly compare. We would add that in our experience we usually find some differences that, although they may appear subtle, make both a significant difference to the price and, more importantly, the quality of the trip experience.



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

Here you will find the inclusions and exclusions for this itinerary. We guarantee you will receive the services below although on very rare occasions one service may need to be replaced with another similar one as there are a lot of complex logistical elements to a trip like this.

■ INTERNATIONAL PLANE TICKETS: International Flight Luggage Policy - Please see your ticket for details

✈ International flight tickets are NOT included in this itinerary. We CAN arrange these for you.

■ ACCOMMODATION: Tried and tested by us or our local representatives

- ✓ 1 night Central Valley - Bougainvillea Hotel 3* (Standard mountain view room with breakfast)
- ✓ 3 nights Arenal - Arenal Springs Resort & Spa 4* (Junior Suite room with breakfast)
- ✓ 3 nights Manuel Antonio - Parador Resort & Spa 4* (Tropical room with breakfast)

■ TRANSFERS: By car or minibus except where stated - Transfer departure times will be given prior to the trip start

- ✓ Private transfer San Jose Airport to Central Valley (20km - 30 minutes approximately)
- ✓ Private transfer Central Valley to Arenal (160km - 3 hours approximately)
- ✓ Private transfer Arenal to Manuel Antonio (230km - 5 hours approximately)
- ✓ Private transfer Manuel Antonio to San Jose Airport (160km - 3 hours approximately)

■ TOURS: All our tours include entrance fees and use professional guides

- ✓ Arenal - Arenal Volcano Hike & Hot Springs (half day small group tour)
- ✓ Arenal - Zip Lining across the forest canopy (half day small group tour)
- ✓ Manuel Antonio - Guided Nature Walk and Beach Time in The National Park (half day small group tour)



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

OTHER INCLUSIONS: Also included in this trip

- ✓ Meals - As indicated in the itinerary.
- ✓ All national park entrance fees.
- ✓ All other entrance fees for attractions visited in the itinerary.
- ✓ Support - Emergency numbers and contacts for each destination.
- ✓ Guidebook - Our exclusive Trip Guidebook.
- ✓ Financial Peace of Mind - All monies paid to us are legally protected under UK law.
- ✓ Support from your dedicated Latin America specialist.

NOT INCLUDED IN THIS TOUR

- ✗ International Airfare to / from the start / finish of your trip - we can book these flights on request.
- ✗ Travel Insurance to cover any medical treatment etc. Please visit [Citybond Suretravel](#) for 10% off (UK residents only).
- ✗ Discretionary gratuities to drivers and guides.

END



WHAT OUR CLIENTS SAY - SEE OUR WEBSITE FOR MORE



"I would like to say a big thanks to the team for making this trip such a pleasurable one for me and recommend without hesitation any friends, family or colleagues to use this company."

John Vlacos



"I would highly recommend using this company. We had a fabulous trip to Costa Rica. Extremely well organised and with just the right amount of advice and suggestions. Can't wait to plan our next trip with them."

S. Trisk & Family



"Great Value, Efficient, and Effective. The Latin America Travel Company worked with me to plan precisely the experience I wanted, at the time I wanted, and at a very competitive price."

David Blanchard & Family



"This trip outstripped my expectations by a long way. Costa Rica was such an amazing place with so much to do. The hotel choice was amazing and we felt so well looked after from start to finish."

Mrs Harrison



"Our trip was made so easy by your fantastic and professional organisation. The flight connections were flawless and all the guides and drivers friendly, helpful and informative. We thought your guidebook was a great bonus."

Mr & Mrs Owen



"LATC organized a wonderful trip for us. We wanted a nature tour with walking and wildlife and were rewarded in spades. The satisfaction of finding smaller creatures and the sheer variety was fantastic."

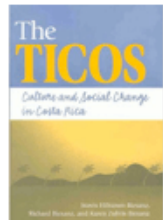
Mr & Mrs Hardy

[CLICK HERE TO VIEW MORE FEEDBACK ON OUR WEBSITE](#)



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THE TICOS: CULTURE AND SOCIAL CHANGE IN COSTA RICA

MAVIS, KAREN & RICHARD BIESANZ

A thorough look at the history, politics, economic development, society and culture of Costa Rica. Fairly formal in style but very informative and a fantastic introduction to Costa Rica.



THE COSTA RICA READER

IVAN MOLINA, STEVEN PALMER

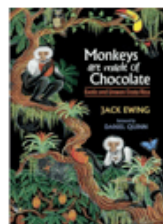
A wide selection of collected newspaper accounts, histories, petitions, memoirs, poems and essays by Costa Rican writers translated into English. Great to get a flavour of Costa Rican society. A good one to dip in and out of.



COSTA RICA: A TRAVELER'S LITERARY COMPANION

BARBARA RAS (EDITOR)

A collection of short stories by Costa Rican authors translated into English. Usefully organised into different regions, this thoughtful collection really brings the country to life!



MONKEYS ARE MADE OF CHOCOLATE: EXOTIC AND UNSEEN COSTA RICA

JACK EWING

A collection of Jack Ewing's stories and essays on nature, environmentalism, wildlife and conservation. Praised highly for his writing and story-telling, this is an easily accessible and fascinating read.



NATIONAL PARKS OF COSTA RICA

GREGORY BASCO (PHOTOGRAPHER) ROBIN KAZMIER (AUTHOR)

This recent photo book published in 2015 contains the stunning photography of Gregory Basco and informative text by Robin Jazmier. Very well presented - a good coffee table book.



THE BIRDS OF COSTA RICA

RICHARD GARRIGUES & ROBERT DEAN

This recently published field guide (2014) is getting rave reviews in the birding community. It covers all 903 species with identifying pictures and accompanying text. An essential companion for fans of Costa Rica's exotic bird life.



TROPICAL NATURE

ADRIAN FORSYTH, KEN MIYATA

17 lively essays on tropical biology and first hand experiences by two field biologists who spent some time in the rainforests of Costa Rica. Essential reading for science buffs!



JURASSIC PARK & THE LOST WORLD

MICHAEL CRICHTON

For a more unusual suggestion try the internationally famous Jurassic Park. Whilst the blockbuster was filmed in Hawaii, Crichton based his original novel on Costa Rica and the powerful imagery is very true to life.



ESSENTIAL INFORMATION, TIPS & FREQUENTLY ASKED QUESTIONS

HOW FAR IN ADVANCE DO I NEED TO BOOK?

A trip to Latin America can be quite a complex one with definite peak seasons when tickets and good hotel rooms can become scarce so we recommend booking as far in advance as possible with bookings a year in advance common.

CAN YOU OBTAIN VISAS FOR US?

Most countries do not need a visa for our clients but if you do we can advise and recommend a visa agent.

IS IT SAFE TO BOOK WITH YOU?

In a word, Yes! We members of ABTA and ATOL Bonded so any payments made to us are fully protected in the unlikely event of our financial failure. Our ABTA membership number is [Y1699](#) and our ATOL license number is [10287](#).

IS LATIN AMERICAN TRAVEL SAFE?

We believe so and in recent years we hear of very few problems and there is no reason why you should not feel as safe travelling in all the areas we operate tours. This applies to men or women traveling alone and exercising reasonable common sense.

WHAT HAPPENS ONCE WE MAKE A BOOKING?

On taking a booking we will confirm as many of the services as can be at that point and then ask you for a non-refundable deposit of 20% per person plus any international flights we are booking with the final balance payment due 60 days before your trip start date with us. 1 month before your trip with us starts we will send you our exclusive Trip Guidebook tailored to your specific trip with us.

CAN YOU BOOK INTERNATIONAL FLIGHTS ?

Yes, as we hold an ATOL license (number 10287) we are permitted by the Civil Aviation Authority in the UK to book flights on behalf of our clients. We are a British Airways preferred operator but also book with other airlines to get the best deals and routes for our clients.

WHY SHOULD WE BOOK A TRIP WITH YOU

We took our first Latin America trip in the 1990s and between us have taken many trips since. We have been to all destinations we offer, often many times, and are passionate about sharing our knowledge and providing you with the best possible travel experience of these destinations which we love to visit ourselves. Add to this the back up we offer from financial protection of your payments to us to the 24 hour emergency numbers we give you before your trip and we think we are the full package for quality, service and reliability.

DO YOU CATER FOR ALL DIETS?

As long as we are informed at the time of making your booking we can cater for almost all dietary requirements.

CAN YOU TAILOR THIS ITINERARY?

Yes! Just let your travel consultant know what changes you would like and we will revise the itinerary for you.

IS THERE ANYTHING ELSE I SHOULD BE ASKING?

Almost certainly! We fully expect you will have many more questions and we are here to answer them so please do not hesitate to [contact us](#) - that is what we are here for!

