



Costa Rica – Itinerary

Day 1: Arrival / Overnight Esparza Collection, Esparza accommodation, Dinner. Travel: 1hr 10mins.

Days 2 – 7: Turtle Conservation

Day 7: Braulio Carrillo National Park, driving through park. Lunch. Rainforest Adventure: Aerial Tram above the jungle, guided nature tour (butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds)

Day 8: Monteverde Cloud Forest Reserve - La Ventana, views of Pacific and Atlantic. Lunch. Lecture & Natural History Tour

Day 9: To Playa Uvita, Marino Ballena National Park for 08:45. Search for Humpback Whales and two species of resident dolphins. Possibly also see Bryde's Whales, Pilot whales, False Killer whales and other marine life. Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife of the Ballena Marine Park. View the caverns of Ventanas Beach.

Day 10: Manuel Antonio National Park. Talk on conservation and guided tour. Either hostel in San Jose with farewell meal, or last night in Esparza with farewell meal, depending on flight times

Day 11: Toucan Rescue Ranch. Introductory talk about sloths and conservation. Tour of the ranch, where you will meet sloths, toucans, and other birds and mammals.

Day 12: Maritime Park Puntarenas. Talk on conservation, and tour of facilities. Lunch. Macaw and wild bird Sanctuary - interactive workshop and tour.

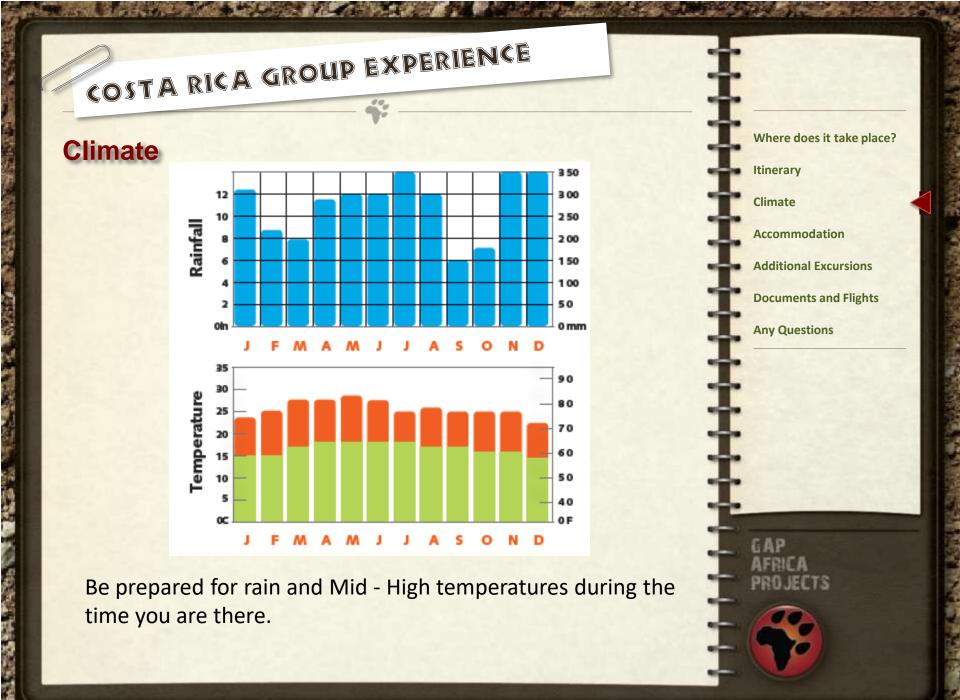
Day 13: Las Hornillas, Miravalles Volcano. Tractor ride and walk that passes 4 waterfalls, crosses 3 hanging bridges and traverses primary forest. Lunch. Fumaroles and hot springs. The active crater of Volcan Miravalles. Mud baths, 3 pools and sauna.

Day 14: Carara - Crocodile boat tour on River Tarcoles and the mangroves. See crocodiles, birds and monkeys up close. Lunch. Horse Riding along the beach.

Day 15: Flights

の日本にある







Departure from London Gatwick Wednesday 17th July 2019

COSTA RICA GROUP EXPERIENCE

LGW SJO BA2237 Dep: 11:15 Group Meeting Point London Gatwick South Terminal – 09:15



Checked Baggage Allowance: 23KG Hand Baggage Allowance: 8KG

の一人の



BRUTTONI ALEWANS

Arrival to San Jose Wednesday 17th July 2019

LGW SJO BA2237 Arr 15:30 Teminal M

Meet and Greet at SJO Arrivals Hall Transfer to Esparza Accommodation

Meal Services – Included In-Flight Entertainment



A CONTRACTOR

Departure from San Jose Wednesday 31st July 2019

SJO LGW BA2236 Dep 17:20 Terminal M

Thursday 1st August 2019

「たいないの」と

上の一日の

「「「「

SJO LGW BA2236 Arr 10:55 South Terminal

Important Information:

San Jose Departure Tax of USD29 Proof of return journey required for immigration at SJO Backpack is advised – Full kit list available online





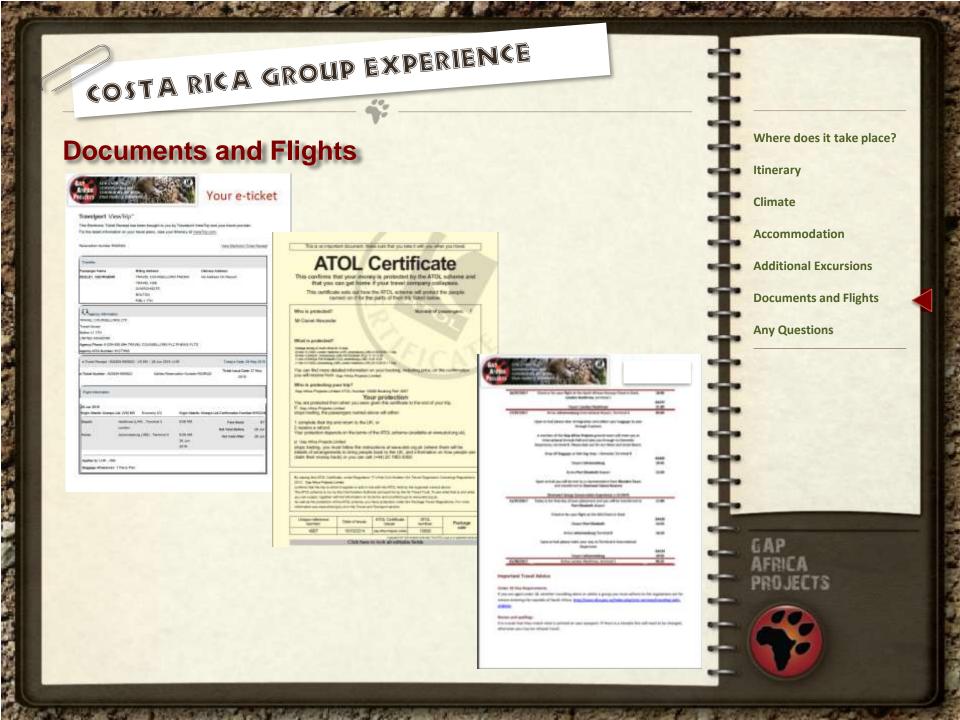
аптеаргоје

「「「「「「「」」」

主要にようと

日本日本

ためであるという



Vaccinations – travelhealthpro.org.uk

The vaccines in this section are recommended for most travellers visiting this country.	
Information on these vaccines can be found by clicking on the blue arrow. Vaccines are listed	
alphabetically.	

and and a second

「「日日日」の方

語というというというというである。というようで

Hepatitis A	
Tetanus	

Some Travellers

Most Travellers

the second s

COSTA RICA GROUP EXPERIENCE

The vaccines in this section are recommended for some travellers visiting this country, information on when these vaccines should be considered can be found by clicking on the arrow. Vaccines are listed alphabetically.

Rubies			
Fyphoid		-	
mend information. Malaria	Download as PDF		



Thank You for your Attention

www.gapafricaprojects.com

