



Our Accommodations

Premiere Inns

XANDARI RESORT & SPA

(1 night) Relax in your spacious private villa at this luxurious hotel with a spa, two pools and views of the Central Valley.

Alajuela

phone: 800-686-7879

or 506-443-2020

www.xandari.com

HOTEL FONDA VELA

(2 nights) Surrounded by lush forests and gardens, this cozy eco-lodge boasts an ideal location at the edge of the Cloud Forest.

Monteverde

phone: 506-64-5125

www.fondavela.com

TANGO MAR BEACH RESORT

(2 night) Perfect for leisurely strolls on the beach or hang-time in hammocks slung beneath the palms, this serene seaside haven offers a freshwater pool tennis courts, golf course, horseback riding and beach access.

Playa Tambor

Phone: 506-683-0001

www.tangomar.com

DAY 2

SHUTTLE TO MONTEVERDE 3½ HOURS

EL TRAPICHE FARM TOUR 2 HOURS

FINCA ECOLOGICA WALK 2.5 MILES

This morning we shuttle north along the Pan-American Highway, toward Monteverde. At the El Trapiche farm, we're treated to a home cooked lunch of Costa Rican favorites. Afterwards, join an interactive tour and talk describing the 100-year-old tradition of sugar cane processing and of Costa Rican (Tico) culture. We then begin our walk along well-maintained foot paths at La Ecologica Finca, originally a banana and coffee plantation. Weather permitting, you'll get some exceptional views of both the Coast and the cloud forest. Keep your eyes peeled for motmots (beautiful birds with striking long tail feathers). We spend the next 2 nights in Monteverde, a farming settlement founded in 1951 by North American Quakers. Our home is Hotel Fonda Vela, an ecologically sensitive lodge built by a local Quaker family and nestled in the mist-shrouded cloud forest of Monteverde. *Lodging: Tango Mar Beach Resort*

DAY 4

MONTE-VERDE CONTINENTAL DIVIDE WALK 5 MILES

SHORTER OPTION; 1.9 MILE

OPTIONAL ACTIVITIES IN MONTEVERDE

The day begins with a quick shuttle to the Monteverde Cloud Forest Preserve where a naturalist joins us on an interpretive walk. Founded in 1972, the privately-owned preserve is managed by Costa Rica's non-profit Tropical Science Center, that is committed to the preservation and proper management of tropical forests and other protected environments. The preserve is situated on the Continental Divide and encompasses more than 26,000 acres composing eight ecological life zones. Its home to dwarfed woodlands, swamp forests, tall majestic forests and more than one hundred species of mammals, 400 species of birds and 2,500 species of plants. Here you might spot humming birds, toucans, and perhaps even a quetzal, one of the most beautiful birds of central America's tropical forests.

Following lunch on your own at a local café, the afternoon is yours to explore the area around Monteverde. You can shop at the various stores and galleries or visit the Sky Walk, a series of trails, suspension bridges and viewing platforms constructed within the cloud forest. Accompanied by trained guides, clip on a cable with pulley and harness devices and 'fly' over the treetops from platform to platform. Your leaders can also suggest additional activities, including a visit to the Orchid Garden, Butterfly Garden, and the Serpentarium. You're on your own for dinner tonight in Monteverde. *Lodging: Hotel Fonda Vela*