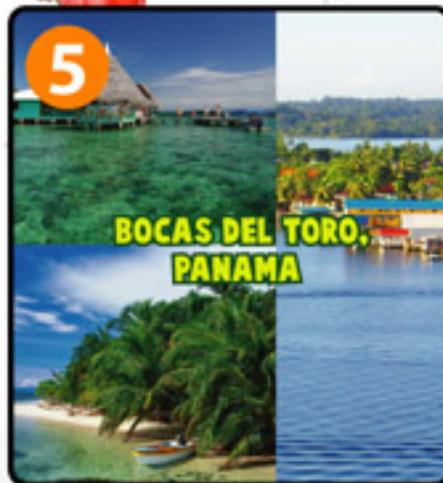
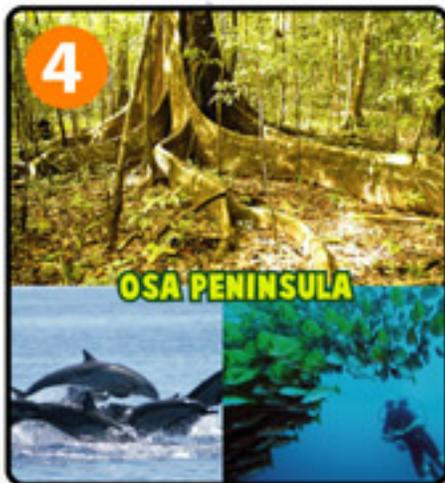
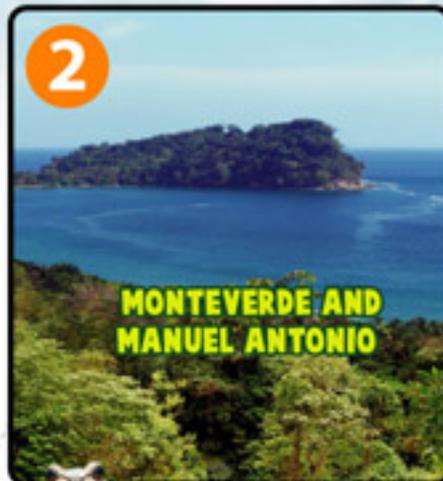
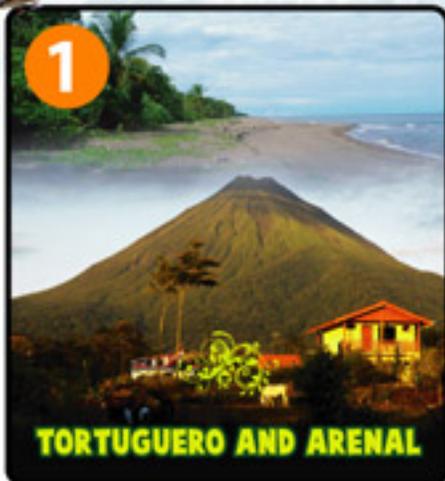


# COSTA RICA

Easy to travel as **1,2,3.**



**Tailor made tour**  
See Costa Rica through the eyes  
of the Costa Ricans.





## ABOUT COSTA RICA:

Costa Rica is characterized by its impressive scenic beauty, its diversity and consolidated system of National Parks and protected areas. Often considered as the "land of eternal spring" by its inhabitants, Costa Rica's mild climate is the envy of many a visitor from temperate regions. Its traditional social stability and high levels of education bring about a long lasting peaceful atmosphere. Conveniently located on the Central American isthmus, the country is bordered to the north with Nicaragua and to the south with Panama. Over 300Km of coastline are put together with the Caribbean and the Pacific.

Traveling from coast to coast is surely an entertaining journey due to the marvelous landscapes of this neotropical region. Given the topography of the area, Costa Rica can boast a wide range of microclimates and these in turn give way to great diversity in flora and fauna. Rugged highlands are found throughout most of the country, ranging from approximately 1,000 to 2,000 meters above sea level. Several active volcanoes talk about the young geological formations of this nation.

Visitors continually express, among the highlights of their trip, the friendliness and hospitality of the "Ticos". Costa Ricans are in great amount considered happy people and based on the World Health Organization, a low infant mortality rate partners with a high life expectancy rate.

Come visit Costa Rica and see for yourself why Costa Rica is the premier destination for nature lovers around the world. A wide range of climates and habitats await for you to shoe the broad diversity of plants and wildlife:



**Beaches:** Warm water, white sand, lazy palms, a hammock and the nice breeze, all of these are just calling out for your vacation. Guanacaste, Flamingo, Samara beach, Manuel Antonio, Dominical, Osa Peninsula, on the Caribbean: Cocles and Manzanillo.

**Volcanoes:** Numerous volcanic structures are responsible of the geologic formation of the country and the beautiful

topography. Among the active volcanoes: Irazu, Poas, Rincon de la Vieja and Arenal offer great sightings.

**Cloud Forests:** These are located in the higher elevations offering a escape from the warmer climates of the low flatlands. A foggy mystical environment with dense forest coverage brings about the marvelous shapes of mosses, vines and bromeliads. San Gerardo de Dota, Poas and Vara Blanca area, Monteverde,

**Tropical wet forests:** The true jungle... the rainforests, the hot and humid environments with the most biodiverse habitats in the tropics. Located in the north Caribbean, the northern lowlands and the south Pacific, Tortuguero, La Selva, Osa Peninsula.

**Dry forests:** Mostly located in the Northern Pacific of the country, in Guanacaste province. A hot and dry environment, which during the dry season, offers an impressive contrast with the lushness of the wet forest. The dry forests are an unexpected surprise with beautiful and colorful blooms.

## MAKE YOUR COMBINATION TO YOUR TRIP IN THE TROPICS:

We present Costa Rica to travel as easy as 1, 2, 3. The following small packages combine to your wish to set up a nice vacation in Costa Rica, Nicaragua and Panama at any length of time. Within your combination we add airport arrival and departure transfers and the transportation in between locations tailoring a package just for you. Make your desired combination, add more days at the beach or any destination, this is Costa Rica easy travel in one, two, three.

**CHOICE:** means you'll have the adventure of your dreams. It is your vacation and how you spend it is ultimately up to you. We have built flexibility into every trip. You can shape your own adventure by putting together the pieces for us to smoothen up a wonderfully tailor made tour in one, two, three.

# MONTEVERDE AND MANUEL ANTONIO (5 DAYS / 4 NIGHTS) ET 02 MM

Two nights in the cloud forest of Monteverde combined with two nights at the beach in Manuel Antonio. The lush environment in Monteverde offers a stable microclimate to hundreds of species, which are protected by the cloud forest reserve and the network of private reserves in the area. A guided hike in the trails here will enhance your visit learning about the cloud forest habitat. Also the many different and beautiful hummingbirds are an impressive site not to be missed. Follow your stay at the beach in Manuel Antonio, a convenient balance of forest and beach. Explore Manuel Antonio with a guide to learn about the mangroves, the forest and get more chances of wildlife viewing.

**Day 1. (B) to Monteverde.** Early pick up today towards the Tilaran Mountain Range. The access to Monteverde is better than years ago but still is an adventure to be reached in 4 x4 vehicle. Coming from Fortuna we suggest to go via Lake Arenal for wonderful landscaping. Enjoy a nice afternoon at your leisure visiting the town of Santa Elena and the main features of Monteverde.

**Day 2. (B) Cloud forest guided hike.** This morning go for a guided hike in the Monteverde cloud forest. In the afternoon leisure time to enjoy different



activities but in particular the thrilling experience of the canopy tour.

**Day 3. (B, L) to Manuel Antonio, Tarcoles Safari boat.** The ride down from Monteverde to Manuel Antonio brings you across the Tarcoles River, from which a guided boat tour will show you close encounters with the largest reptile in Costa Rica, the *Crocodulus acutus*. Overnight at the beach in Manuel Antonio.

**Day 4. (B). Manuel Antonio national park.** Enjoy a full morning exploring Manuel Antonio national park with a guided tour, plenty time to enjoy the beach inside the park and on your own in the afternoon.

**Day 5. (B) Continue to your next destination.**

## INCLUDES:

### Transport:

--land transport as indicated in itinerary

### Lodging:

--2n in Monteverde

--2n in Manuel Antonio

**Meals:** as indicated in itinerary B, Breakfast; L, lunch; D, dinner

### Activities included:

--guided hike in the Monteverde cloud forest

--guided boat tour in Tarcoles River

--guided hike in Manuel Antonio national park

--services of naturalist local guides

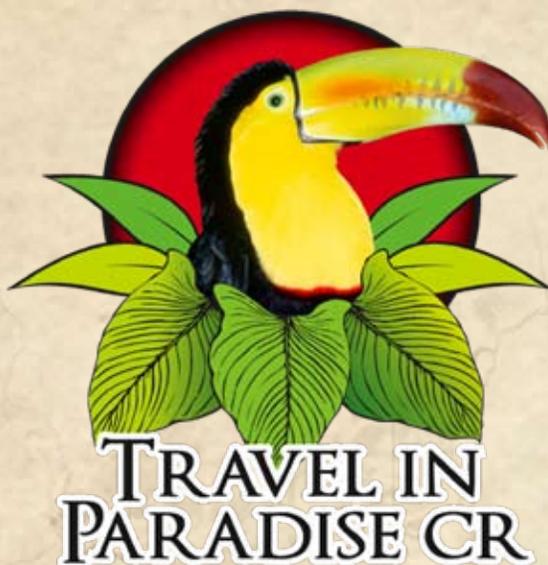
### Taxes and fees for included services.

**Surfing in Costa Rica:** whether for a group of friends looking for a remote surf excursion, a surfing family or a surfer couple trying to find something romantic and surfable, we will take care of you start to finish. Let us assist you make your surf dreams come true.



## Student Educational Tours are available:

Teachers, administrators, and parent groups that support educational travel look for us every year to design customized tours that meet their needs and budget. We have several educational tour packages for you to choose from. It has really turned into an extensive Student Group Program that is ever expanding, as more and more young people want to experience life in Costa Rica while at the same time being active. We study tropical forest ecology and gain insights into the culture and history of Costa Rica. Our field studies involve lectures, presentations and projects.



## ABOUT TRAVEL IN PARADISE GROUP TOURS:

**Our mission:** is to provide carefully planned itineraries tailored to the needs, comfort and safety of our travelers. We bring about ecologically responsible travel programs and strive to provide the authentic Costa Rican experience. We are committed to the character of nature and cultural heritage in the tropics.

**Our vision:** We aspire to provide the best travel programs in Central America, contributing substantially to both: meaningful vacations and the sustainable development of local communities.

**Our motto:** See Costa Rica through the eyes of the Costa Ricans.

**History:** After years of working in the tourism industry with various and different tourist service providers, our team members founded Travel in Paradise CR on April of 2004. We are Costa Rican professionals sharing love and respect to our country. Over these years, we've learned one very important lesson. What turns a good trip into a great trip is stumbling upon someone who really knows the place you are visiting, someone who knows the people, the goings in town, and how to get things done. Nothing is possible without knowledge and for a true traveler, local knowledge is very valuable.

**Our commitment:** Our staff carefully plans every aspect of your trip. We welcome and farewell you at the airport. We are right by your side when you travel to make sure your trip runs smoothly. Here at Travel in Paradise CR, we strive to provide just that sort of life-changing travel experience. We are dedicated to providing meaningful vacations filled with the right ingredient you ask for: adrenaline, adventure, romance, wellness and relaxation. Our guided trips are intended to be a learning experience for our travelers.

### REFERENCES:

Proud members of the ICT, Costa Rican Tourist Bureau

Our partners:

In Minnesota: Schilling Travel, International Spanish Language Academy

in Chicago: North Park University

in Tanzania: Easy Travel & Tours Ltd.

Or if you prefer call us:

TOLL FREE FROM U.S.A and CANADA 1.800.901.0114

Monday to Saturday hours: 8am to 8pm CT

Sundays: 10am to 8pm CT

Our phones and fax in Costa Rica:

Tel. +506-2286-1920 or Tel. +506-8380-5919

Fax +506-2226-8717

Travel in Paradise Group street address:

San Francisco de Dos Rios, B° Los Sauces

San Jose, Costa Rica

Our e-mail addresses:

For information about trips and to book a trip to Costa Rica

[info@travelinparadisecr.com](mailto:info@travelinparadisecr.com)

For customer service: [sales@travelinparadisecr.com](mailto:sales@travelinparadisecr.com)

Mailing address in Costa Rica:

Travel in Paradise Group Tours

Apdo 1289-1011 Y-Griega, San Jose, Costa Rica

Note: mailing time varies from 5 to 12 days.

## FAQs:

### ***Q- Are visa and passport requirements to travel to Costa Rica?***

Travelers require a valid passport to enter to Costa Rica for at least six months from their arrival day. No visa is necessary for travelers from the U.S., Canada and Western Europe. Visas are needed by certain nationalities so check ahead before traveling at Costa Rican Consulates.

### ***Q- Can I drink the water?***

Yes. The public water system provides pure, suitable and good quality water to 98 percent of the country. Water supplies are filtered and chlorinated, and the quality is controlled by the State. Available is also bottled water which you can find in every hotel, restaurant and supermarket.

### ***Q- Are immunizations required?***

Costa Rica is one of the safest destinations in the developing world, from a general health point of view. This is largely due to high health standards in our country.

There are no required immunizations for entering Costa Rica. However, it is always wise to keep up your basic shots such as tetanus and diphtheria. Risk of contracting malaria is minimal, but for itineraries that include the Caribbean lowlands, travelers might wish to take the extra precaution of a prophylactic medicine. Decisions about immunizations and anti-malarial medications should be made on a personal basis after consultation with your doctor.

### ***Q- What taxes would I have to pay?***

For the included features of your itinerary taxes have already been charged. For meals on your own the bill will come with a 13% sales tax and a 10% service tax. (Extra tipping is at your discretion.) There is a US\$26 tax upon departure that must be paid at the airport. Tips are not included in tours or transfers, and the amount depends on the service that you received. Tipping is expected.

### ***Q- Is Costa Rica safe?***

San José has increased its population very fast in the past years. Therefore you shall want to take the safety precautions you would in any populous place. Avoid tempting friends of theft. Here are a few tips for avoiding petty theft:

1. Make a photocopy of your passport and leave the original, your airline ticket and the bulk of your money in your hotel safe.
2. Change money in your hotel and ask for part of it in small bills.
3. Carry backpacks on your front.
4. Never change money in the street or flash big wads of bills.
5. Don't wear anything other than costume jewelry. Men, get a cheap watch for the trip.
6. If you are going out at night, take a taxi.
7. Don't leave money or valuables lying around your hotel room. Use the safe or check them in at the reception desk.

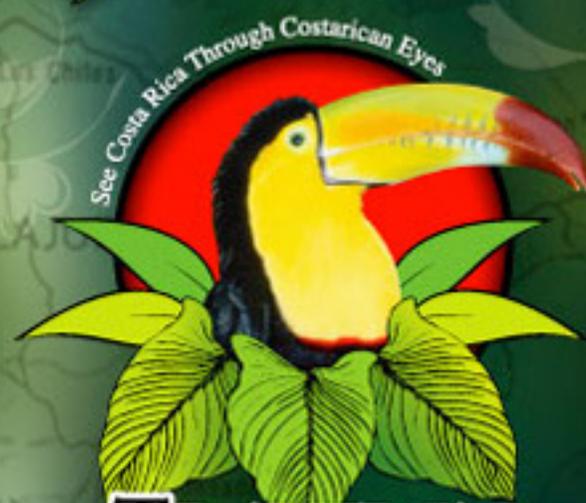
### ***Q- What about electricity?***

Electric outlets are for 110v nationwide. 97% of the country has electricity and we are proud to state that 92% of our energy comes from natural resources such as hydroelectric energy, geothermal, windmills and solar. A few very remote lodges will be provided by a generator that will be working only in specific hours.

### ***Recommended Travel Gear***

To help make your vacation as convenient and pleasant as possible, we will be sending you a list of suggested travel gear for each of the trips you book with us. Review the list and pack accordingly. Here, we suggest certain very useful tips:

- Three of the most important things to bring to Paradise are a pair of good binoculars, sunscreen and insect repellent.
- An ample supply of your favorite toiletries and health remedies are recommended for your personal comfort. Once on the road, you don't want to waste any of your valuable vacation time shopping for such items should you require them.
- Casual clothing: shirts (cotton or light synthetic, long- and short-sleeved), trousers (cotton or light synthetic pants) Jeans are not recommended (too slow to dry). Hiking shorts. Footwear should be waterproof (light weight hiking shoes, river sandals), tennis shoes or running shoes. If you do not bring hiking boots we recommend you bring TWO pairs of tennis shoes, specially in the rainy season May – Nov.



## TRAVEL IN PARADISE CR

### CONTACT INFORMATION

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