COSTA RICA • BELIZE • GUATEMALA • PANAMA

COSTA RICA
Volcanoes • Beaches
Cloud Forests & Rainforests

BELIZE
Jungle & Archaeology
Ambergris Caye
Dangriga & Placencia

GUATEMALA
Antigua • Highlands
Jungle & Archaeology

PANAMA
San Blas Islands, Beaches
& Bocas del Toro

THIRD EDITION Custom Central American Adventures
Meet EcoAdventures!

**WHO WE ARE**
- Founded in 1992
- 100 years combined experience selling Latin America
- Specializing in customized, independent itineraries
- All bookings are 100% pre-paid
- All major credit cards accepted
- $5,000,000 default insurance provided by Elavon
- Bonded for $1,000,000 Liability Insurance by the Berkely Group

**WHAT WE OFFER**
- Customized, individual itineraries to Latin America’s special destinations, ensuring that we leave the smallest footprint
- Quality, with responsible tour operators and guides to ensure the most meaningful experience
- Archaeological, historical and cultural experiences combined with some of the most spectacular and pristine natural areas of the world
- Boutique hotels, country inns, innovative programs, unique experiences and ecotourism

**WHY CHOOSE US**
- You benefit from the attention to detail in our office and the attention of our local guides and representative offices
- We are #1 in expertise: our staff has been to all of the destinations we sell many, many times
- The firsthand knowledge assures an expertly planned itinerary
- Expert consultation with every quote
- Four hotel categories for every tour, from Tourist to Ultra Deluxe, to satisfy every taste and budget

To Experience EcoAdventures is to learn what S.E.R.V.I.C.E. really means!

S pecialists in Latin America  
E cologically Aware  
R eliable Reputation  
V alue  
I ndependent, Individualized Itineraries  
C ustomization and Customer Care  
E xcellence is our Commitment
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EcoAdventures’ Final Documents Kit
EcoAdventures’ World Headquarters
Friendly, peaceful Costa Rica has an immense range of climates, flora and fauna of particular interest to naturalists from around the world. In 1948 Costa Rica voted to abolish its army and today proudly spends 60% of its budget on social services. It boasts a high level of sanitation and education, and is one of the most literate nations on earth.

Deeply committed to ecology, Costa Rica has set aside nearly 30% of its land as national parks or as private reserves. It has long, sandy beaches on both coasts which are ideal for an active or relaxing vacation. Costa Rica is an excellent family destination. Once you have savored the misty mountains, tropical rainforests, and warm, friendly “Ticos,” you will wonder why you stayed away so long!

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Shuttle Service
Comfortable, air-conditioned vehicles transport visitors between most destinations. The departures are usually in the mornings, and travelers are picked up and dropped off at their hotels of choice, and are assisted by bilingual attendants. The Shuttle Service is operated by an independent company, all departures are guaranteed, and vehicles vary from mini-vans, micro-buses to 40 passenger motor coaches, depending on group size.

Direct Transfer Service
The Direct Transfer Service is an economical alternative to the shuttle service and is a privately operated service of our own. The bilingual drivers are experienced and courteous, but they are not guides. All departures are guaranteed, and the vehicle size may vary from late-model cars to vans to micro-buses. Pick-ups and drop-offs are limited to a maximum of three each, which will also limit the group size. Most departures are in the mornings, with a few exceptions.

Private Transfer Service
For those who desire personalized service and flexible schedules, we offer transportation all around Costa Rica via private four-wheel-drive vehicles (depending on the number of passengers) with expert, bilingual drivers. Our drivers are experienced and courteous, but they are not trained guides, and are not expected to perform guide services. Quotes for private guide services, in addition to the drivers, are available upon request.

Car Rental Service
We can quote a self-drive program to Costa Rica upon request. Vehicles will be dropped off and picked up at the hotels, and our representatives will review all contracts and paperwork with the travelers. All of the vehicles are four-wheel-drive with manual or automatic transmissions. However, this mode of travel is not for everyone. Driving conditions in Costa Rica are not ideal, and many roads are not paved. Even where roads are paved, the surface is not always well maintained. Some say that the signage in Costa Rica is poor, whereas we maintain that it is almost non-existent. Once outside of the major urban and tourist areas, most “Ticos” do not speak English, and trying to get driving directions can be challenging. Tortuguero National Park is on an inland waterway, and is accessible via air or boat only. The Osa Peninsula is accessible by air only. Road conditions have improved, and the Costa Rica government is making a major effort to upgrade the roads. The main thing to remember is that a rental vehicle will not save you money, after factoring in the very high insurance rates and gasoline. This kind of travel should be a life-style choice, not an economic choice.

Air Service
Some areas of Costa Rica are served by air, and are indicated with the airplane icon on the map. Certain destinations, such as the Nicoya and Osa Peninsulas are technically accessible by road, but the roads are in such poor condition that we have packaged them as fly-in destinations only. Checked luggage is restricted to 25 pounds per person.
The Central Plateau

HOTELS IN SAN JOSÉ

We offer a selection of outstanding properties inside and outside of San Jose, within easy driving distance of the airport. These hotels combine excellence with a uniquely Costa Rican experience.

COSTA RICA

The Central Plateau

Quality Hotel Real San José – Tourist Class
Quality Hotel Real is conveniently located in the heart of the new business district of San José, in front of the Business Center Forum, and within 15 minutes of Juan Santa María International Airport – SJO. The Multiplaza Mall, the biggest mall in Costa Rica, is just five minutes away, while one of the finest golf courses, Valle del Sol, is three minutes away. The hotel’s 154 guest rooms, including 16 extended-stay rooms, are all thoughtfully appointed and feature an array of modern amenities. There are three rooms with facilities for the disabled. Rooms have either two queen beds or one king bed. Guests of the Quality Real San Jose Hotel can start the day with a complimentary full American buffet breakfast. The restaurant is open from 10:00 am until 10:00 pm, and Room Service is available 24 hours a day. A well-equipped Fitness Center and an outdoor swimming pool take care of fitness needs.

Courtyard by Marriott – First Class
Courtyard by Marriott is a hotel that surrounds travelers with the conveniences that make business and pleasure travel easy. The hotel is conveniently located five minutes from downtown San Jose next to a shopping/dining and nightlife plaza, close to most industrial parks and international companies and nearby Costa Rica attractions such as volcanoes, rainforests and coffee tours. This warm and inviting hotel is tastefully decorated in colonial decor reflecting Costa Rica’s distinctive cultural heritage. The hotel is great to relax in and get ready for the day with free high-speed internet in spacious guestrooms and wireless internet throughout the lobby. The hotel has 120 rooms with air-conditioning, cable TV, telephone, coffeemaker, hair dryer, safe, mini-bar, iron and ironing board. Facilities include: swimming pool, gym, internet access, restaurant, bar, meeting and banquet rooms.

Doubletree Cariari – Deluxe
The Doubletree Cariari sits on 134 acres of lush landscaped grounds and gardens. The hotel has 220 oversized guest rooms, including 24 suites. In addition to three restaurants: Las Tejas Coffee Shop, poolside Los Mariscos Restaurant-Bar, and Los Vitrales specializing in international and Northern Italian cuisine, there is also an 18-hole golf course designed by George Fazio. Other facilities and services include: Casino, nine tennis courts, business center, gift shop, 24-hour room service, health club with olympic pool, sauna, spa, beauty parlor, babysitting, laundry and valet service, children’s playground, currency exchange and car rental desk.

Marriott – Deluxe+
Marriott San Jose is a colonial-style deluxe property situated on a 30-acre coffee plantation on the outskirts of San Jose. It features 252 elegant, spacious rooms and suites appointed with colonial motifs and equipped with air-conditioning, complete bathroom with hair dryer and bathrobes, mini-bar, cable TV, and balcony. The hotel also offers three restaurants, two bars, 24-hour room service, gourmet coffeehouse, two swimming pools, garden Jacuzzi, health club, three tennis courts, driving range and golf pro shop, boutiques, beauty salon, conference rooms, chapel, valet parking, and free shuttle to downtown.

Suggested Optional Day Tours

- Half-day San Jose City Tour
- Half-day Poas Volcano and Sarchi Oxcart Factory
- Half-day Butterfly Farm
- Half-day Coffee Plantation
- Full-day combined Butterfly Farm, Coffee Plantation with lunch
- Full-day Irazu Volcano, Cartago, Lankester Gardens, Orosi Valley with lunch
- Full-day Carrara Biological Reserve with lunch (SAT only)
- Full-day Pacific Island Cruise with lunch (Fri, Sat & Sun)
- Full-day Poas Volcano, San Fernando Waterfall, Braulio Carrillo & Sarapiqui River with lunch
- Full-day Arenal Volcano, Tabacon Resort with lunch
- Full-day River Rafting with lunch

Reventazon (Class III - minimum 4)
Pacuare (Class IV - minimum 4)

Visit the picturesque towns in the highlands surrounding San Jose, such as Cartago, the colonial capital of Costa Rica.
Xandari Plantation & Spa, Alajuela

Xandari Plantation is a deluxe, secluded property situated on a coffee plantation with stunning views of the Central Valley. The elegant villas feature custom-designed furniture, original works of art, large panoramic view terraces, and walled-in patios. The hotel also offers an international restaurant, bar, two swimming pools, gym, massage service, library and extensive grounds with scenic trails and dramatic waterfalls. The spa has been designated the “Best Spa of Costa Rica” by World Travel Awards.

Prima Villas: These are spacious villas of approximately 500 sq. ft in a four-plex building. Most Prima Villas have two full beds, and two Prima Villas have king beds. All Prima Villas have private terraces with panoramic views of the Central Valley, an enclosed terrace on the entry side of the villa and a bar/kitchenette with a small refrigerator.

Prima Plus Villas: Most Prima Plus Villas are private, free-standing individual buildings. In addition to a large private view terrace, each has a private garden on the side and in the rear. A large bathroom opens to the garden, with two bathrooms and additional storage space. A built-in sofa can be used as an extra bed. An electric cart is available for transportation uphill 200 meters to the main building, restaurant and swimming pools.

Ultra Villas: The Ultra Villas have a king-bedded sleeping alcove with a view of the valley on one side and a private garden on the other side. All have private terraces with panoramic views of the Central Valley, an enclosed terrace on the entry side of the villa, and a bar/kitchenette with a small refrigerator.

Ultra Plus Villas: The Ultra Plus Villas are the newest villas and are approximately 820 sq. ft., located near the Spa Village. They have a king-bedded master bedroom with a Roman bath overlooking a private garden, as well as a separate shower. The living room has a bar, kitchenette, spacious balcony and two comfortable sofa beds that will sleep an additional two people. An electric cart is available for transportation 200 meters uphill to the main building, restaurant and pools.

Peace Lodge, Vara Blanca

Peace Lodge is located on the grounds of La Paz Waterfall Gardens Nature Park and includes use of all the amenities of the park. The rooms are designed with unique features such as oversized balconies, Jacuzzi tubs, waterfall showers and stone fireplaces. You will experience the true essence of the rainforest through each of the rooms. Guests will wake up to the sound of waterfalls rather than the city noise of San Jose. The very scenic drive to/from San Jose airport is less than one hour. The trip to/from Arenal is via paved road all the way to La Fortuna and the scenic drive is less than two hours.

Standard Rooms: These 650 square ft. rooms have a king-size canopy bed facing a grand fireplace. The interior design of the room is only surpassed by the view from the balcony of the La Paz River Valley and the Poás Volcano. The best way to enjoy the view is from the Jacuzzi tub or swinging in the hammock on the balcony. The bathroom has an oversized mosaic tiled tub and elaborate waterfall shower. There is also satellite TV, stereo system, refrigerator, and coffee maker.

Deluxe Rooms: For those who want to feel the rainforest even when they are inside, this is the room! This 800 square foot room has an unbelievable garden bathroom designed for the true nature lover. A seven-foot waterfall comes to life as you are soaking in the Jacuzzi tub or swinging in the hammock on the balcony. The bathroom has an oversized mosaic tiled tub and elaborate waterfall shower. There is also satellite TV, stereo system, refrigerator, and coffee maker.

The experience is completed by a large gas fireplace that can be viewed from the king-sized canopy bed.
Pacuare Lodge
Tucked away deep in the heart of Costa Rica’s most pristine rainforest environment, on the banks of the Pacuare River, lies the Pacuare Lodge. Surrounded by nature in its purest and most primitive state, here you will experience that most coveted of travelers’ rewards, an opportunity to savor the spirit of a place. The Pacuare Lodge’s thirteen bungalows and main lodge were designed and constructed to blend with the surrounding environment, affecting minimal impact, and has been recognized by the World Tourism Organization as one of only sixty-five examples throughout the world of good practice in sustainability and ecotourism.

EcoAdventures offers a variety of packages to the Pacuare Lodge from two to four days in length, combined with exciting river rafting excursions on the Pacuare River (Class III and IV rapids). Please refer to the website for packages and rates.
All of the suites and villas include spacious outdoor terraces with sitting areas and hammocks, and alfresco showers with solar heated water. Room amenities include 300-thread Egyptian cotton linens, Simmons Beautyrest mattresses, safe-deposit boxes, in-room telephones to communicate with the main lodge, and bathrobes. The tasteful and elegant furnishings are enhanced by plantation teak floors. The fully tiled en suite bathrooms have hand painted ceramic sinks with solar heated showers and fixtures of burnished copper. Telephone communication is available at the main lodge.

The spacious (670 ft²) palm-thatched River view Suite includes a private terrace that opens onto landscaped native bush gardens and towering vine-draped trees. Around the corner a raised hardwood deck offers a stunning view of a massive wall of thick rainforest that cascades down a mountainside opposite the Pacuare River. You can choose from a luxuriously appointed canopy king bed or two double beds and the rooms offer a nearly 360 degree panoramic view of the jungle.

Each Linda Vista Suite also has a mini-bar, room safe, bathrobes and a telephone to communicate with the main building. The suites offer a level of luxury that belies their remote location – a canopy king bed, leather chairs, a bathroom with indoor and outdoor showers and a long deck and a private dipping pool fed by spring water. Each bungalow was built with special attention to the hillside’s topography so that guests enjoy gorgeous views of the river and forest from every area – the bedroom, living room, bathroom, deck and pool.

The Canopy Honeymoon Suite has a high, thatched roof and wide screened windows that let the breeze through and provide a 180-degree rainforest view. It is elegantly furnished and holds a canopy king bed. The adjacent covered deck has a hammock and a rattan sofa, whereas the entire suite opens onto a sun deck with a small stone swimming pool fed by spring water. A private suspension bridge leads from the deck to a platform high in a massive rainforest tree that affords a vertiginous view of the Pacuare River and surrounding jungle. On any given morning or evening, you can spot dozens of bird species in the nearby treetops from that aerial perch. Tropical greenery surrounds the suite and a tiny stream flows through a channel behind it, so the soothing sound of running water complements the birdsong and tree frog chirps. The nearby alfresco shower is ensconced in luxuriant vegetation and seems to cascade out of the mountainside.

Perched on a bank of the Pacuare River with a privileged view of that pristine waterway and the surrounding tropical foliage, the 1148 ft² Jaguar Villa is the most luxurious suite. It was designed to give guests the experience of being in a tropical rain forest without sacrificing comfort, including a terrace complete with a spring-fed pool and waterfall. The sounds of running water and the songs of birds and tree frogs mix with the colors and aromas of the rain forest to create the unforgettable sensory experience of a stay in the Jaguar Villa! The villa includes a spacious master bedroom with a king-sized bed and sitting area, a living room with teak furniture and two daybeds, two luxurious bathrooms, each with two showers – internal and outdoor, tub in the master bathroom overlooking the river and jungle.
COSTA RICA

The Caribbean Coast

The Caribbean coast of Costa Rica offers some of the most exciting nature expeditions. Fifty miles north of Limon on the Caribbean shore lies Tortuguero National Park, one of the few remaining strongholds of tropical wildlife. Tortuguero (which means “Turtle Place”), is recognized internationally for its sea turtles. At certain times it is possible to observe the turtles nesting on the beach at night and newly hatched turtles scrambling from the nest to the sea (see below for the nesting schedule). There are walks on the beach by night for turtle viewing and river trips by day for observing birds and monkeys.

South of Limon lies Puerto Viejo and Punta Cocles, and nearby is Cahuita National Park, offering visitors a transitional subtropical forest and uninhabited, white sandy beaches with coral reefs for snorkeling and scuba diving. Roads are mostly unpaved, and hotels are casual and unpretentious.

Tortuguero National Park Itinerary
Day 1: San Jose to Tortuguero Early morning pick up at San Jose hotels and motorcoach departure toward the Caribbean Coast with a stop en route for breakfast near Braulio Carrillo National Park. Then boat along the rivers and canals through densely vegetated areas in search of alligators, monkeys and birds, with arrival at Mawamba Lodge or Manatus VIP Hotel & spa in time for lunch. After lunch you can walk into the village of Tortuguero to mail your postcards with some unique stamps, or visit the Turtle Research Center. ($5 contribution not included.) (B, L, D)
Day 2: Tortuguero All day at Tortuguero, including nature tours or optional fishing expeditions. If it is nesting season (March-July or May-November), you can observe the sea turtles laying eggs on the beach by night or see newly hatched baby turtles. (B, L, D)
Day 3: Tortuguero/San Jose After breakfast, return to San Jose via boat and bus with lunch en route. (B, L)

NOTE: Alternatively we can arrange for a pick up after lunch and transfer directly to Arenal, bypassing San Jose.

Mawamba Lodge
Located in the Northeast area of Costa Rica’s Caribbean coast, Mawamba Lodge is set in 15 tropical acres on the eastern shore of Tortuguero Canal between Tortuguero Lagoon and the Caribbean Sea. It is the ideal hideaway for nature lovers and people seeking soft adventure.

Standard room at Mawamba Lodge
Its beautiful gardens and rustic accommodations blend with the exuberant jungle vegetation, exotic birds and wildlife, creating a perfect balance with nature. The lodge features two open-air restaurants with delicious international and local cuisine, and a pool-bar with an inviting waterfall (above left), where you can enjoy exotic tropical cocktails. The lodge has 54 comfortable rooms with private bathrooms, hot water, and ceiling fans. Rooms have either three single beds or one double bed and one single bed. The hotel has the capacity to host up to 100 people.

Manatus VIP Hotel & Spa
Manatus VIP Hotel in Tortuguero offers guests a unique combination in the area: Luxurious comfortable rooms, a delicious restaurant with international and gourmet cuisine and Caribbean fusion food, the relaxing services of a spa, and the excitement of a variety of adventure tours, all just a few steps from the world famous Tortuguero National Park.
Located north of Monteverde, the biological area of Arenal comprises the Arenal and Sarapiqui Rivers, Lake Arenal, and Arenal Volcano National Park with nearby Tabacon Hot Springs Resort. Time should be allowed for exploring the varied ecosystems created by the diverse micro-climates ranging from cloud forest to riparian forest. A full day should also be allotted to visit Cano Negro National Park, a vast wetlands north of Arenal, teeming with wildlife such as the White-faced capuchin monkey (lower left). The wetlands of Cano Negro are considered one of the most diverse ecosystems in Costa Rica.

From hanging bridges to white water rafting, river floats, zipline tours for thrill seekers, exotic wildlife viewing for nature lovers – it’s all here in Arenal!

Pages 12 & 13 feature our favorite Arenal Hotels
Arenal Springs – First Class
Arenal Springs Hotel is a cozy property with only 65 rooms, all junior suites, and all featuring spectacular views of Arenal Volcano. Each room can accommodate up to five people, and they feature their own terrace, king or queen-size beds, air-conditioning and a private bathroom. Hotel amenities include swimming pool, spa, hot tub, restaurant, gardens and more. There is also free transport to the Tabacon Hot Springs and wake-up service in case of eruptions.

Arenal Manoa – Tourist
Arenal Manoa Hotel is a beautiful place to rest, relax and enjoy the marvelous views of Arenal Volcano. Surrounded by gardens, pastures and animals, the rooms have been designed so that each one has a panoramic view of the volcano. With 80 rooms, Arenal Manoa is a destination where you can enjoy the combination of high quality service and exuberant natural beauty. The spacious rooms are all junior suites, combining modern amenities and comfort with a rustic architecture. They have big bathrooms with a little garden just to remind you of the natural beauty outside, and a balcony where you can delight with the panoramic views.

Mountain Paradise – First Class
The Mountain Paradise Hotel has a direct, uninterrupted panoramic view of Arenal Volcano from anywhere on the property, making it an ideal location for observing the world’s second most active volcano. Being just a few minutes from the town of La Fortuna, it is a very convenient location to visit many of the area’s attractions. The hotel is a small lodge with only 15 rooms, however the hotel distinguishes itself from some of the larger resort hotels in the area by placing a strong emphasis on personalized service and guest privacy.

Volcano Lodge – Tourist
Volcano Lodge is located on the side of the road that connects La Fortuna de San Carlos with Lake Arenal. The lodge’s 65 spacious and comfortable rooms are tastefully decorated, and all have direct views of Arenal Volcano. All of the rooms are equipped with double beds or a king bed, air-conditioning and a private bathroom. Hotel amenities include swimming pool, spa, hot tub, restaurant, gardens and more. There is also free transport to the Tabacon Hot Springs and wake-up service in case of eruptions!

Nayara Hotel, Spa & Gardens – Deluxe
Located on the outskirts of one of the world’s most amazing active volcanoes, Arenal Nayara Hotel, Spa & Gardens is the experience of a lifetime. Every room at the Arenal Nayara Hotel, Spa & Gardens has been designed to provide the utmost in comfort and style while maintaining a close connection with the natural surroundings. The rooms are actually large suite-sized bungalows separated by lush gardens. Each bungalow has a private backyard with an outdoor shower and a front balcony overlooking the volcano. Volcano Lodge – Tourist
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Arenal Kioro Hotel – Deluxe+

The Arenal Kioro offers a fabulous natural view of Arenal Volcano. The 52 room mountain hotel has 11 hectares (27.1 acres) of undulating land, surrounded by two streams (La Palma and Kioro) with crystalline waters that emanate from Arenal Volcano National Park. There are 42 suites with two queen beds and sofa-bed, and ten suites with king bed and sofa-bed. All suites have two terraces with panoramic volcano and mountain views.

Nayara Springs Villas – Deluxe+

There are 16 ultra exclusive and luxurious Spring Villas at Nayara Springs, the VIP adults-only boutique hotel that communicates with Nayara Hotel through a pedestrian bridge above a striking rainforest ravine. Main features include: private plunge pool fed by mineral hot springs, flat screen satellite TV and CD/DVD player, terrace daybed, table and chairs and hammock. Amenities include a personal host, twice daily maid service, mini-bar selection except wine and liquor, free Wi-Fi in the room and throughout the hotel, free international phone calls from the room, free movies and complimentary laundry.

The Springs Resort & Spa at Arenal – Deluxe+

With a spectacular view of Arenal Volcano, natural hot and cold springs, four unique dining experiences, and an impressive full service spa, The Springs Resort & Spa at Arenal promises to overwhelm you in every aspect of quality, service and design. The resort is perched one thousand feet above the Arenal Valley on a mountain ridge just six kilometers north of the active volcano, but outside the government declared danger zone. The eighteen free-form, landscaped pools provide guests with great views of the volcano and a multitude of options.

Suggested Optional Day Tours

- Half-day Arenal Volcano Hiking Tour
- Half-day La Fortuna Waterfall Horse Packing/Hiking
- Half-day Hanging Bridges Tour
- Half-day Penas Blancas River Trip (nature viewing)
- Arenal Tabacon Resort with dinner
- Half-day Cano Negro Biological Reserve with lunch
- Full-day Sarapiquí River Safari with lunch (nature viewing)
- Full-day Arenal River Rafting with lunch (Class III)
- Full-day Arenal River Rafting with lunch (Class IV)
- Half-day Canopy Zipline Tour
- Sky Tram & Sky Trek Zipline Canopy Tour
The Monteverde Cloud Forest and nearby Santa Elena Reserve, at an altitude of over 4000 feet, support six distinct ecological communities of plants and animals with over 2000 plant species and more than 320 species of birds. Monteverde is home to the resplendent quetzal, with its metallic green feathers and golden highlights, many colorful toads unique to this area, and a myriad of breathtakingly beautiful butterflies.

Suggested Optional Day Tours

• Two-hour Frog Pond Tour
• Half-day Monteverde Reserve/Hummingbird Gallery
• Half-day EcoFarm
• Half-day Butterfly Farm
• Half-day Santa Elena Reserve Skywalk Tour
• Half-day Canopy Tour
• Half-day Canopy & Sky Trek Combined Tour

Trapp Family Lodge – Tourist Class
This cozy new 20-room inn pays tribute to its setting with beautiful tropical wood appointments, a private balcony in each guest room, and a family-style restaurant fronted by huge picture windows and a balcony overlooking gardens and verdant rainforest. Set in a small private reserve, the lodge is ideal for families or anyone appreciative of a warm, homey atmosphere and a convenient location just a few minutes’ walk from the Monteverde Cloud Forest, Costa Rica.

Fonda Vela Hotel – First Class
The Fonda Vela Hotel is the closest property to the Monteverde Cloud Forest Reserve, and offers 28 rooms and jr. suites in seven separate buildings scattered among manicured gardens. The rooms are elegant, spacious and comfortable, designed with the environment in mind. Extra large panoramic windows bring the outdoors inside. The lodge has an indoor pool and Jacuzzi, a game room with pool and ping-pong, restaurant, bar with TV, laundry service and private hiking trails.
El Establo – Superior First Class

El Establo Hotel is located in the heart of the tourist area of Monteverde. It is the only hotel in Monteverde that has a swimming pool with a view of the Gulf of Nicoya. The hotel features a private forest with walking trails and views of the gulf and sunsets. All rooms are equipped with queen-size beds, private bath, telephone, closets and are fully carpeted. The Master Suites have balconies overlooking the gulf and have a loft with a king-size bed.

The Tale of the Blue Morpho Butterfly

The Blue Morpho butterfly is considered one of the biggest butterflies seen with a wingspan measuring 5 – 8 inches in width. There are many different species of Blue Morpho, the main difference lies in the color and overall size.

The characteristic blue wings are truly remarkable. When this butterfly is spotted flying, it is one of the most beautiful sights to behold. The flapping wings create a fine blend of the bright, iridescent blue and the dull brown colors. These flashing colors create a striking effect. In the dense forests of Monteverde, this is both a way of signaling each other and of finding a mate. When on the hunt for a suitable mate, the Blue Morpho butterfly travels through most of the layers of the forest.

Experts believe the Blue Morpho butterfly is almost an endangered species. This is because of loss of natural habitat due to deforestation and other human activities that harm their life cycles. Climate change and global warming also have their effect. Amphibians and butterflies are the first to show population destabilization due to these factors.

The Golden Toad, that occupied only about 30 square kilometers in the Monteverde Cloud Forest, was declared extinct in 1992; let’s hope we can save the Blue Morpho.

Belmar – Superior First Class

Tucked away in the lush mountains of Monteverde Cloud Forest, atop the Central American Continental Divide, the recently completely remodelled Belmar Hotel offers breath-taking views of the Gulf of Nicoya and the surrounding rainforest, combined with personalized service in a comfortable atmosphere. The Swiss Chalet-style hotel offers Peninsula rooms with wood paneling and French doors, each with a private balcony. The king-bedded Superior Peninsula rooms are on the top floor and offer superior views.

The Chalet Deluxe rooms are in a separate building and have Forest View, Superior Forest View, Belmar Rooms with private Jacuzzis and peninsula views, and finally three very large corner rooms with spacious decks with private Jacuzzis. The Canopy room has forest views, while the Sunset and Sunrise rooms have peninsula views.
Capitan Suizo - Tamarindo
First Class
Capitan Suizo is a small, charming hotel situated on Tamarindo Beach and surrounded by large, native trees and lush, colorful gardens. It features eight thatched-roof bungalows and 22 rooms, all with terrace or balcony, and ocean views. The hotel also offers an exotic free-form swimming pool, an open-air international restaurant with a Swiss accent, and bar. Bungalows and rooms feature a mezzanine bedroom with king-size bed, and sliding doors that open to a tropical garden.

Sea Turtle Nesting Schedule
The Caribbean Coast
March-July: Leatherback Turtles • June-October: Green Turtles • May-November: Hawksbill Turtles
The Pacific Coast
October-March: Leatherback Turtles • June-December: Ridley Turtles

Guanacaste
(Tamarindo, Conchal, Papagayo, Hacienda Pinilla)
The Pacific Coast of Costa Rica boasts four distinct eco-systems: The Santa Rosa National Park and nearby Rincon de la Vieja to the North feature the high-elevation cloud forests and thermal springs of Orosi and Cacao Volcanoes. Guanacaste National Park is one of the last stands of dry forest in Costa Rica, and was created in 1989 to connect Santa Rosa National Park and across the continental divide to the Caribbean rainforest of Northern Costa Rica. The hope is that together these two parks protect enough land to ensure sufficiently large habitats for wide-ranging species such as jaguars and mountain lions. They also simultaneously provide a biological corridor for birds and insects making their seasonal migrations between the dry forest and the evergreen cloud and rainforests.

Tamarindo Wildlife Reserve is one of the last mangrove forests in Central America, and Las Baulas Protected Area is an important turtle nesting area.

This is one of the hotter, drier areas of Costa Rica, and the whole Guanacaste region has more predictable seasons than the rest of Costa Rica. The chance of rain is much less during the dry season from December to April. Conversely, it is fairly likely that it will rain on any given day during the rainy season from May until November. The two rainiest months are October and November. The rainy season is usually interrupted by a two or three week dry spell in late July or early August, called the Veranillo de San Juan (Saint Joseph’s little summer).

Our selected hotels range from the northern beaches of the Gulf of Papagayo, south to the beaches around the popular town of Tamarindo, with its famous white crescent beach of the same name. Most of the hotels around Papagayo are hillside hotels, while the hotels around Tamarindo are beach-level hotels. Most hotels, however, are set 500-1500 feet back from the beach. Only the Tamarindo Diria Hotel is a beachfront hotel.

Tamarindo Diria Beach Hotel offers 113 finely decorated rooms, 14 condos and two spectacular pools – one of them is the biggest in Tamarindo Beach and considered one of Costa Rica’s best – all surrounded by exuberant tropical gardens in front of the ocean. Amenities include an ocean-front restaurant offering local and international cuisine, swim-up bar, three 18-hole golf courses nearby, tennis court, and Jacuzzi. All rooms are air-conditioned with satellite TV. In addition, there is laundry service available.

Cala Luna Boutique Hotel & Villas – First Class
Nestled amid old-growth trees and native tropical vegetation, this beach resort is celebrated for its world-class service and dedication to the guests. Situated on the white sand beach called Playa Langosta, just a few steps from Tamarindo. Features include open-air yoga, surf instruction, spa treatments and a wide array of activities. The deluxe rooms feature wood-beamed ceilings, one queen or two double beds, and a sunken spa bath. The two-bedroom/two-bath villas feature private plunge pools, one bedroom with a king bed and a second bedroom with two double beds, a living room and fully equipped kitchen. The three-bedroom/three bath villas have another bedroom with two double beds.

Suggested Optional Day Tours
• Night Sea Turtle Nesting Tour: Playa Grande (OCT-MAR) (available only from Tamarindo Beach)
• Half-day Guatil Ceramics Village Tour
• Half-day Canopy Tour: 4 hours from Tamarindo/Conchal
• Full-day Rincon de la Vieja National Park Tour with lunch
• Full-day Rincon de la Vieja Canopy Tour with lunch
• Full-day Palo Verde National Park with lunch
• Los Innocentes Ecological Ranch (with horsepacking & lunch)
• Full-day Buena Vista Hot Springs & Canopy Tour (with horsepacking & lunch)
JW Marriott at Hacienda Pinilla – Deluxe+
JW Marriott Guanacaste Resort and Spa offers the ultimate sumptuous Costa Rica vacation. This beautiful resort is situated on a secluded beach in a prime location within Costa Rica’s renowned central coast. The hotel features a free-flowing pool that covers more than 25,000 square feet, and a full-service spa with 23 treatment rooms and a state-of-the-art two-level gym. An 18-hole championship golf course is next door to the hotel and features a challenging experience with breathtaking views of flourishing landscapes and the Pacific Ocean.

Four Seasons at Peninsula Papagayo – Deluxe+
Spilling down a lush mountainside to an isthmus of golden sand, Four Seasons combines exemplary luxury and service in a pristine setting. Enjoy an Arnold Palmer-designed golf course, tennis, three swimming pools, a tropically serene spa and fitness center, and dynamic ecoadventures on land and at sea. Gourmet dining is available at three different restaurants, in addition to in-room dining. All spacious guest rooms at Four Seasons Resort feature furnished balconies or terraces to maximize the beauty of the outdoors, and international cable television and DVD players. Extra-spacious bathrooms are cool, airy and inviting, clad in marble and offering signature Four Seasons features: deep soaking tub, separate glass-enclosed shower, large double vanity and WC with telephone in a separate alcove.

Andaz Peninsula Papagayo – All Inclusive – Deluxe+
Andaz Peninsula Papagayo Resort reflects the indigenous nature of Costa Rica combined with the personalized service associated with the Andaz experience. The Andaz offers 153 thoughtfully appointed guest rooms & suites with balconies and floor-to-ceiling windows with breathtaking views of either Culebra Bay or the forest. Room amenities include a complimentary non-alcoholic minibar, 24-hour room service, premium cable TV, complimentary WiFi, a walk-in rain shower, robes and slippers, hairdryers, and in-room safes. Nestled between two beaches, the hotel also offers a family pool, kids club, adults-only pool.

Dreams Las Mareas Costa Rica – All Inclusive – Deluxe+
This is an Unlimited-Luxury® escape in a privileged location. Located on an expansive palm-studded beach and surrounded by lush green mountains & jungles on Playa El Jobo. Guests of all ages enjoy an action-packed vacation featuring watersports, land activities, and swimming pools. Retreat to your luxury suite with a private balcony or terrace, sweeping views of the ocean, or the tropical jungle and mountain range. Dreams Las Mareas features 447 luxurious Jr. Suites and Suites filled with amenities for your comfort and convenience.

COSTA RICA

National Parks, Biological & Wildlife Reserves and Protected Areas

Pacific Coast:
6 Guanacaste National Park
7 Rincon de la Vieja National Park
8 Las Baulas Protected Area
9 Tamarindo

The luxurious Paradisus Playa Conchal Beach and Golf Resort is located on the shores of the Pacific Ocean, surrounded by a magnificent tropical dry forest, just steps from the glittering white sands of the Melia Playa Conchal Beach. The hotel offers 308 deluxe bungalow suites and two master suites. There are five restaurants, a fantastic free-form swimming pool with swim-up bar, four lighted tennis courts, an 18-hole Robert Trent Jones-designed golf course, health club, spa, beauty parlor, casino and business center. Needless to say, it makes the perfect romantic honeymoon hideaway.
This thin strip of coastal land descends from the port of Puntarenas to the Esterillos Beach and is separated from the Central Costa Rican territories by the country's highest mountain range: the Talamanca Cordillera. Offering the closest beaches to San Jose (2 - 2 ½ hours driving), and a dramatic coastal drive through the mountains, beaches such as Los Suenos, Punta Leona, Jacó, and Esterillos have become a haven for surfers and city dwellers alike searching for the perfect weekend paradise. With a golf course at Los Sueños, horseback riding, sport fishing, canopy tours in Jacó and an array of beaches and natural landscapes, the region is ideal for an active traveler.

Famous for its large American Crocodiles, the Tarcoles River forms the Northern border of Carrara Biological Reserve. The Tarcoles is full of crocodiles, scarlet macaws, Jesus Christ lizards, and over 120 species of birds. But everyone comes to see the huge crocodiles – so big they have names like “Saddam Hussein” and “Mike Tyson!”

Carrara Biological Reserve is an amazing array of aquatic and sometimes toothy fauna that inhabit the Rio Tarcoles, impressive trees that tower over the paths, and rich wildlife. Travelers have reported personal experiences such as having nearly been charged by peccaries, watching majestic scarlet macaws and other exotic birds soar overhead, and very close encounters with Jaguarundis. Combine these with the humanistic white-faced capuchins and howler monkeys, as well as the vibrantly colored poison arrow frogs, one is sure to discover a natural wealth like few other places.

**Suggested Optional Day Tours**
- Canopy Tour
- Carrara Biological Reserve with lunch
- Half-day Manuel Antonio National Park with lunch

**Club Del Mar - Jaco – First Class**
Jacó Beach is a large tourist center with a straight four-km. beach with open sea, strong surf and yellowish gray sand. On both ends there are rocky promontories with heavy vegetation mixed with buildings. The Club Del Mar Hotel, Condominiums & Spa is nestled in a quiet cove surrounded by mature gardens at the south end of Jaco Beach. A tropical rainforest serves as a backdrop, with gentle waves breaking on a pristine beach.

**Los Suenos de Marriott - Herradura – Deluxe**
The Los Suenos de Marriott hotel features magnificent colonial architecture set on the Pacific Coast, (1 hour, 45 minutes from San Jose International Airport) on a 1100 acre rainforest with an 18-hole championship golf course.

**Alma del Pacifico – Deluxe**
No crowds, chocolate colored beaches, and great surf best describe the beaches of Esterillos. You may never see another person as you stroll down the beaches where palms and almond trees line the forest edge and the clear blue waters invite you to go for a swim. The luxurious Alma del Pacifico Hotel on Esterillos Beach, owned by Rock Resorts, is situated between Jaco Beach and Quepos, with beachfront villas plus the architecture, art, hospitality and amenities guests have come to enjoy at Rock Resorts.
COSTA RICA

MANUEL ANTONIO / QUEPOS

Outside of Quepos is Manuel Antonio National Park (sub-tropical forest), boasting one of the most beautiful and pristine beaches of all Central America. Mountainside resorts and bungalow living are available, with many possibilities for water sports. In the Manuel Antonio area, almost all of the hotels are hillside hotels with sweeping views of the Pacific Ocean. Most hotels provide shuttle service to the beaches.

Further south is the Osa Peninsula and Corcovado National Park (tropical rainforest), considered the most biologically diverse forest in the world. Accommodations are in jungle lodges, some affording a high level of comfort and style, while others are more primitive, providing basic lodging and meals.

Casitas Eclipse – Tourist Class
Casitas Eclipse is a Mediterranean-style property comprised of white houses scattered among lush tropical gardens. The 25 rooms are equipped with private bathrooms, air-conditioning, and private terraces. The property also offers three swimming pools, restaurant, and bar. Many of the rooms are equipped with kitchenettes and can economically accommodate families of four.

Suggested Optional Day Tours
• Half-day Manuel Antonio National Park • Jungle Horsepacking • Rainmaker River Walk Tour • El Titi Canopy Tour
• Full-day Savegre River Rafting with lunch • Full-day Carrara Biological Reserve with lunch

El Parador – First Class
Enthroned atop a majestic bluff overlooking the Pacific Ocean and surrounded by lush tropical rainforest, El Parador Hotel is located in the most remote and pristine area of Manuel Antonio, yet within minutes from the Manuel Antonio National Park. Just ten minutes walking distance from the hotel is a hidden secluded bay where you will find the most breathtaking white sandy beach surrounded by tranquil turquoise waters and jungle. Needless to say, it makes the perfect honeymoon hideaway.

Arenas del Mar Resort – Deluxe
Arenas del Mar Beach & Nature Resort is a deluxe, extraordinary beachfront resort situated on the beaches of Manuel Antonio. This incomparable Costa Rican hotel was designed and built with a combination of deluxe accommodations coupled with the highest level of certified sustainability. Guest rooms and suites offer spectacular ocean views. Upscale dining is provided in the hotel’s two restaurants, with a focus on fresh local products and personalized service. Other hotel facilities include a luxurious spa and a gift shop.
Villas Si Como No – Deluxe
Located in Manuel Antonio, Villas Si Como No is surrounded by ten protected acres of lush tropical rainforest, inviting soft sand beaches, and nearby rafting rivers, making it a perfect romantic honeymoon hideaway. The hotel’s 58 rooms are distributed within ten separate terraces. Every room offers jungle vistas, bathroom with shower, air-conditioning, stocked mini-bar, king or double beds, ceiling fan, telephone, and security safes. Also featured are spa facilities, and a 46 seat private THX movie theater.

The Gaia Hotel – Deluxe Plus
The Gaia Hotel achieves an ideal blend of modern amenities and natural scenery. The hotel sits on a vast tract of lowland coastal forest, teeming with spectacular and rare wildlife. It is here that the privileged guest may take in the sights and sounds of Costa Rica’s lush and exotic natural gifts. The nearby hilltop pool has an ocean view and an exotic jungle path winds down the hill to the beach. The hotel’s well-appointed, terraced suites and villas offer views of lush and pristine wild surroundings that are beyond compare. The special touches include top-of-the-line king-sized beds with 500 thread-count linens, LCD flat screens, stereo equipment, cable TVs, Jacuzzis for two persons, sofa beds, natural wood and stone floors, mini-bars, central air-conditioning, internet connectivity in all living areas, top-of-the-line toiletries and, of course, personalized valet service. Originally serving as the site of Jardín Gaia, a center for native orchid conservation and endangered wildlife rehabilitation, today the land remains set aside as a refuge for these many precious species. Studio: A luxurious 350 square ft. unit comprised of a bedroom, and a bathroom. Suite: The suite is a luxurious 700 square ft. unit comprised of a bedroom, a living room, a bathroom, a dining room for four persons and a beautiful balcony overlooking the Pacific Ocean and the tropical rainforest.

Buena Vista (Tulemar) Bungalows – Deluxe
Buena Vista Tulemar Bungalows & Villas provides a unique combination of ocean front pleasure and a dreamy mountaintop with awe-inspiring vistas of breathtaking Pacific sunsets. All of this surrounded by a lush and intense green forest! The octagonal design of the bungalows was created so guests have a special view from every room. The view from the pool overlooks the Pacific Ocean and the coastline, and the pool’s trickle down edge gives the illusion that the pool’s water falls into the sea. Tulemar is also one of the few hotels with a private beach.
Casa Corcovado

Itinerary
Day 1: Fly south from either San Jose or Quepos (Manuel Antonio) to Palmar Sur on the Pacific Coast of the Osa Peninsula. Meeting service upon arrival by a representative of Casa Corcovado Lodge for a two-hour boat transfer to the lodge. The adventure begins as the launch leaves the Sierpe River and follows the Pacific Coast. You will have an orientation of the local flora and fauna of your pristine rainforest location that surrounds the lodge. (L, D)

Days 2 & 3: Guests at Casa Corcovado can enjoy beach combing, a hike to a refreshing waterfall, or a swim in a shaded pool. Those booking the three-day package also have a choice of one of the following tours, while those booking the four-day package have both of the following tours included in their program. (B, L, D Daily)

Full-Day Corcovado Reserve Tour: A 25-minute boat trip takes you to San Pedrillo Station in Corcovado National Park. After disembarking, your naturalist guide will lead you along the beach to a forest trail up the Rio Pargo. Enjoy the vast variety of flora and fauna. Return to the beach for lunch, and in the afternoon take a short walk along the Rio Pedrillo to a pristine waterfall.

Full-Day Cano Island Snorkeling Trip: This is a day to remember your beach towel and snorkeling gear (available for rent). In the early morning you will have time to swim and enjoy the brightly-colored fish at Cano Island. After lunch the guide leads a hike up to the site of the Indian graves where archaeologists unearthed mysterious stone spheres and finely-worked artifacts, testimonies from a vanished culture. Late afternoon return to the lodge with the remainder of the evening at leisure.

Day 4: Enjoy a leisurely breakfast. Return via river to Sierpe and transfer to the landing strip at Palmar Sur for your flight to San Jose or Quepos. (B)
Here are some suggested itineraries, which are designed to start on any day of the week. All of these itineraries may be modified to suit the individual traveler.

### Cloud Forests and Beaches

#### 7 Days/6 Nights
San Jose, Monteverde & Pacific Coast

**Day 1:** Arrive San Jose, Costa Rica
Transfer to your selected hotel.

**Day 2:** San Jose to Monteverde
Morning departure for a four-hour transfer via shuttle service to Monteverde and selected hotel.

**Day 3:** Monteverde
Morning Monteverde Reserve walking tour. Afternoon at leisure.

**Day 4:** Monteverde/Tamarindo
Five-hour transfer via shuttle service to Guanacaste Province on the Pacific Coast and to selected hotel.

**Day 5 & 6:** Tamarindo
Leisure days for optional tours. (see page 17)

**Day 7:** Homeward Bound
Transfer to Liberia Airport on the Pacific Coast for your flight home. (B)

**NOTE:** Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia.

**NOTE:** A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.

### Volcanoes and Cloud Forests

#### 7 Days/6 Nights
San Jose, Arenal & Monteverde

**Day 1:** Arrive San Jose, Costa Rica
Transfer to your selected hotel.

**Day 2:** San Jose/Arenal
Mid-morning motorcoach departure for a tour of Arenal National Park, followed by a visit to Tabacon Resort, where you can enjoy the many different natural hot springs and pools. Snacks and a delicious dinner included. (D)

**Day 3:** Arenal
Leisure day for optional tours. (see page 13)

**Day 4:** Arenal/Monteverde
Morning departure for a two-hour transfer to Monteverde via boat crossing Lake Arenal and then taxi to Monteverde. Accommodations in selected hotel.

**Day 5:** Monteverde
Morning hike through Monteverde Cloud Forest Reserve, viewing the misty forest with its dense vegetation. Visit the Hummingbird Gallery and Cheese Factory. Afternoon at leisure for optional tours. (see page 14)

**Day 6:** Monteverde/San Jose
Morning departure for a four-hour transfer via shuttle service to San Jose and your selected hotel.

**Day 7:** Depart San Jose
Transfer to the airport, or extend your stay in Costa Rica with additional destinations.

### Packages include:

- Airport/hotel/airport transfers via shuttle vans
- Hotel accommodations as specified, including tax & service charge
- Sightseeing, meals as indicated
- Transportation via shuttle vans/buses.

Rates for upgrades for semi-private and private transfer service are also available on the website.

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### Volcanoes and Beaches

#### 7 Days/6 Nights
San Jose, Arenal & Pacific Coast

**Day 1:** Arrive San Jose, Costa Rica
Transfer to your selected hotel.

**Day 2:** San Jose/Arenal
Mid-morning motorcoach departure for a tour of Arenal National Park, followed by a visit to Tabacon Resort, where you can enjoy the many different natural hot springs and pools. Snacks and a delicious dinner included. (D)

**Day 3:** Arenal
Leisure day for optional tours. (see page 13)

**Day 4:** Arenal/Tamarindo
Morning departure via shuttle service for a six-hour transfer to Tamarindo Beach in Guanacaste Province on the Pacific Coast. Accommodations in selected hotel.

**Days 5 & 6:** Tamarindo
Leisure days for optional tours. (see page 17)

**Day 7:** Homeward Bound
Transfer to the Liberia Airport on the Pacific Coast for your afternoon flight home. (B)

**NOTE:** Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia.

**NOTE:** A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.
Rainforests and Volcanoes

9 Days/8 Nights
San Jose, Tortuguero, Arenal & Pacific Coast

Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose/Tortuguero
Morning departure via motorcoach to the Caribbean coast, with a stop en route for breakfast. Then take a boat trip along the Tortuguero canals through densely vegetated areas in search of alligators, monkeys and birds. Arrival at Mawamba Lodge in time for lunch. After lunch visit the village of Tortuguero and the Turtle Research & Conservation Center. (B, L, D)

Day 3: Tortuguero
All day at Tortuguero, including nature tours or optional fishing expeditions. During nesting season (JUL-OCT), you can go to observe the sea turtles laying eggs on the beach by night or see newly-hatched baby turtles scrambling toward the sea. (B, L, D)

Day 4: Tortuguero/Arenal Transfer by boat back to Matina Pier, where you board the Mawamba bus to San Jose. Before arriving in San Jose you will be dropped off at the town of Guapiles, where your van and driver will be waiting to transfer you to Arenal. The two-hour transfer takes you through the beautiful San Carlos Valley. Overnight at your selected hotel. (B, L)

Day 5: Arenal Leisure day for optional tours. (see page 13)

Day 6: Arenal/Tamarindo Morning departure via shuttle service for a six-hour transfer to Tamarindo Beach in Guanacaste Province on the Pacific. Accommodations in selected hotel.

Days 7 & 8: Tamarindo Leisure days for optional tours. (see page 17)

Day 9: Homeward Bound Transfer to the Liberia Airport for your afternoon flight home. (B)

NOTE: Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia. NOTE: A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.

River Rafting, Volcanoes and Beaches

9 Days/8 Nights
San Jose, Pacuare Lodge Arenal & Pacific Coast

Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose/ Pacuare Lodge Early morning departure to the Pacuare River put-in (approximately 2½ hours) including a typical Costa Rican breakfast en route. Exciting 1-1½ hour river rafting tour to the Pacuare Lodge (class II-III rapids) where you will enjoy your stay at Costa Rica’s premier eco-lodge. After lunch participate an optional canopy tour (not included in package price) or waterfall hike, or simply relax in your private bungalow or suite. Dine on gourmet delicacies by candlelight and then visit the upstairs lounge for a cocktail or refreshment before retiring to a restful night’s sleep. (B, L, D)

Day 3: At Pacuare Lodge You’ll wake up to bird song and the soothing sound of the river nearby. Then head over to the main lodge for a delicious breakfast. The lodge employs a resident naturalist guide who will provide unique insights into the plant and animal world. Choose from exciting optional tours that include guided hikes through an emerald rainforest, the Cabecar Indian tour - where visitors may participate in a cultural exchange with a shaman and the Adventure Canopy Tour - where visitors glide amid a tropical rainforest canopy. (B, L, D)

Day 4: Pacuare Lodge/Arenal Morning transfer to Rancho Robeto’s Restaurant in Guapiles, where your driver will be waiting for you to take you to Arenal. (B, L)

Day 5: Arenal Leisure day for optional tours. (see page 13)

Day 6: Arenal/Tamarindo Morning departure via shuttle service for a six-hour transfer to Tamarindo Beach in Guanacaste Province on the Pacific. Accommodations in selected hotel.

Days 7 & 8: Tamarindo Leisure days for optional tours. (see page 17)

Day 9: Homeward Bound Transfer to the Liberia Airport for your afternoon flight home. (B)

NOTE: Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia. NOTE: A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.
11 Days/10 Nights
San Jose, Pacuare Lodge
Arenal, Monteverde,
& Pacific Coast

Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose/Pacuare Lodge
Early morning departure to the Pacuare River put-in (approximately 2½ hours) including a typical Costa Rican breakfast in route. Exciting 1-½ hour river rafting tour to the Pacuare Lodge (class II-III rapids) where you will enjoy your stay at Costa Rica’s premier eco-lodge. After lunch participate an optional canopy tour (not included in package price) or waterfall hike, or simply relax in your private bungalow or suite. Dine on gourmet delicacies by candlelight and then visit the upstairs lounge for a cocktail or refreshment before retiring to a restful night’s sleep. (B, L, D)

Day 3: At Pacuare Lodge
You’ll wake up to bird song and the soothing sound of the river nearby. Then head over to the main lodge for a delicious breakfast. The lodge employs a resident naturalist guide who will provide unique insights into the plant and animal world. Choose from exciting optional tours that include guided hikes through an emerald rainforest, the Cabecar Indian tour – where visitors may participate in a cultural exchange with a shaman and the Adventure Canopy Tour – where visitors glide amid a tropical rainforest canopy. (B, L, D)

Day 4: Pacuare Lodge/Arenal
Morning transfer to Rancho Robeto’s Restaurant in Guapiles, where your driver will be waiting for you to take you to Arenal. (B, L)

Day 5: Arenal
Leisure day for optional tours. (see page 13)

Day 6: Arenal/Monteverde
Morning departure for a two-hour transfer to Monteverde via boat crossing Lake Arenal and then taxi to Monteverde. Accommodations in selected hotel. (B)

Day 7: Monteverde
Morning hike through Monteverde Cloud Forest Reserve, viewing the misty forest with its dense vegetation. Visit the Hummingbird Gallery and Cheese Factory. Afternoon at leisure for optional tours. (see page 14) (B)

Day 8: Monteverde/Tamarindo
Morning departure via shuttle service for a six-hour transfer to Tamarindo Beach in Guanacaste Province on the Pacific. Accommodations in selected hotel.

Days 9 & 10: Tamarindo
Leisure days for optional tours. (see page 17)

Day 11: Homeward Bound
Transfer to the Liberia Airport on the Pacific Coast for your afternoon flight home. (B)

NOTE: Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia. NOTE: A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.

Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose
A full day at leisure for exploring on your own, or to enjoy the facilities of your hotel. (B)

Day 3: San Jose/Tamarindo
Five-hour transfer via shuttle service to Guanacaste Province on the Pacific Coast and to selected hotel.

Day 4 & 5: Tamarindo
Leisure days for optional tours. (see page 17)

Day 6: Homeward Bound
Transfer to the Liberia Airport on the Pacific Coast for your flight home. (B)

NOTE: Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia. NOTE: A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.

Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose/Arenal
Enjoy a leisurely morning before your private departure for Arenal. After checking into your hotel, you will have the day at leisure for optional tours. (page 14) (B)

Day 5: Arenal/Tamarindo
Morning departure via shuttle service for a six-hour transfer to Tamarindo Beach in Guanacaste Province on the Pacific. Accommodations in selected hotel. (B)

Days 6 & 7: Tamarindo
Leisure days for optional tours. (B)

Day 8: Depart Tamarindo
Transfer to Liberia Airport, or extend your stay in Costa Rica with additional destinations. (B)

NOTE: Beach hotels in the mid-Pacific area or Quepos/Manuel Antonio area may be substituted, and rates are quoted on the website. With this substitution, the air return would be out of San Jose, instead of Liberia. NOTE: A night in San Jose may be added or substituted for a night in Quepos or mid-Pacific, if necessary, to make early morning flights home.
Day 1: Arrive San Jose, Costa Rica
Transfer to your selected hotel.

Day 2: San Jose/Tortuguero
Morning departure via motorcoach to the Caribbean coast, with a stop en route for breakfast. Then take a boat trip along the Tortuguero canals through densely vegetated areas in search of alligators, monkeys and birds. Arrival at Manatus VIP Hotel & Spa in time for lunch. After lunch visit the village of Tortuguero and the Turtle Research & Conservation Center. (B, L, D)

Day 3: Tortuguero
All day at Tortuguero, including nature tours or optional fishing expeditions. During nesting season (MAR-NOV), you can go to observe the sea turtles laying eggs on the beach by night or see newly-hatched baby turtles scrambling toward the sea. (B, L, D)

Day 4: Tortuguero/Arenal
Transfer by boat back to Matina Pier, where you board the Mawamba bus to San Jose. Before arriving in San Jose you will be dropped off at the town of Guapiles, where your van and driver will be waiting to transfer you to Arenal. The two-hour private transfer takes you through the beautiful San Carlos Valley. Overnight at your selected hotel. After checking into your hotel, you will have the day at leisure for optional tours. (page 13) (B)

Day 5 & 6: Arenal
Leisure days for optional tours. (B Daily) (see page 13)

Day 7: Arenal to San Jose
You have one more morning for relaxation before your return transfer to San Jose and overnight at your selected hotel. (B)

Day 8: Depart San Jose. (B)
Welcome to Belize...

The coastline of Belize is home to the only atoll in the Western Hemisphere, and this rich coral reef is a national park under Belizean protection. Snorkeling and diving is, of course, a highlight of any trip to Belize, but Belize is so much more. Come and experience pristine highland and lowland forests, ancient Mayan ruins, a network of caves extending for miles, and tidal estuaries with manatees.

Lamanai Outpost Lodge - Orange Walk (left)
First Class
Discover the allure of Lamanai Outpost Lodge, scenically situated in the “Orange Walk” District on the New River Lagoon, adjacent to the Lamanai Archaeological Reserve, located about 2.5 hours northeast of Belize City. Visualize waking to a complex chorus of jungle sounds on a medicine trail. Next, explore the nearby Mayan ruins, observe delicate orchids, brilliant tropical birds, the Howler and Spider monkeys, and the unsurpassed natural beauty of Lamanai Outpost Lodge.

EcoAdventures’ website features 3, 4 & 5-Day All-inclusive packages with a choice of guided tours or activities per day from a selection of 11 exciting programs.

Ian Anderson’s Caves Branch - Belmopan District – Superior First Class
Caves Branch Jungle Lodge is located in the Belmopan area on a the privately owned 58,000 acre Caves Branch Estate, beneath a 100-foot rainforest canopy, alongside the turquoise waters of the Caves Branch River. Discover the beauty and excitement found in the tropical jungle and the caves of Belize. Encounter endemic animals and plant life and the many relics of Belize’s ancient Mayan past. After 12 years of exploration deep into the jungle and ancient Mayan caves of Belize, Caves Branch now shares these discoveries with you. This area is the best for caving, the Caves Branch has a wide variety of caving expeditions; however, many other activities are possible such as Xunantunich and Cahal Pech Mayan Ruins, ziplining, river kayaking, and Jungle Mountain Biking. A full-day excursion to Tikal Mayan Ruins is offered at an additional charge.
All of the accommodations are completely screened to give you a comfortable and bug free environment but wide open to the symphony of nature. With the torches burning throughout the night, casting a glow across the jungle, the babbling river and the cacophony of night creatures, you settle in for a good night’s sleep, but are roused early to the sounds of the jungle coming to life. The accommodations range from rustic Jungle Cabanas, to Jungle Bungalows, Suites and even one & two-bedroom treehouses.

EcoAdventures’ website features 3, 4 & 5-Day All-inclusive packages with choice of guided tours and adventures.

Jungles and Archaeology

C A Y O (San Ignacio District)/Orange Walk/Belmopan)

The Cayo District of Belize is reached by taking the Western Highway from Belize City and is the area around the capital city of Belmopan and city of San Ignacio, bordering Guatemala. It covers some two thousand square miles of verdant landscape, has some of the most scenic attractions in Belize: clear, meandering rivers, lush jungles, green hillsides, thundering waterfalls, huge cave systems, two of Belize’s most important Mayan ruins (Xunantunich and Caracol), and a pine ridge forest just waiting for you to explore and experience. It’s rich with wildlife and a favored destination for ecotourists.

Orange Walk is further north, along the New River and New River Lagoon. It is home to teeming riparian and rainforest wildlife, and the Lamanai Archaeological site.

Lamanai Outpost Lodge - Orange Walk (left)
First Class
Discover the allure of Lamanai Outpost Lodge, scenically situated in the “Orange Walk” District on the New River Lagoon, adjacent to the Lamanai Archaeological Reserve, located about 2.5 hours northeast of Belize City. Visualize waking to a complex chorus of jungle sounds on a medicine trail. Next, explore the nearby Mayan ruins, observe delicate orchids, brilliant tropical birds, the Howler and Spider monkeys, and the unsurpassed natural beauty of Lamanai Outpost Lodge.
EcoAdventures’ website features 3, 4 & 5-Day All-inclusive packages with a choice of up to 2 excursions or activities per day from a selection of 11 exciting programs.

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Chaa Creek Expeditions - Cayo/San Ignacio District

Deluxe
As a private 365-acre nature reserve set along the banks of the Macal River in the foothills of the Maya Mountains, Chaa Creek has provided a unique rainforest experience for thousands of people while maintaining an unspoiled ambience. Chaa Creek Inland Expeditions caters to the traveler looking for both physical and intellectual challenges, and the range of programs and activities has been designed to stimulate interest in the environment, culture, natural history, and archaeology of Belize.

The jungle lodge has 23 comfortable palm-thatched cottage rooms including two Garden Suites and a Complete Garden Suite with Jacuzzi, two Tree Top Jacuzzi Suites, an Orchard and Spa Villa and a Macal Cottage with Jacuzzi, all nestled along the riverside in a setting of unmatched beauty and tranquility. Travelers share stories and relax on the veranda bar before enjoying delicious meals in the Chaa Creek restaurant. Guests interact with nature while exploring the river, miles of well-maintained forest trails, Maya temple sites, and through activities such as hiking, canoeing, horseback riding, mountain biking and bird-watching.

EcoAdventures’ website features 3, 4 & 5-Day All-inclusive packages with Special Guided Sightseeing Tours:
Belize Zoo, Natural History Museum, Butterfly Farm, and Rainforest Medicinal Trail, Canoeing on the Macal River, Xunantunich Mayan Ruins, Mountain Pine Ridge and the Rio On Fals.

Blancaneaux Lodge – Deluxe
Located in the Mountain Pine Ridge area, largest protected area in Belize, Blancaneaux was originally built by Francis Ford Coppola as a private retreat. Accommodations are provided in cabanas carefully designed with local hardwoods, pimento sticks, bay leaf thatched roofs, and richly varnished mahogany interiors. The lodge also offers a restaurant, bar, stargazing deck, bike rental, and gift shop. Each cabin is equipped with a private bathroom with hot water, ceiling fans, verandas, and hammocks.

The Gardenview Cabanas are nestled in carefully manicured gardens and showcase native arts and antiques, plus a large screened-in porch with a hammock.

The Riverfront Cabanas feature an expansive deck with a wrap around walkway to ensure a dramatic view of the Privassion River. Elegantly themed with native art and local textiles, each cabana offers a queen-sized bed and hand-painted tile bath.

Perched over a Privassion River waterfall, the Honeymoon Cabanas offer the ideal getaway. Choose between a huge private deck overlooking the falls or your own private garden paradise. The lodge also offers family cabanas, 2-bedroom villas and the magnificent Enchanted Cabana.

EcoAdventures’ website features a la carte packages with Blancaneaux alone or Blancaneaux and Turtle Inn combined. (see page 31)
Belize

Ambergris Caye

The Coast of Belize boasts the only atoll in the Americas and is a snorkel and dive paradise. Ambergris Caye is the largest island in Belize, and the main destination for travelers to this western Caribbean nation. San Pedro is the only town on the island. Ambergris Caye has been the hub of Belizean area maritime trade for centuries. Fishing, coconuts, and chicle were historic means of islanders support, but the last thirty years have led to a large growth in both the Belize dive and scuba trade, and ecotourism. The rich variety of things to do in San Pedro Town makes Ambergris Caye the gateway to Belize.

Ramon’s Village – Superior First Class

Located just a few blocks south of San Pedro, Ramon’s Village has become one of the most popular resorts on the island. It offers 60 private Tahiti-style cabanas, swimming pool, restaurant, bar, room service, gift shop, private pier, and complete dive shop. The cabanas are decorated with bright Caribbean colors and feature hardwood floors, high ceilings, ceiling fans, air-conditioning, and private verandas or balconies. There are individual cabanas with private verandas, surrounded by lush tropical plants and the sweet sound of birds singing just outside the window. There are either Gardenview or Seaside cabanas with two double beds, and two beachfront Honeymoon cabanas with king beds. There are also Seaside and Beachfront king rooms, located in separate buildings of four units each.

EcoAdventures’ website features a la carte packages plus 4-Day and 8-Day Dive Packages.

Sunbreeze – Superior First Class

Conveniently located in downtown San Pedro with easy walking access to all of the dining and entertainment that San Pedro has to offer, SunBreeze Hotel is a beachfront property with 43 spacious, air-conditioned rooms equipped with phone, private bathrooms, and cable TV. The hotel also offers swimming pool, bar, restaurant, laundry service, conference rooms, and gift shop.

EcoAdventures’ website features a la carte packages plus a 6-Day Adventure Package and a 6-Day Honeymoon Package. The Honeymoon Package is based on a Deluxe Ocean View Room with Jacuzzi bath, and includes a welcome bottle of champagne, a one-hour massage (1/2 hour per person) and a two-hour snorkel trip. The Adventure Package includes two snorkel trips and a full-day excursion to Lamanai Mayan Ruins with breakfast, lunch and refreshments.
**Mata Chica – Deluxe**

Mata Chica is a secluded and exquisite beach resort set on a long stretch of pearly white sand. Each of the fourteen private air-conditioned villas represents a different tropical fruit such as Mango, Papaya, Watermelon or Banana, to name a few. You will feel the delicious taste of color in the murals, hand painted by internationally renowned artist Lionel Dumas, enhanced by earthy furniture and colorful blankets from Mexico and Guatemala. The spacious bathrooms with living plants create the sensation of taking a shower in the jungle. The lobby features a lofty roof of wood beams and thatch, and is designed with elegance and style. The new air-conditioned Inter Martini Lounge combines space age technology with high-speed internet access, DVD players with a selection of exciting movies, with a sophisticated Martini Lounge. The Jade Spa offers a wide range of treatments like Aromatherapy Massages, Hairmask Treatments, Exfoliating Sea Salt, massages and facials. The award winning Mambo Restaurant is considered one of the best restaurants in Belize. Mambo’s chefs prepare contemporary dishes, and a variety of homemade pastas and breads, with fresh spices and herbs from the kitchen garden.

All of the rooms feature private patios with hammocks, feather duvets, Frette linens, towels, bathrobes and Central American interior furnishings.

**Accommodations range from Seabreeze Villas to Beachfront Casitas to large suites, and a Beachfront Villa and the Beach Mansion for larger parties.**

EcoAdventures’ website features a la carte packages.

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**Victoria House – Deluxe+**

Victoria House stands out as one of the finest properties in Ambergris Caye. This elegant resort is comprised of colonial-style houses and ten seaside, thatched-roof casitas. The resort also offers an excellent restaurant and bar and a fabulous beachfront pool. Eight Plantation rooms are located in two unique buildings, surrounded by a tropical hibiscus-filled garden and coconut palms. Each room features a private entrance and individual veranda with lovely views of the pool and beach. All rooms have Caribbean plantation-style interiors and feature a sitting area and either 1 king bed or 2 queen beds along with air-conditioning and a mini-bar.

EcoAdventures’ website features a la carte packages.
The Cockscomb Basin Wildlife Sanctuary is a nature reserve in south-central Belize established to protect the forests, fauna and watersheds of approximately 400 square kilometers of the eastern slopes of the Maya Mountains. The reserve was founded in 1990 as the first wilderness sanctuary for the jaguar and is regarded as the premier site for jaguar preservation in the world. The site consists of two distinct adjacent watersheds and is accessible via a low intensity trail system to accommodate visitors and environmental research scientists. The Maya Mountains and foothills are among the oldest surface rock formations of Central America; these Paleozoic sediments were uplifted about 200 million years ago in the Pennsylvanian and early Permian eras. The principal uplifted rock formations in the Sanctuary are quartzite and sandstone.

The name Cockscomb derives from the appearance of the Cockscomb Mountains ridge that resembles a rooster’s comb, which ridge is situated at the northern fringe of the reserve and which is easily visible from the coastal plain of the Caribbean Sea. Habitation by the ancient Mayas occurred in the Cockscomb Basin as early as 10,000 BC, but the first modern recorded history exploration of the basin did not occur until 1988. Principal plant communities are Pine forest, Elfin scrub, tropical moist broadleaf forest, shelter valley forest and floodplain thicket.

The Cockscomb Basin Wildlife Sanctuary is a nature reserve in south-central Belize; it is the capital of Belize’s Stann Creek District and is also the largest town in southern Belize. Dangriga is home to the Garifuna, a cultural and ethnic group, descendents of shipwrecked slaves and native Caribs. The Garifuna have adopted the Carib language but kept their African musical and religious traditions. Dangriga is also where the Caribbean music, Punta Rock, originated and where some of Belize’s folk bands can be found.

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Jaguars

Jaguares, also known as jaguars, are native to Central America and are the largest of the wild cats. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose. Jaguars are known for their impressive size, with males weighing up to 240 pounds. They are mostly solitary animals, known for their territorial behavior. Jaguars are largely nocturnal and are most active at dawn and dusk. While they are usually silent, they are capable of roaring, purring, and hissing. Jaguars are excellent swimmers and can reach speeds of up to 25 mph in water. They are also good climbers, with their front paws being particularly adapted for this purpose.
Placencia is a peninsula with sixteen miles of natural sandy beach, a virgin mangrove-fringed lagoon, a wonderland of coral-studded cayes, nearby jungle rivers and pristine rainforest. Garífuna, Creole and Mayan cultures and ancient Mayan ruins make Placencia the ideal location for the adventure traveler. Popular activities include kayaking the mangroves in the tranquil lagoon and perhaps spotting the manatees that live here. You can boat down the Monkey River where you can see howler monkeys, iguanas, and maybe even a crocodile or two along the river shore. There are incredibly diverse cayes that lie between Placencia and Belize’s Barrier Reef – second in size only to Australia’s Great Barrier Reef. A trip to Placencia is not complete without a boat ride to these cayes for snorkeling and diving.

EcoAdventures’ website features a la carte packages to Turtle Inn alone or with Blancaneaux and Turtle Inn combined.

Inn at Robert’s Grove – Superior First Class
The Inn at Robert’s Grove is nestled on 22 lush acres between the Caribbean Sea and the Placencia Lagoon. The hacienda-style inn is situated on the finest white, sandy beach of Placencia. With 52 beachfront and beach view rooms, including 12 deluxe ocean front suites, they are small enough to make you feel like a house guest, yet large enough to offer privacy, comfort, sociability, fine dining and as much activity as you’re in the mood for.

EcoAdventures’ website features a la carte packages.

Belize & Guatemala
7 Days/6 Nights - Caves Branch Lodge or Chaa Creek (Cayo) Tikal & Antigua, Guatemala
Day 1: Arrive Belize City and transfer to Cayo District
Afternoon shuttle transfer from Belize International or Belize Municipal Airport to the Cayo district, the tropical highlands of Belize. Visits will be made en route to the Belize Zoo and Xunantunich Mayan Ruins. Accommodations at Caves Branch Lodge, Chaa Creek Cottages or Blancaneaux.
Dinner at the lodge. (D)
Days 2 & 3: At Caves Branch Lodge you have a wide selection of activities. See page 26 for details. At Chaa Creek you are provided with a full-day excursion to Vaca Falls and Chumpiante Cave. A visit to the Butterfly Farm and a canoe trip down the Macal River are also included. (B, L, D Daily)
Day 4: Cayo/Tikal
Early morning departure to the vast Mayan archaeological site of Tikal in Guatemala. Enjoy a full-day guided tour of the site including admissions, guide services and lunch. Overnight at the Jungle Lodge in the archaeological park, at the Camino Real Tikal or at La Lancha. (B, L, D)
Day 5: Tikal/Antigua
Transfer to the airport in Flores for the short flight to Guatemala City. Meeting service and transfer to colonial Antigua, about a 45-minute drive. Enjoy two nights at Posada Don Rodrigo, Casa Santo Domingo or Casa Encantada.
Day 6: In Antigua
Morning guided tour of this charming, beautifully restored city, full of antiquities. Afternoon free to shop and explore.
Day 7: Transfer to the airport for the return flight to the U.S., or extend your stay with a trip to the Guatemalan Highlands or to Copan.

Chabil Mar Villas – Deluxe
Upon entering the premises of Chabil Mar Villas, you will be taken back by the sheer attention to detail. The exclusive Chabil Mar is a unique combination of luxury, privacy and adventure complemented with amenities that truly define a great property. Chabil Mar Villas boasts almost 400 feet of private beachfront and is the only gated community in the area. Built in 2006, each villa at Chabil Mar boasts a Caribbean-front view and is decorated in its own unique style. Chabil Mar features one and two bedroom luxury Villas appointed with original art and in many cases furnishings made from Belizean hardwoods and bamboo for that romantic feeling of the tropics. Detail is everywhere; Mexican hand-painted sinks, native art, endless windows for breathtaking views of the ocean, balconies for relaxing and cozy corners either in the gardens, the dockside or the barbecue areas for gathering alone or with your friends. All suites are fully air-conditioned and feature a fully-equipped kitchen, telephone, cable TV and DVD player, washing machine and dryer, dishwasher, high-quality linens, maid and room-service, free wireless internet and ceiling fans.

EcoAdventures’ website features a la carte packages.
Welcome to Guatemala...

Guatemala is best known as the center for the ancient Mayan civilization and the magnificent archaeological site of Tikal is the most impressive. The stellae of Quirigua are on the road to Copan. The ruins of Copan in Honduras are easily accessed by crossing the border from Guatemala.

However, the Maya never did disappear, and are alive and well in the highlands of Guatemala. The Mayan population is not homogenous and each village has its distinct dialect, weaving traditions and styles, yet the entire population shares a uniting religion and folk history. The Mayan religious beliefs are closely tied to the order of the cosmos and nature, and thrive to this day under a thin veneer of Christianity. Visiting these rich cultures and traveling through the lush and scenic mountain countryside is a highlight of any trip to Guatemala.

Antigua

Antigua, former Spanish colonial capital city of the Central American viceroyalty, was founded in 1543. Though partially destroyed by the 1773 earthquake, it still preserves its colonial character with ornate churches, convents, cobblestone streets and Spanish-style homes. It is also home to some of the best quality restaurants, boutique hotels and arts and crafts in the country, a “must see” on any trip to Guatemala. Most EcoAdventures passengers fly into Guatemala City and immediately proceed to Antigua, only a 45-minute drive from the airport.

Antigua Hotels

Posada de Don Rodrigo – Antigua – Tourist
The Posada de Don Rodrigo, a 270-year old renovated manor house, lies just steps away from the Town Hall and main square. All rooms are decorated in colonial style and offer the amenities of a modern hotel.

Casa Santo Domingo – Deluxe
This five-star hotel stands out as one of the finest properties in the Americas. It has successfully integrated all the comforts of our time into one of the most important colonial monuments of America, the three-century old monastery of Santo Domingo.

The hotel offers 96 rooms and suites equipped with cable TV, complete bathroom, safety box, and mini-bar. Guests will enjoy its gardens, pools, fountains, plazas, patios, arched ceilings and corridors, an archaeological museum, a colonial art museum, and an art gallery. The hotel also offers a swimming pool, gym, Jacuzzi, tennis court, bar, restaurant, room service, laundry service, and antique shop.

Casa Encantada – Deluxe+
Casa Encantada, a luxurious hotel in the 16th century Spanish Colonial City of Antigua, Guatemala, defines elegant, understated hospitality with the utmost in personal service and a staff conversant in Spanish, French and English. This small boutique hotel is located in the heart of Antigua within easy walking distance to all of the attractions, cafes and restaurants. There are nine individually decorated guest rooms and a magnificent rooftop suite and terrace with a bar and breakfast room.

A traditional timber and iron door opens from the cobblestone streets of Antigua to welcome you into a private garden courtyard complete with a pool which leads to the intimate reception and main salon. The salon, suite and guest rooms are Antiguan in décor featuring a collection of framed weavings adorning the walls and romantic flickering candles throughout during the evening. This comfortable and residential atmosphere lends itself perfectly to enjoying a glass of wine or cappuccino by the fireplace.
LAKE ATITLAN

Lake Atitlan is a mile-high spectacularly beautiful lake set among volcano peaks and surrounded by 12 Indian villages named after the 12 apostles.

The lake is volcanic in origin, filling an enormous caldera formed in an eruption 84,000 years ago. It is renowned as one of the most beautiful lakes in the world, and Aldous Huxley famously wrote of it: “Lake Como, it seems to me, touches on the limit of permissibly picturesque, but Atitlán is Como with additional embellishments of several immense volcanoes. It really is too much of a good thing.”

LAKE ATITLAN and Panajachel Hotels

Posada de Don Rodrigo - Panajachel – Tourist
The Posada de Don Rodrigo, a charming B&B in a renovated 200-year old house, sits at the lakefront just steps away from the town of Panajachel. All rooms are decorated in colonial style and offer the amenities of a modern hotel.

Hotel Atitlan – Superior First Class
This is a beautiful 62-room colonial-style hotel located right on the shores of Lake Atitlan. Its rooms feature private bathrooms, cable TV, phone, and balconies with breathtaking views of the lake and volcanoes. The hotel also offers a full-service restaurant, bar, botanical gardens, private beach, and water sports.

Casa Palopó – Deluxe+
Since it’s opening in 2000, Casa Palopó has established a tradition of personalized service, fine dining and eco-friendly activities in an incomparable setting. Located 90 miles from Guatemala City, Casa Palopo is a beautiful villa built on the hills surrounding Santa Catarina Palopó village, on the shores of Lake Atitlan, overlooking the lake and its three magnificent volcanoes. Palopó is the award-winning restaurant, offering superior international cuisine with a Guatemalan touch. There is alfresco service in the terrace with spectacular views. In the evenings there is also service in the indoor cozy dining room.

Each suite is furnished cozily and even the bathrooms have floor-to-ceiling windows, plus private sun decks. Frette linens and towels and AVEDA products in the bathrooms add to the refinement of the suites. Every suite feels like its own private wing, painted in bright colors and decorated with oversized furniture that evoke Guatemala’s Mayan heritage.

CHICHICASTENANGO

Chichicastenango is well-known for its open-air market on Thursdays and Sundays, where colorful native handicrafts of the region are traded. This is also the site of 400-year-old Santo Tomas Church, where to this day Catholic and Pagan rites are blended.

CHICHICASTENANGO Hotels

Mayan Inn – First Class
The Mayan Inn is located in the heart of Chichicastenango, within a block of one end of the famed market. It has been welcoming guests since 1932 when the late Alfred S. Clark first opened the Inn. There are a total of 30 rooms, each its own museum. When you arrive you will be greeted by one of the QUICHE-MAYA attendants who will lead you to your room. Enter through a covered Spanish doorway where a warm fire greets you, along with many pieces of Spanish colonial art. There are three unique dining rooms for breakfast, lunch and dinner with a tasteful blend of international and local dishes for your enjoyment. The lounge and bar create a warm atmosphere for you to enjoy your favorite cocktail, wine or beer, all expertly prepared. Step outside and you’ll hear music – unusual, intriguing... it’s Marimba being played in the patio.

Hotel Santo Tomas – First Class
The Hotel Santo Tomas will charm you from the moment you pass through its reception area and into the central courtyard to its antique colonial fountain, hand-painted tiles, terracotta floors, and plentiful flowers and birds. Antiques decorate this colonial inn, and all rooms have private bathrooms.

Hotel Atitlan – Superior First Class
This is a beautiful 62-room colonial-style hotel located right on the shores of Lake Atitlan. Its rooms feature private bathrooms, cable TV, phone, and balconies with breathtaking views of the lake and volcanoes. The hotel also offers a full-service restaurant, bar, botanical gardens, private beach, and water sports.

Chichicastenango Hotels

Mayan Inn – First Class
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Casa Palopó – Deluxe+
Since it’s opening in 2000, Casa Palopó has established a tradition of personalized service, fine dining and eco-friendly activities in an incomparable setting. Located 90 miles from Guatemala City, Casa Palopo is a beautiful villa built on the hills surrounding Santa Catarina Palopó village, on the shores of Lake Atitlan, overlooking the lake and its three magnificent volcanoes. Palopó is the award-winning restaurant, offering superior international cuisine with a Guatemalan touch. There is alfresco service in the terrace with spectacular views. In the evenings there is also service in the indoor cozy dining room.

Each suite is furnished cozily and even the bathrooms have floor-to-ceiling windows, plus private sun decks. Frette linens and towels and AVEDA products in the bathrooms add to the refinement of the suites. Every suite feels like its own private wing, painted in bright colors and decorated with oversized furniture that evoke Guatemala’s Mayan heritage.
Approximately 190 miles north of Guatemala City, in a jungle-choked region called the Peten, lie the astonishing ruins of Tikal, principal city of the Maya people. The Maya civilization extended from what is today Yucatan, Mexico throughout Guatemala, and thrived from 600 B.C. to about 900 A.D. At its height, Tikal had over three thousand stone structures and supported over one million inhabitants within the city and its surrounding area, and is the most grandiose of all pre-Columbian Mayan ruins. You can get to Tikal by air from Belize City or Guatemala City to Flores, and overland from San Ignacio in Belize.

**ANCIENT COPAN**

**2 Days/1 Night**

**Day 1:** Morning drive to Copan, crossing the Honduras border. An expert guide will show you this classical Maya site: pyramids, courts, temples, and the largest grouping of Maya stele found to date. Recent studies have gleaned new insight into the Mayan history. Overnight at the Posada Real Copan.

**Day 2:** Morning free to do more sightseeing on your own before the return transfer to Guatemala City.

**G U A T E M A L A E C O L O G Y**

**COBAN & THE QUETZAL RESERVE**

**2 Days/1 Night**

**Day 1:** 5:00 AM departure from Guatemala City. Drive east and then north into the cloud forest of Alta Verapaz. Breakfast stop at the Quetzal Reserve with time to walk the trails in search of the elusive Quetzal. Then continue to Coban, the capital of the province, visiting an orchid farm en route, featuring over 700 varieties. After lunch in Coban continue the drive through the glorious countryside of coffee, cocoa and cardamom plantations, arriving in the late afternoon at the Caves of Lanquin, in time to watch the thousands upon thousands of bats at sunset. Overnight at the charming ecododge of El Recreo. (B, L, D)

**Day 2:** Early morning descend to the tropical lowlands to the limestone pools of Semuc Champey. The raging Cahabon River roars into the pools only to disappear beneath them. After lunch (on own) return drive to Guatemala City. (B)

**Flores and Tikal Hotels**

**The Jungle Lodge – Tourist Category**

The Jungle Lodge Hotel was established in 1956 by Mr. Antonio Ortiz Contreras (the discoverer of the temple of the inscriptions in 1951), and is just a 10-minute walk from the ceremonial center of Tikal. The Jungle Lodge Hotel has recently undergone renovation in order to adjust to the modern standards of comfort and hospitality. The hotel’s gardens offer tourists a spectacular environment with its varied flora and fauna. Among the animal species that can be found in the gardens are coati, wildcat, parrots, macaws, spider monkey, howler monkey, crested guan, golden oriole, ocellated turkey, etc. The facilities include a bar, restaurant, gift shop and inviting pool. There are a total of 36 bungalows and two Jr. Suites. The Jr. Suites feature one king bed, a double sofa bed, a ceiling fan, and private bathroom with tub and shower with hot and cold water. The Bungalows have two comfortable double beds, a ceiling fan, and private bathrooms with hot and cold water.

**Camino Real Tikal – Superior First Class**

Camino Real Tikal is located on the shores of Lake Peten Itza, about 45 minutes’ drive from Tikal National Park. The hotel boasts 72 air-conditioned rooms featuring complete bathroom, phone, TV, mini-bar, and balconies overlooking the lake. Amenities include swimming pool, café, disco bar, international restaurants, boutique, laundry service, and water sports.

**La Lancha – Deluxe**

Another outstanding property in the Francis Ford Coppola collection, La Lancha Resort overlooks the beautiful and unspoiled Lake Peten Itza, near the region of Tikal. The Main Lodge, with its soaring thatch roof and open views, is the center of activity, and houses the reception area, restaurant/bar and gift shop. The free-form pool offers a welcome, refreshing interlude after nature excursions and activities. A winding path leads guests from the main lodge to secluded Casitas. Each is brightly decorated, inspired by native art furnishings. Each casita has an extra large bedroom with a queen sized bed and large marble tile bathroom, antique Balinese and Guatemalan furniture throughout. Be prepared for visits from the friendly howler monkeys that come right up to the edge of the deck! The Rainforest (Jungle view) Casitas have a view of the surrounding forest and a partial view of the lake and feature native furniture, arts and crafts, a queen-sized bed and a comfortable private bathroom. Outside, enjoy a covered deck with hammocks and chairs to take in the beautiful views. The Lakeview Casitas offer a breathtaking-panorama of Lake Peten Itza and feature a large deck with hammocks and chairs for optimum viewing of the lake and surrounding rainforest.
**Guatemalan Highlands**

6 Days/5 Nights  Antigua - Chichicastenango - Lake Atitlan

Day 1, Mon or Thur: Arrive Antigua  Arrival at the Guatemala City Airport and transfer to Antigua. Overnight in selected hotel.

Day 2, Tue or Fri: In Antigua  Antigua is a true colonial gem, and today you will visit the principal sites, which will include centuries-old churches, convents, and plazas. You will have a walking tour with a special historian/guide. Many buildings have been beautifully restored, others remain as they were after the devastating earthquakes of 1776 and 1976. Antigua is short for Antigua Guatemala City and it was the original capital of Guatemala, and remains largely in its pristine colonial style.

Day 3, Wed or Sat: Antigua to Chichicastenango  Departure from Guatemala City or from Antigua for the highland town of Chichicastenango. The scenic drive through the rolling, mountainous countryside takes about two hours. The farms are lush and productive due to the rich, reddish volcanic soil. Arrival in Chichicastenango and overnight at either the Mayan Inn or the Hotel Santo Tomas.

Day 4, Thur or Sun: Market Day and Lake Atitlan  You have the morning free to witness the unique Indian religious ceremonies on the steps of the Church of Santo Tomas. The church was built on the site of a Mayan religious center, and the Indians to this day gather outside the church to make their offerings to the Mayan gods. Then enjoy the largest open-air market in Central America, where you will find beautiful handicrafts from all over the highlands. In the afternoon you will be transferred to Lake Atitlan via private vehicle with a driver only. The drive takes about 45 minutes. Overnight at your hotel of choice.

Day 5, Fri or Mon: At Lake Atitlan  Depart this morning for a trip across Lake Atitlan. There are twelve towns dotted around the lake, each named after one of Jesus’ twelve apostles. Visit the town of Santiago de Atitlan (St. James) and its quaint church painted in the Creole style. The church houses a statue of Jesus, in the same style, to which miracles have been attributed.

Day 6, Sat or Tue: Lake Atitlan to Guatemala City or Antigua  Return transfer to Antigua or Guatemala City.

**Belize & Guatemala**

7 Days/6 Nights  - Caves Branch Lodge or Chaa Creek (Cayu) Tikal & Antigua, Guatemala

Day 1: Afternoon shuttle transfer from Belize International or Belize Municipal Airport to the Cayo District, the tropical highlands of Belize. Visits will be made en route to the Belize Zoo and Xunantunich Mayan Ruins. Accommodations at Caves Branch Lodge, Chaa Creek Cottages or Blancaneaux. Dinner at the lodge. (D)

Day 2 & 3: At Caves Branch Lodge you have a wide selection of activities. See page 26 for details. At Chaa Creek you are provided with a full-day excursion to Vaca Falls and Chumpiate Cave. A visit to the Butterfly Farm and a canoe trip down the Macal River are also included. (B, L, D Daily)

Day 4: Cayo District/Tikal  Early morning departure to the vast Mayan archaeological site of Tikal in Guatemala. Enjoy a full-day guided tour of the site including admisions, guide services and lunch. Overnight at the Jungle Lodge in the archaeological park, at the Camino Real Tikal or at La Lancha. (B, L)

NOTE: For Caves Branch Lodge this transfer operates Tue. & Thur. only)

Day 5: Tikal/Antigua  Transfer to the airport in Flores for the short flight to Guatemala City. Meeting service and transfer to colonial Antigua, about a 45-minute drive. Enjoy two nights at Posada Don Rodrigo, Casa Santo Domingo or Casa Encantada.

Day 6: In Antigua  Morning guided tour of this charming, beautifully restored city, full of antiquities. Afternoon free to shop and explore.

Day 7: Transfer to the airport for the return flight to the U.S., or extend your stay with a trip to the Guatemalan Highlalnds or to Copan.

NOTE: This program may be reversed.

**Optional Highlands Extension**

Day 1, Wed or Sat: Guatemala City or Antigua to Chichicastenango  Departure from Guatemala City or from Antigua for the highland town of Chichicastenango. The scenic drive through the rolling, mountainous countryside takes about two hours. The farms are lush and productive due to the rich, reddish volcanic soil. Arrival in Chichicastenango and overnight at either the Mayan Inn or the Hotel Santo Tomas.

Day 2, Thur or Sun: Market Day and Lake Atitlan  You have the morning free to witness the unique Indian religious ceremonies on the steps of the Church of Santo Tomas. The church was built on the site of a Mayan religious center, and the Indians to this day gather outside the church to make their offerings to the Mayan gods. Then enjoy the largest open-air market in Central America, where you will find beautiful handicrafts from all over the highlands. In the afternoon you will be transferred to Lake Atitlan via private vehicle with a driver only. The drive takes about 45 minutes. Overnight at your hotel of choice.

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Day 4, Sat or Tue: Lake Atitlan to Guatemala City or Antigua  Return transfer to Antigua or Guatemala City.

NOTE: The itinerary may be reversed:

Day 1, Sat or Tue: Arrive Antigua
Day 2, Sun or Wed: In Antigua
Day 3, Mon or Thur: Antigua or Guatemala City to Lake Atitlan
Day 4, Tue or Fri: At Lake Atitlan
Day 5, Wed or Sat: Lake Atitlan to Chichicastenango
Day 6, Thur or Sun: Market Day and return to Antigua or Guatemala City

NOTE: The itinerary may be reversed:

Day 1, Mon or Thur: Antigua to Lake Atitlan
Day 2, Tue or Fri: At Lake Atitlan
Day 3, Wed or Sat: Lake Atitlan to Chichicastenango
Day 4, Thur or Sun: Market Day and return to Antigua or Guatemala City
Welcome to Panama...

Panama has been known as the "Crossroads of the World" because of the Canal, but tourism to Panama has recently expanded. The long-protected areas of the Canal Zone are now open to visitors; former canal buildings have been modernized to provide first class hotel accommodations, while limiting intrusion into these hidden, natural areas. Guided hikes through rainforests and boat trips on the canal offer new adventures. The previously unexplored highlands of northern Panama have a cooler climate and rich biodiversity. You can end your visit to Panama with a restful and relaxing stay at an all-inclusive beach resort that boasts all the modern amenities of an international hotel, just a few hours from Panama City. For the adventuresome, we recommend a visit to Bocas del Toro on the north Caribbean Coast, or an off-the-beaten-path snorkel and dive trip.

There are several ways to visit the Panama Canal. The closest and most convenient are the Miraflores Locks right outside of Panama City. These are the tallest in the system due to the extreme tidal variation in the Pacific Ocean. On Saturdays a tour operates that provides a partial canal transit through the Miraflores and Pedro Miguel Locks and then cruises the famous Gailliard Cut, a nine-mile excavation through Panama’s backbone, to lake Gatun. During the transit you will have the opportunity to experience and hear explanations of one of the modern wonders of the world. Arrive at Gamboa on Lake Gatun and motorcoach transfer back to Panama City.

Another fun trip is the train trip to Colon, called the Train & History Tour. The Trans-Isthmian train was the first transcontinental train in the world, running parallel to the Panama Canal. The train combines luxury on board with extraordinary views along the rainforest. The train has an open car where visitors can enjoy a drink, and the passing scenery of this historic route, al fresco. Visitors travel from Panama City to Colón, from one ocean to another, in one hour, catching sight of ships in the canal and the colorful life of Panamanian towns in addition to the rainforest. Upon arrival at Colón visitors are escorted to the historic Spanish settlement of Portobelo before returning to Panama City. Portobelo introduces visitors to the adventure and intrigue of the age of pirates and conquistadors. Visitors tour the forts and the newly restored customs building in addition to the local church, which houses the famous "Black Christ".

Suggested Optional Day Tours
- Half-day Panama Canal Zone: Miraflores Locks (Daily)
- Half-day Partial Panama Transit Tour (Sat. only)
- Full-day Panama Canal Complete Transit (Specific Sat. only)
- Half-day Barro Colorado Tour (Daily)
- Half-day Pipeline Nature Trail (Daily)
- Full-day Las Cruces Trail with lunch (Daily)
- Full-day Train to Colon & Portobelo Tour (Daily)
- Full-day Anton Valley Tour with Sunday Crafts Market
- Full-day Anton Valley Tour with Zipline Tour (admissions extra)
- Full-day Ft. Lorenzo & Gatun Locks Tour with lunch (Daily)
Nature Tours from Panama City
Gamboa
Gamboa, 30 km. north of Panama City, is a small town on the east bank of the Panama Canal, north of the Chagres River. In the early 1930s the Panama Canal Company constructed Gamboa at the confluence of the Panama Canal to house its Canal Maintenance (Dredging) Division. The facilities are now closed and the buildings have been restored to accommodate tourists who want to visit the 22,000-hectare Soberania National Park. This is a protected area containing a wide variety of forest and freshwater habitats, administered by Panama’s National Authority for the Environment (Autoridad Nacional del Ambiente, or ANAM). Day tours from Panama City are available, most notably, the Pipeline Nature Trail, the Barro Colorado and the Las Cruces Trails.

SAN BLAS ISLANDS
3 Days/2 Nights
Day 1: Panama City to San Blas Islands Early morning transfer to the airport for a flight eastward to the San Blas Islands. Boat transfer to your hotel of choice for a welcome breakfast. After lunch you will have a tour to the nearby San Blas Islands. All meals included. (B, L, D)
Day 2: San Blas Islands After breakfast you will be provided with more tours of the San Blas Islands. Visits include Kuna Island, Cultural Center and the Congress House. An afternoon visit is provided to an uninhabited island for beaching and snorkeling. For Coral Lodge the day is free for optional activities. Kayaking and snorkeling gear are provided free of charge. Fishing, diving, guided kayak and nature tours are additional. (B, L, D)
Day 3: Return to Panama Boat transfer to the airport for your flight back to Panama. (B)

Dolphin Lodge
Located on the small island of Uaguitupo and owned and operated by a Kuna family, the accommodations at Dolphin Lodge are rustic but comfortable in traditional Kuna-style huts with cozy beds, indoor bathrooms and a hammock on the front porch. Meals are basic but plentiful, served in the Bohio dining room overlooking the Caribbean Sea. Electricity is provided by solar panels to the 11 standard cabins from 5:00 am-7:00 am and from 6:00 pm-11:00 pm. After 11:00 pm oil lamps are provided for emergencies. 24-hour electricity is provided to the three Jr. Suites.

Coral Lodge
Coral Lodge is the only eco-lodge in the Americas to offer beautiful golden beaches, fantastic reef diving, pristine rainforest and mangrove kayaking. Located adjacent to the San Blas Islands (Kuna Yala), Coral Lodge combines relaxed Caribbean charm with tastefully appointed over-the-water villas. You can enjoy the breezy 180° vistas from the Jacuzzi bath, glass-floor sitting room, hammock or private sundeck. Designed to enjoy and preserve the luxuriant host environment, every aspect of the lodge’s infrastructure and operation has been intended to minimize the impact and promote conservation. A fusion of Caribbean, Mediterranean and Latin cuisine is served in the over-the-water Cayuco Café Bar or the Casona Bohio Restaurant with a fabulous thatched roof and linen dining.

NOTE: Coral Lodge is located on the mainland right on the border of the San Blas reserve (Kuna Yala). Because of Kuna traditions, no hotel like Coral Lodge exists in the archipelago. The location has a number of advantages over the island because it offers more activities and amenities such as diving. The return transfer is overland via Colon and Portobelo, with an option to take the train from Colon to Panama.

CHIRIQUI HIGHLANDS
3 Days/2 Nights
Day 1: Panama City to Chiriqui Highlands Transfer to the airport for a flight northward to the town of David to begin the ascent into the Chiriqui Highlands of Panama. End the day at the lofty (3800 ft. elevation) village of Boquete. Originally settled by Swiss and German immigrants, it retains its quaint ambiance, with views of the Baru Volcano, the extensive forest, and coffee plantations. Spend the next two nights at the Panamonte Hotel, a small, cozy lodge that’s decorated with colonial artwork and country style furnishings. Warm yourself by the fireplace this evening in the intimate bar.
Day 2: Chiriqui Highlands After breakfast depart for the eco-friendly Coffee Farm “Cafetalera Fernandez”, property of Dr. Ricardo Fernandez, a prestigious coffee farm in Boquete. The coffee plantation is situated at an altitude of 4,265 feet (1,300 meters), in a region covered in frequent fog, rich black volcanic dirt, small waterfalls, and surrounded by the mountain forest and a great variety of native trees, (Guayaba, Cuellito, Cedar, Ashe, Higueron, Poro, etc.) which allows for viewing of local and migratory birds. The afternoon is free to partake in a variety of optional activities: bird-watching, exploring and hiking on Baru Volcano, rafting the exciting Rio Chiriqui, or soaking in the medicinal hot springs at Caldera. (B)
Day 3: Return to Panama City Transfer to the airport for your flight back to Panama. (B)
The Beaches

Secrets Playa Bonita Resort & Spa
Golden sands fringed by an emerald ocean, beautiful sunrises and the most stunning views of the Pacific Ocean, provide the perfect setting for The Secrets Playa Bonita Resort and Spa, nestled on two kms. of private beach. Apple Leisure Group, a subsidiary of AMResorts, acquired the management of the Intercontinental Playa Bonita Resort in 2015 and the completely renovated resort offers 303 All Ocean-View rooms and suites, as well the public buildings, meeting rooms and multiple restaurants.

Take your senses on a culinary tour through the three remarkable dining venues, or enjoy 24 hour in-room dining on your room’s own private balcony as you gaze out at the islands and the Panama Canal entrance. For leisure activities, Secrets is a sanctuary for the senses. The 10,000 sq. ft. holistic Spa offers restful luxury that defines the perfect rejuvenating experience with soothing therapies, outdoor massages, seaweed wraps, facials and exotic invigorating treatments, while the resort’s five freedom pools and private beach offer an array of water sports and activities to soothe every personal preference.

Playa Bonita
Playa Bonita Panama is ideally situated for those who want a beach resort away from the hustle and bustle of the city but who want to be close enough to enjoy some tourist attractions. This beautiful, mile-long white-sand beach is only 17 miles from the resorts, six miles away from the famous Panama Canal’s Miraflores Locks, or the UNESCO World Heritage site of Panama Viejo and the Historic District of Panama City. There are also a range of other excursions, such as trips to the Amador Causeway, the Punta Bruja Nature Preserve, to the Anton Valley, or bird watching and whale watching.

The Westin Playa Bonita – All-Inclusive
This beautiful hotel towers over the surrounding rainforest, but offers panoramic views of the Pacific Ocean, the rainforest, and the downtown skyline of Panama City. Guests at the Westin Playa Bonita Panama all-inclusive plan will enjoy three meals a day in a variety of dining establishments. The variety for this 611-room resort with six restaurants and four bars will ensure that dining is never boring.

The famous Westin Heavenly Bed involves layers of down, 200-thread count sheets, five plush pillows, and a pillowtop mattress. Enjoy a dual showerhead, a curved shower rod, and separate tubs and showers, white Tea Aloe bath amenities. The Breathe Westin program makes every inch of the Westin smoke-free.

One of the best services the Westin Playa Bonita Panama provides would be the spa at the Sensory Spa by Clarins. This spa retreat is a hydrothermal wellness circuit, with hot and cold treatments that stimulate circulation and cleanse skin. Package inclusions are subject to change without notice.

The JW Marriott Panama Golf & Beach Resort
Located in Buenaventura, Panama, and occupying hundreds of acres of pristine Pacific coastline, this hotel is truly a tropical oasis. We invite you to experience the state-of-the-art resort amenities, which include a Jack Nicklaus-designed golf course, an array of ocean side pools, and a full-service luxury spa. You can dine at one of several restaurants - from savory steakhouse fare at Prime 19 to fresh Japanese sushi at Tai Kai. Adventure-seekers can easily head to the nearby Playa Rio Mar for unmatched surfing, or visit the Valle de Anton for zip line tours and hiking.

The light-filled, luxurious hotel rooms and suites boast expansive floor-to-ceiling windows, a balcony with scenic resort views or a private garden space. The Spanish Colonial-style rooms feature rich, hardwood floors and soft, inviting design accents. The spa-like marble bathrooms are outfitted with plush robes and a luxurious, oversized bathtub. High-speed free internet access iPod docks and international cable keep guests in touch with the world.
Red Frog Beach Island Resort
An Island Escape Designed by Nature

Set amid the enchanted Caribbean Archipelago of Bocas del Toro, get ready to discover incredible beaches, unique tours, and soak in the serene island landscape. Unlike other tourist destinations, only Nature could have designed this. Red Frog Beach has restaurants, a spa, a zipline canopy tour, great beaches, tours, activities and history – no where else in Panama offers so much. These villas are ideal for families and couples looking for a unique island getaway to unwind and relax.

You will fly into Bocas airport and after seeing Bocas town, an island hop over the Caribbean Sea through the mangrove eco-system will take you to the famous Isla Bastimentos. You will be welcomed at the dock with keys to your own Jungle Cart and driven through the jungle to arrive at your immaculate villa set above the beach.

Isla Bastimentos Nature Reserve
The Nature Preserve, adjacent to the resort, showcases that environment that makes Red Frog Beach different from other island beach destinations. When the Bocas del Toro archipelago separated from the mainland about 8,000 years ago, a distinctive, lush ecosystem was born, destined to become the “Galapagos of the Caribbean.” From the world famous namesake of the resort, red frogs (and their color variations), to extensive coral reefs and mangroves, you will be charmed by the brilliant surroundings. Panama dedicated over 13,000 hectares of land and water on and around Isla Bastimentos as the country’s first National Marine Park. The boundaries protect over 1/3 of the island plus much of the water with irreplaceable coral reefs, endangered sea turtles, exotic animals, reptiles and colorful birds.

Punta Caracol
Punta Caracol was born out of the idea of creating an Acqu-Lodge in a totally virgin and natural environment. The idea is to offer guests a pure and intimate experience with nature in a place of singular beauty where they can relax in comfort. The Lodge is built over the Caribbean Sea, along a mile-long coral reef. Each handsomely crafted cabin is built on stilts over the water, covered by a palm leaf roof – an unforgettable habitat congruent with the native communities of the region. Natural building materials were used – different kinds of native woods and plants, clays, leaves, bamboo and wild cane. There are nine exclusive cabins set over the crystal clear waters of the Bocas del Toro archipelago. From your private terrace you will be able to observe impressive sunsets interrupted only by playful dolphins. Learn how to coexist with the most advanced systems of renewable energy – solar panels provide electricity to the cabins and the bio-digester reprocesses waste, avoiding any type of pollution of the pristine environment. At night, the restaurant’s impressive terrace and thatched roof creates the perfect surrounding for a candlelight dinner. Enjoy a variety of Caribbean, local and international dishes.
GENERAL TERMS AND CONDITIONS:

ENROLLMENT PROCEDURES AND DEPOSITS

Land Tours: In order to secure space, a $200 per person non-refundable deposit is required. Deposit requirements may vary during certain peak periods.

Airfares: Any airfares quoted are subject to change without notice and are subject to confirmation in the inventory required for that fare. Airfares cannot be guaranteed unless tickets have been issued, and in most cases tickets must be issued within 24 hours of making the reservations.

Cruises and Special Packages: Deposit and payment requirements will vary and are in addition to the $200 per person deposit required for the land tours and will be advised upon quoting.

TRIP INSURANCE: Coverage is effective only from the date that insurance has been accepted on the acceptance/waiver form, and clients are automatically protected against pre-existing and pre-paid trip cancellation/interruption insurance will be automatically charged to all EcoAdventures bookings. Clients must accept or waive the insurance by signing a waiver, which is provided on the credit card authorization form.

FINAL PAYMENTS Land Tours: Final payment must be received by EcoAdventures 60 days prior to departure. All check payments must be made out to EcoAdventures Trust Account.

FINAL PAYMENTS Cruises & Special All-Inclusive Packages: Final payment must be received by EcoAdventures 90 days prior to departure. All check payments must be made out to EcoAdventures Trust Account.

PAYMENTS BY CREDIT CARD: Payments may be made by Visa, Mastercard, American Express, or Discover. Diners and Carte Blanche are not accepted.

LATE PAYMENTS/BOOKINGS: Payments received between 30 and 59 days prior to departure will be subject to a $50 per booking service charge, and between 11-29 days prior to departure will be subject to a $100 per booking service charge, plus the cost of any special delivery services required to expedite documents. No bookings will be accepted within less than 11 days prior to departure date.

INCLUDED IN OUR LAND TOUR SERVICES: Transfers, land transportation and sightseeing excursions via motorcoach, minibus, van, train, or other conveyance as specified, except in cases where private vehicle and driver are specified. Hotels are carefully selected by category and quoted. Trip cancellation/interruption insurance will be automatically charged to all EcoAdventures bookings. Clients must accept or waive the insurance by signing a waiver, which is provided on the credit card authorization form.

CANCELLATIONS Land Tours: All cancellations must be received in writing and will be subject to the following penalties: Cancellations received at any time will be subject to a $200 per person processing fee. Cancellations received within 60 days prior to departure date will be subject to 50% of the tour. Cancellations received between 45 days prior to departure date will be subject to 100% of the tour. Airline tickets in most cases are non-refundable.

Cruises and Special All-Inclusive Packages: Deposits and penalties will vary by each company. Consult us for details. Special Note Regarding High Season: Conditions for special peak season dates, such as Christmas, New Years, Easter and local holidays may vary. Consult us for details.

CUSTOMIZATION: There is a $50 fee assessed for any modifications to existing itineraries in the brochure, up to a maximum of two changes. More than two changes constitute a customized proposal. The following is the schedule of fees for CUSTOMIZED PROPOSALS:

<table>
<thead>
<tr>
<th>Itinerary Length</th>
<th>Customization Fee</th>
<th>Maximum consultation/preparation time</th>
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<tr>
<td>4-10 days</td>
<td>$100</td>
<td>2 hours</td>
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<tr>
<td>11-29 days</td>
<td>$150</td>
<td>3 hours</td>
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<td>20+ days</td>
<td>$200</td>
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The Customization fees are applicable to passengers' final payment, but if passengers do not book with EcoAdventures the fees are non-refundable. TRAVEL AGENTS: Agencies with $15,000 or more in bookings with EcoAdventures, Inc. over a 24 month period will be exempt from Customization fees.

CHANGES: Changes initiated by the travel agent or the passengers after deposit has been paid are subject to a $50 fee PER CHANGE. Changes that require re-issuance of airline tickets will be subject to a $150 fee PER CHANGE, plus applicable airline penalties, change charges or additional collection for changes in airfare. Changes initiated by force majeure, the tour operator, or by the airlines will not be surcharged. Changes initiated by EcoAdventures will not be charged.

PERSONAL TRAVEL DOCUMENTS: EcoAdventures’ staff will assume that all passengers are U.S. citizens unless otherwise specified. Passports are required and should be applied for at least 30 days before departure date. Participants are required to comply with all visa, tourist card and health regulations applicable to the countries they will be visiting. Responsibility for proper documentation rests with the passenger and his/her travel agent, not with EcoAdventures. Non-U.S. passport holders should check different requirements, if any, for countries to be visited and for re-entry into the U.S.

RESPONSIBILITY OF OPERATOR: EcoAdventures, Inc. and/or suppliers assume no responsibility for any injury, death, damage, loss or delay incurred by any person in connection with the service of any train, vessel, carriage, aircraft, motorcoach or any other conveyance or by reason of any event beyond the control of the operator or supplier, or due to strikes or force majeure. The operator or suppliers shall not be held responsible for any act, omission or event. If it becomes necessary or advisable for the comfort or well-being of the passengers, or for any reason whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to the tour operator and any additional charges may be collected from passengers at time of occurrence. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or retain any passenger. In such instances full or equitable amount will be refunded, but this amount shall not exceed the amount paid by the passenger. Schedules herein are subject to change without notice. Claims for refunds must be received by EcoAdventures within 30 days of completion of the trip. Claims received beyond that date will not be considered. Similarly, the tour operator accepts no liability for loss of or damage to luggage; therefore, baggage/personal effects insurance is highly recommended.

TRIP INSURANCE: Trip cancellation/interruption insurance is NOT included in Eco-Adventures’ rates. It is highly recommended that you review the cancellation penalties.

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