



COSTA RICA BEACHES & MOUNTAINS ECO-ADVENTURE RAINFOREST RETREAT TRAVEL PACKAGES

MANUEL ANTONIO & BUENAVENTURA
9 DAYS / 8 NIGHTS





COSTA RICA BEACHES & MOUNTAINS ECO-ADVENTURE RAINFOREST RETREAT TRAVEL PACKAGES (9 DAYS / 8 NIGHTS)

PLAYA MANUEL ANTONIO - 4 NIGHTS

BUENAVENTURA RETREAT CENTER - 4 NIGHTS

DAY TO DAY TRAVEL ITINERARY:

Day 1 (Saturday): Arrive in Costa Rica, Transfer to Manuel Antonio on SANSA Airlines, Check into Hotel (Karahe or Tulemar), Spend Afternoon Relaxing at Hotel or Exploring Manuel Antonio Beach/Town, Suggest Dinner at Mar Luna, Saturday night dancing at Republic in Quepos, Spend 1st night in Manuel Antonio

Day 2 (Sunday): Breakfast at hotel or nearby restaurant, Visit Manuel Antonio National Park (Self-guided or hire a guide at the entrance) and spend day on the beaches of Manuel Antonio, Suggest Lunch at Marlin Restaurant, Spend Afternoon Relaxing at hotel or on the beach, Sunset Cocktails at Barba Roja Sunset Deck, Suggest Dinner at Barba Roja, Spend 2nd night in Manuel Antonio

Day 3 (Monday): Breakfast at hotel or nearby restaurant, Canopy Safari Zipline Tour with Lunch included, Spend Afternoon Relaxing at hotel or on the beach, Sunset Cocktails & Tapas at GAIA Resort, Suggest Dinner at Agua Azul, Spend 3rd night in Manuel Antonio

Day 4 (Tuesday): Breakfast at hotel or nearby restaurant, R&R Day on the Beach, Suggest visit to Si Como No's Private Wildlife Refuge, Suggest Lunch at Cafe del Mar, Sunset Dinner at Barba Roja Sunset Deck, Suggest Dinner at Anaconda Restaurant, Spend 4th night in Manuel Antonio

Day 5 (Wednesday): Breakfast at hotel or nearby restaurant, Transfer to Buenaventura with your host Harlow, Check in to Buenaventura, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or go for a nature walk, Dinner served at your casita at Buenaventura, Spend 5th night at Buenaventura

Day 6 (Thursday): Breakfast, Orientation Tour of Buenaventura Lower Level and Tres Semillas Organic Farm/Eco-Education Farm Camp, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 6th night at Buenaventura

Day 7 (Friday): Breakfast, Avatar Adventure Rainforest & Toucan Rock Waterfall Hiking Tour with guides Harlow & Gerardo, Lunch served at the waterfalls, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 7th night at Buenaventura

Day 8 (Saturday): Breakfast, R&R Day to relax or swim in the river, take a nature walk, plant trees or volunteer, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 8th night at Buenaventura

Day 9 (Sunday): Breakfast, Transfer to Quepos airport with your host Harlow to take SANSA flight back to San Jose International Airport, Check in for flight back to US, Fly home!



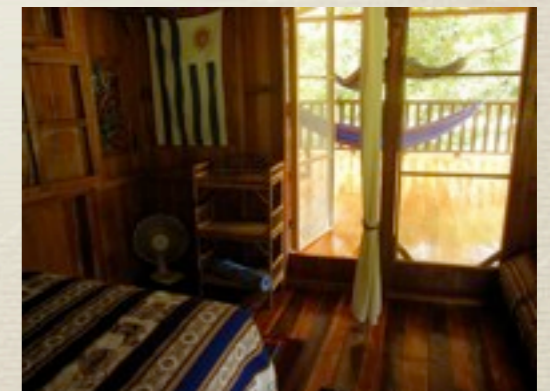
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PLAYA MANUEL ANTONIO - 4 NIGHTS

BUENAVENTURA RETREAT CENTER - 4 NIGHTS

High Season (Jan 1st - April 30th)	2 Pax	3 Pax	4 Pax
Hotel Karahe & Buenaventura	\$2,520	\$3,465	\$4,410
Tulemar Bungalows & Buenaventura	\$3,320	\$4,300	\$5,260
Low Season (May 1st - November 15th)	2 Pax	3 Pax	4 Pax
Hotel Karahe & Buenaventura	\$2,425	\$3,350	\$4,275
Tulemar Bungalows & Buenaventura	\$2,970	\$3,940	\$4,910

* All Prices are in US Dollars (Please refer to "What's Included" page for a complete list of what's included in Travel Package)





COSTA RICA BEACHES & MOUNTAINS ECO-ADVENTURE RAINFOREST RETREAT TRAVEL PACKAGES (9 DAYS / 8 NIGHTS)

PLAYA MANUEL ANTONIO - 3 NIGHTS

BUENAVENTURA RETREAT CENTER - 5 NIGHTS

DAY TO DAY TRAVEL ITINERARY:

Day 1 (Saturday): Arrive in Costa Rica, Transfer to Manuel Antonio on SANSA Airlines, Check into Hotel (Karahe or Tulemar), Spend Afternoon Relaxing at Hotel or Exploring Manuel Antonio Beach/Town, Suggest Dinner at Mar Luna, Saturday night dancing at Republic in Quepos, Spend 1st night in Manuel Antonio

Day 2 (Sunday): Breakfast at hotel or nearby restaurant, Visit Manuel Antonio National Park (Self-guided or hire a guide at the entrance) and spend day on the beaches of Manuel Antonio, Suggest Lunch at Marlin Restaurant, Spend Afternoon Relaxing at hotel or on the beach, Sunset Cocktails at Barba Roja Sunset Deck, Suggest Dinner at Barba Roja, Spend 2nd night in Manuel Antonio

Day 3 (Monday): Breakfast at hotel or nearby restaurant, Canopy Safari Zipline Tour with Lunch included, Spend Afternoon Relaxing at hotel or on the beach, Sunset Cocktails & Tapas at GAIA Resort, Suggest Dinner at Agua Azul, Spend 3rd night in Manuel Antonio

Day 4 (Tuesday): Breakfast at hotel or nearby restaurant, Transfer to Buenaventura with your host Harlow, Check in to Buenaventura, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or go for a nature walk, Dinner served at your casita at Buenaventura, Spend 4th night at Buenaventura

Day 5 (Wednesday): Breakfast, Orientation Tour of Buenaventura Lower Level and Tres Semillas Organic Farm/Eco-Education Farm Camp, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 5th night at Buenaventura

Day 6 (Thursday): Breakfast, Avatar Adventure Rainforest & Toucan Rock Waterfall Hiking Tour with guides Harlow & Gerardo, Lunch served at the waterfalls, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 6th night at Buenaventura

Day 7 (Friday): Breakfast, R&R Day to relax or swim in the river, take a nature walk, plant trees or volunteer, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 7th night at Buenaventura

Day 8 (Saturday): Breakfast, R&R Day to relax or swim in the river, take a nature walk, plant trees or volunteer, Lunch at Tres Semillas Mountain Restaurant, Afternoon to relax on the river or take a workshop at Tres Semillas, Dinner served at your casita at Buenaventura, Spend 8th night at Buenaventura

Day 9 (Sunday): Breakfast, Transfer to Quepos airport with your host Harlow to take SANSA flight back to San Jose International Airport, Check in for flight back to US, Fly home!



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PLAYA MANUEL ANTONIO - 3 NIGHTS

BUENAVENTURA RETREAT CENTER - 5 NIGHTS

High Season (Jan 1st - April 30th)	2 Pax	3 Pax	4 Pax
Hotel Karahe & Buenaventura	\$2,585	\$3,595	\$4,600
Tulemar Bungalows & Buenaventura	\$3,185	\$4,210	\$5,235
Low Season (May 1st - November 15th)	2 Pax	3 Pax	4 Pax
Hotel Karahe & Buenaventura	\$2,520	\$3,560	\$4,600
Tulemar Bungalows & Buenaventura	\$2,925	\$4,000	\$5,075

* All Prices are in US Dollars (Please refer to "What's Included" page for a complete list of what's included in Travel Package)





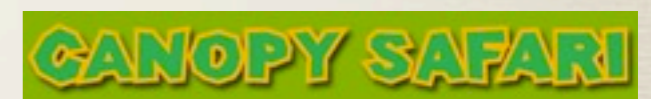
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WHAT'S INCLUDED IN THE TRAVEL PACKAGES?

Travel Packages include ALL of the following:

- * Round-trip In-Country Air on SANSA/TACA Regional from San Jose International to Quepos/Manuel Antonio airport
- * 3 or 4 Nights Lodging in Manuel Antonio (at either Hotel Karahe or Tulemar Bungalows)
- * Canopy Safari Zipline Tour in Manuel Antonio (with lunch and transportation included)
- * Breakfast in Manuel Antonio (if staying at Hotel Karahe)
- * Round-trip Ground Transfers with Buenaventura Pathfinder Express (Manuel Antonio to Buenaventura and Buenaventura to Quepos Airport)
- * 4 or 5 Nights Lodging at Buenaventura (either Casita SalvaDanta for couples or Posada de Suenos for Families/Groups of 3 or more)
- * Three Meals (Breakfast, Lunch and Dinner) at Buenaventura (Home-grown/Home-cooked Organic Meals served Family-style/All You Can Eat)
- * Guided Walking Orientation Tour of Buenaventura Old-Growth Tree Forest & Grounds & BuenaFortuna Waterfall
- * Guided Walking Orientation Tour of Finca Tres Semillas Eco-Education Rainforest Farm Camp (Organic Farm/Restaurant)
- * Guided Avatar Adventure Rainforest & Toucan Rock Waterfall Hiking Tour with Do-it-Yourself Full-Body Skin Exfoliations & Mud Baths with Blue & Orange Natural Clays from the rainforest
- * Lots of Free Activities at Buenaventura, Use of Yoga mats, River-front Ranchito & Hammocks, Daily Access to Buenaventura's 160 acre Eco-Adventure Park & Wildlife Reserve, Swimming in the River, Planting Trees, Volunteering in the Community, Additional Skin & Body Mud Baths
- * Jungle Party at Buenaventura on Friday Night with Music, Dancing and Local Drinks & Organic Fruit Elixirs (first drink is on the house!)
- * Airport Exit Tax (\$28 per person - we will provide you with an envelope with the cash prior to your departure from Buenaventura)
- * Local & Hotel Taxes & Service Charges
- * All Bookings & Trip Planning Services by Tico Guide Travel with Travel Itinerary and Trip Kit Hard-copies

WHAT'S NOT INCLUDED: International Airfare, Some Meals in Manuel Antonio, Tips, Laundry Service, Additional Tours, Activities or Workshops in Manuel Antonio or Buenaventura, Travel Medical & Trip Cancellation Insurance (required)





COSTA RICA BEACHES & MOUNTAINS ECO-ADVENTURE RAINFOREST RETREAT TRAVEL PACKAGES (9 DAYS / 8 NIGHTS)

About Hotel Karahe (Mid-range Option)

Hotel Karahe is located in front of Manuel Antonio Beach, and nearby the world famous Manuel Antonio National Park, in the Costa Rica Central Pacific.

If you are visiting the area to relax at the beach and visit the National Park, you will find no better place to enjoy peace and quiet than Hotel Karahe. Our gardens meet the ocean and the entrance of the park only 10 minutes away is within easy walking distance.

The swimming pool and jacuzzi, as well as our restaurant, sit within earshot of the ocean. Howler, White-face and Squirrel monkey, basilisks, iguanas and land crabs are among the frequent visitors.

This Travel Package includes lodging in one of Hotel Karahe's Villas. We suggest and will recommend Villas #7 or #8.

Breakfast and Free WiFi is included in your stay.

More Info about Karahe can be found at: www.karahe.com





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About Tulemar Bungalows at Buena Vista (Luxury Option)

Discover the ultimate in luxury nestled in Costa Rica's lush rainforest overlooking the beautiful Manuel Antonio coastline. Manuel Antonio is spread along the ridge of the top road from Quepos to the Manuel Antonio National Park and is surrounded by dense jungle filled with exotic wildlife and quaint little open-air restaurants, bars and small boutique hotels (not the mega resorts). Buena Vista Luxury Villas and Tulemar Bungalows is "the exclusive" place to stay in all of Manuel Antonio.

The resort is set amid the peaceful 33-acre gated Tulemar Gardens property that slopes down to its own exclusive sandy beach. Tulemar Beach is located in a protected bay allowing you to take advantage of the various water activities without having to worry about undertows or riptides. As a guest at Buena Vista Luxury Villas or Tulemar Bungalows, kayaks and boogie boards are available for your exclusive use. The "Hideaway" Beach Bar ensures that you don't have to go far to order your favorite cocktail or satisfy the rumbling in your stomach while you relax and unwind at the beach.

At Buena Vista you will enjoy the luxury and privacy of your very own luxurious villa, with the amenities of a high end resort, including concierge service, daily maid service, three pools to chose from, rancho bar and off site spa.

More Info about Tulemar can be found at: www.buenavistaluxuryvillas.com





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About Buenaventura (Eco-Rustic Rainforest Retreat)

Take an Adventure off the touristy path into the mountains and experience Buenaventura, located 1 hour from Manuel Antonio where Costa Rica's rural country-side meets pristine wilderness and primary rainforests. If Costa Rica has a Pandora, this is where you'll find it!

Buenaventura is a private retreat destination with an Eco-Adventure Mountain Lodge, River-front Eco-Village, Eco-Educational Rainforest Farm Camp, Yoga & Wellness Retreat Center, and Wilderness Tent Camp Eco-Park & Private Wildlife Reserve located in a serene and hidden private valley.

Buenaventura's 160 acres of mountainous rainforest property are located along the north and south sides of River Division, with 40% of the property within the southern border of the Los Santos Forest Reserve, an area north of Buenaventura with over 150,000 acres of protected primary and secondary Tropical Cloud Forests and Humid Rain Forests. Many endangered animals (like Jaguars, Tapirs, Sloths, etc.) and plant species live in this reserve located on the western valleys and foothills of the Talamanca Corridor.

Buenaventura's Pueblo Nuevo Eco-Village is a hidden and secluded river-front village that comes to life with our visitors and group retreats. Set along the banks of one of the cleanest rivers in the country (and great for rafting and kayaking with Class 2-5 rapids), this is a magical and mystical sacred place where the countryside meets the rainforest.

Buenaventura welcomes groups, couples, families and individuals seeking a serene, private and off-the-map destination for eco-adventure activities, rainforest retreats, and to live & experience Costa Rica's local culture & rural country living.

Nourish yourself with home-grown organic meals, fresh spring mountain water and oxygen, rainforest eco-adventures, simple living comforts and pure serenity for natural relaxation and rejuvenation.

More Info about Buenaventura can be found at: www.buenaventuracr.com

