

COSTA RICA

Situated between Nicaragua and Panama, Costa Rica has enjoyed a tranquil history, a neutral land that last saw a national army in 1949. Due to this stability tourism has flourished, contributing greatly to the country's economy. Costa Rica is thus well-equipped for the world traveller. A land which boasts stunning landscapes, excellent naturalist guides, and where infrastructure and hotels are of a high standard.

Photographs and information: [web veloso.com/costarica](http://web.veloso.com/costarica)



Costa Rica enjoys both Pacific and Caribbean coastlines with a central mountain range. There are active volcanoes, pre-montane cloud forests and flooded coastal rainforests. This variety of eco-systems is home to large numbers of birds in National Parks that are well managed with excellent eco-lodges and qualified guides.

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Manuel Antonio National Park

NATURAL DISCOVERY

Costa Rica has a variety of specialist lodges located in places away from the most frequented tourist destinations. This tour combines high quality, isolated lodges with pristine national parks and coastline, resulting in a unique experience of Costa Rica's natural landscape. Expert naturalist guides lead excursions through the diverse ecosystems and habitats, giving great opportunities for wildlife and birdwatching.

Day 1 Depart on the direct flight to San José. On arrival, transfer to your comfortable lodge in the hills above the city.

Day 2 Visit to the nearby Poas Volcano, with its active, smoking crater, and emerald green crater-lake. Continue to the stunning La Paz Waterfall Gardens, where well-made walkways lead you past a series of waterfalls which cut through the surrounding lush forest. Afternoon at leisure to relax by the hotel pool, enjoy the spa, or walk in the extensive grounds. (B)



Osa Peninsula

Days 3-4 Transfer to the El Silencio Lodge, staying for 2 nights in luxurious, individual cabins nestled in a secluded area of Cloud Forest. Spend the afternoon and following day exploring the forest to find abundant wildlife, hidden waterfalls, and gentle streams. (B,L,D)

Days 5-7 Transfer to the Arenal National Park. Stay for three nights at a hotel by the towering Arenal Volcano. Spend the following days in the park hiking around the base of the volcano to see ancient lava flows, exploring the canopy walkways, or relaxing in the volcanic hot springs. Optional boat trip to the wetlands of Caño Negro Wildlife Refuge, filled with migratory birds. (B)

Days 8-10 Transfer south to the Pacific Coastal town of Manuel Antonio, staying for three nights at a hotel surrounded by rainforest and overlooking beaches and coves. The pristine Manuel Antonio National Park has well-marked trails and is teeming with wildlife, including birds, monkeys and sloths. (B)

Days 11-13 Continue south along the Pacific Coast to the Osa Peninsula, and on to your lodge overlooking the Golfo Dulce, (Lapa Rios for Deluxe, p.175). Stay for three nights in the rainforest, surrounded by exotic birds, monkeys, sloths and the sounds of nature. Enjoy guided hikes in the forest, bird watching, and boat trips onto

the bay to see dolphins and other marine life. There is also access to beaches within walking distance. For the more adventurous there is also waterfall rappelling on offer. (B,L,D)

Days 14-15 Short internal flight in a ten-seater light aircraft back to San José. Stay for one night, before taking the direct overnight flight home, arriving Day 16. (B)

The Columbus Tour
Departs Every Week - 16 days including 14 nights' accommodation, all flights (1 overnight), transfers, excursions with English-speaking guide, transport and meals as shown.

The Columbus Tour

14 night itinerary

- Alajuela - 2 nights
- Bajos del Toro - 2 nights
- Arenal - 3 nights
- Manuel Antonio - 3 nights
- Osa Peninsula - 3 nights
- San José - 1 night

web veloso.com/colombus



Sloth

OPTIONAL Self drive is with a rented vehicle for resourceful, self-reliant, experienced and well prepared independent explorers.



PRIVATE INDIVIDUAL TOUR GUIDELINE PRICES - Weekly Departures						
COLOMBUS Tour	First			Deluxe		
	1 Single Traveller	Travelling Together Double	Own Room	1 Single Traveller	Double	Own Room
31Dec-19July, 22Aug-13Dec	£4734	£3435	£4045	£5308	£4440	£6326
20July-21Aug, 14Dec-30Dec	£5152	£3853	£4463	£5691	£4858	£6744

GUIDELINE TOUR PRICES are all per person, subject to availability, as all services are booked when you pay your deposit. Please refer to our website veloso.com for current prices and any special offers available. To obtain a Guaranteed Price for your travel dates, please call 020 8762 0616, email travel@veloso.com, or contact our appointed travel agents. Prices for Special Events, New Year's Eve, Christmas, Easter on request.

FLIGHTS on BRITISH AIRWAYS departing from London and UK Airports, Internal Flights and Taxes, are included. UPGRADE to Business Cabin seat add: £1774 in High Season / £2191 in Low Season; Premium Economy Seat : £565

HOTELS used, descriptions and photographs on our website, veloso.com/colombus

TAILOR-MADE SERVICE: Please enquire for a personalised itinerary to fulfil your individual requirements. We can combine hotels, change route, excursions and we can offer triple rooms, suites and De Luxe Hotels.



TORTUGUERO NATIONAL PARK

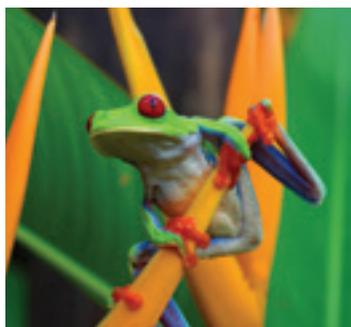


web veloso.com/tortuguero

Tortuguero is located on Costa Rica's northeast Caribbean coast, crisscrossed by canals, and the only means of transport is by boat or light aircraft. Thousands of Green Sea Turtles arrive at the beach every year from July to October to lay their eggs, one of the most popular times to visit. The Park was originally intended to protect the turtles, but it is now home to various species of monkeys, sloths and river otters, along with more than 300 species of birds.

Tortuguero 4 Days • 3 nights

Day 1 Early departure for Tortuguero, stopping en route for a typical breakfast. Board a comfortable boat to navigate the canals to your chosen lodge. After lunch, visit to the turtle center, the beach area or relax in the gardens. (B,L,D)



Day 2 Early morning guided tour through the canals of Tortuguero National Park, exploring in small, open boats for an excellent view of the forest. Tortuguero is a network of navigable lakes, rivers and canals (both natural and man-made) that are a great place for observing local wildlife. The excursion starts early because this is when the wildlife is most active, searching for food. It is not unusual to see troops of Howler monkeys in the trees, or River Otters hunting in the water. After lunch, visit the town of Tortuguero, originally inhabited by native tribes and escaped slaves. (B,L,D)

Day 3 Day at leisure for relaxation or optional tours. (B,L,D)

Day 4 Continue to your next destination, stopping for lunch. (B,L)



Pachira Lodge

Tourist

The Pachira Lodge is located 5 minutes from the entrance of the National Park, on the shore of the river opposite Tortuguero town. Its 88 rooms are simple, rustic and comfortable, all with private facilities, hot water and ceiling fan but without air-conditioning. There is a swimming pool and a restaurant serving Costa Rican food buffet-style.

PRICES for 4 days • 3 nights

NO OF TRAVELLERS	1 SINGLE	2 SHARING
PACHIRA LODGE		
All Year	£336	£309
TORTUGA LODGE		
03Jan-19Dec	£802	£617
20Dec-03Jan	£987	£723

Prices are per person including transport to/from San José (with internal flights for Tortuga Lodge), accommodation, excursions as described, meals specified in the itinerary, tax, service charge.

Tortuga Lodge

First

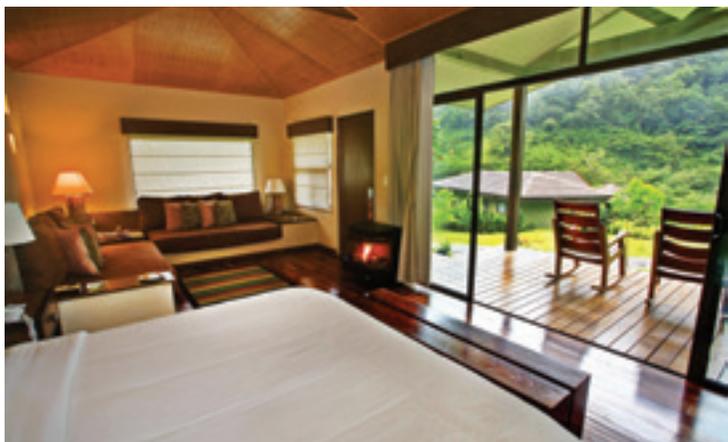
Tortuga Lodge and Gardens is a rustic yet elegant lodge located inside the National Park. Nestled in the rainforest on the shore of the Tortuguero River, the lodge sits opposite the airstrip for easy access by light aircraft, and 10 minutes away from Tortuguero town. The 27 guest rooms are wood panelled without air-conditioning, but all with large windows for views over the river - those on the ground floor have a small terrace, while on the first floor they have a balcony - all spacious with comfortable furnishings, hammocks and private facilities. The restaurant serves traditional Costa Rican food in a casual setting, and the surrounding gardens are laid out in the style of a plantation, attracting a variety of wildlife.



REMOTE HIDEAWAY LODGES

web veloso.com/hideaway

El Silencio Lodge Deluxe



El Silencio Lodge & Spa is an eco luxury hotel set in Costa Rica's Central Volcanic Range. Its 500 acres of private cloud forest reserve are flanked by the Juan Castro Blanco National Park and the Poas Volcano. Silencio, Spanish for silence, is befitting of a destination where you can escape the noise of the city to the

peaceful sounds of nature. The lodge has trails through the forest leading to hidden waterfalls, a nature-immersed spa, yoga, hiking, meditation, and healthy organic cuisine. There are 16 suites, each with a private viewing deck, an enticing outdoor whirlpool tub, gas fireplace, and spectacular vistas.

Punta Islita Deluxe

Perched on the crest of a hill in an isolated corner of Northwest Costa Rica overlooking the Pacific, Punta Islita has 20 spacious ocean view bungalows and some deluxe villas, all fully equipped with air-conditioning, private terrace and their own hammocks. The accommodation is modern and luxurious with tropical details and local art. The hotel's tiered layout grants

stunning ocean views as well as privacy, and the hotel is 500m from a secluded beach cove. The Pacifico restaurant has a 50 foot thatched palm roof, and offers Costa Rican fusion cuisine. There is also an infinity pool, a spa and clearly defined trails to explore the surrounding rainforest. There is a range of excursions available for those who want to be more active.



CORCOVADO NATIONAL PARK & THE OSA PENINSULA

web veloso.com/corcovado

Lapa Rios Hotel Deluxe

Lapa Rios is a combination of luxury lodge and eco-conservation project spread over 1000 acres of tropical rainforest on the Osa Peninsula overlooking the Golfo Dulce. The main lodge and bungalows line three ridges, connected by walking paths and many steps. 14 of the 16 thatched bungalows have an ocean view and all are surrounded by the rainforest, each bungalow featuring huge windows, ceiling fan but not air-conditioning, a private deck and patio garden. The

buildings are of native materials, existing in harmony with the surrounding forest and beach environment. The main building houses the reception, bar and restaurant, and there is also a swimming pool, access to the beach, and many trails through the forest leading to rivers with natural pools and waterfalls. There are daily excursions inside and outside the property, to take advantage of the pristine natural setting and see the abundant wildlife, particularly birds.



Casa Corcovado Jungle Lodge

Casa Corcovado jungle lodge is set in a remote 170 acre private reserve only accessible by boat and bordering the Corcovado National Park, one of the last truly wild areas of Costa Rica. The accommodation consists of individual thatched bungalows set among the tropical gardens. Due to the remote location, arrival and departure is by boat and involves a wet landing, so an adventurous spirit and a certain level of physical fitness are required.



PRICES for 4 days • 3 nights

NO OF TRAVELLERS	1 SINGLE	2 SHARING
EL SILENCIO LODGE		
04Jan-19Dec	£1394	£811
20Dec-03Jan	£1772	£998
PUNTA ISLITA		
04Jan-19Dec	£1071	£693
20Dec-03Jan	£1317	£816
CASA CORCOVADO		
All Year	£1116	£1020
LAPA RIOS		
06Jan-14Dec	£1492	£1172
15Dec-5Jan	£2815	£2033

Prices are per person include accommodation, all meals (only breakfast at Punta Islita) tax, service, and return transport from San José, by internal flights in light aircraft where necessary.

NATIONAL PARKS & RAINFOREST

The Tanager Tour 10 night itinerary

San José - 2 night

Tortuguero - 3 nights

Arenal - 2 nights

Monteverde - 2 nights

San José - 1 night

Extensions to:

Manuel Antonio, Pacuare River,
or San Gerardo de Dota

web veloso.com/tanager



Active volcanoes rise out of the dense tropical rainforest. Find yourself absorbed in this beautiful habitat and escape from civilisation. Wildlife abounds, and, accompanied by expert local guides, you are led through prime national parks to take full advantage of this lush and beautiful land.



Arenal Volcano

Days 1-2 Depart on Wednesday for San José on the direct non-stop flight with British Airways, arriving the same day, and transfer to your hotel. The following morning we drive to the impressive Irazu volcano, looming above the city of Cartago. We then visit the Orosi Valley and the Lankaster Gardens with its large collection of orchids and other indigenous plant species. (B)

Days 3-5 Morning transfer to the Caribbean coast where we take a boat on the river journey to our lodge in the Tortuguero National Park staying for 3 nights. Accompanied by guides, we explore the area by boat in the backwaters and lagoons, observing the abundance of bird species in this glorious jungle setting, home to spider monkeys, macaws, three-toed sloths, caiman and otters, amongst many others. Visit the Caribbean Conservation Corporation, protecting the nearby nesting beach of the Atlantic green sea turtle and surrounding tropical rainforest. From July to October turtles nest on the beach. The setting at Tortuguero is tranquil so you can also unwind, take walks along the strip of wild beach and the area surrounding the lodge. (B,D)

Days 6-7 Departing from the lodge in the morning we head to Arenal in the northern tropical lowlands, dominated by the picture-perfect cone of **Arenal Volcano**. Next morning, walk on the hanging bridge trails through the rainforest canopy, and take optional excursions including a hike through the national park around the volcano to see lava flows. There is also the opportunity to relax at one of the many volcanic thermal springs in the area. (B)

Butterfly at La Paz Gardens





Day 8 Today we cross Lake Arenal and take the winding track to the Monteverde Cloud Forest Reserve, a cold and humid forest high in the mountains overlooking the Gulf of Nicoya and the Pacific. (B)

Day 9 A fascinating and beautiful half day excursion, accompanied by an expert local guide, in the Monteverde cloud forest. The variety of climates is home to a vast number of bird and mammal species, including the noisy howler monkeys and the elusive Resplendent Quetzal. In the afternoon we visit the Monteverde Butterfly Garden, a living laboratory of butterflies, snakes and frogs. (B)

Days 10-11 Morning departure transfer down the mountains and back to San José. Afternoon at leisure with time to explore the city, and overnight. Departure flight the following day, arriving home on Day 12. (B)

The Tanager Tour departs every week depending on the season - 12 days INCLUDING: 10 nights' accommodation and breakfast (B), all flights (1 overnight), a transfers as well as excursions, transport and meals described on the itinerary. Please see pages 190 - 193 for further details of what is included.

PRIVATE INDIVIDUAL TOUR GUIDELINE PRICES - Weekly Departures

	Tourist			First		
	1 Single Traveller	Travelling Together Double	Own Room	1 Single Traveller	Travelling Together Double	Own Room
TANAGER Tour						
31Dec-19July, 22Aug-13Dec	£2459	£1920	£2269	£3675	£2476	£3009
20July-21Aug, 14Dec-30Dec	£2877	£2338	£2687	£4093	£2894	£3427

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HOTELS used, descriptions and photographs on our website, veloso.com/tanager

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Arenal Volcano, Day 5-6

EXTENSIONS

Manuel Antonio National Park and Beach

Manuel Antonio is home to one of Costa Rica's best National Parks, conveniently set on the Pacific Ocean with an excellent beach. See page 178 for more information.

Day 10 Transfer from Monteverde to Manuel Antonio, and check into your chosen hotel for four nights. (B)

Days 11-14 Days at leisure to visit the Manuel Antonio National Park, enjoy the beach or relax at the hotel. Departure transfer to San José, spending one night before the flight home the following day, arriving Day 16. (B)

San Gerardo de Dota

The National Park Los Quetzales is in the densely forested San Gerardo de Dota Valley, a haven for bird-watchers, and is home to the most sought-after and often elusive bird: The Resplendent Quetzal.

Day 10 Spend a further night in Monteverde for more opportunities to spot the amazing wildlife and birds. (B)

Days 11-14 Transfer to San Gerardo de Dota and stay for three nights. Spend two full days walking along the trails, or taking excursions with guides from the lodge. Return to San José, overnight, and fly home arriving Day 16. (B)

Pacuare River Lodge & Rafting

Nestled in the Caribbean region of Costa Rica, on the shore of the Pacuare River surrounded by lush tropical foliage is the Pacuare River Lodge. An excellent place for bird watching, hiking, swimming, and exploring the forest canopy.

Days 11-13 Collection from San José for the journey to the Pacuare River to begin the exciting river rafting trip to the lodge on Class II-III rapids. Stay for three nights, with optional excursions and activities in and around the lodge. (B,L,D)

Day 14 Return to San José by road, spend one final night, and fly home the next day arriving Day 16. (B)



Rafting on the Pacuare River



Resplendent Quetzal

Extension 5 days • 4 nights

TRAVELLERS	SINGLE	DOUBLE
Manuel Antonio	£1452	£594
San Gerardo de Dota	£690	£485
Pacuare River Lodge	£1484	£1112

Prices are per person, valid all year round (excluding Christmas, New Year & Easter), including meals, accommodation and excursions as shown.

MANUEL ANTONIO

Manuel Antonio offers a perfect mix of relaxation and adventure; here the Pacific coastline is bordered by an expanse of lush rainforest, teeming with wildlife. The National Park has well marked trails for independent exploration. There are hotels with excellent facilities and restaurants, and a small town for you to visit.

Additional Hotels:

Makanda by the Sea, Gaia, La Mansion Inn, La Mariposa, Playa Espadilla, Tulemar

Arenas del Mar Hotel



Manuel Antonio Beach

web veloso.com/manuelantonio

Si Como No First

This small hotel is close to the centre of town, but surrounded by lush tropical forest set on the side of the hill, with the sandy beaches of Manuel Antonio below and the National Park nearby. The hotel has 58 rooms equipped with private bathroom, air conditioning and most have a private balcony with view of the ocean. There are family and adult pools, spa facilities and two restaurants.

Parador First

Hotel Parador is located on a tranquil bluff overlooking Manuel Antonio. Mediterranean style architecture mixes with jungle surroundings and tropical touches to give the resort a unique atmosphere. There are walking trails through the forest, access to 2 nearby beaches, 3 swimming pools, as well as several restaurants and bars. The rooms are modern, all with air conditioning.

Arenas Del Mar Deluxe

Outside the town of Manuel Antonio, Arenas Del Mar is a luxury hotel situated in dense forest looking onto the Pacific. The 38 rooms are located in blocks on a hill connected by a winding path leading down to a secluded beach, with golf carts to transport guests and luggage up and down the hill. The resort has a restaurant, a luxurious spa, and 2 swimming pools.

Costa Verde Tourist

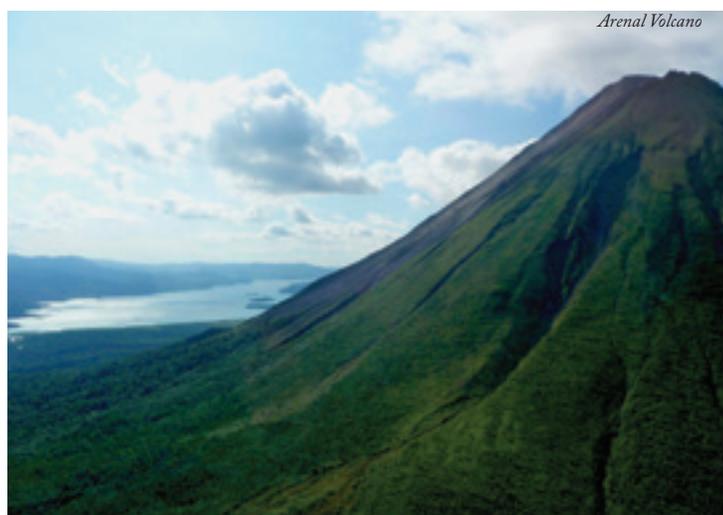
The hotel is located just outside town on a coastal rainforest bluff overlooking the beach and National Park. Spread over a large area, the rooms are in blocks and are decorated with local art, with air conditioning and views of the sea or jungle. There are 3 pools and 4 restaurants, including one, 'El Avion' in the body of an aeroplane. The property is contiguous with the national park, so wildlife abounds.



Si Como No Hotel

ARENAL VOLCANO

Arenal volcano is surrounded by verdant lowland, tropical rainforest and a picturesque lake. Activities include walking in the forest, hiking around the base of the volcano to see the lava flows, or bathing in one of the volcanic hot springs. It also has a long zip-line and you can take trips to Cano Negro wetlands and wildlife refuge for migratory waterfowl.



Arenal Volcano

Additional Hotels:

Arenal Nayara Spa & Gardens, Arenal Manoa, Arenal Paraiso, Observatory Lodge, Arenal Kioro

Arenal Springs

First

Arenal Springs Resort is the ideal combination of modern comfort and exuberant tropical surroundings. The rooms are all in semi-detached bungalows spread over a wide area directly facing Arenal Volcano. Each room has a patio with seating, as well as air conditioning. The hotel also has its own hot springs, which feed into a number of hot tubs and pools of different temperatures, all of which guests can enjoy at their leisure. There is also a spa, a yoga studio, and two restaurants.

Arenal Springs Hotel



PLAYA ESTERILLOS

Alma del Pacifico First



Room at Alma del Pacifico

Situated on Costa Rica's Pacific Coast just 2 hours drive from San Jose Airport, Alma del Pacifico is a small hotel made up of 20 colourful villas set among lush tropical gardens, connected by paved walkways and fronting onto a wide sandy beach. The spacious and comfortable rooms are full of vibrant works of art, and each one has a large private terrace with outdoor seating. Many of the rooms are ocean facing, with terraces that look straight onto the beach, while others face into the garden with just a short walk to the sea shore.



Alma del Pacifico Hotel

GUANACASTE BEACH

web veloso.com/guanacaste

Andaz Deluxe

Nestled among the lush vegetation on the shore of the Papagayo Peninsula, Andaz captures the native spirit of Costa Rica with its distinctive "Pura Vida" (pure life) philosophy of laid back relaxation. Vibrant yet stylish, Andaz blends contemporary high-end design with touches of Latin character. The rooms have comfortable modern furnishings, some with views of the ocean or the surrounding forest. There are three restaurants, several swimming pools, and it is a short walk down to a small beach.



Andaz Hotel

Mangroove First

Situated in the mangroves on the shore of Papagayo Bay, this beach resort has both the style and elegance of modern living and the relaxed ambiance of simple beach life. The hotel's 85 comfortable suites capture the simplistic yet exotic character of Costa Rica, with indoor and outdoor spaces, natural wood furnishings and regional artwork. There is an extensive spa set amongst the vegetation, a swimming pool with individual relaxation cabins, cocktail bar and a restaurant serving modern dishes made of fresh ingredients.

Cala Luna First

Situated in a quiet residential area surrounded by trees, just outside the town of Tamarindo, Calla Luna Hotel and Villas offers upmarket boutique accommodation in a secluded setting. The hotel is made up of bungalows scattered among lush tropical gardens, each containing two rooms, some of which have communicating doors. Each room has air conditioning, private facilities, and a private terrace. The hotel has a swimming pool, a restaurant

Additional Hotels:
Four Seasons, Capitan Suizo, Occidental Gran Papagayo, Allegro Papagayo

serving excellent Costa Rican cuisine with local ingredients, and access to a hidden beach 5 minutes walk down a path through the trees. The two- and three-bedroom villas are further from the hotel for added privacy, each with their own pool in a small garden and a fully equipped kitchen, ideal for families.

Tamarindo Diria Tourist

Situated in the centre of Tamarindo town and fronting directly onto the wide beach, Tamarindo Diria has seventy comfortable rooms, all with air conditioning and private facilities. Relax beside one of the pools, in the deep blue ocean or in the lush tropical gardens of the hotel grounds. In addition facilities include a bar, a boutique and the open-air cafe El Matapalo is open for lunches.

Tamarindo Diria Hotel



PRICES for 4 days • 3 nights

NO OF TRAVELLERS	1 SINGLE	2 SHARING
<u>SICOMONO</u>		
All Year	£748	£360
<u>ARENAS DEL MAR</u>		
All Year	£1028	£515
<u>COSTA VERDE</u>		
All Year	£689	£348
<u>PARADOR</u>		
All Year	£674	£347
<u>ARENAL SPRINGS</u>		
All Year	£1048	£526
<u>ALMA DEL PACIFICO</u>		
All Year	£1097	£498
<u>CALA LUNA</u>		
Jan-Apr; Jul-Dec	£980	£490
Apr-Jul	£791	£397
<u>ANDAZ</u>		
Jan-19Apr	£1770	£1017
20Apr - 22Dec	£1284	£774
<u>MANGROOVE</u>		
All Year	£1100	£631
<u>TAMARINDO DIRIA</u>		
Jan-Mar; June-July	£629	£316
22July - 14Dec	£683	£343

Prices are per person including transfers to/from Quepos or Liberia Airport (road transport from San José for Alma del Pacifico), accommodation, tax, service charge and breakfast. Please enquire for Christmas and New Year period.

