



# YMCA ADVENTURERS



## COSTA RICA

With Optional Jungle Adventure

**9 DAYS / 8 NIGHTS**  
**\$2,428**

**Jan. 21-29, 2023**

- \$600 non-refundable deposit required upon signing.
- Final payment due Nov. 22, 2022.
- Price per person, based on double occupancy. Add \$500 for single occupancy.
- Travelers do not need to be Y members
- Airfare included
- 14 meals provided
- Proof of vaccination required
- Optional Cancellation waiver & insurance \$399

- 8 nights lodging
- This is a LEVEL 3 trip: walking for longer periods of time on uneven ground and multiple transportation switches
- Explore Costa Rica
- Enjoy 2 nights at Nammbu Beachfront Bungalows in Guanacaste
- Island-hopping & boat ride
- "Hanging Bridges" tour or zip line adventure
- Riverboat trip
- Volcano views

### REGISTER NOW!

Complete itinerary & registration info can be found at [www.ymcachattanooga.org/yxca-adventurers](http://www.ymcachattanooga.org/yxca-adventurers)

**Questions?** Contact Suzanne Grueser at [sgrueser@ymcachattanooga.org](mailto:sgrueser@ymcachattanooga.org) or at 423.805.3318.



#### J.A. HENRY COMMUNITY YMCA

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# ITINERARY

## Day 1:

Your trip begins in the colorful capital of San Jose, Costa Rica! Let the adventure begin with relaxation or soak up the one of a kind sights in the city.

## Day 2:

Your journey begins in the Central Valley, with a tour of a local coffee plantation where you will learn about the Costa Rican economy. By the end of the day you will arrive in Guanacaste, known for its sandy beaches. Settle in for a 2 day stay at the beach front resort (Breakfast & Dinner provided).

## Day 3:

Today explore nearby beaches, or relax by the luxury pool while taking advantage of the resort's amenities. In the afternoon, visit the beach town of Samara, one of the top sunset spots in Costa Rica (Breakfast & Dinner provided).

## Day 4:

It's off to the Monteverde Cloud Forest, where trees grow to heights of 100 feet! Set off on a nature walk through this spectacular ecosystem and see the incredible species of flora and fauna (Breakfast & Dinner provided).

## Day 5:

The day is yours! Explore one of the world's largest butterfly gardens and a gallery that contains more than 100 beautiful hummingbirds. Then join an expert for a leisurely paced "Hanging Bridges" walking tour **OR** take an exhilarating ride on one of the longest canopy zip line tours in Costa Rica (You can do both if you purchase one as an add on option). This evening, take part in an expert led discussion about migratory birds that flock to Costa Rica (Breakfast & Dinner provided).

## Day 6:

Today, visit a tree nursery and discover the importance of conservation in Costa Rica. Learn about Monteverde's reforestation efforts along with indigenous trees. You will cross mountainous landscapes to Arenal, known for spectacular views of the famous volcano that awaits. Enjoy a delightful cruise on Lake Arenal, the largest lake in Costa Rica. This night you will check in for a 2 night stay at a lodge that overlooks the Arenal Volcano. For dinner, participate in a cooking demonstration that will feature local ingredients (Breakfast & Dinner provided).

## Day 7:

Your journey continues with a guided riverboat trip in a covered canoe aka Panga, on the Cano Negro River. You will see a collection of indigenous wildlife that Costa Rica offers. Search for caimans, river otters, sloths, monkeys, river turtles, exotic birds and more. Return to Arenal for an optional spa visit this evening. (Breakfast provided)

## Day 8:

Today you will journey to the charming town of Zarcero to explore its topiary garden. Continue on to San Jose to see the treasures of the city on a panoramic tour. View the bustling Plaza de Cultura. This evening gather with fellow travelers for a farewell dinner (Breakfast & Dinner provided).

## Day 9:

Depart for home and wish Costa Rica goodbye as your journey comes to an end (Breakfast provided this day).