



YMCA ADVENTURERS



REGISTER NOW!
 Seat reduction
 Aug. 5, 2023

COSTA RICA

With Optional Jungle Adventure

9 DAYS / 8 NIGHTS
\$2,929

Feb. 5- 13, 2024

- \$698 non-refundable deposit required upon signing.
- Final payment due **Dec. 7, 2023.**
- Price per person, based on double occupancy. Add \$700 for single occupancy.
- Travelers do not need to be Y members
- Airfare included
- 14 meals provided
- Proof of vaccination required
- Optional Cancellation waiver & insurance \$449

- 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 & its indigenous wildlife
- Enjoy 2 nights at Nammbu Beachfront Bungalows in Guanacaste
- River Boat ride down the Cano Negro River
- "Hanging Bridges" tour and/or zip line adventure
- Volcano views

J.A. HENRY COMMUNITY YMCA

Mail: 301 W. 6th Street, Chattanooga, TN 37402
ymcachattanooga.org

REGISTER NOW!

Complete itinerary & registration info can be found at www.ymcachattanooga.org/ymca-adventurers

Questions? Contact Suzanne Grueser at sgrueser@ymcachattanooga.org or at 423.805.3318.



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 for a 3 night stay at a lodge overlooking majestic Arenal Volcano. (Breakfast & Dinner provided)

Day 3:

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 4:

It's off to explore a family-owned farm, peeking into locals lives with a tour of the gardens, learn how the plants are organically grown. Taste the exotic fruit harvest and experience the traditional way to process sugar cane. Enjoy sip of cane liquor before a culinary demonstration and farm-to-table lunch. (Breakfast & Lunch provided)

Day 5:

Enjoy a delightful cruise on Lake Arenal, the largest lake in Costa Rica. Then it's off to the secluded Monteverde Cloud Forest, a place where trees grow to the heights of 100 feet! Set off on a nature walk through this spectacular ecosystem. (Breakfast & Dinner provided)

Day 6:

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 7:

Your journey continues with making the journey to Guanacaste, known for its fine sandy beaches. Settle in for a relaxing 2-night stay at your resort and take in the mesmerizing ocean views. (Breakfast & Dinner provided)

Day 8:

Fun in the sun is in store today as you explore the nearby beaches, or simply relax by the pool and take advantage of your resort's amenities. This afternoon, visit the delightful beach town of Samara, one of the top sunset spots in Costa Rica. (Breakfast & Dinner provided)

Day 9:

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