CENTRAL & SOUTH AMERICA

Costa Rica | San José, Caño Negro, Arenal Volcano National Park and Guanacaste | 7 Days / 6 Nights

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Costa Rica
7 Days / 6 Nights

Unveil the mysteries of nature at its most beautiful. Explore the scenic wonderland of this Central American paradise—boasting a verdant rainforest, breathtaking coastlines, rugged mountains, numerous waterways, active volcanoes and exotic wildlife.
FLIGHT INFORMATION:
Arrive: San José International Airport (SJO)
Return: Liberia International Airport (LIR)

AGES:
Minimum Age: 4
Suggested Age: 8+

MEALS:
6 Breakfasts
4 Lunches
5 Dinners

2019 COSTA RICA FAMILY VACATION HIGHLIGHTS

Chocolate Rainforest Experience
Discover the ancient secrets of chocolate on a privately guided tour of the Cacao Rainforest.

Arenal Volcano National Park Zip Line
Take flight as you soar through the rainforest canopy on this thrilling and scenic ride.

EcoTermales Fortuna Hot Springs
Soothe mind, body and soul as you soak in natural hot springs heated by Arenal volcano.

Sarapiquí River’s Roaring Rapids
Grab an oar and shoot the rapids on a white water adventure down this scenic river.

Private Catamaran Excursion
Set sail for a morning of aquatic adventure and relaxation on a secluded beach.

Caño Negro Wildlife Refuge Boat Tour
See the wonders of the rainforest on a guided boat tour of the local wildlife.

Rainforest Gondola Ride
Soar through the rainforest canopy to heights over 4,000 feet while enjoying unparalleled views.

Arenal Volcano
Enjoy epic views of Arenal Volcano, which dominates the lush landscape of this beautiful town.

Private Guaro Sour-Making Class
Quench your thirst with delicious drinks that you make yourself using local flavors.

Traditional Music & Folk Dancers
Cap off your adventure with a performance of Costa Rican music and folk dancing.

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DAY 1: SAN JOSÉ

Meal(s) Included:
No Meals Included

Accommodations:
Costa Rica Marriott Hotel San José

Arrive in San José
After you pass through customs, meet an Adventures by Disney representative who will assist with your luggage. Relax as a driver whisks your family away to the nearby resort.

Costa Rica Marriott Hotel
Set on a 30-acre coffee plantation, this beautiful colonial hacienda hotel is brimming with luxury. Unwind in the grand courtyard or enjoy the hotel’s amenities, including a swimming pool, lounge and fitness center. If you wish to explore San José, your Adventure Guides can make suggestions.

Dinner on Your Own
Tonight, you and your family can enjoy a meal at one of the hotel’s excellent restaurants or ask your Adventure Guides to recommend nearby local dining. Tomorrow, begin the real exploration of this incredible country.
DAY 2: ARENAL VOLCANO NATIONAL PARK

Meal(s) Included:
Breakfast, Lunch and Dinner Included

Accommodations:
- Hotel Arenal Manoa OR Arenal Kioro Suites & Spa
- Opens a dialog Opens Menu*

Breakfast Buffet
Meet your fellow Adventurers over a delicious breakfast.

Welcome and Orientation
Your Adventure Guides greet you and discuss your vacation’s exciting itinerary.

Sarapiquí River White Water Rafting
Shoot down the roaring rapids and bob over the gushing waters of the Sarapiquí River on this exciting adventure. You’ll also enjoy smooth waters that will allow you to take in the lush scenery as you glide by a forest full of exotic birds and animals. Enjoy a rafting adventure in Class I - Class III rapids. Or if you prefer, choose a serene float trip on gentle waters. See important details

Private Lunch in Aventuras del Sarapiquí
Enjoy a wonderful lunch amidst the lush surroundings and stunning scenery of a private area in Aventuras del Sarapiquí.

Arrive at the Hotel – and Exclusive Welcome Drink
Prepare yourself for the powerful sight of the Arenal volcano, looming over the verdant pastureland of the rolling hills—a dramatic backdrop to your hotel. Adventure Guides will check you in.

Welcome Dinner at the Hotel
After you spend the afternoon exploring your surroundings, celebrate your arrival in Arenal with a festive hotel welcome feast arranged especially for Adventures by Disney Guests. As you dine, take in the panoramic view of the Arenal volcano, looming over the verdant pastureland of the rolling hills.

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DAY 3: CAÑO NEGRO WILDLIFE REFUGE

Meal(s) Included:
Breakfast, Lunch and Dinner Included

Accommodations:
Hotel Arenal Manoa OR Arenal Kioro Suites & Spa

Breakfast at the Hotel
Start your day off with a delicious breakfast before heading out on an adventure-filled day.

Transfer to Caño Negro
Board a motor coach for your drive to Caño Negro.

Caño Negro Wildlife Refuge Guided Tour
Board a boat from Los Chiles and head down stream on the Rio Frio ("Cold River"). Along the ride, your guide will point out the wonders of the rain forest and the richness of the flora and fauna of the area. Keep an eye out for rain forest wildlife, including monkeys, sloths, many species of birds, bats, crocodiles, lizards and many more.

Lunch at Hacienda in Caño Negro
Enjoy a delicious riverside lunch overlooking the Rio Frio at a Hacienda in Caño Negro.

Transfer Back to Arenal
Travel back to Arenal via motor coach.

On Your Own Time at the Hotel
Relax and enjoy the unparalleled view of Arenal Volcano as you enjoy some time to unwind and explore the beautiful hotel.

Dinner at the Hotel
Enjoy a lovely dinner at the hotel's restaurant with your fellow Adventurers and other guests of the hotel.
DAY 4: ARENAL

Meal(s) Included:
Breakfast and Dinner Included

Accommodations:
[Hotel Arenal Manoa](#) OR [Arenal Kioro Suites & Spa](#)

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**Sky Trek to Zip Lining**

Enjoy a scenic bus ride to the Sky Tram, a gondola that carefully carries you through the rainforest canopy up the mountain to heights of over 4,000 feet (1,250 meters). Be awed by the extraordinary views—and take note of changes in the vegetation as your gondola ascends.

**Zip Line Adventure**

Enjoy the adrenaline thrill of a lifetime! Strap on a harness that is clicked onto suspended wires and zip line above the treetops of the rainforest. For Adventurers who either don’t meet Zip Line Adventure requirements or don't want to participate, a hanging bridges experience will be available as an alternative activity. [Opens a dialog](#)

**Lunch on Your Own**

After your thrilling high-speed ride, satisfy your hunger with a hearty meal of Costa Rican cuisine in the town of La Fortuna.

**Ecotermales Fortuna Hot Springs**

Enjoy a moment of pure relaxation. Immerse yourself in the soothing mineral water pools of a natural hot springs, which is heated by the Arenal volcano.

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**Private Dinner at Ecotermales Fortuna Hot Springs**

Sit down for a delicious evening meal of traditional Costa Rican cuisine prepared in this local hot spring's rustic restaurant.
**DAY 5: GUANACASTE**

**Meal(s) Included:**
- Breakfast, Lunch and Dinner Included

**Accommodations:**
- El Mangroove Hotel

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**Breakfast at the Hotel**
Enjoy a hearty breakfast before setting out on a day full of new adventures.

**Transfer to Chocolate Rainforest**
Board a motor coach for your drive to the Chocolate Rainforest.

**Chocolate Rainforest Experience**
With La Fortuna’s majestic Arenal Volcano as a backdrop, you’ll enjoy the sweetest rainforest experience as you take a privately guided tour of the Cacao Rainforest where you will discover the secrets and origins of the Cacao tree—and chocolate! Following the walk, enjoy a hands-on experience where you will learn the history of this world-renowned treat and its importance to the Costa Rican agriculture.

**Lunch at Rincon Coribici Restaurant**
Relax and partake in a pre-ordered, buffet-style lunch with a spectacular view that overlooks the Corobici River.

**Departure Toward Guanacaste**
Depart on a motor coach for breathtaking Guanacaste. Named after Costa Rica’s national tree that’s also known as the “elephant-ear tree,” this sun-kissed province is famous for its dry tropical forest, sparkling shorelines, exciting water sports and superb bird watching—with over 250 bird species!

**Welcome Reception at El Mangroove Resort in Guanacaste**
Take in the ocean views at Papagayo Bay as your Adventure Guides check you into this spectacular resort located on a natural mangrove and surrounded by lush tropical scenery. Then join fellow Adventurers for a drink at a Welcome Reception.

**Private Guaro Sour-Making Class**
Learn how to make the delicious cocktail featuring the traditional liqueur of Costa Rica.

**Adult Dinner in the Hotel**
Dine at the hotel restaurant featuring creative contemporary cuisine made from fresh local ingredients.

**Junior Adventurers Dinner and Movie Night**
While the adults dine, Junior Adventurers can join Adventure Guides for their own meal of kid-friendly fare. After dinner, Junior Adventurers can enjoy a private Disney movie presentation at the hotel.

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DAY 6: GUANACASTE

Meal(s) Included:
Breakfast, Lunch and Dinner Included

Accommodations:
El Mangroove Hotel

Private Catamaran Excursion
After breakfast at the resort, head down to the beach to begin your Catamaran adventure. The Catamaran will anchor in deep waters where you can snorkel, swim and sunbathe. Nibble on snacks prepared by the crew.

Lunch at the Hotel
Enjoy a light lunch at your leisure.

On Your Own Beach Time at the Hotel
Hit the sand with your fellow Adventurers and enjoy an afternoon of water sports. Or find your spot in the sun and just kick back while catching some Costa Rican rays.

Private Farewell Dinner and Entertainment at the Hotel
Before a festive dinner, enjoy traditional music and a folk dance performance as you celebrate the adventures of your trip. Toast your newfound friends and share the family memories you will cherish forever. Salud!
DAY 7: LIBERIA

Meal(s) Included:

Breakfast Included

Accommodations:

Breakfast at El Mangrove Hotel

Enjoy an early breakfast in paradise and say goodbye to your fellow Adventurers.

Transfers to Liberia International Airport (LIR)

Board pre-arranged transportation to the airport and say "hasta luego" until you return to the tropics!
IMPORTANT DETAILS

"**Accommodations are pending your departure date:

**Hotel Arenal Manoa**:

2019 Departures: February 13 & 16; March 9, 16, 23 & 30; April 6, 13, 17 & 20; December 21, 25 & 28

**Arenal Kioro Suites & Spa**

2019 Departures: March 20 & 27; June 1, 8, 15, 22 & 29; July 6, 13, 20 & 27; August 3, 10, 17, 24; December 14

2020 Departures: February 12 & 15; March 7, 14, 18, 21, 25 & 28

**Day 2**

**Please note**: For white water rafting, you must be at least 6 years old. Size restrictions also apply.

**Day 4**

**Please note**: To use the zip line, you must be at least 5 years old and a maximum weight of 136 Kg (300 lbs).
PREPARING FOR YOUR ADVENTURE

Required Travel Documentation

If you are a U.S. citizen, you will need a valid passport to enter Costa Rica and return to the United States.

Your passport must be valid 6 months beyond your intended stay and have 1-2 blank pages remaining. Allow yourself sufficient time to have your application processed if you are applying for a new passport or renewing an expired passport. Refer to the U.S. Department of State for further details.

As a general precaution, all travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from the passport.

You do not need a visa to travel to Costa Rica.

In addition, Guests 17 years of age or younger may be required to show additional documentation when traveling with a single parent.

If you are not a U.S. citizen, please check with the Costa Rica Consulate for information on documentation requirements.

Passport/Visa Services You can apply for a passport and/or visa through CIBT, Inc., a third party travel document company servicing the travel industry (not affiliated with the Walt Disney Company). Learn more or call CIBT at (800) 406-1523. Be sure to mention Adventures by Disney, account #55134, for special pricing options.

What to Pack

Please limit your baggage to one piece of luggage per person plus one carry-on. With frequent security changes, we recommend that you check with your air carrier as well as the Transportation Security Administration (TSA) for current restrictions.

Since you will be visiting humid rainforests, attire for your adventure should be casual and comfortable, and you should bring at least one additional change of clothes per day. However, you may wish to don business casual attire for dinner. The following is a list of clothing and other items you may want to bring:

Clothing

*T-shirts (both short- and long-sleeved)
Miscellaneous

- Collared shirts
- Jeans or long pants
- Casual dress/skirt (optional)
- Shorts
- Lightweight rain jacket
- Hat
- Swimsuits
- Sturdy-soled walking shoes
- Sandals

Weather

Visit weather.com for the most up to date weather information for your vacation dates and destinations.

The Adventures by Disney Vacation Protection Plan
Protect your vacation investment with coverage for trip cancellation and interruption, reimbursement for trip delays, medical protection, baggage protection and 24-hour assistance. This inclusive Travel Insurance offered by Adventures by Disney is underwritten by Arch Insurance Company—and is as easy as a phone call to learn more about and then purchase.

Get details about the Adventures by Disney Vacation Protection Plan.

EN ROUTE

Arrival/Departure Information

Upon arrival at Juan Santamaría International Airport (SJO), follow airport signage to the Immigration/ Passport Control area. Once you have gone through Passport Control, follow additional airport signage directing you to the baggage claim. Collect your luggage, pass through the Customs control area and into the public Arrival area. Then look for a representative holding an orange Adventures by Disney sign. This representative will assist you with your luggage and escort you to the pre-arranged ground transportation to your hotel. At the conclusion of your adventure, you will be escorted to the Liberia International Airport for your return flight home.

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<tr>
<th>Day</th>
<th>Airport Code</th>
<th>Arrival/Departure Time</th>
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<tr>
<td>Arrival</td>
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DURING YOUR ADVENTURE

Currency

The unit of currency in Costa Rica is officially the Colón (CRC). U.S. dollars, however, are widely accepted and available at ATM machines. Most hotels and restaurants accept major credit cards or single-use debit cards in addition to travelers’ checks.

Gratuities

Adventure Guide Gratuities

Gratuities for your Adventure Guides are not included. Based on the quality of service you have received, we suggest the following gratuity guidelines. Please note that this is for each member of your traveling party, for each Adventure Guide and for each day.
Per Adult/Child/Per Adventure Guide/Per Day: $9 - $11 USD

Example:

• For a 7-Night adventure, the Adventure Guide gratuity Per Guest/Per Adventure Guide is $63 - $77 USD.
• For a family of 4 for a 7-Night adventure, the Adventure Guide gratuity Per Guest/Per Adventure Guide is: $252 - $308 USD. For 2 Adventure Guides, this is a total of $504 - $616 USD.

The Adventure Guides gratuity can be paid in U.S dollars, local currency, travelers' checks or PayPal. Please check with your Adventure Guide if they accept PayPal.

All Other Gratuities

Gratuities have been taken care of on your behalf for all services included in the itinerary. There is no need for you to worry about tipping the bellmen, housekeepers, waiters, drivers and local experts.

Transportation

On this adventure, your group will travel by motor coach.

When spending time on your own in Costa Rica, you may choose to visit a site that requires transportation. If this is the case, a convenient travel option is to request taxi service through the hotel.

Language

While the primary language of Costa Rica is Spanish, most Costa Ricans speak English.
FREQUENTLY ASKED QUESTIONS

How do I book my Adventures by Disney vacation?
To book your vacation, please call our Reservation Center at (800) 543-0865 and speak with a Vacationista or contact your Travel Agent.

If you are outside the U.S., please call (866) 983-7872 and speak with a Vacationista or contact your Travel Agent.

Do I need vaccinations to travel to this country?
Vaccinations to travel to the areas of Costa Rica that are a part of the Adventures by Disney itinerary are not required if you are going to Costa Rica from the U.S.

Learn more if you want to extend your stay to other parts of Costa Rica.

If you are not a U.S. citizen, please check your local requirements on vaccinations for travel to Costa Rica.

What airport do I fly into and out of?
ARRIVAL: We will pick you up at San José International Airport (SJO) in Costa Rica. You may arrive at any time.

DEPARTURE: At the end of the adventure, we will transfer you to the Liberia International Airport (LIR) for your return flight home. You may depart at any time.

Are transfers included if I arrive or depart from different locations or at different times from the itinerary?
No. Transfers are only included from the specified arrival/departure airports and hotels. For Costa Rica, transfers are included from the San José International Airport (SJO) in Costa Rica to the Costa Rica Marriott Hotel on your arrival day. On your departure day, transfers are included from the El Mangroove back to the Liberia International Airport (LIR).

Can I extend my vacation beyond the Adventures by Disney itinerary?
Yes, you may stay in Costa Rica before or after our itinerary. Extended stays are available at special rates if booked through Adventures by Disney Travel Services, Inc. in conjunction with a land package and cannot be combined with any other offer. Please contact a Vacationista at (800) 543-0865 for further information.

How strenuous are the activities?
While this adventure is not considered physically strenuous, most days will include one or more hours of walking and/or gentle hiking, often in a...
rainforest environment. Guests should feel comfortable spending time exploring the outdoors. This adventure includes a Sky Tram ride through the forest, a whitewater rafting activity (Class II-III), and a canopy zip lining experience. Please note that there is a minimum age of 6 years old for the whitewater rafting activity and a minimum age of 5 years old for the zip lining experience. Additionally, there is a maximum weight restriction of 300 lbs. / 136 kg (No minimum weight) and Guests must fit comfortably in the harness for the zip lining experience. Temperatures may be hot and humid in Arenal, so wear cool clothing and a hat, and drink plenty of water. While nearly all of the trip's featured activities are gentle if examined separately, the full range of activities requires a moderate amount of stamina in order to get the most of your vacation.

What ages are appropriate for this adventure?
While we welcome children ages 4 and up at the time of travel to discover the stories of the world with us, we recommend that children be at least 8 years old at the time of travel on our Costa Rica trip. This is based on several factors, such as high altitude at destination, number of internal transports between experiences, potential for extreme temperatures in the summer months, and amount of physical activity (e.g., hiking, riding zip lines, white-water rafting) involved. Because each child is different, call a Vacationista at (800) 543-0865 to discuss whether this is the right trip for your little ones.

What types of meals are served on this Adventures by Disney Trip?
Typically, breakfast is served each morning in buffet style and offers a variety of dishes. Dinners and lunches usually include fish, meat, and pasta or rice entrées; vegetables and salad; and desserts and fruit. Some included meals on this trip are served buffet style while others offer a limited-choice menu. Given the nature of group travel, we regret that á la carte menu choices may not always be available. Children-friendly choices are available at all meals. Menu items are subject to change due to the availability and seasonality of foods. In order to allow you and your family time to enjoy meals by yourselves, there are a few meals that are not included in the itinerary. These meals have been planned in locations where you have many dining options available. If you have any questions or concerns about dining at any time during your vacation, your Adventure Guides will be happy to assist you.

Is alcohol included with meals?
Alcoholic beverages are typically not included with your scheduled meals; however, you may purchase them at your own expense.

Can you accommodate special dietary needs?
Adventures by Disney will make a reasonable effort to accommodate some special dietary needs at no additional charge. Unfortunately, we may not be able to accommodate all special dietary needs requested. Please contact a Vacationista at (800) 543-0865 in advance of your departure to advise us of your needs.

Is this itinerary appropriate for travelers with special needs?

Please note that this vacation includes multiple activities that present certain challenges to Guests with special needs. Neither Adventures by Disney nor its suppliers may physically lift or assist Guests onto transportation vehicles. It is strongly recommended that persons requiring assistance be accompanied by a companion who is capable of and solely responsible for providing assistance. Contact your Vacationista at (800) 543-0865 to discuss your needs.

What if Adventures by Disney cancels the adventure prior to departure?

We will make every reasonable effort to operate vacations as advertised; however, we reserve the right to curtail or modify the itinerary, or to substitute activities, hotels, meals or transportation as we deem necessary. We further reserve the right to reduce the number of Adventure Guides to one, and to modify other services to accommodate a smaller group, if a minimum number of Guests is not reached. Similarly, we may marginally exceed the stated group's maximum size, if necessary to accommodate a family. Please also note that during certain holidays and peak periods, some activities may be disrupted or unavailable. None of these modifications or changes shall affect the land package price. We reserve the right to cancel a trip at any time prior to its commencement for any reason, such as if there are too few Guests, or if the quality of the trip or the safety of the Guests would, in our opinion, be compromised, such as may result from unforeseen circumstances (acts of God) or other circumstances beyond our reasonable control. If we cancel your trip prior to its commencement because there are too few Guests: (i) We will attempt to rebook you on another departure of the same itinerary, subject to availability, and we will bear any reasonable airline rebooking charges; however, if we are unable to rebook you, we will issue a full refund of your land package price and plan (unless you have filed a claim); and (ii) if you booked airfare through us, we will issue a full refund of your airfare; and (iii) if you did not book airfare through us, we will reimburse you for your reasonable out-of-pocket (subject to proof) airline cancellation charges or, in the case of bookings using frequent flier miles, a reasonable cancellation service fee, provided you have exercised best efforts to mitigate such charges/fees; and (iv) the aforesaid payments and/or rebooking by us shall constitute a full settlement.

Is travel insurance available?

Yes, you can protect your vacation investment by adding the Adventures by Disney Vacation Protection Plan to your reservation.

Get details about the Adventures by Disney Vacation Protection Plan.