

# Costa Rica to Panama 14 days



From San Jose to Panama City, travel to the beautiful Pacific Coast of Costa Rica and the idyllic Caribbean Coast of Panama, through cloud forests, pristine national parks and tranquil islands. Experience rumbling volcanoes and bubbling hot springs, beautiful beaches, colourful markets, abundant wildlife and adventure galore!

## TOUR DETAILS:

- Starts in: San Jose - Costa Rica / Ends in: Panama City - Panama
- Departs: Sundays - Year round
- No local payment required
- Breakfast:0, Lunch: 0, Dinner: 0
- Hotel Rating: Simple hotels, hostels & guesthouses
- Tour Guide: Tour leader escorted

## ONLINE RESOURCES:

- For a detailed GO GUIDE - [click here](#)
- To book this trip - [click here](#)
- To enquire about this trip - [click here](#)

## TOUR MAP:



## QUICK WEB LINKS

[Tour Prices](#) ::: [Why Us?](#) ::: [Best Places to Visit](#) ::: [Best Time to Visit](#) ::: [Style of Travel](#) ::: [Useful Info](#) ::: [Visas](#) ::: [FAQs](#) ::: [Photo Gallery](#)

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## Day 1: San Jose

Welcome to San Jose or Chepe as it's called by Ticos! Upon arrival at San Jose Airport you'll be met by a representative and transferred to our hotel. Spend the remains of the at leisure in Costa Rica's capital city, which is nestled in a fertile valley among coffee and sugar-cane farms. Overnight - San Jose

## Days 2 - 3: Manuel Antonio

San Jose - Manuel Antonio. We travel from the Central Valley to the Pacific coast, through very lush green countryside to Manuel Antonio, where we will visit the Manuel Antonio National Park, one of the most popular parks in the country. This celebrated park is blessed with beautiful lagoons, palm fringed beaches, a vast array of animals and lush green forests. Some of the many creatures that call Manuel Antonio home include sloths, pelicans, white-faced monkeys, anteaters and huge iguanas. It is also famous for its beaches - although almost deserted on weekdays, keep a sharp eye on your belongings, as the monkeys and raccoons are seasoned thieves! Overnight - Manuel Antonio



## Days 4 - 5:

Manuel Antonio - Santa Elena. We travel via the old town of Quepos to Santa Elena, a small town established by American Quakers in the 1950's. From here we visit Monteverde Cloud Forest Reserve in search of the mysterious endangered Quetzal, a very rare and timid bird with incredibly beautiful and unique plumage. There are several paths to explore in this privately owned reserve, one of which takes you to the continental divide. On a clear day both the Atlantic and Pacific Oceans can be seen! We'll also stop at the Hummingbird Gallery where these energetic birds buzz around sipping on nectar. Santa Elena is famous for its ziplines, where you'll have the option to go flying over the cloud forest on a series of cables strung out between the giant trees. Overnight - Santa Elena



## Days 6 - 7:

San Jose - La Fortuna. Our next journey takes us through the mountains of the cloud forest to Lake Arenal where we take a boat en route to La Fortuna. Enjoy some free time this afternoon and in the evening there is an exciting optional excursion to a site near the volcano to listen to its rumbles and sample the local alcoholic spirit which is almost as explosive as the volcano itself! On a clear night you'll be rewarded with incredible views of red hot lava discharging from the volcano crater. Then there's the option to indulge yourself with a relaxing dip in the hot springs.

There's plenty of free time to partake in a variety of exciting optional excursions; from caving or white water rafting, to canoeing, horse-riding or trekking in search of the local wildlife and beautiful waterfalls. Overnight - La Fortuna



## Day 8:

La Fortuna - San Jose. Today we travel back to San Jose and enjoy some free time in the capital. San Jose has a wealth of world class restaurants and a lively nightlife to keep us entertained! Overnight - San Jose

## Days 9 - 10:

San Jose - Bocas del Toro. We bid farewell to Costa Rica on day 9 and travel across the border into Panama. Here we board a public

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boat to Bocas del Toro - a beautiful archipelago which consists of six densely forested islands, with pristine beaches and spectacular coral reefs which can compete with the Caribbeans finest islands and has a wonderful laid back vibe! Enjoy two blissful days at leisure enjoying the delights of the island. There are options for diving, snorkelling and kayaking expeditions, as well as bike rentals and boat trips to the nearby Mangrove Forest. Overnight - Bocas del Toro



## Days 11 - 12:

Bocas del Toro - Boquete. Leaving island life behind we return to the mainland and travel up into the highlands to the charming mountain village of Boquete, nestled on the eastern slopes of the Baru Volcano. Boquete is renowned for its cool climate and beautiful scenery. There are plenty of optional excursions on offer; in fact Boquete is already building up quite a reputation as an 'adrenalin town' with world class rafting facilities, mountain biking, rock climbing and rappelling at nearby Los Ladrillos in Bajo Mono. Overnight - Boquete



## Days 13 - 14:

Boquete - Panama City. There's a long day of travelling ahead on day 13 as we complete the final leg of our tour, travelling to Panama City. Our tour comes to an end on day 14 after hotel check out. Vibrant Panama City is undoubtedly the most cosmopolitan capital in Central America and if you wish to see the sights,

including the infamous Panama Canal and the archaeological site of Panama La Vieja, consider extending your stay. Panama City (1)

## WHAT YOU SEE AND WHAT YOU GET:

Below is a list of key highlights and what is included on this tour. Further, where appropriate, we have listed the items that are not included in the tour price.

### Trip Highlights

- San Jose - Costa Rica's cosmopolitan capital
- La Fortuna and the active Arenal Volcano
- Lake Arenal - picturesque highland lake
- Monteverde Cloud Forest Reserve - shrouded in a canopy of cloud and home to a wonderful array of flora and fauna
- Manuel Antonio National Park - beautiful beaches, lush rainforest and lots of wildlife
- Bocas del Toro archipelago - pristine islands with a laid back Caribbean vibe and beautiful beaches.
- Boquete - charming mountain village
- Panama City - the most cosmopolitan capital in Central America

### What's Included

- Airport arrival transfer on day 1
- 13 nights simple hotels, hostels & guesthouses
- Local transportation - public bus, mini bus and boat
- Excursions to Monteverde Cloud Forest, Manuel Antonio National Park and Bocas del Toro
- Escorted by a tour leader
- Specialist local guides for included excursions

### What's Not Included

- International flights, departure and border taxes and visas.
- Tips on all excursions. Tip for your tour leader - an entirely personal gesture.
- Meals - allow US\$25-30 spending money per day to cover meals, snacks, drinks, limited souvenirs and any extras.
- Airport departure transfer - can be booked at an additional cost upon request.

## PRICES AND DATES: from USD \$1,899

Prices shown are per person travelling. 'Twin/Double' prices per person apply when there are 2 people travelling, sharing a room. The 'Single supplement' applies for single travellers who require their own room and needs to be added to the 'Twin/Double' price. If you are happy to be paired up with another single traveller of the same sex on your tour, this can be arranged, thus avoiding the

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single person supplement. All our scheduled tour departures are guaranteed subject to a minimum of 4 travellers. To date we have not cancelled a single trip! Airport transfers are not included but can be booked for an additional cost, see below. Transfer cost is per vehicle (maximum 2 people). To kick off the New Year we are offering 10% off of all of our Central America group tours if you book before 4th February 2015. Discount applies to new bookings only and cannot be used in conjunction with any other offer. Terms and conditions apply.

## 2015

Date	Price/Person	Single Supp.
08 FEB - 21 FEB	USD \$1,899	USD \$299
22 FEB - 07 MAR	USD \$1,899	USD \$299
08 MAR - 21 MAR	USD \$1,899	USD \$299
22 MAR - 04 APR	USD \$1,899	USD \$299
05 APR - 18 APR	USD \$1,899	USD \$299
19 APR - 02 MAY	USD \$1,899	USD \$299
03 MAY - 16 MAY	USD \$1,899	USD \$299
17 MAY - 30 MAY	USD \$1,899	USD \$299
31 MAY - 13 JUN	USD \$1,899	USD \$299
14 JUN - 27 JUN	USD \$1,899	USD \$299
28 JUN - 11 JUL	USD \$1,899	USD \$299
12 JUL - 25 JUL	USD \$1,899	USD \$299
26 JUL - 08 AUG	USD \$1,899	USD \$299
09 AUG - 22 AUG	USD \$1,899	USD \$299
23 AUG - 05 SEP	USD \$1,899	USD \$299
06 SEP - 19 SEP	USD \$1,899	USD \$299
20 SEP - 03 OCT	USD \$1,899	USD \$299
04 OCT - 17 OCT	USD \$1,899	USD \$299
18 OCT - 31 OCT	USD \$1,899	USD \$299
01 NOV - 14 NOV	USD \$1,899	USD \$299
15 NOV - 28 NOV	USD \$1,899	USD \$299
29 NOV - 12 DEC	USD \$1,899	USD \$299
13 DEC - 26 DEC	USD \$1,899	USD \$299
27 DEC - 09 JAN	USD \$1,899	USD \$299

## 2016

Date	Price/Person	Single Supp.
10 JAN - 23 JAN	USD \$1,899	USD \$299
26 JAN - 08 FEB	USD \$1,899	USD \$299
07 FEB - 20 FEB	USD \$1,899	USD \$299
21 FEB - 05 MAR	USD \$1,899	USD \$299
06 MAR - 19 MAR	USD \$1,899	USD \$299

20 MAR - 02 APR	USD \$1,899	USD \$299
03 APR - 16 APR	USD \$1,899	USD \$299
17 APR - 30 APR	USD \$1,899	USD \$299
01 MAY - 14 MAY	USD \$1,899	USD \$299
15 MAY - 28 MAY	USD \$1,899	USD \$299
29 MAY - 11 JUN	USD \$1,899	USD \$299
12 JUN - 25 JUN	USD \$1,899	USD \$299
26 JUN - 09 JUL	USD \$1,899	USD \$299
10 JUL - 23 JUL	USD \$1,899	USD \$299
24 JUL - 06 AUG	USD \$1,899	USD \$299
07 AUG - 20 AUG	USD \$1,899	USD \$299
21 AUG - 03 SEP	USD \$1,899	USD \$299
04 SEP - 17 SEP	USD \$1,899	USD \$299
18 SEP - 01 OCT	USD \$1,899	USD \$299
02 OCT - 15 OCT	USD \$1,899	USD \$299
16 OCT - 29 OCT	USD \$1,899	USD \$299
30 OCT - 12 NOV	USD \$1,899	USD \$299
13 NOV - 26 NOV	USD \$1,899	USD \$299
27 NOV - 10 DEC	USD \$1,899	USD \$299
11 DEC - 24 DEC	USD \$1,899	USD \$299
25 DEC - 07 JAN	USD \$1,899	USD \$299

## Supplementary Prices

	Price/Person	Single Supp.
Airport Transfer - San Jose, Costa Rica	USD \$59	USD \$0
Airport Transfer - Panama City, Panama	USD \$82	USD \$0