

RAINBOW TRAVEL GROUP

10 Days / 09 Nights – Costa Rica Program

APRIL 21 – 30, 2011

April 21, 2011

Arrival to the Juan Santamaría International Airport in San José. A English Speaking representative from Rainbow Educational Tours will meet you at the airport and will guide you to the bus that will take you to the Hotel Raddison



This four star Hotel gives you the best value among the San José Costa Rica hotel lodging. Come and enjoy the hospitality and the tranquility of an oasis just a few blocks from downtown San José.

non smoking rooms.

The hotel is a jewel within itself, is a fine mixture of 80 rooms: 56 standard, 23 superior and 1 suite; all completed with air conditioning, free cable Internet connection, cable TV, direct dialing telephone, tub, shower and hot water,

Welcome dinner in a typical restaurant.

Overnight at Hotel Villas Tournon(Standard Rooms, breakfast and taxes included)

April 22, 2011

Early morning pick up for the drive through Braulio Carrillo National Park. Have a quick stop at the Restaurante El Ceibo in Guapiles to have a complete breakfast and then continue to the Caño Blanco Dock. On the way pass through a banana plantation where you will have an explanation of the banana processes.

Later on you will drive into Tortuguero by boat (approx. 2 hrs). On arrival at the lodge enjoy a welcome cocktail and a home-style lunch. The lodge will then schedule a visit to the Turtle Museum and town of Tortuguero.



The lodge is strategically located only 5 minutes away from the extraordinary Tortuguero National Park, and right across the main "canal" facing the town of Tortuguero. Surrounded by a network of very scenic canals, this is considered one of the most exotic regions of the world, characterized by its rich in flora and fauna.



The lodge provides comfortable accommodation, knowledgeable natural history guides, boats and family-style dining for their guests.

Overnight at the PACHIRA LODGE, standard room, all meals included.

April 23, 2011

In the morning tour by boat through the water canals of the Tortuguero National Park.

One of Costa Rica's most popular eco-tourism destinations, the canals and rivers of Tortuguero National Park are a study in rainforest, freshwater and marine biology. The park and small town of Tortuguero can only be accessed by boat or small aircraft. Considered one of the world's major nesting sites for the Atlantic green turtle, you can see these great creatures between July and October.



Tortuguero is one of the wilderness areas with the greatest biological variety in Costa Rica. It has 2,000 plant species of plants and 400 tree species; along with 57 species of amphibians, 111 species of reptiles, 309 species of birds, 30 species of fresh water fish, including the Gar, considered to be a living fossil; and 60 species of mammals.

Overnight at the PACHIRA LODGE, standard room, all meals included.

April 24, 2011

After breakfast, boat and bus transfer to the Restaurante El Ceibo in Guapiles, where you will have lunch.

After lunch, departure to the Sarapiquí area.

The Sarapiquí region, named for the river that drains this area, lies at the foot of the Cordillera Central mountain range. To the west is the rain forest of Braulio Carrillo National Park, and to the east are Tortuguero National Park and Barra del Colorado National Wildlife Refuge. In between these protected areas lie thousands of acres of banana, pineapple, and palm plantations. It is here that you can see the great contradictions of Costa Rica.



La Quinta de Sarapiquí, it is a tropical rain forest resort, an ideal spot for visitors interested in bird watching, hiking, river rafting and a peaceful stay in paradise. It is one of the few Costa Rican hotels certified for sustainable tourism. It is located within two hours of San Jose and just minutes from world class river rafting, mountain biking trails and the vast Braulio Carrillo National Park, an extensive primary tropical rain forest, and La Selva Biological Station.

The hotel is run by a Costa Rican family who will do everything possible to make guest's stay a very pleasant one. In just ten years, La Quinta transformed from a working farm to a garden of secluded cabins, ponds and lavish gardens of remarkable beauty, frog and butterfly gardens, extensive trails which are wheel chair accessible, a fresh water pool, and fine dining.

In the evening, get ready for your Night Bat Tour at La Tirimbina.

Bats represent 50% (110 species) of Costa Rican mammals. You will learn and dispel myths about these wonderful mammals, and enjoy this adventure into the world of the bats.

You'll see a multi-media presentation on the history of bats, their classification system, diversity, adaptations, reproduction methods, threats, and more. And for the most popular part of the Bat Tour, a trained guide will provide visitors a safe opportunity to touch, feed and release safely captured bats.



Visitors can also take a short guided walk (15–30 min.) to see the mist nets used to gently catch these creatures. The bats are kept for less than 2 hours and the professional methods used assure the well-being of the animals.

Dinner at La Quinta de Sarapiquí.

Overnight at LA QUINTA DE SARAPIQUI, breakfast included.

April 25, 2011

After breakfast, get ready for your super adventure combo tour at Hacienda Pozo Azul.

The combination of choice of unforgettable adventures for a full day at Hacienda Pozo Azul includes:

- One hour and a half horse ride through the jungle trails at Pozo Azul.
An exciting horse ride through Pozo Azul's green jungle, pristine rivers and green pastures. The best horses are bred at the Hacienda. You will ride strong Andalusian horses trained for soft riding.



- Canopy ride through 9 zip lines on the tree canopy. Last cable with 900 Feet crossing Sarapiquí river canyon and lands at the reception complex.
Your unique experience will take you through a canyon where you start from the edge at the ground and after several tree and ground platforms you end at a landing platform on the



ground crossing the canyon.

On the site you will get an instructions and safety presentation, after which you are ready for the experience of your life.

- White water rafting classes II & III. Instructions and safety rules presentation previous to all activities.

This tour leaves at the Hacienda Pozo Azul put-in and runs 13 Km. to Chilamate, with an average gradient of 1.2% it can be run year round, and no previous experience is required safe with several accesses throughout the tour and constant communication with the base. Safety instructions at our private put-in followed by practice paddling and assigning individual positions on the boat.



All boats used are Top brands 14 feet, used with 4 or 6 passengers depending on river conditions.

Safety kayaks always in number related to number of boats on the tour. A ride back for shower and changing at our facilities before returning to the hotels.

Cooking class at La Quinta de Sarapiquí.

Overnight at LA QUINTA DE SARAPIQUI, breakfast included.

April 26, 2011

After breakfast depart to La Selva Biological Station.

The Station is bordered on the south by Braulio Carrillo National Park, which contains more than 46,000 hectares of forest land and is the core conservation unit of the 91,000-hectare cordillera Volcánica Central Biosphere Reserve.



The fauna is similarly diverse. Large predators include jaguars, pumas and bushmasters. Thousands of arthropod species are being currently recorded at La Selva and more than 400 species of resident and migratory birds have been sighted in the reserve, representing almost half of Costa Rica's bird species.

After the check out, departure to the Arenal Volcano area.

Lunch on your own.

One of the most active volcanoes of the world, cloud forests, a lake world-famous for windsurfing and an incredibly diverse population of wildlife is what you will find in this area. The flawless silhouette of Arenal Volcano, its loud rumblings and frequent explosions of lava and ash are a sight not to be missed by any visitor to Costa Rica. But by no means these are the only



attractions of this area. Bass fishing, windsurfing, hot springs, waterfalls, hiking and Caño Negro Wildlife Refuge make this an ideal stop for many travelers.



Located in the northern region of Costa Rica, just in front of the glorious Arenal volcano, the Arenal Paraíso hotel is the perfect place to enjoy Costa Rica's real spirit of peace, nature and adventure. The hotel has a quiet and cozy atmosphere that blends to perfection the powerful view of the volcano and the exuberant tropical gardens.

This charming hotel offers 20 standard rooms, 80 bungalows and 58 deluxe rooms decorated with handcrafted wood furniture and surrounded by abundant green gardens. Even though the Arenal volcano is the main attraction of the area, guests can also enjoy many other exciting activities such as canopy tour through the rainforest, whitewater rafting, horseback riding to a huge waterfall or exploring the Venado Caverns. If visitors prefer to spend a relaxing day they can stay at the lodge and either have a massage at "Mayin Spa", take a hot bath at the hot spring mineral pool or spend the afternoon daydreaming next to the swimming pool. For the perfect dining experience the hotel restaurant offers international cuisine and delicious meats (the specialty of the house).



After check in get ready for your Arenal Volcano Hike & Hot Springs Relaxing time!!!

Enjoy the most extraordinary view of the Arenal Volcano on a gentle Hike along the base of this marvelous "Mountain of Fire". The Hike begins on the active side of the volcano that takes you through the forest over recent lava flows and to the destroyed area now in the process of regeneration.



The Arenal Volcano is active since 1968, it constantly ejects gases, water, fumaroles and explosions with pyroclastic material emissions, and sometimes the eruptions are accompanied with powerful thunders. The ash is carried by the wind over long distances especially to the northwest area of the volcano. The biggest and heaviest material falls close to the crater. The lava flows

come out of the crater with a temperature of about 1 000 Centigrade. As the lava flows down it slowly cools off.

Ecotermales Fortuna is a project that was built with the purpose of satisfying the needs of those looking to visit a natural spa with a family environment and personalized service that works in harmony with nature. Located in what use to be a cattle farm, it is a small oasis of natural forest, where you find the hot springs. It offers a private environment with controlled access to avoid crowds. The spa has 4 different pools with different temperatures the coolest one is 91 degrees Fahrenheit and the hottest one is 105 Fahrenheit, one of the pools has a cascading waterfall for a natural soothing back massage. The facilities at Ecotermales include separated changing rooms for men and



women, individual lockers, toilets and showers. The restaurant offers family styled costarican meals for lunch and dinner. Next to the restaurant there is a shaded area with hammocks where guests can relax.

Dinner at Ecotermals La Fortuna.

Overnight at the HOTEL ARENAL PARAISO, standard room, breakfast included.

April 27, 2011

After check out, transfer by bus and boat from Arenal to Monteverde. This transfer is considering as a tour itself, since you will be crossing through the beautiful Arenal Lake, then you will continue by bus until Monteverde.

The famous Monteverde Cloudforest was founded about 40 years ago by a small group of conservation-minded Quakers who were looking for a peaceful place to live.



(mostly January to July).

Its Cloud Forest Reserve is one of the most outstanding wild life sanctuaries in the tropics. This high elevation rain forest offers miles of trails with excellent opportunities for bird watching. The resplendent Quetzal is often sighted up here

Experience the most spectacular views of the Arenal Volcano & Lake from the sky Tram or the Sky Trek (zip lines). Sky Tram is a 15 minute aerial tram tour through the rain forest to the “Miguel Angel” observatory, where you will have spectacular views of the Arenal Volcano & Lake. Sky Trek is a 3280 foot long zip line system that



gives you the opportunity to enjoy the rain forest and its beautiful views in a fun, easy and safe ride.



Sky Walk is a system of suspended bridges in which you can walk and experience life from the perspective of tree tops.

The principal objective is to offer a different observational perspective of a tropical forest.

Lunch on your own.

El Establo is a hotel located in the heart of the conservation area of Monteverde Costa Rica, 7 kms from the Santa Elena Rain Forest and 4 kms from the Monteverde Cloud Forest. The hotel is owned by a Quaker / Costa Rican family who give guests friendly service and will definitely go out of their way to ensure guests a wonderful vacation. Set in a private, 150 acres private property with 50% protected primary forest. It has 80 comfortable Standard Room, Deluxe Room, Junior Suite, Master



Suite and Honeymoon Suite. El Establo also offers large living rooms, a solar heated pool (the only one in Monteverde) and Jacuzzi, a Spa, a lake and private cloud forest trails, a basket ball and volley ball court, and best of all, a great restaurant.

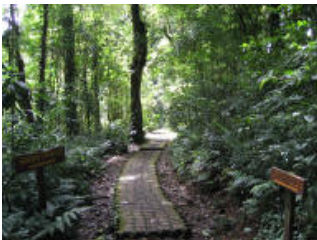
Dinner at the Restaurant of the Hotel El Establo.

Overnight at the HOTEL EL ESTABLO, standard room, breakfast included.

April 28, 2011

This morning take an early, guided hike through the nature trails of the Monteverde Reserve.

Feels like walking in a grandiose green Cathedral. Wind-sculptured elfin woodlands on the exposed ridges are spectacularly dwarfed, whereas protected cove Monteverde rainforests have majestically tall trees festooned with orchids, bromeliads, ferns, vines, and mosses.

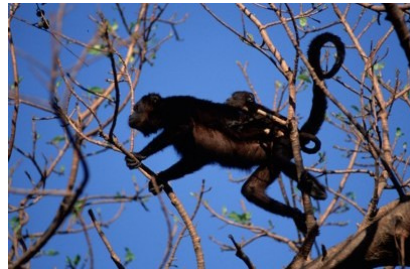


The variable climate and large altitudinal gradient has helped produce an extremely high biodiversity. Spectacular wildlife includes the Jaguar, Ocelot, Baird's Tapir, Three-wattled Bellbird, Bare necked Umbrella bird and the famous elusive Resplendent Quetzal.

After check out, departure to the Central Pacific area.

Lunch on your own.

The Central Pacific region encompasses almost everything that attracts visitors to Costa Rica: exuberant tropical forests, green hills, vibrant sea and pristine beaches. This region offers some of the most attractive beaches and terrain that the country offers. The vegetation changes dramatically from transitional forest in its northern section to pure rainforest in its southern part.



The Hotel Punta Leona is a 750 acres beach resort and wild life reserve inhabited by hundreds of indigenous flora and fauna species. What really makes Punta Leona a special place is the two beach options: one with white sand and the other with gray sand with its crystal clear Pacific waters. They are also the only beaches in Costa Rica with 3 Blue Flags & Triple A Rating for their outstanding water quality, cleanliness and level of safety for swimmers.



The resort features comfortable rooms and fully equipped apartments which are perfect for a family vacation. The resort offers a large variety of fun activities for adults and little ones like: swimming pools, surrounded by tropical nature, water sports, snorkeling, tennis court, beach volleyball, an 18-hole miniature golf course, canopy tour, white water rafting and national park tours.

Dinner at the Restaurant of the Hotel Punta Leona.

Overnight at the HOTEL PUNTA LEONA, selva mar room, breakfast included.

April 29, 2011

After breakfast, get ready for your Carara National Park Hike.

This hiking tour and natural sanctuary adventure in a bio-diverse reserve is dramatically different in terms of wildlife and plant species.

On your Carara experience, you will spot unforgettable giant red Macaws and extraordinary crocodiles living in the the Tarcoles River ecosystem estuary and adjacent to the Carara Park and its protected biological corridor.



Lunch on your own.

Afternoon at leisure to relax and enjoy the hotel facilities!!!

Dinner at the Hotel Punta Leona

Overnight at Hotel Punta Leona. (Selvamar Rooms, breakfast and taxes included)

April 30, 2011

After check out your guide will meet you at the hotel's lobby for your departure transfer to the international airport "Juan Santamaría" in San José.

You have to check in 3 hours prior departure. Check-In and payment of the airport tax (USD 26.00 per person) not included on the rate.

GOOD BYE COSTA RICA PURA VIDA!

Price includes:

- Meet & Greet at the airport
- Luggage handling fee at the airport
- All ground transfers on a deluxe A/C motor coach
- English speaking guide throughout the whole itinerary
- All the accommodations described above
- All tours described above
- Meals mentioned above.
- All taxes and service charges.
- Return airfare Calgary/San Jose/Calgary
- Airport departure taxes

Not included in the price:

- Extra tips
- Alcoholic beverages
- Departure taxes – Costa Rica (approximately \$26.00)
- Luggage handling fee at the hotels
- The meals that are not mentioned in the program
- The tour that are not mentioned in the program