

# Costa Rica Itinerary February 15-23, 2018

## **DAY 1 (Thursday): LIBERIA to ARENAL**

The first day is a travel day, aiming for a mid-day arrival at the Liberia airport in Costa Rica.

After pick up at the airport, we will drive to Arenal for a welcome session. There is a mosaic church in the town of Cañas worth a brief photography stop on our drive to Arenal.

(No meals are included the first day)

## **DAY 2 (Friday): ARENAL VOLCANO**

After enjoying the breakfast buffet, we will grab our gear and go out shooting. Our accommodations are nestled near hanging bridges, a waterfall and extensive nature trails. I will lead the group on a hike to some of my favorite trails and point out areas of interest along the way. Short photography instructional sessions will be presented by Jeff Morgan in the field and may include hummingbird photography, macro for flowers and insects, etc. The content of the instructional photography sessions throughout the tour will be determined by the participant's interests and requests.

In the late afternoon I've hired a local nature guide to take us scouting for wildlife and to a private reserve (time permitting) where there are extensive lava fields from a historic volcanic eruption.

We will be eating jungle pizza and homemade ice cream for dinner followed by a red-eyed tree frog shoot.

(Breakfast-Lunch-Dinner)

## **Day 3 (Saturday): ARENAL VOLCANO-CHILAMATE**

Following breakfast and a free morning, we checkout and drive to an eco-lodge in Chilamate. On the way we will stop for lunch in La Fortuna and take time to wander around. (Breakfast-Lunch-Dinner)

## **DAY 4 (Sunday): CHILAMATE**

In Chilamate we support a family run project dedicated to rainforest conservation, contributing positively to the community and providing an unforgettable tourism

experience.

After breakfast we will visit a private park reserve to shoot birds from a covered pavilion located 2 meters from feeding perches. Daily feeding attracts a variety of birds. There is also a hummingbird feeding area and a hiking trail down to the Sarapiquí River. We are scheduled for a two-hour shoot.

After lunch at a local restaurant, there will be a few hours of free time. Optional massages will occur during this time. Plan to explore the area around our accommodations, swim in the river or kick back and enjoy the area.

(Breakfast-Lunch-Dinner)

## **DAY 5 (Monday): CHILAMATE**

Following breakfast, we learn about Costa Rican chocolate on a guided tour. A boat ride on the Sarapiquí River will be scheduled for late afternoon providing a different perspective on the wildlife. Lunch will be at a local restaurant in between activities.

(Breakfast-Lunch-Dinner)

## **DAY 6 (Tuesday): CHILAMATE–POÁS**

Following breakfast, we will embark on a guided morning hike to explore the trails at the eco lodge. After checking out and lunch, we will drive to our next destination near Poás Volcano National Park. (Breakfast-Lunch-Dinner)

## **DAY 7 (Wednesday): LA PAZ WATERFALL GARDENS**

Explore five magnificent waterfalls accessed by paved trails through rain and cloud forest at La Paz Waterfall Gardens. The wildlife refuge features the largest butterfly observatory and aviary in Costa Rica. Feed the 26 species of hummingbirds and check out the frogs in the frog habitat. A reproduction of a rustic Costa Rican farm gives you a look into the past.

We will spend the entire day hiking and exploring this ecological resort. A delicious buffet lunch is served at La Paz. (Breakfast-Lunch-Dinner)

## **DAY 8 (Thursday): POÁS VOLCANO**

Our day begins with breakfast followed by a visit to Poás Volcano National Park. This will be an early morning and involves an easy hike in the morning around the volcano trails in the cloud forest.

Poás Volcano National Park is a National Park in Costa Rica that covers an area of approximately 16,000 acres; the summit is 8,900 feet. One of the attractive features about Poás is that you can get near the edge of the crater and view it from above, weather permitting.

After visiting the volcano, we will check out and drive back to Liberia. Along the way we will stop at a magnificent waterfall. (Breakfast)

## **DAY 9 (Friday): Depart for home from Liberia**

Shuttle service from the hotel to the Liberia airport is included.

(No Meals are included the last day.)

## **Tour Extension**

**DAY 0 (Wednesday, February 14)** is an optional add-on day including transportation, a night of accommodations near Rincon de la Vieja, entrance to the national park with a guided hike, access to hot springs and a rustic outdoor volcanic mud spa. Breakfast is included the following morning (which is DAY 1); all other meals are not covered. This option is \$200 for double occupancy in addition to the base tour charge.