

# COSTA RICA

PROJECT EXPEDITION EXCURSION RECOMMENDATIONS





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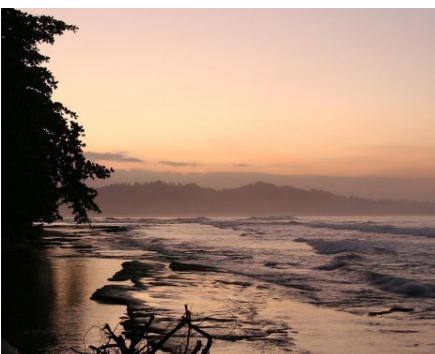
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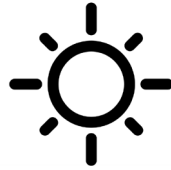
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# TIPS

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**LANGUAGE:**  
Spanish



**ELECTRICITY:**  
120 Volts and 60 Hz  
Bring Adapter.



**TIME ZONE:**  
CST (Central Standard Time)



**CURRENCY:**  
Costa Rican Colón



**MAIN AIRPORTS:**  
San Jose (SJO)  
Liberia (LIR)



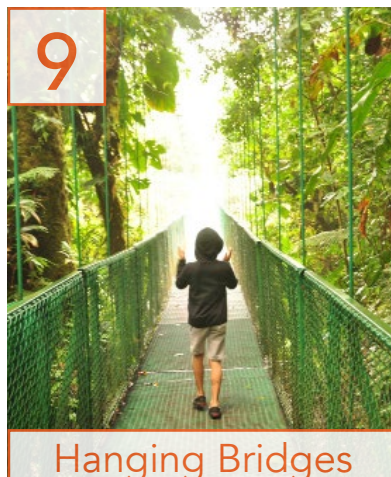
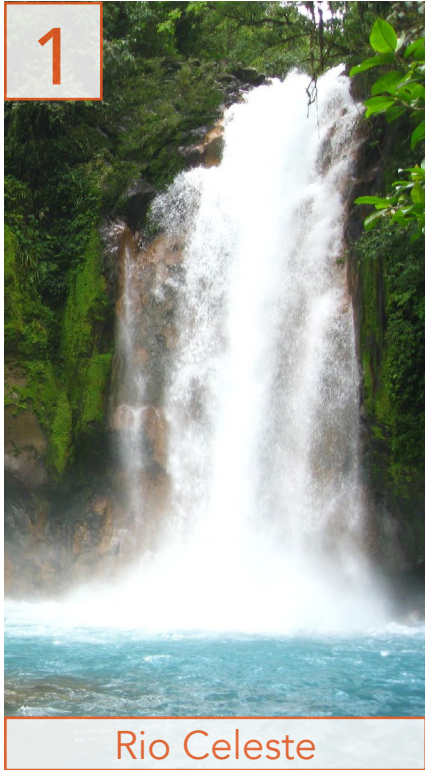
**BEST TIME TO TRAVEL:**  
December- April





# TOP TEN EXCURSIONS

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## LA FORTUNA & ARENAL

La Fortuna, which sits at the base of Arenal Volcano, got its name, which means 'fortunate', because it was unharmed following the eruption of the volcano in 1968. Apart from the volcano, La Fortuna has attractions such as La Fortuna Waterfall, hot springs, zip lining, white water rafting, and more!





# LA FORTUNA & ARENAL

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1



## 1. La Fortuna Waterfall

Descend the 500-meter trail to the magnificent La Fortuna Waterfall, renowned for its 70 meter (229 feet) high falls and its crystal clear waters. Along the trail, you will observe plants, trees, and animals, which inhabit the area like sloths, toucans, orioles, butterflies, and more. Cool off by swimming in the refreshing water. Multiple tours available.

## 2. Whitewater Rafting

Costa Rica is a fantastic destination to go whitewater rafting, and there are a number of rivers with varying degrees of difficulty available. If you want a real adventure, then consider going in the rainy season when water levels are higher, and rapids are even bigger. But don't worry, if the rapids aren't for you, there are calm river floats as well.

2



3



## 3. Arenal Hanging Bridges

The hanging bridges tour takes you as close as you can get to the rainforest canopy and the wildlife that lives high up in the trees! The trails are suspended high above the forest floor and stretch over a mile and a half long. All of the trails are generally flat, making this is a great tour for all ages and endurance levels. Multiple tours available.



# LA FORTUNA & ARENAL

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## 1. Zip Lining

Get an adrenaline rush zipping down cables up to 2,460 feet long! A naturalist guide will also point out the local plants and animals and teach you interesting facts about the area. Multiple tours available.

## 2. Arenal Volcano

The famous Arenal Volcano is the perfect place to go hiking. You have the option of taking different trails, and will see both great views of the Volcano and an abundance of plants and wildlife. Multiple options available.

## 3. Horseback Riding

Horseback through primary and secondary forests, farmland and by a lake, while taking in a scenic view of the Arenal Volcano. Multiple tours available.

## 4. Hot Springs

Relax in a variety of natural pools heated by volcanic hot springs. Multiple options are available.

## 5. Canyoneering

Rappel down steep canyon walls and waterfalls. Then have the chance to jump off ledges into the deep pools of the river below! Multiple options are available.







## GUANACASTE

The Guanacaste region of Costa Rica is located on the Pacific coast. The unrivaled beauty of its landscapes ranges from tropical dry forests to lowland mountain forests. The warm climate has made it one of the most heavily visited areas by tourists. Be sure to see the Rio Celeste, Tenorio Volcano, and Barra Honda Cave.





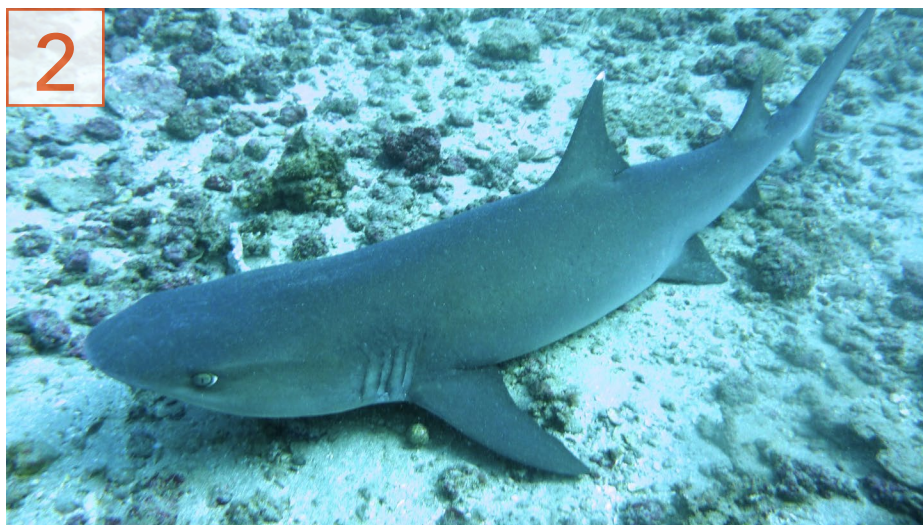
# GUANACASTE

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## 1. Rio Celeste & Tenorio Volcano

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Hike through the Tenorio Volcano National Park and learn about the local flora and fauna, see the boiling volcanic mud pots, and the Rio Celeste Waterfall. This scenic river has a magical blue color that occurs due to a unique chemical reaction in the water. Multiple tours are available.



## 2. Scuba Diving and PADI Courses

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Get your PADI Scuba Certification and explore the Guanacaste coast on a number of fun dives. In Guanacaste one can often see a variety of sea life roaming the ocean from large schools of fish to rays, white-tip reef sharks, moray eels and more. Multiple options are available.

## 3. Pacific Catamaran Cruise

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Set sail on the open seas in one of our catamarans. Relax on this cruise along the Guanacaste coast. You can stop to enjoy activities like snorkeling, kayaking and more. If you are lucky, you may even spot dolphins, flying fish, sea turtles and more. Multiple tours are available.



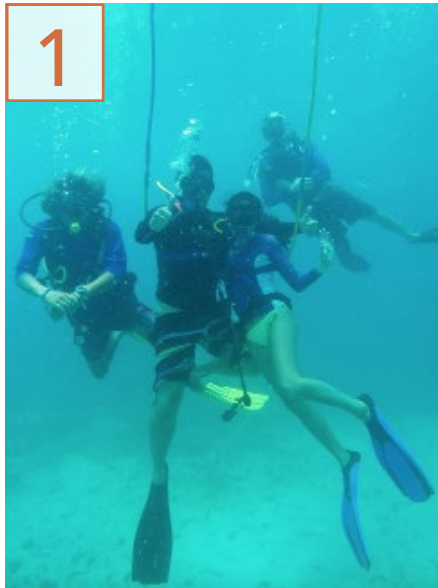


# GUANACASTE

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## 1. Snuba & Snorkeling

Try “snuba” and experience breathing underwater without the training for scuba diving. You will breathe from a regulator that is attached to the boat above, allowing you to stay under the surface without holding your breath!



## 2. Zip Lining

Visit Northern Costa Rica's rainforest and zip across 4 km of cables through the tree tops. Try the famous Tarzan Swing. Multiple tours available.

## 3. Spelunking

Admire the stalactites and stalagmites, that formed in the Barra Honda Cave, discovered in the 1960s.



## 4. Hot Springs

Experience hot springs, a fresh water pool, a natural mud bath and sauna, botanical gardens, butterfly and hummingbird gardens. Multiple options available.



## 5. Day trip to Granada

Travel through the beautiful streets of Granada, Nicaragua via horseback carriage. Visit the active Masaya Volcano.







SAN JOSE

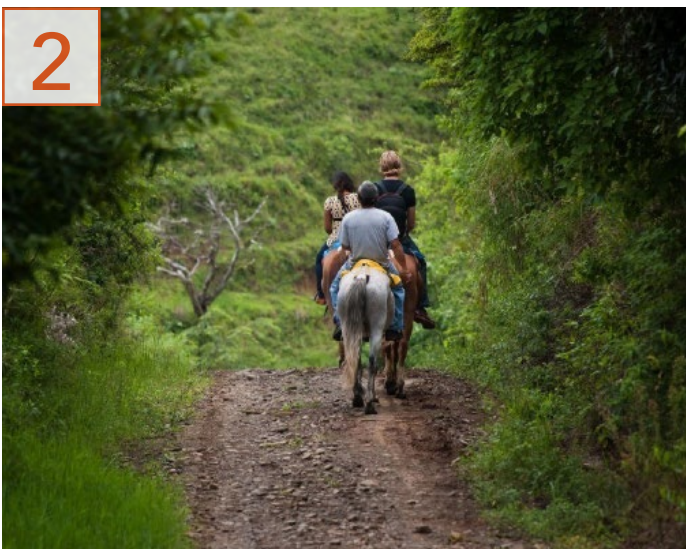
Located in the Central Valley Region, San Jose is the capital and largest city in Costa Rica. Its central location makes day tours to different parts of Costa Rica very convenient. Like many South American cities, past Spanish influence can be seen in the architecture of San Jose, such as the Neoclassical National Theater.





# SAN JOSE

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## 1. City and Culture

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The Central Market in San Jose is full of fresh fruits, vegetables, and coffee. Tour local museums, visit the shops of local artisans, see how traditional masks are made, and visit a 100 year old restaurant. Multiple tours available.

## 2. Horseback Riding

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Ride along the Continental Divide through fields, farms, and primary forests. Take in the scenic view of San Jose from high above the Central Valley and learn about local flora and fauna. Multiple options available.

## 3. Zip Lining & Hot Springs

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Take a day tour to La Fortuna, home of the famous Arenal Volcano. Here, you will have the opportunity to zip line through lush rainforest. Afterward, relax in local volcanic hot springs. Multiple options are available.

## 4. White Water Rafting

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Travel outside of San Jose to zip through the tree canopy and rappel down waterfalls. Then white water raft on class II and III rapids on the Pejibaye River. Enjoy the incredible scenery on the banks. Multiple tours available.





## PUERTO VIEJO & LIMÓN

Puerto Viejo de Talamanca is located on the Atlantic coast and is a popular surf town known for its waves and beaches. Puerto Viejo is also a great place for snorkeling, zip lining, and relaxing. Animal lovers should be sure to visit Cahuita National Park and the Jaguar Rescue to see a variety of native animals.





# PUERTO VIEJO & LIMÓN

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## 1. Chocolate Tour & Jaguar Rescue

Learn how organic chocolate is made from scratch and taste the finished product. Visit the Jaguar Animal Rescue Center and see wild cats, monkeys, snakes, sloths and much more. Multiple options are available.

## 2. Horseback Riding

Horseback ride along the scenic beach and then return along a path through the wetlands, where you will be able to observe and learn about many of the resident plants and animals. Multiple options available.

## 3. Zip Lining

Hike into the jungle and up into the tree canopy to start your zip lining journey down up to 2,760 meters of cables. You will have the chance to descend from the platform to the ground with the popular Tarzan Swing. Multiple tours.

## 4. Cahuita National Park

Cahuita National Park is famous for its white sand beaches, coral reefs, lush vegetation and resident wildlife. Hike through the park and see local flora and fauna. You can also visit the village of Cahuita. Multiple tours available.





## JACO & LOS SUENOS

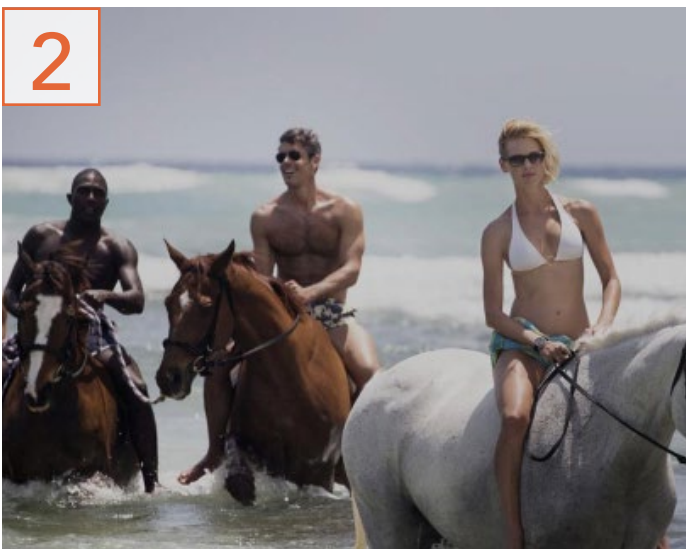
Located on the Pacific Coast of Costa Rica, Los Suenos boasts recently developed luxurious resorts and restaurants. The area is known for its impressive deep sea fishing industry and other water sports. Explore the nearby area on eco-tours and see a variety of native animals, hidden waterfalls, and beautiful coastline.





# JACO & LOS SUENOS

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## 1. ATV 4X4 Tour

The area around Jaco and Los Suenos are full of great trails for ATV enthusiasts. Ride through the jungle, past waterfalls, and up to panoramic view points. Some tours will even allow you to stop and take a refreshing swim under a waterfall, or visit a local village for an authentic taste of Costa Rica. Multiple options are available.

## 2. Horseback Riding

Ride through the water on the beach or past waterfalls in the jungle in Los Suenos. Horseback riding is a great way to experience the jungle while covering a sizeable distance. Horses are quiet and fit in with the sounds of their surroundings in the jungle, allowing you to see a variety of animals. Multiple options are available.

## 3. Carara National Park

Visit the Carara National Park for a chance to see the majestic scarlet macaw, a large parrot native to South America, in its natural habitat. This National Park also includes the Tarcoles River Basin and is home to a diverse amount of exotic plants and animals. An eco-tour here is a great option for any nature lover. Multiple tours are available.



# JACO & LOS SUENOS

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## 1. Crocodile River

The Tarcoles River is home to some of the largest American Crocodiles in the world. Get an up-close view on a river eco-tour and maybe even see your guide feed them a snack.



## 2. Kayak & Snorkel

Paddle along the incredible Pacific Coast of Costa Rica to hidden snorkel spots away from tourists. Multiple options available.



## 3. Waterfall Adventure

Swim under, climb up, rappel down, and jump off the many waterfalls in Los Suenos. Multiple tours are available.

## 4. Stand Up Paddle

Paddle boarding is not only a great way to experience the beautiful coastline, but it is a fantastic workout. Multiple options available.



## 5. Deep Sea Fishing

On this deep sea fishing trip on the Pacific Coast of Costa Rica you will have the opportunity to catch sailfish, mahi mahi, tuna, wahoo and a variety of other species. Multiple options available.





## MANUEL ANTONIO

Manuel Antonio is a very popular destination for those who love to get up close with nature. The national park here is home to a variety of exotic animals, including monkeys, sloths, and reptiles. An assortment of fun and active excursions are possible in Manuel Antonio, as well as simply relaxing on a beautiful beach.





# MANUEL ANTONIO

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## 1. Stand Up Paddle in Manuel Antonio

Experience the beauty of Manuel Antonio Park from just off of the shore on this stand up paddle board tour. Get a great workout and see where the sea meets the jungle. Paddle board yoga is also available.

## 2. White Water Rafting

Enjoy the incredible landscapes that the rivers carve through while rushing down rapids. Go rafting in a traditional raft as a group, or try 'jungle tubing' and float down the rapids in an individual tube. Multiple options available.

## 3. Scuba Diving & Snorkeling

Marino Ballena National Park and Cano Island are both great locations for snorkeling and scuba diving. Cano Island is famous for its large schools of fish, white-tip reef sharks, large sting rays, and more. Multiple options.

## 4. Whale Watching

From mid-July to late-October and mid-December to late-March go whale watching and see these magnificent mammals as they migrate here. Dolphins can be seen year round. Multiple options are available.



# ABOUT



PROJECT EXPEDITION

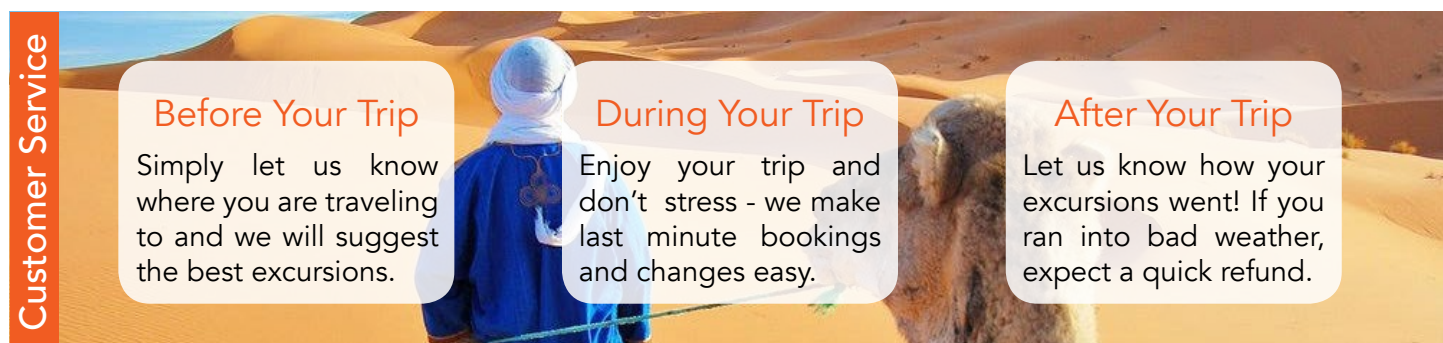
Project Expedition is a website where you can discover and book excursions, tours, and attractions in destinations around the world. Choose from thousands of things to do and benefit from competitive prices and superior customer service.



"Our goal is to bring you the experiences you want and the personalized service you deserve. We make it easy to have a great vacation."

Rob & Jeremy

Project Expedition Founders



## Contact Us Today



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