

**Day 1 Meet & transfer to Central Pacific area**

Upon arrival, we will be heading to the Central Pacific region.

This tour can start from the San Jose (SJO). Average driving time: 2 hrs.

**Included features:**

- \*Meals: **D**
- \*Overnight at Cerro Lodge or similar

**Day 2 Carara National Park**

**Location:** <https://goo.gl/maps/spELomENrMH2>

Before breakfast we look for the transitional north/central pacific specialties. During the rest of the day, the trails of Carara National Park will provide numerous birds for sure.

**Included features:**

- \*Meals: **B-L-D**
- \*Entrance fee to: Carara National Park
- \*Overnight at Cerro Lodge or similar



**Day 3 Mangroves & to the mountains**

Before breakfast, we take a boat trip in the Tárcoles River to explore the mangroves. By late morning we should be on our way to the Tilarán Mountain Range.

**Included features:**

- \*Boat Tour in the Mangroves
- \*Meals: **B-L-D**
- \*Overnight Monteverde Mountain Hotel or similar

*Day 4 Cloud Forest species*

**Location:** <https://goo.gl/maps/AUupjsqvCX82>

There is a nice private reserve, a few minutes away from the hotel with nice trails and where the Resplendent Quetzal and the Three-wattled Bellbird hang out many days of the year. After lunch we will visit the famous Monteverde Cloud Forest Reserve.

**Included features:**

- \*Monteverde Cloud Forest Reserve fee
- \*Curicancha Reserve fee
- \*Meals: **B-L-D**
- \*Overnight Monteverde Mountain Hotel or similar



*Day 5 More cloud forest and heading to Arenal*

One more chance to discover more from the cloud forest during the morning, after lunch we will be on our way down to the amazing lake views.

**Included features:**

- \*Santa Elena Reserve fee
- \*Meals: **B-L-D**
- \*Overnight Arenal Observatory Lodge or similar



*Day 6 Rain Forest Arenal Volcano area*

**Location:** <https://goo.gl/maps/5NXoACwbvH82>

We start the day surrounded by the exuberant rain forest. Before breakfast we will walk the open areas with Starchytarpheta (open gardens area) to look for hummingbirds, tanagers and flycatchers. After breakfast, we are going to walk down the trail by the restaurant and back to the garden. We might drive or walk towards the access road. Later another trail should get us a few more birds for the rest of the day.

**Included features:**

- \*Trails & gardens of AO Lodge
- \*Meals: **B-L-D**
- \*Overnight Arenal Observatory Lodge or similar

**Day 7 Arenal region**

Before breakfast we will drive (few minutes) to a great spot near the Arenal Volcano National Park. After breakfast we take the hanging bridges walk to find the elusive species hidden in the canopy of the forest. After lunch we drive around the region trying to add more species to our list.

**Included features:**

- \*Hanging bridges fee
- \*Meals: **B-L-D**
- \*Overnight Arenal Observatory Lodge or similar



**Day 8 Caño Negro Wetlands**

**Location:** <https://goo.gl/maps/njsCTQKCnX12>

After a morning of birds & breakfast we find our way towards the northern region of Sarapiquí, on the way we stop for a boat tour.

**Included features:**

- \*Meals: **B-L-D**
- \* Boat ride Caño Negro Wetlands
- \*Overnight Tirimbina Lodge or similar



**Day 9 Northern Region Lowlands**

**Location:** <https://goo.gl/maps/SsZEWN44DRM2>

Before breakfast we can explore gardens and open areas. We can spend all day walking the trails through the mature forest of the reserve. After lunch we drive to get to the famous "entrance road" to the OTS near La Selva.

**Included features:**

- \*Meals: **B-L-D**
- \*Tirimbina Reserve fee
- \*Overnight Tirimbina Lodge or similar

**Day 10 Last morning before leaving paradise**

Before breakfast, explore the lodge grounds. Then you will be driven to depart from San Jose (SJO) airport.

**Included features:**

- \*Meals: **B**