

# SAN JOSÉ, COSTA RICA

## Day Tours

AGGRESSOR  
ADVENTURES 



### Poás, Doka, Grecia and Sarchí

As we ascend the mountain, we will notice a change in temperature and vegetation; we will see coffee plantations as well as fern, flower and strawberry farms along the way, creating a beautiful array of colors and visuals. Then we continue to Poas Volcano National Park, it is an active 2,708-metre (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April, 2017. At the Volcano we will have time to enjoy the impressive main crater with its sulfur fumaroles. Next, after visiting the volcano, we will have time to enjoy a delicious lunch at Doka Estate we will stop to learn more about our golden bean, which is a term used to describe the unique and savory coffee of Costa Rica. Then we will continue our trip through the fern, flower and strawberry farms taking in the scenic vistas along the way. Our third stop is the town of Grecia, considered one of the cleanest towns in Latin America. Grecia is home to one of the only Metal Churches in Central America. The church is a national monument that fills its inhabitants with pride. Then shortly after visiting the metal church, in order to experience the local lifestyle, we will also visit the central market area, unique to the area.

Our last stop along the way is the town of Sarchi, known as the cradle of Costa Rican artisans. Here we will take in the artistic work of the local artisans, as they create the famous typical oxcarts. Then, we will be able to shop for that special souvenir to take back home.

### Arenal One Day with Tabacón

This tour shows the best of both worlds, in terms of the raw untamed beauty of the imposing Arenal Volcano, which is juxtaposed against the lush and soothing thermal waters of Tabacon Hot Springs. All this, set against a backdrop of lush vegetation and breathtaking views of the nearly perfect conical shaped lines of the volcano. Enroute to the Arenal Volcano, we will stop at the famous town of Sarchi, known as the birthplace of Costa Rica's Artisans. In Sarchi, you will be able to appreciate many of the art crafts and souvenirs that Costa Rica has to offer. Also you will see the world's largest ox cart according to the Guinness Book. The cart is 2 stories high, nearly 45 feet long (14 meters) and weighs 4400 lbs. (2 tons), and took 70 days to complete. Made

out of wood (cedar) and decorated with bright colors, designed based on our typical and traditional oxcarts. The journey will then continue, traversing diverse plantations with agricultural products, including pineapple and plantain farms, mango groves, ornamental plants and even cattle ranches until arriving to the small town of La Fortuna, and stopping to enjoy lunch at a cozy restaurant with a magnificent view of the volcano.



The impressive Arenal Volcano is a magnificent natural wonder that is situated in La Fortuna (The Fortune) of San Carlos, previously assumed to be dormant, until in 1968, when it experienced a major eruption. Now is visited by tourist from all around the world hoping for the opportunity to witness volcanic activity, such as the white plumes of smoke that emanate from the conical shaped behemoth. Then you will go on to relax at one of the best hot springs in the area where you will revel in the cleansing and rejuvenating effects of the thermal waters, as well as an optional massage or other special treatment, if you choose, that must be reserved ahead of time to ensure availability. Spa treatments are not included and are payable directly at the resort.

Tabacon Hot Springs combines the four elements of nature; the heat of the volcano, the flowing waters of the hot springs, the pure air of the rainforest, and the fertile earth of the Fortuna de San Carlos Region.



### Rainforest Adventure (3 in 1)

On arrival to Sarapiquí, a beautiful area known for its impressive natural richness, you will board a boat for a relaxing ride on the Sarapiquí River where you will feel in close contact with nature and admire the inspiring surroundings. After the boat ride, you will continue with a walk on Selva Verde Eco Lodge's private trails, which are a heaven for nature enthusiasts. Following lunch

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### **Rainforest Adventure (3 in 1) *(continued)***

and on route to San Jose, a visit to the famous Rainforest Aerial Tram is included, for a ride on a gondola through the tree canopy in company of a naturalist guide that will talk to you about the wonderful rainforest. (A 07 cables and 11 platforms zip lining is available instead of the gondola ride if you prefer more adrenaline).

The Rain Forest Aerial Tram – Atlantic is a 475-hectares (1,200-acre) private reserve that shares a 10 km border with Braulio Carrillo National Park, constituting a buffer zone between the park and farming lands.



### **San José City Tour (Half day)**

During this journey we will visit the National Theater, also known as “The jewel of San José”, a masterpiece in art and architecture built by Costa Ricans and completed in 1897. Then we will visit the Museum of Gold (an archaeological interest site), then the Central Market, place full of the Costa Rican cultural heritage and traditions, where you will be able to browse and buy some local art crafts.

We will also visit the Metropolitan Cathedral. As we travel around the city, we will point you out several historically important or main buildings in our city, for example The Costa Rica University, The Old Train Station, The National Liquor Factory, The National Supreme Election Bureau, the Asamblea Legislativa (equivalent to The Congress), The Metallic Building, some parks and various sites of interest. This will be an introduction to our Capital City, and information about our economy, cultural, politics, religion and general current events.

Also, we will visit an Art Gallery, where you will be able to get some souvenirs to take back home.



### **Irazú Volcano, Orosí Valley and Lankester Gardens**

The tour will begin with us trekking south along the Panamerican Highway until we reach the base of the behemoth “Iztaru” (a

name of an indigenous village that was situated on the flanks of the volcano, and a likely candidate as a possible origin for the current name of the Irazu Volcano). The winding road traverses fertile lands in which all types and forms of vegetation are cultivated, all the while affording us a spectacular panoramic view of the surrounding hills and valleys. And, at the very top of the summit, on a clear day, one can be privy to an unforgettable bird’s eye view of both the Atlantic and Pacific Oceans.

As we descend to the city of Cartago we will stop at the Virgin of the Angels Basilica – a famous peregrination site for many believers, some of which travel for days or even weeks on foot, in a pilgrimage of faith, to the site. The Basilica has large vaulted ceilings and exquisite examples of stained glass windows, and is a must see. Next, after we visit the Basilica we will stop at the Lankester Gardens, a University of Costa Rica Center for investigation that protects more than 800 species of orchids, bromeliads and countless species of other plants.

Then, we will continue to the Valley of Orosi, an area that overflows with unparalleled beauty. We will be able to visit one of the few remaining colonial churches and we will stop to enjoy a tasty typical lunch at one of the local restaurants.



### **Pacuare River Rafting Class IV**

The Pacuare River is one of the best choices for your adventure treks in Costa Rica. No other trip in the country exists that offers you a perfect blend of wilderness exposure and excitement, all in one day. Pacuare is world famous for its sheer beauty. A true river gorge, it is flanked by steep, green walls. Here you enjoy the feeling of total isolation from urban life and the realness of being connected with nature. You see waterfalls cascade into the river from both sides as colorful, tropical birds fly right over your head. Amazing views of this virgin tropical rainforest area, appear before your eyes as you descend this true exploratory land. Wildlife is abundant, with sloth, toucans, parrots, coatis, morpho butterflies and colorful frogs being common sights.

The white water that is equally exciting. It is not an overly challenging river, but it has a lot rapids, therefore giving you an adventure filled with lots of fun. The 18 mile one day run includes a total of 52 rapids. Few rivers in the world can offer you so many. Upon arrival to the river we will gear you up with a life jacket, helmet and paddle and then brief you with a full safety orientation talk.

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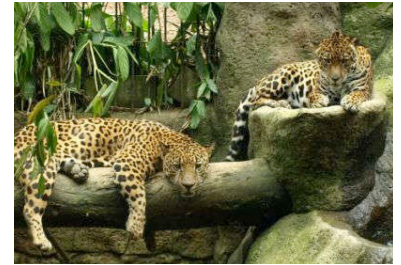




### La Paz Waterfall Gardens

At La Paz Waterfall Gardens we will go through walking trails surrounded by lush tropical rain forest. Here we will appreciate flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, and hummingbirds. There are also, educational animal exhibits to enjoy such as the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is definitely a tour enjoyed by nature lovers from all ages.

After the tour, we will enjoy a buffet lunch (rated 4 Forks by the Costa Rican Tourism Council) that includes multiple selections of Traditional Costa Rican dishes and much more.



### Pacuare River Rafting Class IV *(continued)*

Finally, it is time to take off down the rapids! The first 4 miles consist of fun class II-III rapids which is a perfect time to test your new river skills and gain confidence in your team. Here you can find pockets of secondary growth forest that is extremely beautiful. After about 40 minutes we will enter the famous Pacuare River Gorge, which is 5 miles of some of the best white water Costa Rica has to offer. You will also see the Huacas waterfall, a 150 foot dramatic drop into the river. After the gorge the river opens up to a 5 mile stretch on the Valle del Pacuare, where the river has a different character. It is wide open, which gives you the opportunity to rest a bit and take the opportunity to do some wildlife spotting. The forest remains just as lush, and the rapids just as fun.

We finish in Siquirres, at our own private Exploration Center where you can take a shower, change and enjoy the gardens and terrace while having a beer or two and reflecting with your new friends about the great adventure you just shared.



- Tours require a minimum of 2 people to operate, some of them may need at least 4.