

Costa Rica Women Only – Arenal to Guanacaste



Trip Summary

In honor of International Women's Month this March, Austin Adventures is proud to offer a women-only departure to the tropical land of Costa Rica where local women business owners will benefit from guests' visits. Grab your girlfriends, mothers, sisters, and cousins for this empowering vacation that is not only fun, but positively impactful. Enjoy women-led activities with vendors who were hit hardest during the COVID-19 pandemic, such as an experience at Campesino Farm and a trek at La Fortuna with Pure Trek. Other activities include Sarapiquí Rafting Class, the Ecotermales Hot Springs, canyoning, snorkeling and so much more.

Hosted by President Kasey Austin alongside local female Costa Rican partner guides, the itinerary includes exclusive visits to all female-owned businesses. With each booking, \$500 will be donated to local Costa Rican women's nonprofit, the Commission of Artisans of Santa Elena de Monteverde (CASEM) – a cooperative of female artisans who produce textiles, jewelry, handicrafts and art in their homes to provide for their families. Founded in the 1980s as a result of the economic crisis, the group has today grown to include 82 women and four men.

Itinerary

Day 1: San José

Arrive in San Jose and transfer to Costa Rica Marriott Hotel Hacienda Belen • Your adventures throughout the week will be led by female bilingual naturalist guides as well as include transportation with air conditioning and a private driver • *Overnight at Costa Rica Marriott Hotel Hacienda Belen (D)*

Day 2: Arenal Volcano National Park

Begin your first day of activities in Arenal Volcano National Park this morning to prepare for a kayaking adventure on the Rio Toro! • This expedition will carry you down class II-III waters • Hear from Vanessa Willing from the rafting company WAVE who will guide your rafting activity • Vanessa, a California native, has worked with Warner Baltodano from Costa Rica for over 14 years, exploring and sharing Costa Rica one paddle at a time • WAVE fittingly stands for Warner and Vanessa Expeditions. Relax in EcoTermales hot springs this evening, a place that is home to Arenal's only natural hot springs • The hot springs are ideal for relieving stress, anxiety, and provides dermatological benefits • Transfer to Hotel Nayara Gardens where you'll be staying for the evening • *Overnight at Hotel Nayara Gardens (B, L, D)*

Day 3: La Fortuna

Immersed in the warm and natural habitat facing the Arenal Volcano and surrounded by rivers and rainforests, we have the chance to visit the organic Campesino Farm • Here we will find, learn about, and taste some of the dozens of seasonal products grown in the healthy and fertile lands, typical of the nearby volcano • You will find a great variety of tropical fruits, tubers, and spices • The mix of vegetation, forest edge, living fences, and fruit trees attract animals such as toucans, parrots, sloths, and iguanas! • The highlight of this visit is wrapping up the walk with a delicious home-cooked lunch prepared by the owners - followed by a fresh cup of coffee and a tasty dessert! • Hear from Yulianna Rodriguez, owner of Campesino Farm • Yuliana has been an entrepreneur in the travel and tourism industry since 2006. She is a native of Naranjo's famous coffee-growing area • Her farm was previously owned by her grandparents for many years and today this beautiful piece of paradise welcomes visitors • Get ready to traverse the landscape near Arenal Volcano while canyoning with our partner Pure Trek on this next adventure! • This half-day tour will include rappelling around waterfalls -- you



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will get wet! -- and other rock climbing experiences • Cynthia Crummer, originally from California, began her Pure Trek business to give families and beginners access to canyons near the Arenal Volcano they otherwise would not have • *Overnight at Hotel Nayara Gardens (B, L, D)*

Day 4: Arenal / Monteverde

Be part of the greater good at Danaus Ecological Reserve where you'll have the chance to volunteer some time • Located just outside of La Fortuna near Arenal Volcano, this reserve features jungles crawling with native wildlife, flora, and fauna • After spending the day there, cross the lake by private boat to Monteverde where you'll arrive at your accommodation • *Overnight at Senda Monteverde Hotel (B, L, D)*

Day 5: Monteverde

Climb above Costa Rica's cloud forest on the sky tram that travels from Monteverde • The tram track is 570 feet long and takes about an hour to reach the top • A guide will accompany you on the gondola to provide an interpretation of the rainforest below • Reflect on your Costa Rican journey so far as you gain a bird's eye perspective of the vistas • Later, you'll visit and talk with local Costa Rican women at Cooperative of Artisans, Santa Elena, Monteverde (CASEM) • This non-profit organization produces handmade crafts by local artisans who use local materials • This work bolsters the support for impoverished families in the area. Gifts such as decorations, stationery, clothing, jewelry, toys, and more are created to be sold • CASEM was founded by eight women in 1982 and has grown to 90 women and four me • To finish the day, embark on a hike through the Monteverde Cloud Forest Reserve, immersing yourself in the wilderness of Costa Rica • *Overnight at Senda Monteverde Hotel (B, L, D)*

Day 6: Llanos de Cortez Waterfall

Be transported to Carrillo in the Guanacaste province of Costa Rica, making a stop at the Llanos de Cortez Waterfall • After hiking about 2 miles, you'll step into an oasis featuring wispy, angelic falling water at Llanos de Cortez • Retreat to your resort tonight • *Overnight at Nambu Beachfront Bungalows (B, L, D)*

Day 7: Chora Island

Paddle through aquamarine water and to Chora Island, just off Samara's coast • White sand beaches await you where you will have the opportunity to snorkel and swim • Get a close-up view of Costa Rica's marine life • When you're ready to relax, stretch out on the deserted beach and enjoy a drink and the warm sunshine • *Overnight at Nambu Beachfront Bungalows (B, L, D)*

Day 8: Liberia

Transfer to Liberia Airport where you will depart home • We hope you enjoyed your taste of the Pura Vida in Costa Rica! • *No overnight (B)*

***Trip itineraries are subject to change without notice due to road, trail, weather and other factors outside of our control, for the safety and enjoyment of our guests, as deemed necessary and appropriate by Austin Adventures and Costa Rica Sun Tours.*

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Activities

Hiking – Easy to moderately strenuous hikes ranging from 1.5 to 3 miles (1 – 3 hours) through national parks and nature reserves.

Canyoning– Tour includes a short rappel, hanging bridge, zip line, and mellow hike. Guides provide detailed instructions on how to use the equipment. No experience necessary.

Snorkeling– No experience necessary. Guides will provide detailed instructions.

Kayaking – No experience necessary. Guides provide detailed instructions on how to use the equipment.

Our guides are experienced facilitators and regional experts. They will take the time to explain the details of each activity, answer any questions and demonstrate the use of all equipment. Each activity has been carefully planned to include options for all levels.

Discovery – Costa Rica, a tiny country that forms the land bridge between North and South America, is almost too good to believe. Although slightly smaller than West Virginia, it boasts a world-famous National Park system, unmatched flora (including over 3,000 species of wild orchids), world-class rivers, active volcanoes and more species of mammals and birds than the continental United States and Canada combined. Did you know that a sloth has a unique sort of fur that is a breeding ground for algae? (The algae help it blend in with its environment!) Could you have guessed that an armadillo is a good swimmer and can hold its breath for up to six minutes? Were you aware that when a number of howler monkeys let loose their lungs in concert, often at dawn or dusk, the din can be heard up to three miles away? Come explore “The Crossroads of the Americas!”

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Distinctive Accommodation

Night 1: Costa Rica Marriott Hotel Hacienda Belen

Laced with deep green palms and shrubs, this oasis property provides an outdoor pool, fitness center, full-service spa, and golf driving range and tennis court. Each room features a balcony offering views of the city melting into the fertile forests that lie beyond. Sleep comfortably in chic, crisply-decorated rooms brightened by natural light.

Nights 2 & 3: Hotel Nayara Gardens

This luscious escape is surrounded by the rainforest that lives just outside your room. Fall asleep to the sing-song of native birds and find peace and privacy within your plush room. Each room is airconditioned and features a glossy wood balcony to step out and enjoy the hammock and an outdoor jacuzzi.

Nights 4 & 5: Senda Monteverde Hotel

A five-star mountain lodge nestled in a cloud forest, Senda Monteverde's Junior Suites provide cozy private accommodations complete with a private entrance, small dining area near large windows, and a private balcony seating area. Decorated with warm-toned wood and other modern earth-inspired touches, you can relax in style.

Night 6 & 7: Nambu Beachfront Bungalows

Unwind at this seaside getaway that features large windows and a patio door leading to a private balcony overlooking the beach. Your room offers lots of space and is minimally decorated for a simple luxuriousness as the outdoor view serves as the greatest feature.

Meals

The hallmark of an Austin Adventures vacation is our exceptional dining. All meals: breakfasts, lunches, snacks, dinners, refreshments and receptions are included as indicated by itinerary. (B = Breakfast, L = Lunch, D = Dinner). Alcoholic beverages and related gratuities are not included in the trip price.

Our Partner – Costa Rica Sun Tours

Austin Adventures is proudly offering this trip in conjunction with Costa Rica Sun Tours. Sun Tours is an active travel company focusing on eco-tourism, natural history, wildlife observation and the vibrant culture of the Costa Rican people. Their goal is to create a unique travel experience that transcends conventional sightseeing and tourist travel. Sun Tours aims to provide an in-depth perspective of Costa Rica that shares a world and lifestyle which is totally different and which will serve to enrich the visitor's personal experience. Costa Rica Sun Tours was founded to help the sophisticated traveler explore Costa Rica – its flora and fauna, its people and culture and its wild and beautiful places.

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Arrival & Departures

On Day 1, arrive at San José International Airport where you will be picked up and transferred to Costa Rica Marriott Hotel Hacienda Belen. On Day 8, you will be transferred to Liberia Airport and fly out of the international airport in the afternoon.

Trip Price

From \$5,458
Single Supplement \$1,280

Trip Length

8 days/ 7 nights

2021 Dates

October 2-9, 2021

Host City

San José, Costa Rica
Airport Code: SJO

Liberia, Costa Rica
Airport Code: LIR

Reservations & Availability

1-800-575-1540

*Empowering Costa Rican female small
business owners and women travelers
alike on this adventure vacation*



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Trip Reservations

Reservations, Deposits and Balances Due

To make a reservation, contact Austin Adventures with your choice of trip and dates. A \$500 per person deposit is required to confirm your reservation. **Some Custom and International programs may require additional deposits.** Full payment is required at the time of booking if your trip departs within 90 days. Choose one of the following contact methods

Toll free: 800-575-1540

Phone: 406-655-4591

Online: austinadventures.com

Email: reservations@austinadventures.com

Mail: Austin Adventures, P.O. Box 81025, Billings, MT 59108

* You may also book your Austin Adventure with your preferred travel professional.

** We accept most major credit cards and personal checks (U.S. funds made payable to Austin Adventures). Please do not send cash.

Included in the Trip Price

- Double occupancy rooms with private baths.
- Breakfasts, lunches and dinners as indicated by itinerary (B = Breakfast, L = Lunch, D = Dinner).
- Fully trained, first-aid certified professional guides and knowledgeable local partners.
- Any necessary equipment – all safe and well maintained.
- Vehicle support and land transportation during the trip.
- Local flights on Day 4 & Day 7.
- Austin Adventures T-shirt and luggage tags.
- Pre-departure and packing information.
- Incidental expenses such as taxes, dining and housekeeping gratuities, local partner and expert gratuities and national park entrance and permit fees.

Not Included in the Trip Price

- Gratuities to Austin Adventures guides.
- Alcoholic beverages and related gratuities.
- Meals as not indicated by detailed daily itinerary.
- Pre-and post-trip accommodations and associated expenses.
- Air and land transportation to/from host cities.
- All types of personal insurance.
- Personal expenses.

Pre-departure Information

After receiving your reservation and deposit, we'll send you a pre-trip planner with general information about the area you'll be visiting, a packing list, exercise guidelines, a guest information questionnaire and a liability release agreement for you to sign and return within 10 days.

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Private Custom Trips

Maybe your vacation schedule doesn't fit our list of trips and dates. Or perhaps you'd prefer a slightly different itinerary or level of luxury and activity. A Custom Adventure is the perfect answer. You pick the date and destination and brief us on the size of your group, what activities you want, your "must haves" and just how you like to relax and unwind. No detail is too small, no idea too outrageous. Our staff of experts will help create a tailor-made vacation that's just right for you and your group. In short, if you can dream it, we can make it happen.

Room Occupancy, Single Supplements, and Shared Room Assignments

All trip prices are based on double occupancy. Single rooms are available for an additional charge, referred to as a "single supplement." If you're traveling alone and wish to share a room, make the request at the time of booking. Austin Adventures will attempt to find a suitable roommate for you. If you book 90 days before the trip and we cannot find you a suitable roommate, we will take care of the single supplement. **some restrictions may apply*

Child Age and Pricing on Family Adventures

Family Adventures are suitable for children seven years old and up (five years and older for our Costa Rica and Yellowstone Family Adventures). Children who share a room with one or more adults receive reduced rates. The minimum age on our non-family designated adult and teen adventures is sixteen years old.

Cancellations and Refunds

The following cancellation policies and cancellation fees are in effect:

***As with deposits on some international and custom programs, refund schedule may vary, speak with your Adventure Consultant for details.

Cancellation 91 days or more before trip departure – Full trip payment refunded less a \$300 per person administration fee

Cancellation 61-90 days before trip departure – Full trip payment less 25% per person is refunded

Cancellation 31-60 days before trip departure – 50% of the trip payment is refunded

Cancellation 0-30 days before trip departure – No refund is given

Our Guarantee

Exceeding your expectations is our number one priority. In the unlikely event that you are dissatisfied with something during your trip, immediately notify your guide(s). If he or she is unable to resolve the issue, call our main office and give us the details of the problem, and a chance to correct it. We will do our best to find a resolution. If we are unable to do so during your trip, we will work with you upon your return home to arrive at a fair and equitable solution, including up to a full refund.