



Costa Rican Adventure!

VOLCANO, RAIN FOREST AND COASTAL ADVENTURE

Program: 9 days / 8 nights.

Departure: July 24 – August 1, 2010

ITINERARY

Below is your itinerary for your upcoming trip to Costa Rica. It is a day-by-day plan for your stay in this lush paradise. In addition to travelling with interested and interesting gay men from all over the world, you'll also be escorted by a Savvy Navigator tour manager, who will most likely be the Savvy Navigator himself, Jeff Ward!

Day 1: Saturday, July 24, 2010

AM - Arrival in Costa Rica from your US flight (international airfare is separate). Reception at Jan Jose International Airport by our Savvy Navigator guide and Nature Vacations representative (Savvy Nav' Costa Rican partner). Transfer to the Finca Rosa Blanca Country Inn in the Central Valley of Costa Rica.

[Finca Rosa Blanca Country Inn](#) is situated above the beautiful Central Valley of Costa Rica, located only 20 minutes from the airport. Surrounded by towering "Higuerón" trees and exotic flora, the Inn offers spectacular views of volcanoes, cloud forests and coffee plantations. The Inn offers seven unique rooms and two villas. The hotel also features a spring fed pool features and a 12-foot cascading waterfall. The adjacent open-air game room / lounge, large Hot-tub/Jacuzzi and the library offer recreation and relaxation. The cuisine and service are exceptional and the Savvy Navigator group kicks off the Costa Rican Adventure with a Welcome Dinner tonight in the Inn.

***Overnight at Finca Rosa Blanca Country Inn in a Junior Suite
Included meals: Welcome Dinner & Breakfast***

Day 2: Sunday, July 25, 2010

Arenal

After breakfast, the group will have a private transfer to Arenal (approx 3.5 hours)

With a spectacular view of the Arenal Volcano, natural hot and cold springs, four unique dining experiences, and an impressive full service Spa, [The Springs Resort and Spa at Arenal](#) promises to overwhelm you in every aspect of quality, service and design. Each Guest Room and Villa at The Springs Resort and Spa includes a Private Terrace with Balcony and Picturesque Volcano View, Hammocks, Rocking Chairs, Central Air Conditioning, Luxurious Marbled Bathrooms with Jacuzzi Tubs and Multiple Head Showers, Satellite Television with 37" Flat Screen TV, Surround Sound Stereo with CD/DVD Player and IPOD/MP3/USB Connectivity, Telephone, Wireless Internet Access, Wet Bar, Safe, Mini-Bar Refrigerator and Coffee Maker.

***Overnight at Springs Resort and Spa Arenal in an Alta Vista Room
Included meals: Breakfast***

Day 3: Monday, July 26, 2010

Arenal

Community, Culture & Conservation

There are few opportunities to get to know the real Costa Rica, but Desafio Adventure Company's new Culture, Community & Conservation tour puts us in direct contact with some of the promising projects happening in and around the area. The visit includes a stop at the **AMURECI** woman's arts and crafts workshop co-op to learn about their work to teach the community to "reuse-reduce-recycle" and then clients can help in the process of making recycled-paper products. Other unique, locally-handmade souvenirs are also available for purchase. We then visit the Proyecto Asis Animal Rescue Shelter where

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clients are treated to an easy 30-minute walk through secondary rainforest. We then help feed wild animals such as crocodiles, wild boars, and monkeys and learn about local efforts to rehabilitate injured, abandoned animals and release them back to their environment, as well as educational programs underway to help prevent hunting and poaching of the surrounding Children's Rainforest. The next stop is the Luna Nueva organic farm to walk through a medicinal plant garden to learn about "miracle" natural cures like ginger, turmeric and other good-for-you things found right in our backyards. You will then become gourmet organic cooks by choosing products straight from the farm and learning how to cook them up in a natural way. This high-end, informative tour departs at 8:30am with transport, bilingual guide, tropical fruit, & organic, home-cooked lunch. **Returns:** 3:00p. All proceeds go to support **AMURECI**, Proyecto Asis and Luna Nueva.

Overnight at Springs Resort and Spa Arenal in an Alta Vista Room
Included meals: Breakfast and Lunch

Day 4: Tuesday, July 27, 2010 **Arenal**

Rafting Río Toro: Class III & IV

Experienced and first-time rafters love the Río Toro for full-day, class 3-4 rafting. The Río Toro offers over 45-continuous rapids along more than 16 kilometers of deep-canyon gorges and waterfalls where we often see sloths, monkeys and tropical birds, such as toucans and the Montezuma Oropendula. We operate small, personalized and private tours and we are the only company who runs the Río Toro! Imagine rafting through exciting, action-packed rapids with names like "morning coffee," "the Danish Taco," "coco loco," "the eraser," and the famous "B-F-W!" This thrilling, once-in-a-lifetime adventure leaves at 8:30am from our office in La Fortuna. The Río Toro is the closest class 3-4 river to La Fortuna and the Arenal Volcano – only 1 hour away! Once at the river, our experienced guides will give you a thorough safety talk, get you set up with your helmet, life jacket and paddle and then you're off – you'll be paddling for more than 2½ hours – we'll stop along the way for a nice, tropical fruit break and afterward we take you out for a typical Costa Rican "casado" lunch. You'll return to La Fortuna and the Arenal Area around 3:30-4:00pm (the Río Toro is located only 1 hour from La Fortuna – it is much closer than the Sarapiquí). Rafters should be in good physical condition. Although you don't need experience, rafters should know how to swim. Secure shoes and dry clothes to change into. **Please note:** if river conditions are unsuitable for the Río Toro, our head guide might make the call to change to a back-up river of equal level and/or offer our half-day whitewater inflatable kayak or raft tour – you're always guaranteed a fun day on the river!

Overnight at Springs Resort and Spa Arenal in an Alta Vista Room
Included meals: Breakfast and Lunch

Day 5: Wednesday, July 28, 2010 **Arenal to Manuel Antonio**

Private transfer to Arenal Airstrip (approx 25 minutes) to your private, **Carbon Neutral Nature Air** charter flight to Quepos, on the Pacific Coast of Costa Rica. Our home here will be the [Arenas del Mar](#) Hotel — a boutique beach and nature resort located next to Manuel Antonio National Park right on coast of Costa Rica (incidentally, at the site of the old gay beach!). *"Unique and spectacular beach and nature experiences combined with highest levels of comfort and sustainability in a local Costa Rican setting"* define the concept of Arenas del Mar. The resort caters to tourists that are looking for more than just another high end resort experience. Arenas del Mar offers a luxurious lodging experience in harmony with nature in a spectacular beach and rainforest setting. Guest rooms, apartments and suites offer spectacular ocean views, upscale dining in two hotel restaurants with a focus on fresh local products and personalized service that exceeds guest expectations. Arenas del Mar is the perfect base to explore the area around Manuel Antonio and Quepos on the Central Pacific coast of Costa Rica. Tours and activities offered in the area include whitewater rafting, mangrove kayak and boat tours, guided rainforest hikes, ocean kayaking, catch and release sport fishing, Canopy Tours and horseback riding excursions.

Overnight at Arenas del Mar Ocean view Suite
Included meals: Breakfast and Dinner

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Day 6: Thursday, July 29, 2010

Manuel Antonio

Private Manuel Antonio National Park Tour

Take a leisurely hike with a highly trained, well-educated Costa Rican naturalist guide through our exotic, bio-diverse tropical rain forest preserved in our 34 year old national treasure, Manuel Antonio National Park. Your group's abilities and interests, and the abundance of wildlife you want to stop, observe, or learn about – all in its natural and breathtaking habitat determine the pace of this adventure. Watch sloths and numerous species of monkeys travel through the tree canopy, hunt for nocturnal silky anteaters and several types of monkeys or iguanas resting in the tropical rain forest, and listen to the songs of the various birds as they glide above your group, curiously looking for adventure. And if you are lucky, you might spot one of the only 1,000 remaining endangered Mono Titi or squirrel monkey, who live in only one location in the world, in our Manuel Antonio National Park biological corridor. Easy walk or hike, depending upon your abilities and self-paced tour. Bring water, a camera, sunscreen, bug spray, and your binoculars while you hike in the Park, and if you so desire bring your bathing suit and towel for a relaxing afternoon at the beach after your hike and guided adventure.

Overnight at Arenas del Mar Ocean view Suite

Included meals: Breakfast

Day 7: Friday, July 30, 2010

Manuel Antonio

Private Catamaran Island Adventure (Spanish Eyes)

Your 'Catamaran Island Adventure' begins when we pick you up at your hotel or private house in one of our comfortable, air-conditioned vans for the trip to the Quepos pier. There, a Planet Dolphin representative will accompany you down the ramp and on to the floating platform to board you on our catamaran. Leaving the Quepos harbor, you will head toward the horizon, cruising through the aquamarine waters toward the spectacular and scenic coastline of Manuel Antonio Park. Our experienced captain will pilot the boat while our friendly, bilingual guides offer you a wide array of beverages, including fresh fruit drinks, bottled water, sodas, beer and tropical cocktails. Soon you will be in open water and on the lookout for spotted dolphins, migrating humpback whales, sea turtles and manta rays. You will be captivated by the sight of dolphins frolicking in the boat's wake, or the inimitable sound of a whale's song. As we make our way down the coastline of the park, the mysterious islands, jagged cliffs and unique rock formations will look almost close enough to reach out and touch. These are the nesting grounds and home for numerous species of marine birds, including pelicans, boobies and ibises. While touring the coastline, the captain will hoist the sails, wind permitting, and you will delight in the feel of the catamaran cutting quietly through the blue waters of the Pacific. Our onboard guide will be ready to answer any questions you might have, and will point out sights of interest while giving a brief history of the area. After touring the coastline, we will anchor in a protected cove within the pristine Biesanz Bay for snorkeling. We provide the masks, snorkels and fins, all you need to submerge and observe the underwater playground for over 50 species of colorful tropical fish. After you have finished snorkeling, come back on board and enjoy the delicious lunch we have prepared for you: Grilled fish brochettes with onion and green pepper, pasta salad with vegetables, fresh tropical fruits, and beverages. As you relax over lunch on our boat in the tranquil bay, surrounded by the lush verdant landscape, having enjoyed all our tour has to offer, you might well feel that you now know the meaning of the word paradise. The last leg of the tour is the trip back to the Quepos pier. An unforgettable added bonus for anyone who comes on one of our summer season afternoon tours is the chance to witness one of our dramatic tropical sunsets en route to the harbor. Once back at the pier, our drivers await you for the trip back to your hotel. The total time of our catamaran tour is 3 ½ hours, but the memories will last a lifetime.

Overnight at Arenas del Mar Ocean view Suite

Included meals: Breakfast/Lunch

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Day 8: Saturday, July 31, 2010

Manuel Antonio to Villa Blanca

Private transfer to Villa Blanca (approx 4 hours)

Located just one hour from San Jose International Airport and on the way to Arenal Volcano discover a new world destination for eco-conscious travellers, [Villa Blanca Cloud Forest Hotel and Spa](#). A 75-acre boutique hotel surrounded by the spectacular Los Angeles Private Biological Reserve, Villa Blanca, goes hand-in-hand with conservation. The philosophy behind Green Hotel's management is to combine country-style hospitality with a profound respect for the natural surroundings. Clients from around the world come to Villa Blanca to soak in the charming ambiance, to experience the authentic Central American flavor and to explore the most bio-diverse ecosystem on the planet. Tonight say goodbye to your fellow Savvy Navigators at a Farewell Dinner in the renowned Villa Blanca restaurant.

Included meals: Breakfast/Dinner

Overnight at Villa Blanca in a Superior Casita

Day 9: Sunday, August 1, 2010

Transfer to **SJO Airport** (approx 1 hour)

You'll the morning free for quiet activities or spa services, and in the afternoon, we'll transfer to the airport for the flight back to USA. You'll arrive home Sunday night, still marveling at your wonderful trip, processing your experiences, and wondering when you'll be able to return....

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Tour Summary

Tour Leader: Jeffrey Ward
Tour Reference: *Savvy Navigator* 1003
Tour Name: Costa Rica Adventure
Start Date: July 24-August 1, 2010
Tour Size: 10 Guests

Tour Cost per Guest (Sharing): \$3495
Tour Cost per Single Guest: \$4495
Tour Cost with Business-Class Airfare: TBD
Tour Cost with Economy-Class Airfare: TBD

Accommodation

July 24 Finca Rosa Blanca Country Inn in a Junior Suite
July 25, 26, 27 Springs Resort and Spa Arenal in an Alta Vista Room
July 28, 29, 30 Arenas del Mar Ocean view Suite
July 31 Villa Blanca in a Superior Casita

Meals

July 24 Welcome Dinner
July 25 Breakfast
July 26 Breakfast, Lunch
July 27 Breakfast, Lunch
July 28 Breakfast, Dinner
July 29 Breakfast,
July 30 Breakfast, Lunch
July 31 Breakfast, Dinner
August 1 Breakfast,

Domestic Flights

July 28 Private NatureAir **Carbon Neutral** Charter from Arenal to Quepos

International Flights

July 24 (USA-SJO) Not included in package price, but please ask us about special
August 1 (SJO-USA) fares we're able to offer tour participants.

NOTES:

1. Flights are subject to availability.
2. Accommodation is subject to availability.
3. Cost may vary due to changes in airfares and fuel surcharges.
4. Itinerary may change slightly due to logistical requirements

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TRAVEL INSURANCE

We highly recommend that you take out medical and travel insurance before you leave home. We can arrange for complete insurance coverage through our partner, Columbine Consulting Services LLC. Please contact our insurance consultant, Pari Morse for assistance.

Ms. Pari Morse
1 Earth Travel Protection
(CO license 274232 09/2008)
Email: info@1earthtravelprotection.com

DEPOSIT REQUIREMENT:

A 20% deposit of the land portion of the trip is required to confirm your reservation. All funds paid will be held in an escrow account. Full payment is required 60 days before departure, which is May 25, 2010 for this departure.

CANCELLATION POLICY:

The *Savvy Navigator Tours LLC* cancellation policy is as follows:

<u>Days prior to trip</u>	<u>Fee per person</u>
+60	\$250 per person
Within 60 days	100% of total amount

HEALTH PRECAUTIONS:

If you will be visiting malaria areas we advise that you take prophylactics. Please consult your doctor before leaving home. Visit the U.S. Center for Disease Control website to read more on which areas are malaria areas, and what precautions and immunizations are necessary for travel in South America: http://www.cdc.gov/travel/destinations/Costa_Rica.aspx.

TRAVEL DOCUMENTS:

It is recommended that all visitors to Costa Rica must be in possession of a passport valid until 6 months after their return date in order to enter the country. The passport should also contain at least TWO unused pages when presenting the passport for endorsements in Costa Rica. Additional pages will be necessary if you are also traveling to other countries during your trip. Also, we strongly recommend that you secure all transit visas or other documentation for any other countries you are planning on visiting en route to or from Costa Rica.

LUGGAGE:

Luggage weight limit on national flights within Costa Rica (major routes) is 15kg for economy class travel. For business-class travel, the baggage allowance is 20kg.

CURRENCY:

The currency of Costa Rica is the Colon, and at present, the exchange rate is approximately 550 Colons to 1US\$. The easiest way to get Colons is with your US debit card at ATMS which are located all over the country. There are also exchange bureaus at the San Jose airport in the arrivals hall.

TIPPING:

Also, you may want to bring US currency for tipping service personnel, tour guides, and other staff. Please note: there is no expectation of tipping for the Savvy Navigator tour management staff.

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POWER ADAPTERS:

Costa Rica uses the same current and electrical plugs/outlets as the USA, so your razors and hair dryers and other styling appliances will work!

MOBILE PHONES:

Costa Rica has an extensive mobile-phone network, with excellent coverage in most urban areas. Using a cell phone in the jungle can be problematic at times, but heck, why would you want to use your phone up there on vacation anyway? If you do need to use your cell phone in Costa Rica, be prepared for very expensive roaming charges (and most USA/Canada carriers do allow international roaming on their plans). Three less expensive options are:

1. Get your North American mobile carrier to “unlock” your phone. Once you have done this, you will be able to purchase a “Pay-as-you-go” SIM card in San Jose that will replace your current card. This is will give you a local Argentinean number and be a much cheaper way to send/receive calls, as well as send/receive text messages.
2. In San Jose buy a cheap, pay-as-you-go phone and use it during the trip.
3. Pass along to friends and family back home the final itinerary with hotel contact information!

INTERNET ACCESS:

In some hotels (like the lobbies of the Springs and the Arenas del Mar), you will have WiFi Internet access, however in the more remote areas of the country it will be less likely.