



presents...

Costa Rica: A World of Nature

featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio
National Park

Departure Dates: 2011 - May 8; July 10; September 18; October 23, 30; November
6, 27; December 4
2012 - January 8, 29; February 5, 12, 22; March 11

All space is first come first serve and subject to availability



13 Days • 21 Meals: 10 Breakfasts • 3 Lunches • 8 Dinners

Highlights... Poas Volcano • Doka Coffee Estate • Tortuguero National Park • Farm Tour •
Cheese-Making Demonstration • Arenal Volcano • Rain Forest Hanging Bridges • Manuel Antonio
National Park

Prices Per Person: **From Twin/Double £2,034**



Day 1: 13 Feb 2011

San Jose, Costa Rica

Arrive in San Jose and enjoy the remainder of your day at leisure.

Day 2: 14 Feb 2011

San Jose, Costa Rica - Tour Begins

Your tour begins today in San Jose. Discover Costa Rica's outstanding variety of flora and fauna at Tortuguero National Park, Arenal Volcano rain forest and Manuel Antonio National Park. Enjoy the many pristine natural wonders of Costa Rica through exclusive excursions and learning experiences as well as unscheduled time for personal discovery.

Day 3: 15 Feb 2011

San Jose - Poas Volcano - Doka Coffee Estate - San Jose

Your adventure begins with a walk to the edge of the Poas Volcano crater for magnificent views of this amazing landscape. Enjoy the spectacular scenery of the Central Valley, ringed by soaring mountains, strawberry plantations and flower farms. **★Later, a tour of the Doka Coffee Estate highlights the history and cultivation of coffee and its importance to the Costa Rican economy.★** *Today breakfast and dinner will be included.*

Day 4: 16 Feb 2011

San Jose - Tortuguero National Park

Begin the day travelling through the Braulio Carrillo National Park to the Caribbean low lands. En route, experience spectacular mountain scenery, changes in ecosystems, and picturesque Caribbean-style villages. **★A special stop is made at a local banana plantation where you learn about its economic and social value to Costa Rica.★** Later, your guide explains the rain forest eco-system and points out sights of interest as you cruise the rivers and canals of Tortuguero National Park. Enjoy a memorable two night stay at your eco-lodge surrounded by the beauty of a tropical forest and amazing wildlife. Learn more about your surroundings with a visit to the world's first Green Turtle Research Station and discover how to protect the turtle's nesting habitat and eggs. *Today breakfast and dinner will be included.*

Day 5: 17 Feb 2011

Tortuguero National Park

An early morning bird watching excursion teaches you about the variety of local species and migratory birds that flock this area. **★Later, experience a spectacular boat cruise through the various canals and be sure to keep an eye out for wildlife including howler monkeys, sloths, toucans, aquatic birds, bats and caimans, as well as exotic flora.★** Tortuguero National Park is a study in rain

forest, freshwater, and marine biology. It protects over 350 species of birds and mammals including green macaws; 57 species of amphibians; 111 species of reptiles; and 60 mammal species, including 13 of Costa Rica's 16 endangered species including jaguars, tapirs, ocelots, cougars, river otters and manatees. *Today breakfast, lunch and dinner will be included.*

Day 6: 18 Feb 2011

Tortuguero National Park - Arenal

A leisurely boat ride returns you to the mainland. Relax and enjoy a scenic drive through the countryside of the San Carlos Plains. **★Visit a local school supported by the Collette Foundation* and learn about Costa Rica's educational system and the children's way of life in a small farming community.★** Later, arrive in Arenal and behold the spectacular views of Arenal Volcano. *Today breakfast, lunch and dinner will be included.*

Day 7: 19 Feb 2011

Arenal

The San Carlos Plains produces sixty percent of Costa Rica's dairy products and this morning you will have the opportunity to share in the experience of a real "Costarrican lechero" (Costa Rican milkman). **★Learn about local fruits and organic farming during a tour of the family-owned Finca Don Carlos, with**



fields of pineapples, orchards, grasslands, medicinal plants, rivers and a private forest reserve.★ A cheese-making demonstration is followed by a traditional farm-style lunch. This afternoon, an optional Skydrive/journey adventure is offered for an exciting bird's-eye-view of the endless forest, beautiful lake and the majestic Arenal Volcano. *Today breakfast and lunch will be included.*

Day 8: 20 Feb 2011

Arenal

Enjoy a morning at leisure in spectacular Arenal. **★This afternoon, experience the unique combination of pure air and rain forest with a delightful Arenal Hanging Bridges tour.★** Located in front of the Arenal Volcano, the nature trails and bridges within this primary forest let you observe the birds, flowers and lush vegetation of the Arenal Volcano rain forest from a truly unique perspective. *Today*

breakfast and dinner will be included.

Day 9: 21 Feb 2011

Arenal - Tarcoles

Travel the beautiful chequered landscape surrounding Lake Arenal while en route to the Pacific Coast. After arriving at your destination, the remainder of your day is at leisure to explore its beautiful natural surroundings. *Today breakfast and dinner will be included.*

Day 10: 22 Feb 2011

Tarcoles - Manuel Antonio National Park

Get your cameras ready! **★Today you explore spectacular Manuel Antonio National Park. This paradise is known for its pristine white sandy beaches surrounded by emerald waters and primary forest.★** Spend the morning leisurely walking the forest trails in search of the native inhabitants including the three-toed sloth, agoutis, white faced and squirrel monkeys, iguanas and birds. If

you wish, take a swim in the inviting blue waters of its breathtaking beaches. The remainder of the day is at leisure to relax by the pool and absorb the natural beauty of your surroundings. *Today breakfast and dinner will be included.*

Day 11: 23 Feb 2011

Tarcoles - Sarchi - San Jose

After breakfast, travel to Sarchi, an important crafts centre. **★Learn about the traditional crafts of this region and witness local artisans as they produce colourful oxcarts.★** Journey back to San Jose for your farewell dinner and overnight stay. *Today breakfast and dinner will be included.*

Day 12: 24 Feb 2011

San Jose - Tour finishes

Today breakfast will be included.

Day 13:- 25 Feb 2011

Arrive home

YOUR ITINERARY AT A GLANCE

Day	1	Ramada Plaza Herradura San Jose, San Jose
Day	2, 3	Herradura Hotel, San Jose
Day	4, 5	Pachira Lodge, or Aninga Lodge, Tortuguero
Day	6 - 8	Montana de Fuego Hotel, or Arenal Springs, Arenal
Day	9, 10	Hotel Punta Leona, Tarcoles
Day	11	Herradura Hotel, San Jose

On some dates alternate hotels may be used.

IMPORTANT RESERVATION INFORMATION

PASSPORTS & VISAS

Obtaining the proper proof of citizenship for entry to destination countries is the responsibility of each client.

A valid 10 year machine readable passport is required for each individual travelling outside of the United Kingdom. Passports must be valid for at least eight months beyond the return date from the destination.

Some countries require a visa in addition to a valid passport for entry into the country. It will be necessary for you to check with the appropriate embassy or consulate for specific information and entry requirements. Upon request, we can forward a visa application from a recommended visa service.

As some countries require your passport to be kept with you at all times as a form of identity, please ensure you keep it on your person in a safe and secure place. If your chosen destination does not require you to carry your passport, please ensure you leave it in a secure place, such as a hotel safety deposit box.

It is sensible to keep a separate note of your passport number and date of issue, therefore we recommend that our clients travelling abroad take a photocopy of their passport and applicable visas. These should be packed separately from your actual passport and visa. We also recommend leaving a copy at home with your chosen emergency contact. Please remember to complete the details of two relatives or friends who may be contacted in an emergency on the inside back cover of your passport.

Deposits are non-refundable. 60 - 29 days prior to departure: Cancellation fee of 50% of total price. 28 - 15 days prior to departure: Cancellation fee of 60% of total price. 14 - 8 days prior to departure: Cancellation fee of 75% of total price. 7 - 4 days prior to departure: Cancellation fee of 90% of total price. 3 days prior to departure or later: Cancellation fee of 100% of total price. For ocean/river cruises and holidays to Antarctica deposits are non-refundable. Balance due date to 90 days prior to departure: Cancellation fee of 50% of total price. 89-40 days prior to departure: Cancellation fee of 60% of total price. 44-21 days prior to departure: Cancellation fee of 75% of total price. 20-8 days prior to departure: Cancellation fee of 80% of total price. 7 - 4 days prior to departure: Cancellation fee of 90% of total price. 3 days prior to departure or later: Cancellation fee of 100% of total price.

Please Note:



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Please be advised that this tour is not exclusive to HPB Bondholders and that the group may be made up of various nationalities and age ranges. If you require further clarification please contact HPB Travel Club on 01638 674711

Photos shown are reflective of the area(s) visited, but may not be included in the actual tour itinerary.

Deposit of £175 per person due upon reservation, First come, First served.

Make cheques payable to:

For Reservations Contact:

HPB Travel Club Ltd.

HPB House
Old Station Road
Newmarket
CB8 8EH

Tel. No: 01638 674711



COLLETTE
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*Triple rooms are normally a standard double room with 2 beds. A cot or rollaway bed may be requested but **not** guaranteed due to size of room and fire codes.

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