

XPLORE PANAMA AND COSTA RICA YOUR WAY...

Number of guests: To be defined.
Destination: Costa Rica and Panama
Days of tour: 15 Days / 14 Nights

The distance of the Costa Rican territory, from the Pacific Ocean to the Caribbean Sea is 200 Miles. The variety of landscapes and microclimates that can be enjoyed in the same day makes of this country a paradise destination. In just 19 thousand square miles, the traveler can find: sun and beach, adventure, nature and culture, components necessary to satisfy the taste of thousands of tourists who find their ideal vacation spot in Costa Rica.



NAYARA AT THE ARENAL BEACH



Nayara is the jewel of the region of Arenal. A place immersed in nature, where romance emanates and life moves at a slower pace to allow time to rekindle old relationships and start new ones in a charming way.

The resort is widely known for the work they have carried out in order to protect the ecological balance of one of the most beautiful places in the world. The houses and villas have large windows that allow nature to come inside them. Light flows from the bedroom to private gardens, terraces and a jacuzzi. Modern amenities complement the rooms to create an exceptional experience.



From the resort you can go out to explore the forest. As you advance in your expedition you will move from the lower level of the jungle, to higher grounds as you go through different trails and cross amazing hanging bridges. The whole adventure covers 3.2 miles, which include 10 standard bridges and 6 hanging ones. Specialist guides will show you the many different species of animals and vegetation, which are unique to each habitat and elevation.

You must stay very alert in order not to miss the variety of mammals on the ground and once you reach the heights of the trees, you might spot toucans and exotic parrots.



To get to Tenorio National Park and the Celeste River, you will have to go out in a vehicle with your nature guide approximately for a 2 hour drive from your hotel to the park ranger station in Tenorio N.P. There they will enter the dense rainforest of Tenorio.

The forest is abundant in wildlife, including monkeys, sloths and tropical birds. Keep your eyes on the trees and try to see the elusive Umbrella Bird, a very rare and interesting inhabitant of Tenorio.

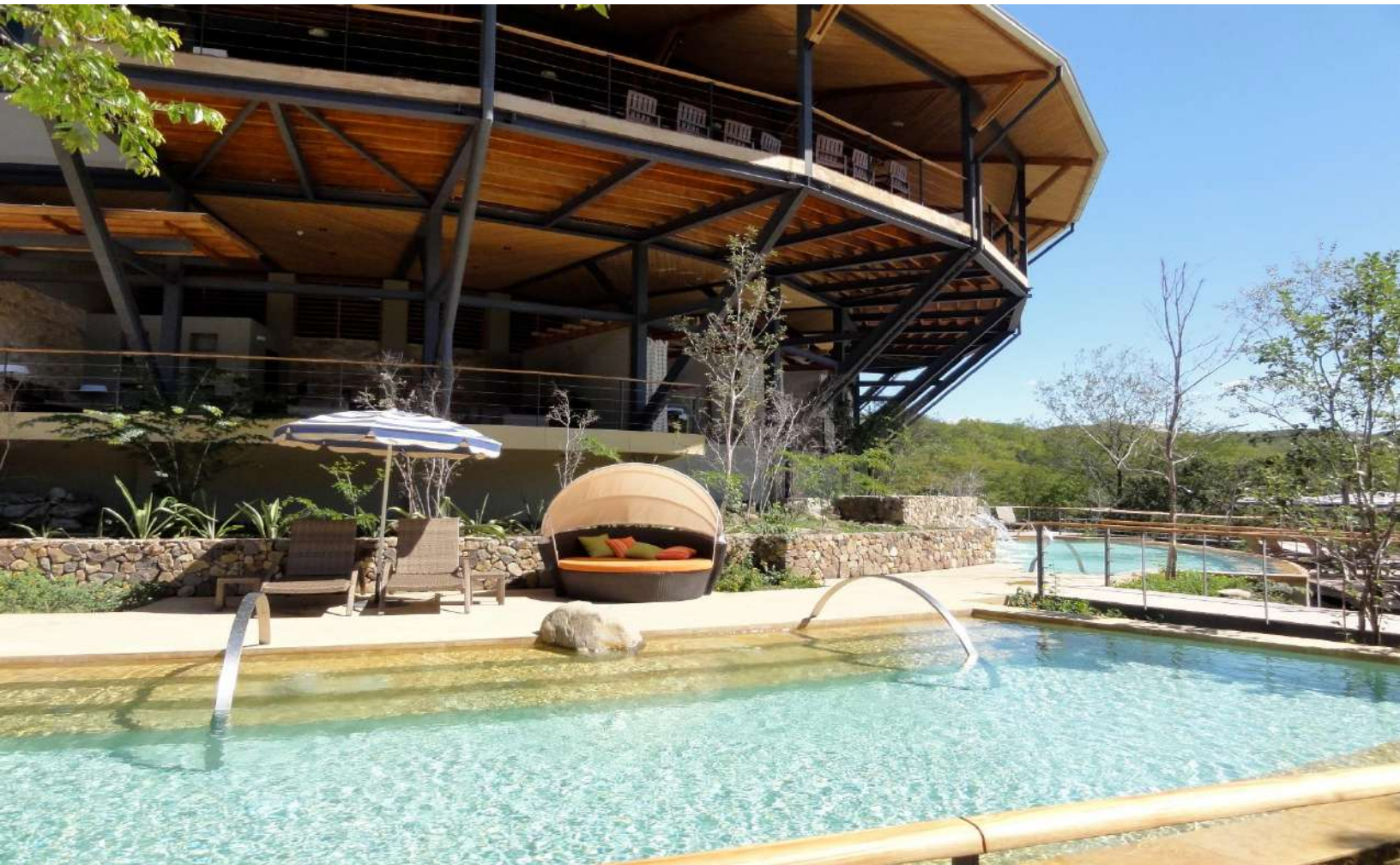
You will advance along the trails, winding from the deep forest into the riverbank.



The Trek Canyoning is a tour of pure adrenaline as you will be picked-up by our guides in 4X4's in order to give you an exciting ride until you approach the rainforest. There, equipped with their harness, gloves and helmets, you will receive safety instructions, which will prepare you to participate in rappelling and climbing.

Once you're ready, you will engage the adventure of rappelling down a total of 5 descends onto the bottom of a canyon 350 feet deep

After this experience we will visit a volcano, in the form of a perfect cone, which stands overlooking the town of La Fortuna. Our tour of the Lava Field Walk offers our guests the opportunity to walk through the dry lava fields. It is an opportunity not only to experience this amazing natural phenomenon, but also to learn more about the history of La Fortuna and the devastation of the 1968 eruption.



Rio Perdido Hotel & Thermal River is a sanctuary of wellbeing and the true incarnation of the legendary PURA VIDA of Costa Rica.

You will find Río Perdido in the province of Guanacaste, on the western side of the country. Although the reserve is only an hour's drive from Liberia, this rediscovered gem was once a sacred place for the Cabecar Tribes, who recognized and took advantage of the thermal currents, hundreds of years ago.

Rio Perdido was designed to be in perfect harmony with its surroundings. Great care has been taken to preserve this unique environment and its precious resources, while providing a very comfortable experience for our guests.



We use modern equipment to help you cross the river safely and get a real idea of the canyon and its magic. There are parts of the canyon where the rock walls narrow and daylight is scarce. The echoes get stronger and if you remain silent for a little bit, you will find that you are not alone; birds, monkeys and, occasionally, some larger mammals will announce their presence. Look for the streams of thermal water coming out of the east rock wall.

Keep in mind that this activity is not suitable for everyone. While a slow flotation will take you through most of the path, there are several intense rapids along the way. There is always the possibility of making contact with some of the exposed rocks, which can cause bruising and even minor cuts. This is more likely to occur in the dry season, when the current decreases and the water level drops, as more rocks are exposed.



Our constantly evolving MTB circuit attracts cyclists from everywhere. It offers segments of solid rock, sand, raw earth, bridges, and even some descents in the advanced circuit. Of course, amateur runners or those who simply want a less challenging ride without rocky climbs and dazzling descents can avoid the most advanced segments of the circuit.

You can opt for different routes, ranging from 8 kilometers to more than 20 kilometers, without having to repeat segments of a single route. While many MTB fans would not consider this to be "long distance," most cyclists are content to finish the circuit and then choose to rest in the hot springs. For those who do not run a time trial, the route offers incredible stops that include short walks to several panoramic viewpoints, two waterfalls, a cave, the remains of a house dating back to the colonial period of Costa Rica and the renowned spring water with natural gas. For its medicinal qualities unlike most activities in Rio Perdido, the Bike Park is designed for a focused cyclist and is not recommended for beginners. Those who visit this place for the first time may consider traveling with one of our guides.



After so much adventure you're definitely going to desire a relaxing moment and the perfect place is the Rio Perdido Spa, which offers an exclusive body paint treatment with volcanic mud, which can be requested in advance at the reception of the resort.

For this treatment, you are given a mud container from a special hot river pool south of the river canyon, which has to be applied with the special brush provided and let it act for at least 10 minutes before rinsing it in the warm river. This mineral-rich mud will exfoliate, cleanse and renew your skin.

PANAMA

Our goal is for you to take home memorable experiences in iconic landscapes, discover new ones, have fun and get out of your daily routines, immerse yourself in different cultures and gain a wider understanding of the world. Our team of experts has combined a wide variety of soft adventures specially designed for explorers, students, people who love finding new things: road finders, search engines, pioneers.



Panama is a country located in the isthmus that unites North and South America. The Panama Canal, a famous engineering masterpiece, crosses its narrowest part and joins the Atlantic and Pacific oceans, which facilitates the trade of goods around the whole world. In its capital, Panama City, modern skyscrapers, casinos and discos contrast with the colonial buildings of the Casco Viejo district and the tropical forest of the Metropolitan Natural Park, but there is much more to discover in this destination. Let us show you a little more about it...

CHIRIQUI

Immerse yourself in the traditional coffee culture, through a journey, which will delight your senses as you visit the different coffee plantations of Boquete.



Get ready to place yourself in a very unique natural scene, at the highest point of the country, the " Barú Volcano National Park " at a height of 11,400 feet above sea level and contemplate the sun's rays at its maximum deployment, where you will be the Principal protagonist of this authentic experience.

Located in the highlands of Panama, Boquete is the perfect place for an experience of pure travel joy. Being the home of the best-awarded coffee in the world, Coffee Geisha; and immersed in the countless shades of green of the magnificent cloud forest, Boquete offers from easy to hardcore adventures, everything that a tourist can dream of doing.



The only tour in Central America, which will unveil for you the origin of the famous millenary drink, ending with a tasting of the 4 tea classics. White Tea, Green Tea, Oolong and Black Tea.



You will visit the largest sowing and production farm of Passion Fruit in the country, where you can observe the development, growth of the plant and fruit, you will live the experience of harvesting and tasting the fruit. It includes lunch and drink.



ISLA PALENQUE

A 400-acre private tropical island complex in the Gulf of Chiriquí, Panama. A site rich in primary forest, 7 secluded beaches and a marvelous history of archeological importance. The resort seems taken from the page of your favorite fantasy novel on a private island.



It is the perfect place when you are looking for a luxury vacation on an island, or when you want to experience nature at its best. Palenque Island is a distant and out-of-the-way place that will refresh and energize you.

HOTEL PANAMONTE



Chef Charlie Collins, who is considered the banner of the "New Panamanian Kitchen", manages to adapt his gastronomic proposals to the preferences of each client, whether it is an avant-garde cuisine or something more traditional.

His professional roots go back to his experience in the kitchen of the Panamonte Hotel in Boquete (Chiriquí), where he became known for using fresh ingredients, coining the concept, "from the garden to your table".



His professional career has earned him several awards, as well as the recognition of prestigious international publications such as Gatopardo magazine, which recognized him as one of the best Chefs in Latin America, or Food and Wine Magazine, among many others.

National publications such as K Magazine, Punto y Coma, Ocean Drive, Selecta and OD Gourmet have dedicated covers and pages highlighting his legendary work as a chef.

Brief Description

Day 1

Welcome to Costa Rica

Private transfer to Nayara Resort
Check In at Nayara Resort
Dinner
Overnight at Nayara Resort

Day 2

Hanging Bridges

Breakfast
Walking tour over 10 regular bridges and 6 hanging bridges
Lunch immersed in nature
Ñeisure at the Resort
Dinner at Resort
Overnight Nayara Resort

Day 3

Tenorio National Park

Breakfast Resort
Guided visit to Tenorio National Park
Hiking and relaxation time in the river
Lunch and Snacks
Leisure time at Resort
Dinner at Resort
Overnight at Nayara Resort

Day 4

Treking – Dry Lava tour

Breakfast Resort
Rapel and Zip Line Experience
Lunch and Snacks
Walking tour by the dry lava of the Volcano of La Fortuna Down Town
Dinner
Overnight Nayara Resort



Day 5

Rio Perdido

Breakfast Resort
Private Transfer at Rio Perdido
Lunch at restaurant of the hotel
Leisure at resort
Dinner in a special spot of Hotel
Overnight at Rio Perdido

Day 6

Rio Blanco and Mountain Biking

Breakfast at Hotel
Rio Blanco tour
Picnic Lunch Style
Mountain bike circuit (Diferent difficult levels)
Dinner at restaurant of the hotel
Overnight at Rio Perdido

Day 7

Costa Rica - Panama

Breakfast in Hotel
Transfer from Costa Rica to Panama
Private transfer from David Airport to Isla Palenque
Lunch at Isla Palenque
Leisure time at Resort
Dinner in special spot
Overnight at Isla Palenque

Day 8

Isla Palenque - Island Experience

Brekfast at Hotel
Wellness morning at Resort
Beach day, Kayak, SUP, Snorkeling
Beach front Lunch
Hiking around the island
Ocean front Dinner
Overnight at Isla Palenque



Day 9

Flavors of Boquete

Breakfast in Hotel
Tea and Passion Fruit Tour
6 times lunch with the renowned Chef Charlie Collins at Panamonte
Walking tour around Boquete Downtown
Dinner at Isla Palenque
Overnight Isla Palenque

Día 10

Geisha Coffee and Barú Volcano

Breakfast Hotel
Exclusive Gesiha Coffee tour
Lunch at The Rock restaurant
Barú volcano private tour
Cheese and wine Sunset at the top of Barú Volcano
Overnight at Isla Palenque

Day 11

Spa and Relax Experiencie

Breakfast in Hotel
Isla Palenque wellness activities
Pool day
Picnic Lunch at the beach
Massages Sesion
Dinner at restaurant
Overnight Isla Palenque

Day 12

Back Home

Breakfast in Hotel
Private transfer to David Airport
Flight to Costa Rica or Panama international Airport