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10 Day Eco-Tour Itinerary

DAY 1

After our flight we land in San Jose, Costa Rica to begin our adventure. We drive through a Cloud Forest and eventually end up in the Caribbean lowland beach town of Puerto Viejo.

DAY 2

Our day begins with a visit to the Kekoldi Indigenous Reserve where we learn about the culture and customs of the Bri-Bri peoples. We start out in the Iguana Farm, a local project working to save the endangered Green Iguana. Our Bri-Bri native guide will take us on a walk through secondary and primary forests to teach us about the medicinal plants and trees that have supported their people's existence for 1000's of years. Upon our return we will be served a lunch prepared with organic foods from their local gardens. In the afternoon we swim at one of the most beautiful beaches in Costa Rica. Punta Uva is a magical spot where the forest meets the sea and monkeys are often spotted eating sea grapes on the point. In the evening we will have a delicious dinner at one of towns local restaurants.

DAY 3

We visit Cahuita National Park. A 1067-hectare park that hugs the turquoise Caribbean coast. Here we will search for Howler and White Faced monkeys, as well as many reptiles and birds. We will spend the day in the park learning about coastal ecology. Miss Edith who is famous for her rice and beans made with coconut milk will serve our lunch. In the evening we will visit Puerto Viejo for dinner and shopping.

DAY 4

We wake up early to ride bicycles to the sleepy town of Manzanillo. The 16km ride will take us down the brilliant Caribbean coast all the way to the end of the road. There we will meet a local Naturalist guide and hike through the Gandoca-Manzanillo Wildlife Reserve. The trail weaves from beach into jungle and our local guide will be stopping along the way to teach us about the vast bio-diversity of this Tropical Humid Forest. We return to the beach to have a picnic lunch, and then ride our bikes back to the hotel for dinner.

DAY 5

We spend a mellow morning taking photos before we get on the bus and climb up to proper Rainforest elevation. On the way up we will pass one of the many banana plantations to learn about one of the world's favorite fruits. Once in the town of Turrialba we will visit a Serpentarium. There we will learn about the wonders of the reptile world from Central America's leading expert on snakes. We will sleep in the clouds above Turrialba with magnificent views of the surrounding mountains.

DAY 6

Today we have unforgettable day of white water rafting on the Pacuare River. This is one of the top 5 rafting rivers on the planet with class 3 and 4 rapids. Expert experienced guides will safely guide us on our adventure. The river cuts through virgin forest on the Caribbean slope and passes numerous waterfalls that practically pour into our raft. In the evening we soak out bodies and relax in natural Hot Springs below Costa Rica's most active volcano, Arenal. If the night is clear we may have a chance to see the spewing lava from below.

DAY 7

Our morning starts off with a short hike to a stunning waterfall and a refreshing swim in the pools below. Next, we drive around Lake Arenal, Costa Rica's largest lake and eventually start the climb up to the cloud forest of Monteverde. Along the way we will learn about some of the alternative forms of energy Costa Rica is using. We will also pass coffee plantations and learn about the difference between sun and shade grown coffee. We stay at a local cabina in the cloud forest.

DAY 8

Today we fly! We visit Sky-Trek and zip line through the canopies of the cloud forest. Expert guides will assist us through all 11 cables, one that is over 700 meters long! We will learn about orchids and other plants that are specific to the cloud forest and possibly have a chance to see the great Resplendent Quetzal. In the afternoon we visit the Monteverde Butterfly Garden to learn about some of the forests most intricate creatures. In the evening we dine at an exotic restaurant in town.

DAY 9

Today we return to the capital city of San Jose stopping along the way to shop at some of the local markets. In the evening we celebrate with a farewell dinner and share stories.

DAY 10

We board the plane with memories to last a lifetime and fly home to share stories with friends and family.