



## Slow travel on the Caribbean side

Rain Forest, Rivers, Beaches, Hiking, Wildlife, Chocolate, Culture!

This tour minimizes travel because once you are in the Talamanca area, there are many interesting places to visit nearby. You'll have a bilingual naturalist guide for 5 or the 10 days

### Day 1

#### Welcome to Costa Rica!

An ACTUAR representative will meet your flight and take you to a charming San José hotel. If you have time, visit the excellent National Museum. For dinner, visit Bakea, an upscale restaurant in Barrio Amón, featuring Costa Rica *nouvelle cuisine*.

#### Services included

Transfer from airport to Hotel Aranjuez  
Double room at Hotel Aranjuez, including breakfast

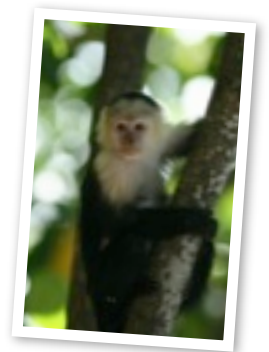
### Day 2

#### To the Caribbean!

The Interbus will pick you up at your hotel and take you to Cahuita. Your bilingual, naturalist guide will meet you at the bus station and take you into the verdant hills about 4 kilometers inland from Cahuita National Park, to Casa Calatéas Inn and Rain Forest Reserve. Enjoy Caribbean cuisine in this *campesino* village and learn about the conservation efforts of the local association that owns the lodge. At sunset, walk to the observation deck, with views of the Talamanca mountains stretching into Panamá.

#### Services included:

Local bilingual naturalist guide and expenses  
Double room at Casa Calatéas, including breakfast  
Lunch and dinner at Casa Calatéas  
Interbus from Hotel Aranjuez to Cahuita bus station  
Transfer from Cahuita to Casa Calatéas



### Day 3

#### **Look for monkeys, birds and iguanas in Cahuita National Park!**

Enjoy the morning in Cahuita National Park, where it is easy to see monkeys, sloths, iguanas and many tropical birds on the well-maintained path that goes through the forest next to the sea. Take a dip in the ocean, then have lunch in the village at a down-home Caribbean restaurant. That afternoon, the cook at Casa Calateas will teach you how to make the delectable combination of coconut milk, fish and root vegetables known as *rondón*.

#### **Services included**

Breakfast at Casa Calatés  
Local bilingual naturalist guide and expenses  
Double room at Casa Calateas  
Lunch in Cahuita  
Dinner and cooking lesson at Casa Calateas  
Roundtrip transportation from Casa Calatés to Cahuita.

### Day 4

#### **Get to know the neighbors!**

Visit local farms and learn about life in rural Costa Rica. Around 3 p.m., visit the Kékoldi Indigenous Territory and see how they breed the endangered green iguana for food and for release into the forest. Visit the home of Juanita Sánchez, the preserver of BriBri legends, and listen to her stories that illustrate the BriBri cosmology.

That evening, have a Caribbean cooking lesson and dinner with Miss Veronica and her family in Puerto Viejo

#### **Services included:**

Breakfast at Casa Calatés  
Local bilingual naturalist guide and expenses  
Double room at Casa Calateas  
Lunch at Casa Calatés  
Visit with Juanita Sanchez  
Dinner and cooking lesson with Miss Verónica  
Roundtrip transportation from Casa Calatés to Kekoldi and Puerto Viejo

### Day 5

#### **Take a dugout canoe to Yorkín and see where chocolate comes from!**

Your guide and driver will take you an hour southwest to the village of Bambú, where you will board the dugout canoe that will take you on the Yorkín River, the natural border between Costa Rica and Panamá. Arriving at Yorkín, walk through the village, seeing plantations of organic bananas and *cacao* on your way to the Casa de las Mujeres. When you arrive, have a tasty snack and learn about the work of the indigenous association that owns and manages the lodge. Walking on a nearby trail, you'll see native medicinal plants and the tree crops that are vital to the community. You'll be served a BriBri-style lunch, and, for dessert, learn about how chocolate is produced! Taste the fresh *cacao* seed from the pod, see how it is dried and toasted, and finish with a fresh cup of hot chocolate, the sacred drink of the BriBri. You also might want to indulge in organic bananas dipped in freshly made chocolate sauce.

Try your hand at weaving the palm fronds that villagers craft into thatch for their houses, or learn about native archery, then take a refreshing dip in the river. That evening, listen to BriBri legends around the fire.

#### **Services included:**

Breakfast at Casa Calatés  
Local bilingual naturalist guide/driver and expenses  
Two-day, one-night tour to Casa de las Mujeres including meals and lodging.  
Transportation from Casa Calatés to Bambú

### *Day 6*

#### **Experience village life!**

Go hiking in the morning, or learn more about the uses of native medicinal plants and which rainforest plants provide useful fibers for weaving, rope-making, etc. After lunch, say goodbye to your friends in Yorkín and return to Bambú. Your driver will pick you up there, and take you to Playa Chiquita, one of the most beautiful of Costa Rica's Caribbean beaches, where you will stay at Playa Chiquita Lodge. That afternoon, say goodbye to your guide.

#### **Services included**

Double room at Playa Chiquita Lodge  
Transportation from Bambú to La Kukula Lodge  
Local bilingual naturalist guide and expenses  
Breakfast and lunch at Yorkín

### *Day 7*

#### **Relax at Playa Chiquita.....**

Or rent bikes to get to salsa classes, more Caribbean cooking classes, canopy zipline tours, dolphin observation and snorkeling tours in Manzanillo, or visit an animal rescue and rehabilitation center.

#### **Services included:**

Double room at Playa Chiquita Lodge including breakfast

### *Day 8*

#### **Explore the beaches!**

You can walk all the way from Playa Chiquita to beautiful Punta Uva. On the way back, go up to the main road for lunch or dinner at Selvin's, famous for rice and beans, the traditional Caribbean dish made with coconut milk (not included).

#### **Services included:**

Double room at Playa Chiquita Lodge including breakfast

### *Day 9*

#### **Last day in paradise....**

In the afternoon, the Interbus will return you to your hotel in San José. Have dinner at one of San José's fine international restaurants.

#### **Services included:**

Double room at Hotel Aranjuez including breakfast  
Interbus from Playa Chiquita Lodge to Hotel Aranjuez

### *Day 10*

#### **Come back soon!**

An ACTUAR driver will pick you up in time to get you to the airport 3 hours before your return flight..

#### **Services included:**

Transfer to airport 3 hours before your return flight.

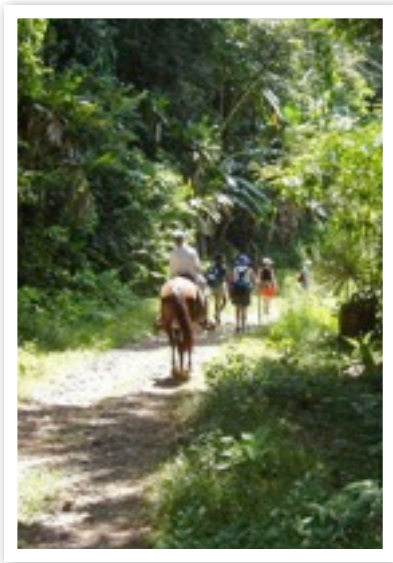
NOTE: There is an exit tax of \$26 per person, payable at the airport before you check in. It can be paid in dollars, colones, a combination of the two, or with a debit card. It can also be paid with a credit card, but will be charged as a cash advance.

*To sign up for this tour, contact Key to Costa Rica CONSERVACATIONS  
[beatrice@keytocostarica.com](mailto:beatrice@keytocostarica.com)*

*All of our ecotours can be customized to meet your interests, budget, and time frame.  
See next page for prices.*

## *Slow Travel on the Caribbean Side*

### Prices and Family Discounts



Minimum 2 adults	Price per person
In double occupancy	<b>\$1475</b>
In triple occupancy	<b>\$1160</b>
In single room	<b>\$1590</b>
With one child 9-11	<b>\$1076</b>
With two children 9-11	<b>\$878</b>

#### *Discounts for more than four*

Let us know if there are more than four people in your party. The price per person will go down.

**Prices valid through November 30, 2012, EXCEPT for travel during Christmas and Easter weeks. Contact us for repricing during those weeks.**  
[\*\*beatrice@keytocostarica.com\*\*](mailto:beatrice@keytocostarica.com)

#### *Your private guide/driver: an incredible value*

**Kids love them:** Kids love our bilingual naturalist guide/drivers because of their friendly, fun-loving attitude, and parents love them because of their kindness and their ability to teach about all things Costa Rica!

**Peace of mind:** Your family will have a guide all to yourselves for as many days as you want during your tour, so you can avoid the hassles that come with traveling with large groups of strangers. Your guide knows the ins and outs of each destination, so you'll have the peace of mind of knowing that your family is safe and well-cared for.

**Hassle-free transportation:** Getting around can be tricky in Costa Rica, but it becomes fun and hassle-free with your private guide/driver. You can stop where you want, whenever you want, giving you more freedom to respond to needs and for off-the-beaten-path exploration.

**Flexibility:** If you and your spouse want to walk along the beach and the kids are not interested, your guide can take them back to the hotel and keep them safe and entertained.

**Personal connection:** Best of all, your guide is your personal connection not only to nature, but to the culture of the fascinating destination you are visiting. Our professional guides make our trips unforgettable!

To sign up, contact [\*\*beatrice@keytocostarica.com\*\*](mailto:beatrice@keytocostarica.com)

