

# COSTA RICA & NICARAGUA

*Combine the best of  
Costa Rica with a  
few nights in  
Nicaragua on this  
Central American  
journey.*

12 NIGHTS  
FROM  
£3,585

# COSTA RICA & NICARAGUA

Discover nature at its best in both Costa Rica and Nicaragua, with amazing wildlife, fantastic beaches and charming colonial cities.

Start in San José and head to Tortuguero, a must visit to any trip to Costa Rica. This network of navigable canals offers diverse wildlife and birdlife.

Next stop, Arenal Volcano. This perfect coned-shape volcano is set in a beautiful area with hot springs, hanging bridges and rare wildlife.

Continue your journey to the north Pacific Coast and relax for 3 days in Tamarindo.

From Tamarindo, drive towards the Nicaraguan border up to Granada. Discover Granada, beautiful Lake Nicaragua and the Granada Islets.

Head further north to León, a charming colonial city and the perfect base from which to explore Hervideros Volcanic Field. Try volcano surfing at Cerro Negro if you like, or explore remote Juan Venado Island.



# COSTA RICA & NICARAGUA

## Day 1: UK - San Jose

Fly from the UK to San Jose where you will be met and transferred to your chosen hotel.

Overnight: San Jose

Meals: Breakfast included

## Day 2: Tortuguero

This morning you will be woken up very early and transferred to Tortuguero.

On the way to Tortuguero, pass through the spectacular Braulio Carrillo National Park with a stop at Rio Danta Restaurant for a tasty typical local breakfast.

In the afternoon depart by boat to the nearby private trail, next to the National Park, for a guided walk into the tropical rainforest.

Please note that July to September is sea turtle nesting season. (Optional night tours are available at an additional cost).

Overnight: Tortuguero

Meals: Breakfast & Lunch included



*When a red-eyed tree frog detects a predator, it abruptly opens its eyes and stares. The sudden appearance of the red eyes may startle the predator, giving the frog a chance to flee...*



Costa Rica's rich and diverse wildlife is sometimes small scale and often vibrantly colourful - such as red-eyed tree frogs, hummingbirds, macaws and beautiful resplendant quetzals.

# COSTA RICA & NICARAGUA



## Day 3: Tortuguero

After breakfast, explore Mawamba Park's private trails and visit the butterfly gardens, the iguanas and a frog garden.

After lunch enjoy a canal boat tour through Tortuguero National Park.

Tortuguero is a great place for observing local wildlife such as birds, monkeys, two and three-toed sloths, American crocodiles and caimans.

The park also provides shelter to endangered animals such as manatees, tapirs and jaguars.

Overnight: Tortuguero

Meals: All meals included



*Steam venting from Arenal Volcano. Since 2010, Arenal has been in an indeterminate 'resting phase'.*



Arenal Volcano and Costa Rica's north are real highlights of a holiday to Costa Rica. Waterfalls, cloud forests, hanging bridges and hot springs dominate the area...

# COSTA RICA & NICARAGUA

## Day 4: Arenal Volcano

After breakfast, take a shared boat transfer back to the pier and on to your next destination.

The area of San Carlos offers a landscape of exceptional beauty with forests, lagoons, fields of crops, rivers with hot springs, and Costa Rica's most active volcano, Arenal.

Overnight: Arenal

Meals: Breakfast & Lunch included



# COSTA RICA & NICARAGUA

## Day 5: Arenal

After breakfast, enjoy a walk in the Hanging Bridges.

The Hanging Bridges are located within the corridor followed by birds migrating between North and South America.

The trails and bridges of this project will bring you as close as possible to the birdlife, flowers and the lush vegetation of the primary rainforest.

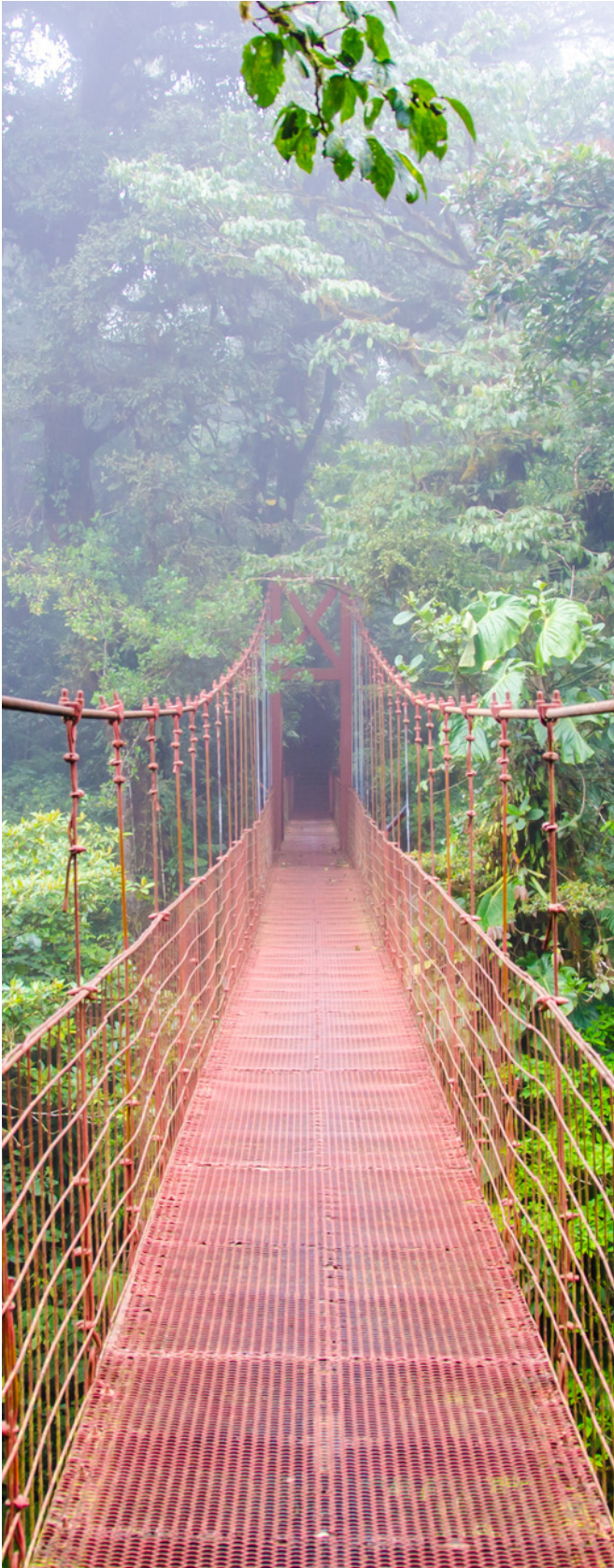
More than 50 species of birds can be seen here, making this one of the most prolific bird watching walks in the region.

In the afternoon, enjoy a 2-3 hour walk along the lower slopes of Arenal Volcano.

The volcano is 5,437 feet high and although currently in a resting phase, Arenal has been Costa Rica's most active volcano for the past 43 years.

Overnight: Arenal

Meals: Breakfast included





*Tamarindo is one of Costa Rica's most popular beach destinations and ideal for surfers.*



Tamarindo offers a handful of lovely boutique hotels including Capitan Suizo on Langosta Beach and the luxurious Cala Luna...

# COSTA RICA & NICARAGUA

## Days 6 - 8: Tamarindo

After breakfast, transfer to Tamarindo, a beautiful beach town located on the North Pacific coast.

Enjoy the rest of the time at leisure in Tamarindo.

Overnight: Tamarindo

Meals: Breakfast included



## Day 9: Granada, Nicaragua

Today you will be transferred from Tamarindo to Granada, Nicaragua (transfer time about 4 hours).

Enjoy the afternoon at leisure.

Overnight: Granada

Meals: Breakfast included



*Founded in 1524, Granada is believed to be the second oldest city established in mainland Latin America by the Spanish conquest.*



During colonial times, Granada saw much unrest as the city was attacked several times by pirates. Nowadays Granada is characterised by bright-coloured Spanish-colonial architecture, visible throughout the city centre...

# COSTA RICA & NICARAGUA



## Day 10: Granada

Today visit the Granada Islets on Lake Nicaragua. 365 small islands formed 20,000 years ago by a massive volcanic explosion.

Some of them are inhabited and most are covered with a vast variety of unusual vegetation. It is also an area rich with bird life.

Enjoy a relaxing boat ride around some of the islets that were formed by the impressive Mombacho Volcano.



After the boat trip, discover Granada, the first city in the New World, founded by Francisco Hernandez de Cordoba in 1524.

Finally, visit Masaya, the local artisan market and the volcano.

Overnight: Granada

Meals: Breakfast included

# COSTA RICA & NICARAGUA

## Day 11: Leon

Morning transfer from Granada to the colonial city of Leon.

León is located next to Lake Xolotlan and the active Momotombo Volcano.

Enjoy a city tour of León and visit the Hervideros de San Jacinto Volcanic field.

Overnight: Leon

Meals: Breakfast included

## Day 12: Leon

In the morning, try volcano surfing at Cerro Negro Volcano (optional) and in the afternoon explore Juan Venado Island.

Transfer from León to the Pacific bay of Las Peñitas where you will board a motorboat towards the island. Enjoy a secluded Pacific beach and enjoy a private walk or swim.

If you are really lucky, you will even encounter crocodiles and the impressive Paslama Sea Turtle (August-February).

Overnight: Leon

Meals: Breakfast included



# COSTA RICA & NICARAGUA



## Day 13: León - UK

Transfer to the airport for your flight back to the UK.

## Day 14: UK

Arrive back in the UK.

Experience the best of nature

# Discover Costa Rica

Welcome to Costa Rica, home to lush rainforests, misty volcanoes, amazing wildlife and unforgettable sunsets on the beach.

In this peaceful country, which has had no army since 1948, friendly locals, also known as Ticos offer visitors a warm welcome.

Costa Rica has over 20 National Parks including the famous Tortuguero National Park which witnesses sea turtles nesting between July and September.

Costa Rica is also a synonym for sustainable tourism, with some of the best eco-lodges in the world and adventure lovers are spoilt for choice in Costa Rica,

with rafting, kayaking, jungle trekking and diving all on offer.

Very few destinations on earth offer the same combination of wildlife, scenery and beach that Costa Rica does.

A holiday to Costa Rica can also easily be combined with nearby destinations in Central America such as Panama, Guatemala and Belize.

With direct flights from the UK on British Airways, Costa Rica has come to the attention of more and more travellers looking for nature, adventure, rainforest and beach.

Costa Rica is home to an amazing 500,000 different wildlife species, the result of the country forming a land bridge between the different wildlife of North and South America. As a result of this, hundreds of species are found only in Costa Rica including species of frog, lizards and hummingbirds.

Amphibians are a big highlight, with several species of vibrantly coloured frogs. Birding is superb, and the resplendant quetzal always a thrill to see. Of the mammals there are four species of monkey, although larger mammals and forest cats such as the ocelot (below) are very elusive.

Costa Rica has been described as the most biologically intense place on earth.





There are two marked seasons in Costa Rica, the dry season, from mid-November to April and the 'green season' between May and mid-November.

The busiest months in Costa Rica are during the dry season between December and April when things are busy and hotels can get booked up well in advance (especially around Christmas or Easter time).

May, June and November are amongst the best months to visit Costa Rica as the rains have either started or are about to finish and in November Costa Rica looks even greener than normal.

The rainy season brings sunny mornings and rain in the afternoons. September and October offer the heaviest rains and dirt roads can be impassable. However the rainy season offers the best surfing conditions and exciting white water rafting.

Costa Rica's weather varies depending on the region. Average temperatures on The Caribbean Sea and Northern Plains are 21 C° up to 26 C° all year round.

The North Pacific features lower humidity levels than the Caribbean Coast and Northern Plains and the average temperature is 32 C° during the dry months.



Costa Rica is a wonderful choice for a nature and beach holiday. Beaches in Costa Rica come in all colours and textures and the distance between the Caribbean and Atlantic coasts of Costa Rica is a mere 200 km or so. Those looking for surf and a bit of life might want to head to Tamarindo in the north,

whilst more low-key beaches such as those around Manuel Antonio offer a more tranquil and back to nature experience. Costa Rica has a handful of great boutique resorts, ideal for a few days relaxation after a tour or as a winter-sun escape.



National parks, superb beaches, a great climate and some of the best luxury and boutique hotels in Costa Rica make the Pacific North the ideal destination for a nature and beach holiday in Costa Rica.

Unique & Original

# Discover Nicaragua

Known as the land of lakes and volcanoes, Nicaragua is one of Central America's most exciting travel destinations.

Largely undiscovered and unspoilt, a holiday to Nicaragua combines charming colonial cities with majestic volcanoes, great hiking, beautiful beaches and lush rainforests.

The colonial city of Granada, Lake Nicaragua and Ometepe Island, the Pacific Coast, Little Corn Island on the Caribbean side or Matagalpa up in the highlands are amongst the highlights of a tour of Nicaragua.

Far less undeveloped than neighbouring Costa Rica, Nicaragua is one of Central America's most affordable and intriguing countries to visit.

A holiday to Nicaragua can also easily be combined with nearby countries including Costa Rica, Honduras or Guatemala to make an adventurous holiday to Central America.

With a wide assortment of landscapes and habitats that allow for many different types of vegetation and animal species to flourish, Nicaragua is proud of its tremendous ecological diversity offering more than 70 unique eco-systems.

Nicaragua has a tropical climate in the lowlands, cooler in the highlands. Temperatures vary from 27-32°C during the rainy season from May to October, and from 30-35°C during the dry season from November to April. The climate in the western region of the country between the lakes and the Pacific Ocean is dry and has little precipitation. The eastern part of Nicaragua is hot, humid and rainy.

The country known as the “land of lakes and volcanoes” is primarily divided into three regions: the North-Central Mountains, the Pacific Coast and the Atlantic Coast.

Nicaragua's extensive Atlantic coastal plain rises to the central interior mountains, which drop off to a narrow Pacific coastal plain interrupted by volcanoes.



Getting around Nicaragua can be easy, enjoyable and safe. According to statistics by Interpol and the United Nations, Nicaragua is one of the safest countries in the Americas, and the safest in Central America.

The cloud-covered forests of the Nicaraguan North provide a variety of opportunities for eco-tourism and jungle adventures. More than 3,000 ft. above sea level, these mountains offer forests of mahogany, cedar and pines that are covered with orchids and moss, providing an idyllic setting for hiking, bird-watching and horse riding. Mountain lodges, scenic trails and protected areas are some of the wonders of this naturally rich area.

The central part of Nicaragua boasts a wealth of diverse beauty that ranges from the country's tallest volcanoes and treasured archaeological ruins, to crafts and folklore and some of Latin America's most authentic colonial cities.

This close-knit region, while filled with contrasts, is easy to access. Most of the region is within just a few hours drive from the nation's capital of Managua.

Nicaragua's Atlantic coast is a nirvana for nature lovers. The largest and most unpopulated region of the country, it covers more than 46% of the Nicaragua's territory and has more than 205 miles of beaches.



Culturally, socially and linguistically, it is also worlds apart from the rest of the country. While most of the inhabitants are indigenous (Misquito, Sumo and Rama Indians), English is widely spoken in this once-British settlement.

Nicaragua's "jungle coast" possesses the largest expanse of tropical rainforest north of the Amazon.

Rivers are the primary means of transportation. World-class fishing, scuba diving and eco-tourism are drawing a growing number of travellers to this very special region.



Nicaragua has some great colonial city destinations such as Granada and Leon...

# EXTEND YOUR TRIP



GRAB YOUR HAT

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from £595 pp

With over 2,500 kilometres of coastline, idyllic beaches and small paradise islands, Panamá is now one of Central America's most in demand destinations.

Over 25% of Panamá is protected by nature parks and reserves, home to more than 1,000 species of birds, different species of mammals and reptiles and more than 10,000 plant species.

Enjoy a boat tour through the Panamá Canal, canopy and bird-watching in the Darién National Park and diving or snorkelling in Bocas del Toro.

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# GUIDE PRICES

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All excursions as specified  
All taxes (except Costa Rica departure tax)

Period	Superior
Low Season Apr-Jun, Sep-Oct	£3,585 pp
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High Season Nov - Mar	£3,995 pp

Prices are a guide price only, to give an indicative idea of costs. Please contact us for updated prices as prices are all subject to change and availability. Remember that all of our Costa Rica Holidays can be tailored to suit your interests and dates.





# JASMINE HOLIDAYS

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We are based in Petersfield in Hampshire and have a small team of Central America experts.

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