

**DAY 1**

📍 Arenal

Travel Day & Cultural Visits

Upon arrival at Juan Santamaria International Airport, San Jose, Costa Rica, you will be met by your expert in-country guide!

Transfer to your home away from home for the next 4 nights, Rancho Margot. This award winning eco-lodge is a hidden gem near the Arenal Volcano. Rancho Margot is 100% carbon negative, 100% self-sustaining and is an idyllic location for a truly holistic experience.

On the way, stop at the small town of Sarchí, home of the world renowned oxcart, or *carretta*, originally created in the 19th Century to carry coffee beans from the inland highlands to the Pacific Coast.



Meet with a local artist and learn first-hand about Sarchí's history and culture.

🛏 *Overnight: Eco-Lodge Rancho Margot*🍴 *Included meals: Welcome Dinner***DAY 2**

📍 Arenal

Yoga & Adventure

After breakfast, re-energize with a yoga class by the river. Then, join your fellow travelers for a guided tour of the Ranch which is comprised of eight core zones, each a protected wildlife area .

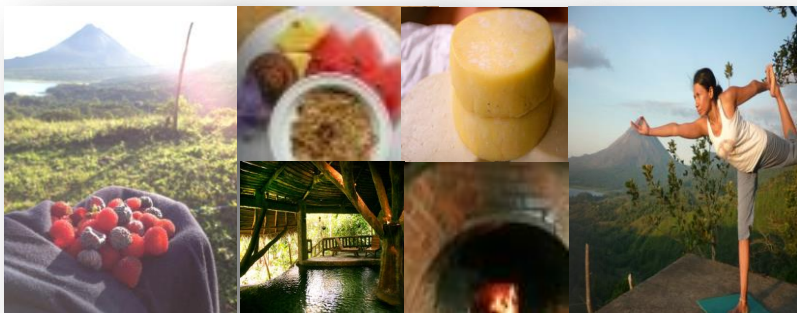
Learn about sustainable farming, composting, creative recycling, self-sufficiency and building community.

In the afternoon it's time to pick up the pace! A short transfer will take you to Sky Adventures where you will experience a 2-in-1 adventure deep in the tropical rainforest. A gentle gondola ride will take you over 3200 ft. (1000 m.) to the zip-line platform which has breathtaking views of Arenal Volcano and lake. Zip through the trees and observe the wide variety of animals and vegetation.

🛏 *Overnight: Eco-Lodge Rancho Margot*🍴 *Included meals: Breakfast. Lunch & Dinner***SKY ADVENTURE****Are you up to the challenge?**

Your nerve and sense of adventure will be put to the test as you cross the seven zip lines with heights ranging from 98 to 656 ft. with the longest zip line being 2,493 ft.

You will have a 360 degree view of the Tilaran mountain range, Arenal Volcano and Lake. Fly through the treetops and canyons and observe how the rainforest changes at varying heights.

**DAY 3**

📍 La Fortuna, Arenal

Yoga & relaxation

For the next two days relax, rejuvenate and enjoy the wide range of amenities and activities at Rancho Margot.

Each morning and evening there will be an opportunity for you to participate in a yoga class.

Breakfast, lunch, and dinner is provided at the Ranch and they are not to be missed! Organic produce grown and harvested on the Ranch is turned in to scrumptious and nutritious meals. Any food not produced in the Ranch is bought from local farmers and Costa Rican sources.

Rancho Margot not only grow all their own fruits and vegetables, but, they have their own herbal pharmacy. In the medicinal garden they grow culinary herbs such as spearmint and basil, tropical plants including cardamom, ginger, and turmeric, and native rainforest trees like senna, amargo, and firebush. In recent times, rainforest plants and the indigenous groups that use them have become an important resource for treating the modern ailments we see today.

Pork is a menu staple as are a variety of vegetarian dishes. The cows are milked every morning at 7:30 a.m., a task you are welcome to join! The fresh milk is used to make mozzarella, “queso fresco,” or fresh cheese, yogurt and butter.

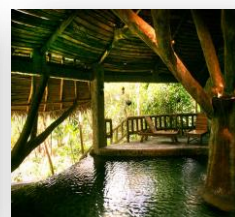
🏠 *Overnight: Eco-Lodge Rancho Margot*🍴 *Included meals: Breakfast. Lunch & Dinner***DAY 4**

📍 La Fortuna, Arenal

Yoga & relaxation

By now you will be totally at home at Rancho Margot. Continue to explore the vast Ranch and help out, if you so choose, milking cows, harvesting crops or assisting in the kitchen. Or, maybe you would prefer to simply kick back, relax and enjoy the tranquil surroundings.

Among the many amenities at Rancho Margot, perhaps the most popular are the natural pools, built with river rocks and filled with pure, untreated crystalline water from natural springs that cascade from the mountain. The pools of Rancho Margot are a perfect spot to relax. Two spring-fed cold pools, one with a vanishing edge, look to the sky and a towering mountain of primary forest. The adjacent warm pool sits beneath a tree-shaped roof with a tree-trunk sculpture at its center.



The bar is the center of Rancho Margot's evening life. Guests gather in wooden booths and saddle up to the well-stocked bar. The cozy atmosphere attracts both guests and local residents, creating an opportunity for great conversation as well as dancing!

🏠 *Overnight at Eco-Lodge Rancho Margot*🍴 *Included meals: Breakfast. Lunch & Dinner***OPTIONAL EXTRAS**

While there are a host of included activities included during your stay you may wish to part-take in some horse riding, kayaking or a relaxing massage. The options and more, are available at an additional fee.



DAY 5

📍 La Fortuna

Yoga & Hot Springs

After breakfast and your morning yoga class, say goodbye to your new found friends at Rancho Margot.

We head now to explore the town of La Fortuna approximately 45 minutes away and our new base for the next two days. Explore the town at your leisure. La Fortuna was once a sleepy agricultural town, however, after the fiery eruption of nearby Arenal Volcano in 1968, tourists from around the world started descending on La Fortuna in search of fiery night skies and the inevitable blurry photo of creeping lava.

No visit to Costa Rica would be complete without a visit to one of the many natural hot springs. Eco Termales is a smaller facility in the Arenal area that is solely focused on its baths. The space around the pools teems with flora and fauna. Relax and enjoy dinner here this evening before transferring to your hotel.

 Overnight: Lomas Del Volcan

 Included meals: Breakfast Lunch & Dinner

DAY 6

📍 La Fortuna

Community & Service

Today we will visit with families in the small rural community of Juanilama. At Nanda Journeys we believe that the true essence of travel is found in meeting with others, exploring new cultures and creating bonds of friendship that will stay with you long after you return home.

Our day will include crafting; cooking classes; afternoon tea with traditional snacks; a visit to the local school and a service project in the community. Put your dancing shoes on as your new friends are going to teach you some Latin moves!

We will have lunch with local families.

 Overnight: Lomas Del Volcan

 Included meals: Breakfast & Lunch

TICO TIME



Tico and Tica (male and female) are colloquial terms that Costa Ricans gave themselves, due to their linguistic tendency to add the diminutive “tico” to the end of words. For example, “un poco” means “a little” – in standard Spanish, but Costa Ricans often say “un poquitico.”

AS AN ALTERNATIVE TO HOTEL
ACCOMMODATIONS ASK US ABOUT HOME
STAYS IN THE JUANILAMA COMMUNITY



DAY 7

📍 La Fortuna - Heredia

Coffee Culture

Enjoy your breakfast at the hotel and take in your last uninterrupted views of the Arenal Volcano. Today we head south to Heredia. On the way we will visit with friends of Nanda Journeys at Chayote Lodge high up in the mountains of the central valley. Inspired by the rich coffee culture of the region, each nook of the property resembles a piece of the coffee picker's story and their lifestyle. Moreover, Chayote Lodge's architecture and design integrates the most noteworthy elements of the coffee culture.

Take in an exclusive coffee plantation tour and learn all about the rich history, traditions and modern day production of Costa Rica's World famous coffee.

🛏 *Overnight: Bougainvillea Hotel*

🍴 *Included meals: Breakfast Lunch & Dinner*

DAY 8

📍 Heredia

Time to say goodbye!

Say goodbye to Costa Rica and all of your new Tica's and Tico's! Your guide will accompany you to Juan Santamaria International airport.

DID YOU KNOW?

Coffee has played a pivotal role in the development of Costa Rica. It has shaped social, cultural and political institutions and is still one of country's major agricultural exports. The story of the *grano de oro* (golden bean) began in the 18th century and continues to this day.





📍 Arenal

Rancho Margot

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www.ranchomargot.com



📍 La Fortuna

Lomas Del Volcan

P.O Box 4-4417 La Fortuna, San Carlos, Alajuela, COSTA RICA

Tel Number: 011-506-2479-9000

www.lomasdelvolcan.com



📍 Heredia

Bougainvillea Hotel

Hotel Bougainvillea, Santo Domingo, Heredia Province, Costa Rica

Tel Number: 011-91-1244199900

www.hb.co.cr

