



Rainforest Rejuvenation

COSTA RICA

This journey includes a special 3-night to stay at Rancho Margot, an award-winning eco-lodge near the Arenal Volcano. They are a 100% carbon negative and self-sustaining and are an idyllic location for a truly holistic experience.

Customizable. Alternate themes: Coffee & Culture, Sea & Surf, Active Adventure, Sustainability & Conservation, Flora & Fauna or just for fun!

BOOK NOW 888.747.7501

Costa Rica Highlights

- ✓ Soak in relaxing volcanic hot springs
- ✓ Zip line and canopy tour high above the Costa Rican rainforest
- ✓ Free time to rejuvenate mind, body and spirit at a luxurious beach side spa resort
- ✓ Home hosted farewell dinner

Community Connections

- ✓ Giving back and engaging with the community face to face is an important part of your journey. You will have an opportunity to visit with families in the small community of Juanilama and work alongside them in a rural school.
- ✓ Spend a day cooking, dancing, learning crafts and creating new friends as you immerse yourself in village life.

Yoga, Health & Wellness Focus

- ✓ Optional morning and evening yoga throughout the program
- ✓ Hear from an Indigenous Healer about tribal medicine and healing
- ✓ Realign your various energy centers as you navigate the world's largest labyrinth, claimed by researchers to have once been an indigenous sanctuary

What's Included:

- Deluxe accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from San Jose, Costa Rica (gateway city set tentatively out of San Francisco, CA)
- Local English speaking guide throughout
- Most meals and tips

Not Included:

- Personal expenses at the hotel
- Additional spa and massage treatments not specified
- Meals not specified
- Tips for maid/cleaning staff
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



RAINFOREST REJUVANATION | DAY-BY-DAY



📍 San Jose, California

DAY 1

Fly to San José, Costa Rica

Arrival into Daniel Oduber International Airport, San José, Costa Rica. Meet your local guide and transfer to Arenal Area to stay for the following three nights in Rancho Margot.

More than just your average resort, Rancho Margot prides itself on offering an educational aspect that is offered to every guest.

Resting on the hills and slopes of the Ranch valley and tucked within the lush landscape, you will find 17 deluxe bungalows. The six streams and the Caño Negro River coursing through the property create an orchestra of peaceful sounds together with the diverse calls of hundreds of bird species, the trill of insects and the call of howler monkeys.

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.

Lunch is on your own this afternoon with dinner provided at the resort.

Overnight: Rancho Margot
Included meals: Dinner

📍 Arenal, Costa Rica

DAY 2

Yoga & Exploration of Rancho Margot

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.

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.

Rancho Margot is located in an environmentally sensitive area known as the Biosphere of Water and Peace, a United Nations Educational, Scientific and Cultural Organization (UNESCO) Biosphere Reserve. This reserve is comprised of eight core zones that are protected wildlife areas legally constituted in the country and that are administered through the National System of Conservation Areas (SINAC).

This afternoon, enjoy a hiking tour of the **Arenal Hanging Bridges**. The Arenal Hanging Bridges are located in a 618-acre reserve of primary forest, and are the perfect example of what is ecotourism. With 15 bridges from five to 100 meters long, one is located at a height of 45 meters and offers a 360° view of the tropical rainforest. Weather permitting, you will see the most amazing views of the Arenal Volcano.

Overnight: Rancho Margot
Included meals: Breakfast, Lunch & Dinner





RAINFOREST REJUVANATION | DAY-BY-DAY

📍 Arenal, Costa Rica

DAY 3

Free Day to Explore Independently

After breakfast and morning yoga you have the remainder of the day to explore independently.

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: Rancho Margot

Included meals: Breakfast, Lunch & Dinner



📍 La Fortuna, Costa Rica

DAY 4

Community & Service

Enjoy one last yoga session before saying goodbye to the ranch and departing for **Juanilama Community** this morning.



Today you 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. Your day will include crafting and soap making classes; afternoon tea with traditional snacks; a visit to the local school and a service project in the community.

You will also have lunch with local families.





RAINFOREST REJUVANATION | DAY-BY-DAY

This afternoon, continue onward later today to La Fortuna to check into your local hotel.

There is no better way to unwind this evening than to visit **Eco Termales Hot Springs** to relax in the soothing mineral water. Volcano hot springs are the result of rainwater heated by magma in the Earth's interior. Once heated, the water rises to surface, taking with them minerals that are found in the earth's rocky crust; this way, water becomes beneficial to our bodies because of its temperature that helps to relax muscles, clean pores and rejuvenate the skin.

The Eco Termales Hot Springs is a sanctuary of pleasure, nature and beauty that has been the life work of the Hidalgo family. The smallest of the Arenal hot springs, Eco Termales is geared toward privacy

and relaxation—it does not accept more than 100 visitors at one time.

Dinner will be provided at the hot springs this evening.

Doña Mireya, Eco Termales' onsite cook, prepares wonderful food in a traditional Costa Rican kitchen.

Overnight: Lomas del Volcán Hotel

Included meals: Breakfast, Lunch & Dinner



📍 Playa Potrero, Guanacaste

DAY 5

Travel to Playa Potrero

Check out of your hotel after breakfast and head toward Guanacaste. Your morning zip-line adventure will take you along 13 different cables. Safety first however, your specialized guides will give you the needed equipment and safety lectures to prepare you for the adventure. At the end of cable number 8, a unique, exciting and full of adrenaline adventure will wait for you: our Tarzan Swing! This is the favorite activity and it consists in jumping into space and swinging gladly between trees. For those who prefer to opt out you are more than welcome to just enjoy the scenic views of the jungle canopy.

Afterwards, continue to Playa Potrero Area where you will stay for the next three nights in Bahia del Sol Hotel, a perfect choice for a relaxing.

The remainder of the afternoon are at leisure to enjoy the facilities of the hotel. Dinner is by individual arrangement (own expense)

Overnight: Bahia del Sol Hotel

Included meals: Breakfast & Lunch

📍 Playa Potrero, Guanacaste

DAY 6

Massage & Relaxation

If you so choose, start out and finish your day with a yoga class. Relax, unwind and enjoy your Ocean Spa Resort. Choose from one of four luxurious spa treatments and indulge the senses. Rebecca is on hand to guide your massage choice to ensure your fully optimize the revitalizing quality of the treatment.

Enjoy the resorts facilities and watch the sunset over the ocean.

Overnight: Bahia del Sol Hotel

Included meals: Breakfast & Dinner



RAINFOREST REJUVANATION | DAY-BY-DAY

📍 Playa Potrero, Guanacaste

DAY 7

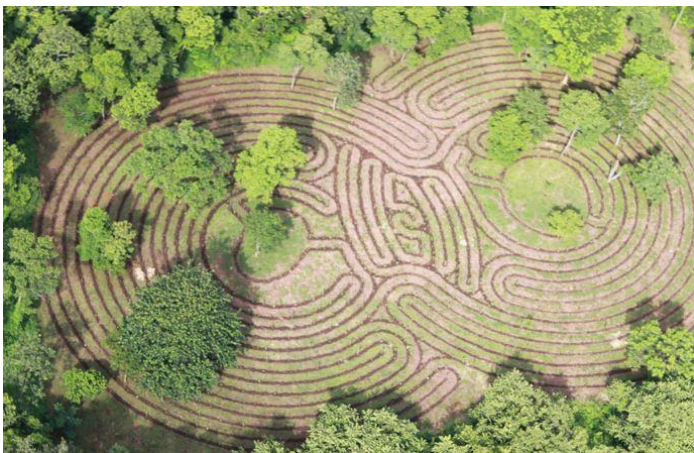
Explore the hotel

Enjoy another morning at leisure after breakfast and yoga. Lunch is on your own this afternoon.

Later today you have been invited to visit **La Senda** for dinner and exploration.

This magical place could have once been, according to researchers, an indigenous sanctuary. Researchers found various energy centers, and so a labyrinth was built to amplify the power of those centers. This labyrinth is the largest in the world; it measures more than 2.5 acres and the path is about two miles long. Without a doubt it is the only labyrinth in the world which claims two centers, a feminine and a masculine, united in the Vesica Piscis, the point where creation happens.

Traveling through the labyrinth can serve various purposes. You can walk it just for fun or for physical exercise. It can be journeyed for health reasons; by walking it, the biochemistry of the body is readjusted. You may even use it to find a purpose in your life (vision quest) or to go deeper within yourself as part of a meditation to create awareness.



Both centers are ideal spots to have a yoga classes. It is a holistic experience; the labyrinth works on your body, mind and spirit.

The owners of La Senda have invited you to a delicious dinner at their house, made with organic products. Share your experiences from the labyrinth or the entire trip with your fellow travelers during your farewell dinner

Overnight: Bahia del Sol Hotel

Included meals: Breakfast & Dinner



📍 San Jose, California

DAY 8

Return Home

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

Included meals: Breakfast



RAINFOREST REJUVANATION | DAY-BY-DAY

📍 Arenal, Costa Rica

Rancho Margot

3km de El Castillo Centro, La Fortuna de San Carlos, Alajuela, 21007, COSTA RICA

International number: 011-506-8302-7318

www.ranchomargot.com



📍 La Fortuna, Costa Rica

Lomas del Volcán Hotel

La Fortuna, San Carlos
Alajuela, COSTA RICA

International number: 011-506-2479-9000

www.lomasdelvolcan.com/



📍 Playa Potrero, Costa Rica

Bahia del Sol Hotel

Playa Potrero, Guanacaste
COSTA RICA

International number: 011-506-2654-4671

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