



Chamäleon

DIE REISE MEINES LEBENS

COSTA RICA

PURA VIDA

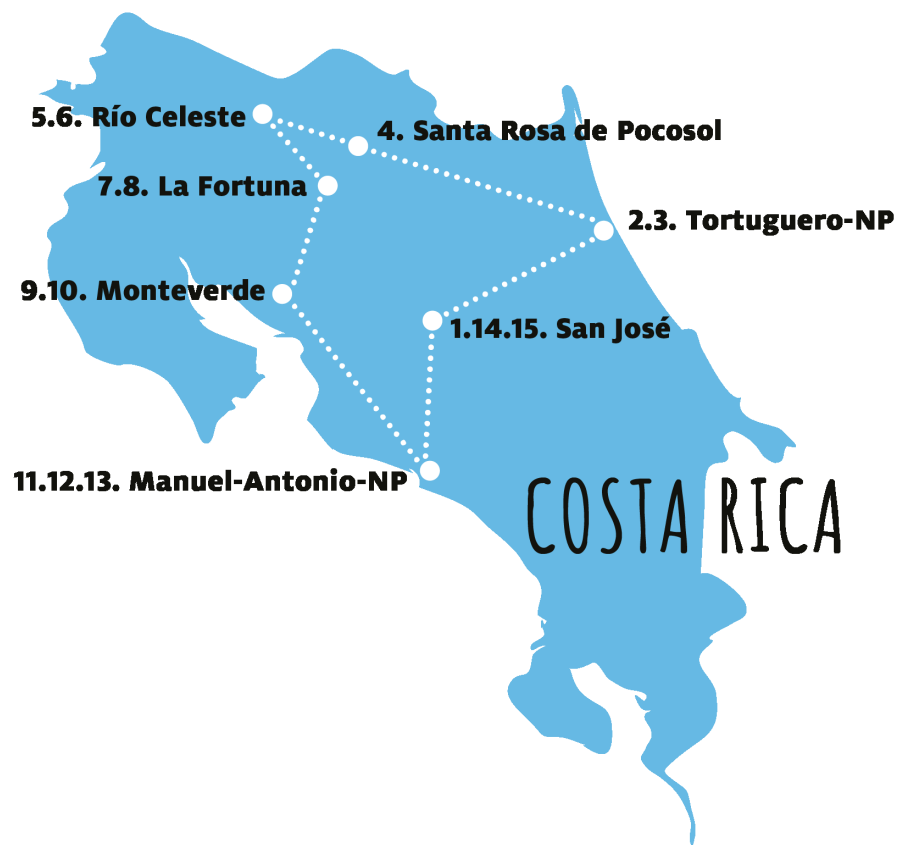
15 Tage Adventure-Trip

Erlebnisberater*in

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HIGHLIGHTS

Dschungeltour im Tortuguero-Nationalpark

Homestay auf dem Land

Entdeckertour im Nebelwald

Traumstrände am Pazifik

Natur pur im Manuel-Antonio-Nationalpark



REISEVERLAUF

Es gab Zeiten, da kamen höchstens Schildkröten an die Karibikstrände Costa Ricas. Da brüllten die Affen unter sich. Füllten Aras und Göttervögel die Baumkronen des Urwaldes. Und die vulkanischen Lagunen verblubberten ihr segensreiches Thermalwasser ganz umsonst. Heute ist es noch genauso. Mit einem Unterschied: Heute bist auch du da.

Costa Rica ist anders und das spürst du gleich. Denn »Guten Tag« heißt hier »Pura Vida« und das bringt die Einstellung der Costa Ricaner auf den Punkt. Pura Vida – reines Leben. Auch schönes Leben, unbeschwertes Leben. Wir treffen uns um 18 Uhr in **San José** ❶, und solltest du schon früher da sein, der Mercado Central oder das Museum der Zentralbank für präkolumbianisches Gold wären kein schlechter Anfang, denn ab morgen ist sowieso alles pura grün.

Tortuga, das klingt schwer nach Schildkröte. Und in der Tat lautet die Übersetzung des **Tortuguero-Nationalparks** ❷ ❸ »Platz, an den die Schildkröten kommen«. Heute kommen wir, denn die Kröten sind schon da, in friedlicher Koexistenz mit Brüllaffen, Ozelots, Jaguaren und dem Trallala von über 300 Vogelarten. Und weil wir über Nacht bleiben, könntest du Zeuge einer geheimen Kommandosache werden, wenn die Schildkröten im Schutz der Dunkelheit an den Strand kommen, um ihre Eier abzulegen.

Pura Vida wohin du siehst. Es juckt dir in den Fingern, dieses Lebensgefühl aus nächster Nähe zu spüren. Warum auch nicht und **Santa Rosa de Pocosal** ❹ ist der Schlüssel dazu. Mache dich als Farmer nützlich. Lerne, warum Juanilama schon von den indigenen Völkern als universelles Heilmittel angebaut wurde, wirksam von Durchfall bis Depressionen. Lerne kochen wie noch nie, und wenn du dir am Ende der Schwelgerei deine zehn Finger abgeleckt hast, benutze sie, um mit deiner Gastfamilie über das pure Leben in Costa Rica zu fabulieren.

Vier vulkanische Gipfel bilden den Tenorio-Nationalpark. Dazwischen ein Urwald, durch den sich der **Río Celeste** ❺ ❻ ackert. Aber er kommt nicht allein, sondern voll beladen mit Mineralien, die er unterwegs dem Vulkangestein mopst. Ein Diebstahl, der nicht unentdeckt bleibt, denn sie geben dem Fluss eine Farbe, die es sonst nur im Photoshop gibt: Paraiba-Turmalin-Metallic. Eintritt normalerweise untersagt, aber was ist bei YOLO



schon normal? Wir turmalinen uns lustvoll durch die zauberhaften Becken, die der Río Celeste in lichten Momenten bildet. Doch wenn du den Nervenkitzel bevorzugst, kannst du dich in einem aufblasbaren Donut durch 20 Stromschnellen schießen lassen. Aber informiere vorher deinen Magen.

Der Arenal hat es in den Rang eines nationalen Denkmals geschafft. Traumhaft schön anzusehen und ein bisschen unberechenbar, weil immer noch aktiv. Nur wann, das verrät er nicht und macht mit schwefeligen Wölkchen allenfalls ein paar sibyllinische Andeutungen. Zu seinen Füßen das Städtchen **La Fortuna** 7 8. Heißt nicht umsonst so, denn es lockt mit Seelenglück: Heiße Quellen zum Reinhängen. Stand up paddling. Ein 70 Meter Wasserfall. Bootstour durch die Wildnis des Nationalparks Cano Negro oder Wassersport auf dem Lake Arenal, um am Ende doch wieder in den segensreichen thermischen Pfützen zu liegen.

Willst du dich in den Thermalquellen auflösen oder kommst du freiwillig mit? Besser, du kommst, denn das Nebelwaldreservat **Monteverde** 9 10 ruft nach dir. Drei Tage sind das Minimum für dieses verschwenderische Refugium von 2.000 Pflanzenarten, 100 Tier- und über 300 exotischen Vogelarten. Darunter eine heilige Rarität, der Göttervogel Quetzal. Ein knallbunter Mops mit 1 Meter langen Schwanzfedern. Wer einen tötete, wurde selbst zum Tode verurteilt. Die andere Seite von Monteverde ist die Auswahl an Abenteuern: Über die Baumbrücke von Krone zu Krone. Nachtwanderung durch das ungewisse Paradies. Am Seil durch die grüne Hölle fliegen. Und zur Belohnung eine Kaffee- und Schokoladen-Tour.

Den **Manuel-Antonio-Nationalpark** 11 12 13 im Rücken und vor dir den Traum eines Pazifikstrandes, das ist Quepos. Tagsüber im Tran, nachts auf Speed. Das ist unter den gegebenen Umständen eine Idealkonstellation. Denn außer Kapuzineraffen, Nasenbären, Schwarzleguanen und 100 weiteren Säugetierarten, hat sich das Faultier hier häuslich eingerichtet. Da kannst du dich gegebenenfalls dazulegen, während die Fitten dir erzählen, was sie erlebt haben: Im Kajak auf Mangroventour, auf und nieder mit dem Surf- oder Boogie-Board, beim Fischen oder Sunset-Sailing. Irrsinn, wie schön die Zeit vergeht.

Wir sind wieder da. Und alles, wozu es in **San José** 14 15 am ersten Tag nicht gereicht



hat, steht noch. Mach dein Programm oder lasse dich von deinem Guide (ver)föhren zu den Topics der Stadt: Die Keller der Craft-Biere, ein Schokoladen-Abenteuer, Best of Pura Vida oder einen nächtlichen Zug um die Häuser von San José. Ausschlafen kannst du zuhause wieder, damit du zu Kräften kommst für deinen nächsten Adventure-Trip mit Chamäleon.

LEISTUNGEN BEI CHAMÄLEON

- Adventure-Trip mit höchstens 16 Gästen
- Garantierte Durchführung aller Termine
- Reiseminibus
- 14 Übernachtungen in Hotels und Lodges sowie in einem Homestay
- 5 x Frühstück, 2 x Mittagessen, 1 x Abendessen
- Aktivitäten laut Tag-für-Tag-Programm
- 274 m² Regenwald auf deinen Namen
- Englisch sprechende einheimische Reiseleitung in internationaler Reisegruppe

WHY YOU'LL LOVE THIS TRIP

- Swap the concrete jungle for real jungle on this trip into the rainforests, waterways, hot springs and palm-lined beaches of Costa Rica.
- Long-nosed tapirs, white-faced capuchin monkeys, elegant ocelots and three-toed sloths – Costa Rica is home to exotic animals, and this trip puts you in the perfect position to spot them all.
- Go deeper than the average tourist with a homestay in a quiet agricultural community; the perfect opportunity to experience local life and practice your Spanish.
- Refresh after jungle hikes spotting endemic wildlife in the rejuvenating hot springs of volcanic La Fortuna.
- Visit the indigenous Maleku community to share a traditional meal and learn about their way of life – this small tribe has big ambitions for regenerating local forests and natural habitats.



IS THIS TRIP RIGHT FOR YOU?

- Many of the activities (both included and optional) on this trip take place in the great outdoors. This means you'll need to be prepared to deal with insects and occasionally rustic conditions. It's all part of immersing yourself in this natural paradise.
- Costa Rica is generally hot year-round, and from May to October can be pretty wet too. Of course, you wouldn't get that gorgeous, emerald-green rainforest without the rain, but please carefully consider which time of the year you'll feel most comfortable travelling.
- There are many opportunities to get active on this adventure. Some of the optional activities require a moderate level of fitness and sturdy walking shoes. If you'd prefer to take it easy, however, there are plenty of other things you can do instead.
- The homestay is a wonderful opportunity to witness everyday local life. A hearty homecooked dinner and breakfast will be served during your stay, which can be a lot more basic than what you're used to.



DEIN TAG-FÜR-TAG-PROGRAMM

1. San Jose -

Hola! Welcome to Costa Rica. With over a third of the country's population living within its parameters, San Jose is packed with both people and culture. Begin with a welcome meeting at 6 pm at your hotel; a good chance for you to meet your group leader and fellow travellers. If you arrive earlier in the day, why not visit the National Museum? This canary-yellow building houses everything from exhibits on pre-Colombian history to a garden filled with native butterflies, giving you an overview of the country before your adventure begins. Early bird history buffs might be interested in the Pre-Columbian Gold Museum or the Jade Museum, both of which display a wealth of indigenous artefacts.

There are no meals included on this day.

Special Information

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. We'll be happy to book additional accommodation for you (subject to availability).

Optional Activities

San Jose - Pre-Colombian Gold Museum (entrance fee) - USD16

San Jose - Jade Archaeological Museum (Entrance fee) - USD16

San Jose - National Museum (entrance fee) - USD11

2. Tortuguero National Park -

Leave the hotel this morning and descend to the Caribbean lowlands on a 4-hour scenic (and a bit bumpy) public bus journey that ends at the port of La Pavona. This rustic port is your entry point to Tortuguero National Park. Hop aboard a small boat and journey for around 1.5 hours into the depths of the Costa Rican wilderness. Arrive in the middle of this biodiverse area, where freshwater lagoons rest under the canopy of rainforest



bordering the ocean which many animals call home, including jaguars and turtles.

Meals Included

Breakfast

Included Activities

Tortuguero - Boat ride to Tortuguero National Park

3. Tortuguero National Park -

Today you're free to explore the park at your own pace. If you're woken by the chattering of the forests' some 300 bird species, why not haul yourself out of bed for a sunrise canoe trip? It's a magical way to see the maze-like canals of the park, and you can look out for otters and manatees in the morning light. Tortuguero National Park, established in 1970, is now home to 13 of Costa Rica's 16 endangered mammals. Among them are manatees, ocelots and jaguars, as well as over 300 bird species. First and foremost, however, it is the nesting ground of the green turtle, which comes ashore between July and October to lay its eggs on the sandy beaches. Lesser numbers of the critically endangered hawksbill turtle, plus loggerheads, and giant leatherback turtles also nest within the park at different times of the year. During the day, you might want to return to the park's walking trails or simply relax in your lodge. Many species are particularly active at night, so if you wish, you can head out in the evening on a turtle watching tour, with part of the cost supporting a program aimed to patrol the beach for poachers. Be ready for all seasons – waterproof clothing and shoes are recommended.

There are no meals included on this day.

Special Information

Turtle Nesting Season typically happens between July and October each year. The optional activity will be subject to this natural event.

Optional Activities

Tortuguero - National Park (Entrance Fee)

Tortuguero - Sunrise canoe trip around canals - USD45

Tortuguero - Turtle Watching Night Tour - USD45



4. Santa Rosa de Pocosol Homestay -

Bid farewell to the evergreen rainforest this morning and make the 4-hour journey to Santa Rosa de Pocosol by private vehicle. Enjoy an informal Spanish lesson during the drive. Tonight is a memorable homestay experience, but as the family you'll be staying with doesn't speak much English, it might be useful to brush up on some Spanish phrases on the drive. The community is centred around agriculture, and on arrival you will head to your homestay for a small cooking lesson. You'll prepare a couple of dishes, making up part of your dinner! Alternatively in the afternoon, you might want to take a soap-making workshop or a guided hike to a nearby waterfall. This evening, you will be staying in guest rooms attached to family homes.

Meals Included

Dinner

Included & Optional Activities

Santa Rosa de Pocosol - Home-cooked Meal

Santa Rosa de Pocosol - Homestay experience

Leader-led Informal Spanish Lesson

Santa Rosa de Pocosol - Soap-making workshop - USD19

Santa Rosa de Pocosol - Waterfall hike - USD10

5. Tenorio Volcano National Park - Rio Celeste -

After breakfast, a truly magical river awaits. Drive for 2 hours to Tenorio Volcano National Park, where you'll visit the Rio Celeste: a river fed by two different water sources, and when they collide, the water takes on a distinctive light blue colour. On the way, stop off to visit an indigenous Maleku community, where you'll meet the locals and share a traditional Maleku meal with them. Hear stories of their history, culture and the challenges the community face in modern Costa Rica. With only 650 people left, the Maleku Indian tribe is the smallest in Costa Rica. The community and the country share a common goal in reforestation, both working to regenerate forests and plant fruit trees which encourage animals back to their natural habitats. On arrival to the Tenorio Volcano National Park take a leader-led hike around Rio Celeste, and spend the afternoon exploring the sky-blue falls and streams – it must be seen to be believed! The surrounding forest is full of wildlife, so keep your eyes peeled for tapirs, monkeys,



anteaters and more hiding in the jungle canopy.

Meals Included

Breakfast, Lunch

Included Activities

Guatuso - Maleku Community Experience

6. Rio Celeste -

Today is as clear as the Costa Rica air, and with plenty of optional activities available, how about a guided tubing excursion at Rio Celeste? The light-blue waters of the river are generally off-limits to travellers, however you'll have the opportunity to float along the water in an inflatable donut and spend the day lazing along the river. If you're a thrill-seeker, there's the option to embark on a 7-hour guided rafting tour at nearby Rio Tenorio. You'll tackle 20 rapids and there's plenty of natural beauty to admire along the banks during the lulls. Those who prefer a nature tour with less adrenaline might like to take a 3-hour safari cruise along the Rio Tenorio, with a guide who will help you spot howler monkeys, crocodiles, river otters and an abundance of tropical birds.

Meals Included

Breakfast

Optional Activities

Rio Celeste - White Water River Tubing Adventure - USD55

Rio Celeste - National Park Guided Trail Walk - USD70

7. La Fortuna -

Beneath the watchful eye of the immense Arenal Volcano lies La Fortuna, a sleepy town with an abundance of hot springs and natural pools to enjoy. Departing at 8 am, you'll arrive by private vehicle after a 2-hour drive and have the rest of the day to do as you please. Perhaps grab some fresh fruit in town, hop in a taxi to the entrance and then hike to La Fortuna waterfall for a swim beneath the cascading waters that spill out of the towering jungle. In the evening, why not grab a classic local dinner with your travel buddies? Chifrijo (fried pork, salsa, beans and tortilla chips) is a great dish to try.

**Meals Included**

Breakfast

8. La Fortuna -

Enjoy a free day to explore La Fortuna as you wish. The region offers a range of sights such as stunning lush forest, rare plants, animal watching and water-based sports on the lake. The volcano's inner workings also mean that the area has plenty of thermal springs where hot, lava-heated water gushes to the surface. These springs, often surrounded by foliage, make the ideal place to relax. Active types could try stand-up paddleboarding on Lake Arenal with the incredible backdrop of the volcano and rolling green hills. Animal lovers will have a good chance of spotting sloths, monkeys, crocodiles and basilisk lizards skipping across the water on a boat tour of Cano Negro Reserve. Have a chat with your leader about the options available.

There are no meals included on this day.

Optional Activities

La Fortuna - Arenal 1968 Volcano View and Lava Trails (Entrance fee) - USD19

La Fortuna - Ecotermas Hot Springs (entrance fee) - USD44

La Fortuna - La Fortuna Waterfall (Entrance only) - USD18

9. Lake Arenal - Monteverde -

A morning of travel by bus and boat leads to incredible Monteverde. Depart at 8 am and arrive at a port on Lake Arenal in the afternoon. Cross the lake by boat (45 minutes) and then hop on a bus again to continue on to Monteverde (2 hours). There are options in town for lunch on arrival. Settled by North American Quakers in 1951, the area was initially used as an environmentally conscious agricultural community and is now a biological preserve. The forest has near-constant cloud cover, providing consistent rainfall, which also gives the area an enchanted feel. Spend the afternoon in the cloud forest on a leader-led nature walk, looking out for hummingbirds, quetzals and even lazy sloths among the mist later in the day. You may even choose to return after dusk to seek the animals and insects that are largely hidden in the day.



There are no meals included on this day.

Included & Optional Activities

Monteverde - Cloud Forest leader-led Nature Hike

Monteverde - Night walk through Cloud Forest - USD35

10. Monteverde -

Make the most of your time in lush Monteverde and organise a local guide to take you on a nature walk. There are also several local communities that operate cooperatives worth visiting. You may wish to get a different perspective on the forest by walking through the canopy on suspension bridges, or perhaps watch butterflies at play in the Butterfly Garden. More than 2000 species of plants, 320 bird species and 100 different types of mammals call Monteverde home, and no matter what you choose to do, be sure to keep an eye out for the resplendent quetzal, one of the most elusive birds in the world.

There are no meals included on this day.

Optional Activities

Monteverde - Butterfly Garden and Insects Farm (entrance fee) - USD18

Monteverde - Coffee & Chocolate tour - USD40

Monteverde - Suspension bridges tour - USD50

Monteverde - Canopy Zip Lining (Entrance, Equipment & Transport) - USD50

11. Manuel Antonio -

Wedged between the beautiful Pacific coast and the national park, Manuel Antonio is a laidback town. After a 4-hour journey in a private vehicle you will make a stop in Quepos; a chill town with a vibrant nightlife. This afternoon, you'll get the chance to meet three generations of Costa Ricans and tuck into a traditional cooking class and lunch with them in their home. Prior to the pandemic, the family ran one of the most popular restaurants in Quepos for almost 20 years. Now, you're lucky to learn the secret flavours and spices of their traditional dishes and get to know the whole family. After lunch arrive at your accommodation and enjoy some downtime. Perhaps head to Espadilla Beach to watch the sunset over the Pacific Ocean.

**Meals Included**

Lunch

Included Activities

Manuel Antonio – Cooking Class & Lunch

12. Manuel Antonio -

Today, feel the soft crunch of foliage underfoot while you hike the trails of the national park on a leader-led Nature hike. Keep one eye on the scenic views and the other looking out for the abundant wildlife. Monkeys, armadillos, sloths and hundreds of birds are among the species you may be able to spot.

Later, spend some time on the beaches surrounding the national park, and perhaps hire a surfboard to catch some waves at Playa El Ray. If you want to spot wildlife and keep active at the same time, consider paddling through the mangrove forest on a guided kayak tour. It's not unusual for curious monkeys to climb right onto the boat to say hello, and you'll likely see snakes, crocodiles and plenty of birdlife too. Just remember your insect repellent! In the evening, perhaps take a sunset sail off the coast, watching the blue sky turn orange is a spectacular sight. You're in Costa Rica, the 'rich coast', so soak up the shores as much as possible.

There are no meals included on this day.

Special Information

Depending on your tour departure day, the national park could be closed to visitors today (Mondays).

Included & Optional Activities

Manuel Antonio National Park - (Entrance fee)

Manuel Antonio National Park - Leader-led Nature Walk

Manuel Antonio – Cruise - USD95

Manuel Antonio - Mangrove Kayak Activity (with lunch) - USD70

13. Manuel Antonio -

Today is free for you to do as you please. If you wish, you could return to Manuel Antonio National Park and continue your search for the solemn, white faces of the capuchin



monkeys who live in the trees. Alternatively, why not kick-off your shoes and feel the sands of Manuel Antonio Beach between your toes? It's easy to spend a whole day on this calm coastline. The towering green trees provide that line the coast provide solace from the sun, and a great place to sit by with a book (and maybe a guaro sour).

There are no meals included on this day.

Optional Activities

Manuel Antonio National Park (Entrance fee) - USD16

14. San Jose -

Bid farewell to the coast and return to San Jose via public bus. In the evening, you could head for dinner with your fellow travellers and group leader.

There are no meals included on this day.

15. San Jose -

With no activities planned for the day, you are free to depart at any time.

Meals Included

Breakfast

ZUR REISE

<https://www.chamaeleon-reisen.de/Amerika/Costa-Rica/Pura-Vida>

Chamäleon

DIE REISE MEINES LEBENS

Änderungen und Irrtümer vorbehalten / Stand: 07.05.2024

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