



Costa Rica Highlights

Spend 12-days hopping between some of Costa Rica's best-loved natural wonders and varied ecosystems to discover why this country is a nature lover's paradise. From San José head into the Central Valley to find La Paz Waterfall hidden in the lush tropical forest. Continue to the Caribbean Coast to spend two nights in Tortuguero National Park and watch (season depending) turtles lay their eggs or hatch.



After exploring the jungle-fringed waterways – home to over half the bird species found in Costa Rica – relocate to the comfortable Arenal Kioro Suites & Spa at the base of the magnificent volcano. Here, opt to spend time walking, river rafting, visiting wildlife refuges or sightseeing from hanging bridges. Arrive at Monteverde Cloud Forest to spot Resplendent quetzal, horse ride or even try a night-safari to meet the nocturnal fauna. Finally, trade the mist-shrouded jungle for Manuel Antonio National Park's protected Pacific beaches, mangrove swamp and biodiverse forest.

Rainbow Tours' 13-day Costa Rica Highlights tailor-made tour costs from £2285 per person, including direct flights and transfers

Costa Rica & Panama

Combine a trip to Costa Rica with a visit to its southerly neighbour, Panama. Here, spend a few days where you'll tour flashy, skyscraper-dominated Panama City and stroll through the historic district of Casco Viejo. Sail under the Bridge of the Americas to explore 80km of the Panama Canal before flying to San José in search of Costa Rica's pristine rainforest and Pacific beaches.



Rainbow Tours' 13-day Highlights of Costa Rica & Panama tailor-made tour costs from £3020 per person, including international flights and transfers

Costa Rica & Cuba

Crumbling Cuba and adventure-capital Costa Rica are two of the most colourful, contrasting destinations in the Americas, and are even better combined. Step back in time in elegant, colonial Havana to wander through cobbled streets, uncovering the sights and savouring the sounds of this UNESCO World Heritage Site, oozing with dilapidated charm.



Rainbow Tours' 12-day Cuba & Costa Rica Discovery tailor-made tour costs from £2830 per person, including international flights and transfers

Just Returned

John Stanley, Rainbow Tours' Costa Rica Travel Specialist, travelled to the country in May 2016 using BA's new direct flight route which connects London Gatwick with San José up to three times a week

“I had a phenomenal time exploring Costa Rica's magnificent landscapes, from trekking through Monteverde Cloud Forest to hiking around Arenal Volcano and enjoying the beaches of Tortuguero National Park. But the best view by far, was from an adrenalin-fuelled zip-line over the Arenal Rainforest.”



Our Story

Born from one man's deep love of Africa and unrelenting passion for responsible travel, Rainbow Tours began with a handful of people and adventure to South Africa. When Roger Diski established Rainbow in 1997 he wanted to show that Africa was a place to be fallen in love with – it was a belief that grew from his own experiences. Encountering majestic wildlife, grand landscapes and exotic cultures drove him to spearhead sustainable travel through the continent. It's a love and dedication that remains, driving us to pioneer new destinations and find new ways to explore well-trodden routes.

Since then, we've expanded across the pond to create responsible travel experiences and tailor-made tours throughout Central and South America and are proud to be the UK's leading tour operator to Madagascar. Today we work closely with a select group of respected charities and NGOs to remain deeply involved in each of the countries we specialise in.

Contact a Rainbow Tours Travel Specialist on 020 7666 1267
www.rainbowtours.co.uk

Costa Rica's Wildlife



TAPIR

Despite actually being closely related to horses, these jungle-dwelling herbivores resemble pigs with a miniature elephant trunk. Tapir use their prehensile snout to strip leaves from branches and pluck fruit from bushes or short trees in forest habitats. Visit one of the country's largest protected populations in Corcovado National Park.



THREE-TOED SLOTH

Three toes, a supply of green leaves and a relaxed attitude towards life are all these sloths need. Though Costa Rica's easy-going mascots often hang out in the cloud forests, slowly munching their way through the upper-tree canopy, these tree-living mammals are found widely across the country and are very easy to spot.



RED-EYED TREE FROG

The characteristic eyes and orange feet of these amphibians, designed to put off predators, make the red-eyed tree frog a must-see in the rainforest. Often found clinging to the underside of leaves in Costa Rica's northern and Caribbean regions, pay these colourful critters a visit in the Arenal Volcano and Tortuguero National Parks.



RESPLENDENT QUETZAL

With its iridescent emerald and ruby plumage, and elegant twin tail feathers, this member of the trogon bird family has long held its reputation as one of Costa Rica's most beautiful birds. Scour the tree canopies of the Monteverde Cloud Forest during the nesting season – February through to May – for a glimpse of this vibrant creature.

TURTLES

Costa Rica's beaches provide important nesting habitats for a variety of turtle species. Green turtles nest from June to October in Tortuguero. Leatherback turtles nest on the Caribbean coast from March to July and on the Pacific coast from September to March. Olive Ridley turtles nest year-round on the Pacific beaches, though most frequently between July and November. Turtle hatchings tend to occur between one and two months later, depending on the species. Speak to a Rainbow Tours Specialist about timing your holiday for a turtle experience.



SUSTAINABLE WILDLIFE TOUR

Costa Rica's major draw is its extraordinary native wildlife. On this 13-day tailor-made tour, journey through a variety of different eco-systems and stay in selected properties awarded the Certificate of Sustainable Tourism (CST). Explore the Central Valley from boutique eco-hotel Finca Rosa Blanca on a Rainforest Alliance-certified sustainable coffee plantation, watch hummingbirds dart through the Monteverde Cloud Forest, search for capuchin monkeys and explore the Osa Peninsula from Casa Corcovado Jungle Lodge.

Rainbow Tours' 13-day Costa Rica Sustainable Wildlife tailor-made tour costs from £2995 per person, including direct flights and transfers

When to go

The Dry Season: Between December and April, the summer rains subside and the warm winter sunshine arrives. In November the rains have just finished, leaving the country green and refreshed.

The Rainy Season: Central America's long rainy season begins in May and continues through to October, but tends to be characterised by bright, sunny mornings and afternoon showers. The remote southern regions, including Corcovado National Park on the Osa Peninsula, become difficult to reach and close down during the wettest months.

The Wettest Months: September and October

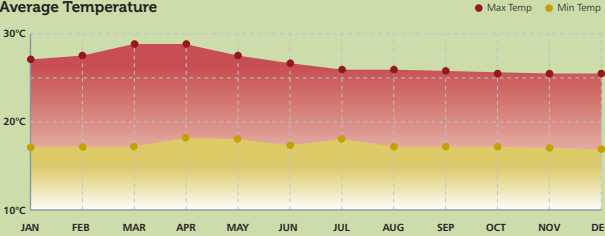
The Hottest Months: March and April

RAINBOW RECOMMENDS:

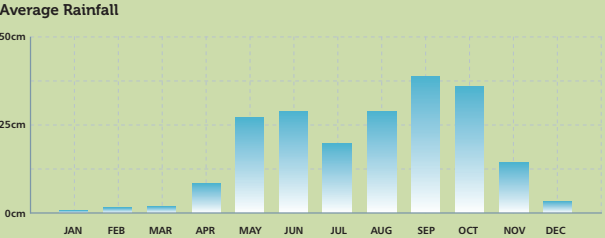
Visit during 'veranillo' – Costa Rica's 'mini summer'. During the rainy season, July is not nearly as wet as the other summer months.

Costa Rica

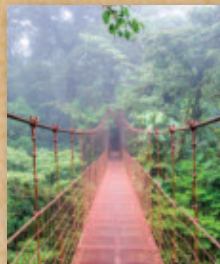
Average Temperature



Average Rainfall



NICARAGUA



Monteverde Cloud Forest

This mountainous region of emerald cloud forest boasts an astounding level of biodiversity. Resplendent quetzal can be spotted and monkeys hang from branches. Intrepid travellers can zip-line through the misty treetops.



Arenal Volcano National Park

Arenal Volcano is one of Costa Rica's most-snapped sights. The fertile lowlands surrounding this dormant stratovolcano are home to natural waterfalls, mountains for hiking and rivers ready to be rafted.



Tortuguero National Park

Each year between July and October, this park is one of the most important nesting sites in the world for Green sea turtles. It also protects the surrounding forests, canals and lagoons that are home to alligators and iguanas.



Central Valley

The climate in the valley is milder and less humid than the coasts. A number of attractions are on its doorstep, including the Poas Volcano and La Paz Waterfalls and local coffee regions.



Tamarindo

Tamarindo is the most developed beach resort on the Guanacaste Coast. Between October and March, visit the beaches of nearby Las Baulas National Marine Park to watch endangered Leatherback turtles nesting after the sun sets.



Nicoya Peninsula

The northern peninsula boasts some of Costa Rica's most magnificent beaches. Sun-worshippers love the vast expanses of golden sands, while thrill-seekers can set out to surf the Pacific swell or hike through the lush forest that hugs the coastline.



San José

Set on a plateau in the Central Valley Region, San José's smattering of Spanish colonial architecture is overlooked by volcanoes to the north and the Talamancas Mountains to the south.

COSTA RICA

Travel Knowhow

Flight Time: Fly direct in under 12 hours from London Gatwick to San José with British Airways

Capital city: San José

Currency: Costa Rican Colón

Language: Spanish

Population: 4.87 million

Time Zone: GMT -6 Hours

Visas: British passport holders do not require visas to enter Costa Rica, though if you fly via the US the ESTA will be compulsory



TURTLES



VOLCANO



RAINFOREST



ZIP-LINE



WATERFALL



Manuel Antonio National Park

Located just a few hours from San José, hiking trails crisscross this park, where luscious rainforest - home to three-toed sloth and hundreds of bird species - descends to long stretches of white sand beaches.



Corcovado National Park

This park protects the rainforest of the Osa Peninsula and contains some of Costa Rica's most deluxe wilderness lodges. Spot tapir, Scarlet macaw and sloth in the pristine forest, whilst whales and dolphin can be seen in the surrounding waters.

PACIFIC COAST

CARIBBEAN COAST

CORCOVADO NATIONAL PARK

OSA PENINSULA

PANAMA

**RAINBOW
TOURS**

Contact a Rainbow Tours Travel Specialist on
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