



“Travel brings power and love back into your life.” — Rumi

Costa Rica Adventures Itinerary March 16-24, 2018



Day 1 Friday March 16 arrive at **LIR** by 2:00. If you fly into SJO let us know and we will help arrange transportation! Arrive **Finca Luna Nueva** on the afternoon of 16... **D** relax... orientation to the trip. Option to arrive on Thurs. the 15 if flights are considerably cheaper. Just let us know. <http://fincalunanuevalodge.com>

Day 2 Saturday March 17 Yoga, **B** Guided Farm Tour and walkabout... afternoon relax swim, explore Finca Trails, bird at Tower, hot tub....afternoon or early evening yoga and Nature Meditation (optional).



Day 3 Sunday March 18 **B** 4-5 hour kayak on Arenal lake with **L** and Cultural Tour. Short hike or waterfall before returning to FLN....for **D**

Day 4 Monday March 19 Optional Yoga **B** morning off to swim, enjoy the grounds. Afternoon Nature Hike around Arenal, Then enjoy a quick tour of town, shop, walk through the church and return to Finca Luna for **D**.

Day 5 Tuesday March 20 Optional Yoga or enjoy the grounds of Finca Luna **L** at Finca afternoon Chocolate Experience **D** at Finca, optional guided night hike.

Day 6 Wednesday March 21 Morning Bird walk. **B** Afternoon 4-5 hour Kayak-Penas Blancas River then Hot springs **D**, return our Finca Luna home for a deep restful sleep.



Day 7 Thursday March 22 quiet morning yoga, optional- relax, leave for **Buena Vista Lodge** after **B** enjoy trails and amenities at BVL



Day 8 Friday March 23 **B** at BVL full day hike at Ricon de Veijo National Park with **L**.. **D** at BVL relax, enjoy, reminisce.

Day 9 Saturday March 24 Transportation from Buena Vista Lodge to LIR to fly away home if you have chosen to fly out of SJO in the afternoon let us know we can help you arrange a Sansa flight to get you there.... <http://buenavistalodgecr.com>