



Costa Rica Wellness Retreat

July 20th-27th, 2019

Duration: 8 days Start/Finish City:
San José to San José

Price*: \$1799.00 taxes included

Deposit: \$350

Final payment due by May 10, 2019

*International airfare is not included

Simply say “Costa Rica” and vivid images of paradise instantly flood the imagination. This eight-day tour makes those dreams a reality while letting you connect with the country’s charming people. Your spirits will be lifted with a visit to Mi Cafecito Community Coffee Plantation, a project supporting 200 local farmers, before carrying on to the outdoor utopia that is La Fortuna. There you’ll be treated to a world of wellness, with yoga sessions overlooking the Arenal Volcano, hiking, free time for meditation, and a rejuvenating trip to thermal hot springs. Continue on to remote Rincón de la Vieja for more yoga and a therapeutic mud bath before a final stop in Playa Carrillo – home to a beach devoid of buildings, hotels, and restaurants that will give your mind a sense of clarity you may have previously thought impossible.

Date	City
July 20	Arrival day San José
July 21	San José/La Fortuna
July 22	La Fortuna
July 23	La Fortuna/Rincon de la Vieja National Park
July 24	Rincon de la Vieja National Park
July 25	Rincon de la Vieja National Park/Playa Carillo
July 26	Playa Carillo
July 27	Departure day Playa Carillo/San José

What's Included: 7 breakfasts, 1 lunch, 3 dinners. Hotels (5 nights), Eco Lodge (2 nights)

- Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Recharge: Hot Springs Soak, La Fortuna
- Recharge: Volcanic Mud Bath and Hot Springs, Rincón de la Vieja Volcano National Park.
- Arrival transfer.
- Four yoga classes. SUP yoga class. Surf lesson. Free time for rest and meditation.
- All transport between destinations and to/from included activities.

Optional activities for this trip include: Kayaking, Zip lining, Canyoning and Hanging bridges tour.

When arranging your transportation, such as flights, please take into consideration the below time restrictions for joining and departing from your group.

Your flight must depart no earlier than: 16:00 on Day 8
Please note that Travel Protection is MANDATORY for this trip!!!

VIP World Travel
4971 Ringwood Meadow
Sarasota, FL 34235
941-377-0017
email: joann@vipworldtravel.travel