

Costa Rica Yoga, Surfing & Sightseeing

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itinerary January 8 – 15, 2010

Jan 8 - D

Today we depart Toronto for Liberia, Costa Rica. Upon our arrival in Liberia we will be picked up at the airport for our 1.5 hour drive to Las Avellanas Villas. On route we will stop for dinner at a local restaurant. The rest of the evening is yours to relax and get settled in.

Jan 9 - B, D

This morning we will go on a shopping trip to the local market, where we can pick up some local fruits and food for your lunches. All bungalows come with a kitchenette, coffee maker, cutlery and a fridge that is stocked with water, olive oil, salt, sugar, bread, lettuce, tomatoes, onions, avocados and fruits, everything organic. The rest of the day is free to either relax on the beach or at the villas. You can also choose to take a surf lesson or a Yoga class on the beach that afternoon. Tonight we enjoy dinner at a local restaurant.

Jan 10 – B, D

Today we will rise early for an all day Tour to Hacienda Guachipelin, Which is covering the upper slopes of a forest-draped volcano, Rincón de la Vieja National Park features a 125-acre/50-hectare expanse that contains small geysers, bubbling mud pots and hot springs. The forests above contains waterfalls and a wealth of wildlife, including quetzals, three-wattled bellbirds, blue morpho butterflies, tapirs, tayras, peccaries, coatis and three species of monkeys. Activities today will include: tubing, horseback riding, canyoning, a natural spa and a Costa Rican style lunch. On our journey home we will stop for dinner at local seafood restaurant

Jan 11 – B, D

Today we will have a Leisurely day for relaxing at beach participating in Surfing lessons and Yoga lesson on the beach. Dinner will be catered in at the Villas

Jan 12 – B, D

Today we can enjoy some Morning Yoga or take in a Surf lesson. This afternoon we will enjoy Catamarán tour we will enjoy lunch and drinks on board. Tonight we will have dinner at local restaurant.

Jan 13 – B, D

This morning we will enjoy a Canopy and ATV tour, we will have lunch at Brasilito Beach then if you choose you can enjoy a Sunset Yoga class on the beach, dinner tonight will be catered in at the Villas.

Jan 14 – B, D

Today is a Day at Leisure; we can relax on the beach or brush up on your surfing skills and even take in a yoga class. Tonight we will enjoy a Farwell Dinner at Local restaurant.

Jan 15 – B

Today we will be transferred to Airport after breakfast for flight home.

amazing tour price

In CDN Dollars, based on Triple Occupancy

Price per person: \$2,675

Limited availability.

\$500.00 deposit due upon booking.

Includes: Flights, accommodation, meals as listed, transportation and taxes.

Price does not include: Medical and Cancellation insurance, beverages, personal gratuities to local guides, and incidentals.

Insurance is mandatory and is extra.

