

### DAYS 1-3

Meet our longtime local friends, who introduce you to the pura vida lifestyle that defines Tico (Costa Rican) culture • Ride on undulating roads through rain forests, over rivers, past fruit groves and farming hamlets • Clouds willing, the views of Arenal Volcano will be impressive! • Cool off with a refreshing fruit drink in La Fortuna • Take in majestic Arenal Volcano on a boat ride across Lake Arenal • Pedal part of the Vuelta al Lago bike race route • Sweet music to your ears? Listen for the call of howler monkeys as you venture across a network of hanging bridges high in the rain forest canopy • Join a cooking class and learn to make ceviche, patacones and mojitos • Bike rolling roads flanked by papaya, pineapple and yucca plantations • Soak in hot springs amid palms, bromeliads and ferns • The afternoon is yours to do as you choose—a zip line adventure through the jungle treetops or a visit to the spa, perhaps?

### DAYS 4-6

A scenic flight whisks us to the Pacific coast • Cycle undulating roads along the Golfo Dulce to arrive in the Osa Peninsula, named by National Geographic as "one of the most biologically intense places on Earth" • Watch for dolphins and humpback whales while enjoying spectacular views of mountains beyond • Discover Rio Nuevo Nature Preserve with its unparalleled wildlife, unspoiled beaches and hiking trails • Enjoy more miles of riding in the Osa Peninsula or switch gears and join a local naturalist for a hike on the lush rain forest trails bordering world-renowned Corcovado National Park • Enjoy some downtime poolside, do some yoga or explore the local town of Puerto Jimenez.