

## **Arenal Volcano - La Fortuna**

At 5,437 feet, the Arenal Volcano looms large and ominous over the pastured green hillsides that surround its base. The conically-shaped behemoth is at least 1,633 meters (5,358 ft) high and almost perfectly symmetrical - an awe-inspiring sight, despite its current lack of eruptions and lava flow. The Arenal Volcano National Park is not to be missed during a trip to Costa Rica. Within the four different life zones, visitors may find a stunning array of flora and fauna, including approximately 75% of the total 850 species of birds that have been identified in Costa Rica, sloths, white-faced capuchin monkeys, coati, deer and snakes. About a 3 hour drive from San Jose, the small town of La Fortuna is the base for most travelers in the Arenal area and is 6.4 km (4 miles) from the volcano. Those seeking relaxation and adventurers alike will find a multitude of activities around Arenal. Horseback riding, hiking, canopy and bridge tours, zip lining, canoeing, kayaking, kite surfing, canyoning (water repelling), class II - IV whitewater rafting, and spelunking (cave exploration), and a hike at the base of the Arenal volcano on a lava flow from 1992 are all available for the thrill seekers. The infamous hot springs, known for their mineralized healing properties, will soothe tired muscles, world renowned spas provide luxurious treatments, and some of Costa Rica's finest dining will satiate the gourmand's appetite. One may also enjoy the sights and aromas of the Arenal Botanical Gardens, where there are some 2,500 species of tropical plants, as well as the butterflies and birds that flutter through their colorful displays.

### **Hotel Ideas**

Arenal has a wide selection of hotel and resort properties to choose from. We've selected several properties that offer a unique experience and different price points.

For an upscale, luxury experience we recommend a property with a spectacular view of the Arenal Volcano, natural hot and cold springs, four unique dining experiences, and an impressive full service Spa. This boutique luxury resort sits one thousand feet above the Arenal Valley on a mountain ridge just six kilometers north of the active volcano. The lodge's altitude allows for not only incomparable views of the Arenal volcano, the lush valley, and the surrounding towns that sparkle at night, but also access to the area's famous prevailing breezes. You are sure to enjoy countless comfortable hours in your balcony hammock, al fresco dining, or sipping a frothy tropical cocktail in one of the private hot spring pools.

If eco-tourism and environmental sustainability is high on your must-do list then we have THE place for you. This internationally known eco-resort is specifically noted for its vision and mission of creating an 'intentional community' dedicated to sustainable production and community education. The eco-resort offers a one-of-a-kind experience for guests from all over the world seeking comfort, education and friends. You will enjoy the educational aspect that is offered to every guest where you will learn about and witness all aspects of the sustainability and self-sufficiency that makes this eco-resort one of the best hotels in Costa Rica.

Another great lodging option for Arenal visitors are the bungalow style resorts. These properties offer stand-alone bungalow or cabin units that are nestled on forested hill-tops with

views of the Arenal Volcano. The accommodations range from simple, rustic, budget priced properties to luxurious bungalows with king bed suites and private hot-tubs.

### **Special Activities and Points of Interest**

#### **Canyoning & Waterfall Repelling**

Take your Costa Rican adventure to new heights with waterfall rappelling! Children and adults alike can enjoy the fun, safe tours with great guides, spectacular views and beautiful trails throughout. This will be one of your most memorable experience and a favorite story to share back home.

#### **Canopy Zip-lining**

Costa Rica's most famous and popular adventure is the Zip Line tours throughout the rainforests and hill-tops. Like a bird that flies through the tree tops...That's the way you will feel doing this tour, a perfect combination of adventure, nature and adrenaline, just at the foot of the Arenal Volcano. Enjoy the privileged location, a primary forest and the highest standards of security for this adventure sport.

#### **Whitewater Rafting**

In the Arenal Region there are several world-class whitewater rafting rivers. Experience the adrenaline rush of busting through class III and IV rapids, one after another, while floating through rainforests and canyons. For a nature float these rivers also have sections of class II and III and offer a fabulous opportunity to view river wildlife in a more peaceful manner.

#### **Natural Thermal Hot-Springs**

The thermal springs are a unique Costa Rica vacation experience, unparalleled in the world that offers the unique combination of the energy of the active Arenal Volcano, the heat of hot springs and the purity and mystic of the surrounding rainforest, which blend into what many have described as "paradise" or "the eighth-wonder of the world".

#### **Rainforest Hanging Bridges of Arenal**

This beautiful complex of trails and bridges, which snakes through the rain forest was developed for the purpose of ecotourism. The main goals are the observation of nature and its protection. The bridges span a private nature reserve of almost 250 hectares of tropical rain forest houses a high local diversity of animal and plant species. There is a morning bird watching tour and a guided natural history walk tour

#### **Arenal Volcano Tour**

This private tour will take you on a leisurely guided hike at the base of Arenal Volcano, on a lava flow from 1992, an informative walk where you'll learn about the famous Arenal Volcano, the tropical forests surrounding it and the interesting wildlife of the Arenal area.

There are many more adventures available in this area of Costa Rica. Contact your Coati Travel Designer to share you're a list of tours and adventures and learn what else waits for you in the Arenal, La Fortuna area.