



Signature Sabbatical Itinerary: Intrepid Costa Rica

Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

www.LiNGER.co.uk | travel@LiNGER.co.uk

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



Introducing Costa Rica

Famed for its eco-credentials and its 'Pura Vida' lifestyle, Costa Rica is as laidback as they come. With some serious world-beating hotels when it comes to sustainability as well as its mission to preserve the planet, Costa Rica entices visitors with jungle-fringed beaches, adrenaline-fuelled activities and a huge diversity of wildlife from sloths to monkeys and the rare resplendent quetzal. Navigate white-water rapids, zipline through the jungle canopy and trek volcano trails before hitting one of the many beaches. And when it comes to beaches you'll be spoiled for choice between Pacific surf or golden Caribbean sands, laidback luxury ecolodges or boutique resorts. Costa Rica is a great option for families, honeymooners, solo travellers and first-timers to Latin America.

How to Get to Costa Rica

Though you can travel overland from Nicaragua and Panama, most will arrive by air into San Jose or Liberia's international airport.

Fly directly from London and the US (4-11 hours).

From San Jose you can take hopper flights to the Osa Peninsula and Guanacaste or travel overland.

When & Weather – Costa Rica

The climate on the coast and lowlands is tropical, which means temperatures are similar year round with April being the hottest month. Temperatures are cooler in the highland cloud-forests and Central Valley.

Peak Season is November to April, the Green season is May to October. But given that temperatures are similar, come in the Green Season when tourists are few. Temperatures typically range from 21C (70F) to 26 (80F) in the Central Highlands, and increase in the coastal lowland regions.

Who will Costa Rica Appeal To?

The stunning natural landscapes offer an enormous range of varied experiences. In particular, it's suited to Families - Active travellers - Wildlife enthusiasts - Adventure-loving honeymooners - Keen photographers - Solo travellers.

Accommodation

Costa Rica excels in beautiful places to stay. Choose from boutique hotels, romantic hideaways, eco-cabanas, coffee plantation farms, jungle lodges, rustic wildlife refuges and exclusive retreats.

Off The Beaten Path

Ride horses in the interior of Guanacaste which is famed for its ranches, wetlands and volcanoes.

Cahuita National Park is one of the world's last living reefs; a haven for snorkelling and diving.

Swap busy Manuel Antonio National Park for the remote Corcovado National Park, home to jaguars, yellow poison-dart frogs, anteaters and ocelots.

Wildlife

Flocks of birds migrate here between September and November — Cabo Matapalo is a major corridor for hummingbirds, toucans and scarlet macaws.

Leatherback turtles nest on the Caribbean Coast from February to April; green turtles during August and September.

Kayak amongst dolphins and humpback whales in the Golfo Dulce.

Watch sloths in the wild, lazily climbing trees or just hanging upside down, asleep.

Costa Rica Experiences you shouldn't miss

Watching humpback whales breach in Marino Ballena National Park.

Rafting the Pacuare River, Grade II-IV rapids.

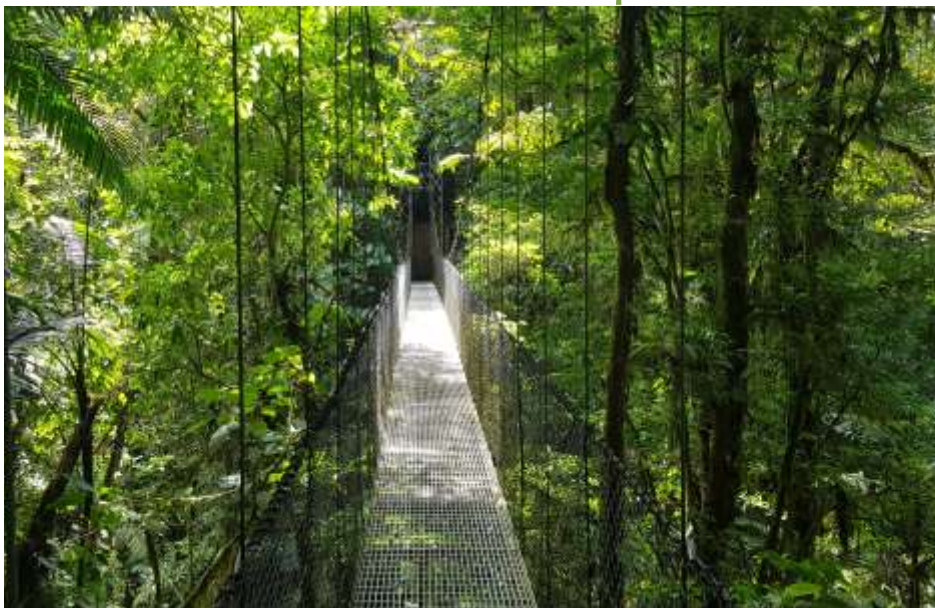
Zip-lining through the canopy of Arenal National Park.

Giving back

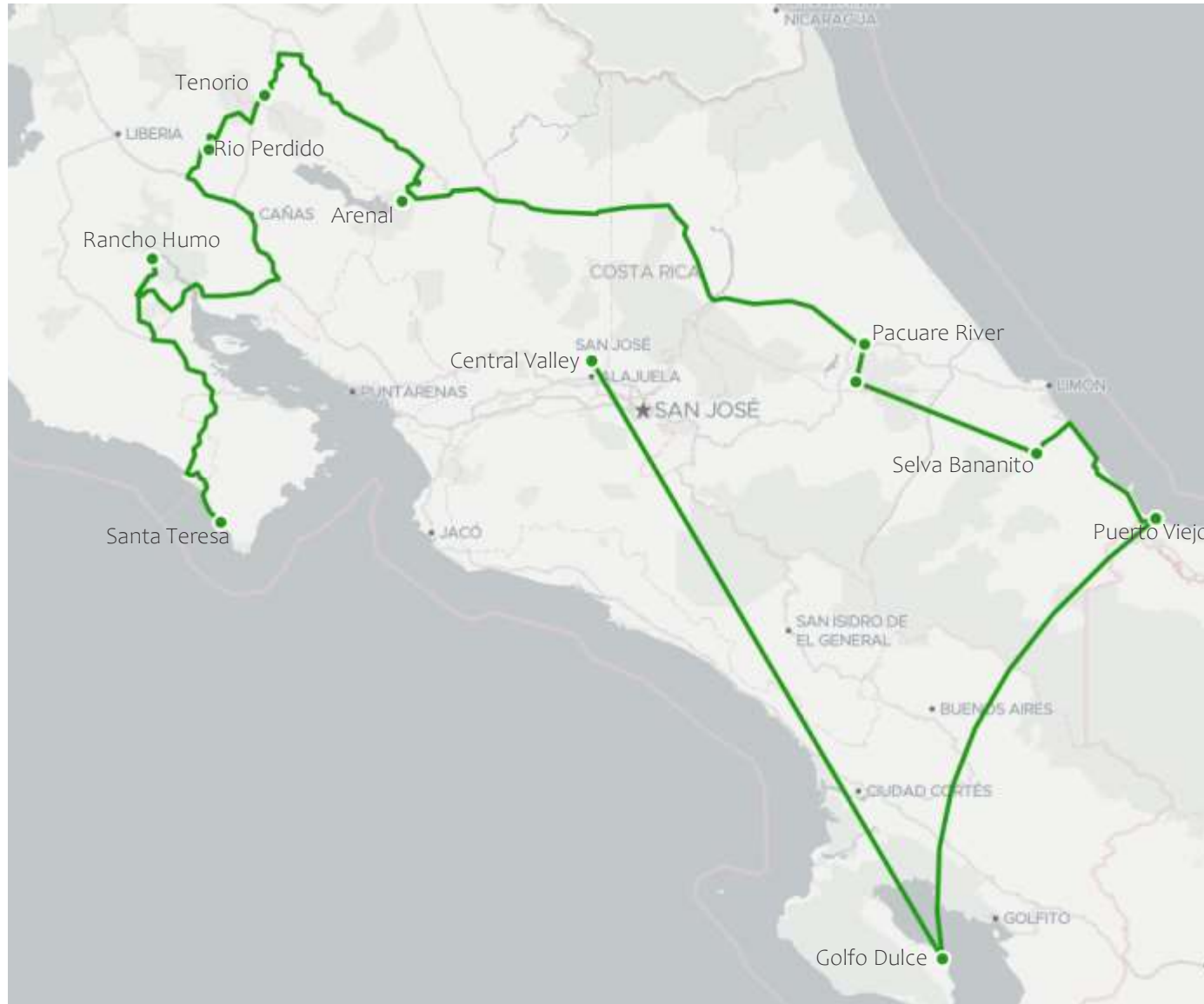
Spend half a day (or longer) at [Proyecto Asis](#) which rehabilitates wildlife. Volunteers are offered a hands-on immersive experience in caring for the wildlife that has been rescued by the centre.



Life Experiences & Encounters in Costa Rica



Costa Rica - Journey Map



Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				SAN JOSE		TBC		
4		SAN JOSE		PUERTO JIMINEZ		ECONOMY		55 MINS
9		PUERTO JIMINEZ		LIMON		ECONOMY		55 MINS
38		SAN JOSE				TBC		

Your trip in a nutshell

Day 1

Arrive in San José. Check in to your hotel in the Central Valley for a 3-night stay.
Xandari Resort & Spa

Day 2

Explore Poas Volcano National Park.
Xandari Resort & Spa

Day 3

Visit an animal rescue project & learn about the conservation of Costa Rica's wildlife. *Xandari Resort & Spa*

Day 4

Fly to Puerto Jiménez & check-in to a rainforest lodge on the Osa Peninsula.
Playa Nicuesa Rainforest Lodge

Day 5

Relax with oceanfront yoga & visit Piedras Blancas National Park.
Playa Nicuesa Rainforest Lodge

Day 6

Hike through the rainforest to a hidden waterfall.
Playa Nicuesa Rainforest Lodge

Day 7

Kayak through the mangroves & look out for varied birdlife.
Playa Nicuesa Rainforest Lodge

Day 8

Dolphin spotting on the Golfo Dulce with reef snorkelling.
Playa Nicuesa Rainforest Lodge

Day 9

Fly to Puerto Viejo on the Caribbean coast & check-in for a 4-night stay
Tree House Lodge

Day 10

Beach hopping in Cahuita National Park.
Tree House Lodge

Days 11 & 12

Days at leisure and further beach hopping.
Tree House Lodge

Day 13

Travel inland to Selva Bananito Lodge, immersed in the rainforest. Orientation Walk. *Selva Bananito Lodge*

Day 14

Hike to a waterfall deep in the rainforest and rappel into the pool below.
Selva Bananito Lodge

Day 15

Day at Leisure in Selva Bananito.
Selva Bananito Lodge

Day 16

Rafting adventure to your lodge along the Pacuare River.
Rios Tropicales Lodge

Day 17

Hike to a Cabecar Reserve & visit an indigenous village.
Rios Tropicales Lodge

Day 18

Visit to a butterfly conservation project.
Rios Tropicales Lodge

Day 19

Depart Rios Tropicales by raft & continue to your hotel in Arenal by road.
Hotel Rancho Margot

Day 20

Forest therapy experience & afternoon horse-riding.
Hotel Rancho Margot

Day 21

Chocolate making workshop & cookery class in a local home.
Hotel Rancho Margot

Your trip in a nutshell

Day 22

A day on the ranch.
Hotel Rancho Margot

Day 23

Road transfer to Bijagua, on the slopes of the Tenorio Volcano.
La Carolina Lodge

Day 24

Explore Tenorio Volcano National Park.
La Carolina Lodge

Day 25

Day at leisure to enjoy the lodge.
La Carolina Lodge

Day 26

Road transfer to Rio Perdido. Check in for 4 nights.
Hotel Rio Perdido

Day 27

Whitewater tubing & canyoning adventure.
Hotel Rio Perdido

Day 28

Day at leisure & night walk through the forest.
Hotel Rio Perdido

Day 29

Day at Leisure at Rio Perdido.
Hotel Rio Perdido

Day 30

Road transfer to Rancho Humo Estancia via Llanos de Cortes waterfall.
Rancho Humo Estancia

Day 31

Birdwatching in Palo Verde National Park.
Rancho Humo Estancia

Day 32

Travel by road to the laidback beach town of Santa Teresa for a 6 night stay.
Nantipa Hotel

Day 33

Day at leisure in Santa Teresa.
Nantipa Hotel

Day 34

Visit Curu Wildlife Refuge & relax at beautiful Quesera Beach.
Nantipa Hotel

Day 35-37

Days at leisure in Santa Teresa.
Nantipa Hotel

Day 38

Depart Costa Rica.

Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



The Nitty Gritty

Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Domestic flights

Excluded

- International flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance

Quotation

- From: GBP £14,896.00 per person, based on two travelling together.

Booking Terms & Conditions:

www.linger.co.uk/terms-and-conditions/

Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Costa Rica. Consider visiting Costa Rica in combination with Nicaragua and Panama, or with an Ecuador & Galapagos add-on in South America for the ultimate wildlife and nature trip.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget. Contact us to start planning a holiday or sabbatical to Costa Rica.

Contact

Email: Travel@linger.co.uk

Telephone: +44 (0) 207 039 9240

Financial Protection

ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate

Travel Regulation Insolvency Protection

LINGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LINGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>

Privacy Policy

LINGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

Anna Guyer



Contact

www.linger.co.uk | Travel@linger.co.uk

+44 (0) 207 039 9240


LINGER
ENRICHING LIFE THROUGH TRAVEL