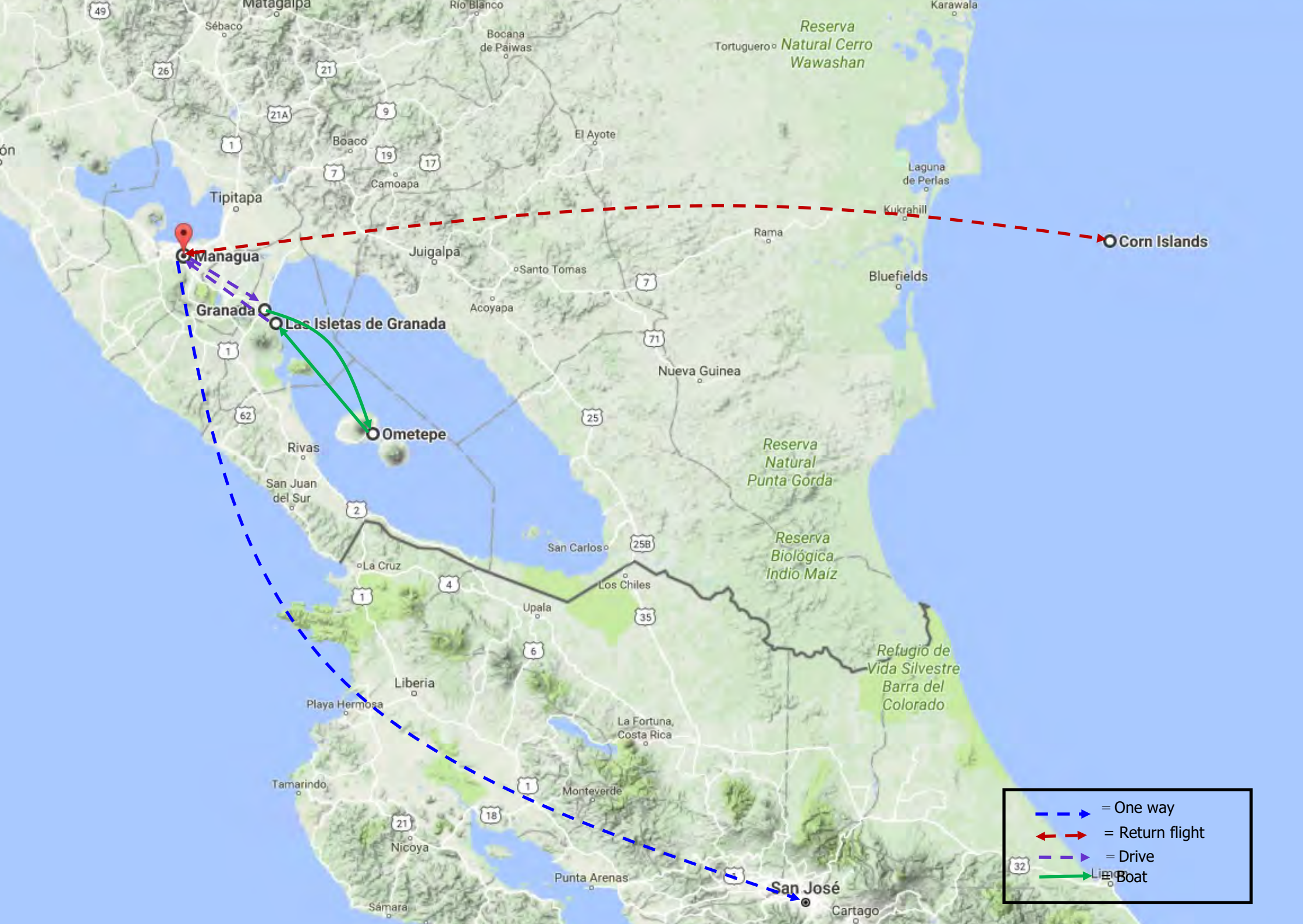
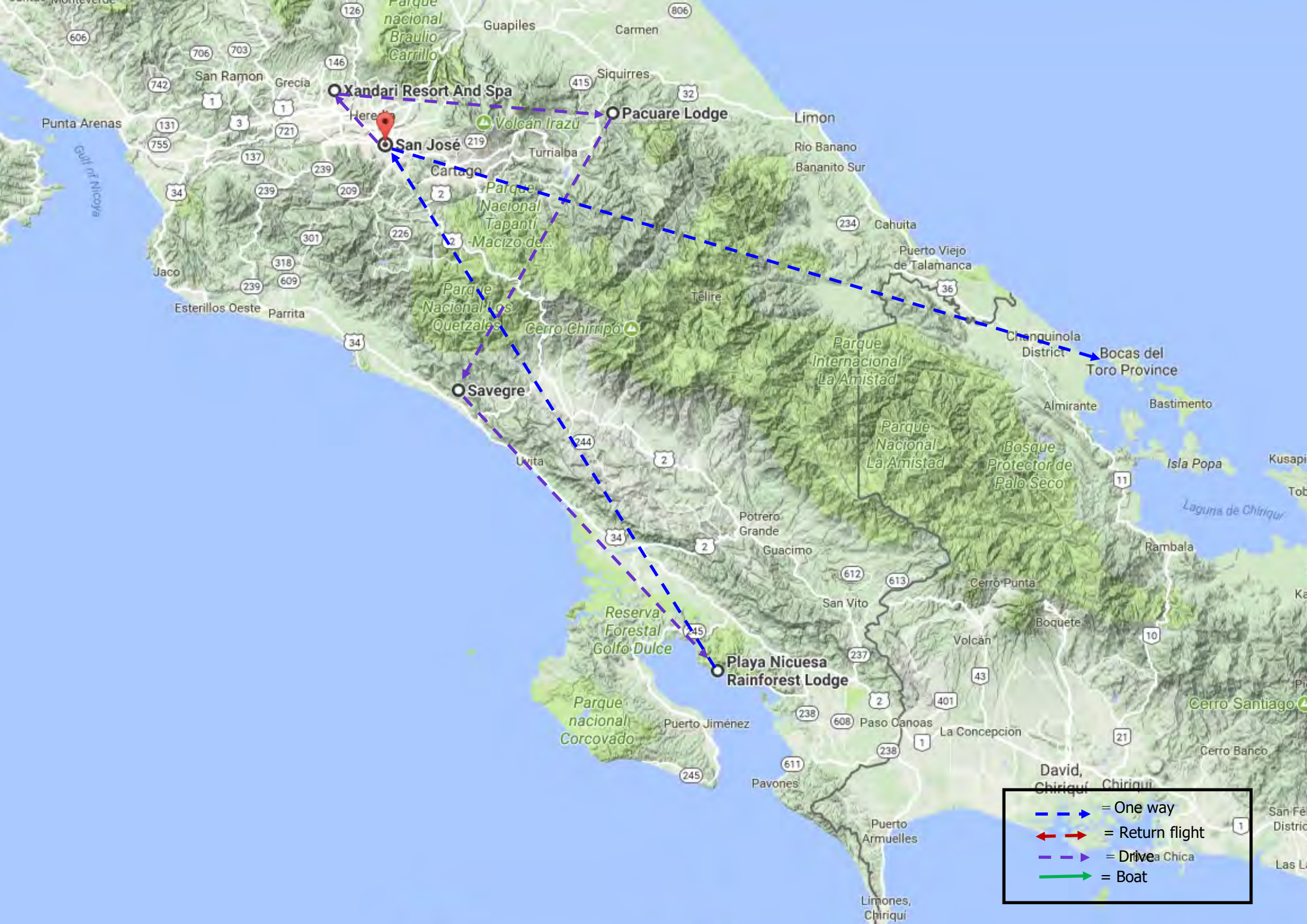
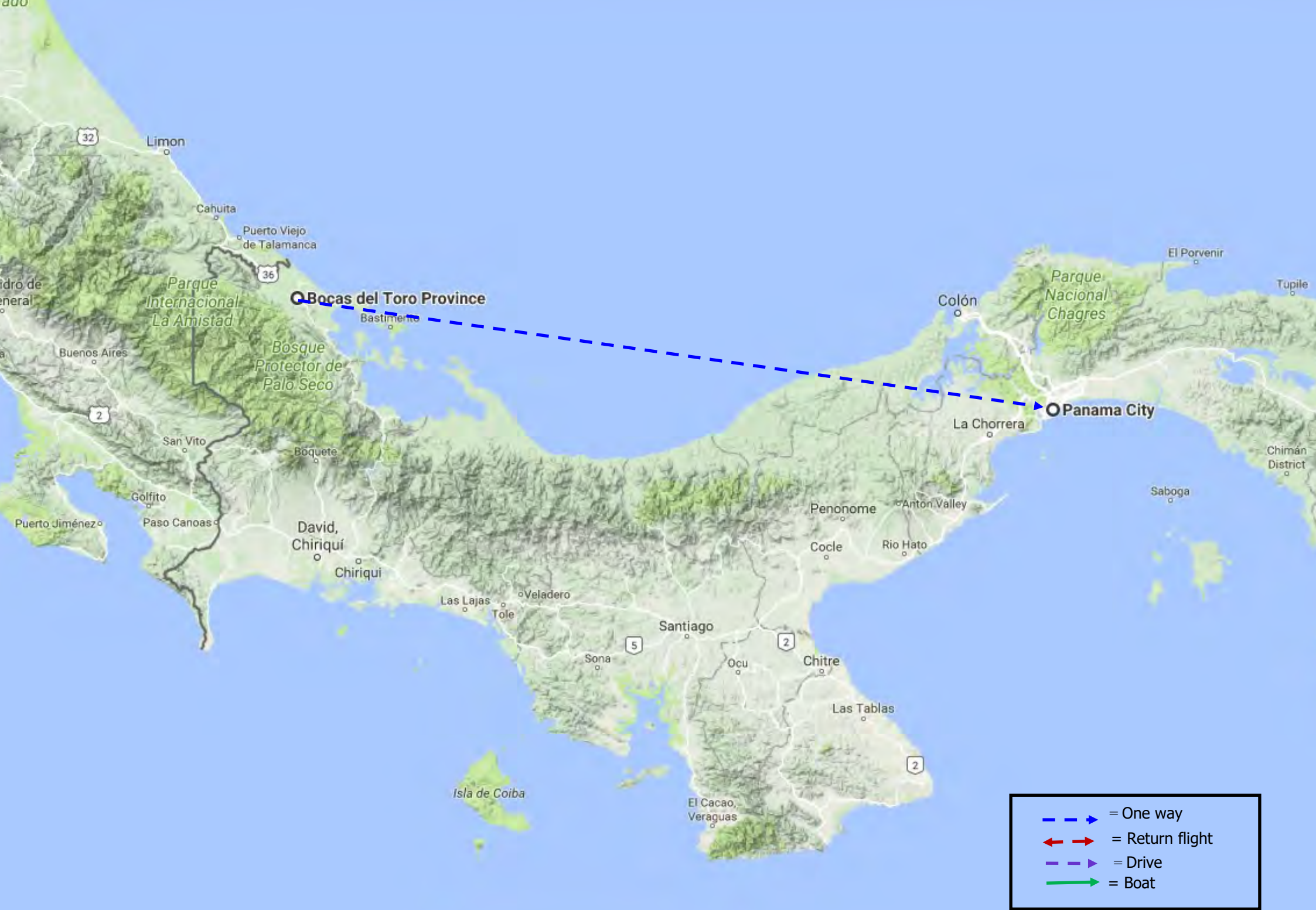


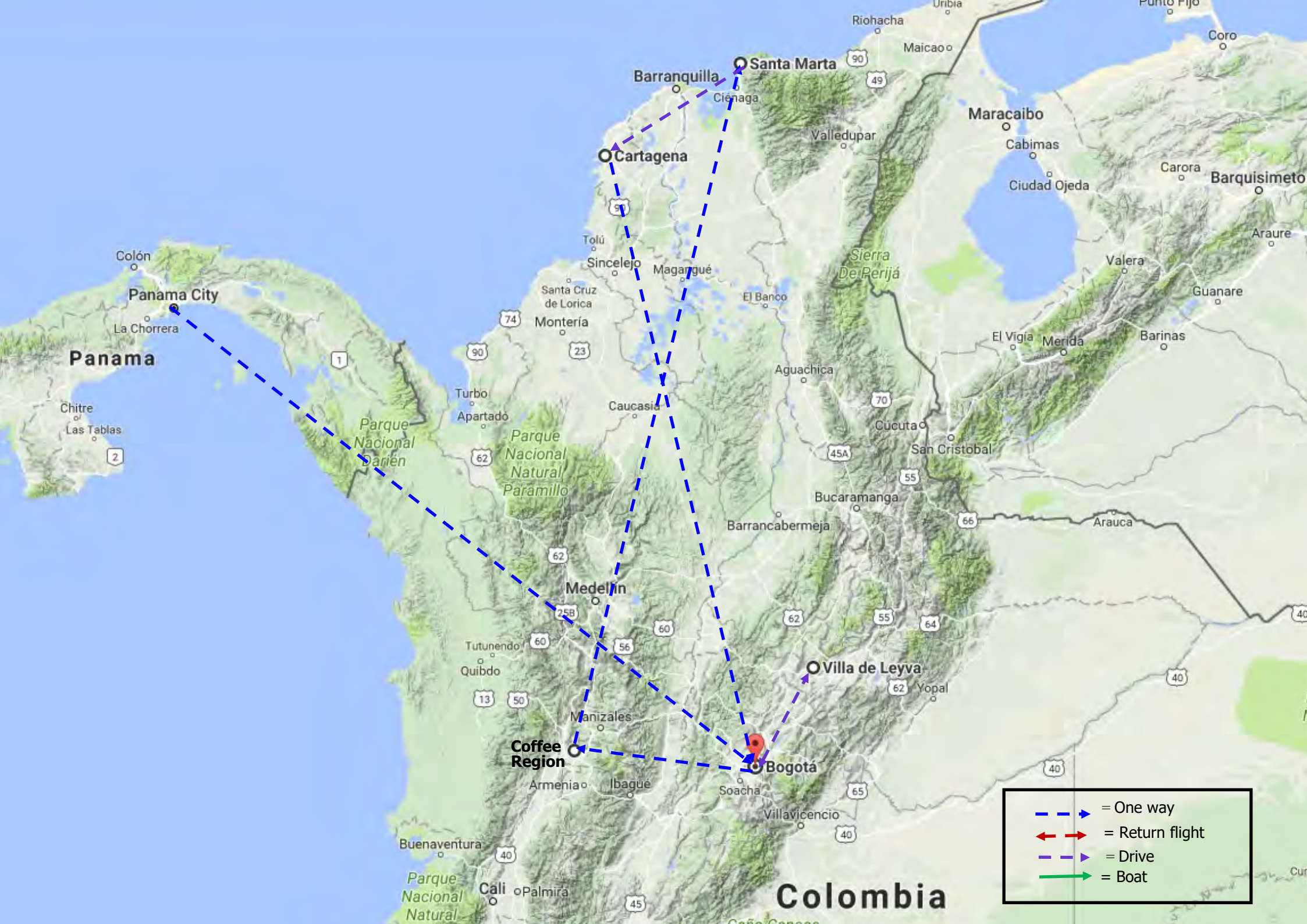
Central America & Colombia explored, Laterally











In a Nutshell...

Day 1 - Fly to Managua, Nicaragua & transfer to Hotel los Robles

Day 2 - Fly to the Corn Islands & stay at Yemaya

Day 3 - Little Corn at leisure. Yemaya

Day 4 - Snorkelling & Miskito Sailboat trip. Yemaya

Day 5 - Little Corn at leisure. Yemaya

Day 6 - Little Corn at leisure. Yemaya

Day 7 - Journey to Granada & transfer to Hotel Los Patios

Day 8 - Mombacho Volcano & Puma trail. Hotel Los Patios

Day 9 - Granada surroundings & Twilight Masaya Volcano. Hotel Los Patios

Day 10 - Granada - San Jorge - Ometepe - San Ramon Waterfall. Xalli Beach

Day 11 - Climb Maderas Volcano. Xalli Beach

Day 12 - Travel to Las Isletas Archipelago & check-into Jicaro Island Lodge

Day 13 - Las Isletas at leisure. Jicaro Island Lodge

Day 14 - Las Isletas at leisure. Jicaro Island Lodge

Day 15 - Fly to San Jose, Costa Rica & transfer to The Retreat

Day 16 - Barva Volcano, Heredia & Finca Rosa Blanca. The Retreat

Day 17 - Irazu Volcano & Tapanti Hiking. The Retreat

Day 18 - Rafting to Pacuare Lodge

Day 19 - Cabecar Indian Rancho & Rainforest Hike. Pacuare Lodge

Day 20 - Breakfast in the Nest, Ancient Trail & Hidden Waterfall Hike.

Pacuare Lodge

Day 21 - Rafting out & transfer to Savegre. Stay at Dantica Lodge

Day 22 - Los Quetzales National Park & Cerro de la Muerte. Dantica Lodge

Day 23 - Cloudbridge Nature Reserve Hike. Dantica Lodge

Day 24 - Journey to the Golfo Dulce & to Playa Nicuesa Rainforest Lodge

Day 25 - Exploring the Pacific Gulf waters and rainforest.

Playa Nicuesa Rainforest Lodge

Day 26 - Exploring the Pacific Gulf waters and rainforest.

Playa Nicuesa Rainforest Lodge

Day 27 - Exploring the Pacific Gulf waters and rainforest.

Playa Nicuesa Rainforest Lodge

Day 28 - Fly to San Jose & Connect to Hotel Bocas del Toro

Day 29 - Bocas del Toro at leisure

Day 30 - Bocas del Toro at leisure

Day 31 - Fly to Panama City & transfer to Hotel Central

Day 32 - Explore Panama City. Hotel Central

Day 33 - Kayaking the Panama Canal Watershed. Hotel Central

Day 34 - Fly to Bogotá, Colombia & stay at Hotel Artisan

Day 35 - Bogotá explored. Hotel Artisan

Day 36 - Paloquemao Market. Hotel Artisan

Day 37 - Transfer from Bogotá to Villa de Leyva via Zipaquirá. Hotel Casa Terra

Day 38 - Trekking Iguaqué National Park. Hotel Casa Terra

Day 39 - Day at leisure. Hotel Casa Terra

Day 40 - Transfer to Bogotá and fly to the Coffee Region.

Stay at Casa San Carlos Lodge

Day 41 - Filandia, Salento & Cocora Valley with Biking. Casa San Carlos Lodge

Day 42 - Coffee Culture & Cordillera Villages by bike. Casa San Carlos Lodge

Day 43 - Los Nevados National Park. Casa San Carlos Lodge

Day 44 - Fly to Santa Marta & transfer at Hotel Ecohab Cañaveral

Day 45 - Trek to Pueblito & Tayrona Park. Hotel Ecohab Cañaveral

Day 46 - At leisure. Hotel Ecohab Cañaveral

Day 47 - At leisure. Hotel Ecohab Cañaveral

Day 48 - Overland to Cartagena & Cartagena by Bike. Check-into Casa San Agustin

Day 49 - Cartagena. Casa San Agustin

Day 50 - Cartagena. Casa San Agustin

Day 51 - Departure

Day 52 - Welcome home

Flights...

Date	Airline & Flight Number	From	Departs	To	Arrives	Class
DAY 1	TBC	LONDON	TBC	SAN JOSE TM	TBC	TBC
DAY 1	TBC	SAN JOSE TM	TBC	MANAGUA	TBC	TBC
DAY 2	TBC	MANAGUA	TBC	BIG CORN	TBC	TBC
DAY 7	TBC	BIG CORN	TBC	MANAGUA	TBC	TBC
DAY 15	TBC	MANAGUA	TBC	SAN JOSE	TBC	TBC
DAY 28	TBC	PUERTO JIMENEZ	TBC	SAN JOSE	TBC	TBC
DAY 28	TBC	SAN JOSE	TBC	BOCAS DEL TORO	TBC	TBC
DAY 31	TBC	BOCAS DEL TORO	TBC	PANAMA CITY	TBC	TBC
DAY 34	TBC	PANAMA CITY	TBC	BOGOTA	TBC	TBC
DAY 40	TBC	BOGOTA	TBC	PEREIRA	TBC	TBC
DAY 44	TBC	PEREIRA	TBC	BOGOTA	TBC	TBC
DAY 44	TBC	BOGOTA	TBC	SANTA MARTA	TBC	TBC
DAY 51	TBC	CARTAGENA	TBC	BOGOTA	TBC	TBC
DAY 51	TBC	BOGOTA T1	TBC	MADRID T4	TBC	TBC
DAY 52	TBC	MADRID T4	TBC	LONDON	TBC	TBC

Your Final Itinerary...

Day 1 - Fly to Managua, Nicaragua

Fly to Managua (via San Jose), Nicaragua's capital city.

On arrival, welcome and transfer around 25 minutes to your hotel for an over-night stay.

The bustling city of Managua was a former indigenous village that developed on the edge of Lake Xolotlan. Its first pre-Hispanic inhabitants were fishermen and hunters. In 1852 the city became relevant when it was declared the capital of Nicaragua because of the permanent political disputes between the colonial cities of Leon and Granada.

Arrival note: All foreigners entering the country are required to have a passport valid for at least six months and will need to purchase a tourist visa for \$10 USD; this payment must be made in US dollars (cash). Please note that damaged bills are not accepted. Leaving the customs area please turn left and pass through the glass doors to the street where a laterallife representative will be waiting for you.

Accommodation: Hotel Los Robles, Deluxe Room

Meals: In-flight meals

Day 2 - Fly to the Corn Islands

Transfer to the airport in Managua for a one hour approx. flight to Big Corn Island (note the flight may touch down en route in Bluefields).

You may leave excess baggage with our local partner in Managua who will return the bag to you when you arrive back from Corn Islands.

On arrival on Big Corn you will be welcomed by a hotel representative and transferred to the wharf where you board a speedboat for the one hour journey to Little Corn Island where your hotel is located. Little Corn Island remains one of the best kept secrets, a place of authentic flavour that has managed to escape mass tourism.

Stay 5 nights on the remote island hideaway.





Baggage Allowance on La Costena:

Checked baggage permitted: 1 piece with maximum weight of 35 lbs./15.88 kg and up to 45 linear inches / 114 cm. (length + height + width). Excess baggage is charged at \$1.20 USD per kg. Extra baggage can also be left in Managua and will be delivered to your hotel in Granada when you return from the Corn Islands. For further details on carry-on luggage see: <https://lacostena.online.com.ni/baggage.aspx>

Accommodation: Yemaya, Bungalow

Meals: Breakfast

Days 3-6 - Little Corn at leisure

Days 3-6 - 7.00am daily complimentary yoga class

Day 4 - 11.30am - Snorkelling & Miskito Sailboat trip (duration 2 hours) - *\$45 USD to be paid directly for this to the operator.*

Little Corn Island is approximately 90km off the Caribbean coast of Nicaragua. It is tiny, pristine, undiscovered by the masses and only accessible by boat. No cruise ships, no crowds, no all-inclusive hotels...just a beautiful tropical paradise that sways to the rhythm of its African roots and culture.

With just 3 square km of "off-the-beaten-track" nature and white sand beaches, coral reefs, cabanas and local restaurants this is a unique place. Home to a permanent population of only around 700 individuals speaking mainly Creole English, you will find a way of life here that still celebrates simplicity...fresh coconut water whenever you feel like it, fish from the sea and fruit dropping from trees wherever you wander. For more info about Little Corn visit: www.littlecornisland.net

Take a little sun on one of Yemaya's two pristine beaches, step out into the clear waters and snorkel in some of the prettiest reef you will ever see, or just take off for a day walking and exploring the jungles and beaches of Little Corn Island.

Activities on offer:

- Each morning and evening yoga classes are provided either in the beautiful jungle studio hall or on the beachfront deck.
- Reef sailing and snorkelling.
- Standup paddle boarding.
- Kayaking.
- Beach walks.

Accommodation: Yemaya, Bungalow

Meals: Breakfast

Day 7 - Journey to Granada

Depart by speedboat to Big Corn Island and fly back to Managua, (via Bluefields).

On arrival in Managua you are transferred to the stunning colonial city of Granada. The drive time is around 1 hour.

Granada is a favourite amongst travellers and expats alike and historically is one of Nicaragua's most important cities both economically and politically. It is situated on the north-western shore of Lake Cocibolca and has a rich colonial heritage, seen in its architecture and layout.

Spend some time walking around Granada on an orientation with your guide. Granada's layout is typical of the Spanish grid system. Restaurants, cafes and boutiques are abundant and this small city is easily navigable on foot. Granada exudes colonial charm; it is small, friendly and laid back.

Accommodation: Hotel Los Patios, Balcony Suite

Meals: Breakfast

Day 8 - Mombacho Volcano & Puma trail

Depart at around 8.00am from your hotel. Situated in a beautiful cloud forest and home to a wide variety of vegetation and wildlife, a visit to Mombacho Volcano is a great way for any nature lover to spend the day. Drive to the top (1,150 metres) of the volcano in a 4x4 vehicle. After a quick trip to the scientific station explore this impressive volcano on a guided walk. Wind through the Puma Trail, on one of the most beautiful and challenging hikes of Mombacho Volcano.

Duration: 6 hours

Accommodation: Hotel Los Patios, Balcony Suite

Meals: Breakfast

Day 9 - Granada Surroundings & Twilight Masaya Volcano

This morning and afternoon, enjoy a full day exploration of the region including a hike at Laguna de Apoyo and visiting Catarina, the Pueblos Blancos and Masaya Market.

Later this afternoon, head out for a twilight visit to Masaya volcano to admire the glowing lava lake in the Santiago crater. It is one of the few places in the world where such an active volcano can be observed up close. The drive to Masaya is





just 30 minutes away and you'll be dropped at the volcano from where you walk toward the crater to observe the warm glow of the incandescent lava.

Accommodation: Hotel Los Patios, Balcony Suite

Meals: Breakfast

Day 10 - Granada - San Jorge - Ometepe Island - San Ramon

Leave the hotel after breakfast for a 90 minute drive to the little port of San Jorge from where you catch the ferry to Ometepe. Enjoy the one hour approx trip across Lake Nicaragua and enjoy great views of both of Ometepe's volcanoes.

Upon arrival in Moyogalpa, Ometepe's main town, continue by road to the starting point for the hike to San Ramon Waterfall. You start at the forested foot of the southern slope of the Maderas volcano and hike for about 2 hours to reach the waterfall, where you can cool off from the effort in a small bathing area while feeling the force of the water falling down on you.

The hike is not technically difficult, but temperatures and humidity can be high which makes it tougher than it may seem. At 50 metres in height, the waterfall offers an impressive sight. Enjoy of a picnic next to the waterfall before heading back. At the end of the afternoon transfer to your hotel for a 2-night stay.

Ometepe is the largest volcanic island in the world that sits in a freshwater lake. Ometepe (which means two hills in the native Nahuatl language), is a place that will take you back in time due to its rural life activities. The Island has two impressive volcanoes, Concepcion - an amazing active steep cone reaching 1,610 metres above sea level and the beautiful Maderas - a cloud forest with a crater lake on its summit.

Accommodation: Xalli Beach, Lake View Deluxe Room

Meals: Breakfast & Picnic lunch

Day 11 - Climb Maderas Volcano

After an early breakfast set off at around 6.00am and head to Finca Magdalena, the starting point of your hike up the dormant Maderas volcano. This traditional community farm is situated at the eastern slope of the Maderas volcano. Here you can encounter several pre-Columbian remnants.

The climb starts off quite steep, but the trail is well-kept. The climb is difficult and a good physical condition is required. During the climb white-faced and howler

monkeys may accompany you, rustling in the leaves, curiously beholding the spectacle.

When you eventually reach the top, you overlook the mystical crater lake, and on a clear day you have wonderful views of the island.

Accommodation: Xalli Beach, Lake View Deluxe Room

Meals: Breakfast & Lunch

Day 12 - Travel to Las Isletas Archipelago

You will be driven this morning to the pier on Ometepe's lake shore to board a ferry back to San Jorge pier from where you transfer 90 minutes approx. to Marina Cocibolca in Granada to Asese pier and board a small boat for the 15 minute transfer to Jicaro Island Lodge for a 3 night stay on Las Isletas. Jicaro is a wellness and nature lodge located on one of the 350 islands on Lake Nicaragua with private casitas creating a perfect setting and quiet escape.

Accommodation: Jicaro Island Lodge, Bungalow

Meals: Breakfast, Lunch & Dinner

Days 13-14 - Las Isletas at leisure

Daily yoga classes are offered by Jicaro. Other activities include Spa & massage, kayaking nature hikes, island tours, a visit to Leon (full day) with sandboarding on Cerro Negro volcano.

01 Feb - Boat tour of Las Isletas - charged locally \$80.00 USD.

02 Feb - Sunrise kayaking - charged locally \$35.00 USD.

Accommodation: Jicaro Island Lodge, Bungalow

Meals: Breakfast, Lunch & Dinner

Day 15 - Fly to San Jose, Costa Rica

Return by boat to the shores of Granada and transfer one hour to Managua for a flight to San Jose, Costa Rica.

Stay 3 nights in the Central Highlands in a relaxing setting and enjoy the countryside and visit the nearby coffee plantations.

Departure note from Managua: if your departure tax is not included in your ticket, you will have to pay US\$ 42.00.





Accommodation: The Retreat, Premium Casita

Meals: Breakfast

Day 16 - Barva Volcano, Heredia & Finca Rosa Blanca Coffee

Head off this morning hiking the Barva Volcano. Barva Volcano is the highest point in Braulio Carrillo National Park, standing almost 10,000 feet above sea level. The mountain features many lagoons created by the streams and rivers that run into the craters caused by previous eruptions and you will see some of these on the hike.

Later enjoy an introduction to Costa Rica and the Central Valley with a walk around colonial Heredia and a coffee plantation visit. At Finca Rosa Blanca, learn the coffee making process and taste some of the country's finest brew. Visit the 'Beneficio' or processing area where the pulp is removed from the coffee cherry, the coffee beans are fermented then dried to 11% humidity and finished by sorting and roasting in La Casa de Café. Immerse yourself in the smells and taste of freshly roasted organic coffee while learning the art of "cupping".

Accommodation: The Retreat, Premium Casita

Meals: Breakfast & Lunch

Day 17 - Irazu Volcano & Tapanti Hiking

Embark today on a trip to Irazu Volcano to observe the crater lake. Irazu is an active volcano with a long history of eruptions and eruptive cycles. It is located on the Central Volcanic Mountain Range.

The trip begins by ascending towards the summit, passing through various forms of vegetation, from coffee plantations to ferns, depending on the elevation. The hike leads to a spectacular view of the massive crater, which is home to a lagoon with a mystical green hue surrounded by jagged rocks. On a clear day, you can see both the Atlantic and Pacific Oceans.

Later, descend to the historical city of Cartago. Visit the mysterious ruins of the old Parish and take in the beautiful Basilica of our Virgin of Los Angeles with rich displays of carvings and statues.

This afternoon, visit the little-known Tapanti Forest. Tapanti is covered by an impressive humid primary forest full of oak trees and rivers. It is located in an isolated area that has different altitudes ranging from 1,220 to 2,560 metres above



sea level, which results in great biodiversity. The Tapanti National Park protects a variety of ecosystems such as moors, peats, swamps, savannah with no trees, forests and high-altitude cloud forests with oak trees. The park has various life zones: pre-mountain humid forest, pre-mountain pluvial forest, low mountain pluvial forest, mountain pluvial forest and subalpine moor. There are over 150 rivers due to the topography with high indexes of rainfall, allowing the formation of numerous waterfalls. The Rio Grande de Orosi crosses the park, which provides hydroelectric power generation. The park is part of the Biosphere's Reserve and is a World Heritage Site.

Weather: it can rain a lot here, with an average rainfall higher than 6,500 mm per year. The average annual temperature is 20°C in the sections of El Humo and Pejiballe and much cooler higher up. Most rain is between May to October.

Fauna: there are around 45 different species of mammal, with some of them endangered or with reduced populations, such as tapir, ocelot, jaguarundi and margay, mountain goat, mountain rabbit, kinkajou, raccoon, coati, white-faced monkey and the Central American agouti.

You can find about 260 species of birds such as quetzal, hawk, falcon, guan, goldfinch, hummingbird, parrots, mountain hen, tanagers, golden orioles, warblers, ban-tailed pigeons, ducks, house sparrows, toucans and climbers.

There are 28 types of reptiles such as lizard, the basiliscus lizard, parrot snake, eyelash viper, Picado's jumping pit-viper and the green vine snake (*Oxybelis fulgidus*).

Accommodation: The Retreat, Premium Casita

Meals: Breakfast & Lunch

Day 18 - Rafting to Pacuare Lodge

You will be collected very early this morning from your hotel and transferred to Pacuare office where you join other travellers for the transfer to the 'put-in' launch point, arriving at around 9.30am. The drive time is around 2.5 hours with a stop en route for breakfast.

After a safety briefing and instruction from your guide, start your exciting river-rafting experience to the Lodge on class II-III rapids with expert guidance from the local instructor. The journey time is around 2.5 hours through lush jungle scenery on the Pacuare River. Arrive at the Pacuare Lodge for a 3 night stay just





in time for lunch, after which you have some time at your leisure. With no electricity, dinner is by candlelight.

Key Notes on Pacuare:

- Luggage allowance for rafting is 25lbs per person (around 12kg) and maximum size of baggage: height 22in / width 8in / length 16 in. Your bags will be rafted to the Pacuare Lodge inside dry bags which we will provide. If you have excess baggage which you do not need at Pacuare, it can be stored at the Pacuare warehouse in Siquirres during your stay. Any luggage stored in this facility will need to be securely padlocked by you. It is also advisable for guests not to leave behind valuables or important documents. These should be taken to the Pacuare Lodge in zip-lock plastic bags or similar (safety boxes provided in bungalows).
- Please ensure you have your river equipment packed separately from the rest of your luggage at the time of pick-up from your hotel. Bags over the size or weight allowance will not be transported to the lodge.
- We recommend bringing cash for incidentals/drinks at Pacuare in case the credit card machine is not working due to limited electricity.
- On departure from Pacuare, you will be able to shower and change into dry clothes at Pacuare's private facilities after the rafting. Long trousers, a shirt and light jacket/sweatshirt are recommended.

This afternoon the Pacuare Canopy Adventure is included: the action begins with a safety orientation and donning of specialised equipment. You then begin an unhurried trek through tropical rainforest up to the first platform - this twenty-minute hike into the Pacuare Lodge's private reserve will transport you into an unspoiled realm of gorgeous views and magnificent scenery. *Today's tour is on a small group basis.*

Accommodation: Pacuare Lodge, Linda Vista Suite

Meals: Breakfast, Lunch & Dinner

Day 19 - Cabecar Indian Rancho & Rainforest Hike

Wake up to birdsong and the soothing sound of the river nearby. Head to the main lodge for a delicious breakfast of homemade bread, tropical fruit and real Costa Rican coffee. The lodge employs a resident naturalist guide who provides you with insight into the plant and animal world. Today we have included a fairly challenging guided hike (around 4-5 hours) through the emerald rainforest and will request a cultural exchange with a shaman in the Cabecar Indian community. The Talamanca Mountains are host to the Cabecar Indians, the largest indigenous group in Costa Rica, and one that retains many of its traditional customs and be-

liefs. The Zutkia, or shaman, plays a multifaceted role in Cabecar culture as priest, magician, metaphysician or healer. *Today's tour is on a small group basis.*

Duration with jungle hike: approximately 4-5 hours.

Level of difficulty: difficult.

Includes: naturalist guides and a light snack

Accommodation: Pacuare Lodge, Linda Vista Suite

Meals: Breakfast, Lunch & Dinner

Day 20 - Breakfast in the Nest, Ancient Trail & Hidden Waterfall

Start today with breakfast in the Nest prior to heading out on a challenging hike. The Ancient & Hidden Waterfall Hikes is the most challenging of the Pacuare hikes. Departing from the Pacuare Lodge, it begins with a steep hike through the jungle to reach the legendary sendero de las mulas (mule trail), which is one of the main routes used by the Cabécar Indians to travel longer distances and has been used for generations. After the first climb, take the jabas trail, which includes a series of switchbacks, to the 'path of puma.' This will take you to the ancient mule trail, which you follow deep into the Nairi Awari Indigenous Reserve to reach the highpoint of this excursion: the hidden waterfall. Enjoy a picnic lunch at this scenic spot before hiking back along the trail to a Cabécar indigenous community. After exploring the traditional village, continue down another rainforest trail back to the Pacuare Lodge. *Today's tour is on a small group basis.*

Level of difficulty: moderate to difficult.

Duration: 6-7 hours.

Includes: guide and picnic lunch.

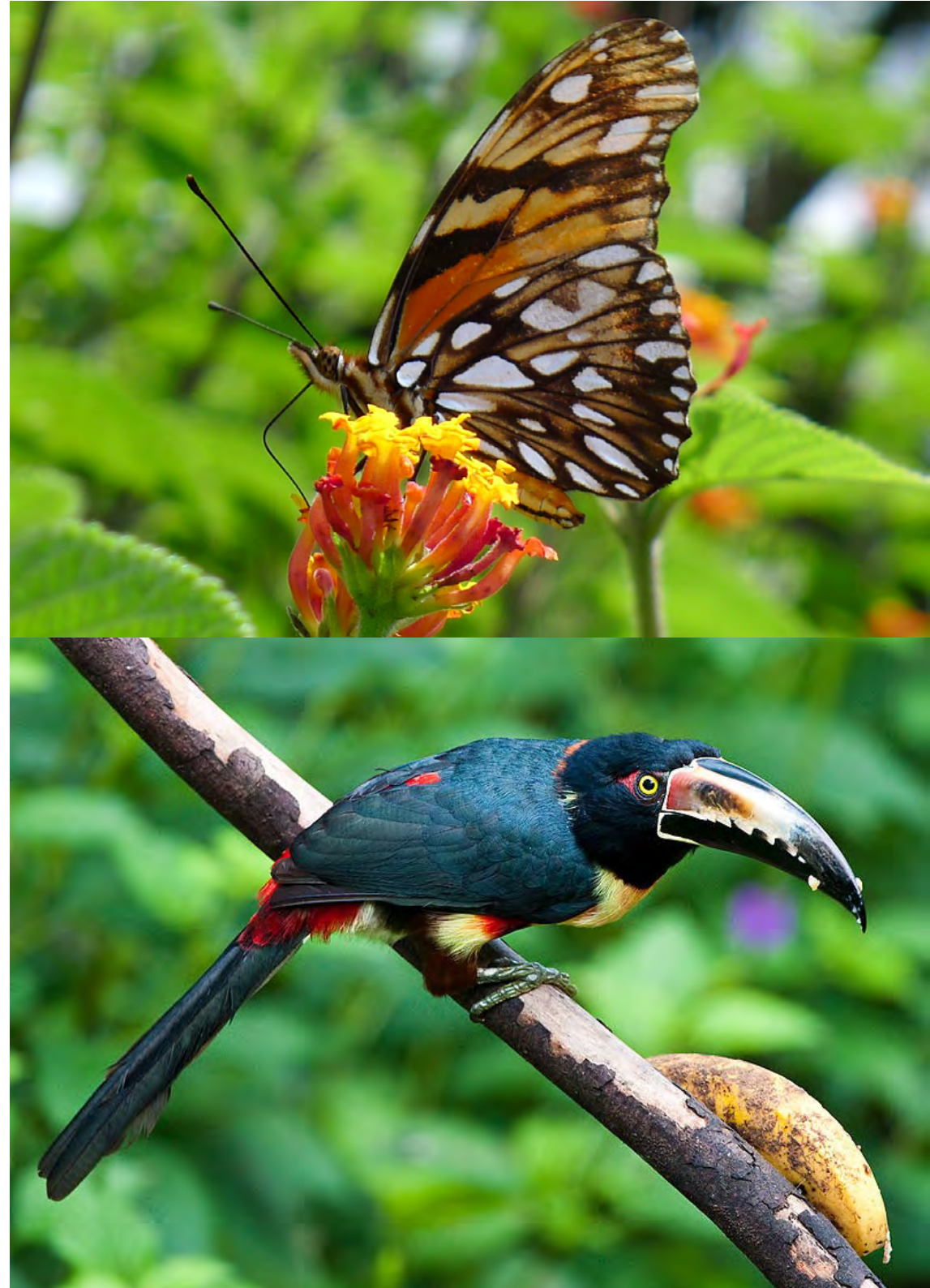
Accommodation: Pacuare Lodge, Linda Vista Suite

Meals: Breakfast, Lunch & Dinner

Day 21 - Rafting out & transfer to Savegre

Get set for an action-packed white-water journey lasting approximately 3½ hours over class III-IV rapids. Pause for a delicious picnic lunch along the river before being transferred around 4 hours to San Gerardo de Dota arriving this evening.

San Gerardo de Dota is located only 85 kilometres southwest of the capital on the Pan-American Highway and represents a natural territory for many species of flora and fauna having established itself as a key territory for the resplendent quetzal which lives here throughout the year.





Accommodation: Dantica Lodge, Master Suite

Meals: Breakfast & Lunch

Day 22 - Los Quetzales National Park & Cerro de La Muerte

Depart from the hotel at around 5.00am to begin the quetzal tour at around 05:30am as you set off with a private guide to explore nearby Los Quetzales National Park. Decreed a National Park in 2005, Los Quetzales is one of Costa Rica's newest Parks and least visited, covering 5,000 hectares (12,350 acres) including three forest zones and 14 eco-systems. Its objective is to preserve the highland forest and protect the water sources found here. Explore the Continental Divide separating the eco-systems between North and South America searching for endemic bird species during which your guide will explain the natural history of the area. With a little luck of clear skies, enjoy an impressive panoramic view of the Talamanca Cordillera and the volcanoes of the Central Volcanic Cordillera. In the distance you will see the Central Pacific and the Southern Pacific leading towards the Valle del General and the Osa Peninsula. Beyond is Chirripó, Costa Rica's highest peak.

Duration: 3 hours approx.

Don't forget to bring: binoculars, walking shoes, warm clothing, poncho.

Return for breakfast at 07:00am at the hotel. Depart to the Cerro de la Muerte trail starting point between 8-9am and begin hiking at 10:00am approx.. You'll return between 4:00-5:00pm depending on pace of hiking.

Cerro de la Muerte is the highest point in the Costa Rican section of the Inter-American Highway. Its name means 'Mountain of Death', originating from the historical crossing of the mountains from the Valle Central which meant a three or four day journey, on foot or on horseback, and many ill-prepared travellers succumbed to the cold and rain.

A sign marks the high point of the highway at 3,335 metres (10,942 feet), from where the vehicle track and hiking trail begin. At this altitude, overnight temperatures can dip below freezing, but the sun soon raises the temperatures in the morning, with a high risk of sunburn in the thin clear air. Nearly 50% of the bird species recorded from Cerro de la Muerte are endemic to the Talamanca range. These include fiery-throated hummingbird, timberline wren, sooty robin, black-billed nightingale-thrush, peg-billed finch and volcano junco.

Accommodation: Dantica Lodge, Master Suite

Meals: Breakfast



Day 23 - Cloudbridge Nature Reserve Hike

Today's Cloudbridge hike covers a distance of around 8km. During the walk, hike in secondary and primary oak forest at an altitude between 1,300-2,200 metres above sea level. You'll visit 3 different waterfalls with lots of bird watching opportunities. The tour is provided with a private guide and includes a box lunch.

The tour lasts 6 hrs and can depart at 8 or 9 from El Pelicano and the drive time between Dantica Lodge and El Pelicano is around 1 hour 45 minutes each way.

Accommodation: Dantica Lodge, Master Suite

Meals: Breakfast & Box Lunch.

Day 24 - Journey to the Golfo Dulce

Transfer around 4.5 hours overland to Golfito on the Golfo Dulce. Upon arrival, you transfer by boat to the lodge for a 4 night stay. Unspoiled and remote, this region is one of the most biologically diverse natural reserves in the world.

What makes Playa Nicuesa Rainforest Lodge so unique, pristine and private is that access from nearby villages is by water only. Playa Nicuesa is noted for its "Selva y Mar" (jungle and sea) location because the front yard is a gulf right off the Pacific Ocean, and the back yard is literally thousands of acres of pristine tropical rainforest.

Meals are served in the open air main Lodge with an emphasis on local cuisine, fresh fish and tropical fruits, vegetables and herbs grown on the property or by local farmers. For those seeking physical challenges or just relaxation, the Lodge includes self-guided kayaking, fishing, snorkelling, hiking, wildlife viewing, yoga and hammock swinging under the almond tree by the sea. There is also a complimentary daily sustainability tour that visits the recycling and composting area, the reforestation centre, the solar drying room and describes the construction measures taken when building the Lodge.

Packages include: three meals daily; Snacks and Juices, Boat Pick Up and Drop Off from Town of Arrival/Departure (Golfito/Puerto Jimenez), Unlimited Self-Guided Hiking on Lodge Preserve Trails, Unlimited Use of Kayaks, Snorkelling and Fishing equipment. Also included are a Kayak tour at the Golfo Dulce, Rio Esquinas Mangrove Tour (Kayak or motor boat), Rainforest / Waterfall hiking in Piedras Blancas National Park, Botanical Garden visit and Golfo Dulce Boat / Snorkelling. Prepared Fruit Drinks, Carbonated and Alcoholic Drinks, are not included.





Activity Note: the lodge is aware that you would like to do the most challenging of the Piedras Blancas National Park & Waterfall hike. The timing will be confirmed locally. There is daily yoga at daybreak and sunset.

Accommodation: Playa Nicuesa Rainforest Lodge, One Bedroom Cabin

Meals: Breakfast & Dinner

Days 25-27 - Exploring the Pacific Gulf waters and rainforest

Playa Nicuesa Rainforest Lodge Private Trails. On the 165-acre preserve there are numerous trails that wind through the rainforest canopy, fruit trees, and coastal lagoon areas. These trails are perfect for all levels of guided and self-guided hikes. Trails offer a casual walk as well as challenging climbs. We have selectively sited view terraces to observe wildlife or just relax and enjoy the solitude of nature. Listed below are just a few of the activities:

Kayaking - The Golfo Dulce is a special place to kayak. Travel along the blue/green waters with the dramatic rainforest canopy in the background. Keep your eyes open for dolphins and other marine life swimming by. There are also several nearby rivers where kayaking offers a great chance to paddle into the jungle and see a variety of sea and jungle birds that live in the area. This is a safe paddling area that is ideal for beginners to spend a relaxing hour paddling, or for the experienced and adventurous to spend a challenging day exploring the coastline and nearby mangroves. Ocean kayaks are available for all guests to use in the vicinity of the lodge at no charge.

Snorkelling - Snorkel right off the beach to see many beautiful tropical fish, or in minutes we can whisk you to a beautiful rocky cove or one of the reefs of the Golfo Dulce. The lodge will have a full supply of snorkels and fins for guests to use within the vicinity of the lodge at no charge.

Waterfall Hike. This is a 2 hour hike (one way) that leads from the lodge to a beautiful waterfall where you can swim in a natural swimming hole tucked away in the jungle. This is a mostly flat trail that offers interesting and serious hiking but avoids steep elevation changes.

Piscina Grande Trail. This is a 3 hour hike (one way) that leads from the lodge, climbs high into the rainforest canopy of primary forest before dropping into a beautiful valley. The trail ends at a large waterfall and swimming hole. This is a trip for the adventurous and fit, as we will walk up steep terrain to reach our destination. Among the wildlife frequently seen are White Faced monkeys, Howler monkeys, over 250 types of birds including toucans, trogons and parrots, numerous butterflies including the majestic blue morpho, and tropical mammals such as

pizotes and tyras; reptiles such as Iguanas, lizards and amphibians such as the wondrous red-eyed tree frog.

Accommodation: Playa Nicuesa Rainforest Lodge, One Bedroom Cabin

Meals: Breakfast, Lunch & Dinner

Day 28 - Fly to San Jose & Connect to Bocas del Toro

Return by boat to the marina and transfer to the local airport for a flight to San Jose. Connect with an onward flight to Bocas del Toro.

Isla Colon was the first island visited by Christopher Columbus on October 5, 1502 on his fourth and final voyage to the New World. Then in 1745, English pirates successfully setup a base here to trade live turtles, sarsaparilla, tortoise shells and mahogany. By 1890 the pirates were gone and a flourishing banana plantation business began. Today, the nine islands and 251 cays that form the archipelago are a haven for snorkelling and diving enthusiasts.

Accommodation: Hotel Bocas del Toro, Premium Ocean Balcony Room

Meals: Breakfast

Days 29-30 - Bocas del Toro at leisure

Days at leisure, no activities included.

During your stay, you can request the following activities:

- * Visit some of the most exotic and isolated virgin beaches located in the different Islands of the Archipelago.
- * Snorkelling at the coral reefs of the bay to see lots different corals, tropical fish and starfish.
- * Boat rides through the island visiting indigenous communities.
- * Hiking in the rain forest to observe the flora and fauna.
- * Motorised canoe river trips to search for sloths and the white face monkeys.
- * Boat tours to meet dolphins in their natural living area.
- * Visiting Bocas town to admire its afro Caribbean colonial architecture style.

Accommodation: Hotel Bocas del Toro, Premium Ocean Balcony Room

Meals: Breakfast

Day 31 - Fly to Panama City

At the agreed time, you'll be transferred to the local airport for a flight to Panama City.





On arrival in Panama City, you are welcomed and transferred to your hotel in the historic Casco Viejo district for a 3-night stay.

Baggage note: you may check-in 14kg of luggage free of charge. Beyond this amount there is a charge of \$2 USD per kg. Please note that the amount of extra luggage you are able to take also depends on flight capacity.

Accommodation: Hotel Central, Garden View Room

Meals: Breakfast

Day 32 - Explore Panama City

Begin your exploration of Panama City with a walk around the historic centre. Tour the city of Panama La Vieja, the first city established by the Spanish and then conquered by Henry Morgan in 1671. Climb the newly restored cathedral tower then continue to colonial Casco Antiguo. This area was built in 1673 and today is best enjoyed on foot by walking around the French Plaza and surrounding monuments, paying close attention to the unique architectural styles of the French, Italian and Spanish.

Later head to the Panama Canal area. You will stop first at the folk art market at the old YMCA building then continue to the Miraflores Locks and watch the ships pass through one the world's most famous and amazing engineering masterpieces, the Panama Canal.

Tour duration - around 6 hours.

Accommodation: Hotel Central, Garden View Room

Meals: Breakfast & Lunch

Day 33 - Kayaking the Panama Canal Watershed

Spend half a day kayaking on the Gatún Lake at the Panama Canal, near the Soberania National Park. Paddling the Gatun Lake along its pristine bright green banks and islands, over the extensive vegetation and wildlife. The construction of Gatun Dam in Chagres Valley in the early 1900s has provided waters for thousands of ships to transit across the Isthmus of Panama and for you to experience a unique kayaking adventure.

Accommodation: Hotel Central, Garden View Room

Meals: Breakfast



Day 34 - Fly to Bogotá , Colombia

Transfer to the airport for a direct flight to Bogota. On arrival you are welcomed to Colombia and transferred to your hotel for a 3 night stay.

Vibrant and diverse Bogotá is the country's capital and commercial back bone; a mix of old and new, trendy and traditional, stately and charming. Home to a dazzling array of museums, churches, colonial mansions and stately buildings, Bogotá strikes a fine balance between its historical past and its movement into the future. Located at an elevation of 2,650m on a mountain rimmed plateau high in the Cordillera Oriental of the Andes, the city was founded on the 6th of August 1538 by the Spanish conquistador Gonzalo Jiménez de Quesada. The new city became the vice-regal capital of New Granada in 1717. It was captured by Simón Bolívar in 1819 and was the capital of the independent nation of Great Colombia (which included modern day Colombia, Ecuador, Panama and Venezuela). It became the capital of New Granada (later renamed Colombia) in 1830 when Great Colombia was dissolved. The city initially grew slowly because Bogotanos (Cachacos) wished to preserve their old culture. They cherished their churches, convents, homes (built in the ornate Spanish colonial style) and the National University, founded in 1573. They also prided themselves on speaking the purest Spanish in the New World. The city however expanded rapidly after 1940 as large numbers of rural Colombians migrated here in search of greater economic opportunities. Bogotá is now Colombia's largest financial, political and cultural centre. The National University of Colombia and many others located here make Bogotá the nation's chief educational centre.

Note: departure tax from Panama is \$40.00 USD.

Accommodation: Hotel Artisan, Metropolitan Deluxe Room

Meals: Breakfast

Day 35 - Bogotá

Head out and explore Bogota combining the historic centre and street art. Your guide will meet you to begin your exploration of Bogota. Set off on a walking tour through the streets of La Candelaria, Bogota's heart and soul. With its humble beginnings this is the oldest part of the city around Plaza Bolivar (the Main Square). Surrounding the square are several important Colonial and Republican style buildings including the Palace of Justice and Colombian Congress. Casa Narino contains history on Antonio Nariño as well as all presidents who have resided here. The Plaza is also home to the Mayor's office and the Primary Cathedral of Bogota that dominates an entire corner. Standing proud in the plaza's centre is a statue of Simon Bolivar (Founder of Colombian independence). As you





wander the streets of La Candelaria away from the main square, your guide will not only explain the history of Bogota but also the intricacies of current Colombian culture and daily life.

Continue to the Gold Museum which contains one of the finest collections of Pre-Hispanic gold in the world, with more than 35,000 pieces of pre-Colombian gold work in the collection. Many of the works are said to be unsurpassed by goldsmiths of today and it's easy to understand when you allow yourself time to study examples such as the Balsa Muisca (Offering boat). This golden raft is one of the focal points of the display and was the driving force in the Spaniards quest to find El Dorado.

Onwards, visit the finest view point of Bogota, the hill top lookout and monastery of Monserrate. The summit can be reached by either funicular railway or cable car. From the highest point the view across the city will enable you to see the different sectors of Bogota. The new convent is a pilgrimage site for many Colombians who make their way past the fourteen Stations of the Cross until reaching the convent.

Accommodation: Hotel Artisan, Metropolitan Deluxe Room

Meals: Breakfast & Lunch

Day 36 - Paloquemao Market

Head out today with your guide on a half day visit to Paloquemao Market. This is one of the most organised markets of the country and offers a great insight into local cuisine & gastronomy. You can sample some of the exotic Colombian fruits which are rarely found anywhere else, such as lulo!

Afternoon at leisure.

Accommodation: Hotel Artisan, Metropolitan Deluxe Room

Meals: Breakfast

Day 37 - Transfer from Bogotá to Villa de Leyva via Zipaquirá

Set off on the 4 hour approx. drive to Villa de Leyva. Stop enroute to visit Zipaquirá's salt cathedral, which for some is a religious monument, others a celebration of engineering or maybe even an artistic masterpiece.

Arrive this afternoon in Villa de Leyva passing through stunning savannah landscapes on the way. With its myriad of winding cobbled streets, lined on either



side by orange roofed white washed houses, and surrounded by mountains, the village is a charming place to while away a few days. With scarcely a modern building in site and boasting one of the largest cobble-stoned squares in South America this village is a great place to see a snapshot of historical Colombia preserved in its entirety.

Just outside Villa de Leyva, there are some wonderful walks and excursions that can be made within half a day or a day. Alternatively, you can take in some of the other sites such as visiting ancient giant Fossils, Muisca observatories and indigenous sites.

Accommodation: Hotel Casa Terra, Suite Room

Meals: Breakfast & Lunch

Day 38 - Trekking Iguaqué National Park

The Muisca, the ancient tribes people who inhabited the area high above Villa de Leyva, considered the Lago Iguaque to be the birthplace of mankind. They believed that the goddess Bachuè emerged from lake holding her new-born child. When the child grew the goddess and her son set about populating the earth. In old age the two evolved into serpents and returned to the lake forever. It's easy to see why this area is so fascinating with its wealth of indigenous folklore and history.

Today this birthplace of mankind is known by the more modest name of the Santuario de Flora y Fauna de Iguaque. There are 8 lakes found inside the park, including the principal Lago Iguaque all resting at altitudes of between 3,550 masl and 3,700. This important "Paramo" or mountain highland is home to numerous plants and animals, including the famous Frailejon, a strange mountain like cactus endemic to the Andean region.

A trip to the park can be a bit cold and good clothing and boots are a must but the rewards for the trekker are amazing views and scenery in one of the more remote parts of the Andes.

Note: this is designated a challenging hike with some steeper ascents at relatively high altitude.

Accommodation: Hotel Casa Terra, Suite Room

Meals: Breakfast & Lunch





Day 39 - At Leisure

Today is at your leisure to soak up the charms of Villa de Leyva.

Accommodation: Hotel Casa Terra, Suite Room

Meals: Breakfast

Day 40 - Transfer to Bogotá and fly to the Coffee Region

Depart Villa de Leyva this morning and transfer around 4 hours to Bogotá where you board a flight to Pereira in the coffee region for a 4 night stay.

The coffee region for many people is the cultural epicentre of Colombia. With every turn, a spectacular panorama changes your perspective, from the rolling hillsides of fertile coffee plantations to plunging valleys. Campesino or rural life continues as it has done for centuries harvesting coffee, plantain (a type of banana) and many other fruit in this lush and fertile land. Staying in one of the many fincas or haciendas provides an opportunity to get a feel for the area's ambience and a great place to rest after a day exploring. Three departments make up the Triangulo Del Café. They run in a North to South line following the Central Andean Cordillera. Caldas is the most northerly of the departments, then heading south to Risaralda and in turn Quindío. All three are flanked by the snow-capped peaks of the Parque Natural Los Nevados to the east.

Accommodation: Casa San Carlos Lodge, Junior Suite

Meals: Breakfast

Day 41 - Filandia, Salento & Cocora Valley with Biking

Today's tour focuses on the culture of the region along with hiking the stunning natural beauty of the Cocora Valley. You'll journey to the far northeast of Quindío to the beautiful Valle Cocora where the magnificent Wax palm grows. Then onto the first settlement in Quindío as you arrive at Filandia where the main square has not changed in appearance or in character in decades.

Your guide will talk about the culture and people of the region and how small pueblos (Villages) like this form the back bone of rural agricultural life. From Filandia you'll head to the Valle Cocora which could be mistaken for Switzerland. Here you'll see the Wax Palm (*Ceroxylon quindiuense*) which covers the mountain range and has been declared a national monument to protect the tree and the endemic species that depend on it. Onwards to Salento, a municipality in the North-Eastern part of the department of Quindío which dates back to 1850. This picturesque town boasts a number of fine houses of traditional architectural style.

Note: today's tour will be part driven and part cycled. As much as is logistically possible will be by bike. You will be picked up from your hotel and driven for one hour until "La Cuchilla" (near the toll) in Quindío. Prepare to bike for an 8km downhill on paved road (with some traffic). Bike through a narrow road (very few cars) going north by Juan Bosco. This is a flat 4m ride until the end of the road, after that cross over the Quindío river bridge.

Continue along the river by the Boquia Valley. You then start going uphill (challenging) until the blue house. The next ride is to continue 8 km tot Salento. After a break in town, continue to Cocora for 11 km more on a narrow paved road. From Corcora you'll be driven back to the lodge.

Additional note: It is an 8 hour program (for a good rider) offering a good challenge with great views and amazing landscape. Maximum altitude 2,400 m.s.n.m.

Accommodation: Casa San Carlos Lodge, Junior Suite

Meals: Breakfast & Lunch

Day 42 - Coffee Culture & Cordillera Villages by bike

Begin exploring with a guided regional tour of the Cordillera villages and ample opportunities to walk, bike and admire the landscape. You also visit the coffee plantation at Venecia Hacienda. This coffee farm takes its coffee very seriously and has built its entire existence around the germination and preparation of Colombian coffee. This is a fine opportunity to learn the art of cupping, the tasting and classification of flavors, aromas and bodies of different types of coffee bean. It can get noisy, but once the slurping commences there are tastes and sensations that you probably did not imagine. There is a chance to learn from the expert barista (taster) who will teach you how to make the perfect espresso or cappuccino. You will also walk through the coffee plantation and nursery and there will be an explanation as to how the plant grows and is cultivated before the final bean reaches the coffee cup.

Note: today's tour will be part driven and part cycled. From Casa San Carlos Lodge you'll be driven to the starting point of the biking. Pass through Marsella and arrive at Hacienda Venecia after about 90 minutes on an unpaved road. Later you return by bike on the unpaved road and an alternative route back to the highway from where the car will transfer you back to the lodge.

Accommodation: Casa San Carlos Lodge, Junior Suite

Meals: Breakfast & Lunch





Day 43 - Los Nevados National Park

Spend today visiting Los Nevados National Park. The drive from your hotel is around 2.5-3 hours through spectacular scenery to Los Nevados, a landscape of mountain ranges, dormant volcanoes and hot springs. The highest range of the three (Nevado del Ruiz, Nevado de Santa Rosa and Nevado Tolima), is del Ruiz (5,231m) which erupted in 1985.

The journey will take you by road out through Pereira and Manizales and into the stunning scenery of the highlands of the departments of Risaralda and Caldas. Your guide will explain the climates, flora and fauna and history of this wild and beautiful landscape. There are some amazing photo opportunities at every corner of the winding road. During the first stages you will see the Frailejon plants; this is a herb endemic to the Andean Region. Stop further up the mountain at El Valle de Las Tumbas (Valley of the Tombs) and walk to the edge of the valley where sounds reverberate around the rock formations. Then a steep curving climb higher up the mountain and onto the welcome area where you start the 1,200 metre climb to Del Ruiz. The walk is slow but rewarding as you reach the edge of the glacier and, weather permitting, you will be greeted by superb views across the mountain ranges and valleys below.

Accommodation: Casa San Carlos Lodge, Junior Suite

Meals: Breakfast & Lunch



Day 44 - Fly to Santa Marta

Transfer to the airport in Pereira for a flight to Santa Marta, via Bogota. On arrival you will be transferred to the Tayrona National Park for a 4 night stay on Canaveral Beach.

Located approximately 4.5 hours from Cartagena, Parque Nacional Tayrona is a true paradise. The park sits at the edge of the Sierra Nevada de Santa Marta mountain range, the highest coastal mountain range in the world and stretches over 35 miles from Santa Marta in the West to Rio Piedras in the East. Palm fringed beaches and golden sand stretch out in front of you and the backdrop is lush green rainforest. There are numerous paths that link the various beaches and bays, which make perfect walking trails to while away the days.

Although the sea can be choppy in parts there are several swimming locations. The park was once home to the indigenous Tayrona Indians and archaeological remains can still be found, the best preserved of these is the Pre-Hispanic village of Pueblito, believed to have been the site of a major Tayrona settlement.

Accommodation: Hotel Ecohab Cañaveral, Cañaveral Room

Meals: Breakfast

Day 45 - Trek to Pueblito & Tayrona Park

From your hotel, set off on the hike to El Pueblito. This is a smaller version of the Lost city structure located up in the Sierra Nevada mountain.

This pre-Colombian indigenous site was part of the same indigenous community that existed in the area many centuries before and whose descendants still inhabit much of the same area. At the site of El Pueblito, you can still see some of the original paths and foundations of dwellings from the original "village". Although physically not much still remains there is enough to get an insight in to how life must have been for the indigenous tribes inhabiting the area.

Accommodation: Hotel Ecohab Cañaveral, Cañaveral Room

Meals: Breakfast & Lunch

Days 46-47 - At leisure

No activities included today.

Accommodation: Hotel Ecohab Cañaveral, Cañaveral Room

Meals: Breakfast

Day 48 - Overland to Cartagena & Cartagena by Bike

Transfer overland around 4 hours to Cartagena and check-in to your hotel in the historic centre for a 3 night stay.

Founded in 1533 by Pedro de Heredia, Cartagena was formerly the Caribbean gateway port used by the Spanish. Cartagena eventually won its Independence in 1821 a full 3 years after Bogota had been liberated. This passionate and vibrant city with some of the best preserved colonial architecture in all of South America exudes character, mix in African rhythms and indigenous influences with the Spanish colonial splendour and Cartagena is truly an incredible destination.

This afternoon, your private guide will accompany you on a gentle biking tour and introduction to the delights of historic Cartagena. Colour splashes every corner, balconies overflow with blossom and energy seeps beneath the ancient wooden doors of hotels, restaurants and Casas Privadas. Fresh fruit juices and seafood stalls are rich pickings within the myriad of cobbled streets. Heels click instinctively with the throb of Salsa from Café Havana and dance is integral. Observe the hustle and bustle over a cool beer at Donde Fidel's as street vendors add local colour to the cobbled highways. Wander through the old town under the Puerta Del Reloj (Clock tower entrance) into the Plaza de los Coches. Your guide will di-





vulge the myths and legends, histories and stories of Cartagena from ancient times right up to the present.

Accommodation: Casa San Agustin, Suite

Meals: Breakfast & Lunch

Days 49-50 - Cartagena

Two days at your leisure to soak up the city's atmosphere.

Accommodation: Casa San Agustin, Suite

Meals: Breakfast

Day 51 - Departure

Transfer to the airport in Cartagena for a flight to Bogota, connecting with your onward flight to the UK, via Madrid.

Accommodation: Overnight flight

Meals: Breakfast

Day 52 - Welcome home

Laterally sleeping...

Hotel Los Robles, Nicaragua

Hotel Los Robles is a small, boutique hotel located in a residential area close to the financial and commercial centre of Managua. The hotel is housed in a colonial style building where tropical plants and colonial decoration result in a friendly and comfortable atmosphere. The 14 comfortable rooms all have air conditioning, a ceiling fan, private bathroom with shower/bathtub, cable TV and a small private patio.

www.hotellosrobles.com/en/#1



Yemaya, Nicaragua

Yemaya is a barefoot beachfront hideaway nestled among swaying coco palms and lush jungle on the pristine northern tip of Little Corn Island, Nicaragua. Each of the hotel's 16 cabanas is beachfront and overlooks the beautiful Caribbean sea and fringe reefs in the distance. All the cabanas are configured with a king bed and a single bed. Snorkelling gear can be found in each cabin, located footsteps away of the beach. Amenities include a 24-hour front desk, daily housekeeping, private bathroom for each unit, ceiling fans, an indoor garden, private balcony with bamboo furniture, 24 hour power and hot water (a recent luxury to Corn Island!). The hotel has a Wellness Spa that is focused on making you feel absolutely wonderful during your stay. From holistic energetic healing sessions to deep tissue and hot stone treatments.

www.littlecornhotel.com



Hotel Los Patios, Nicaragua

Hotel Los Patios is an intimate hotel located only a couple of blocks outside the restored colonial centre of Granada. Los Patios provides five individually designed bedrooms and five open patios, including an outdoor swimming pool. It is designed to echo the town's rich Spanish colonial architecture mixed with a streamlined sense of modernism. With a simple approach to sophistication, accentuated by decorative details from Nicaraguan artisans. Each room has a king size bed, high ceilings and a private bathroom. Unique to 'Los Patios Hotel' are five different patios, ideal for a quiet interlude outside.

<http://lospatiosgranada.com>



Xalli Ometepe Beach Hotel, Nicaragua

Xalli is a recently refurbished 7-room hotel located beach-front along the sandy isthmus connecting Isla de Ometepe's two spectacular volcanoes. The hotel's restaurant focuses on offering delicious nutritionally balanced meals maximizing the use of organic and locally sourced fresh produce. Amenities include WIFI access, room service, laundry and a wonderful beachfront location.

www.xallihotel.com



...sleeping Laterally

Jicaró Island Eco-lodge, Nicaragua

Jicaró Island Eco-lodge is a delightful nature resort located on a private island in Lake Nicaragua. The lodge is just a short boat ride from Granada with spectacular views of the Mombacho Volcano across the lake. Guests stay in one of nine private casitas overlooking the lake. Each one has a canopy bed, private bathroom and veranda. While at the lodge you can choose to relax and indulge in the jungle-like surroundings, or do a yoga class or have a massage in an open-air treatment room.

www.jicarolodge.com

The Retreat, Costa Rica

Opened in 2014, The Retreat is the brainchild of Chef, author and Health and Wellness Coach, Diana Stobo. Diana's goal was to create a transformational wellness centre, where people could come to escape the stress in their lives. The Retreat is located less than 30 minutes from San Jose International Airport and is nestled in the arms of a quartz mountain with views towards the Pacific Ocean. Facilities include a Spa, Yoga house, swimming pool, fitness centre and a cosy living room. Cuisine is designed around a creative vegan menu which is a highlight of any stay here. Alcohol is discouraged.

<http://theretreatcostarica.com>

Pacuare Lodge, Costa Rica

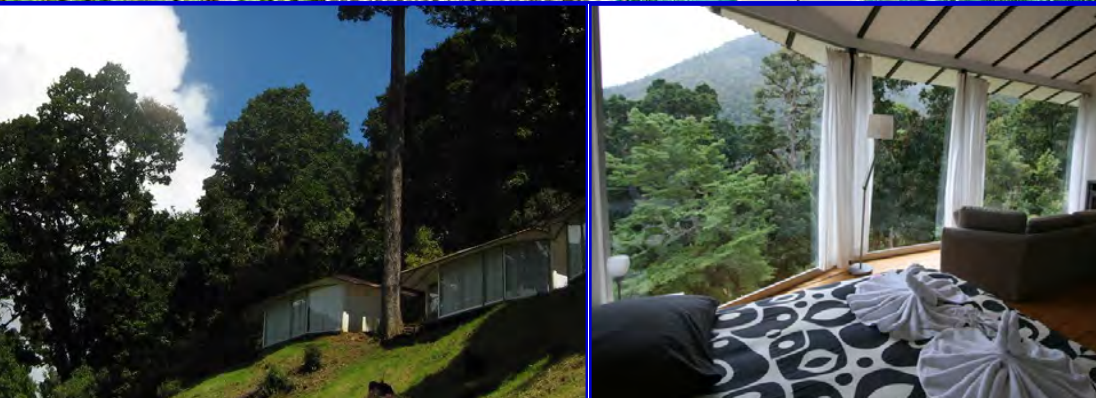
Pacuare Lodge is tucked away in a steep gorge, deep in rainforest-covered mountains on the banks of the Pacuare River, the best place in Costa Rica to go white-water rafting. So perhaps it's no surprise that to reach the lodge, guests usually raft in, and if that little taster leaves you hankering for more, rafting trips are among the many excursions on offer here. Others include bird-watching, fishing, horseback tours, hiking, mountain biking and visits to traditional local villages. The lodge itself features 19 tastefully decorated cabanas, all with comfy beds, hardwood floors, wraparound terraces, hammocks and views of the river or jungle. Responsible tourism is taken seriously here so there's no electricity. Instead the complex is lit at night with hundreds of candles and lanterns, creating a wonderful fairy tale atmosphere. You experience a quiet candlelit ambience at night and the sound of nature right on your doorstep.

www.pacuarelodge.com

Dantica Cloud Forest Lodge, Costa Rica

Dantica Cloud Forest Lodge provides accommodation in bungalows with views of the surrounding mountains and forest. Large glass windows give you the impression of being in the forest itself. Every bungalow has its own terrace or garden situated to the south or west side, combining the warmth of the sun in this temperate climate with a view that enables you to oversee the valley and primary forest. Ideal for bird watching from a comfortable chair. Other features at the Dantica Cloud Forest Lodge includes a restaurant, an organic herb garden and a gallery. Various services and activities can be arranged through the lodge such as private massages and tours through the forest reserve.

www.dantica.com/en/



Laterally sleeping...

Playa Nicuesa Rainforest Lodge, Costa Rica

This unique Costa Rica eco lodge is sensitively designed with the environment and constructed from naturally fallen trees, recycled materials and harnesses the natural energy from the sun to provide electricity. This treehouse-style lodge sits on a 165-acre rainforest reserve overlooking the Pacific Ocean on Costa Rica's remote Osa Peninsula. Howler monkeys are more likely to wake you than an alarm clock, and you won't be distracted by the television or internet either, which are refreshingly absent. The main lodge is a wooden two-storey affair, open all around to the forest canopy. Rooms are either in the lodge or in separate cabins with open-air showers and private verandas. Guests dine family style at long wooden tables lit beautifully by candles.

www.nicuesalodge.com

Hotel Bocas del Toro, Panama

Hotel Bocas del Toro offers a historical ambiance of Caribbean exotic wood craftsmanship with the sea beneath. Nicely appointed with wood and nautical furnishings the 11 room boutique hotel offers ocean and town balcony views, ocean kayak rentals, Wi-Fi, air conditioning and in-room massage.

www.hotelbocasdelatoro.com

Hotel Central, Panama

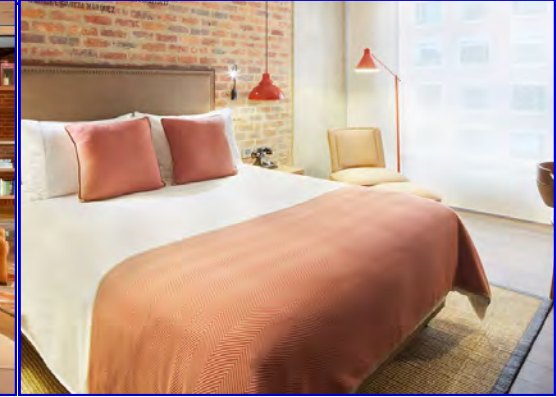
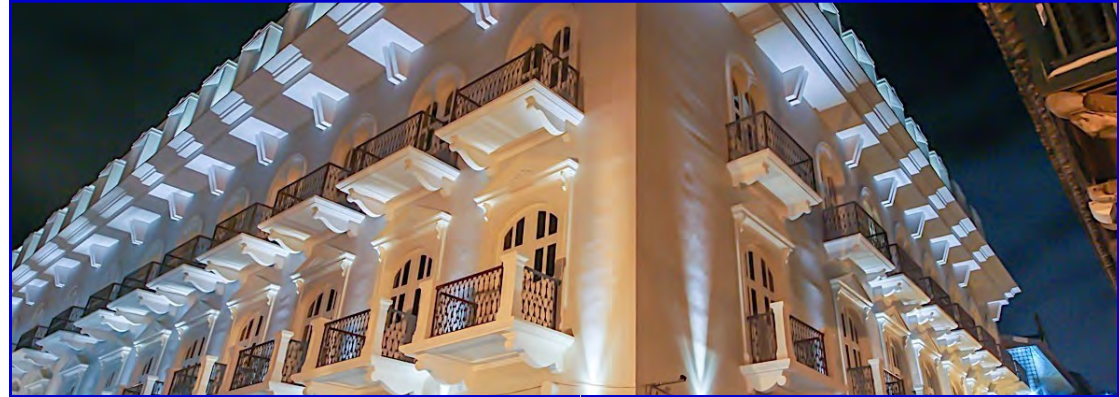
Located on the Plaza de la Independencia within a UNESCO World Heritage Site, this beautifully restored property is only steps away from the Presidential Palace, National Theatre, Panama Canal Museum and countless architectural landmarks. Central Hotel Panamá's 135 guestrooms and suites feature views of the Old Town and are appointed with Panamanian-style furnishings, offering a blend of colonial-era charm and modern comfort.

www.centralhotelpanama.com

Hotel Artisan, Bogota, Colombia

Inspired by local Colombian artists and their designs, The Artisan Hotel provides a one-of-a-kind experience in the heart of Bogotá, Colombia. The hotel is located in the Financial District and amidst the Gourmet Zone (Zona G) containing some of the city's finest restaurants. Visit Osaki Restaurant for Asian cuisine and stop by The Cooper Lounge Bar for international fare. Immerse yourself in luxurious rooms and suites situated in two uniquely styled towers. The Weaver Tower showcases romantic details, and the Tailor Tower features a vibrant, urban ambiance. All rooms offer complimentary Wi-Fi.

www.marriott.co.uk/hotels/travel/bogak-the-artisan-dc-hotel-autograph-collection



...sleeping Laterally

Hotel Casa Terra, Villa de Leyva, Colombia

This unique hotel is located in the centre of Villa de Leyva, a short walk from the famous Plaza Mayor. There are just 7 tastefully decorated rooms and suites, mixing rustic elegance with contemporary furniture and design. Run by the owners, a husband and wife team, he is an architect and she a designer. The breakfast menu features local produce and good healthy food. The hotel is also involved in an olive project which will mean they can offer local olive oil to guests. In addition there is a quality wine list and a pizza oven and barbecue area.

www.hotelcasaterra.com

Casa San Carlos Lodge, Coffee Region, Colombia

Casa San Carlos Lodge is in the heart of the Coffee Cultural landscape and provides an experience for guests that includes observation and respect for the surrounding wildlife. This Lodge treated the building of the hotel itself with a sustainable approach and they are getting back to their roots by re-growing the rainforest surrounding the hotel. You will find unique pieces made by artisans with wood from the trails surrounding the property itself.

<http://casasancarloslodge.com>

Hotel Ecohab Canaveral, Tayrona, Colombia

Located on the beautiful Cañaveral Beach, you can enjoy peace and privacy in cosy bungalows. The bungalows are built with native wood and a high roof covered in palm leaves - a design inspired by the ancient Tayrona tribes. Each bungalow provides a view of the Caribbean Sea and the green landscape of the park. Featured at the Ecohabs is a gourmet restaurant and spa. Choose from a variety of activities such as bird watching, trekking to the ancient ruins of the Tayrona tribes, or simply taking long walks along the different beaches of the park.

www.ecohabsantamarta.com

Casa San Agustin, Cartagena, Colombia

A favourite in Cartagena de Indias, this property is an 8-minute walk from the beach. Featuring an outdoor swimming pool, a restaurant, and a terrace with a lounge, Hotel Casa San Agustin offers free Wi-Fi and Continental breakfast in Cartagena de Indias. The rooms in Hotel Casa San Agustin are decorated in Colonial style, and feature an iPod docking station and LCD TV. Some rooms have views of the internal garden and others overlook the city's old streets. Luxury linens and room service are provided. Guests can relax in the deck, in the game room, or in the library. Massage sessions can be arranged upon request, as well as car and bike rentals.

www.hotelcasasanagustin.com



What's Included...

- Meet & greet at the airports
- Accommodation with breakfast on a single room basis
- Other meals as specified
- Flight Managua - Corn Island
- Flight Corn Island - Managua
- Domestic flights in Costa Rica
- Private Transfers unless noted as shared / small group
- Ferry Tickets in Nicaragua
- Tours with English speaking guides

What's Not Included...

- Items of a personal nature - phone calls, laundry, minibar etc
- Gratuities & Porterage
- Early check-in / late check-out
- Departure taxes
- Excess baggage fees
- Beverages during meals
- Insurance cover
- Visas

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Complex itineraries worldwide
Creative Honeymoons
Milestone birthdays & anniversaries
Family reunions

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