

DISCOVER SLOTHS



**YOUR COMPLETE
ITINERARY
FROM DAY 1
TO DAY 8**

**HINTS
TIPS
INFO
AND JUICY
DETAILS**

**Do
You
Know
What to
Pack?**

**THE ALL
IN ONE
TRAVEL
HACK**

**A COMPLETE
GUIDE TO YOUR
PROJECTS**



TOUR HIGHLIGHTS



SLOTHS!

Get up close and personal with nature's most relaxed and smiley animal: the Sloth!

CULTURE

Embrace a fascinating and captivating culture of Costa Rica

BEACHES

Chill out for sunsets on breathtaking beaches

GIVE

Learn about the continuing work being done to sustain and replenish the local wildlife

FOOD

Sample authentic and traditional, mouth-watering cuisine



DAY 1 (FRI)

ARRIVAL IN SAN JOSE

It's finally here - the commencement of your epic journey starts today. When you land and have gone through all the usual rumble and tumble of airport formalities, one of our hearty and forever-smiling guides will be waiting to greet you with a hug, smile and Bamboo hi-5!

They will be very noticeable as they sport their Bamboo colours or wave the Bamboo flag - yes, we have flags. You'll then be whisked off to the accommodation to get rested and refreshed.

There will be an informal meet & greet for those of you feeling energised enough tonight - we wouldn't want you feeling slow, so let the sloth adventure begin!

Meals included: Dinner



DAY 2 (SAT)

ANIMAL RESCUE CENTRE

To kick off today, we will gather you all for an in-depth orientation. We'll explain some do's and don'ts, the culture and customs as well as offer some tips to help you get the most out of this trip.

It's then off to the animal rescue centre to meet some sloths amongst many other animals, located about an hour and a half away from San Jose city. We'll have a brief look around and learn about the work going on to protect the country's flora and fauna.

There will be much to do here, such as feeding the animals, cleaning cages and preparing the food.

Once we are all happy and in the know, we will head back to our lodging for a relaxing afternoon before heading out for dinner together.

Meals included: Breakfast, Lunch & Dinner

DAY 3 (SUN)

TIRIMBINA BIOLOGICAL RAINFOREST RESERVE

Today we'll be experiencing life in the tropical rainforest while helping to conserve its biodiversity. We'll be exploring the trails, discovering its flora and fauna, walk on the suspension bridges and discover the hidden secrets of the beautiful Costa Rican rainforests, before spending the night in a special lodge surrounded by tropical gardens while gently falling asleep to the sound of the rainforest.

Meals included: Breakfast, Lunch & Dinner

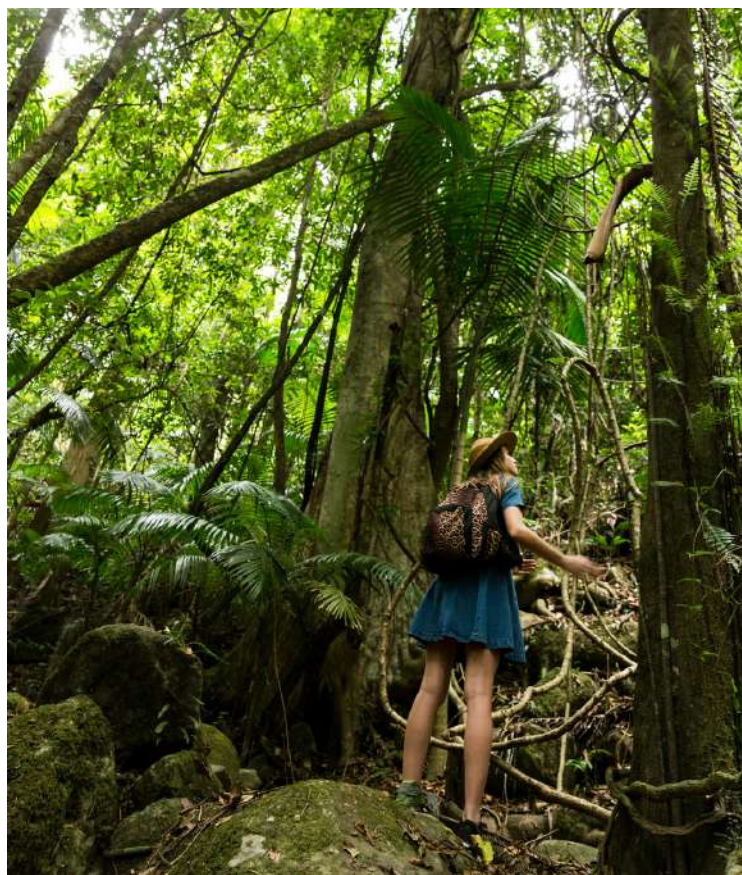


DAY 4 (MON)

TIRIMBINA BIOLOGICAL RAINFOREST RESERVE

CHOCOLATE! Yes, that's right. We'll wake up nice and early today to prepare for our CHOCOLATE HIKE! You will be taken through Tirimbina's rainforest across the longest hanging bridge in the region to a traditional cacao plantation where you will have the opportunity to taste the cacao bean at its different stages in the process of making chocolate and also be involved with different preparations of it, so don't forget to bring your sweet tooth!

Meals included: Breakfast, Lunch & Dinner



DAY 5 (TUES)

PUERTO VIEJO

Today we'll be traveling to the stunning Puerto Viejo, which is set along the turquoise Caribbean Sea in southeastern Costa Rica. Puerto Viejo de Talamanca is a laid-back beach town with a distinctly Caribbean feel. With residents of both Afro-Caribbean and indigenous descent, Puerto Viejo offers a unique culture that can be found only in this part of Costa Rica. Here, coconut rice, Reggaeton beats, colorful homes, and a laid-back attitude dominate. And with some of the country's most beautiful beaches, lush jungle, and an array of restaurants and nightlife, it is no surprise that Puerto Viejo is now a popular destination!

We'll be visiting the Jaguar Rescue Center to support the centre's conservation work. There's a large variety of many ill, injured and orphaned animals (including more sloths!) that need a bit of love and support.

It's very common to see sloths all over in the wild near Puerto Viejo, maybe simply crossing a road or with babies in trees.

Meals included: Breakfast

DAY 6 (WED)

CAHUITA NATIONAL PARK

Cahuita National Park is one of the most amazing parks in the country. It was created in 1970 as a National Monument to preserve the coral reefs off the Caribbean coast. Later, the area was reformed as a national park. If your lucky enough you might be able to spot some more wild sloths here, so get those cameras ready!

We'll be getting up close and personal with the coral reefs today. Weather permitting, you can see over 35 coral species, many crustaceans, as well as hundreds of fish species and shellfish.

Meals included: Breakfast & Lunch



DAY 7 (THURS)

PUERTO VIEJO

After breakfast we'll return to Puerto Viejo for our final full day in Costa Rica. Hold those tears, we have one final night-out to give Costa Rica the send-off it truly deserves!

We'll have a well-deserved beach day today, however Bamboo never visits a beach without a cheeky cleanup! If you're up for it, we'll walk along the beach with some bin bags and a goal to help keep our beaches a little bit cleaner.

After the cleanup and some chill time, we'll head out for a final dinner where we'll share stories and figure out who took the cutest sloth photo from the trip.

Meals included: Breakfast & Dinner



DAY 8 (FRI)

SAN JOSE

It's over...the end! Trust us, you won't believe how much you've done, how much you've experienced, how many new friends you've made and how soon you want to be back here in this magical country.

Hugs, back-slaps and hi-5's all around, along with that final team photo - the memory that'll last forever.

Meals included: Breakfast



VERIFY US

(We're real. We promise!)



4.8 out of 5

based on the opinion of 2000+ people

AWARDS



**TOUR OF THE
YEAR 2017**

TourRadar



**GUIDE OF THE
YEAR 2017**

TourRadar

