

ARENAL VOLCANO & MONTEVERDE CLOUD FOREST TREK

4 DAYS & 3 NIGHTS

Tour Description



Day 1 From Arenal Volcano to Monteverde Cloud Forest: Transport picks you up in La Fortuna after breakfast and takes you to our destination to start hiking for around two hours, appreciating the secondary rainforest which contains lots of habitat of monkeys, spiders, congos, some cariblancos and not leaving behind the toucans, turkeys, and the big quantity of different flora that's in the skirts of the volcano. After the hike we return to the hotel where you will have time to prepare your luggage. The transfers will pick you up in the afternoon and take to the pier where you will take a boat for around 35 minutes, observing a beautiful panorama and sightseeing in front of our colossal friend, the Arenal Volcano. On the other side of the lake, four wheel drive trucks

will be waiting and will take us to Monteverde. **Overnight: Claro de Luna or Similar.**



Day 2 Monteverde Cloud Forest and Los Ladios Biological

Station: Today, the 6 hour hike will take you through cloud forest to Los Ladios Biological Station right in the heart of the Monteverde Cloud Forest Reserve. Monteverde is acclaimed as one of the most important and extensive reserves in Central America. It contains habitats on both the Atlantic and the Pacific slope that include eight different ecological zones. Wind-battered elfin woods on exposed ridges are spectacularly dwarfed, whereas more protected areas have majestically tall trees festooned with orchids, bromeliads, ferns and vines. If you are still in good shape, your Ocarina guide takes you on an exciting night tour to track mammals such as Pecaris, Ocelots and

Pumas after dinner. **Overnight: Eladios Refuge [Breakfast, Snack, & Dinner].**



Day 3 Bosque Eterno de los Niños and Laguna Pocosal

Biological Station: Deep in dense rain forest with more than 3,000 species of plants, our goal today is a 8 hour hike to Laguna Pocosal Biological Station. You will feel part of the exuberant fauna and flora crossing rivers, passing huge trees and encountering some of the more than 100 species of mammals, 400 species of birds and more than 1,200 species of amphibians and reptiles which have been sighted in this area. **Pocosol Refuge [Breakfast, Snack & Dinner]**

Day 4 Transfer back: Before breakfast, your guide will take you on an extraordinary bird watching tour. Enjoy your breakfast, have a short rest and then pack your backpack again for the transfer back to La Fortuna or San José. **[Breakfast]**

Ocarina Expeditions

Phone: 222-94-278, 222-92-848 Fax: 222-95-041, Cel.:882-42-796,

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CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport ➤ Bilingual naturalist guide ➤ 3 overnights ➤ Meals ➤ cook ➤ cooking equipment ➤ Reserve fees 	Day 1	Day 2
	Hike El Silencio. Ground & boat transfer to Monteverde. Overnight: Hotel Claro de Luna o similar.	Hike to Refuge Los Ladios Night walk Overnight: Shelter Los Ladios (Breakfast, lunch, dinner).
	Day 3	Day 4
	Hike to refuge Poco Sol Overnight: Shelter Poco Sol (Breakfast, lunch, dinner)	Birdwatching Hike Out. Transfer to La Fortuna or SJO. (breakfast)

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ACCOMMODATION

Claro de Luna Hotel	
<p>Location: Monteverde Rooms: 10 Rooms with 2 double private bathroom and telephone.</p>	
Monteverde Reserve	
<p>Shelter Los Ladios Rooms with 4 bunk beds shared bathroom blankets are not provided.</p>	
<p>Shelter Poco Sol Rooms with 4 bunk beds shared bathroom blankets are not provided</p>	
Transport	
<p>Minivan with a/c up to 7 people Minibus with a/c from 8 people on</p>	

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ALTITUDES & AVERAGE TEMPERATURES

FEET AND °FAHRENHEIT		
	San José	Monteverde
altitudes	3.800 ft	4.450 ft to 1000 ft
temp day	80°F	75-85°F
temp night	65°F	60-70°F

METER AND °CELSIUS		
	San José	Monteverde
altitudes	1.200 m	1.350 m to 300 m
temp day	25°C	25-28°C
temp night	18°C	15 - 21°C

Time to go	
Dry season	December to April Rainfalls are possible
Rain Season	May to November Rainfall occurs from noon on. Small summer season in July/August

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TRAILS	LEVELS	TIMES
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HIKE ARENAL VOLCANO & MONTEVERDE CLOUD FOREST					
Trails	Location	Level		Distance	
	Arenal Volcano	meter	300		
		feet	650		
embedded rocks, cloud forest covered with roots, streams, could be muddy	Monteverde	meter	1.350	KM	15.0
		feet	4.450	miles	9.3
cloud forest covered with roots, Could be muddy	Refuge Los Ladios	meter	600	KM	16.0
		feet	1.850	miles	10.0
rain forest covered with roots, streams, Could be muddy	Refuge Poco Sol	meter	400	KM	20.0
		feet	1.250	miles	12.5
Hike Arenal Volcano to Monteverde 5 to 6 hours Hike Monteverde to Los Ladios 6 to 7 hours Hike Los Ladios to Poco Sol 8 hours					

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ESSENTIALS TO BRING

Sleeping bag
Good rucksack to carry your gear (or to give to an optional porter)
Plastic water bottle
Personal water filter to refill your water bottle. Recommended, but not necessary
Good rain poncho,
Warm clothes (layered, polypropylene) to keep warm in damp and cold mountains
Sunscreen and insect repellent
Cotton shirts - long and short sleeved
Parka
Trousers - light weight pants (jeans are not recommended-too slow to dry)
Short hiking socks
Hat(s) with visor for rain and sun protection
Flashlight with spare batteries
Bulb binoculars
Footwear – Lightweight hiking boots with traction and ankle support
Plan on getting your feet wet daily on the trek (spare pairs of socks are necessary), and be sure your footwear is broken in before the trip
Walking sticks are recommended.

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