

# ARENAL VOLCANO & MONTEVERDE CLOUD FOREST TREK

## 5 DAYS & 4 NIGHTS

### Tour Description



**Day 1 Arenal Volcano:** Ocarina transport picks you and transfer to La Fortuna and tour to Arenal Volcano. The Arenal Volcano is the only volcano in Costa Rica constantly active since it woke up after 400 years with the big 1968 eruption producing huge ash columns, explosions & glowing red lava almost every day. It is considered one of the ten most active volcanoes in the world. **Overnight: Arenal Paraiso Hotel or Similar.**

**Day 2 From Arenal Volcano to Monteverde Cloud Forest:** Transport picks you up in La Fortuna after breakfast 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 3 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 4 Bosque Eterno de los Niños and Laguna Pocosol 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 Pocosol 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 5 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 San José. End of service. **[Breakfast]**

### Ocarina Expeditions

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<b>ARENAL VOLCANO &amp; MONTEVERDE CLOUD FOREST TREK</b>		
<b>5 DAYS &amp; 4 NIGHTS</b>		
<b>CHALLENGING</b>		
<b>SERVICES</b>	<b>ITINERARY</b>	
<ul style="list-style-type: none"> <li>➤ Transport</li> <li>➤ Bilingual naturalist guide</li> <li>➤ 4 overnights</li> <li>➤ Meals</li> <li>➤ cook</li> <li>➤ cooking equipment</li> <li>➤ Reserve fees</li> </ul>	<b>Day 1</b>	<b>Day 2</b>
	Transfer to La Fortuna Hike el Silencio. Overnight: Arenal Paraiso Hotel or similar	Ground & boat transfer Overnight: Hotel Claro de Luna o similar (breakfast)
	<b>Day 3</b>	<b>Day 4</b>
	Hike to Refuge Los Ladios Night walk Overnight: Shelter Los Ladios (breakfast, lunch and dinner)	Hike to refuge Poco Sol Overnight: Shelter Poco Sol (breakfast, lunch and dinner)
	<b>Day 5</b>	
	Birdwatching Transfer to San José or La Fortuna (breakfast)	






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**ACCOMMODATION**

Arenal Paraiso Hotel	
<p><b>Location: La Fortuna</b> Rooms with double beds Restaurant Swimming pool and spa</p>	
Monteverde Reserve	
<p><b>Location: Monteverde</b> Rooms with 2 double Private bathroom</p>	
Monteverde Reserve	
<p><b>Shelter Los Ladios &amp; Poco Sol</b> Rooms with 4 bunk beds shared bathroom  blankets are not provided.</p>	 
Transport	
<p>Minivan with a/c up t o 7 people  Minibus with a/c from 8 people on</p>	

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**ALTITUDES & AVERAGE TEMPERATURES**

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

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

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

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<b>TRAILS</b>	<b>LEVELS</b>	<b>TIMES</b>
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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
<b>Hike Arenal Volcano to Monteverde 5 to 6 hours</b> <b>Hike Monteverde to Los Ladios 6 to 7 hours</b> <b>Hike Los Ladios to Poco Sol 8 hours</b>					

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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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