

VOLCANO & CLOUD FOREST TREKS

INFO PAGE

ARENAL VOLCANO & MONTEVERDE CLOUD FOREST TREK 4 DAYS & 3 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport ➤ Bilingual naturalist guide ➤ 3 overnights ➤ 8 Meals ➤ food porter ➤ cook ➤ cooking equipment ➤ Preserve fees, 	Day 1	Day 3
	Ground & boat transfer Hike to Monteverde Overnight: Hotel El Establo (snack)	Hike to refuge Poco Sol Overnight: Shelter Poco Sol (all meals)
	Day 2	Day 4
	Hike to Refuge Los Lados Night walk Overnight: Shelter Los Lados (all meals)	Birdwatching Transfer to La Fortuna or SJO (breakfast)

Prices per person
\$699.00

Ocarina Expeditions

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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					

ACCOMMODATION

Monteverde Preserve	
Shelter Los Ladios Shelter Poco Sol Rooms: 3 capacity max. 24 people	Rooms with 4 bunk beds shared bathroom blankets are not provided

Transport
Minivan with a/c up to 7 people Minibus with a/c from 8 people on

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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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