



Tour Name

Tropical Rainforest and Chocolate Adventure

Tour City

San Jose

Tour Snapshot

Fact: chocolate releases feel-good chemicals into the body when eaten. Fact: looking at baby animals reduces stress levels. Do both on this San Jose tour of a rainforest and cacao plantation and leave happy and blissed out - high on chocolate and wildlife.

Highlights

- Discover the secrets and wonders of one of the world's favourite foods – chocolate!
- Befriend the residents of the Selva Tropical Rain Forest – toucans, monkeys, parrots and more!
- Take on the Tirimbina Suspension Bridge and cacao plantation
- Visit part of a UNESCO Biosphere Reserve and catch a glimpse of some of the over 400 bird species that call the reserve home
- Enjoy a delicious local lunch at another private reserve

- Get a closer look at the home of the most intriguing tropical rainforest local at the leaf cutter ant farm

Inclusions: Local English speaking naturalist guide, transportation, entrance fee to the reserve, authentic local lunch.

Exclusions: Transportation to and from the meeting points, food and drink other than specified above, souvenirs and items of a personal nature, tips / gratuities for the guide and driver.

Schedule details

- Duration: Full Day Tour approximately 10 hours
- Meeting point:

There are two pick up locations:

- 7.00am at the main entrance of National Theatre (in Sabal Park)

Please call us 24 hours prior to departure to confirm which pick-up location you prefer.

- Find the exact meeting point with what3words: [///deputy.tonight.budding](https://www.what3words.com/deputy.tonight.budding)
- Starting time: 6.30 AM-7.00 AM
- Ending point:
5:00pm at National Theatre or 5:30pm at National Stadium

Full Itinerary

Visit Tirimbina Rainforest Center for a chocolate tour and discover the wonders behind one of the world's most tantalizing foods — chocolate! The cacao tree originated in Mesoamerica and has a rich and extraordinary history. En route to this amazing place, we will make a stop at La Virgen del Socorro (a private reserve) and lunch at the local restaurant owned by Doña Marielos.

This San Jose tour will get you up close and personal to nature and noms, with a hike through the rainforest and a chocolate

tour of the local cacao plantation.

We'll take private transportation through the Caribbean lowlands and Braulio Carrillo National Park to the Sarapiquí area, one of the best spots in Costa Rica to experience the many wonders of the tropical rainforests. Your certified naturalist guide will lead you through the highlands to La Selva Reserve – one of the best birding spots in Costa Rica. Part of a UNESCO Biological Reserve and with over 400 bird species spotted in the area, you're sure to see some incredible little fliers.

For an extraordinary experience in bird-watching and photography, we'll head to the La Selva Organization for Tropical Studies (OTS). La Selva has been a pioneering site in education, research, conservation, and ecotourism in Costa Rica since 1963, and is one of the first private protected areas in the country, and together La Selva and the Braulio Carrillo National Park are part of a UNESCO Biosphere Reserve.

After you enjoy the amazing natural history of the tropical rainforests, flora, and fauna, you'll head off to discover the secrets and marvels of one of humankind's favourite foods – chocolate.

With its origins in Mesoamerica, cacao has a rich and extraordinary history in this part of the world. Our San Jose chocolate tour will include a visit to a cacao plantation to check out forest and wild species of cacao, as well as understanding the process of turning cacao into chocolate.

Not to worry – after imbibing us with knowledge and information, we'll actually get to sample some chocolate! We'll enjoy a chocolate tasting of cacao and other organic chocolate products all made by the Association of Women Amazilia del Caribe, a local organisation. We hope you're ready to taste some of the best chocolate on earth!

After indulging in all that chocolate, we'll visit an ant farm to discover the secrets of the most organised society in the Costa Rican rainforest - a leaf cutter ant colony. In our opinion, it's the perfect way to end this Costa Rican nature, hiking, and chocolate adventure, before heading back to San Jose.

Additional information

Inclusions: Local English speaking naturalist guide, transportation, entrance fee to the reserve, authentic local lunch.

Exclusions: Transportation to and from the meeting points, food and drink other than specified above, souvenirs and items of a personal nature, tips / gratuities for the guide and driver.

Dress standard: You should bring/wear the following: hiking/closed toe shoes, rain coat/poncho, binoculars, camera, sunscreen, mosquito/bug spray, long pants.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if

you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: Each walking trail in La Silva is approximately 3 hours, principally on cement or wood trails suitable for people of all ages and with good mobility. Please remember that the temperature rises during the day, reaching its peak in midday. Participants on this tour must be in good health.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Local contact

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