



Day 1

Welcome to Happy Monkey Club group at Daniel Oduber International Airport.

Transfer to Hotel and welcome.

Day 2. Volcano Tour

- After breakfast we will depart for the Poas Volcano or Barva Volcano (depending on the climatic and geological situation of the moment), on this tour, we will know one of the 3 most important volcanoes of the Central Volcanic Mountain Range, its history, geology and natural aspects, as well as the importance of tourism for local communities.
- We will have lunch on the way, where you can see the view of the great city of San Jose.



Day 3. San José-Perez Zeledón



- In the morning after breakfast, you will depart for the southern part of the country, Cerro de la Muerte road, where 2 important stops will be made to learn about natural and natural aspects of this area.
- A typical lunch will be taken in the restaurant "Chespirititos", where the importance of this area for the Costa Rican population will be explained.
- In the afternoon we will arrive at Perez Zeledon, located in the Valle del General, where you can rest or take a walk through the city and have dinner at night.



Day 4

- After breakfast, we will depart to Navina located in Ciudad Cortez, on the way to make several stops to know important places and beaches of the South Pacific of Costa Rica, as well as a fixed stop in Marino Ballena National Park, where you can observe a geological formation known as the whale's tail, then lunch will be taken and finally we will finish the tour when we reach the destination.

Day 6, 7, 8, 9, 10.
Yoga Retreat



Day 11 Flights



- A flight from Palmar Sur to San Jose, 10 30 from Sansa will be taken.
- Upon arriving in San Jose they will move to Juan Santa Maria airport to fly home.