

COSTA RICA

Costa Rica is one of the most exciting, action-packed places to visit if you love the outdoors & animals. We used Monterrey/Arenal Volcano area as our home base. Our kids were 8-10 years old and loved it. The whole experience was unforgettable.

Hotel Reco

We flew into San Jose and rented a car. The first stop was Walmart to stock up on snacks and beverages. From there, we drove 3 hours to the hotel. We stayed for 6 days at the **Springs Resort & Spa at Arenal**. The hotel is a perfect central location for all activities in the area. This luxury property has many amenities - large rooms, 15 pools, a swim-up bar (with the best milkshakes), 5 restaurants, a mini putt-putt course, a mountain waterslide, and a kids' video game/play area.



Springs Resort & Spa At Arenal



The rooms are a great size for families. From the rooms, you can see the volcano, and we even saw sloths and monkeys while sipping coffee! There is on-site laundry machines (with detergent provided).

CLUB RIO

One big benefit of this resort is **CLUB RIO**. This on-site ecological activity center has tons of adventures (for a fee). We did river tubing, horseback riding, a wildlife sanctuary tour (touched a sloth and held a toucan), daily fishing, and night walks in the forest. There is a shuttle right on site that takes you to the center. It was amazing! It was perfect to come back to the hotel after an off-site adventure and do something later in the day. You need to book these activities through [Club Rio Here](#).

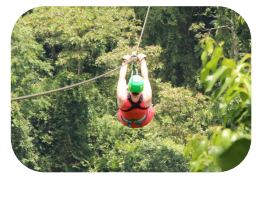


Ziplining

Costa Rica is known for ziplining and this did not disappoint. You zip above the highest points in the rainforest across seven different lines. Our kids absolutely loved it. They give you an informative briefing/training ahead of time and the guides are super outdoorsy and take great care of you.



Ziplining



Volcano & Waterfall Hike

This was an active hiking day. We hiked parts of the rainforest, climbed parts of a volcano, and climbed the La Fortuna waterfall. It's 500 steps to the waterfall basin (which is amazing). The climb back up isn't too tough.. take your time and enjoy the view.



Volcano Hike & La Fortuna Waterfall

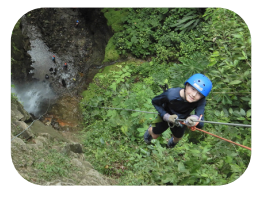


Canyon Rappel

A super fun activity where you get to hike and rappel down waterfalls near the volcano. Guides gear you up, give you training, and take you rock climbing, dropping down fun jumps, including the famous "monkey drop" into the water.



Canyoning



Mistico Bridges

We took a walk along the ground level of the rainforest and across the hanging bridges in Mistico Park. We learned about and saw birds, monkeys, reptiles, and the lush forest. Our guide walked us through and pointed out amazing creatures—we saw tree frogs, snakes, and so many critters.



Mistico Bridges



White Water Rafting

One of our favorite memories from the trip. Our last full day was white-water rafting on the Balsa River. The guides set you up for success and are in the boat with you. We went about 6 miles downriver in class 2/3 rapids. Guides point out amazing sites and wildlife along the river, and at the end, you are treated to a traditional Costa Rican lunch.



White Water Rafting



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