

# Harrigan Holidays

Costa Rica Wellness Trip with GAdventures

November 2 - November 9, 2019



Discover awe-inspiring destinations combined with rejuvenating activities like yoga and meditation, and healthy food experiences to recharge the body and nourish the mind.

Tour price is \$1699.00/person +

Trip Highlights:

- \*Stand Up Paddleboard yoga on Lake Arenal\*Air hiking at La Fortuna\*Escape the city\*Rejuvenating volcanic mud exfoliation\*Surf lesson\*Visit to Mi Cafecito Coffee Cooperative\*Much more

What's included:

- \* All lodging and transportation in Costa Rica
- \* Daily breakfast, 2 lunches and 3 dinners
- \* Daily activities and excursions as outlined in tour.
- \* A private guide during the trip

To see the full tour itinerary visit <https://www.gadventures.com/trips/wellness-costa-rica/6573/itinerary/>

+ price does not include airfare. Airfare will be priced on a case by case basis.



To book please contact Harrigan Holidays:  
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Do not delay, space is limited.