

# Costa Rica Tourism & British Airways 2017 Blogger Trip Report



# Project Summary

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In 2017, on behalf of ICT, Four Travel organised an influencer trip to Costa Rica in conjunction with British Airways. The objective of the trip was to raise awareness of the destination and British Airways' direct flights to San José.

The following influencers were secured:

1. India Hobson and Magnus Edmonson – Haarkon – Landscape & travel Instagrammers and bloggers
2. Sabrina Chakici – Clutch & Carry On – TV host & travel Instagrammer and blogger
3. Emily Luxton – Emily Luxton Travels – Travel blogger
4. Helena Richardson – House of Coco – Luxury travel & lifestyle magazine

# Press Trip Itinerary

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The press trip itinerary included:

- Arrival and overnight in San José
    - Walking tour – visits to the Gold Museum and National Theatre
    - Zapote Farmers' Market
  - Tortuguero
    - Tortuguero town and National Park (wet forest)
    - Kayaking and canal wildlife tour
    - Night-time turtle nesting tour
  - Arenal and La Fortuna
    - Hiking in Arenal National Park, ziplining and hanging bridges, and pedal boarding in Lake Arenal
    - Tabacon hot springs
    - La Fortuna waterfall
  - San Ramón
    - Villa Blanca Cloud Forest
-



# Haarkon

Blog: 4,750 MUU  
Instagram: 175,000  
Facebook: 211  
Twitter: 545







# India Hobson & Magnus Edmonson

## Summary of activity:

- 6 blog posts
- 23 Instagram posts (including videos)
- Daily Instagram stories (+50)
- 14 Tweets
- 22 Facebook posts

#BACostaRica17

# Blog: Haarkon

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## Flying Club World with British Airways

Lifestyle, Visit - October 15, 2017

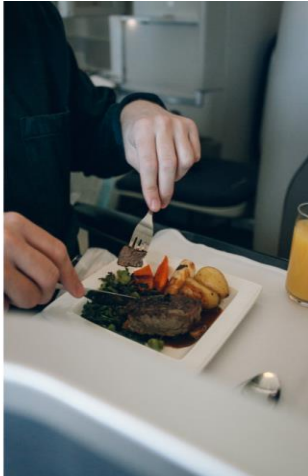
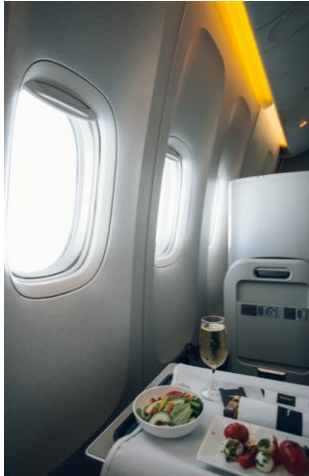
This post is part of our week in Costa Rica.

This was our first ever experience of a business-class flight so we don't have anything to compare it to other than the epic Casey Neistat airline reviews we can't help but watch. The flight was just under 11 hours each way between London Gatwick and San José (Costa Rica) and flying direct meant we didn't have to burst our Club World bubble at any point.

The flight was covered by British Airways and the Costa Rica Tourism Board as part of our week long adventure in Costa Rica, more on that to come soon.

We made our way down to London Gatwick Airport on a Friday as we were working in London and stayed at BLOC hotel right inside the airport ready for our Saturday morning departure. Check-in for the flight was a breeze; we had our own dedicated lane for Club World travellers, we could have taken LOADS of luggage (32kg each!) but we just checked in our tiny carry-on cases so we didn't have to lug them around the airport lounge and possibly the whole of Costa Rica. We both pretty much live in capsule wardrobes anyway...

As Club World passengers we had access to the BA lounge at Gatwick; the lounge was modern and spacious with loads of free food and drink and plenty of comfy seating. The breakfast spread was quite impressive with both hot and cold options, fresh juices, coffees, teas and a HUGE bar.



<https://www.haarkon.co.uk/explore-blog/flying-club-world-with-british-airways>

## 48 Hours in San José, Costa Rica

Story - October 16, 2017

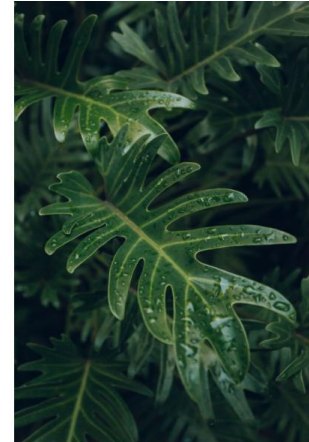
This post is part of our week in Costa Rica.

After our 11 hour Club World British Airways flight from Gatwick to San Jose (see what we thought of BA business class [HERE](#)) we were met by our guide and driver and made our way from the airport to our hotel for the first 2 nights of our week long trip around Costa Rica.

Apparently most people fly into San José and leave as soon as possible to explore the rest of the country without giving the city a chance. We were determined to see what the city had to offer and had a packed itinerary to help us do so.

We stayed at the Hotel Grano de Oro, which began life as a tropical Victorian home and has been extended over the years. In the older part of the hotel the ceilings are high with great period features and there's even a hot tub on the roof which we know isn't the most Victorian thing ever but it's surrounded by greenery and brings that extra level of luxury, especially when in the middle of a city. We stayed in the older part with our room opening out onto a great little tropical garden. As an added bonus, selected items from the minibar were free (although as it turns out, Costa Rica likes to feed you up!) After a walk to the city centre and back we had our first Costa Rican meal at the hotel.

*"We were generously hosted by the Costa Rica Tourist Board and British Airways for the entirety of this trip so we would like to thank them for these experiences."*



<https://www.haarkon.co.uk/explore-blog/48-hours-in-san-jose-costa-rica>

# Blog: Haarkon

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## Wildlife-Watching in Tortuguero - Costa Rica

Via - October 18, 2017

This post is part of our week in Costa Rica.

We spent two days in Tortuguero, Costa Rica. Here's what we got up to.

### Day One

We arrived into Tortuguero on the East coast of Costa Rica at 7:45am on a tiny plane from San José. The flight took around 30 minutes and the scenery was spectacular. Views included an active volcano and banana and pineapple plantations as far as we could see.

The 'airport' at Tortuguero consisted of a short runway and tiny terminal building, all adding to the magic of arriving in such a tropical place and a huge contrast to the busy city we'd left behind.

*We were generously hosted by the Costa Rica Tourist Board and British Airways for the entirety of this trip so we would like to thank them for these experiences.*



<https://www.haarkon.co.uk/explore-blog/wildlife-watching-tortuguero-costa-rica>

## Nayara Resort Spa and Gardens - La Fortuna, Costa Rica

Stay - October 19, 2017

This post is part of our week in Costa Rica.

In La Fortuna we checked in to the 5 star Nayara Resort, each room here was detached bungalow nestled into the jungle, some rooms with views of Arenal volcano but ours came with the comforting sight of yet more jungle. Our room was huge... it had a private balcony complete with hot tub, hammock and an outdoor shower - just in case the indoor one wasn't enough.

The Nayara resort was probably one of the most luxurious places we've ever stayed, but it had a really relaxed feel about it. It had a colossal buffet dinner at the onsite restaurant and on our first night there we made full use of it. The service at this place was so good, without being pretentious in the slightest and that's something that we really value. Everybody made us feel so welcome and comfortable.

*"We were generously hosted by the Costa Rica Tourist Board and British Airways for the entirety of this trip so we would like to thank them for these experiences."*



<https://www.haarkon.co.uk/explore-blog/nayara-hotel-la-fortuna-costa-rica>



# Blog: Haarkon

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## Adventure and Waterfalls in La Fortuna - Costa Rica

Yael - October 20, 2017

This post is part of our week in Costa Rica.

After our scenic lasagne-fuelled drive from Tortuguero we arrived into the town of La Fortuna late in the afternoon and checked into our hotel. Over the next few days we were shown some of what the area around La Fortuna had to offer.

Being at the base of Arenal volcano meant that there were plenty of activities to get involved in. Magnus and the group had fun stand-up paddle-boarding on Lake Arenal while I caught up with some work back at the hotel (the joys of being self-employed).

In the afternoon we hiked for a couple of hours up the volcano. What we found really interesting was how the flora here started off as sugarcane fields, turned quickly into rainforest and then opened out at the base of the volcano - so much diversity...

*"We were generously hosted by the Costa Rica Tourist Board and British Airways for the entirety of this trip so we would like to thank them for these experiences."*



<https://www.haarkon.co.uk/explore-blog/adventure-and-waterfalls-la-fortuna-costa-rica>

## Villa Blanca Cloud Forest in San Ramón - Costa Rica

Step - October 21, 2017

This post is part of our week in Costa Rica.

Our final night in Costa Rica was spent in the cloud forest at Villa Blanca Hotel, a 19th Century recreation of a mountain village with sustainability and ecotourism at the heart of its ethos. On arrival we were greeted with a drinks reception and a hot towel before being shown to our room. It was similar to Nayara Hotel in that we had our own little Casita, with a huge hot tub bath and a deck to sit out on. Some might say a little dated but we loved the mid-century farmhouse vibe and it reminded us of the Ace Hotel in Palm Springs but in a totally 'undiscovered-by-hipsters' kind of way. Unless we're the hipsters in which case it's been discovered now... :D

After dinner (amazing, and the service was impeccable too) and a good night's sleep we got up super early to take a walk and explore before breakfast. We had a map and took an easy stroll through a section of the hotel grounds. We saw so many butterflies and hummingbirds, the early morning light made the walk feel a little like we were in a magical Disney film.

Breakfast was a cacophony of fruits, vegetables and cheeses, most of which is grown organically on site - they even have a dairy to make the butter, cheeses and milk. Later on we had a tour of the grounds and met the cows! Obviously the raw milk is pasteurised before serving just in case you wondered.

The owners here really care about sustainability (it's part of a small group called Greentique who also have 3 other hotels in Costa Rica) they have their own wildlife research station to monitor the local animal and insect population and also to provide learning opportunities for local children.



<https://www.haarkon.co.uk/explore-blog/villa-blanca-cloud-forest-costa-rica>

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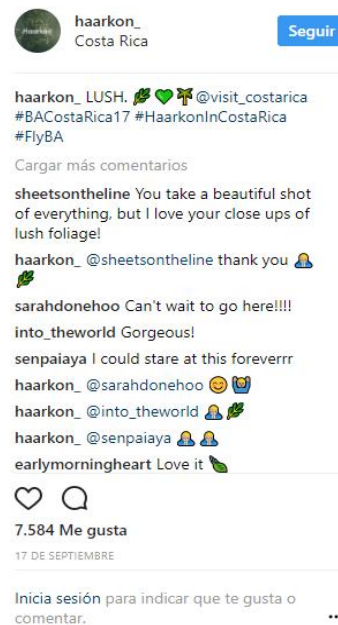
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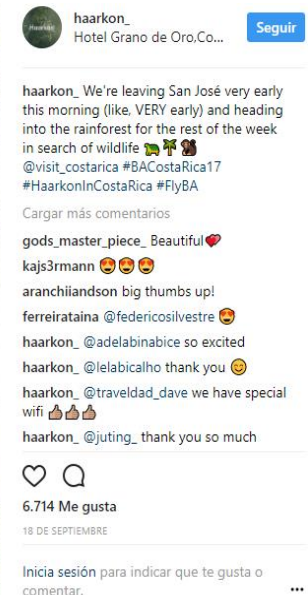
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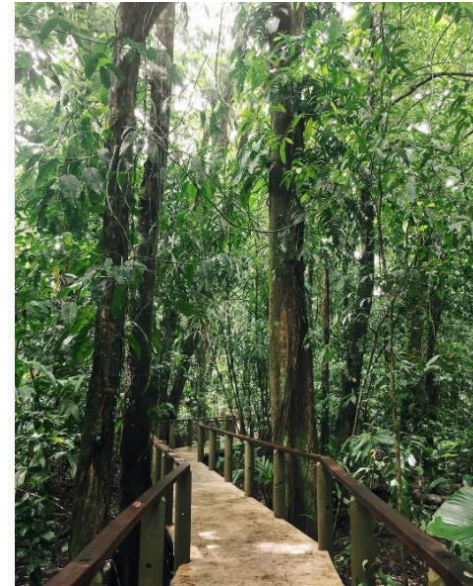
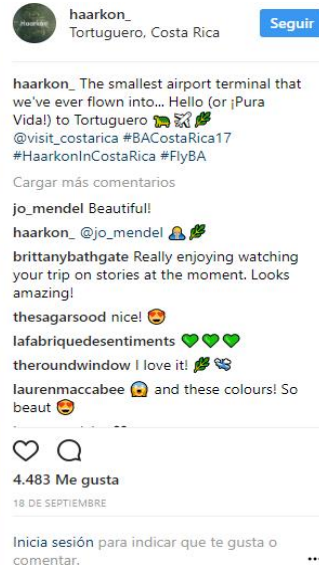
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# Instagram: @haarkon\_

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# Instagram: @haarkon\_

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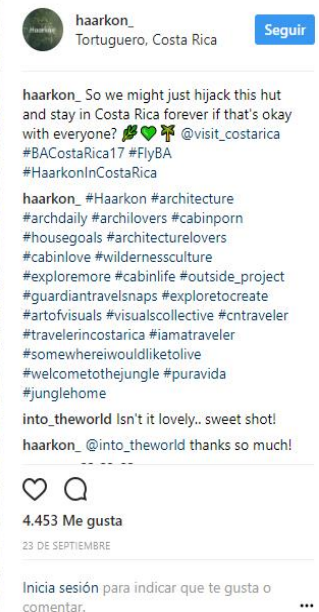


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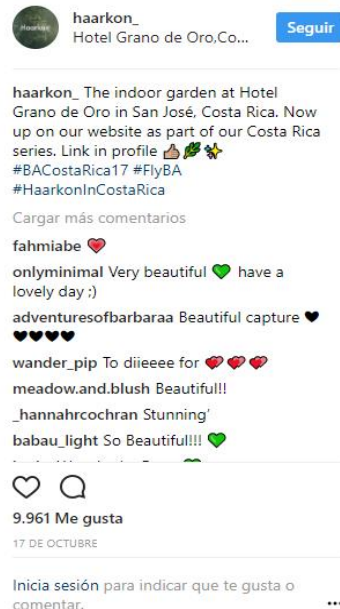
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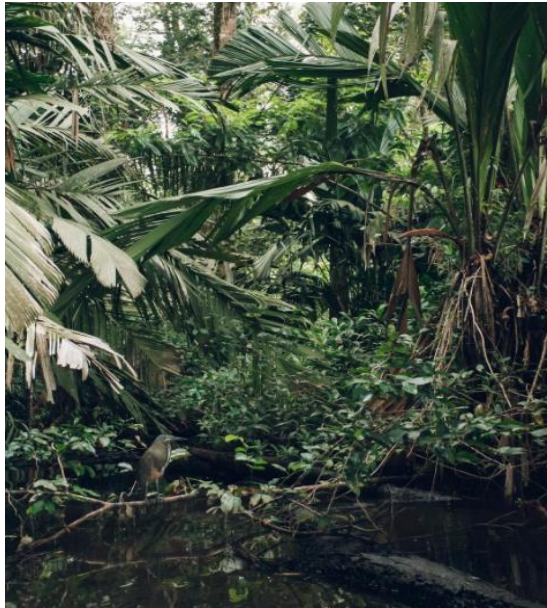
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# Instagram: @haarkon\_

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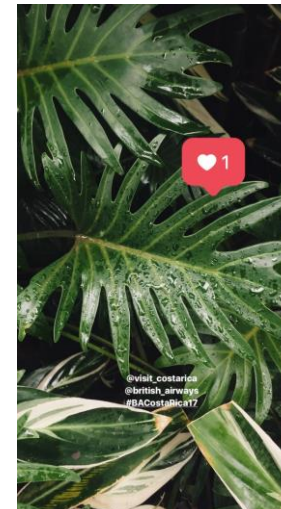
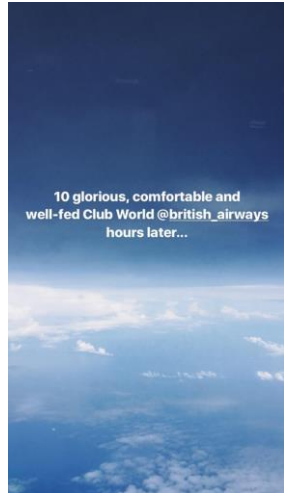
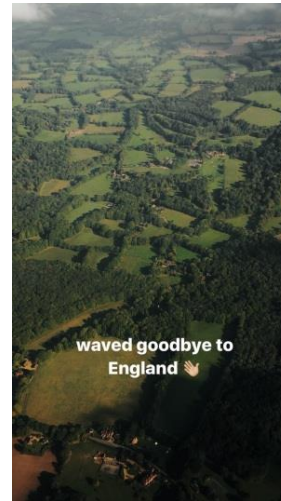
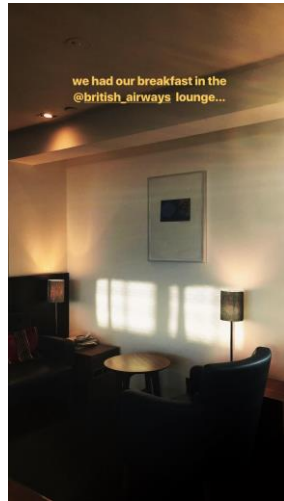
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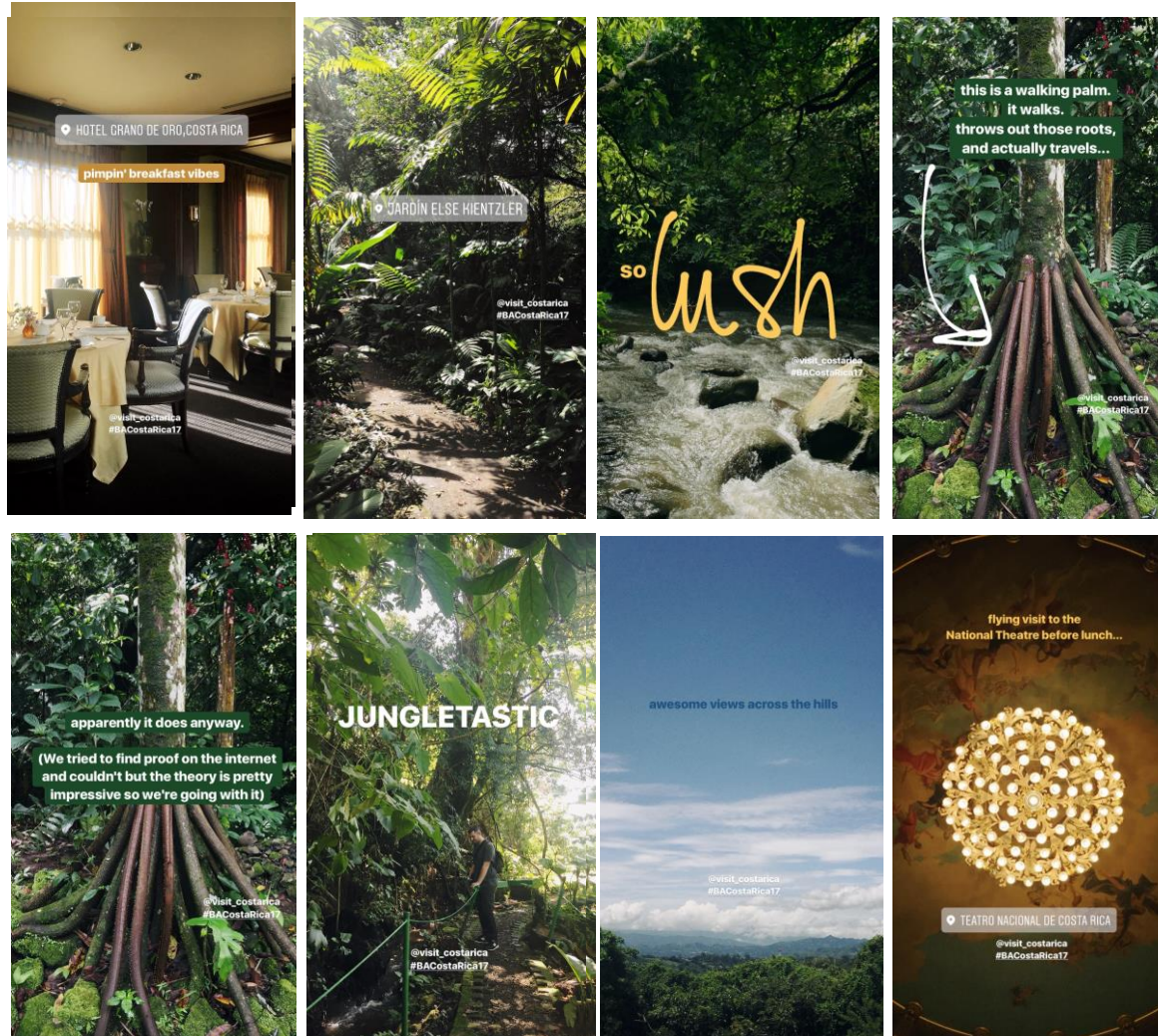
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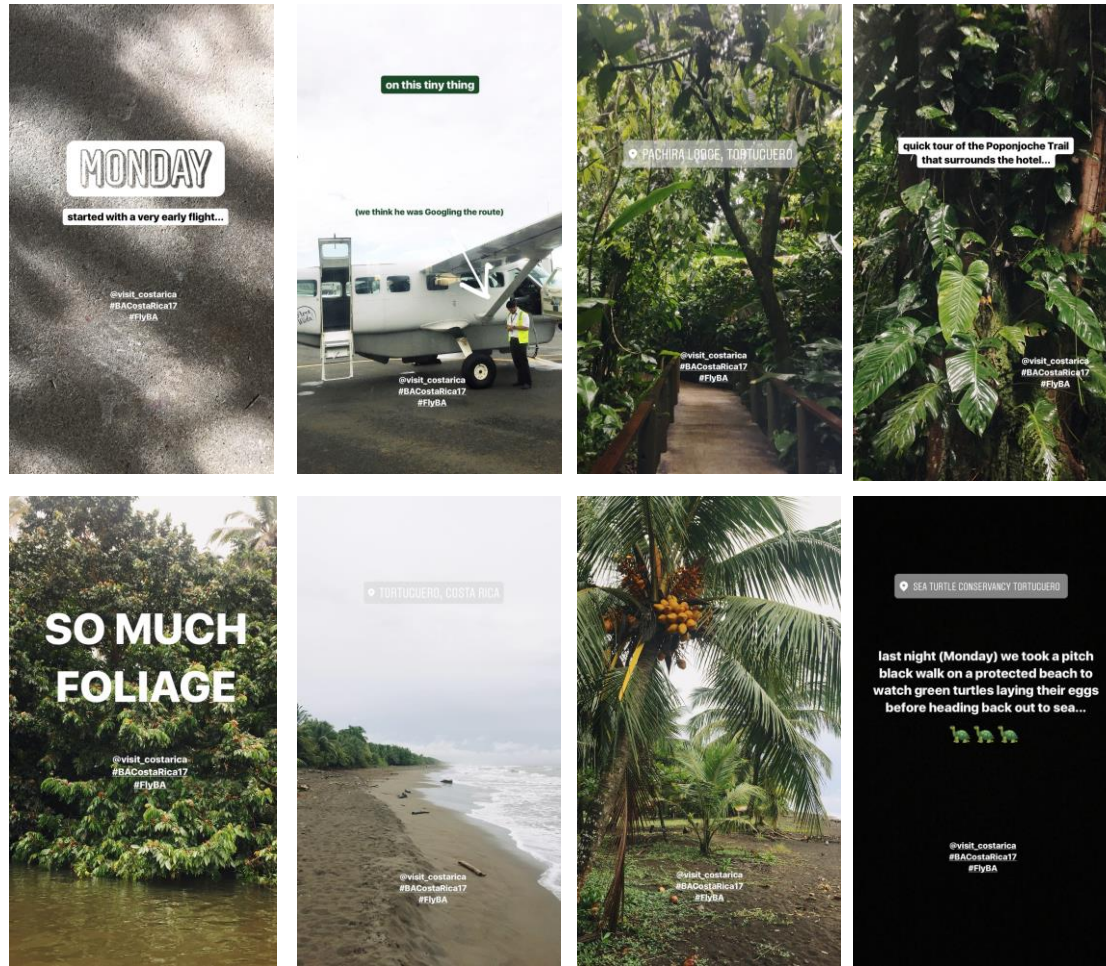
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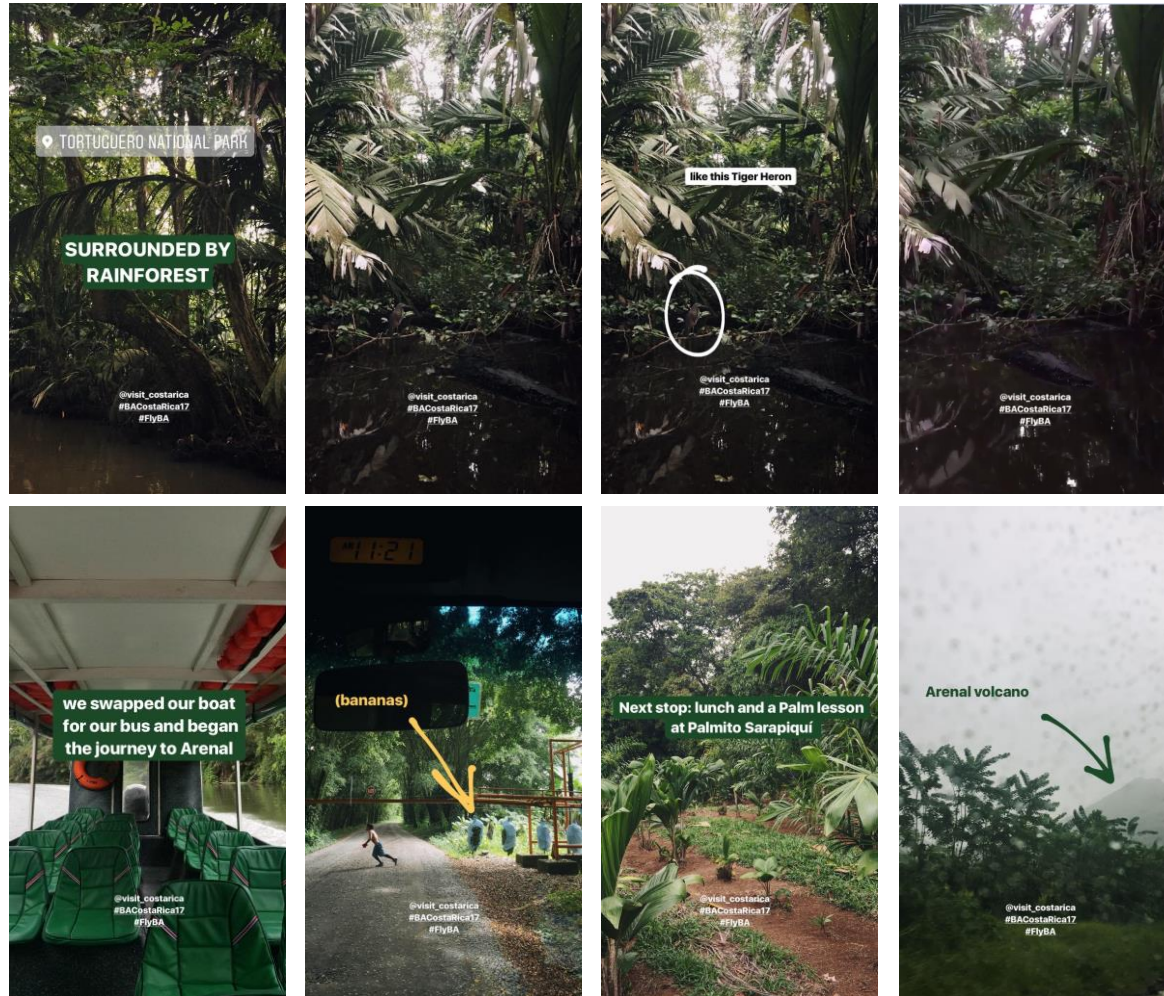
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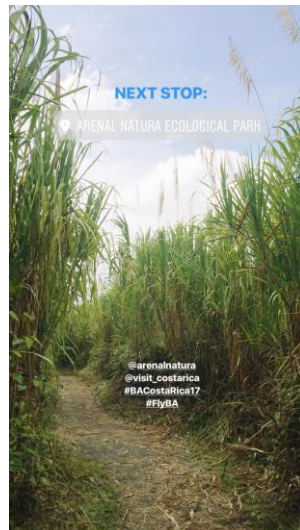
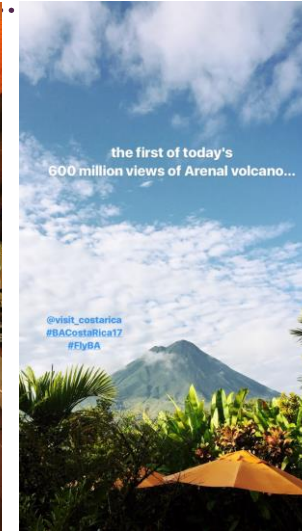
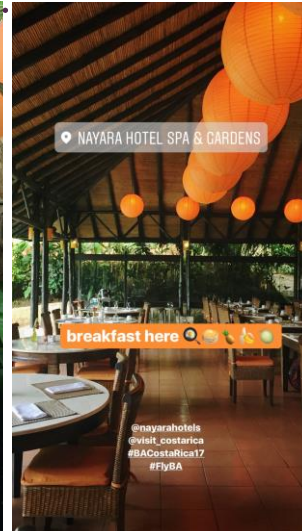
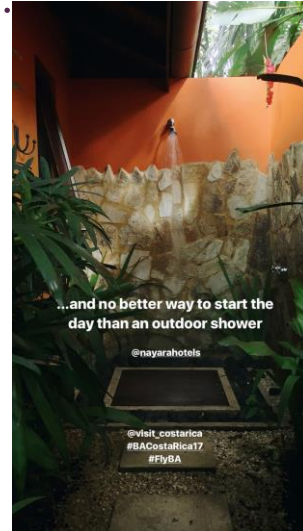
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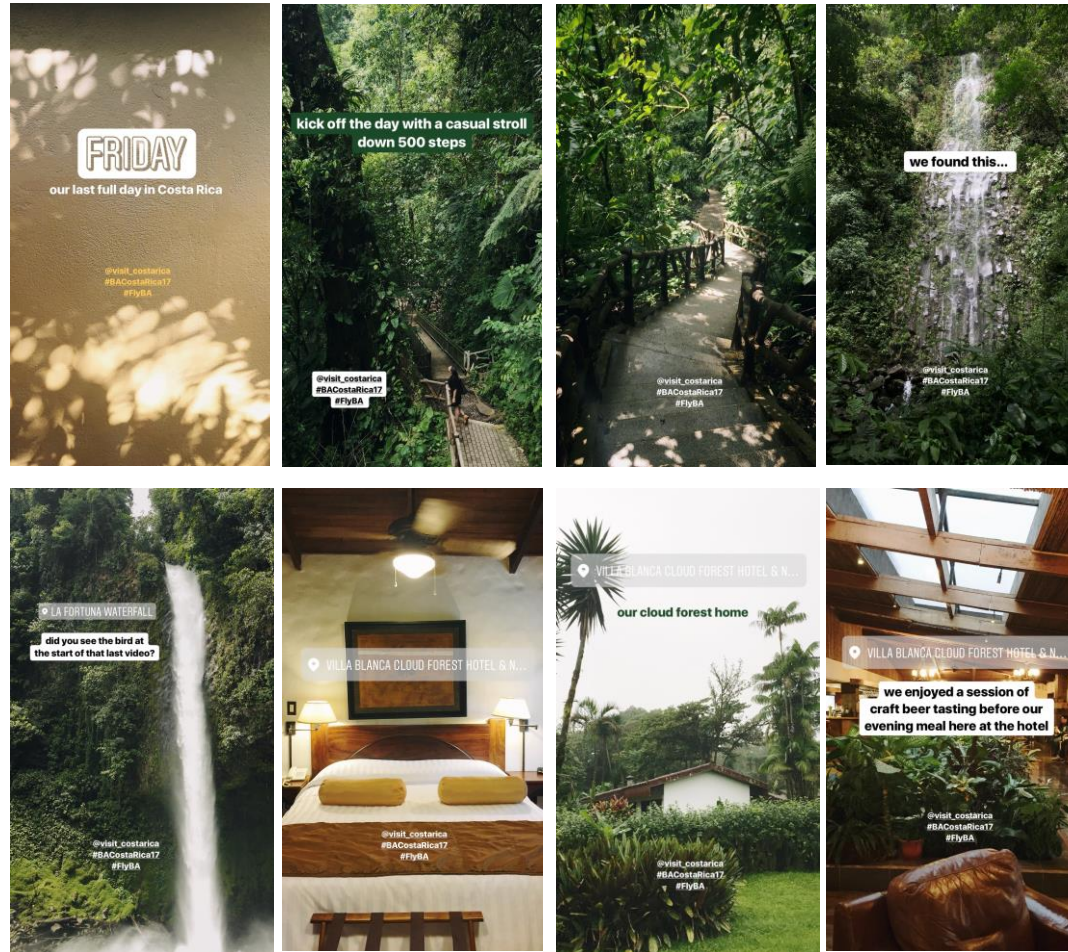
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# Instagram Stories: @haarkon\_

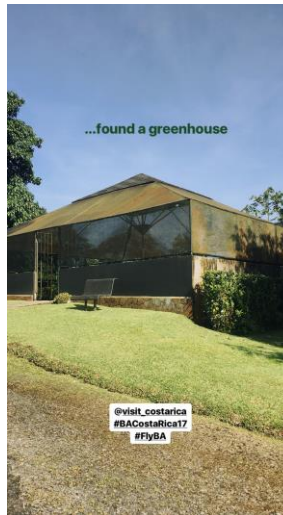
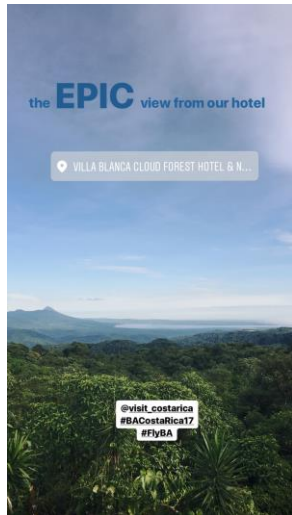
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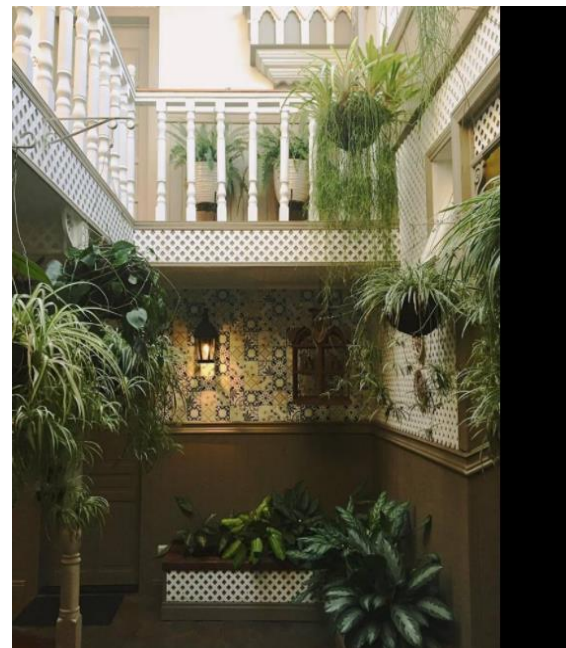
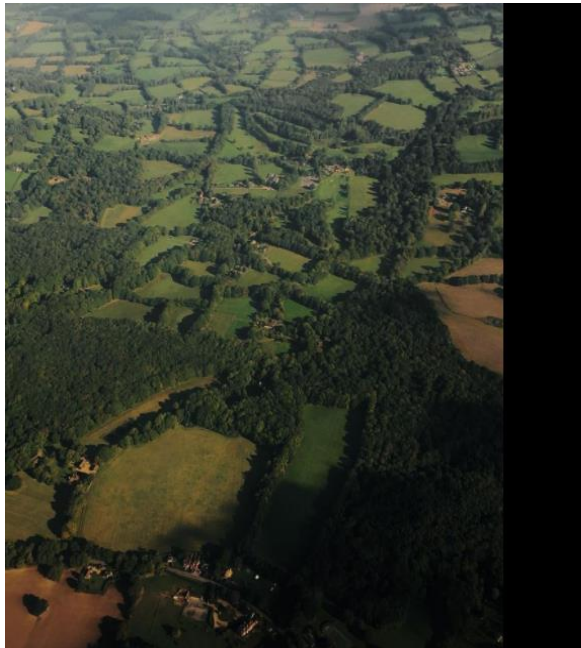
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# Facebook: @Haarkon.co.uk

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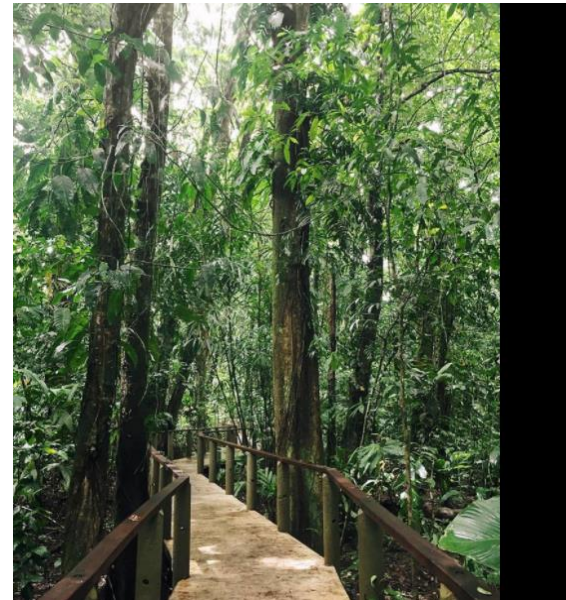
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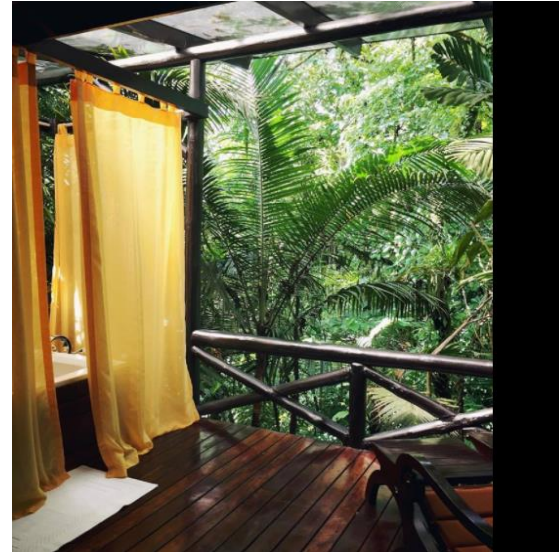
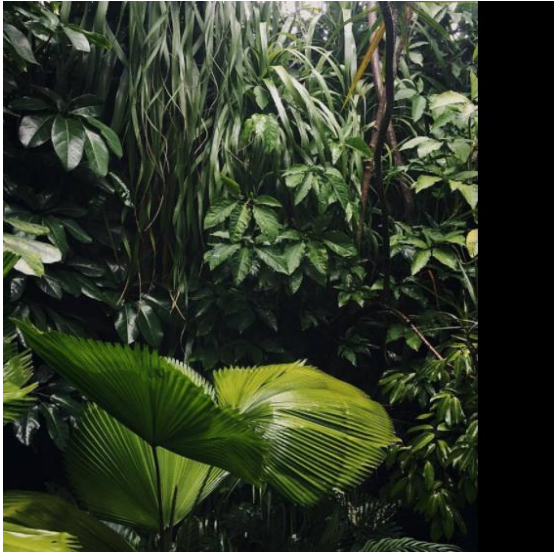
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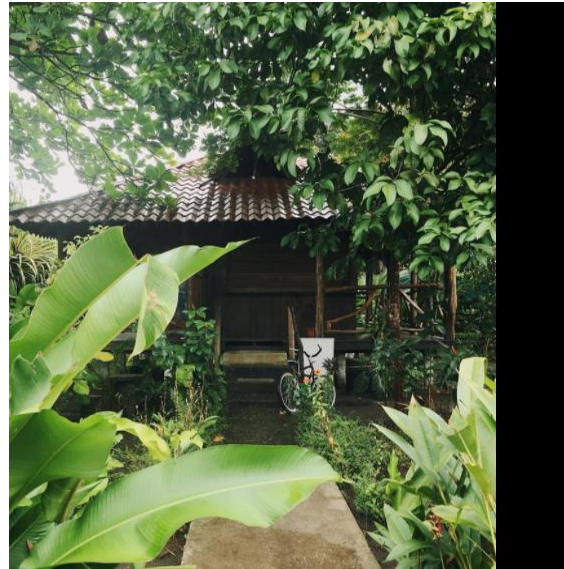
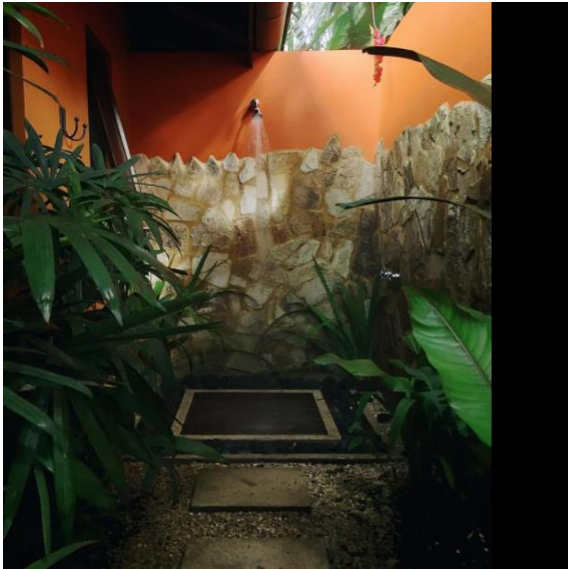
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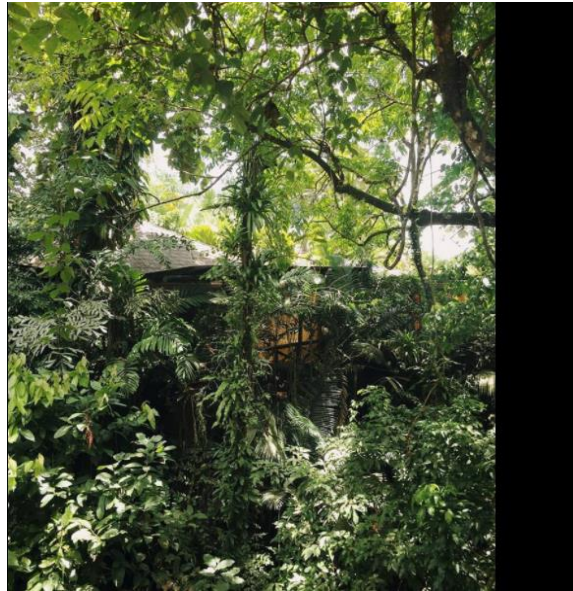
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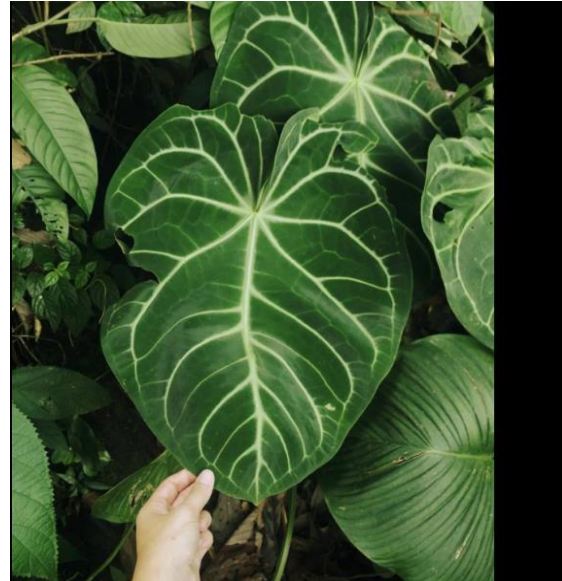
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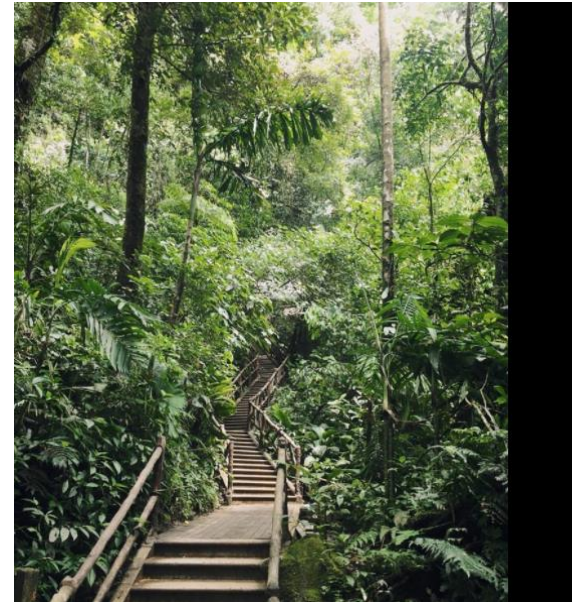
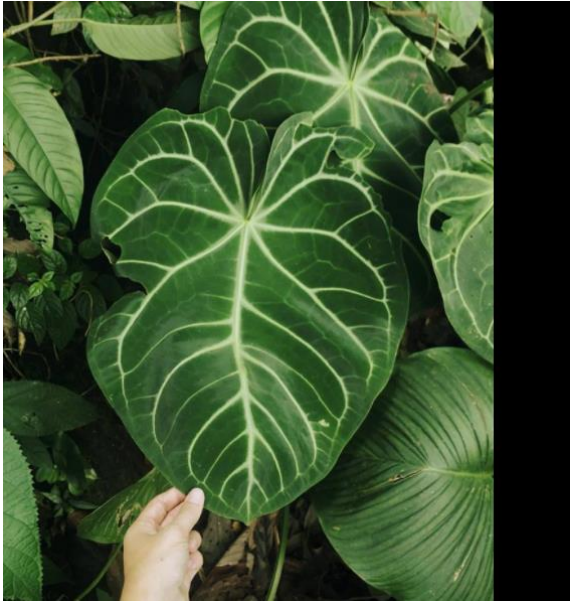
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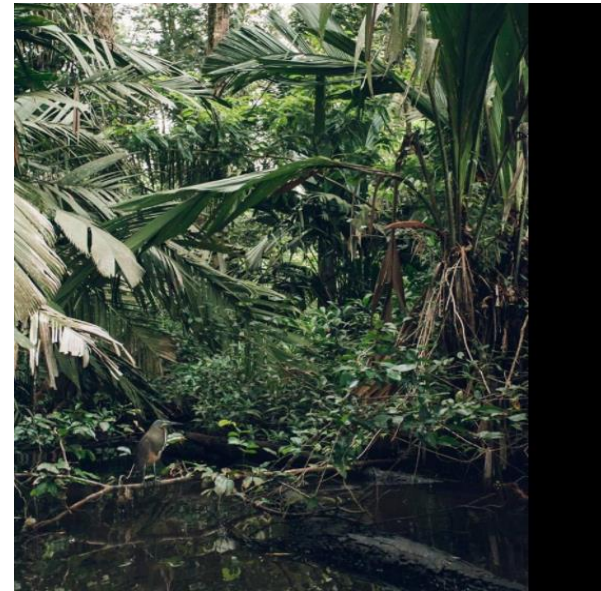
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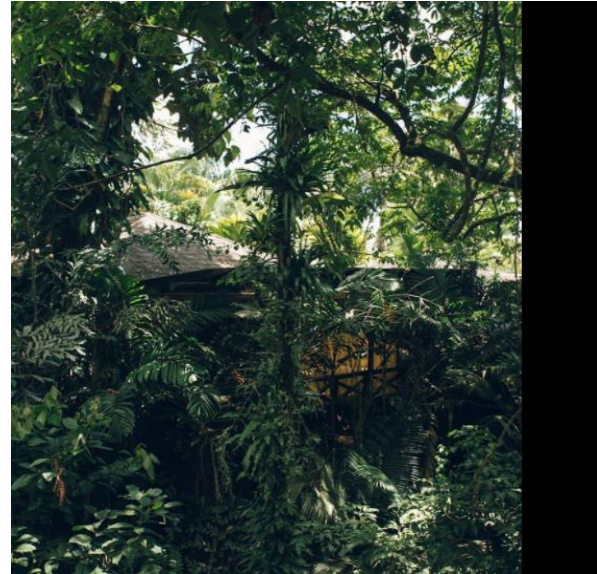
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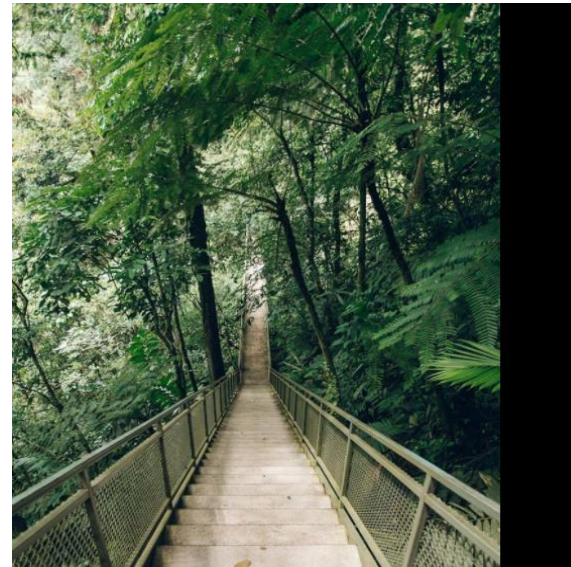
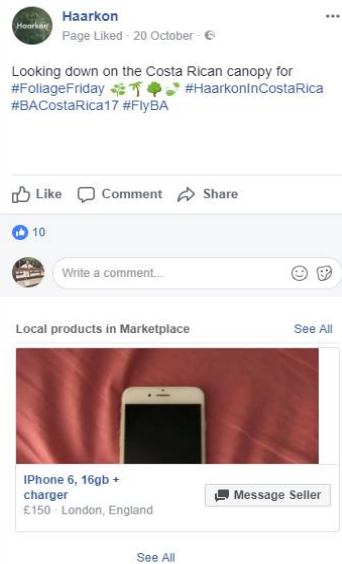
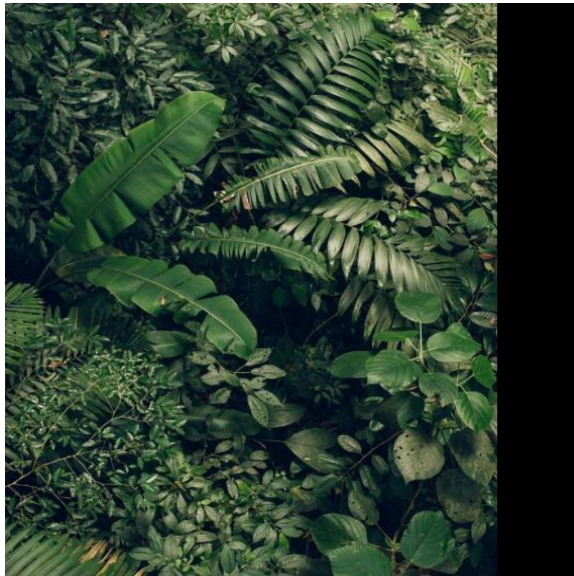
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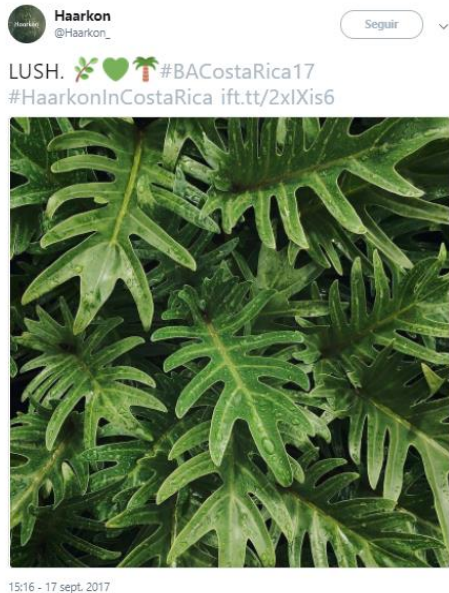
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# Twitter: @Haarkon\_

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LUSH. 🌿❤️🌴 #BACostaRica17  
#HaarkonInCostaRica ift.tt/2xIXis6

15:16 - 17 sept. 2017



We're leaving San José very early this morning (like, VERY early) and heading into the rainforest for the rest of ... ift.tt/2x8uAQM

4:03 - 18 sept. 2017



The smallest airport terminal that we've ever flown into... Hello (or ¡Pura Vida!) to Tortuguero 🌿🌴🌴 #BACostaRica... ift.tt/2hdqyfk

12:53 - 18 sept. 2017

# Twitter: @Haarkon\_

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Haarkon  
@Haarkon\_

Seguir

Hotel "garden" number 2... Our room came with its own (pre 5am) Howler Monkey wake-up call! 🌴🌴🌴 @visit\_costarica #...  
[ift.tt/2wswJHb](https://ift.tt/2wswJHb)



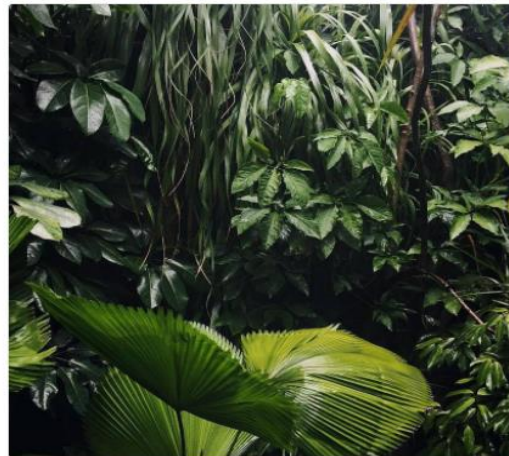
4:39 - 19 sept. 2017



Haarkon  
@Haarkon\_

Seguir

So many different greens here in Costa Rica... we are absolutely in our element. 🌿🌿🌿  
🌴🌴🌴 #BACostaRica17 #FlyBA #Haa...  
[ift.tt/2ynSghQ](https://ift.tt/2ynSghQ)



13:05 - 19 sept. 2017



Haarkon  
@Haarkon\_

Seguir

Dream balcony at our lodge in the @nayahotels resort and yes, that there is a hot tub, because everyone needs a ...  
[ift.tt/2xht7Fb](https://ift.tt/2xht7Fb)



11:20 - 20 sept. 2017



# Twitter: @Haarkon\_

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**Haarkon**  
@Haarkon\_

Seguir

The ultimate jungle hideaway... Gold stars all round if you can spot our room. 🌴🌿🌿🌴  
❤️ @visit\_costarica #BACostaRic...  
[ift.tt/2hjvfsa](https://ift.tt/2hjvfsa)



5:30 - 21 sept. 2017

**Haarkon**  
@Haarkon\_

Seguir

Walking through the jungle here takes a while because just about everything catches our attention. We are learning... [ift.tt/2hjOy4l](https://ift.tt/2hjOy4l)



12:53 - 21 sept. 2017

**Haarkon**  
@Haarkon\_

Seguir

Tropical shower anyone? 🌴🌿🌿🌴  
@visit\_costarica #BACostaRica17 #FlyBA  
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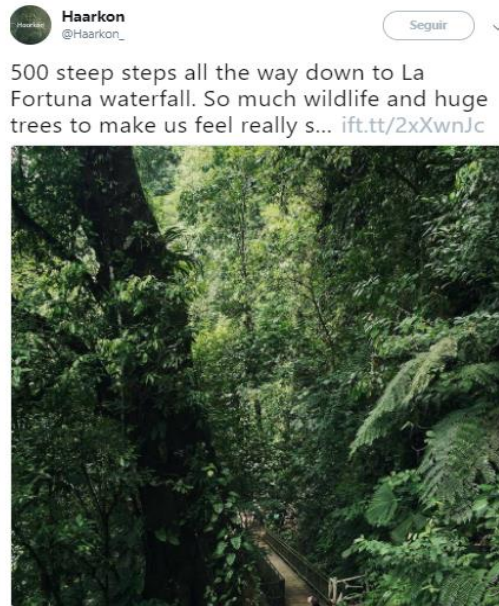
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# Twitter: @Haarkon\_

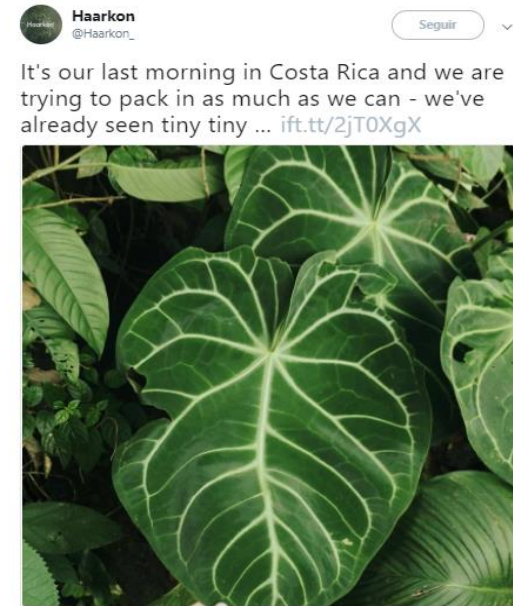
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5:22 - 22 sept. 2017



12:05 - 22 sept. 2017

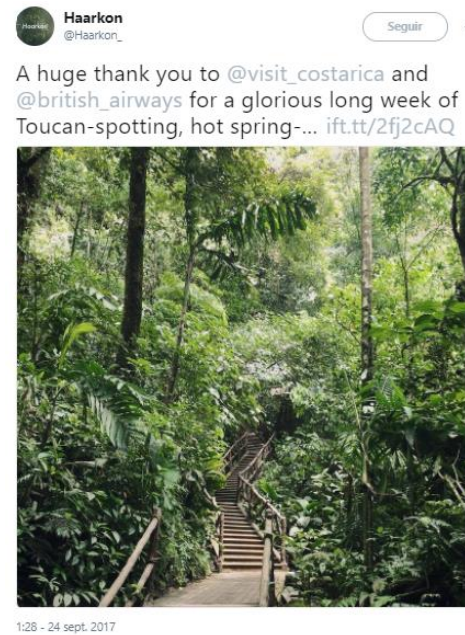
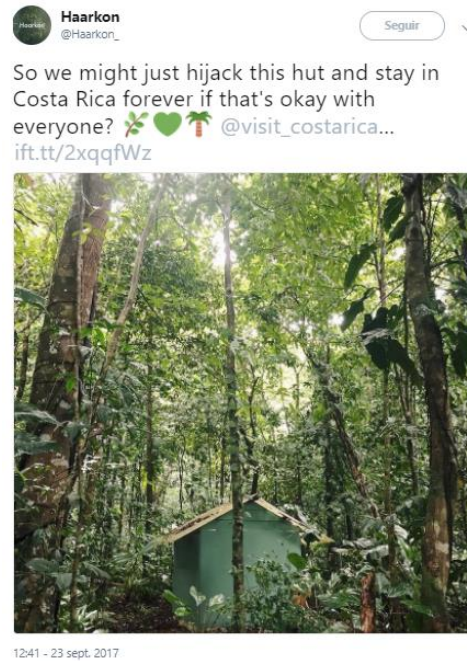


6:56 - 23 sept. 2017



# Twitter: @Haarkon\_

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# India Hobson

- Instagram: 20,500





India  
Hobson

About/Contact  
Instagram  
Notes/Journal



Portraits



Haarlon



Autopsy - The Head Post Office, Sheffield



Documents/Processes



Swallows + Damsons

# India Hobson

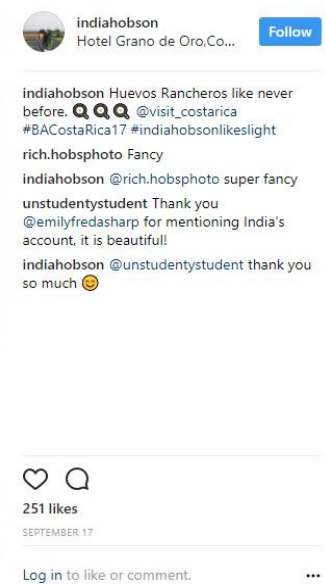
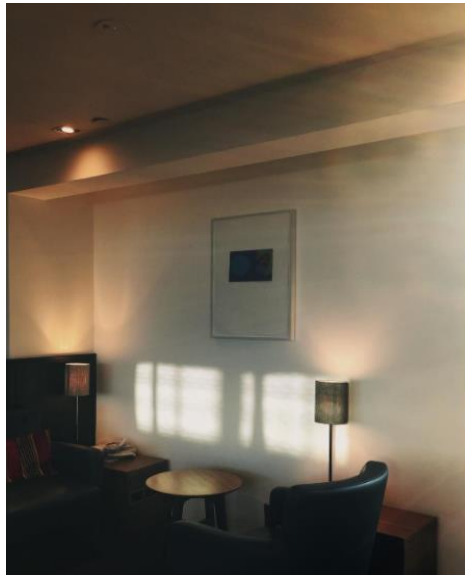
## Summary of activity:

- 14 Instagram posts
- Daily Instagram stories

#BACostaRica17

# Instagram: @indiahobson

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<https://www.instagram.com/p/BZJA6BNgHjV/?hl=en&taken-by=indiahobson>

[https://www.instagram.com/p/BZKK59OA\\_1/?hl=en&taken-by=indiahobson](https://www.instagram.com/p/BZKK59OA_1/?hl=en&taken-by=indiahobson)



# Instagram: @indiahobson

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**indiahobson**  
Hotel Grano de Oro, Co...  
Follow

indiahobson The closest to a selfie that I think I'll ever get. 🐶🐶🐶 Costa Rica sun likes to show its face early in the morning which suits me just fine... @visit\_costarica #BACostaRica17 #FlyBA

little\_nicki\_ @mdeangelis !!!

cherryauhoni 💜



189 likes  
SEPTEMBER 20

Log in to like or comment.



**indiahobson**  
Pachira Lodge, Tortugu...  
Follow

indiahobson In Tortuguero we saw nesting green turtles lay their eggs in the dark, bury them in the sand and then we followed them back out to sea. There are no cameras or lights allowed on the beach so that the turtles aren't disturbed (they can mistake your light for the sea and go in the wrong direction) so here is a Schefflera leaning against a wall instead. 🌿 @visit\_costarica #BACostaRica17 #FlyBA

annevanmidden Costa Rica is the best!! 💛 and so are turtles. We saw some leatherback babies when we were traveling through CR in 2016 🐢

indiahobson @annevanmidden we did a nighttime tour thingy to see them and they showed us some of the babies heading out to sea for the first time... they were so cute! About 7cm and then the mother was over a meter. 🐢🐢 Apparently they come back...



790 likes  
SEPTEMBER 20

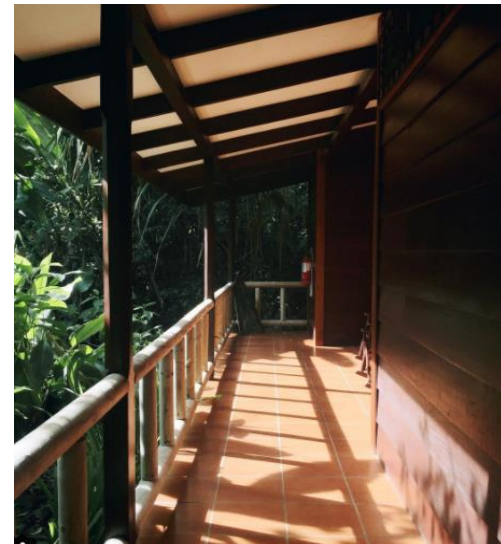
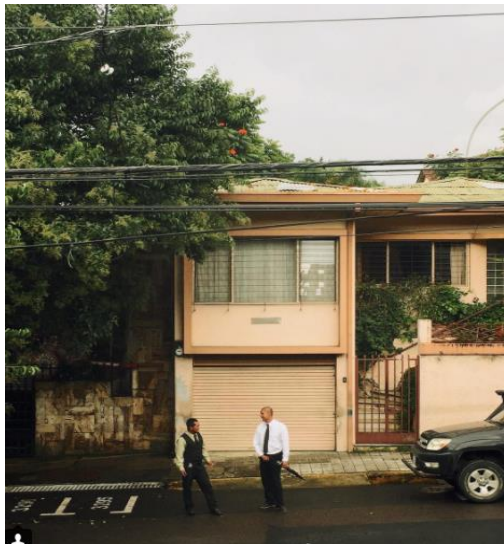
Log in to like or comment.

<https://www.instagram.com/p/BZQoYZLAYQR/?hl=en&taken-by=indiahobson>

<https://www.instagram.com/p/BZQppOoAoMC/?hl=en&taken-by=indiahobson>

# Instagram: @indiahobson

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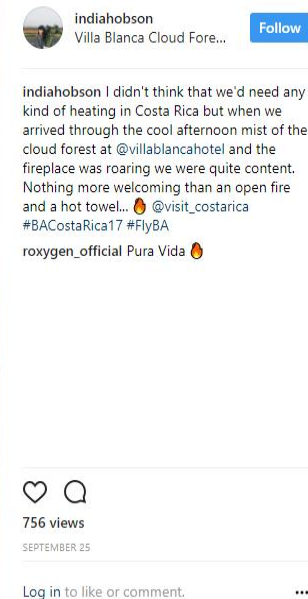
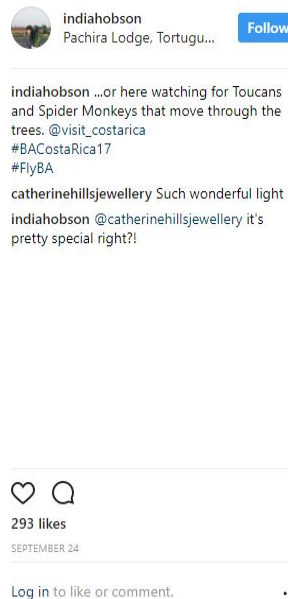
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<https://www.instagram.com/p/BZazaKFgHmr/?hl=en&taken-by=indiahobson>



# Instagram: @indiahobson

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<https://www.instagram.com/p/BZazn9SgJld/?hl=en&taken-by=indiahobson>

[https://www.instagram.com/p/BZdrj\\_hg8vC/?hl=en&taken-by=indiahobson](https://www.instagram.com/p/BZdrj_hg8vC/?hl=en&taken-by=indiahobson)

# Instagram: @indiahobson

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<https://www.instagram.com/p/BZgmaCEANc5/?hl=en&taken-by=indiahobson>



# Instagram: @indiahobson

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<https://www.instagram.com/p/BZgmotfAtCk/?hl=en&taken-by=indiahobson>

<https://www.instagram.com/p/BZk8PuJARHz/?hl=en&taken-by=indiahobson>

# Instagram: @indiahobson

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<https://www.instagram.com/p/BZmQGuSgQcF/?hl=en&taken-by=indiahobson>

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<https://www.instagram.com/p/BZnfYGIAX44/?hl=en&taken-by=indiahobson>

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# Clutch & Carry On

Blog: 7,000 MUU

Instagram: 42,100

Facebook: 3,139

Twitter: 5,250

YouTube: 54,828

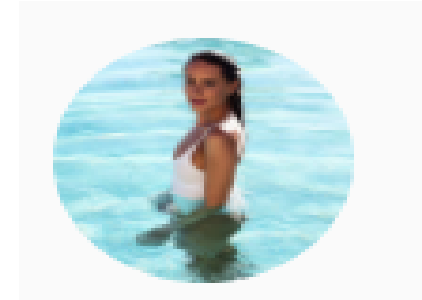
Female First: 1,000,000 MUU

The Lifestyle Library: 87,000



# Clutch & Carry-On

The Travel Diaries of Sabrina Chakici



## Sabrina Chakici

### Summary of activity:

- 4 blog posts
- 14 Instagram posts (including videos)
- Daily Instagram stories (+50)
- 29 Tweets
- 24 Facebook posts (including videos)
- 1 Vlog on YouTube
- Blog post on [www.femalefirst.co.uk](http://www.femalefirst.co.uk)

#BACostaRica17



# Blog: Clutch & Carry On

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## Flying Club World with British Airways

SEPTEMBER 24, 2017



'Glass of Bubbly Madame?' my eyes dart up to the smiling British Airways Club World attendant and I accept with a casual 'Why ever not!', it may be 9am in London but I'm headed to Costa Rica and it's 2am there 🍷

Just today I landed back into the U.K. after an amazing week spent discovering the tropical wonder of Latin America's Costa Rica. After a 10 hour overnight flight, expectations may be that I'm in a rush to get straight home to bed and catch up on some much needed sleep, it's often exactly what we all need after a long haul flight however in my case, I'm feeling pretty darn refreshed!

Thanks to the kind and generous hospitality of British Airways I feel like I've just spent a night in luxury boutique hotel, albeit 35,000 feet in the air! I was lucky enough to fly in the Club World cabin of British Airways, the highest class of seating on our plane. It was my first time flying long haul in the Club World cabin and from the moment I stepped on board, I felt like a princess.

<http://clutchandcarryon.com/flying-club-world-with-british-airways/>

## How to spend 24 hours in San Jose, Costa Rica

OCTOBER 4, 2017



When travelling to Costa Rica it's rare that the capital city of San Jose is at the top of anyone's wish list for locations to explore, with most people flying straight in and out to their desired destination within the vibrant country, to be honest, I would have probably done the same! Having now visited the city, I've seen for myself that there's so much more to see than the international airport. Here's my guide on How to spend 24 hours in San Jose. Last month I travelled to one of the most amazing countries I've ever explored, Costa Rica. I travelled as part of a hosted press trip with the country's tourism board and was lucky enough to explore so much of the incredible country within just seven days.

Very often when planning a trip to Costa Rica the capital city of San Jose is never really given a look-in when making itinerary plans, desperate to explore the wildlife rich rainforests and spectacular beaches but having now seen what the city has to offer, if you are travelling through the city there's ample reason to leave the airport! For those of you with a long space between internal and international flights perhaps something in this guide will also entice you out of the airport 🍷 In my opinion it's always a great idea to [make the most of your airport layover](#).

<http://clutchandcarryon.com/how-to-spend-24-hours-in-san-jose-costa-rica/>

# Blog: Clutch & Carry On

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## The Wild & Wonderful Magic of Turtuguero

OCTOBER 16, 2017



*"Under the natural light of the moon and stars only, we shuffled through the sandy beach as a group until our leader motioned to us that he had found a female turtle laying eggs just metres away."*

Last month I travelled to a country that had been on my wish list for years, Costa Rica. My trip to Latin America was part of a hosted press tour with a group of fellow travel journalists and bloggers. The 8-day itinerary that was created by the Costa Rican Tourism Board incorporated the country's 'best bits' and I left the destination with a suitcase full of amazing memories and a desire to share as much of the experience as possible.



<http://clutchandcarryon.com/wild-magic-turtuguero/>

## Ultimate Jungle Luxury, Arenal's Nayara Hotel & Spa

OCTOBER 6, 2017



Lend me your imagination for a few moments, think of waking up to the sounds of the jungle, tweeting birds, howling monkeys and the rustle of the trees, sounds that are both calming and invigorating at the same time. You sweep back your crisp white sheet of muslin that separates your bed from your view and wander out onto your wooden balcony to be greeted by moist warm air and a view that takes your breath away. As hummingbirds hover before your eyes and your hot tub bubbles away beside you your eyes are drawn forward to the towering volcano in the distance, nestled amongst the rich vegetation and bright blue skies.....

Although this image in front of you may seem like a oil painted mirage, you are, in fact, looking at the same view you've seen for the last few mornings. This, is your room at [Nayara Hotel & Spa](#).

<http://clutchandcarryon.com/rainforest-luxury-nayara-hotel-arenal/>



# Female First: Reasons To Visit Costa Rica

## Six Unique Reasons To Visit Costa Rica By Sabrina Chakici

The country's capital, San Jose, is a vibrant and vivacious city with lots to offer visiting tourists.

12 October 2017

Where lush green rainforest meets the vast blue ocean and wildlife roams free, **Costa Rica** is the perfect 'wanderlust' destination for active adventurers.



### Visit the famous fruit markets in San Jose

The country's capital, San Jose, is a vibrant and vivacious city with lots to offer visiting tourists, from the Columbian gold museum to the national theatre there's ample reasons to enjoy a city stopover. The daily markets are quite a spectacle with Sunday's fruit market taking centre stage. Spend the morning wandering with the locals and sampling fruits you never even knew existed!



For more about what to do in San Jose check out my blog [clutchandcarryon.com](http://clutchandcarryon.com).

### Wake-up in-front of an active volcano



Further north in Costa Rica lies the volcanic town of Arenal, here one of the country's award winning hotels, Nayara Hotel & Spa, offers guests the often once in a lifetime experience of sleeping underneath a blanket of bird filled tress with an unobstructed view of Arenal Volcano. The luxury 'rooms with a view' tucked neatly into the rainforest boast balconies with Jacuzzis and large four poster beds. The resort is a slice of luxury in a natural paradise.

Female First  
@FemaleFirst\_UK

Seguir

Six Unique Reasons To Visit Costa Rica By  
Sabrina Chakici  
[femalefirst.co.uk/travel/things-to-do-in-costa-rica-1097994.html](http://femalefirst.co.uk/travel/things-to-do-in-costa-rica-1097994.html)



2:28 - 12 oct. 2017

<http://www.femalefirst.co.uk/travel/things-to-do-in-costa-rica-1097994.html>

# Instagram: @sabrina\_chakici

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[https://www.instagram.com/p/BZHQy6shYoh/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZHQy6shYoh/?taken-by=sabrina_chakici)

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[https://www.instagram.com/p/BZJyrMuhdRU/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZJyrMuhdRU/?taken-by=sabrina_chakici)

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# Instagram: @sabrina\_chakici

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[https://www.instagram.com/p/BZPMSj8hllX/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZPMSj8hllX/?taken-by=sabrina_chakici)

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# Instagram: @sabrina\_chakici

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sabrina\_chakici  Nayara Hotel Spa & Ga... [Seguir](#)

sabrina\_chakici Legitimately woke up in paradise, deep in the Jungle in the comfort of my four poster bed 🌿🌿🌿 Full room tour on my stories @visit\_costarica #BACostaRica17 #FlyBA

Ver los 28 comentarios

melli\_b\_ Awesome ❤️

ana.vanelswyk Love this picture! And this bed looks so comfy 😊

magic.tia The dream 🦋🌿🌿 Nice shot btw babe

mylittlesteph Beautiful 🌈

carmelatte\_1 Omg this is amazing ❤️

emilysmith94 Cool pic!

riccardo.nrdl I just want to sleep now lol

gionata\_s ❤️❤️

382 Me gusta

20 DE SEPTIEMBRE

Inicia sesión para indicar que te gusta o comentar. ...



sabrina\_chakici  Nayara Hotel Spa & Ga... [Seguir](#)

sabrina\_chakici Pool Goals 🌿🌿🌿 I think I've found a new favorite! Tucked into the rainforest with an active volcano as a backdrop, comfy cabanas, umbrellas & seats in the water, plus, a swim up cocktail bar! BLISS #BACostaRica17 #FlyBA @visit\_costarica

Ver los 23 comentarios

le.na.y @sabrina\_chakici beauty

cucaolveira Maravillosa ❤️❤️❤️

rajesh.sakani 🌿

yasminechanel Please take me with you next time 🤔🤔🤔

rafaelbeutl top hot

martiitram 🤔🤔

sabrina\_chakici @angiesilverspoon it's honestly heaven on earth here!

456 Me gusta

21 DE SEPTIEMBRE

Inicia sesión para indicar que te gusta o comentar. ...

[https://www.instagram.com/p/BZQ68wdB-Mh/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZQ68wdB-Mh/?taken-by=sabrina_chakici)

[https://www.instagram.com/p/BZTZH3qhNFB/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZTZH3qhNFB/?taken-by=sabrina_chakici)



# Instagram: @sabrina\_chakici

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[https://www.instagram.com/p/BZZQcHGBD7Q/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZZQcHGBD7Q/?taken-by=sabrina_chakici)

# Instagram: @sabrina\_chakici

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[https://www.instagram.com/p/BZb3d5KBh8o/?taken-by=sabrina\\_chakici](https://www.instagram.com/p/BZb3d5KBh8o/?taken-by=sabrina_chakici)



# Instagram: @sabrina\_chakici

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# Instagram: @sabrina\_chakici

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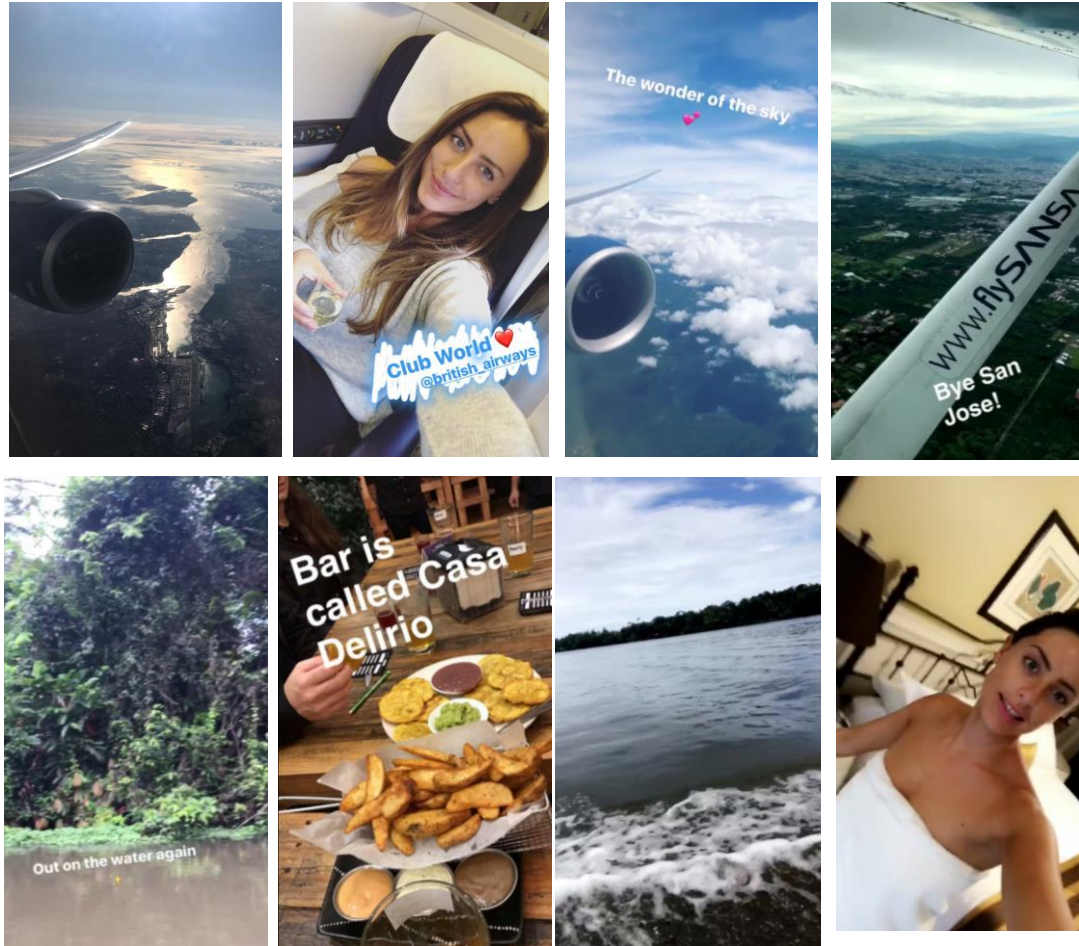
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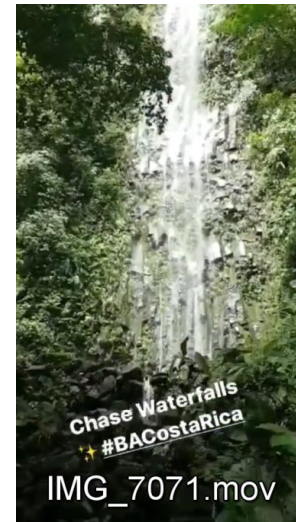
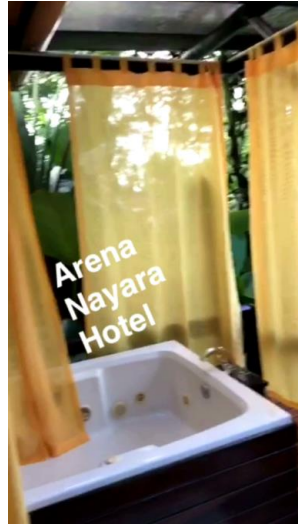
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# Instagram Stories: @sabrina\_chakici

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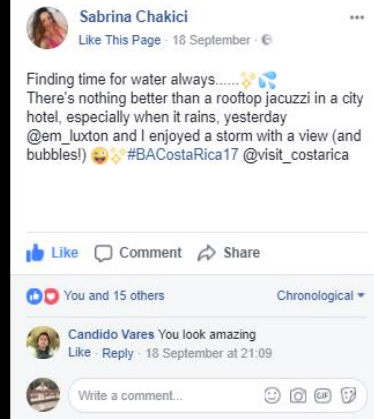
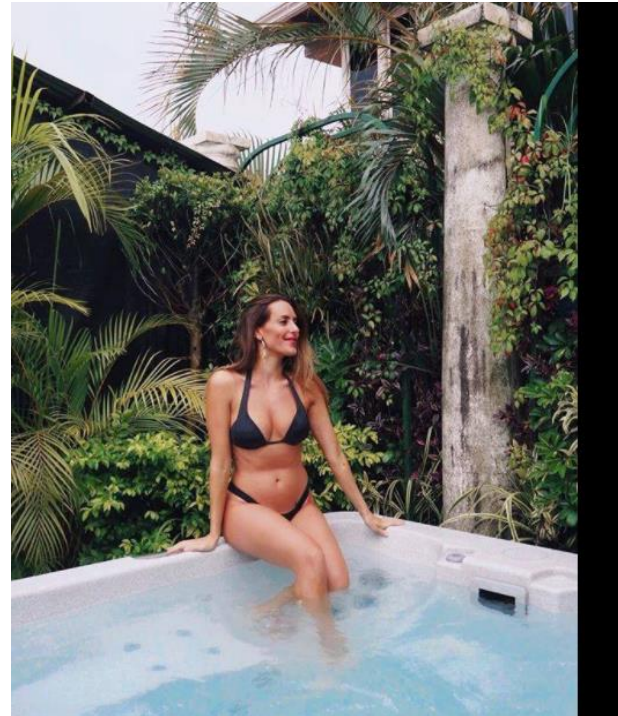
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# Facebook: @sabrinachakici

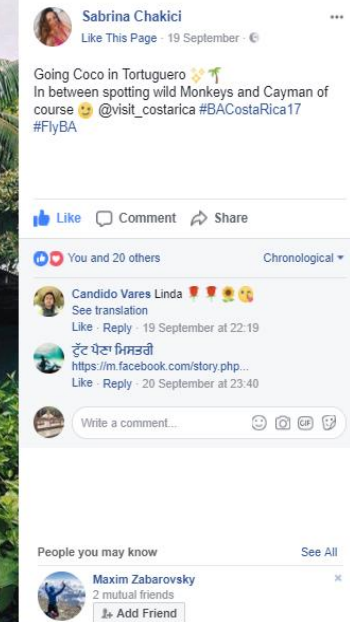
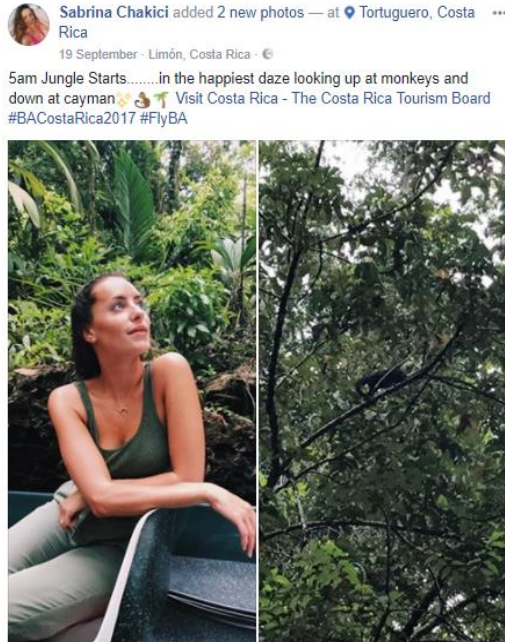
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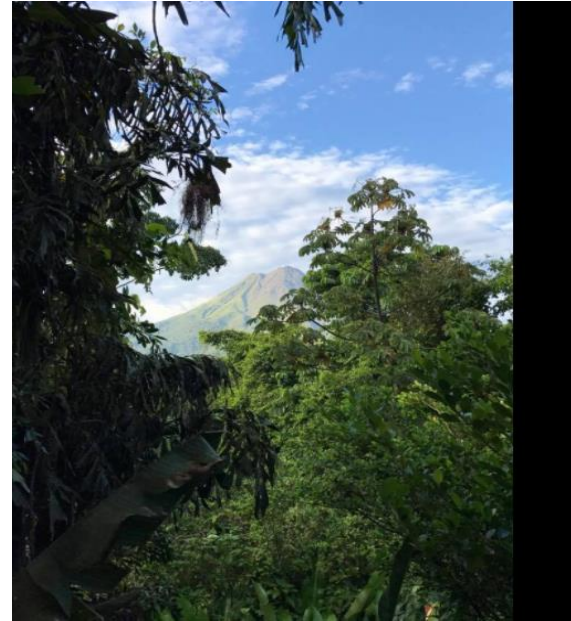
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# Facebook: @sabrinachakici

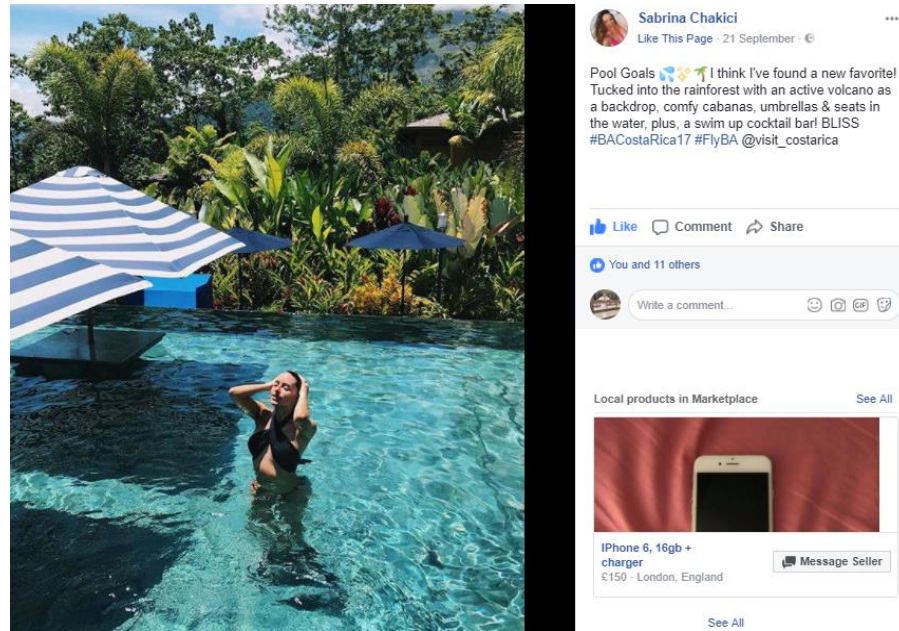
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# Facebook: @sabrinachakici

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# Facebook: @sabrinachakici

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 **Sabrina Chakici**  
Like This Page · 22 September · €

Disappearing into nature 🌿  
These are Arenal's natural hot springs, they are incredible. Gorgeously warm and tucked beautifully into the rainforest. We arrived at the thermal spa in the evening and stayed all night swimming in the blissful water and enjoying the slides and rapids under a light show of a thunderstorm. It was the best night I've had so far in Costa Rica, I want to do it all over again!! #BACostaRica17 #FlyBA @visit\_costarica

 Like  Comment  Share

 You and 12 others



 **Sabrina Chakici** ✓  
23 September · €  Like Page ...

Flying through the Jungle!! This day was epic, volcano views over a lake and thick in the rainforest. This was the first of 7 🌿

Visit Costa Rica - The Costa Rica Tourism Board  
#BACostaRica17 #FlyBa Costa Rica Sky Adventures



# Facebook: @sabrinachakici

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# Facebook: @sabrinachakici

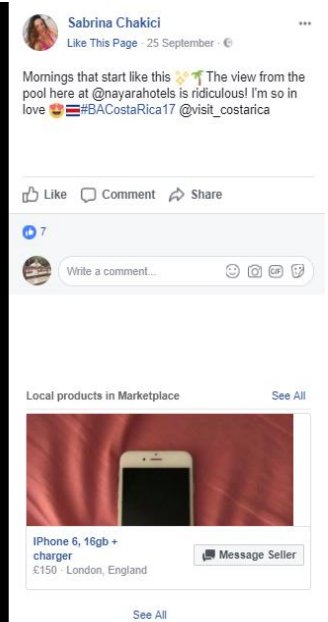
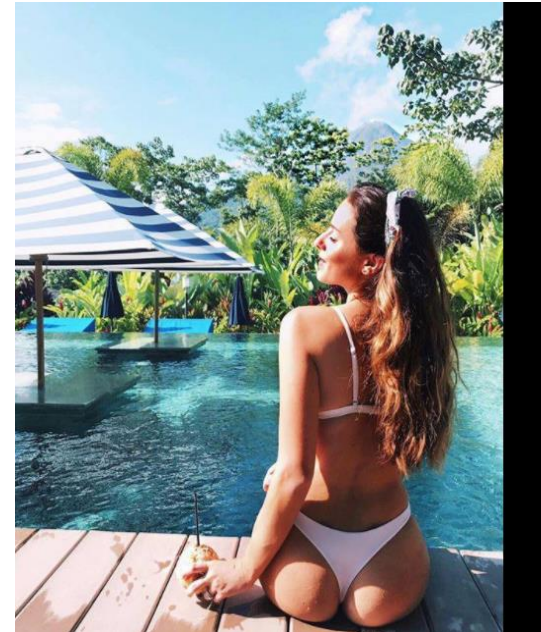
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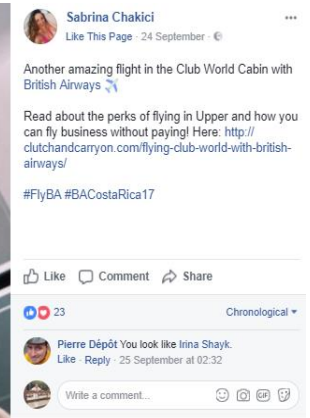
# Facebook: @sabrinachakici

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# Facebook: @sabrinachakici

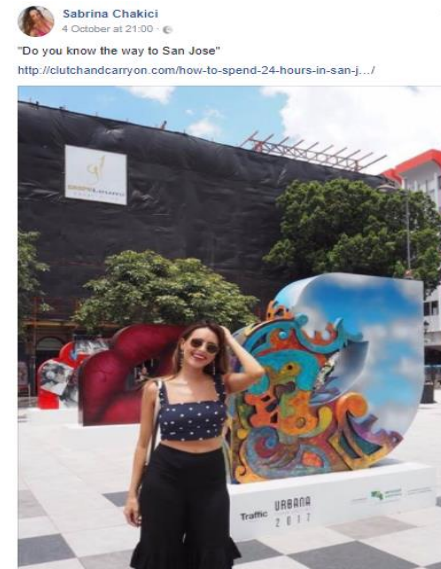
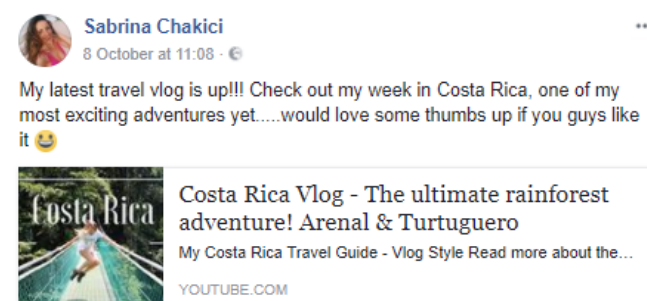
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# Facebook: @sabrinachakici

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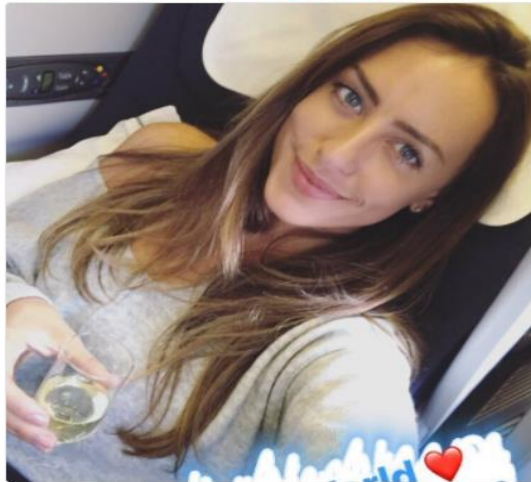


# Twitter: @sabrinachakici

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Heading to Costa Rica in blissful comfort with @British\_Airways so excited for my hrs in the air 🛫 Moana awaits 🙌🏻 @Visit\_CostaRica



1:05 - 16 sept. 2017



When life gives you pineapples ;) @visit\_costarica #BACostaRica17



12:05 - 17 sept. 2017



Let the adventure begin! So excited to be here in Costa Rica with @visit\_costarica after the... [instagram.com/p/BZHQy6shYoh/](https://www.instagram.com/p/BZHQy6shYoh/)

12:23 - 16 sept. 2017 desde Alajuela, Costa Rica



🍉 was taken ;) #BACostaRica17 @ San José, Costa Rica [instagram.com/p/BZJyrMuhdRU/](https://www.instagram.com/p/BZJyrMuhdRU/)

11:57 - 17 sept. 2017 desde San Jose, Costa Rica



# Twitter: @sabrinachakici

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Lost in the Jungle at 5am.....my eyes fixed on howler monkeys, any better way to start the day?! Nada. 🦉🌟🌴 #BACostaRica2017 #FlyBa



13:27 - 19 sept. 2017



Finding time for water always..... 🌟🌴  
There's nothing better than a rooftop jacuzzi in a city... [instagram.com/p/BZMaQKxBmED/](https://www.instagram.com/p/BZMaQKxBmED/)

12:21 - 18 sept. 2017 desde San Jose, Costa Rica



Roof Garden hot tub, large boutique rooms, great food and amazing location  
[@hotelgranodeoro](https://www.instagram.com/hotelgranodeoro/) is a pretty perfect city stay in San Jose 🙌



7:29 - 18 sept. 2017

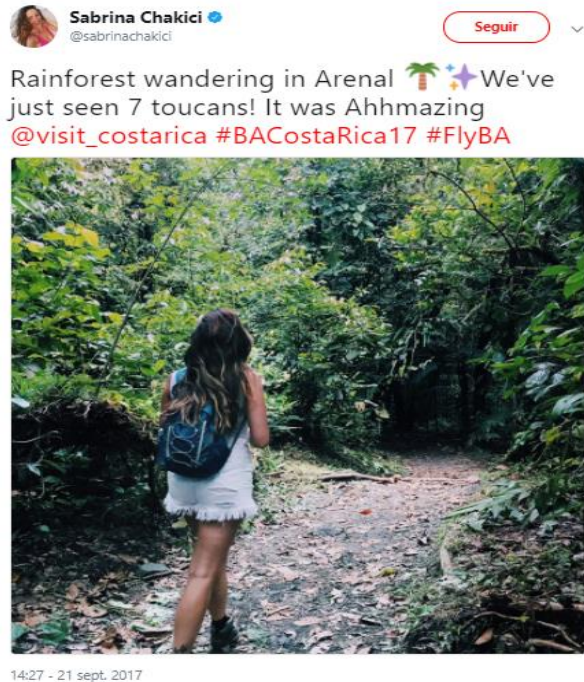


Going Coco in Tortuguero 🌟🌴  
In between spotting wild Monkeys and Cayman of course ;)...  
[instagram.com/p/BZPMSj8hIIX/](https://www.instagram.com/p/BZPMSj8hIIX/)

14:17 - 19 sept. 2017

# Twitter: @sabinachakici

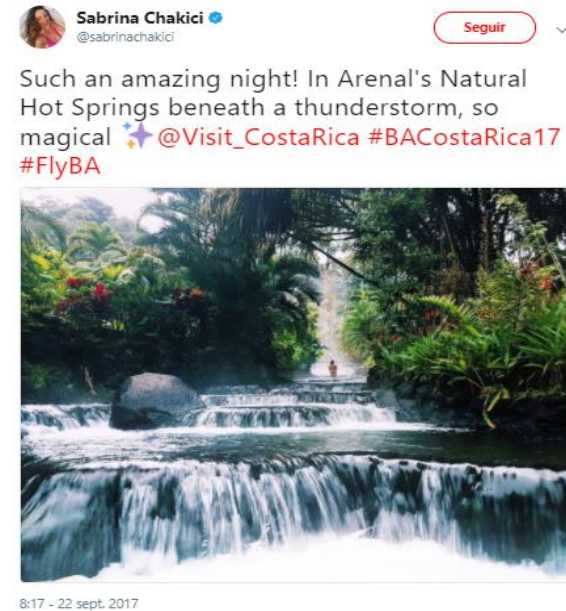
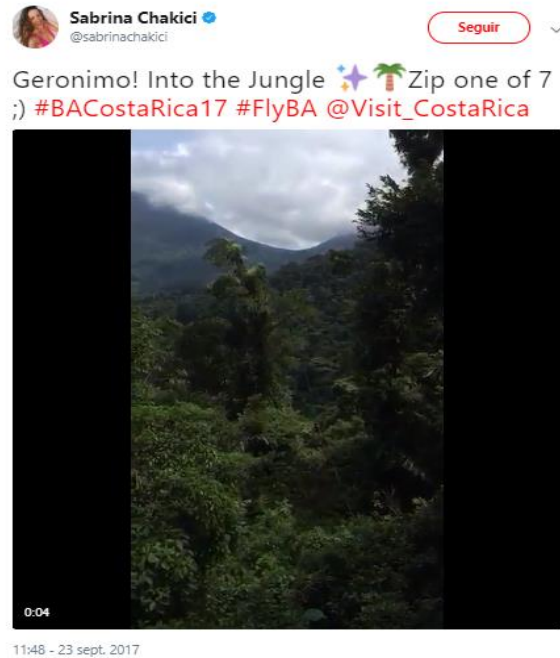
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# Twitter: @sabrinachakici

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# Twitter: @sabrinachakici

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# Twitter: @sabinachakici



# Twitter: @sabrinachakici

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**Sabrina Chakici** ✓  
@sabrinachakici

Seguir

How and why to spend 24 hours in San José, Costa Rica - [clutchandcarryon.com/how-to-spend-24 ...](http://clutchandcarryon.com/how-to-spend-24-hours-in-san-jose-costa-rica)



13:33 - 4 oct. 2017 desde **Enfield, London**



**Sabrina Chakici** ✓  
@sabrinachakici

Seguir

The ultimate luxury JUNGLE escape! One for the wanderlust bucket-list for sure!  
[clutchandcarryon.com/rainforest-lux ...](http://clutchandcarryon.com/rainforest-luxury-escape)



5:32 - 8 oct. 2017



**Sabrina Chakici** ✓  
@sabrinachakici

Seguir

Join me in Costa Rica.....I found a new Paradise ✨ Link in my bio to the full video and wrote up...

[instagram.com/p/BaCejZohKIL/](https://www.instagram.com/p/BaCejZohKIL/)

12:18 - 9 oct. 2017 desde **Alajuela, Costa Rica**



# Twitter: @sabrinachakici

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**Sabrina Chakici**   
@sabrinachakici

Seguir

New Post// The WILD & Wonderful  
Turtuguero, Costa Rica - A truly amazing  
destination for animal lovers  
[clutchandcarryon.com/wild-magic-tur...](http://clutchandcarryon.com/wild-magic-tur...)



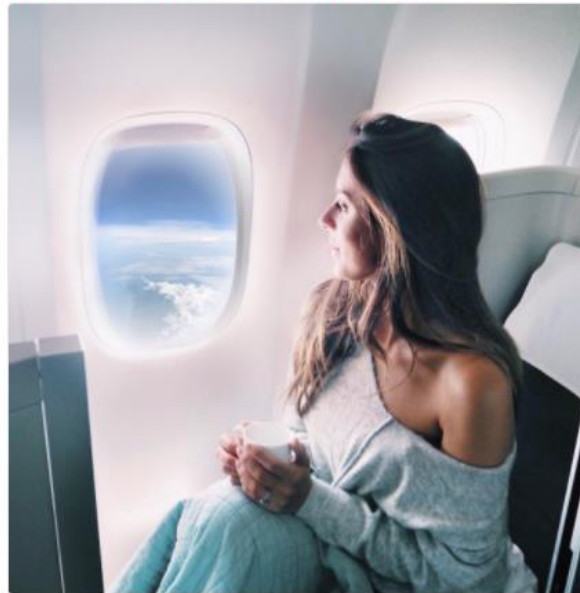
10:12 - 16 oct. 2017



**Sabrina Chakici**   
@sabrinachakici

Seguir

A seat that slides into a bed and champagne  
at the press of a button! Luxury in the air with  
[@british\\_airways](https://twitter.com/british_airways) -  
[clutchandcarryon.com/flying-club-wo ...](http://clutchandcarryon.com/flying-club-wo...)



6:03 - 17 oct. 2017



**Sabrina Chakici**   
@sabrinachakici

Seguir

Monkeys, Cayman, Toucans, you can spot  
them all from the comfort of your kayak! Why  
I loved Turtuguero:  
[clutchandcarryon.com/wild-magic-tur...](http://clutchandcarryon.com/wild-magic-tur...)



2:02 - 21 oct. 2017

# Vlog on YouTube: @sabrinachakici

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Costa Rica Vlog - The ultimate rainforest adventure! Arenal & Turtuguero

1.328 visualizaciones

👍 14 💬 0 ➦ COMPARTIR ≡+ ...

<https://www.youtube.com/watch?v=Z9uKh4taeWk>

**4,124 views**



# Online article: Female First

## Six Unique Reasons To Visit Costa Rica By Sabrina Chakici

The country's capital, San Jose, is a vibrant and vivacious city with lots to offer visiting tourists.



12 October 2017

Where lush green rainforest meets the vast blue ocean and wildlife roams free, **Costa Rica** is the perfect 'wanderlust' destination for active adventurers.



Sabrina

With so much to see and do, if you haven't already visited the popular Latin American country here's six reasons why you should be adding this amazing destination to your travel wish-list:

### Visit the famous fruit markets in San Jose

The country's capital, San Jose, is a vibrant and vivacious city with lots to offer visiting tourists, from the Colombian gold museum to the national theatre there's ample reasons to enjoy a city stopover. The daily markets are quite a spectacle with Sunday's fruit market taking centre stage. Spend the morning wandering with the locals and sampling fruits your mum never knew existed!

Wake-up in-front of an active volcano



Further north in Costa Rica lies the volcanic town of Arenal, here one of the country's award winning hotels, Nayara Hotel & Spa, offers guests the often once in a lifetime experience of sleeping underneath a blanket of bird filled tress with an unobstructed view of Arenal Volcano. The luxury 'rooms with a view' tucked neatly into the rainforest boast balconies with Jacuzzis and large four poster beds. The resort is a slice of luxury in a natural paradise.

Spend an evening in the clouds



A rare and uplifting experience after spending some time in Costa Rica's rainforest it to travel even higher, to the cloud forest. Here you're not only treated to incredible views that stretch uninterrupted for miles you can also spot the completely unique wildlife and vegetation. There's something pretty amazing about being above it all!

<http://www.femalefirst.co.uk/travel/things-to-do-in-costa-rica-1097994.html>

# Online article: Female First

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## My TOP 5 Travel Discoveries In 2017 By Sabrina Chakici

I wanted to round up my top five remarkable travel discoveries of 2017, to help you know exactly what to ask Santa for.

STYLING: [icon] SHARE: [icon] SOUND: [icon] TIME: [icon] PIN: [icon]

22 December 2017

Whilst wishing everyone an amazing Christmas and with 2018 closing swiftly in on us, I am finishing my year on a high and boarding a flight to The Philippines. Before I speak to you all in the New Year and after having visited over 26 countries this year, I wanted to round up my top five remarkable travel discoveries of 2017, to help you know exactly what to ask Santa for :)



### Costa Rica

With all the wonders of both the rainforest and the ocean, Costa Rica is a country I wasn't expecting to travel to in 2017 and yet one of my favourite trips. From watching baby turtles take their first walk down to the beach to seeing toucans soar through the sky, the close connection with nature was incredible. I also discovered the best natural spa in the world, The Tabason Springs, where the heat of the volcano warms up natural whirlpools and waterfalls and guests can watch up from the jacuzzis at a sky full of stars.



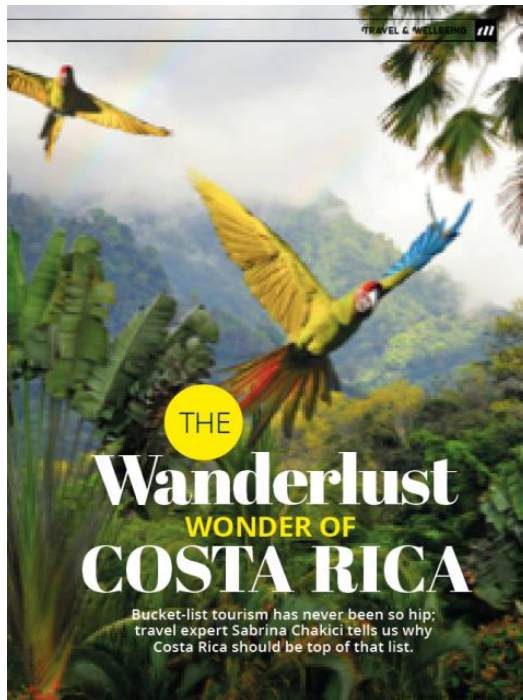
We stayed at Nayara Springs Hotel, where your balcony looks into the wonders of the rainforest and the sounds of howler monkeys are your alarm clock :)

<http://www.femalefirst.co.uk/travel/top-travel-discoveries-sabrina-chakici-1116130.html>

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# Print article: The Lifestyle Library



**Circulation: 87,000**  
**Readership: 304,500**  
**AVE: £10,500**  
**Media value: £31,500**

**The Lifestyle Library**



# Emily Luxton Travels

- Blog: 33,000 MUU
- Instagram: 15,000
- Facebook: 4,526
- Twitter: 17,200







EMILY LUXTON  
TRAVELS



# Emily Luxton

## Summary of activity:

- 4 Blog posts
- 9 Instagram posts
- Daily Instagram stories (+30)
- 20 Facebook posts (including videos)
- 33 Tweets

#BACostaRica17

# Blog: Emily Luxton

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## AUGUST TRAVEL ROUND UP

30 AUGUST 2017



### The Next Three Months

It's all kicking off with a press trip in Costa Rica, which I'm crazy excited about. I've never been and there's so much I'd love to see there. Stay tuned over on Instagram because I'm hoping to share a ton of amazing photos with you all.



After Costa Rica my plans are a little hazy\*. You might have noticed that I'm not really one for planning much in advance! But I will definitely be in Mexico for [Dia de los Muertos](#). That festival has been on my travel wish-list FOREVER. I'm also really excited to head back to Mexico and explore a bit more of the country - because it really feels like my month there was not enough.

<https://www.emilyluxton.co.uk/personal/round-ups/august-2017>

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## SEPTEMBER TRAVEL ROUND UP

30 SEPTEMBER 2017



### BUENOS DIAS, CHICOS!

Obviously, you [follow me on all the social media](#), so you already know all about where I am and what I've been up to! But just in case you don't (because you've been in a coma or something), here's a little catch up for you.

### Costa Rica

Exactly one week later, I flew to Costa Rica with British Airways ready for the #BACostaRica17 trip. Not just any old flight either. I got to fly business class for the very first time ever in BA Club World. SO GOOD! If you watched my [Instagram stories](#) that day you'll have seen a lot of excitement.

The first week in Costa Rica was an immense whirlwind and we had so much fun. We were travelling with [Costa Rican Trails](#) and had a great guide and driver - who totally encouraged me learning Spanish by teaching me a bunch of useful (read: inappropriate) words.

There are way too many highlights to even list them all, but as briefly as possible here are a few for you...

- Taking a craft beer tour in San Jose with Carpe Chepe
- Waking up to this view from my balcony at Nayara Springs in Arenal...

<https://www.emilyluxton.co.uk/personal/round-ups/september-2017>

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# Blog: Emily Luxton

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## 7 REASONS TO STAY IN SAN JOSE - THINGS TO DO IN THE UNDERRATED CAPITAL

© 6 OCTOBER 2017



Once a city gets a reputation as a "stopover city", it seems really hard for it to shift the perception that there's "nothing to do there". That's what's happened in San Jose, affectionately known as *Chepe* by the locals. Most visitors do little more than spend a night here on the way through - and having been told there's nothing to do, they leave having found nothing to do.

### Get Hipster on Calle 33

Close to the upscale Los Yoses district in eastern San Jose, Calle 33 is lined with amazing restaurants and bars. It's very new, and very trendy - and definitely worth checking out. Don't miss funky *Isolina*, which has a great cocktail menu and really cool decor (I love the teacup-light fixture). *Delirio House* has a huge patio area, great beer, and some really tasty bar snacks (those wedges!).

And at *Luna Roja* you'll find a really interesting fusion of traditional Costa Rican dishes and modern flavours. Don't miss the chance to ask the chef about his food (if you can speak Spanish) because he's a really sweet, passionate guy. Soon to be pedestrianised, Calle 33 is the perfect place to go looking for fun nightlife and the tastiest food in Chepe.



<https://www.emilyluxton.co.uk/costa-rica/things-to-do-san-jose>

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## ONE WEEK IN COSTA RICA - LIVIN' LA PURA VIDA

© 16 OCTOBER 2017



Green, naturally rich, and abundant with wildlife - Costa Rica is the land of Pura Vida. You'll hear the expression everywhere, used as a greeting, a thank you, or simple sentence filler. And after a couple of days in the country you'll realise that this is more than just a phrase. It's a way of life! Costa Rica is Pura Vida.

### Tortuguero

Next stop was the Caribbean Coast, one of Costa Rica's biggest attractions. Tortuguero can be easily reached by a short 30-60 minute flight from San Jose - or you can drive to La Pavona and take a boat for around an hour and a half from there. Flying is better if you're short on time, as I was.



<https://www.emilyluxton.co.uk/costa-rica/one-week-in-costa-rica>

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# Instagram: @em\_luxton

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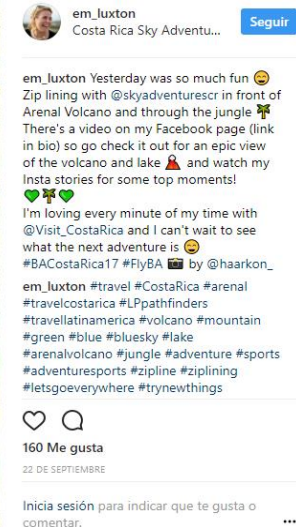
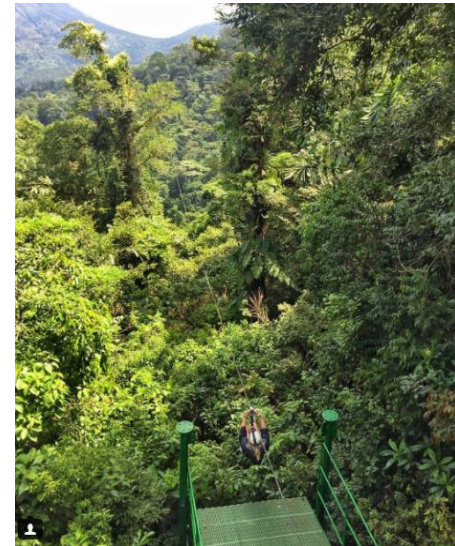
[https://www.instagram.com/p/BZMZgbeHZLG/?taken-by=em\\_luxton](https://www.instagram.com/p/BZMZgbeHZLG/?taken-by=em_luxton)

[https://www.instagram.com/p/BZQ5tgPHtZX/?taken-by=em\\_luxton](https://www.instagram.com/p/BZQ5tgPHtZX/?taken-by=em_luxton)



# Instagram: @em\_luxton

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[https://www.instagram.com/p/BZTtGxenz4s/?taken-by=em\\_luxton](https://www.instagram.com/p/BZTtGxenz4s/?taken-by=em_luxton)

[https://www.instagram.com/p/BZWR4DenB4J/?taken-by=em\\_luxton](https://www.instagram.com/p/BZWR4DenB4J/?taken-by=em_luxton)

# Instagram: @em\_luxton

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[https://www.instagram.com/p/BZZEGKdHMNm/?taken-by=em\\_luxton](https://www.instagram.com/p/BZZEGKdHMNm/?taken-by=em_luxton)

[https://www.instagram.com/p/BZbf6o4nNxn/?taken-by=em\\_luxton](https://www.instagram.com/p/BZbf6o4nNxn/?taken-by=em_luxton)



# Instagram: @em\_luxton

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[https://www.instagram.com/p/BZcEKSIngV5/?taken-by=em\\_luxton](https://www.instagram.com/p/BZcEKSIngV5/?taken-by=em_luxton)

[https://www.instagram.com/p/BZi6UfOn3pt/?taken-by=em\\_luxton](https://www.instagram.com/p/BZi6UfOn3pt/?taken-by=em_luxton)

# Instagram: @em\_luxton

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[https://www.instagram.com/p/BZ7OgYHn7xH/?taken-by=em\\_luxton](https://www.instagram.com/p/BZ7OgYHn7xH/?taken-by=em_luxton)

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# Emily's Arenal Volcano Instagram photo, chosen one of the best by Lonely Planet

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## LP Pathfinders: top Instagrams from September 2017

By Jack Palfrey 10 October 2017 1:20pm Europe/London

ALAJUELA, COSTA RICA



'I'm not normally one for early starts, but when there's an active volcano visible from the foot of your bed it's pretty easy to wake up at 5.30am! I was thrilled to catch the peak of Arenal Volcano in the warm dawn light; definitely worth getting out of bed for.' – Emily, @em\_luxton

**Why we like it:** the morning light breaking on the volcano, paired with the atmospheric wisps of white cloud, combine to dramatise the landform's dominion over its surrounds. The colour and sense of scale provided by the foreground flora is an added bonus.



Lonely Planet  
@lonelyplanet

Check out last month's amazing Instas from our #lpPathfinders [lptravel.to/CKaWAV](https://lptravel.to/CKaWAV)



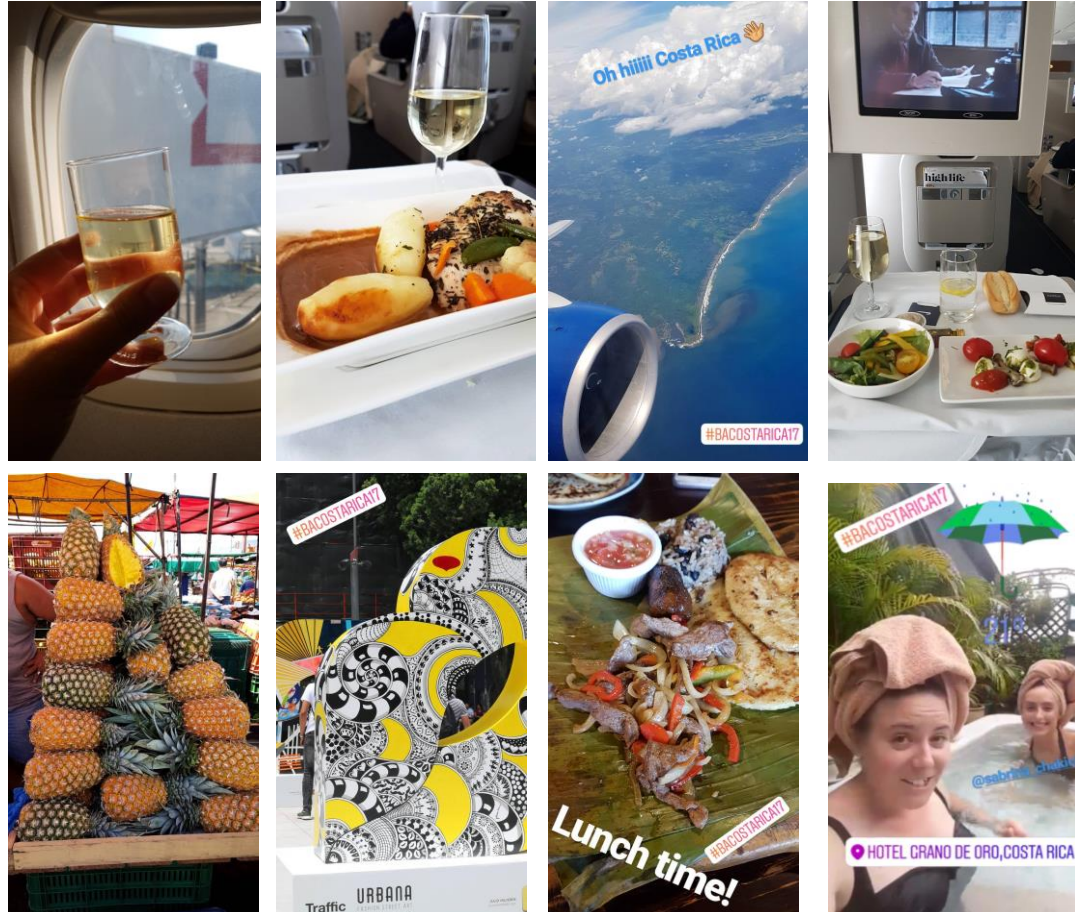
12:05 - 13 oct. 2017

<https://www.lonelyplanet.com/blog/2017/10/10/lp-pathfinders-top-instagram-from-september-2017/>

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# Instagram Stories: @em\_luxton

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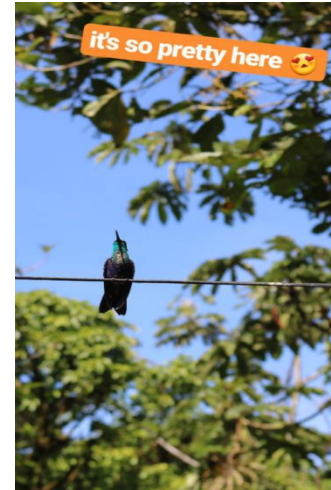
# Instagram Stories: @em\_luxton





# Instagram Stories: @em\_luxton

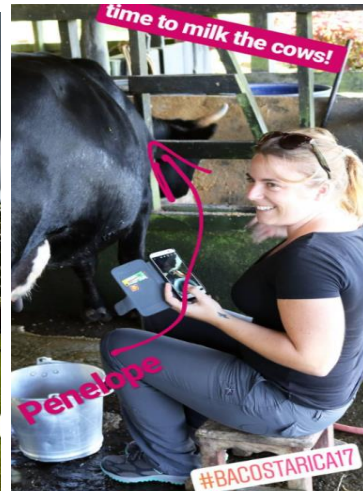
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# Instagram Stories: @em\_luxton

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# Facebook: @EmilyLuxtonTravelBlog



**Emily Luxton Travels** added 5 new photos.  
17 September · San José, Costa Rica · 🌐

Welcome to Costa Rica 🇸🇨

Spent the morning exploring San José city centre and the weekly farmers market. We're staying at the Hotel Grano de Oro, Costa Rica, which is absolutely stunning. And when the sun shines in the morning the city is so colourful. Absolutely loving it already and can't wait to head to the jungle tomorrow 😊

#BACostaRica17





**Emily Luxton Travels** added 8 new photos.  
18 September · Tortuguero, Costa Rica · 🌐

We're in the jungle baby! 🌿🍌🐢

Hopped on a teeny tiny little 12 seater plane this morning to fly to Tortuguero on the Caribbean Coast 🌴 We're staying at Pachira Lodge, Tortuguero, and it's amazing being so close to nature. All I can hear is bird calls right now!

Spent the morning exploring Tortuguero and swimming in the pool surrounded by gorgeous tropical birds. Now we're off kayaking to see some more wildlife, and tonight we're headed out to the beach to see if we can spot some hatching turtles 🐢🍌 Costa Rica is too awesome!

With Visit Costa Rica - The Costa Rica Tourism Board and British Airways

#BACostaRica17 #FlyBA





**Emily Luxton Travels** added 11 new photos.  
19 September · 🌐

Fun filled couple of days in Tortuguero at Pachira Lodge 🍌

There are no roads, so we had to arrive by plane and explore the area by boat and kayak. We've seen so much wildlife in the last 24 hours 🌿🍌🐢

This morning I got my wish and spotted a little group of baby caiman (see if you can spot it in the photos), and while we were kayaking yesterday we saw loads of monkeys, birds, and a basilisk lizard.

But the absolute highlight was last night after dark, when we were able to watch sea turtles building nests and laying eggs 🐢 AND we saw some babies hatching and making their way down to the sea 🍌 We weren't allowed any lights except an infra-red torch so I have no photos, but the experience was absolutely incredible!

#BACostaRica17 #FlyBA





# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @EmilyLuxtonTravelBlog

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Emily Luxton Travels

22 September · La Fortuna, Costa Rica · 🌐

Costa Rica is just so beautiful 🍷 Our last stop in Arenal today was La Fortuna waterfall, and it was so worth the climb down 🌊😍

"You don't climb the mountain so everyone can see you, you climb it so that you can see the world yourself" - Guru Sloth, 2017

(There were quotes all the way down the steps with inspirational quotes from Guru Sloth!)

With Visit Costa Rica - The Costa Rica Tourism Board and British Airways  
#BACostaRica17 #FlyBA



Emily Luxton Travels added 5 new photos.

24 September · 🌐

Today was the last day of our tour with Costa Rican Trails and I was genuinely gutted to say goodbye to such an awesome group of people ❤️ Lucky for me I'm not heading home with the rest of the blogger group, because I'm now starting my own adventure in Latin America 😊

For our last stop we stayed at Villa Blanca Cloud Forest Hotel & Nature Reserve, a stunning eco hotel in the cloud forest near San Ramon. We arrived to thick mist and drizzle, so I had no idea that such amazing views and rich greenery was awaiting me when I woke up 🍷🌿

We had a nature filled morning exploring the hotel grounds. Hummingbirds, leaf cutter ants (which I have a new respect for after this trip) and meeting the cows at the hotel's own dairy farm. Such a cool experience - and a shame I couldn't stay longer!

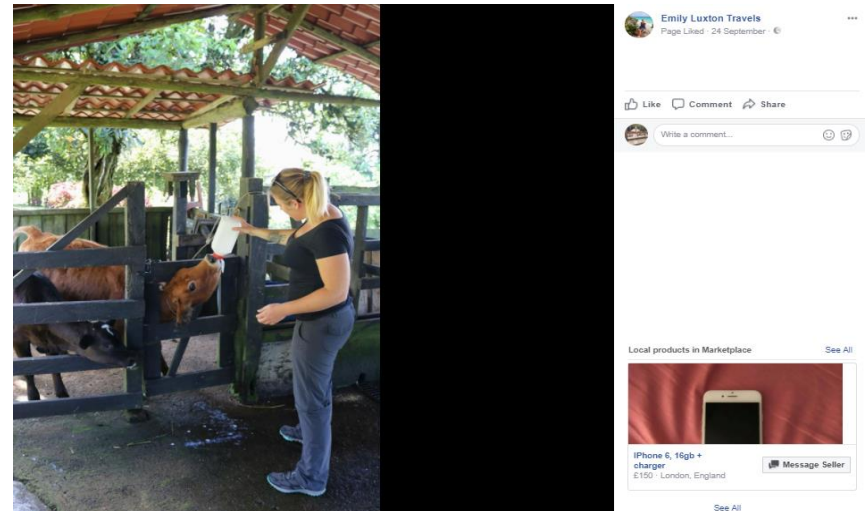
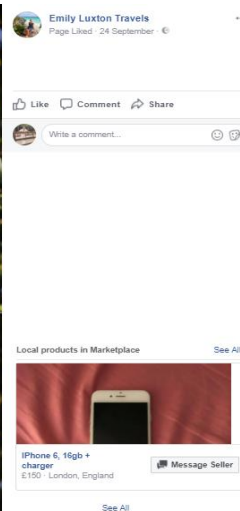
#BACostaRica17 #FlyBA

Visit Costa Rica - The Costa Rica Tourism Board British Airways



# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @EmilyLuxtonTravelBlog

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OK chicos y chicas, decision time...

I have exactly one month until I need to be in Mexico City to meet my friend and head down to Oaxaca for Día de Los Muertos. And I have no idea what to fill that month with. So, where would you rather see me go:

- Stay in Costa Rica
- Panama and Costa Rica
- Nicaragua and Costa Rica
- Mad cap overland dash through Nicaragua, Honduras, Belize and Guatemala to Mexico with fewer stops and lots of buses
- Something totally different

Comment your suggestions and help me decide!



Have you heard of pedal boarding? I hadn't until last week, when we hit Arenal lake with Pedal Board Costa Rica!

It's like a kind of cross between a SUP board and a step machine. You have a handleboard to hold onto and two pedals which you use to power the board. It takes some serious getting used to but it's SO much fun!

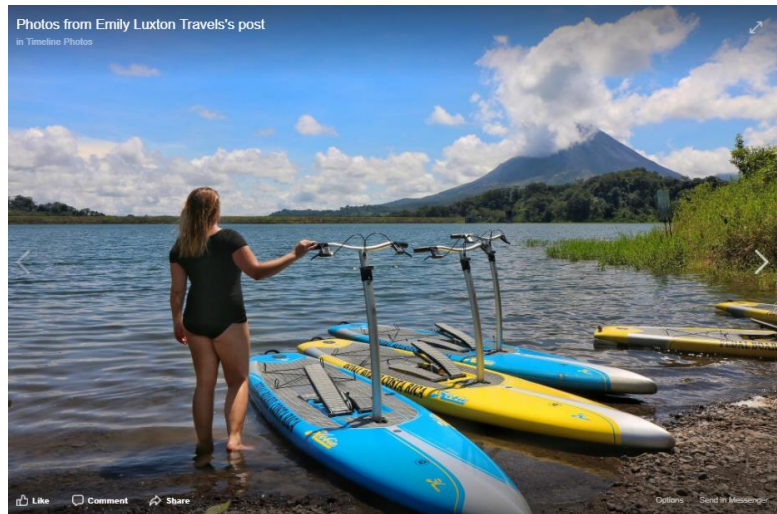
I loved exploring Arenal with Visit Costa Rica - The Costa Rica Tourism Board and British Airways. The lake and the volcano were so unbelievably beautiful and we had so much fun there 😊

#BACostaRica17 #FlyBA



# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @EmilyLuxtonTravelBlog

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# Facebook: @emily.luxton.9

**Emily Luxton** was 🇨🇷 looking for recommendations. · 17 September · 🌐

Travellers - come at me with your Costa Rica recommendations!!!  
I'm on a press trip this week - going to San Jose, Tortuguero, Arenal and San Ramón. I want somewhere to spend a few days chilling (and catching up on work) afterwards. Preferably on the Caribbean side, with good/fun hostels or cheap hotels.  
Please and thank you!



Looking for recommendations in  
**Costa Rica**  
3 people recommended 8 places

**Emily Luxton** · 18 September · Tortuguero, Costa Rica · 🌐

Met the love of my life today 😍



**Emily Luxton** shared Emily Luxton Travels's post. · 20 September · 🌐

Loving life!



**Emily Luxton Travels** is at Arenal Volcano. · 20 September · 🌐

Paddle boarding on an enormous lake in front of an active volcano = dream  
Wednesday morning 😍 Costa Rica I love you!

**Emily Luxton** shared Emily Luxton Travels's video. · 22 September · 🌐



142 Views

**Emily Luxton Travels** is at Costa Rica Sky Adventures (La Fortuna, Alajuela, Costa Rica). · 21 September · La Fortuna, Costa Rica · 🌐

# Facebook: @emily.luxton.9

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# Twitter: @em\_luxton

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Emily Luxton  
@em\_luxton

Seguir

I'm flying to Costa Rica on Saturday with [@British\\_Airways](#) and I'm SO FLIPPING EXCITED 🤪🇸🇨🇷 #BACostaRica17



12:35 - 14 sept. 2017 desde Overcombe, England



Emily Luxton  
@em\_luxton

Seguir

Woohoo! Sitting in [@British\\_Airways](#) Club Lounge waiting for my flight to COSTA RICA!!! 🤪🇸🇨🇷 #BACostaRica17



23:59 - 15 sept. 2017 desde British Airways Gallery Club South Lounge



Emily Luxton  
@em\_luxton

Seguir

First time flying business class, and with [@British\\_Airways](#) no less 💜🍷 Can you tell I'm a little excited? 🤪 Cheers! #BACostaRica17



0:58 - 16 sept. 2017

# Twitter: @em\_luxton

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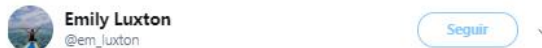


OK... That was awesome! First time flying business in @British\_Airways Club World ❤️

#BACostaRica17 #businessclass



12:29 - 16 sept. 2017 desde Alajuela, Costa Rica



This hotel is absolutely beautiful 🥰 staying at @HotelGranodeOro in San José

#BACostaRica17



13:16 - 17 sept. 2017 desde San Jose, Costa Rica



Exploring the Sunday morning Farmer's Market in San José! Welcome to Costa Rica 🥰🍌🍉

#BACostaRica17 #CostaRica



11:53 - 17 sept. 2017 desde San Jose, Costa Rica



# Twitter: @em\_luxton

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 **Emily Luxton**  
@em\_luxton [Seguir](#) ▾

Loving all the bright colours in San José today  
🌈🇸🇨🍷

[@Visit\\_CostaRica](#) [#BACostaRica17](#)



15:06 - 17 sept. 2017 desde [San Jose, Costa Rica](#)

 **Emily Luxton**  
@em\_luxton [Seguir](#) ▾

San José has been awesome, especially the beautiful [@HotelGranodeOro](#) 🌟 But now we're off to the coast to see some TURTLES 🐢 [#BACostaRica17](#)



5:20 - 18 sept. 2017 desde [Alajuela, Costa Rica](#)

 **Emily Luxton**  
@em\_luxton [Seguir](#) ▾

Craft beer tour of San José last night with [@CarpeChepe](#) 🍺 So much fun! Who new this city was so cool?! 😊 [#BACostaRica17](#)



4:40 - 18 sept. 2017

# Twitter: @em\_luxton

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# Twitter: @em\_luxton

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Emily Luxton  
@em\_luxton

Seguir

One of my favourite animals is in this picture... Can you spot it?! 🦎

#BACostaRica17 #FlyBA @Visit\_CostaRica



14:05 - 19 sept. 2017 desde Heredia, Costa Rica



Emily Luxton  
@em\_luxton

Seguir

Currently in a hot tub on my balcony overlooking jungle with an active volcano in the distance 🌺 Casual Tuesday night in!

#BACostaRica17



17:09 - 19 sept. 2017 desde Alajuela, Costa Rica



Emily Luxton  
@em\_luxton

Seguir

Kayaking in beautiful Tortuguero yesterday 🌿🦎🌴

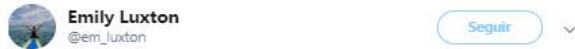
#BACostaRica17 #FlyBA



13:06 - 19 sept. 2017

# Twitter: @em\_luxton

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Good morning! Woke up today at 5.30am to find this view 🥰 Arenal volcano seen from my balcony at @ArenalNayara ❤️

#BACostaRica17 #FlyBA



6:37 - 20 sept. 2017 desde Alajuela, Costa Rica



This hotel is just all kinds of crazy amazing! Loving life at @ArenalNayara in Arenal, Costa Rica 🥰

#BACostaRica17 #FlyBA



11:07 - 20 sept. 2017



This morning we went peddle boarding on Lake Arenal in front of the volcano. Like SUP but with peddles! So much fun 😊

#BACostaRica17 #FlyBA



12:42 - 20 sept. 2017 desde Alajuela, Costa Rica



# Twitter: @em\_luxton

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# Twitter: @em\_luxton

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Just chilling out in front of a crazy beautiful waterfall today! The water was sooo nice 😊

@Visit\_CostaRica #BACostaRica17 #FlyBA



11:28 - 22 sept. 2017



That view though 😍 You can't really beat an infinity pool in the jungle overlooking an active volcano can you?!

#BACostaRica17 #FlyBA



22:09 - 22 sept. 2017 desde Alajuela, Costa Rica



Just had a go at milking a cow and feeding the babies ❤️🐮 Go have a watch on my IG stories [instagram.com/em\\_luxton](https://www.instagram.com/em_luxton) 😊

#BACostaRica17 #FlyBA



8:58 - 23 sept. 2017 desde Alajuela, Costa Rica

# Twitter: @em\_luxton

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Emily Luxton  
@em\_luxton

Seguir

Last night we stayed at Villa Blanca Hotel in the cloud forest, and I woke up to this view 🥰🥰🥰

#BACostaRica17 #FlyBA @Visit\_CostaRica



9:52 - 23 sept. 2017 desde Alajuela, Costa Rica



Emily Luxton  
@em\_luxton

Seguir

Shout out to my travel blogger crew from last week's trip with @Visit\_CostaRica. I'm kinda lonely without them 😭 #BACostaRica17 #FlyBA



5:20 - 25 sept. 2017 desde Limón, Costa Rica



Emily Luxton  
@em\_luxton

Seguir

My first week in Costa Rica with @Visit\_CostaRica was AMAZING 🥰 San José, Tortuguero, Arenal and San Ramon. Loved it! #BACostaRica17 #FlyBA



7:12 - 24 sept. 2017 desde Limón, Costa Rica



# Twitter: @em\_luxton

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 **Emily Luxton**  
@em\_luxton [Seguir](#) ✓

NEW: September [#Travel](#) Round Up - Costa Rica so far! [emilyluxton.co.uk/personal/round](http://emilyluxton.co.uk/personal/round)



8:42 - 30 sept. 2017

 **Emily Luxton**  
@em\_luxton [Seguir](#) ✓

7 Reasons to Stay in San Jose - Things to do in the Underrated Capital [#BACostaRica17](#)  
[emilyluxton.co.uk/costa-rica/thi ...](http://emilyluxton.co.uk/costa-rica/thi...)



10:37 - 6 oct. 2017

 **Emily Luxton**  
@em\_luxton [Seguir](#) ✓

Still my favourite photo from this trip! [#CostaRica](#) makes me so happy 😊



12:11 - 2 oct. 2017

# Twitter: @em\_luxton

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# Online article: Avanti Travel Insurance blog



12  
JAN

## ONE WEEK IN COSTA RICA

by Emily Luxton / Travel Blog

Famous for its eco-tourism and stunning wildlife, Costa Rica is a country that should be high on every nature lover's bucket list. It's also stunningly diverse! From culture in the capital, to the Caribbean beaches of the east coast, to the lush rain and cloud forests, there's simply so much to discover. Here's a one week itinerary for Costa Rica to help you see as many different sides of the country as possible.



### San Jose

Costa Rica's capital gets an unfair reputation as little more than a layover destination, but [San Jose is actually a very interesting city](#) with lots of cultural gems to uncover. Don't miss the bustling city markets, full of colour and tasty tropical fruits, and the stunning colonial architecture in the city centre. If you have time, a trip out to the nearby coffee plantations is a great way to spend an afternoon.

#### Don't miss:

- Sunday farmer's market in Zapote
- Precolumbian gold museum
- National Theatre – particularly the mural by Aleardo Villa

#### Recommended time to spend in San Jose:

At least one full day and night.

### Tortuguero

Over on the Caribbean coast, Tortuguero is an important wildlife reserve which does some great work protecting and conserving the local sea turtle populations. This is [one of the best beaches in Costa Rica to watch sea turtles hatching](#) and laying eggs, and depending on the time of year you may be able to see both in one night. The quickest way to reach Tortuguero is by air, which takes around 30 minutes from San Jose.



#### Don't miss:

- Night time turtle hatching tour
  - Kayaking tour in Tortuguero National Park
- [Recommended time to spend in Tortuguero:](#)

Two nights.



### Arenal and La Fortuna

If you're looking for the lush rainforests that most people picture when they think of Costa Rica, Arenal is the place to visit. Arenal is the country's youngest and most active volcano, and it's set within some of Costa Rica's most fertile land. Which means plenty of jungle and wildlife to explore.

#### Don't miss:

- Jungle tour in Arenal National Park
  - Lake Arenal
  - Zip lining above the rainforest with [Sky Adventures](#)
  - La Fortuna waterfall
  - A trip to the local hot springs
- [Recommended time to spend in La Fortuna:](#)

Three nights.



### San Ramon and the Cloud Forest

Cloud forests are ecological zones found high in the mountains, and are wrapped in clouds and mist most of the year. Thanks to the cooler, wet climate, this part of Costa Rica is incredibly lush and full of amazing wildlife. It's the perfect place to come if you want to see animals, especially sloths, monkeys, and maybe even jaguars. The nature reserve at [Villa Blanca](#) outside of San Ramon is also well known for its many species of butterflies and hummingbirds.

#### Don't miss:

- Villa Blanca Cloud Forest Hotel and Nature Reserve
  - Cloud forest hike and wildlife tour
- [Recommended time to spend in San Ramon:](#)

At least one full day and night – longer if your schedule allows.

<https://www.avantitravelinsurance.co.uk/one-week-costa-rica>





# House of Coco

- Circulation: 19,000
- Website: 95,000 MUU
- Instagram: 11,500
- Facebook: 8,355
- Twitter: 18,800





FOR THE WANDERERS, ADVENTURERS AND MARVELLOUS MILLENNIALS

# Helena Richardson

## Summary of activity:

- 1 print article
- 4 Instagram posts
- Daily Instagram stories (+20)
- 3 Facebook posts
- 9 Tweets (including videos)

#BACostaRica17



# Instagram: @house\_of\_coco

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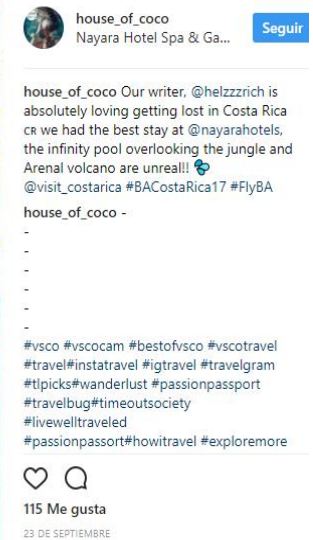
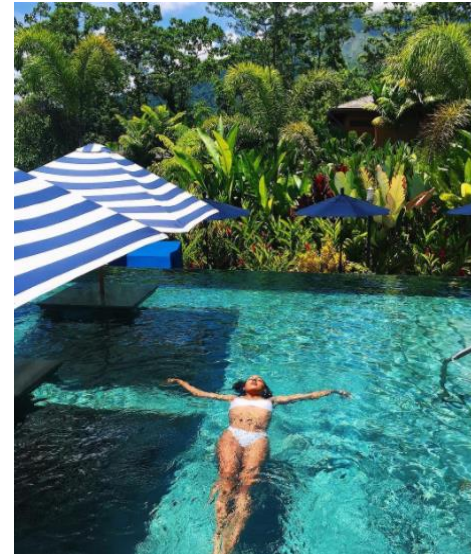
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# Instagram: @house\_of\_coco

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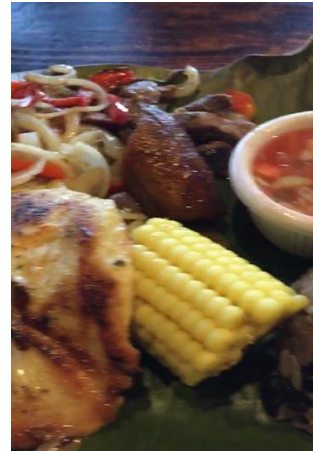
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# Instagram Stories: @house\_of\_coco

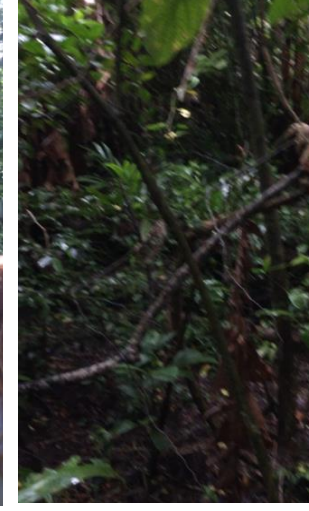
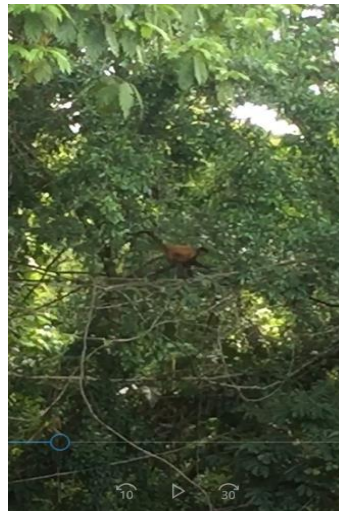
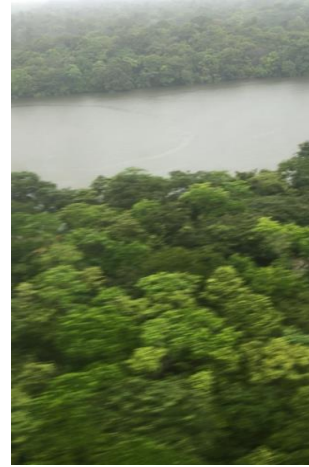
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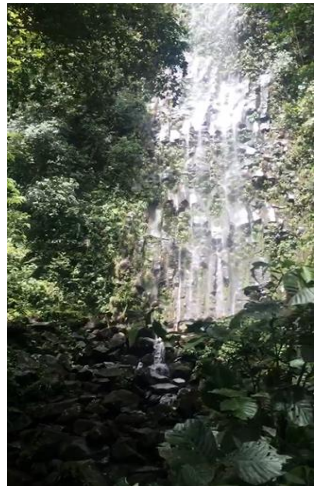
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# Instagram Stories: @house\_of\_coco

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# Facebook: @houseofcocomag

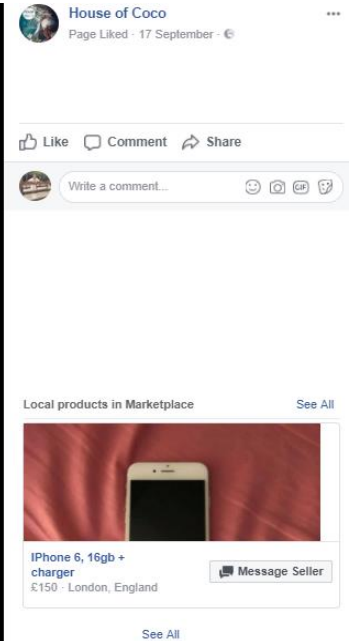
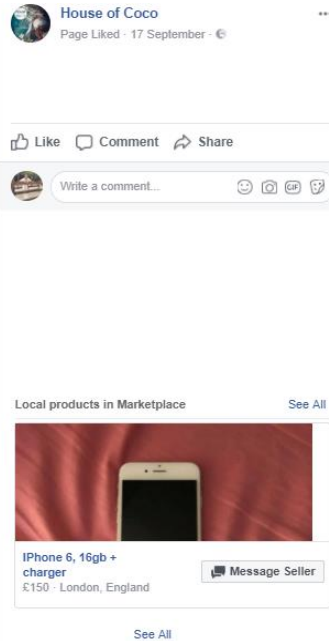
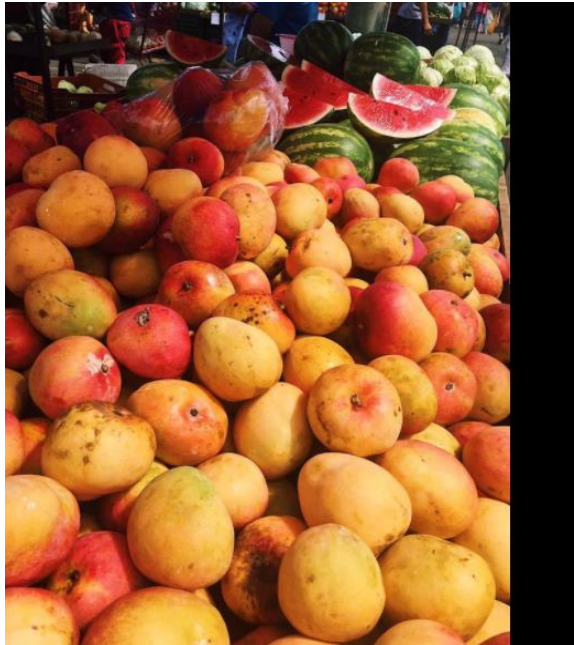
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# Facebook: @houseofcocomag

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# Twitter: @House\_of\_Coco

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House of Coco Mag  
@House\_of\_Coco

Seguir

We're ready for take off! ✈️  
Ready for a week of wellness and adventure  
with @Visit\_CostaRica and @British\_Airways  
🌴 #BACostaRica17

1:18 - 16 sept. 2017



House of Coco Mag  
@House\_of\_Coco

Seguir

Up bright and early on this beautiful Sunday  
morning in Costa Rica ☀️ we are checking  
out the farmers market in Zapote 🍷🍌🍉  
#BACostaRica2017



11:39 - 17 sept. 2017



House of Coco Mag  
@House\_of\_Coco

Seguir

Leaving our beautiful hotel in San José  
@HotelGranodeOro for the jungles of  
Tortuguero ✈️🌴  
Be sure to follow our IG stories!  
#BACostaRica17



7:33 - 18 sept. 2017



# Twitter: @House\_of\_Coco

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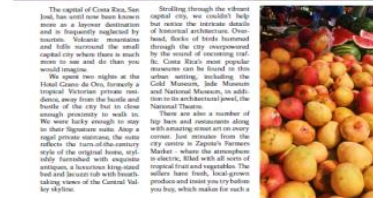
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# Print article: House of Coco magazine



**Circulation: 19,000**  
**Readership: 66,500**  
**AVE: £36,000**  
**Media value: £108,000**

refreshing experience knowing the market in their hands.

Our next stop was Tortuguero, an amazing place to observe and absorb the lush beauty of the exotic wildlife Costa Rica is home to. You can find nearly 95% of all known plants and animal species in the country's national parks and wildlife refuges. Just a short drive from San José, Tortuguero is a small town with a tropical feel. The Tortuguero Lodge, the perfect place to stay, is located in the heart of the mangrove. The resort is just minutes away from Tortuguero National Park and town and only accessible by a short boat ride. Ranked among the wilderness of the jungle, you can see the most amazing wildlife around the forest, including the most beautiful and colorful birds, the most beautiful and colorful butterflies, and the most beautiful and colorful reptiles.

**"THE MARKET SELLERS INSIST YOU TRY BEFORE YOU BUY, WHICH MAKES FOR A REFRESHING EXPERIENCE."**

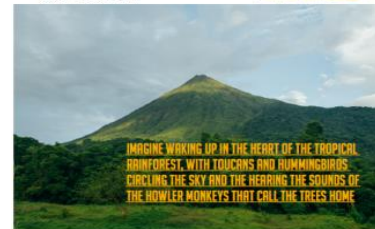


With a jam-packed itinerary, we finally had a moment to put our bags down and enjoy the beauty of Costa Rica's most incredible experiences, and if you are in need of using the park and not miss nature's spectacular moments in a short time, the Tortuguero Lodge is a great choice. It's a great choice for a short time, the Tortuguero Lodge is a great choice for a short time, the Tortuguero Lodge is a great choice for a short time.

House of Coco

DEER TRAVEL

plenty of time to enjoy the beauty of Costa Rica's most incredible experiences, and if you are in need of using the park and not miss nature's spectacular moments in a short time, the Tortuguero Lodge is a great choice. It's a great choice for a short time, the Tortuguero Lodge is a great choice for a short time.



**IMAGINE WAKING UP IN THE HEART OF THE TROPICAL RAINFOREST, WITH TOUNGHS AND HUMMINGBIRDS CIRCLING THE SKY AND THE HEARING THE SOUNDS OF THE HOWLER MONKEYS THAT CALL THE TREES HOME**

adventure, imagine waking up in the heart of the tropical rainforest, with tounghs and hummingbirds circling the sky and the hearing the sounds of the howler monkeys that call the trees home.

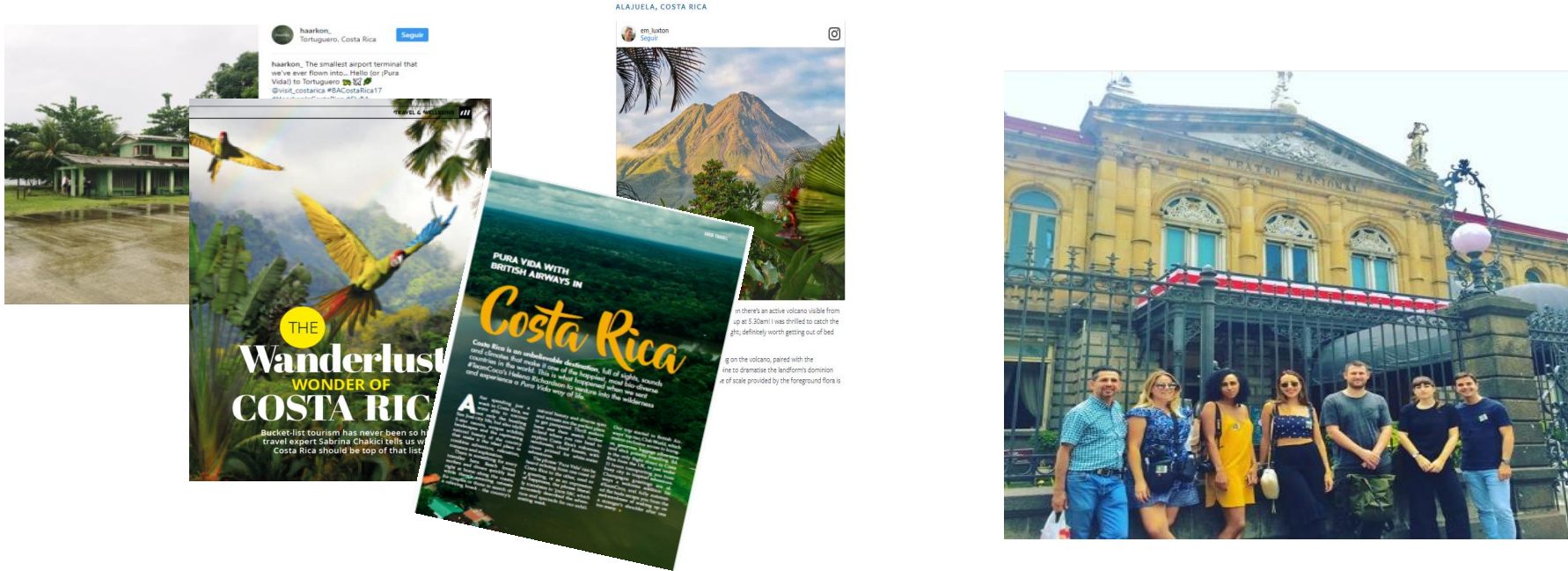


Costa Rica is a beautiful country with a rich culture and a diverse wildlife. It's a great choice for a short time, the Tortuguero Lodge is a great choice for a short time, the Tortuguero Lodge is a great choice for a short time.

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# Summary

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- **Print articles: 2**
  - **Online articles and blog posts: 15+**
  - **Reach of print and online articles: 2,792,000+ people**
  - **Social media posts: 350+ (Instagram, Facebook and Twitter)**
  - **YouTube videos: 1 (4,000+ views)**
-



# Costa Rica Tourism & British Airways 2017 Blogger Trip Report

