

# COSTA RICA

## CLASSIC

### TRAVEL ITINERARY

#### DAY 1

##### Welcome to Costa Rica

Bienvenidos! Welcome to Costa Rica. Upon arriving in San José, our team will welcome you at the airport. As you transfer to your first accommodation in the trendy suburb of Escazu, feel the excitement for the next 12 days begin to build. Known for its vibrant atmosphere and stunning views of the Central Valley, Escazú sets the perfect backdrop for the start of your adventure. On your first evening, enjoy a welcome dinner at a charming local restaurant, indulging in traditional Costa Rican cuisine such as gallo pinto and patacones. Over dinner, get to know your fellow travellers, who you'll explore the beauty of Costa Rica with.

Note: For guests who wish to explore San José, please plan to do so before or after the tour, as it is not included in the itinerary.



**Triples - Costa Verde Inn (or similar)**



**Dinner**



**Welcome Dinner**



**N/A**

#### DAY 2

##### Poás Volcano

Today you will leave the province of San José behind and venture to the incredible Poás Volcano, one of Costa Rica's most active volcanoes. Trek up to its crater rim, where if you're lucky you will see the gas emitting from the centre. For those seeking more adventure, there is an additional section leading to the lagoon rim, where the vibrant blue waters contrast with the surrounding rugged landscape. On your way back, you will drive past the entrance to the La Paz Waterfalls and get a glimpse of the 4th and 5th falls. Later, check in to your accommodation - a sustainable stay at a tropical rainforest lodge. End the day with a hands-on cooking class at a family farm, where you'll learn traditional Costa Rican recipes from a wonderful local family. In the evening, you may choose to stay up late to try and spot the famous red-eyed tree frogs with your new travel mates.



**Triples - La Quinta Lodge**



**Breakfast & Dinner**



**Poas Volcano visit, Waterfall Visit, Tree planting, Family Farm-to-table Cooking Class**



**School visit, River Swimming, Nature Trails**

## DAY 3

### La Fortuna

Today you will meet the world's most laid-back creatures, the Sloth, at the Proyecto Asis Wildlife Rescue Centre. Proyecto Asis is dedicated to wildlife protection and environmental conservation. During the tour, you will learn all about these curious species and witness them in their natural habitat. After experiencing the sloths in the treetops, head to a local coffee and chocolate farm. This is a small, family-run coffee and cacao plantation where we will meet with the family and hear their story.

After a late lunch in the quaint town of La Fortuna, wrap up the afternoon choosing from a variety of activities, including a ziplining adventure through the forest canopy, a visit to the La Fortuna Waterfall, a swim at El Salto swimming hole and rope swing, or a relaxing afternoon soaking in the natural hot springs, surrounded by the breathtaking scenery of this unique destination.



Multi-share -  
Pura Vibra Hostel



Breakfast



Sloth & wildlife sanctuary  
tour, coffee and cacao  
family run workshop



Ziplining, La Fortuna Waterfall  
visit, El Salto swim hole and  
rope swing, hot springs

## DAY 4

### La Fortuna Thrills

With so many things to do, the first half of the day is yours to spend as you wish! Hike through national parks with views of wildlife, lava rocks, or lakes and volcanoes. Keep your eyes peeled for toucans, coatis, sloths, and other smaller animals, soar through the canopy on a zipline tour, or cool off under a nearby waterfall. There are several national parks to explore in the vicinity, so we offer a drop-off service to assist guests in choosing their preferred activity. As the afternoon fades, we'll drive to a local beauty spot to unwind in the rugged natural thermal springs and recharge for tomorrow's adventures.



Multi-share -  
Pura Vibra Hostel



Breakfast



El Choyin Hot Springs



Ziplining, national park  
visit, waterfall visit

## DAY 5

### To Cloud Forest

Today is a full-on journey by road and boat into the mystical Cloud Forest of Monteverde. Just getting there is an adventure itself. On arrival, you will check in to a rainforest conservation lodge - the only one located in the national park. Get ready to learn about the biodiversity in the Cloud Forest. As night falls, gear up for a walk in the dark through this enchanted world with one of the rangers. Spot tarantulas, snakes, sloths, birds, toucanets, and a whole host of other wildlife. Finish up your evening with a cup of local hot chocolate. Delish!



Multi-share -  
La Casona Lodge



Breakfast  
& Dinner



Boat ride across Lake  
Arenal, Cloud Forest  
night safari walk



N/A

## DAY 6

### Cloud Forest

It's time to grab those work gloves and help the rangers maintain the lush trails of Monteverde Cloud Forest Reserve. Earn double eco-points by learning about sustainability efforts in this stunning world reserve with some ecology talks before and after your trail management volunteering. In the afternoon, you can choose between spotting diverse wildlife, like elusive quetzals and playful monkeys, or unwinding at the nearby Hummingbird Café, just a 5-minute walk from the lodge. For those who haven't yet had their fill of adrenaline activities, now is a good time – Monteverde offers hanging bridge walks, ziplines, rope swings, and even bungee jumps.



Multi-share –  
La Casona Lodge



Breakfast,  
Lunch & Dinner



Cloud Forest trail  
management with a  
ranger



Monteverde Trail Pass (included in cost), walk to hanging bridges, Hummingbird Café visit, ziplining, rope swings, bungee jumping

## DAY 7

### Pacific Beach Vibes

Descend the winding mountain roads down to the Pacific Ocean for the ultimate chill. Once you arrive, take in the stunning coastal views and feel the warm sand between your toes. En route, we will stop off in the mesmerising bay of Paquera to join a guided ocean kayaking activity, which includes helping clean up ocean plastic, making a positive impact on the environment. We will then continue our drive until we reach the lively coastal town of Santa Teresa. After a rewarding day, relax at your accommodation, just a 5-minute walk from the beach, with a pool to unwind by, and watch the sunset over the horizon.

Please note that a basic paddling ability is required for the kayaking activity. For those who are not comfortable kayaking, there may be an alternative option available.



Multi-share –  
La Posada Hostel



Breakfast  
& Lunch



Guided ocean  
kayaking with trash  
collection



Beach activities, bay  
overlook, pool relaxation

## DAY 8

### Santa Teresa

With no plans for most of the day, you're free to go full beach mode. Learn to surf those legendary breaks with a lesson, or simply laze on the beach and work on your tan. For those looking for a peaceful end to the day, there's an optional sunset yoga session near the beach. If you're up for more adventure, tonight you have the option to join an incredible bioluminescent night kayaking tour or a full moon tour, depending on the time of the month. Please note that this tour involves a 1.5-hour drive in each direction, but it is a truly unique experience.



Multi-share –  
La Posada Hostel



Breakfast



N/A



Quad biking, waterfall visit, full day boat tour, Beach activities (surfing, snorkeling)

## DAY 9

To Manuel Antonio

This morning, you will hop on a gulf-crossing ferry heading to the legendary Manuel Antonio National Park. Keep your eyes peeled for marine life along the way! We have a couple of stops before arriving at your eco-village accommodation. While you're relaxing by the pool, look out for monkeys in the trees. There is a local bus service directly outside the hotel that can take you to the beach, for food, or to catch the sunset. For those interested in a bit of adventure, small trails from the back of the hotel offer opportunities to spot animals, including birds and frogs.



Multi-share – Teva Jungle Hotel or similar



Breakfast



N/A



Beach access via local bus, small trails for wildlife spotting

## DAY 10

Manuel Antonia

Spend another day in the Manuel Antonio area, soaking in its natural beauty. As one of Costa Rica's most famous nature reserves, you'll have access to Manuel Antonio National Park to explore as you wish. Dive into jungle swimming and explore the evergreen forests in search of chilled-out sloths and mischievous monkeys. Enjoy the beaches, walk around the trails, and spot exotic birds and monkeys in the park. The afternoon is free for you to relax or further explore, with easy bus access to bring you back to your jungle hotel when you're ready.



Multi-share – Teva Jungle Hotel or similar



Breakfast



Entrance to Manuel Antonio National Park



Exploring the National Park, Beach swimming, trail walking, wildlife spotting, exploring the park

## DAY 11

Free Day

Wake up in Manuel Antonio's lush paradise. With a free morning ahead, choose your own adventure. Explore winding rainforest trails, glide through serene mangrove waterways, unwind on pristine beaches, or join an optional yoga session. As the afternoon unfolds, you will journey back through scenic mountain roads to vibrant Escazú. Cap off your Costa Rican tour with a farewell dinner, raising a glass to newfound friendships and unforgettable experiences.



Twins – Costa Verde Inn or similar



Breakfast



N/A



Hiking, Chilling in Pool, Beach Visits



## DAY 12

Depart

After one last hearty breakfast, it's time to say hasta luego to the incredible Costa Rica. Transfer to the airport (own cost) loaded with mind-blowing memories from your unforgettable group tour.

Note: For guests who wish to explore San José, please plan to do so before or after the tour, as it is not included in the itinerary and we will be staying around 30 minutes drive away.



N/A



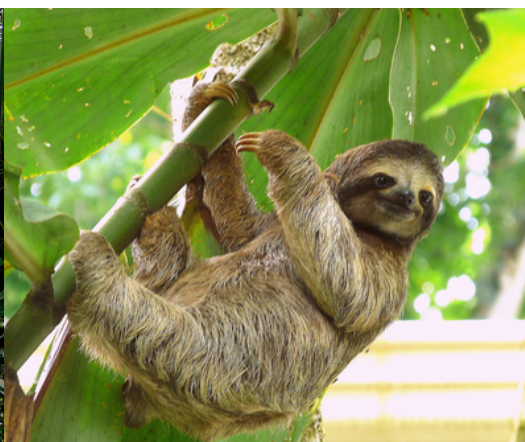
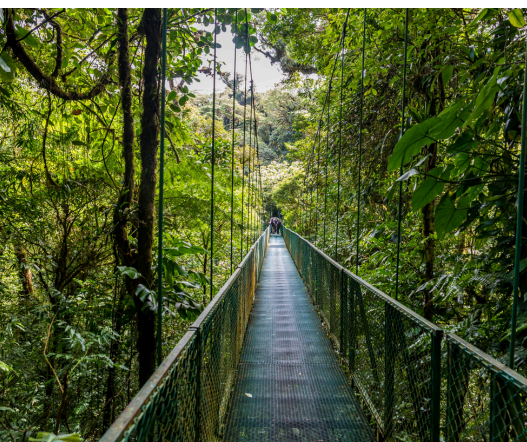
Breakfast



N/A



N/A



## ACCOMMODATION

### SAN JOSE - COSTA VERDE INN\*

Triples  
\*or similar



## SAN JOSE- LA QUINTA LODGE\*

Triples  
\*or similar



## LA FORTUNA - PURA VIBRA HOSTEL\*

Multishare  
\*or similar



## MONTEVERDE - LA CASONA LODGE\*

Multishare  
\*or similar



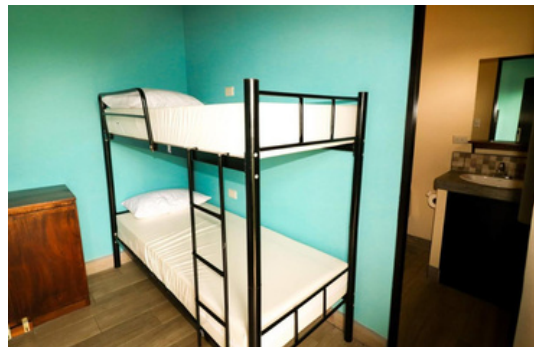
## SANTA TERESA- LA POSADA HOSTEL\*

Multishare)  
\*or similar



## MANUEL ANTONIO - TEVA JUNGLE HOTEL\*

Multishare  
\*or similar



# COSTA RICA

## ITINERARY MAP

