

COSTA RICA ADVENTURE

HEY TRUTRAVELLER! PARADISE IS AWAITING YOU...

We thought we would give you some finer details to get you even more excited for your upcoming trip. In this itinerary, you have an outline of the day-to-day activities you get to experience, as well as the accommodation type and what's included from us. We have planned almost everything but we have left you some free time to go off and explore yourself...or just relax if that's more your style. There are many recommendations in this itinerary so you don't leave feeling like you have missed anything!

FLIGHT INFORMATION



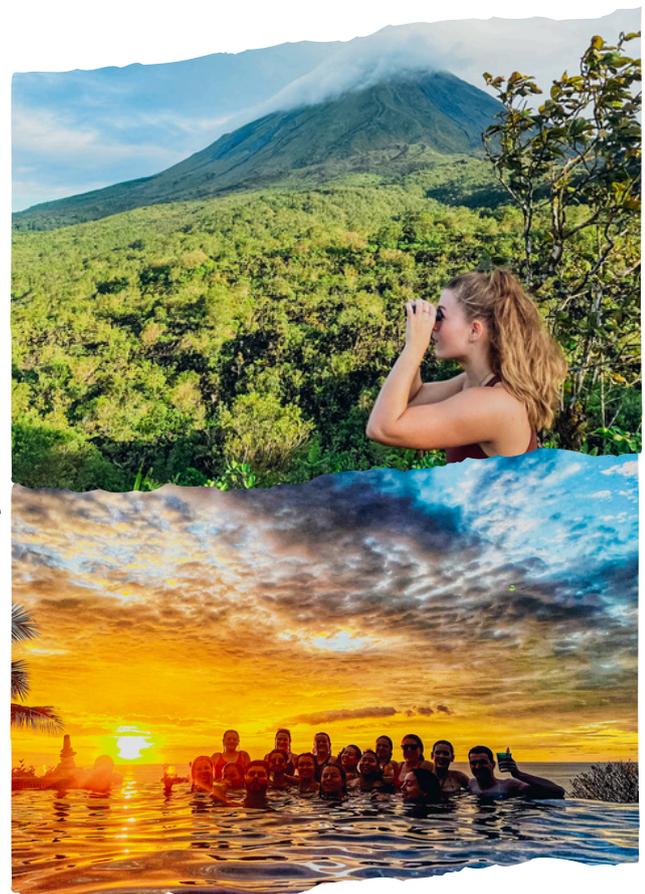
JUAN SANTAMARÍA INTERNATIONAL AIRPORT (SJO)



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TRIP OVERVIEW

- DAY 1 SAN JOSE** Meeting the group
- DAY 2 OVERNIGHT IN COOPE SAN JUAN** Discover country life
- DAY 3 LA FORTUNA** Swimming spot & hot springs
- DAY 4 LA FORTUNA** Chilled day to freely explore
- DAY 5 MONTEVERDE** Night safari
- DAY 6 MONTEVERDE** Ziplining
- DAY 7 SANTA TERESA** chilling by the beach
- DAY 8 SANTA TERESA** Yoga session
- DAY 9 SANTA TERESA** Montezuma waterfall and town
- DAY 10** Adios Amigos!



DAY 1 - SAN JOSE EXPLORING

WELCOME TO PARADISE!!!

ALL DAY: First of all congratulations, you made it! Spend the day exploring the local area and get to know your TruFam and your new home for the next 10 days!

EVENING: Your Travel Ninja will arrange a time and place for everyone to meet up for the first welcome meeting and night out together. Keep a look out in the group chat for details.



TWIN SHARE HOTEL

OPTIONAL ACTIVITIES

While in San Jose you can visit the national theatre, San Jose central market and the gold museum.

Also make sure to visit the area of Barrio Escalante and grab a coffee or a beer.

TIP

The expected tip in Costa Rica is around 10-15%



DAY 2 OVERNIGHT IN COOPE SAN JUAN

RISE AND SHINE ON YOUR FIRST FULL DAY WITH TRUTRAVELS...

MORNING: Today you will hit the road to get to Coope San Juan around noon (4h approx).

AFTERNOON: Here you will experience how life is in the country side. We will have an amazing tractor ride to the river nearby so make sure to bring your bathing suit.

EVENING: To close the day you will enjoy a community dinner!

THINGS TO REMEMBER!

In this small village there is no supermarket or bar so make sure to buy some snacks and beers in the stop we do before arriving to the village.

DON'T FORGET TO DRESS APPROPRIATELY AND BRING WATER AND SUNCREAM.



HOMESTAY



LUNCH & DINNER



EXPLORING COOP SAN JOSE

DAY 3 - LA FORTUNA

THE VOLCANO AWAITS...!!!

MORNING: After a chilled breakfast we will drive for about 1 hour to La Fortuna

REST OF THE DAY: Here you can enjoy all the adrenaline and adventurous activities you want. After dropping the luggage in the hotel we will go for lunch and then to enjoy the local swimming hole el salto. To finish the day we will go to enjoy Baldi Hotsprings for a while and then dinner.



BREAKFAST AND DINNER



HOT SPRINGS

OPTIONAL ACTIVITIES

Activities such as white water rafting, canyoning, or waterfall jumping are possible.

If you want something more chill like a walk to La Fortuna Waterfall or a Chocolate tour can be great options.



TWIN SHARE HOTEL



FANCY A COFFEE IN LA FORTUNA?

There are lot's of great places for coffee! Our top recommendations Chocolate Fusion or Organico.



DAY 4 -

LA FORTUNA

GOOD MORNING, RISE AND SHINE.

MORNING: Today is your day to take control and do what you would like to do! Ask your group leader for their recommendations for the best things you can do in the area.

EVENING: In the evening, we will meet back up for dinner.



TWIN SHARE HOTEL



TWIN SHARE 3* HOTEL



DAY 5 -

MONTEVERDE

MORNING: The day starts with a van-boat-van transfer to Monteverde so get your snacks and your cameras ready! It's a super nice scenery day.

REST OF THE DAY: Once we have dropped our luggage off, we will visit the town to explore and eat lunch. Get your comfy shoes on!

OPTIONAL ACTIVITIES

Activities such as Bungee Jumping, Horseback riding, cloudforest hike or Hanging bridges are some of our recommendations but check with your group leader for the top activities for each month.



TWIN SHARE HOTEL



NIGHT SAFARI



TRAVEL ITINERARY AND EXTRA INFORMATION

-10 DAY TOUR-



TWIN SHARE HOTEL



ZIPLINING

OPTIONAL ACTIVITIES

If you have time in town you can visit Orchids cafe, La raiz Ficus tree or "Las Piedras" lookout point to watch the sunset.



DAY 7 - SANTA TERESA

MORNING: We are headed to the beach early to make the most of the day! It's a long drive but it's so so worth it.

AFTERNOON: The rest of the afternoon is yours to enjoy - Chill by the pool with a cocktail, or explore with the TruFam!



TWIN SHARE HOTEL



DAY 8 - SANTA TERESA

DURING THE DAY: We start the day with some morning yoga and then you have the afternoon free to just relax or enjoy a surf lesson. The pool of the hostel is always a great option to chill and enjoy the day!

THINGS TO KNOW!

Your tour finishes in SANTA TERESA

The best airport to go to at the end of the trip is San Jose (SJO.) There is a shuttle bus that goes from Santa Teresa to San Jose (SJO) airport. This costs around \$90 and takes around 5 hours. Please contact the sales team on info@trutravels.com if you have any questions or talk to your tour leader nearer the time for advice on how to book this bus.



DAY 6 - MONTEVERDE

BRING YOUR CAMERAS... IT'S TIME TO ZIPLINE!

DURING THE DAY: Today is the day we soar through the Costa Rica skyline. Scream if you want to go faster.



DAY 9 - SANTA TERESA

DURING THE DAY: Today we visit the town nearby Montezuma where we will enjoy the waterfall and the beach. We will be gone for the most of the day so make sure to wear your bathing suit and bring a towel. After lunch we will go to the beach for some down time and a final chance to spend some time with your incredible TruFam.



DAY 10 - SANTA TERESA

DURING THE DAY: It's a day for sore heads and emotional goodbyes as we're at the end of the tour. You're now a lifelong member of the TruFam and by now, you'll know how big a deal that is. See you soon!