

# Costa Rica






## Rainforests, wildlife & pura vida

Costa Rica is all about nature at its best: misty volcanoes, pristine beaches, epic wildlife and lush jungle everywhere you turn. Whether you're chasing waterfalls or soaking up the sun, this is pura vida living made simple.





# Costa Rica Adventure

 Adventure  Beach  13 Days  San José – San José  18 – 40s


## Highlights

- Hike through the jungle to reveal awe-inspiring views of Costa Rica’s best volcanoes
- Rejuvenate in natural volcanic hot springs and chase waterfalls hidden in the rainforest
- Immerse yourself into the local way of life by visiting a family farm and getting involved with a lunchtime cooking experience
- Discover your own inner David Attenborough as you come face to face with snakes, toucans, monkeys and sloths
- Unwind by the beach after getting your dose of sun, salt and sea on Costa Rica’s tropical coastline




## Itinerary

### Day 1: Arrive & Meet the Group

 San José


Hola San José! As soon as you step off the plane, the warm tropical air will greet you. We'll pick you up from the airport and take you to your accommodation, where you can unwind and settle in. Later, you'll have the chance to meet your group and start getting excited for the incredible adventures that lie ahead.

### Day 2: San José Walking Tour

 San José


Today, we dive into the rich culture and history of San José and Costa Rica with a walking tour of the city. Our group leader will highlight the intriguing architecture and historical landmarks around every corner. Next, we'll leave the city behind and journey to La Fortuna, with a quick stop at the Ox Cart Museum along the way. These beautifully decorated carts were essential to Costa Rican farm life and have become a national symbol. Upon arriving in La Fortuna, the gateway to Costa Rica's stunning wilderness, you'll be struck by the majestic Arenal Volcano that dominates the skyline. Once a farming community, this charming town is renowned for its geothermal activity and wellness retreats nestled in the jungle.

### Day 3: Hanging Bridges & Night Safari

 La Fortuna


Adventure calls as we venture into the rainforest, crossing breathtaking hanging bridges that weave through the jungle. Lush trails stretch ahead, offering a chance to spot some of Costa Rica's most incredible wildlife and plant life. And if we're lucky, we'll catch a breathtaking view of Arenal Volcano. We'll venture into the jungle after dark to discover its nocturnal wonders. But rest assured, we'll be guided safely by an enthusiastic expert who will share fascinating local insights and secrets along the way.

### Day 4: Local Family Visit & Hot Springs

 La Fortuna


This morning, we'll visit a local family who has lived in La Fortuna for generations. They'll guide us around their farm, where we may spot some wildlife that shares their home. You'll learn about the harvesting of local fruits and vegetables, and have the chance to taste some exceptionally sweet fruits. We'll sit down for a traditional Casado lunch, accompanied by freshly brewed coffee from their own farm. This afternoon, you'll have the opportunity to relax in natural hot springs, renowned for their healing properties due to the volcanic mineral waters.

### Day 5: Río Celeste

 Rincón de la Vieja


Our journey continues as we depart from La Fortuna, first making a quick stop at a traditional Maleku house. The Maleku are one of Costa Rica's indigenous peoples, and this visit offers a rare opportunity to learn about their traditional way of life. Next, we'll head to the renowned Río Celeste National Park. The water here, including the stunning cascading waterfall, is a brilliant diamond blue. In the afternoon, we'll arrive in Rincon de la Vieja, a lesser-known gem that offers a peaceful retreat from the crowds and a chance to reconnect with nature. We'll check into our jungle accom and soak in the incredible sounds of the natural surroundings.

### Day 6: Rincón de la Vieja

 Rincón de la Vieja


Prepare your hiking shoes for an adventure along jungle trails as we explore the incredible biodiversity of Costa Rica in Rincon de la Vieja National Park. This morning, we'll trek through the park's trails, visiting volcanic vents and mud pits, and discovering its rich array of wildlife, which includes over 300 species of birds, monkeys, and reptiles! This afternoon, you can choose to relax by the hotel pool, or for those craving a thrill, you'll have the option to soar through the forest canopy on a ziplining adventure.

### Day 7: Arrive in Samara

 Samara


Our journey continues as we head towards Samara. As we approach Samara, you can start to unwind and soak in the idyllic scenery. Beach volleyball, relaxing in the sun, sipping on cocktails – how you spend the afternoon is all up to you!

### Day 8: Samara Beaches & Surf Lesson

 Samara


Start the day strong with an unforgettable surf lesson, learning to ride the waves with local legends. Whether you're standing up for the first time or a seasoned pro, this is your chance to embrace Costa Rica's surf culture at its finest. Next up its white sand beaches, sun-drenched skies, and swaying palms as we head up the coast to a more secluded beach of Guanacaste. Kick back with a good book, swim in calm waters, play a few games of football.

### Day 9: Paradise in Samara

 Samara


Today is a free day entirely dedicated to exploring all that Samara has to offer. Whether you're in the mood for a relaxing yoga session or something more active like a surf lesson or sea kayaking with snorkelling, there's an activity to suit your interests. Of course, simply lounging by the sea with a cold drink and soaking up the sun is always a great option. Enjoy and make the most of your holiday!

### Day 10: Esterillos

 Esterillos


After a final morning soaking up the sun in Samara, we'll enjoy lunch before heading south to Esterillos in the afternoon. Along the way, we'll stop for dinner, taking in the scenic drive and sunset before arriving in the evening.

### Day 11: Manuel Antonio National Park

 Esterillos


Today, we set our sights on the spectacular Manuel Antonio National Park, so keep your camera ready! It's no surprise that this is Costa Rica's most visited national park, as you'll discover during our exploration of its lush jungles and stunning beaches. Keep your eyes peeled for wildlife, including the famous sloths everyone loves. After our jungle adventure, we'll head to the park's incredible beaches for some fun in the sun. The pristine shores are truly paradise, but be on the lookout for the cheeky monkeys that share this tropical haven with us.

### Day 12: Travel to San José

 San José

Leaving the coast behind, we head back to San José. We'll stop off for a delicious cultural experience – Cacao making! We'll learn about the importance of the humble tree in Costa Rica, and taste some chocolate, of course. This evening, we'll gather for a farewell meal and drinks, toasting to our unforgettable adventure in Costa Rica.

### Day 13: Check Out & Onward Travel

 San José

As our 13-day Costa Rican adventure comes to a close, it's time to say adios. You can choose to check out and head home, extend your stay in San José, or continue exploring Central America. If you need any help planning your next steps, we're here to help!

## Inclusions

- ✓ Airport Pickup to Our Accom 24/7
- ✓ 12 Nights Accommodation
- ✓ All Transport
- ✓ Awesome Group Leader
- ✓ Help with Onward Travel
- ✓ San José Walking Tour
- ✓ Local Farm Visit & Lunch
- ✓ Hanging Bridges
- ✓ Natural Hot Springs
- ✓ Night Jungle Walk
- ✓ Río Celeste National Park
- ✓ Rincon de la Viaja National Park Ticket
- ✓ Secluded Beaches
- ✓ Surf Lesson
- ✓ Manuel Antonio National Park
- ✓ Meals: 12B, 2L & 1D

## Not Included:

Arrival & departure flights, travel insurance, visas & some meals





# Where You'll Stay

## Costa Rica Adventure 13 day trips

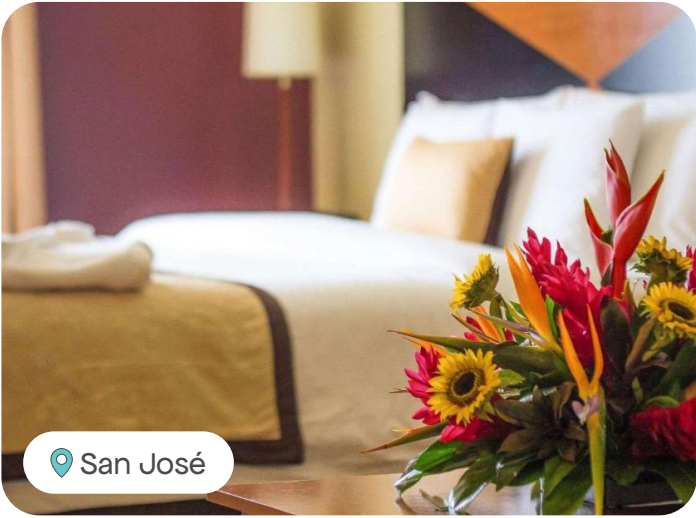
**San José: Sleep Inn Paseo Las Damas**  
**We also often use:** Fleur de Lys Hotel & Hotel Aranjuez  
*2 nights in the centre of San José.*  
Twin/double rooms  
Ensuite, Wi-Fi & laundry  
Restaurant & bar

**La Fortuna: Hotel Faro Arenal**  
*3 nights surrounded by nature, enjoy the tranquility!*  
Twin/double rooms  
Ensuite, Wi-Fi & air con  
Swimming pool & restaurant

**Rincón de la Vieja: Rinconcito Lodge**  
**We also often use:** Rincón de la Vieja Lodge & Cañon de la Vieja Lodge  
*2 nights close to the national park.*  
Twin/double rooms  
Ensuite, Wi-Fi (in the communal area) & laundry  
Restaurant & bar

**Samara Beach: Hotel Giada**  
**We also often use:** Sol Samara & Hotel Belvedere  
*3 nights in walking distance from the beach.*  
Twin/double rooms  
Ensuite, Wi-Fi & air con  
2 swimming pools

**Esterillos: Hotel Costa Pacifica**  
*2 nights in a comfortable hotel by the beach.*  
Twin/double rooms  
Ensuite, Wi-Fi & air con  
Swimming pool & gym



## Important Trip Information

**Your group**  
**The age range for this tour is 18-40s.**  
Most of our Costa Rica Adventure groups have between 8 and 14 people, with a maximum of 18.  
You can reach out to your fellow travellers in our designated Facebook groups. If you go to our [INTRO Travel Community Facebook page](#) you will be able to find the relevant group for your destination.  
You will receive a 'welcome email' from your group leader approx. 2 weeks before your tour begins if you have any specific questions for them.

**Your accommodation**  
Rooms on these tours are twin/double share. If you are travelling with others, let us know and we will put you together.  
If you are travelling solo, we will always place you in a room with someone of the same gender if it's a twin room.  
Private rooms are available for most tours, and can be booked on our website or requested by contacting us.  
If you are arriving before the start date you can book extra nights at the tour accommodation. To do this, simply log into the [Manage My Booking](#) area of our website, add the extra nights and pay for them.  
Your group leader will book post-tour accommodation for you when you are on tour. Just need to let them know when you arrive.  
The accommodation featured in this document is our usual properties. At certain locations we use alternative accommodation (of equal standard) when needed.

**Before & after trip info**  
For your specific arrival information, like your airport transfer, as well as what to do after your trip, download our app. If you need to change anything on your booking, please log in to the [Manage My Booking](#) area of our website.

**Download the INTRO Travel App before you go!**  
[Apple App Store](#) [Google Play Store](#)

**Money**  
All your activities, transport, accommodation and some meals are included in the tour, so you will mainly just need money for extra meals, drinks, shopping and onward travel.  
The amount of money you'll need depends on the tour you are doing. There's information about how much money you'll need for each tour in our app.  
We recommend getting a Wise travel card, which will allow you to pay for things in local currency and avoid getting charged high foreign exchange fees by your bank. [Get a Wise travel card here.](#)

**Visas**  
Visa requirements vary depending your nationality. It's your responsibility to check the visa and entry requirements for the country/s you will be travelling to. There is some information about visas in our app.  
We cannot apply for your visa for you and strongly recommend that you check on the relevant embassy or consulate website for the country/s you'll be travelling to well in advance of your departure.

**Travel insurance**  
Travel insurance is compulsory for all our trips. You'll need to show proof of your policy to your group leader upon arrival (on your phone or printed). [You can get a quote and purchase your travel insurance here.](#)  
**eSIM**  
We're giving you a free 1GB eSIM (mobile internet) via our partners at Hubby eSIM. You'll receive more information on this in your booking confirmation email.

**Terms & conditions**  
For the full set of terms & conditions for our tours including your responsibilities as a traveller, please see the [Terms & Conditions](#) section of our website.

## #SMALLCHANGE

### SUSTAINABLE TRAVEL



**100% CARBON NEUTRAL TOURS**  
Making a positive difference to the amazing destinations we travel is at the core of what we do, and we are proud to say that every INTRO tour is 100% carbon neutral.



**Protecting the Environment**



**Supporting Local Communities**



**Cultural Exchange & Education**



**Animal Welfare**

Small Change is our socially conscious initiative aimed at travelling responsibly and changing the world for the better!

[Find out more.](#)