



Costa Rica Detailed Itinerary

Baby Sea Turtle Release. Flora, Fauna and Volcanos – Oh My! Lush Green Canyon Exploration - Hardhat Included. Exploring Secret Beaches. Hidden Gem - Vibrant Blue Waterfalls. Costa Rica's Wild Residents.

Forget the ordinary. This is where we redefine exploration. Get ready for Costa Rica's hidden gems.

Airport Information: Need assistance booking your flight? We are here to help.

 **Arrive and depart:** Juan Santamaría International Airport (SJO), San Jose, Costa Rica

Day 1: Welcome!

Welcome to Costa Rica!

Plan to arrive at **Juan Santamaría International Airport (SJO) by 5 PM**, to make our welcome meeting and dinner, which typically start at 6:30pm.

After your journey, you'll be welcomed by the tranquil beauty of our accommodations just outside San José. Tucked into lush greenery and surrounded by tropical blooms, this cozy retreat offers a peaceful first night to rest, recharge, and tune in to the pura vida rhythm. Whether you unwind on a shaded terrace or listen to the call of birds from your room, you'll feel the transition from travel mode to jungle magic the moment you arrive.

If you are unable to arrive by 5pm, please contact us to arrange alternative transportation and dinner options. After dinner, adjust to the time difference and rest up for our adventure packed Costa Rica itinerary.

Airport transfer and hotel details will be provided after booking.

If you are arriving ahead of our scheduled itinerary, we will help coordinate transportation and hotel accommodations.

Transportation:

 Air-conditioned shuttle vehicle

Airport transfer  Accommodations

Approximate travel time: 20-35 minutes

Meals included:

✓ Welcome dinner

 **Accommodation included:** Single occupancy accommodation near San Jose

Day 2: Time to Explore - Volcán Poás and Cultural Tour

Wake up refreshed and ready to start your exploration of Costa Rica.

Today's highlights:

We'll start our journey with short, paved walk that's approximately 10 minutes from the parking lot to the crater viewpoint. We will stand in awe at the ledge and then head back down for our next leg of the journey.

Along the way, we'll pause for a well-earned treat at a local spot with sweeping views of the Costa Rican valley—where lush hills stretch into the horizon.

Next up: a deep dive into the heart of San José. We'll explore the city on foot with a local guide, uncovering iconic landmarks like the National Theater, Central Park, and the vibrant Morazán Square. Along the way, we'll wander through bustling food markets—sampling local specialties.

The remainder of your day is yours for the taking—whether that means kicking back with a good book, enjoying the sounds of the surrounding forest, or simply letting time slow down at our lush, nature-wrapped retreat. This is your space to recharge, reconnect, and breathe in that sweet Costa Rican serenity.

Transportation:

 Air-conditioned vehicle

Accommodations  Volcano

Approximate travel time: 30-45 minutes

 Air-conditioned vehicle

Volcano  San Jose Tour

Approximate travel time: 1.5 hours

 Walking Time

 Tour


Approximate travel time: about two hours walking on a combination of city streets and potentially uneven streets.

 Air-conditioned vehicle

San Jose Tour  Accommodations

Approximate travel time: an hour to an hour and half

 **Meals included:** ✓ breakfast, lunch and dinner

 **Accommodation included:** Single occupancy accommodation near San Jose

Day 3: Canyon Exploration and Vibrant Blue Falls

Helmets on, adventure awaits—we descend into a lush green canyon carved by time and rushing water. A short hike brings us to the edge, where sturdy stairways lead into the heart of the canyon. From there, the real adventure unfolds: we trek through flowing river paths, navigate slippery stones, and rely on our certified guides to lead us through this hidden world. Depending on our pace and comfort level, this journey spans 2–4 hours. At its end, the canyon rewards us—with a secret waterfall tucked deep in the rocks. You’ve earned this moment: a refreshing dip beneath cascading water, surrounded by pure Costa Rican magic.

We continue our adventure into the cloud forests of Bajos del Toro for a moderate trek to Costa Rica’s hidden Blue Falls. This 2–4 hour walk/hike (route-dependent) winds through uneven jungle trails, river crossings, metal ladders, and the occasional slippery rock—so keep your footing steady and your sense of adventure sharp. Certified guides will support us along the way, ensuring every step is safe and memorable. At the heart of this journey lies a fairytale-worthy reward: a dip in a mineral-rich, electric-blue pool tucked beneath cascading falls—a jungle grotto so magical, it might just make you believe in enchanted forests.

Transportation:

 Air-conditioned vehicle

Accommodations  Gorge Expedition

Approximate travel time: 1 and half hours to 2 hours

Meals included: ✓ breakfast, lunch and dinner

 Air-conditioned vehicle

Gorge Expedition  Blue Falls


Approximate travel time: 1 hour to an hour and half

 Air-conditioned vehicle

Blue Falls  Accommodations

Approximate travel time: an hour and half

 **Meals included:** ✓ breakfast, lunch and dinner

 **Accommodation included:** Single occupancy accommodation near La Fortuna

Day 4: La Fortuna - Flora, Fauna and Volcanos – Oh My!

Morning kicks off with a farm-to-flavor tour—where Costa Rican coffee, chocolate, and local treats awaken your senses. A hidden surprise awaits at the end of this journey, so don't forget your swimsuit—you might just find yourself dipping into a sweet slice of paradise.

After immersing ourselves in the aromas and rituals of Costa Rican coffee culture, we'll sit down for lunch with a view—a volcanic view, that is!

The afternoon is yours: unwind back at our lush accommodations or wander through La Fortuna's charming downtown—brimming with colorful shops, artisan crafts, and inviting cafés.

Get ready for a thrilling night adventure. Our night walk plunges you into the mysteries of the rainforest after dark, where you'll encounter nocturnal creatures and the sounds of the jungle in full force.


Transportation:

 Air-conditioned vehicle

Accommodations  Farm Tour

Each travel destination today takes about 15-30 minutes each way.

 **Meals included:** ✓ breakfast and lunch

 **Accommodation included:** Single occupancy accommodation near La Fortuna

Day 5: La Fortuna – Free Day Awaits

The whole day is yours. Whether you choose to add more adventure to your trip, savor spontaneous street foods, or simply relax in nature, La Fortuna has it all.

For those who crave more adventure, this region offers a high-adrenaline playground:

- **Adventure Awaits:** Ziplining, whitewater rafting, canyoning, and jungle hikes make this a thrill-seeker's dream.

If rejuvenation and relaxation are more your style, unwind with experiences that embrace Costa Rica's natural beauty and cultural charm:

- **Yoga Retreat:** Stretch and breathe in harmony with nature, practicing yoga on terraces overlooking the volcano-lined lake.

- Arenal Volcano: Towering over the region, this iconic volcano provides a dramatic backdrop to every adventure. Take a leisurely stroll through its scenic surroundings. With views like this, it will make for an unforgettable setting.
- Hot Springs: Naturally heated by volcanic activity, these mineral-rich waters offer relaxation in the heart of the jungle.

The only thing on your radar today? Just make sure you're back at our meeting spot by 5:00 PM—we'll be setting off for the next leg of our adventure from there.

Please note that transportation and activities during your free time are not included in today's itinerary. However, public transportation is widely available, and we're happy to help arrange options to fit your plans. Many locals speak English, making it easy to get around on your own. Prefer to explore with support? No problem—your guide is available to help plan your day and can accompany you upon request. Whether you're diving into the local scene or keeping it easy and familiar, we've got you covered.

Transportation:

 Air-conditioned vehicle

La Fortuna  Accommodations Near Manuel Antonio

Approximate travel time: 5 hours

 **Meals included:**  breakfast

 **Accommodation included:** Single occupancy accommodation near Manuel Antonio

Day 6: Turtle Release and Free Time Exploration

We rise for a moment we'll never forget. The journey to the turtle release site is raw and real. Our journey to the turtle release site is an adventure in itself. We'll travel by rustic boat through a humble coastal town—where life moves at a slower pace and the scenery tells stories of resilience and simplicity. We'll hop into the back of local trucks for a bumpy ride to the beach. It's not glamorous, but it's real—and it brings us closer to the heart of this conservation effort. The setting may be bare bones, but the purpose is powerful: helping baby sea turtles begin their journey to the ocean under the stars. This is a journey that will remain in our hearts long after we finish this route.

After the release, we'll head to a nearby town where the rest of the day is yours to enjoy. Whether you're drawn to local shops and handmade treasures or prefer soaking up the sun with sand between your toes—the pace is yours to set.

Transportation:

 Air-conditioned vehicle

Accommodations Near Manuel Antonio  Turtle Release

Approximate travel time: 15-30 minute drive to each destination

 **Meals included:** ✓ breakfast and dinner

 **Accommodation included:** Single occupancy accommodation near Manuel Antonio

Day 7: Manuel Antonio - Costa Rica's Wild Residents


Ease into the day with a slow, peaceful morning—or head to the local market to browse colorful stalls and meet friendly vendors before our guided nature walk in Manuel Antonio.

Our guided walk through Manuel Antonio National Park winds along easy-access rainforest trails, where sloths, monkeys, and vibrant birdlife await—offering a front-row seat to Costa Rica's wildest wonders.

Our journey ends where the rainforest meets the sea—on a palm-lined beach where iguanas bask in the sun and monkeys chatter from the trees above. It's the perfect final note: wild, beautiful, and utterly Costa Rica.

On our way back, we'll keep our eyes peeled for **American crocodiles** and **spectacled caimans**, two of Costa Rica's most iconic (and ancient) river dwellers.

Transportation:

 Air-conditioned vehicle
Walk/Beach

Accommodations Near Manuel Antonio  Guided

Approximate travel time: 15-30 minute drive

 **Meals included:** ✓ breakfast, lunch and dinner

 Air-conditioned vehicle

Guided Walk/Beach  San Jose Accommodations

Approximate travel time: 3 hours

 **Accommodation included:** Single occupancy accommodation near San Jose

Day 8: Departure


Departure day – Juan Santamaría International Airport (SJO), San Jose, Costa Rica. Your flight can depart at any time, but if you're not ready to end your **Costa Rican adventure**, your guide can arrange **additional tours** to explore more of the country's **stunning landscapes and thrilling experiences**—just ask!

Transportation:

Roam with Me Travel
www.roamwithmetravel.com

Phone: 314.440.8033
Email: roamwithmetravel@outlook.com

 Air-conditioned vehicle

Accommodations  Airport

Approximate travel time: 30 minute drive

 **Meals included:**  breakfast