

COSTA RICA: TROPICAL PARADISE

8 DAYS / 7 NIGHTS

A circular button with a blue, white, and red horizontal stripe design, containing the text "TRIP PROPOSAL" in white, bold, sans-serif font.

**TRIP
PROPOSAL**



INTRODUCTION

On this journey to Costa Rica, you'll experience the country's rich biodiversity, lush landscapes, and pura vida lifestyle — all without worrying about a single detail.

From tropical rainforests to steaming volcanoes and pristine beaches, we've crafted an itinerary that takes you through the most iconic regions of Costa Rica — San José, Tortuguero, Arenal, and Manuel Antonio — at a pace that lets you enjoy every moment.

This adventure is designed for your comfort: no hectic transfers or rushed mornings. Just guided exploration, wildlife encounters and breathtaking coastlines. You'll float through the mangroves of Tortuguero, gaze at the majestic Arenal Volcano, and relax on the white-sand beaches of Manuel Antonio, home to monkeys, sloths, and toucans.

Whether you're wandering through national parks, soaking in natural hot springs, or enjoying the local cuisine, our team will ensure everything runs smoothly. With transportation, accommodations, and expert guidance arranged, all that's left is for you to enjoy Costa Rica — naturally unforgettable.

» San Jose » Tortuguero »

» Manuel Antonio » Arenal Volcano



ITINERARY OVERVIEW

8 DAYS/ 7 NIGHTS

Day 1 Welcome to San Jose, Costa Rica. Reception and transfer to the hotel.

Day 2 Start your day with Breakfast and enjoy your trip from San Jose to Tortuguero.

Day 3 Breakfast at the hotel, guided walk around hotel territory, and boat ride through Tortuguero national park

Day 4 After breakfast, return by boat through the scenic Tortuguero canals to meet your ground transportation. Travel toward the Northern Plains, where the iconic Arenal Volcano awaits.

Day 5 Start your day with breakfast at the hotel, then explore the many attractions of the Arenal region. Explore optional activities

Day 6 After breakfast, head to the stunning Manuel Antonio area on the Central Pacific coast

» **San Jose** » **Tortuguero** »

» **Manuel Antonio** » **Arenal Volcano**



ITINERARY OVERVIEW

8 DAYS/ 7 NIGHTS

Day 7 Enjoy a free day to relax on the beach or explore the stunning Manuel Antonio National Park. Enjoy optional activities

Day 8 Breakfast at the hotel. At the appointed hour, you will be transferred to the airport for your departure flight.



SAN JOSE





Day 1 : SAN JOSÉ, COSTA RICA

Welcome to San Jose, Costa Rica. Reception and transfer to the hotel. Explore the Capital with its theaters, museums, shopping centers or simply taste a coffee while observing the daily life of the "ticos".



Where you stay:

3* Kc San José

4* Hotel Radisson

5* Hilton Garden Inn Sabana

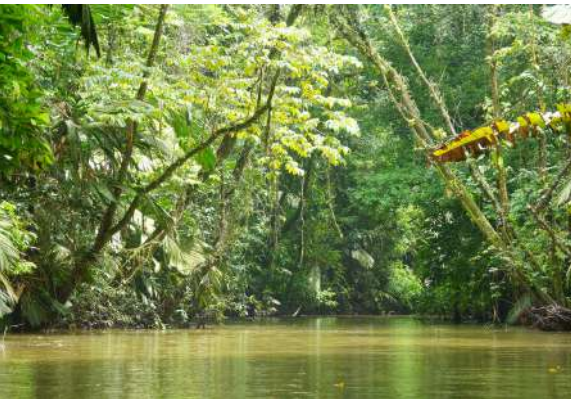
The background of the image is an aerial photograph of Tortuguero National Park. It shows a dense, lush green forest covering a large area. A winding river or canal cuts through the forest, and a sandy beach is visible in the lower left corner. In the distance, the ocean is visible under a clear blue sky.

TORTUGUERO



Day 2 : SAN JOSÉ – TORTUGUERO

Breakfast at the hotel. Today you will cross the majestic Braulio Carrillo National Park heading toward the Caribbean town of Guápiles, where you will enjoy a delicious breakfast. Then you'll continue to the pier where your boat to Tortuguero will depart. You will journey along the rivers and canals about 90 minutes to the hotel, providing an excellent opportunity to see wildlife and the jungle scenery. After lunch, we will visit the village of Tortuguero. Dinner is included at the hotel.




Day 3 : TORTUGUERO

Breakfast at the hotel. In the morning, you will go on a guided walk along the private paths of the hotel. After lunch, you will take a boat tour through the Tortuguero National Park canals.

The Tortuguero National Park is famous for being the habitat of five species of sea turtles, and a great diversity of birds, amphibians and other animals. We recommend the optional night excursion to see turtle nesting (July to Sept).

Dinner is included at the hotel.

Where you stay:
Laguna Lodge

The background of the entire image is a photograph of Arenal Volcano. The volcano's dark, conical peak is partially shrouded in white smoke or ash that drifts across the upper portion of the frame. Below the ash-covered slopes, the terrain transitions into lush green hills and valleys covered in dense tropical forest. The foreground shows more of this greenery, with some trees in sharp focus.

ARENAL VOLCANO



Day 4 : TORTUGUERO – ARENAL VOLCANO

Breakfast at the hotel. You will return by boat back through the Tortuguero canals until you reach the pier, where your ground transportation will meet you.

Awaiting you today in the Northern Plains is the impressive Arenal Volcano, a natural wonder with an iconic cone-shaped crater. Along the way there, you will see plantations of various agricultural crops, ornamental plants, and cattle ranches until we reach the town of La Fortuna.

The town is worth visiting to walk and to have lunch or dinner. Your hotel is strategically located to appreciate the volcano.

Where you stay:

3* Lavas Tacotal

4* Magic Mountain

5* Arenal Paraíso



Day 5 : ARENAL VOLCANO – FREE DAY

Breakfast at the hotel. Resorts with natural hot springs and spas are some of the greatest attractions to enjoy in the Arenal region. Other top activities in the area include: visiting the Arenal Volcano National Park, zip line tours, suspension bridges, aerial tram tours, hiking and horseback riding tours to the La Fortuna Waterfall, sloth center, rafting, Arenal Volcano hike and water activities on Lake Arenal

Optional Activities:

1. Arenal 4-in-1: Hanging Bridges or Safari Float + Waterfall Hike + Volcano Hike (1968 Trail) + Baldi Hot Springs
 2. Arenal 2-in-1: Volcano Hike (1968 Trail) + Waterfall Hike
 3. Arenal Volcano Hike – 1968 Trail
 4. Celeste River Excursion – Tenorio National Park
 5. Hanging Bridges – Mistico Park
 6. Hanging Bridges + Baldi Hot Springs
 7. Boat Tour on Caño Negro and Frío River
 8. Floating Safari Adventure on the Peñas Blancas River
 9. Excursion to La Fortuna Waterfall
 10. Night Walk (Private Reserve)
 11. Sloth Tour
- Upon request*

Where you stay:

[3* Lavas Tacotal](#)

[4* Magic Mountain](#)

[5* Arenal Paraíso](#)



MANUEL ANTONIO



Day 6 : ARENAL VOLCANO – MANUEL ANTONIO

Breakfast at the hotel. This morning you will start your journey to the Central Pacific, to the Manuel Antonio area where the magical combination of rainforest, beaches, hills and coral reefs is almost surreal and full of wildlife. You can find Marmoset monkeys, white-faced monkeys, squirrel monkeys, sloths, iguanas, toucans, hummingbirds and scarlet macaws. You can also do activities such as rafting, horseback riding, canopy, diving, cycling, fishing.



Where you stay:

3* Costa Verde

4* San Bada

5* Villas Lirio



Day 7 : MANUEL ANTONIO – FREE DAY

Breakfast at the hotel. Today is free for you to enjoy the sun and the beach, in addition to the Manuel Antonio National Park. Excursions in the area include zip lines, horseback riding, white water rafting on the Savegre River, and catamaran tours for whale and dolphin watching. In the area you can enjoy a wide variety of cuisine for all budgets.

Optional activities:

1. Hike in Manuel Antonio National Park (Deluxe)
2. White Water Rafting on the Savegre River (Class II / III)
3. Mangrove Kayak Tour
4. Nighttime Mangrove Kayak Tour
5. Hike to Tocori Mountain and Waterfall
6. Sunset Catamaran Tour (Iguana)

Upon request

Where you stay:

3* Costa Verde

4* San Bada

5* Villas Lirio



Day 8 : MANUEL ANTONIO – SAN JOSÉ (Airport)

Breakfast at the hotel. At the appointed hour, you will be transferred to the airport for your departure flight.





THE TOUR PRICE INCLUDE

CAREFULLY PLANNED

- Transfer from the International Airport to the hotel.
- Accommodation 1 night in the hotel in San José, breakfast Included.
- Accommodation 2 nights 3 days package at the hotel
- Tortuguero, with full board included.
- Regular excursion: Visit to the village of Tortuguero.
- Regular excursion: Hike along the private paths of the hotel in Tortuguero.
- Regular excursion: Boat tour through the Tortuguero Canals.
- Entrance fee to the Tortuguero National Park.
- Regular transfer from Guápiles to Arenal.
- Accommodation 2 nights in the hotel at Arenal Volcano, breakfast included.
- Regular transfer from Arenal Volcano to Manuel Antonio.
- Accommodation 2 nights in the hotel at Manuel Antonio, Breakfast included
- Regular transfer from Manuel Antonio to San José (Airport)



NOT INCLUDED

- Activities not indicated in the program.
- Tips

About indicated Hotels:

Hotels indicated in the program are subject to space availability at the time of making the reservation. If there is no positive space available, it will be replaced by a hotel of a similar category.

In those programs that visit several regions, the order of the tour could be changed to maintain the indicated tour list.

