

COSTA RICA CLASSIC



STARTS SAN JOSÉ
ENDS SAN JOSÉ



12 DAYS
11 NIGHTS



AIRPORT PICK-UP
INCLUDED ON DAY 1



COACHES, CARS &
BOATS AIRPORT
TRANSFERS

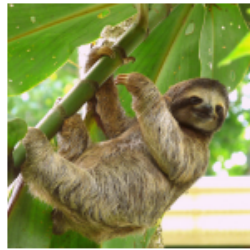


11 BREAKFASTS
2 LUNCHESES
4 DINNERS

Highlights



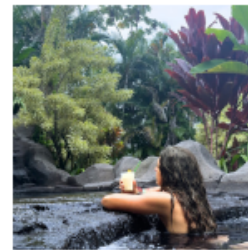
ACTIVE POÁS
VOLCANO



WILDLIFE RESCUE
CENTRE



MONTEVERDE
CLOUD FOREST



EL CHOYIN
HOT SPRINGS



SANTA TERESA
BEACH



Activities

- Welcome dinner
- Walk to the crater of Poas Volcano
- Family farm-to-table cooking class
- Sloth & Wildlife Sanctuary Tour
- Coffee & Chocolate Family Farm Tour
- Visit El Choyin Hotsprings
- Jeep-Boat-Jeep Trip
- Cloud Forest Night Safari Walk
- Cloud Forest Trail Management with a Ranger
- Guided Ocean Kayaking with Rubbish Collection
- Manuel Antonio National Park Entrance

Free Time Suggestions: School Visit, River Swimming, Explore Nature Trails, Ziplining, National Park Visit, Monteverde Trail Pass (included in the cost), Beach Activities – surfing, snorkelling, bioluminescent kayaking night tour, Yoga, Hiking, Pool Time, Beach Visits

TRAVEL ITINERARY

DAY 1

Welcome to
Costa Rica

Upon arriving in San José, our team will welcome you at the airport. 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.

 Triple Rooms – Costa Verde Inn (or similar)

 Dinner

 Welcome Dinner

DAY 2

Volcanic Vistas
& Food Fiestas

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. 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.

 Triple Rooms – La Quinta Lodge (or similar)

 Breakfast
Dinner

 Poás Volcano visit, authentic family run cooking class

DAY 3

Sloth
Encounters

Today you will meet the world's most laid-back creatures, the Sloth, at the Proyecto Asis Wildlife Rescue Centre. After learning about and 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. Wrap up the afternoon choosing from a variety of activities, including a ziplining adventure through the forest canopy, or a relaxing afternoon soaking in the natural hot springs.

 Multi-share Rooms – Pura Vibra Hostel (or similar)

 Breakfast

 Coffee and cacao family run workshop, Sloth & Wildlife Sanctuary Tour  Impact Moment

DAY 4

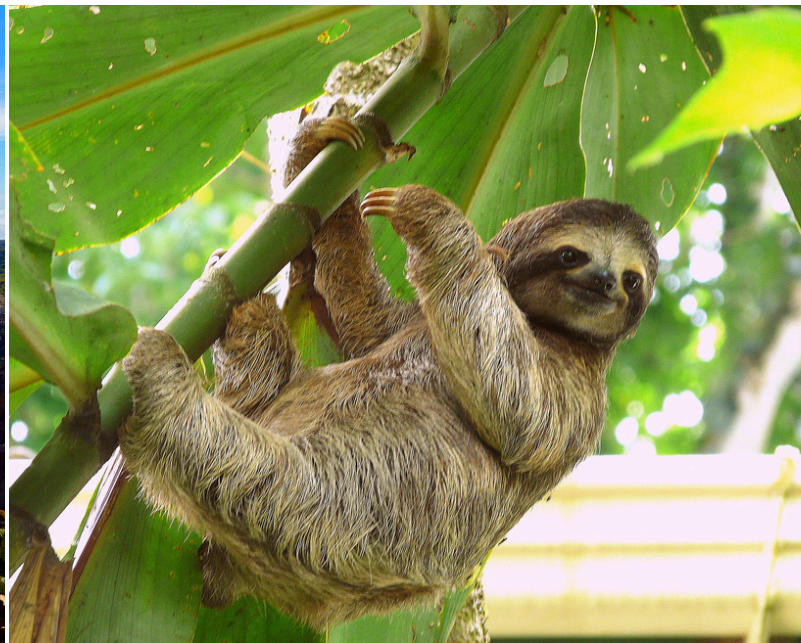
La Fortuna

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. 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 Rooms – Pura Vibra Hostel (or similar)

 Breakfast

 El Choyin Hot Springs



DAY 5

Journey to the Cloud Forest

Today is a full-on journey by road and boat into the mystical Cloud Forest of Monteverde. 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 Rooms – La Casona Lodge (or similar)



Breakfast, Dinner



Boat ride across Lake Arenal, Cloud Forest Night Safari Walk: Discover wildlife by night 🌍 Impact Moment

DAY 6

Monteverde

It's time to grab those work gloves and help the rangers maintain the lush trails of Monteverde Cloud Forest Reserve. 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 Rooms – La Casona Lodge (or similar)



Breakfast, Lunch & Dinner



Monteverde Trail Management: Help maintain trails in Monteverde's Cloud Forest 🦋 Purpose Moment

DAY 7

Pacific Beach Vibes

Descend the winding mountain roads down to the pacific ocean for the ultimate chill. 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. 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.



Multi-share Rooms – La Posada Hostel (or similar)



Breakfast, Lunch



Ocean Kayak Clean-Up: Collect ocean litter during a kayak clean-up session 🦋 Purpose Moment

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. 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 Rooms – La Posada Hostel (or similar)



Breakfast



N/A



Optional Activities: Sunset yoga session, Bioluminescent kayaking night tour or Full Moon Tour



DAY 9

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.



Twin Rooms – Teva Jungle Hotel (or similar)



Breakfast



NA

DAY 10

Manuel Antonio

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.



Twin Rooms – Teva Jungle Hotel (or similar)



Breakfast



Entrance to Manuel Antonio National Park

DAY 11

Free Day in Nature's Paradise

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.



Triple Rooms – Costa Verde Inn (or similar)



Breakfast



NA

DAY 12

Hasta Luego

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.



NA



Breakfast



NA



FAQ

What is the age range of the tour?

We have an age range of 18 – 45 years old for our tours. Most of our guests are aged between 21-35 years old.

Where do we spend the first night of the tour?

Your first night will be spent at Costa Verde Inn, San José Province, Escazu, Costa Rica

Where does the tour end?

On the final day, you will be where you began the tour in Escazu – about 35/40 minutes from San Jose.

Can I bring a suitcase on this trip?

We wouldn't recommend bringing more than 15-20kg on this tour as it will be more comfortable for you to carry less.

Can you cater to my dietary requirements?

Yes, we can cater for most dietary requirements. Restaurants and eateries in Costa Rica often offer vegetarian options, and it's usually easy to find delicious and satisfying meals without meat. Please notify us prior to arriving on day 1 so we can arrange this for you where meals are included.

Will I have any free time during the tour?

Yes, there are several days with free time for you to explore on your own or participate in optional activities like ziplining, surfing, snorkeling, or relaxing at the beach.

Where should I fly into?

Juan Santamaría International Airport (SJO) in San José.

Will I be picked up from the airport?

If you are arriving on day 1, you will be collected from the airport – just send us your arrival details ahead of time.

I am arriving a day early, can I still get an airport pick up?

Airport pick-ups are included if you arrive on Day 1 of the tour or if you purchase an accommodation pre-night from One Life Adventures. If you are arriving before Day 1, airport pick-ups are NOT included unless you have not booked a pre-night with us (don't worry we will give you very simple instructions on how best to get from the airport to Frier Hotel in your information pack so you shouldn't have any trouble!)

How much spending money do I need for this tour?

Spending varies from person to person and you'll receive a spending guide in your welcome pack, but \$50 USD per day is plenty on average. Tipping is customary in Costa Rica, especially for good service at restaurants, around 10% of the bill. We usually find it easier if your group leader says how much the tip should be and everyone can pitch in together to form a kitty which will cover you for any hotels or restaurants we visit on tour together.

What's the rooming situation like?

During this tour, you'll stay in a mix of inns, eco-lodges, and hostels, typically in multi-share rooms. At this time, single upgrades are not available.





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

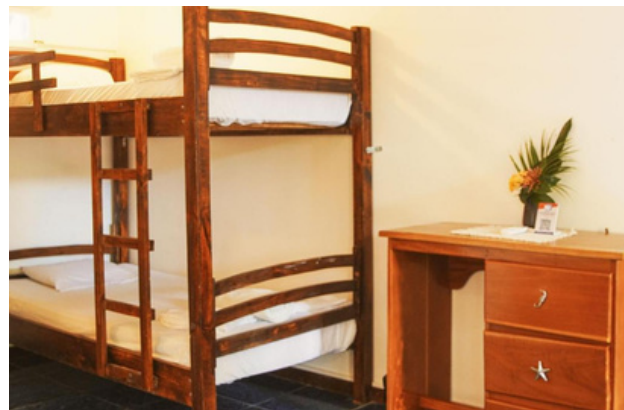




ACCOMMODATION

SANTA TERESA- LA POSADA HOSTEL*

Multishare)
*or similar



MANUEL ANTONIO - TEVA JUNGLE HOTEL*

Multishare
*or similar

