



A Week in Costa Rica: San José, Arenal & Guanacaste

8 days | 10 days with Guanacaste Coast extension

Did you know that 26% of the land in Costa Rica is made up of protected parks, reserves, and preserves? The country's love of and dedication to nature means there is no shortage of monkeys, sloths, and birds to see! Spend one week in Costa Rica spotting all the animals while getting a taste of picture-perfect landscapes, from the misty rainforests of Arenal to the beachy paradise of Guanacaste.



Your tour package includes

- 7 nights in handpicked hotels
- 7 breakfasts
- 2 lunches
- 3 dinners with beer or wine
- 1 tasting
- 4 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Irazú Volcano National Park
- Plaza de la Cultura
- Coffee farm & tasting
- La Paz Waterfall
- Arenal Volcano National Park hike
- Palo Verde National Park wildlife cruise
- Guanacaste beaches

Tour pace

On this guided tour, you'll walk for at least 2 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.

Group size

15–35

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San José → 2 nights

Day 1: Arrival in San José

Included meals: light dinner

Welcome to Costa Rica! Settle in to your hotel and enjoy an included dinner.

Please note: Travelers arriving at the hotel late this evening will have an informal dinner.

Day 2: Cartago & Irazú Volcano National Park

Included meals: breakfast, welcome dinner

Journey to the old capital of Costa Rica, Cartago, where your Tour Director will show you the city's most important sites.

- Visit the Basílica de Nuestra Señora de los Ángeles, a uniquely designed Roman Catholic basilica that combines both colonial and Byzantine elements
- Explore the 16th-century Santiago Apóstol Parish Ruins and end with a walk through the central market
- Make your way through the stunning Central Valley to the Irazú Volcano National Park and set off for a leisurely trail walk around the country's tallest volcano
- Stop at viewing platforms to soak in the beauty of the volcano's massive crater and the brilliantly colored lagoon at its center

Later, head to a local restaurant to enjoy live music, dancing, and scenic vistas as you get to know your Tour Director and fellow travelers during tonight's welcome dinner.

Arenal Region → 3 nights

Day 3: Sightseeing tour of San José & transfer to Arenal Region via coffee farm

Included meals: breakfast, tasting, lunch

Explore Costa Rica's capital city alongside your Tour Director this morning.

- See La Sabana Metropolitan Park, the National Stadium, and the Rohrmoser residential area
- Stop at the Plaza de la Cultura, site of many performances and celebrations, and admire the National Theater of Costa Rica
- Pass Bella Vista Fortress, home of the National Museum, and learn about the city's pre-Columbian history

- Marvel at the steel exterior of the Edificio Metálico, a century-old building prefabricated in Belgium, and admire the historic streets of Barrio Amón

This afternoon, en route to the lush rainforest of the Arenal region, visit a coffee plantation to learn how the country produces some of the world's best coffee beans.

- Tour the family-owned coffee estate to learn how coffee seeds grow into beans and become the flavorful drink in your cup
- Learn how the estate protects and preserves the biodiversity of the area
- See the traditional ways of cultivating coffee and sample a few varieties

Sit down for an included lunch at a local restaurant in the Fraijanes region. Then, make a photo stop at the mighty La Paz Waterfall in La Fortuna.

Enjoy a free evening in the Arenal region or add an excursion.

+ Arenal Hot Springs & Dinner

Day 4: Hiking tour of Arenal Volcano National Park

Included meals: breakfast

Hike through Arenal Volcano National Park with your Tour Director.

- View the mile-high volcano, a near-perfect conical shape that emerges from the Sierra de Tilarán mountain range
- Keep watch for wildlife like capuchin monkeys, coati, and over 500 species of birds that call the park home

Please note: Travelers should be able to hike around two miles over uneven terrain and hardened lava.

Spend a free afternoon in the Arenal region or add an excursion.

+ Costa Rican Farm Tour with Lunch

Day 5: Free day in the Arenal Region

Included meals: breakfast

Spend a free day in the Arenal region or add excursions.

+ Arenal Rainforest Skywalk

+ Kayaking in Arenal Volcano National Park

Guanacaste Coast → 2 nights

Day 6: Guanacaste Coast via Palo Verde wildlife cruise

Included meals: breakfast, lunch

Travel north along a scenic route to the coastal province of Guanacaste. Along the way, stop in Palo Verde National Park.

- Join a naturalist guide for a riverboat tour of the wetlands
- Look for crocodiles, roseate spoonbills, and other animals as you float down the Tempisque River
- Enjoy an included homemade lunch at a local restaurant overlooking the river

Settle in to your hotel on the Guanacaste coast, a mecca for surfers, hikers, and sunbathers that's home to some of Costa Rica's most sought-after beaches and landscapes.

Day 7: Free day on the Guanacaste Coast

Included meals: breakfast, farewell dinner

Spend a free day relaxing along the Guanacaste coast or add an excursion.

This evening, celebrate your trip with your fellow travelers at a farewell dinner.

+ Guanacaste Sailing & Snorkeling with Lunch

Flight Home

Day 8: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the Liberia airport for your flight home or extend your stay in Guanacaste.

+ Guanacaste Coast extension

With a wonderfully dry climate, the Guanacaste coast boasts miles of white sand coastline, as well as rugged mountain ranges and volcanic peaks. Extend your stay to get to the heart of local culture on guided tours, while enjoying plenty of time to spot wildlife and relax on the beach.

Guanacaste Coast → 2 nights

Day 8: Sightseeing tour of Santa Cruz & Guaitil

Included meals: breakfast, lunch

Join a local guide for a tour of two historic communities in the area—Santa Cruz and Guaitil.

- Visit the town of Santa Cruz, which is known for its many traditional art forms including marimba playing
- Learn about the culture of the fiestas, rodeos, and festivals that have made this small town famous across the country
- Head to Guaitil to take part in a Chorotega-style pottery workshop
- Learn how the indigenous Chorotega people make this type of clay pottery using generations-old techniques
- Visit a local market before sitting down for an included lunch at a local restaurant

Day 9: Free day on the Guanacaste Coast

Included meals: breakfast, dinner

Spend a free day relaxing by the pool and beach, or exploring the Guanacaste coast.

Tonight, sit down for an included dinner.

Flight Home**Day 10: Departure**

Included meals: breakfast (excluding early morning departures)

Transfer to the Liberia airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: goaheadtours.ca/COR | 1-800-754-5066

Day 3: Arenal Hot Springs & Dinner

\$129CAD/\$139CAD* (5 hours, departs in the afternoon with dinner)

The afternoon is yours to explore an array of heated pools, kept warm by geothermal activity surrounding the Arenal Volcano. Then, enjoy dinner, along with views of the volcano, at a restaurant in the charming town of La Fortuna before traveling back to your hotel.

Day 4: Costa Rican Farm Tour with Lunch

\$105CAD/\$115CAD* (4 hours, departs in the afternoon, lunch included)

Pay a visit to a local organic farm to discover Costa Rica's commitment to sustainably sourced food and eco-friendly energy. Enjoy a farm-to-table lunch featuring ingredients harvested on-site before exploring the grounds. You'll try your hand at harvesting various foods grown in the small orchard, including root vegetables like cassava. After, learn how the ranch became the country's first carbon-negative company by using sustainable farming practices during a guided tour.

Day 5: Arenal Rainforest Skywalk

\$89CAD/\$99CAD* (3 hours, departs in the afternoon)

Join a local naturalist guide as you ascend from Arenal's rainforest floor to the canopy, traversing suspension bridges and walking trails. These bridges span canyons and drainages, and offer unique views of the rainforest. You'll learn about the flora and fauna as you go—and be sure to keep your eyes peeled for beautiful birds and monkeys, too!

Day 5: Kayaking in Arenal Volcano National Park

\$65CAD/\$75CAD* (2 hours, departs in the morning)

Sitting at the base of Arenal Volcano, Lake Arenal offers some of the best views of the magnificent volcano. Meet up with a naturalist guide and board your kayak for a leisurely paddle along the shoreline of Central America's largest lake. You'll explore coves, lagoons, and outlets while keeping an eye out for birds like kingfishers and flycatchers. Be sure to listen for howler monkeys that hang out in the trees around the lake.

Day 7: Guanacaste Sailing & Snorkeling with Lunch

\$165CAD/\$175CAD* (4 hours, departs in the morning)

Cruise along one of Costa Rica's most scenic areas during a sailing and snorkeling tour of the Guanacaste coast. Relax on the sailboat as you get a new perspective on the unspoiled coastline and try to spot humpback whales, dolphins, manta rays, sea turtles, and more. Stop to swim and snorkel among tropical fish in the warm Pacific water, and then reward your efforts with a gourmet lunch prepared right on board. Please note: This excursion is weather-dependent.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.ca/terms