



Costa Rica for Solo Travelers: Volcanoes, Jungles & Beaches

9 days | 12 days with Volcano Region & San José Region extension

Where better to connect with the outdoors—and other solo travelers—than the hiking trails, national parks, and golden beaches of Costa Rica? You and your tour mates will soak in caldera and lake views in the country's volcano region, jungle scenery (and sounds) along its Central Pacific Coast, and plenty of sun and surf in Manuel Antonio National Park. Get to know even more of the country's unspoiled scenery, precious wildlife, and warm hospitality by extending your tour: You'll visit two sought-after national parks, Tenorio and Arenal, as well as a pioneering sustainability-driven ranch.



Your tour package includes

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

Included highlights

- Coffee farm & tasting
- Toucan Rescue Ranch
- Tárcoles River cruise
- Mangrove reforestation project
- Manuel Antonio National Park
- El Jardín
- Guanacaste beaches

Tour pace

On this guided tour, you'll walk for about 2.5 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.

Group size

15–28

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San José Region → 3 nights

Day 1: Arrival in San José

Included meals: light dinner

Fly to Costa Rica and settle in at your hotel in San José. Enjoy a light dinner this evening.

Please note: If you arrive after 9pm, dinner will be served in your hotel room.

Day 2: Coffee farm visit & Toucan Rescue Ranch

Included meals: breakfast, welcome lunch, tasting

Make your way from your hotel to a local farm and discover one of Costa Rica's finest exports—coffee. Regarded as some of the best in the world thanks to a Goldilocks combination of growing conditions, Costa Rican coffee accounts for close to 8% of the country's gross domestic product.

- Tour a family-owned estate to learn how coffee cherries yield coffee beans, and how those pips—after a multi-step process of cleaning and roasting—eventually become the flavorful drink in your mug each morning.
- Learn how the estate protects and preserves the biodiversity of the area, and how it employs traditional methods to cultivate its crop.
- Indulge in a tasting of some of the farm's coffees, then sit down to a welcome lunch and continue getting to know your fellow travelers.

Afterward, continue on to the Toucan Rescue Ranch. Dedicated to the rescue, rehabilitation, and release of native wildlife, this nonprofit organization looks after toucans, sloths, and other animals. Join a rancher for a guided walk of the grounds, hear the stories of the various creatures in their care, and come to a better understanding of the importance of conservation in Costa Rica.

What better way to get to know authentic Costa Rica than through its traditional food and dance? Kick up your heels with an optional excursion that highlights the local folklore. Or, if you'd prefer, use your free time this evening to explore some of San José's modern and colonial architecture.

+ Costa Rican Folklore Dinner

Day 3: Free day in the San José Region

Included meals: breakfast

Spend a free day in the San José Region or add an excursion.

+ Cartago & Irazú Volcano National Park with Lunch

Central Pacific Coast → 3 nights

Day 4: Tárcoles River cruise & transfer to the Central Pacific Coast

Included meals: breakfast, dinner

Travel to Tárcoles, a quiet town that boasts beautiful vegetation, abundant wildlife, and ocean views. Climb aboard a boat for a guided tour of the Tárcoles River, which is known for the large number of American crocodiles that inhabit its waters.

- Soak in views of lush mangrove forests and jungle scenery.
- Look out for crocodiles, iguanas, lizards, and monkeys, as well as scarlet macaws, kingfishers, and over 50 species of birds.

This afternoon, continue to your hotel along the Central Pacific Coast, where you'll find tropical rainforests, beautiful beaches, and an impressively diverse ecosystem.

Day 5: Palo Seco mangrove reforestation project

Included meals: breakfast

This morning, head to Playa Palo Seco, one of the largest mangrove ecosystems in Central America. There, take part in a mangrove reforestation project, one of Costa Rica's key efforts to promote environmental sustainability.

- Learn about the importance of the island mangrove forests and how they serve as natural barriers that protect the mainland from storms and high tides.
- Hear about mass deforestation caused by ocean currents, tides, increased flooding from upland rivers, and business development.
- Take part in a hands-on activity, like planting mangroves or seeds in the nursery.

Please note: Travelers should wear clothes they don't mind getting dirty during today's activity. Enjoy a free afternoon on the Central Pacific Coast or add an excursion.

Please note: On some departures, the reforestation project and Rainforest Sky Cable & Ziplining optional excursion will take place on day 6 and the visit to Manuel Antonio National Park will take place on day 5.
+ Rainforest Sky Cable & Ziplining

Day 6: Manuel Antonio National Park

Included meals: breakfast

Make your way to the small but stunning Manuel Antonio National Park, popular for its breathtaking beaches and scenic hiking trails. Uncover its incredible biodiversity and postcard-worthy beaches on a guided tour.

- Keep an eye out for some of the 109 mammal species and 270 bird species that call the park home, including howler monkeys and yellow-throated toucans.
- Walk to the top of rocky Cathedral Point to view the lush park from across the Pacific.
- Visit Escondido Beach, where a blowhole sends plumes of seawater skyward during high tide.
- Take in views of the saw-like cliff and sea caves at Punta Serrucho, a landmark whose sawtooth appearance is the result of numerous tectonic movements.
- Relax on the beach or take a dip in the Pacific Ocean.

Please note: Manuel Antonio National Park closes on Tuesdays. Depending on the departure, your visit may take place on day 5. In that case, the reforestation project and Rainforest Sky Cable & Ziplining optional excursion will be moved to day 6.

Guanacaste Coast → 2 nights

Day 7: Guanacaste Coast via El Jardín

Included meals: breakfast, lunch

Travel north along a scenic route to the coastal province of Guanacaste, which is known for its unspoiled beaches and biodiverse parkland. Along the way, stop to explore El Jardín, a family project providing a welcoming experience. Take time to explore the beautiful gardens, nursery, and souvenir shop featuring unique items made by local artisans. Then, enjoy an included lunch of authentic dishes prepared in their traditional kitchen.

Settle into 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 8: 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 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the Liberia airport for your flight home or extend your stay in Costa Rica to explore the volcano region.

+ Volcano Region & San José Region extension

Tenorio Volcano National Park is a trove of natural treasures, with monkeys, pumas, palm trees, orchids, and plenty more wild wonders making their home within its emerald expanse. See it all—along with the ghostly blue Rio Celeste and its dramatic waterfall, which tumbles into an azure pool—during your thrilling visit. Then, continue on to Arenal National Park for more dazzling volcano and lake views, before ending your journey with a feel-good, farm-to-table lunch at a local ranch whose staff are pioneers in local sustainability.

Volcano Region → 2 nights

Day 9: Volcano Region via Tenorio National Park

Included meals: breakfast

Head back inland to the country's volcano region and set out on a guided walk through Tenorio Volcano National Park. The nearly 5,000-square-mile park is home to a variety of wet and rainforests, as well as white-faced monkeys, pumas, orchids, palm trees, and other flora and fauna.

- Join your Tour Director for a walk along the milky blue Rio Celeste, and see where two mineral-rich volcanic streams come together resulting in the river's distinctive turquoise color.
- View the famous—and powerful—Rio Celeste waterfall from above, or walk down a series of stairs for a closer look from a dedicated viewpoint.

Transfer to your hotel, where you'll have free time for the rest of the day.

Please note: We recommend wearing sturdy shoes for the Tenorio Park visit.

Day 10: Walking tour of Arenal National Park & ranch visit

Included meals: breakfast, lunch

Join your Tour Director for a guided walk through Arenal Volcano National Park, named for the nearly 5,500-foot-high volcano that towers over the pastures and hillsides that surround it. Though Arenal hasn't erupted since 2010, you might still spot steam snaking skyward from its caldera.

- Marvel at the mile-high volcano, a near-perfect conical shape that emerges from the Sierra de Tilarán mountain range.
- Try to spot slow-moving sloths, snakes coiled around tree limbs, and spiders resting in their webs.
- Gaze at placid Lake Arenal—Costa Rica's largest lake—and watch for birds, such as northern jacanas, woodpeckers, and kingfishers, wading and soaring along its shores.

Please note: Costa Rica's rainy season runs from May through November. During these months, clouds and mist can obscure the volcano's peak from view. Additionally, hardened lava makes up some of the park's terrain, and travelers should be able to navigate these uneven surfaces for around two miles.

This afternoon, visit an eco-friendly ranch in La Fortuna.

- Enjoy a farm-to-table lunch featuring fresh ingredients harvested on-site, as well as local dairy products
- Explore the ranch with a local guide, and learn how it became the first carbon-negative community of its kind in Costa Rica

Spend the evening to kick back and relax, explore the area your own, or add an excursion
+ Arenal Hot Springs & Dinner

San José Region → 1 night

Day 11: Transfer to the San José Region

Included meals: breakfast, farewell dinner

Spend a free morning in the volcano region before traveling back to the San José region. Tonight, celebrate your trip during an included farewell dinner, served with beer or wine, at a local restaurant.

Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the 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/CR6 | 1-800-754-5066

Day 2: Costa Rican Folklore Dinner

\$129CAD/\$139CAD* (4 hours, departs in the evening, includes dinner)

Travel into the lush hills above San José for an evening of Costa Rican folklore, brought to life with live music and regional dances. Enjoy a buffet dinner of traditional foods, served with a complimentary glass of rum punch, while taking in beautiful views of the city below. Then, learn a new-to-you dance step or two, and test them out to the tune of a live band.

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.

Extension excursion options

Day 10: 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 3: Cartago & Irazú Volcano National Park with Lunch

\$99CAD/\$109CAD* (6 hours, departs in the morning, lunch included)

Journey to the old capital of Costa Rica, Cartago, where your Tour Director will show you the city's most important sites. Begin with a visit to the Basílica de Nuestra Señora de los Ángeles. This Roman Catholic basilica sits in Plaza del Santuario Nacional and has a unique design featuring both colonial and Byzantine architectural elements. Continue on to see the 16th-century Santiago Apóstol Parish Ruins and end with a walk through the central market. After sitting down for an included lunch of traditional Costa Rican cuisine, make your way through the stunning Central Valley to the Irazú Volcano National Park. You'll set off on a leisurely trail walk with your Tour Director. Irazú is the tallest volcano in Costa Rica and on clear days, you can see both the Pacific and Atlantic Oceans from its summit. You'll stop at viewing platforms to soak in the beauty of the volcano's massive crater and the brilliantly colored lagoon at its center. Please note: The weather in Irazú Volcano National Park can be cold and windy due to the park's location above the frost line, so we recommend wearing warm clothes.

Day 5: Rainforest Sky Cable & Ziplining

\$145CAD/\$155CAD* (4.5 hours, departs in the afternoon)

This afternoon, soak in stunning views both by leisurely aerial tram and the more thrill-seeking zipline. Transfer to Jaco and meet up with your local guide before you ascend into the jungle aboard an open-air cable car. Admire the views as you travel above the clouds to the canopy, where you'll find spot wildlife and learn about the surrounding vegetation. At the top, enter the Butterfly and Medicinal Plants Garden and learn about the different plants and their uses. Afterwards, don your harness and helmet and zip along 10 different cables and 15 platforms. Please note: Travelers are required to wear closed-toed shoes on the zipline. The maximum individual weight limit is 300 pounds.

Day 8: Guanacaste Sailing & Snorkeling with Lunch

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

*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