



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
- 1 lunch
- 3 dinners, some with beer or wine
- 1 tasting
- 6 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Poás Volcano National Park
- Coffee farm & tasting
- Tárcoles River cruise
- Mangrove reforestation project
- Manuel Antonio National Park
- Wildlife Sanctuary visit
- 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: Poás Volcano National Park & coffee farm

Included meals: breakfast, welcome lunch, tasting

Spend the morning in Poás Volcano National Park. Its namesake volcano is the largest open volcano in the world—and a powerful symbol of the geothermal forces that formed Costa Rica. After a short walk to a viewing platform, peer into the massive crater and the bubbling, sulfuric, green lake inside it. Be sure to scan the caldera's walls for damage caused by previous eruptions. Travel tip: Poás is nearly 9,000 feet tall, and it gets chilly at altitude, so we recommend packing warm layers. Also, please note that while views of the crater are typically clearest in the early morning, we can't guarantee visibility. Sit down for a welcome lunch, then continue on to visit a coffee plantation to discover how the country produces some of the world's best coffee beans.

- Tour the family-owned estate, hearing how coffee seeds grow into beans and, eventually, become the flavorful drink in your cup.
- Learn how the estate protects and preserves the area's biodiversity.
- See how estate workers use traditional methods of cultivation, and sample a few varieties of coffee.

Enjoy a free evening or add an excursion.

+ 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.

+ Cloud Forest Nature Walk & Toucan Rescue Ranch

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 wildlife sanctuary

Included meals: breakfast

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 tour a wildlife sanctuary.

- Learn about the sanctuary's mission to provide refuge and protection for wildlife who have been victimized by hunting, deforestation, and other human actions.
- Walk through the sanctuary's grounds and see jaguars, ocelots, monkeys, tapirs, white-tailed deer, and macaws.
- Hear about the various physical and behavioral problems faced by the animals as a result of their harrowing past traumas.

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, or add an excursion.

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

+ Arenal Hot Springs & Dinner

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
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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.

Extension excursion options

Day 9: 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: Cloud Forest Nature Walk & Toucan Rescue Ranch

\$215CAD (7 hours, departs in the morning)

Follow the scenic Guápiles Highway through Braulio Carrillo National Park—a vast protected area that features rugged mountains, lush forests, extinct volcanoes, and pristine waterfalls and rivers. Then, meet up with a local naturalist for a peaceful trek through the park, and admire the flora and fauna they point out along the way. Later, continue on to the Toucan Rescue Ranch for a guided walk, where you'll learn about the group's mission to rescue, rehabilitate, and release Costa Rican wildlife. (And yes, you'll see parrots, macaws, owls, sloths, spider monkeys, weasels, and other animals!) As you explore the grounds and hear stories about how the animals arrived at the ranch, you'll be sure to discover the importance of conservation in Costa Rica. This excursion requires advance reservation and must be booked at least 20 days prior to departure.

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)

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