



Costa Rica: Rainforests, Volcanoes & Wildlife

9 days | 12 days with Manuel Antonio & San José extension

From misty cloud forests and lush jungles to volcanic landscapes and sun-kissed beaches, there's so much to love about this Central American hot spot. Begin this small group Adventure Tour in Tortuguero, the Land of Turtles, then take a dip in the natural hot springs at the foot of the mighty Arenal Volcano and explore the majestic cloud forest region before ending your tour in San José.



Your tour package includes

- 8 nights in handpicked hotels
- 8 breakfasts
- 5 lunches
- 5 dinners with beer or wine
- 2 tastings
- 9 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Sea Turtle Conservancy
- Tortuguero National Park
- Organic pineapple farm
- Arenal Volcano National Park hike
- Heliconia Ranch tree planting
- Coffee & cocoa plantation
- Santa Elena Cloud Forest Reserve

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

10-22

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San José → 1 night

Day 1: Arrival in San José

Included meals: light dinner

Fly to Costa Rica and settle in to 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.

Tortuguero → 2 nights

Day 2: Tortuguero via Sea Turtle Conservancy

Included meals: breakfast, lunch, welcome dinner

Pass through Braulio Carrillo National Park, home to many dormant volcanoes and placid crater lakes. Then, hop aboard a boat as you travel to your eco-friendly rainforest lodge in Tortuguero.

- Enjoy an included lunch of local cuisine
- Learn about endangered turtles at the Sea Turtle Conservancy (*sea turtle nesting season is from June–September and they may not be on the beaches for the remainder of the year*)

Later, get to know your group at a welcome dinner.

Please note: From July through September, for an additional cost, you can book a green sea turtle beach walk for this evening through your Tour Director.

Day 3: Walking & boating tour of Tortuguero National Park

Included meals: breakfast, lunch, dinner

Get to know Tortuguero National Park, a tropical rainforest, on a guided tour.

- Learn about the park's diverse habitats, including mangrove forests, swamps, and beaches, on a walk led by your naturalist guide
- Board a boat and cruise through the park, seeking out monkeys, tapirs, caimans, and more
- View the freshwater creeks and lagoons, home to endangered turtles and over 50 species of fish
- Spot the local flora and fauna along the rainforest canals
- Enjoy an included lunch featuring local cuisine

Spend a free afternoon in Tortuguero or add an excursion.

Sit down for an included dinner of traditional Costa Rican food.

+ Tortuguero National Park: Rainforest Kayaking Tour

Arenal Region → 2 nights

Day 4: Arenal Region via pineapple farm

Included meals: breakfast, lunch, tasting

Journey by boat through the jungled canals of Tortuguero National Park. Then, continue by bus to the Arenal region, stopping to visit an eco-friendly, organic pineapple farm in the Sarapiquí region.

- Sit down for an included lunch of local cuisine, including handmade empanadas
- Tour the farm to learn how pineapple is grown using compost fertilization, natural herbicides, and crop rotation
- Try fresh-cut pineapple and pineapple juice, before learning how to make a piña colada and enjoying the homemade drink

Day 5: Hiking tour of Arenal National Park & ranch visit

Included meals: breakfast, lunch

Hike through Arenal Volcano National Park on a guided tour.

- View the mile-high volcano, a near-perfect conical shape that emerges from the Sierra de Tilarán mountain range
- Gaze at the placid Lake Arenal, watching for northern jacana, woodpeckers, and kingfishers by its shores

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

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

- Enjoy a farm-to-table lunch featuring ingredients harvested on-site
- Explore the grounds with a local guide
- Learn how the ranch became the country's first carbon-negative company by using sustainable farming practices

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

+ Arenal Hot Springs & Dinner

Monteverde → 2 nights

Day 6: Monteverde via Heliconia Ranch, coffee, cocoa & sugarcane tastings

Included meals: breakfast, lunch, tasting

Get another look at the spectacular Lake Arenal as you travel to Monteverde by boat and bus.

There, learn about Costa Rica's diverse ecology and vibrant culture.

- Help with reforestation efforts by planting a native tree at Heliconia Ranch
- Have lunch at a local farm and enjoy coffee and dairy products cultivated on-site
- Watch traditional Costa Rican dances performed by children from the community
- Head to a nearby coffee plantation to learn about the history and production of coffee beans
- Sample some of the locally sourced coffee
- Discover how cocoa is produced and turned into chocolate before sampling the sweet treat
- Enjoy a tasting of raw sugarcane as you hear how it's harvested

Spend a free evening in Monteverde or add an excursion.

+ Monteverde Cloud Forest Nighttime Wildlife Walk

Day 7: Hiking tour of Santa Elena Cloud Forest Reserve

Included meals: breakfast, dinner

Join your Tour Director for a hike through Santa Elena Cloud Forest Reserve, a haven for birdwatchers.

- Learn about variety of flora and fauna, including orchids and ferns
- Walk through the misty forest as you explore this rare ecosystem, which gets its name from the constant cloud coverage
- Try to spot toucans, hummingbirds, resplendent quetzals, and more

Please note: Travelers should be able to hike around two miles over wet, and potentially slippery, pathways.

Enjoy a free afternoon in Monteverde or add an excursion.

Later, sit down for an included dinner at a local restaurant.

+ Sky Walk

San José → 1 night

Day 8: Transfer to San José & sightseeing tour

Included meals: breakfast, farewell dinner

Travel to San José and get to know Costa Rica's capital city on a guided sightseeing tour.

- Stop at the Plaza de la Cultura, site of many performances and celebrations, and admire the National Theater of Costa Rica
- Pass Bellavista Fortress, home of the National Museum

Head to a local restaurant to enjoy live music, dancing, and scenic vistas as you celebrate your trip during a farewell dinner.

Flight Home

Day 9: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the airport for your flight home or extend your stay in Costa Rica to explore Manuel Antonio.

+ Manuel Antonio & San José extension

You know how they say “good things come in small packages”? Well, that's Manuel Antonio 100%. Take a tour of Costa Rica's littlest national park to uncover its incredible biodiversity—and its postcard-worthy beaches.

Manuel Antonio → 2 nights

Day 9: Tarcoles River cruise

Included meals: breakfast

En route to Manuel Antonio, relax on a riverboat tour of the Tarcoles River with a local guide.

- Take in views of lush mangrove forests and jungle settings
- Look out for wildlife such as crocodiles, iguanas, lizards, monkeys, and birds

Please note: On some departures, the Tarcoles River cruise will take place on day 11 and the visit to Manuel Antonio National Park will take place on day 9.

Day 10: Free day in Manuel Antonio

Included meals: breakfast

Enjoy a free day in Manuel Antonio or add an excursion.

+ Manuel Antonio Catamaran Cruise

San José → 1 night

Day 11: Manuel Antonio National Park & transfer to San José

Included meals: breakfast, dinner

Get to know the country's smallest national park, popular for its breathtaking beaches and scenic hiking trails.

- Keep an eye out for local fauna—the park is home to 109 mammal species and 270 bird species
- Walk to the top of rocky Cathedral Point to view the park from across the Pacific
- See the blowhole at Escondido Beach
- Survey the saw cliff and sea caves at Serrucho Point

Please note: On some departures, the visit to Manuel Antonio National Park will take place on day 9.

This afternoon, travel back to San José and sit down for an included dinner 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/CRP | 1-800-754-5066

Day 3: Tortuguero National Park: Rainforest Kayaking Tour

\$75CAD/\$85CAD* (2 hours, departs in the afternoon)
Tortuguero National Park is known for its serene network of canals that wind through the tropical rainforest. The best way to explore these waterways? By kayak, of course! Take a boat to the local ranger station to meet up with a naturalist guide and board your kayak, which is specially designed to navigate the waterways. You'll paddle through natural canals, lagoons, and hidden coves while learning about the lush flora and fauna found in the rainforest. Keep your eyes peeled for wildlife, like river otters and manatees, and admire the scenery as you paddle to portions of the park only accessible by kayak. After your tour, travel back to your hotel by boat.

out for dolphins and sea birds that inhabit the area. Snorkel in the calm turquoise waters as you explore the underwater beauty up close. Please note: This excursion is weather-dependent and will run in the afternoon from January to March and in the morning from April through mid-December.

Day 5: 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 6: Monteverde Cloud Forest Nighttime Wildlife Walk

\$55CAD/\$65CAD* (3 hours, departs in the evening)
When the day ends and the sun sets on Monteverde Cloud Forest Reserve, a variety of nocturnal animals are just waking up. On this evening's tour, you'll join a naturalist guide for an evening walk to learn about nocturnal life in the cloud forest. A flashlight will be provided for each traveler so you can navigate the terrain of the forest. Depending on the season, you may see sleeping birds such as quetzals, toucans, and bellbirds. Some of the most frequently observed animals include kinkajous, sloths, olingos, and monkeys. Plus, your guide will point out species of snakes, tarantulas, and frogs that can only be viewed at night.

Day 7: Sky Walk

\$89CAD/\$99CAD* (time length varies, departure time varies)
The canopy layer of the Costa Rican rainforest teems with life, but until recently, it was difficult for travelers to enter this world. On today's excursion, a guided tour brings you to a series of suspended bridges high above the floor of the Monteverde cloud forest.

Extension excursion options

Day 10: Manuel Antonio Catamaran Cruise

\$159CAD/\$169CAD* (3 hours, departure time varies)
Spend the afternoon cruising along the central Pacific coast of Quepos on board the Ocean King catamaran, the largest in Central America. Sail through the various islands and rock formations as you explore Manuel Antonio National Park from the water, keeping an eye

*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