COSTA RICA / 14 DAYS, 13 NIGHTS

A family adventure through nature

Rainforest canals. Volcano adventures. Cloud forest treetops. A Pacific coast finale.







An adventure through Costa Rica's wonderfully varied landscapes, with wildlife-filled waterways, volcano trails and cloud forest discoveries before a few slower days on the Pacific coast. Raft a tropical river, search for sloths and explore the forest canopy, with local guides bringing each place to life.

YOUR JOURNEY AT A GLANCE

Day 1	San José	Hampton by Hilton · 1 night
Days 2-3	Tortuguero	Pachira Lodge · 2 nights
Days 4-6	Arenal	Arenal Manoa · 3 nights
Days 7-9	Monteverde	Koora Monteverde · 3 nights
Days 10-13	Manuel Antonio	Sí Como No · 4 nights
Day 14	Departure	Road transfer to San José

A little inspiration for your own family journey. Every itinerary is personally designed around your interests, pace and choice of places to stay.

DAY 1 / DAYS 2-3

Into the rainforest

San José · Tortuguero

An easy arrival in San José

Begin with a private transfer to a comfortable airport hotel for a restful first night. There is an outdoor pool, a fitness room and Wi-Fi, giving you space to settle in before the journey into the rainforest begins.

SUGGESTED STAY / 1 NIGHT
Hampton by Hilton San José Airport · 2 Standard Double Rooms · Breakfast



The waterways of Tortuguero

Travel by shared minibus and boat towards the Caribbean coast, with breakfast en route. Rivers, lagoons and canals lead you into a remote rainforest landscape where much of the exploring happens on the water.

SUGGESTED STAY / 2 NIGHTS
Pachira Lodge · 2 Double Rooms · Full board

Surrounded by tropical vegetation, Pachira is a rustic jungle lodge across the canal from Tortuguero village. Simple rooms have private bathrooms, hot water and ceiling fans; a swimming pool, restaurant, bar and spa complete the setting.

The suggested package includes a guided canal boat tour, a rainforest walk and a visit to Tortuguero village, with national park entrance fees and a local English-speaking guide. Look out for wildlife along the waterways and enjoy time immersed in the forest.

DAYS 4-6 / ARENAL

Volcano country

River adventures, rainforest wildlife and warm pools





Leave Tortuguero by boat and road to Guápiles, then continue by shared transfer to Arenal. The distinctive volcanic peak provides a dramatic backdrop to a region of tropical gardens, rivers and rainforest.

SUGGESTED STAY / 3 NIGHTS
Arenal Manoa · Superior Room · Breakfast

Stay together in a Superior Room with two queen beds, a small living area and a terrace looking towards the volcano. Air conditioning, a minibar and Wi-Fi provide the comforts, while tropical gardens, regular and hot-spring pools, wet bars and several dining options make this an inviting base between adventures.

Day 5 / Raft the Balsa River

Take on Class II and III rapids with a guided white-water rafting trip. Around two hours on the river combine lively sections with a stop for swimming, tropical fruit and cold drinks. Afterwards, visit a small family ranch for a locally inspired lunch.

Allow around 6 hours overall. Suggested arrangements include transfers, guiding, safety equipment, lunch, snacks and drinks.

Day 6 / Arenal Volcano and Sloth Territory

Walk through rainforest and historic lava fields at the base of Arenal Volcano, then visit family-run Sloth Territory. Specialist guides help you search for two- and three-toed sloths, toucans and other tropical wildlife amongst the trees. A typical Costa Rican lunch forms part of the suggested experience.

DAYS 7-9 / MONTEVERDE

Into the cloud forest

A lake crossing, a forest suite and adventures amongst the treetops





Across Lake Arenal, into the highlands

On Day 7, travel by road to Lake Arenal and cross by boat, with views across the water and surrounding mountains. A further road journey brings you into Monteverde's cooler highlands, where mist, mosses and towering trees create a completely different setting.

SUGGESTED STAY / 3 NIGHTS
Koora Monteverde Boutique Hotel & Spa · Grand Vista Suite · Breakfast

Koora is a small boutique nature hotel surrounded by lush vegetation and overlooking the Gulf of Nicoya. The Grand Vista Suite gives a family space to spread out, with two private bedrooms, a mezzanine, two bathrooms and three king beds.

Large windows frame the surrounding forest and views towards the gulf. The hotel's Kiré restaurant and bar offer somewhere to unwind after exploring, and the centre of Monteverde is around five minutes away.

Room to enjoy the setting

Three nights allow time for canopy adventures and a guided night walk, alongside quieter moments at the hotel. The stays shown are suggestions; we can choose different rooms or properties around the ages of your children and the kind of journey you have in mind.

DAYS 8-9 / MONTEVERDE EXPERIENCES

Above the trees, after dark

See the cloud forest from a different perspective

Day 8 / Treetopia Cloud Forest Adventure

A day bringing together three ways to experience Monteverde's remarkable forest, from a gentle journey above the canopy to the excitement of ziplining and a guided walk amongst the trees.

Tree Tram

Ride an aerial cableway up through the forest canopy to more than 5,700 feet above sea level, taking in the mountain setting as you climb.

Sky Trek ziplining

Seven ziplines descend through the cloud forest, covering around 3 km in total. Individual lines reach up to 750 metres in length and heights of up to 100 metres. For those seeking more adventure, the suggested experience also describes an optional Superman-style final zipline and a controlled Vertigo Drop.

Guided Sky Walk

Explore on foot across six hanging bridges, including a hanging glass bridge, with a guide helping you discover the life of the forest canopy. Allow around 4-5 hours for the combined Treetopia experience.

Day 9 / The forest after dark

Keep the day free to relax or explore before heading into the cloud forest after sunset. With a naturalist guide and torches, discover the sounds and atmosphere of the forest at night, looking for insects, birds and potentially nocturnal mammals.

Allow around 2½ hours for the guided night tour. Activities can be adapted to your family; age, height, weight and other participation requirements should be checked when planning.

DAYS 10-14 / MANUEL ANTONIO

Where forest meets sea

Wildlife, ocean adventures and time to slow down





Travel by shared road transfer to the Central Pacific coast on Day 10. Four nights here create a relaxed ending, with rainforest, beaches and wildlife close at hand.

SUGGESTED STAY / 4 NIGHTS
Sí Como No Resort, Spa & Wildlife Refuge · Deluxe Plus Room · Breakfast

Share a Deluxe Plus Room at this resort set amongst 10 acres of protected tropical forest, with views towards the Pacific. Facilities include swimming pools, restaurants, a spa, private cinema and butterfly farm, plus a complimentary shuttle to the beach and national park.

Day 11 / Manuel Antonio National Park

Explore with an expert naturalist on a relatively easy trail of around two miles. Look for sloths, monkeys, reptiles, birds and butterflies, with spotting equipment helping reveal wildlife hidden in the trees. Pause at a park beach along the way. Allow around 3½ hours.

Day 12 / Kayak the coast and snorkel

Paddle from the Quepos area past small islands and seabird nesting areas to Biesanz Bay. Rest and snorkel when conditions allow, before a homemade meal. Single and double kayaks are available; no previous experience is required. Allow around 4 hours.

Day 13 / A day your way · Day 14 / Journey home

Enjoy a free final day by the pool or beach, then leave by private road transfer to San José on Day 14.

MAKE THIS JOURNEY YOURS
This sample can be adapted around your family. Contact Suzie on 07721 074406 to start planning.