COSTA RICA / 18 DAYS, 17 NIGHTS

Caribbean shores and rainforest adventures

Caribbean culture. A remote river lodge. Jungle canals. Volcanoes and cloud forest.







Begin beside the Caribbean Sea, then journey into Costa Rica's extraordinary rainforest landscapes. A remote stay on the Pacuare River brings adventure and immersion in nature, followed by the waterways of Tortuguero, the volcanic scenery of Arenal and the misty highlands of Monteverde. This is a longer journey with time to settle into each place and enjoy some memorable stays along the way.

YOUR JOURNEY AT A GLANCE

Day 1	San José	Park Inn · 1 night
Days 2-6	Puerto Viejo	Le Cameleon · 5 nights
Days 7-9	Pacuare River	Pacuare Lodge · 3 nights
Days 10-11	Tortuguero	Manatus Hotel · 2 nights
Days 12-14	Arenal	Amor Arenal · 3 nights
Days 15-17	Monteverde	Senda Monteverde · 3 nights
Day 18	Departure	Road transfer to San José

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

DAYS 1-6 / SAN JOSÉ AND PUERTO VIEJO

Begin on Caribbean time

An easy arrival, then five nights beside the Caribbean Sea

Day 1 / A gentle beginning in San José

Arrive in Costa Rica and travel by private vehicle to your hotel. Settle in for the night before continuing to the Caribbean coast the following day.

SUGGESTED STAY / 1 NIGHT
Park Inn, San José · Standard Room · Breakfast

A modern city hotel close to Paseo Colón, with an outdoor pool and restaurant. It makes a practical first-night base, with the opportunity to explore a little of the capital if time allows.





Day 2 / Fly to Limón, continue to Puerto Viejo

Return to San José airport for a short domestic flight to Limón, then continue by private road transfer to Puerto Viejo de Talamanca. The final drive takes around an hour, bringing you to a coastline with a relaxed rhythm, tropical vegetation and a distinct Caribbean identity.

SUGGESTED STAY / 5 NIGHTS
Le Cameleon · Triple Deluxe Room · Breakfast

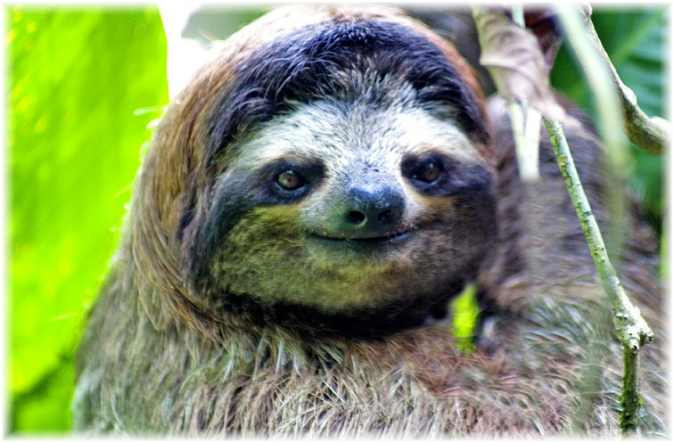
Near Cocles Beach, Le Cameleon pairs fresh white interiors with colourful details and lush jungle surroundings. A swimming pool, restaurant, spa and beach club provide places to unwind, while private balconies bring you close to the sights and sounds of the tropical gardens.

DAYS 3-6 / PUERTO VIEJO

Room to slow down

Beaches, Caribbean culture and time to explore at your own pace





Four days to make your own

These days are deliberately left free, giving you time to settle into the Caribbean coast before the more adventurous stages of the journey. Enjoy the beach and hotel pool, explore Puerto Viejo's laid-back cafés and beach shacks, or hire bicycles to discover more of the surrounding coastline.

Nature close to the shore

For those keen to explore, the original journey suggests visiting Cahuita National Park, kayaking through coastal habitats or arranging time on the water. Surfing, snorkelling and diving may also be considered locally, with suitability dependent on sea conditions and the people travelling.

A different side of Costa Rica

Puerto Viejo brings a strong sense of Caribbean culture and an easy-going atmosphere. It adds a coastal chapter quite different from the Pacific, with space to enjoy the setting rather than fill every day with scheduled excursions.

The activities on this page are optional ideas for your free days, rather than pre-arranged inclusions. We can build in guided experiences or keep this part of the journey flexible around you.

DAYS 7-9 / PACUARE RIVER

Deep into the rainforest

A remote riverside lodge with adventure on the doorstep





Day 7 / The journey becomes part of the adventure

Leave the Caribbean coast and travel inland towards the Pacuare River. The suggested arrival combines road travel, a final section by 4x4 and a hanging gondola crossing above the river, followed by an electric vehicle to the lodge. Dense jungle and mountain scenery set the scene for a very different stay.

SUGGESTED STAY / 3 NIGHTS

Pacuare Lodge · Garden Suite · Full board and activities

Tucked into rainforest beside the river, Pacuare Lodge combines palm-thatched wooden suites with thoughtful comforts and a close connection to nature. Your Garden Suite provides a private base from which to enjoy the forest, while open-air dining and the sounds of the river are part of daily life here.

Days 8-9 / Choose your rainforest adventures

The suggested package allows a choice of two lodge excursions per day. Options described in the original journey include hiking, canyoning and rafting, alongside a challenging hike to visit a Cabécar family. The lodge can help shape each day around interests, fitness and activity availability.

For a special occasion, enquire about a meal at The Nest, a platform high in the canopy reached by zipline. This is an optional experience at additional cost. Participation requirements for all adventure activities should be checked when planning.

DAYS 10-11 / TORTUGUERO

Along the jungle waterways

From a river expedition to rainforest canals and wildlife





Day 10 / Raft out, then travel to Tortuguero

Begin with a final guided rafting expedition from Pacuare Lodge towards Siquirres, allowing around two hours on the river as described in the original journey. Reunite with your luggage and change into dry clothes before continuing by private vehicle to La Pavona dock.

A private boat takes you onwards through rivers and canals to Tortuguero. Look for birds and other wildlife along the forested banks as you approach this remote Caribbean region.

SUGGESTED STAY / 2 NIGHTS
Manatus Hotel · Standard Luxury Room · Full board and activities

A small hotel beside Tortuguero’s canals, with spacious rooms, two queen-size four-poster beds and private patios. A waterfront swimming pool, restaurant and spa offer a comfortable retreat between wildlife outings.

Day 11 / Explore by boat and on foot

Discover Tortuguero’s canals with local guides and look for monkeys, sloths, caimans and tropical birds. The original stay also offers the opportunity to visit Tortuguero village and learn about the area’s turtle conservation story.

Turtle nesting is seasonal. Any turtle-watching experience should be considered separately around your travel dates; it is not a promised part of this sample journey.

DAYS 12-14 / ARENAL

A rainforest retreat beneath the volcano

Canopy adventures, lava trails and time to enjoy your casita





Day 12 / From the canals to volcano country

Leave Tortuguero by boat and shared road transfer to Guápiles, then continue by private vehicle to Arenal. Rainforest, rivers and volcanic scenery bring another change of landscape.

SUGGESTED STAY / 3 NIGHTS
Amor Arenal · Canyon Casita · Breakfast

Set at the edge of a forest canyon in the foothills of Arenal Volcano, Amor Arenal offers tropical hardwood casitas with private decks and heated plunge pools. Enjoy the forest setting, naturally heated hotel pools, spa and dining between guided adventures.

Day 13 / Sky Tram and Sky Trek

Ride an aerial tram through the canopy with a naturalist guide, pausing to learn about the forest and take in views towards Arenal Volcano and the lake. Continue with a seven-cable zipline circuit above the trees. Allow around three hours for the suggested shared tour, with hotel transport arranged.

Day 14 / A private volcano hike

Explore a private reserve on Arenal’s slopes with your own guide, learning about the volcano and walking amongst solidified lava flows. Look for toucans, parrots and other birds, with viewpoints over the lake and volcanic landscape. Allow around four hours including transfers; sections of the trail are uneven.

DAYS 15-18 / MONTEVERDE

A cloud forest finale

Across Lake Arenal to misty mountains and forest discoveries





Day 15 / Across the lake, into the highlands

Travel by private vehicle to Lake Arenal, cross by boat and continue by road to Monteverde. The scenic journey combines lake and mountain views before reaching the cooler cloud forest.

SUGGESTED STAY / 3 NIGHTS
Senda Monteverde Hotel · Premium Suite · Breakfast

A boutique hotel amongst gardens and highland greenery, with private terraces and a restaurant celebrating Costa Rican ingredients. The original stay includes access to neighbouring Aguti Wildlife Reserve.

Day 16 / Selvatura forest adventures

Explore the forest from different perspectives with the suggested Selvatura combination of hanging bridges, butterfly garden and canopy zipline tour. Activities can be adapted around your interests and participation requirements.

Day 17 / A free day and wildlife after dark

Enjoy a free day before a guided night walk at Santa María's Finca Agroturística. Search for nocturnal wildlife and sleeping birds in regenerating forest. Allow around 2½ hours, with private transport arranged.

Day 18 / The journey home

Leave Monteverde by private road transfer to San José airport.

MAKE THIS JOURNEY YOURS
We can adapt this sample's route, stays and experiences around you. Contact Suzie on 07721 074406 to start planning.