COSTA RICA / 19 DAYS, 18 NIGHTS

Rivers, volcanoes and Pacific shores

Rafting adventures. Wildlife encounters. Cloud forest trails. Two Pacific coast stays.







A longer journey for those who like to get out and explore. Raft into the rainforest, discover Arenal's rivers and volcanic landscapes, then enjoy wildlife and ocean adventures in Manuel Antonio. Continue into Monteverde's cloud forest before rounding off the trip beside the beach in Tamarindo.

YOUR JOURNEY AT A GLANCE

Day 1	San José	Park Inn · 1 night
Days 2-3	Pacuare River	Riverside lodge · 2 nights
Days 4-8	Arenal	Arenal Manoa · 5 nights
Days 9-13	Manuel Antonio	Parador Resort & Spa · 5 nights
Days 14-15	Monteverde	Poco a Poco · 2 nights
Days 16-18	Tamarindo	Tamarindo Diria · 3 nights
Day 19	Departure	Road transfer to Liberia

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

DAYS 1-3 / SAN JOSÉ AND PACUARE

An adventure from the beginning

An easy arrival, followed by two nights beside the Pacuare River





Day 1 / Welcome to Costa Rica

On arrival in San José, travel by private vehicle to your hotel and settle in for a comfortable first night before the journey into the rainforest begins.

SUGGESTED STAY / 1 NIGHT
Park Inn by Radisson San José · Standard Room, triple occupancy · Breakfast

A modern city base with a restaurant, outdoor swimming pool and fitness facilities. Depending on your arrival time, relax at the hotel or explore a little of the capital.

Day 2 / Raft into the rainforest

Leave San José by shared vehicle, stopping for a Costa Rican breakfast en route. At the river, meet your rafting guides for equipment and paddling instructions before tackling Class II and III rapids into the Pacuare gorge. A riverside picnic and a waterfall swimming stop add to the adventure before reaching your lodge.

SUGGESTED STAY / 2 NIGHTS
Pacuare River · Riverside lodge · Full board and activities

Spend two nights immersed in the sounds and scenery of the rainforest. The lodge and room will be selected when planning your journey, with the balance of comfort and adventure tailored around you.

Day 3 / A day in the forest

Relax by the river or choose from locally arranged activities. The original journey suggests horse riding, visits to a rural community, a butterfly garden and a more demanding hike to a Cabécar community. Optional experiences can be discussed when planning.

DAYS 4-8 / ARENAL

Five nights in volcano country

A generous stay for adventure, wildlife and time between excursions





Day 4 / From the river to Arenal

Raft out towards Siquirres and continue by private vehicle to Arenal. An overland alternative can be explored for those preferring to leave the lodge by road. Exact timings and activities on departure day will be arranged around the onward transfer.

SUGGESTED STAY / 5 NIGHTS
Hotel Arenal Manoa · Junior Suite, triple occupancy · Breakfast

Set amongst tropical gardens with views towards Arenal Volcano, Arenal Manoa is a comfortable base for a longer stay. Hacienda-style rooms open onto terraces, while freshwater and hot-spring pools, pool bars, a spa and dining options provide plenty to enjoy between outings.

Day 5 / Caño Negro wildlife boat trip

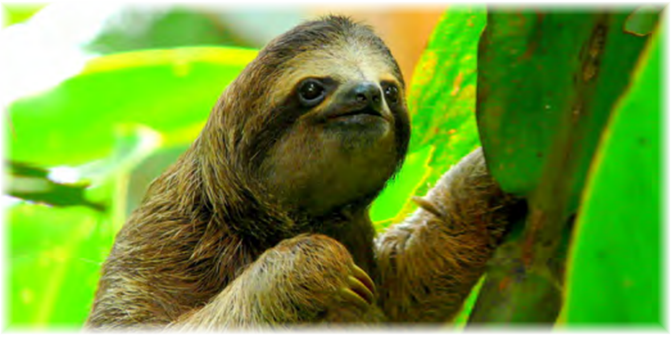
Travel towards Los Chiles for a naturalist-guided boat journey along the Río Frío in the Caño Negro area. Around two hours on the water bring opportunities to look for monkeys, sloths, caimans, turtles, herons and other tropical birds.

The journey passes agricultural landscapes, including pineapple and sugar cane fields. Lunch at a local restaurant is included in the suggested excursion before returning to Arenal. The original arrangements request identification for travel near the border.

DAYS 6-8 / ARENAL EXPERIENCES

Make room for adventure

Sloths, volcano trails, waterfall rappelling, riding and chocolate





Day 6 / Sloths and the El Silencio trail

Join a shared guided outing in search of two- and three-toed sloths, with opportunities to spot toucans, monkeys, iguanas and other wildlife. Allow around two hours, with transport, guiding and refreshments forming part of the suggested experience.

Continue with a guided walk in El Silencio Reserve, following a stone trail towards a viewpoint near the volcano before exploring regenerating and primary forest. Learn about Arenal's history and enjoy views towards the lake. Allow around three hours, including transport, entrance fees and fruit refreshments. A separate hot-spring visit can be considered at additional cost.

Day 7 / Canyoning and mountain biking

Begin with a 4x4 transfer and safety briefing before a canyon adventure combining waterfall rappelling, a canyon wall, rock climbing and a zipline-and-rappel "monkey drop". After a Costa Rican lunch, cycle along a rural route towards El Castillo, passing rainforest, pasture and Lake Arenal, with a lakeside stop along the way.

Day 8 / Horse riding and chocolate

Ride through forest and pasture on a guided route of around 5 km, with views towards Arenal Volcano and its lake. Later, discover cacao on a hands-on chocolate tour, following the process from harvesting and drying to grinding, with stories of its cultural significance. Allow around two hours for the chocolate experience.

Adventure activities can be adjusted around ages, fitness and confidence. Participation requirements and the daily sequence will be checked when designing your journey.

DAYS 9-13 / MANUEL ANTONIO

Your first Pacific coast chapter

Rainforest wildlife, ocean adventures and a resort stay





Day 9 / Travel to Manuel Antonio

Continue by shared road transfer to the Central Pacific coast, where rainforest meets the ocean. Five nights give you time to combine guided outings with quieter moments at the hotel.

SUGGESTED STAY / 5 NIGHTS
Parador Resort & Spa · Garden Room, triple occupancy · Breakfast

Set within tropical grounds on the Punta Quepos headland, Parador offers a choice of pools, dining, a spa and nature trails. It provides a spacious resort base for exploring the Manuel Antonio area. The original arrangements note a resort fee payable locally.

Day 10 / Ocean kayaking and snorkelling

Paddle from the Quepos area along the coastline towards Biesanz Bay, passing offshore islands and seabird nesting areas. Pause at the beach and snorkel when conditions permit, then return for a homemade meal. Single and double kayaks can be arranged; this is an active open-ocean outing requiring a suitable level of fitness.

Day 11 / Manuel Antonio National Park

Explore with a naturalist guide on a mostly flat trail of around two miles. Stop to look for sloths, monkeys, birds and other wildlife, with time to learn about the forest and pause at one of the park’s beaches.

Days 12-13 / Ride to a waterfall, then unwind

Take a guided horse ride through rural mountain scenery and secondary rainforest, stopping at a waterfall for a refreshing dip. Allow around 5½ hours. The following day is free to enjoy the hotel and explore at your own pace.

DAYS 14-15 / MONTEVERDE

Into the cloud forest

Forest after dark, a private guided walk and a canopy adventure





Day 14 / From the coast to the highlands

Travel by shared road transfer to Monteverde. Cooler air and misty forest bring a change of scene after your Pacific coast stay.

SUGGESTED STAY / 2 NIGHTS
Poco a Poco Hotel & Spa · Standard Bromelia Room, triple occupancy · Breakfast

A welcoming base for exploring the cloud forest, with comfortable rooms, a restaurant and spa. Enjoy a little downtime before the evening's wildlife outing.

Discover the Children's Eternal Rainforest after dark

Join a guided night walk in this privately protected forest, listening to the changing sounds and searching for wildlife as nocturnal species become active. Allow around 2½ hours and bring suitable shoes and light layers.

Day 15 / A private reserve walk and canopy tour

Spend the morning exploring Monteverde Reserve with a private naturalist guide. Discover forest trails, orchids, birdlife and the distinctive atmosphere of the cloud forest, with a viewpoint option depending on conditions. Allow around three to four hours, including transport and entrance fees.

Later, experience the treetops on a canopy zipline circuit. The original journey describes 15 cables, 18 platforms and a Tarzan swing, preceded by equipment fitting and a safety briefing. The final activity choice can be adapted around your interests and confidence.

DAYS 16-19 / TAMARINDO

A Pacific beach finale

Three nights to slow down beside the ocean





Day 16 / Continue to Tamarindo

Leave Monteverde by shared road transfer and travel towards Costa Rica's north Pacific coast. Tamarindo brings a lively beach-town atmosphere, with cafés, restaurants and shops close to the shore.

SUGGESTED STAY / 3 NIGHTS

Tamarindo Diria · Sunset Ocean View Room, triple occupancy · Breakfast

Stay in the beachfront Sunset section of Tamarindo Diria, with ocean views and the beach close at hand. Tropical gardens, swimming pools and a choice of places to eat make it easy to relax, while the town is on your doorstep for an evening stroll or a meal out.

Days 17-18 / Time by the sea

These final days are deliberately left free. Enjoy the beach, spend time by the pool and watch the sunset over the Pacific. For those wanting to stay active, locally arranged outings or surfing lessons can be explored around conditions and your interests.

Day 19 / Depart from Liberia

Leave Tamarindo by private transfer to Liberia airport, completing the journey without returning to San José.

MAKE THIS JOURNEY YOURS

This sample can be adapted around your pace, preferred stays and appetite for adventure. Contact Suzie on 07721 074406 to start planning.