



Costa Rica Explorer

10 Days



Day 1 | Arrival

The Cosmo Capital of Costa Rica

Plan to arrive at Juan Santamaria International (SJO) airport, look for our driver holding a Wild Women Expeditions sign after you pass through Immigration and Customs. On the transfer to our contemporary central hotel, feel the embrace of tropical humidity and take in the painted buses and murals that color San Jose.

We gather for our welcome dinner at 6:30 p.m. at the Gran Hotel San Jose, located on Avenida Central, a pedestrian boulevard, where we are staying.

Our table in the uber modern Cultura5 resto will have a view of the Teatro Nacional de Costa Rica (the National Theatre).

Included Meals

Dinner

Accommodations

Gran Hotel Costa Rica (NOV/DEC TBA)

Travel

20–60 minutes (depending on traffic from airport)



Day 2 | Turrialba

Tortilla Time

After breakfast, we start our adventure for the Central Valley and Turrialba (approximately 2 hours).

At Retus, a network of women-owned businesses, we meet our local guide for an introduction to their community-based ecotourism model. A local historical enthusiast will lead us along the Los Monticles trail to see the ancient aqueducts, petroglyphs, monoliths and abandoned structures of the Guayabo National Monument.

After lunch at Casa Mia, we visit the nearby home and kitchen of Doña Miriam to learn a few trade secrets from her *cocina* in a private hands-on, tortilla-making class. We can taste-test our efforts with an authentic cup of hyperlocal Costa Rican coffee and sip in the views from Miriam's patio.

It's a 40-minute drive to our accommodation and we should arrive around 5:30 p.m. with time to refresh and reset before dinner at our hotel.

Included Meals

Breakfast, lunch and dinner

Accommodations

Villa Florencia or similar

Travel

3 hours (total)



Day 3 | Puerto Viejo De Sarapiquí

Chocolate Palm Hearts

Today we wind down towards the Caribbean lowlands for a lesson on *palmito* (hearts of palm) at the family-owned Palmitour.

In the afternoon, we visit a cacao plantation where we are introduced to all the sweet stages of the chocolate-making process.

It will be a short drive back to our hotel and we should arrive around 4:30 p.m. in time for a long dip in the pool. Cool down further with a quenching fruit juice.

Dinner will be at our hotel, La Quinta.

Included Meals

Breakfast, lunch and dinner

Accommodations

La Quinta de Sarapiquí or similar

Travel

2 hours and 30 minutes



Day 4 | Puerto Viejo De Sarapiquí

Choose Your Own Adventure

We can choose to go for a whitewater rafting adventure! There's an optional, eating option for those who wish to enjoy the scenery!

Lunch will be along the river in a local hut where we can assemble our own burritos. After the rafting experience, we have an afternoon of pure leisure and calm back at our lodge. Our driver can take us to Sarapiquí to go around the town. There are also optional activities (not included) that our guide can help us arrange from biking or birding to ziplining through the forest canopies to tubing or hiking.

We reunite tonight for dinner at our hotel and to chat about our day of adrenaline.

Included Meals

Breakfast, lunch and dinner

Accommodations

La Quinta de Sarapiquí or similar



Day 5 | Arenal La Fortuna

Finding Sanctuary

After an early breakfast, we drive (1 hour and 15 minutes) to Proyecto Asis Costa Rica Wildlife Sanctuary to learn more about the rescue center's commitment to local environmental, social and conservation projects.

After a picnic lunch, we will learn about the sloths of Costa Rica.

In the afternoon, we have some free time to poke around La Fortuna before visiting Eco Termales Fortuna, a family-run natural hot spring where we can soak and simmer before a buffet dinner on site. Our stay at Arenal Observatory Lodge & Trails is just 30 minutes from the hot springs.

Included Meals

Breakfast, picnic lunch and dinner

Accommodations

Arenal Observatory Lodge & Trails or similar

Travel

2 hours 15 minutes (total)



Day 6 | Arenal La Fortuna

Sky Bound

This morning, we have two options. We can choose to navigate the Sky Walk Hanging Bridges and have a more relaxing, slow-mo introduction to the flora and fauna of the forest canopy OR we can hurtle along the zipline circuit that stretches across the canyons between the treetops on the Sky Trek.

In the afternoon we have free time to explore the Observatory's spaghetti line of trails and check out the observation platform.

Tonight we dine in the "Observatory" restaurant and savor the unreal view of the volcano and Lake Arenal from our lodge.

Included Meals

Breakfast and dinner

Accommodations

Arenal Observatory Lodge & Trails or similar



Day 7 | Gulf of Papagayo

Bows and Beaches

After breakfast, we ease into a 90-minute drive to the Guatuso area where we learn about the Maleku Indigenous culture through traditional medicinal plants and a very hands-on bow and arrow competition in the Maleku Indigenous Reserve! After that, we will have an authentic Maleku lunch before heading to our boutique oceanfront lodge in Playa Hermosa, Guanacaste. It's a 2.5 hour drive and we should arrive around 5 p.m. for dinner at our beach hotel.

Dinner will be at Niromi, the on-site restaurant at Bosque del Mar.

Included Meals

Breakfast, lunch and dinner

Accommodations

Bosque del Mar or similar

Travel

4 hours (total)



Day 8 | Gulf of Papagayo

Poolside Paradise

It's a full day of leisure. We can beachcomb along Playa Hermosa, take photos, ooze into the on-site spa (not included) or visit the little town of Playas del Coco just 15 minutes away. Our guide and driver can take us to Coco to check out the restaurant scene, art galleries and endless souvenir shops.

The hotel has stand up paddleboards and kayaks that are available for rent. Please note that lunch and dinner are independent today!

Included Meals

Breakfast

Accommodations

Bosque del Mar or similar



Day 9 | Gulf of Papagayo

Cipanci Wildlife Refuge

Today is a total immersion into the wilds of Costa Rica along the border of Parque Nacional Palo Verde. We take a boat trip along the Tempisque. On this private boat safari of sorts, we may see variegated squirrels, howler monkeys, white-nosed coatis, white-tailed deer and white-throated capuchin monkeys.

After lunch at Señora Daliila's restaurant, we meet Willy, a ceramics artist from Guaitil (pronounced wy-teel), the pottery capital of Costa Rica. He will share his exhibition of traditional Chorotega ceramics at Señora Dalilia's.

We will return to our lodge around 2:30 p.m. and have the rest of the day to lounge, reflect, journal and float in the pool or Pacific.

After sunset we gather for an unforgettable farewell dinner on the beach at Bosque del Mar (weather permitting!).

Included Meals

Breakfast, lunch and dinner

Accommodations

Bosque del Mar or similar



Day 10 | Departure

Buen Viaje!

After breakfast we have a group transfer to Liberia International Airport (LIR). Our guide or hotel staff can assist with transfers if you are extending your stay or traveling to the airport independently.

Included Meals

Breakfast

Travel

30 minutes (to airport)



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of September 9, 2024.