



SAMPLE ITINERARY: COSTA RICA ADVENTURE TRIP

This sample itinerary provides a general idea of how your trip will be structured. However, it is important to realize that the specifics of this itinerary are subject to change.

Day 1—Arrival

- You will arrive in Juan Santamaría International Airport (SJO), located near San José.
- Participants will be greeted at the airport and will then be transported via private shuttle to a hotel in San José.
- Depending on the hour of your flight's arrival, you will either have time to explore San José, or you will just relax in your hotel and prepare for a big day tomorrow.

Day 2—Arenal Volcano, Sky Tram, Zip-Lining, & Hot-Springs

- Breakfast is included.
- Drive to Arenal Volcano, which is one of the ten most active volcanoes in the world!
- Go for a ride on the Sky Tram, which will take you over the rainforest, up to the top of the Arenal natural reserve.
- Then strap into your harness and get ready to go zip-lining! This high-adrenaline experience will allow you to take-in amazing views of the Arenal Volcano and Arenal Lake as you zoom over the jungle canopy.
- Relax and go for a dip in a local hot spring, heated by thermal waters.
- Finally, if you are lucky to have a clear sky, then end the night by going to a viewpoint where you can see lava streaming down the side of the volcano.

Day 3—The Jungle

- Breakfast is included.
- Start your morning by going for a panoramic drive across the Costa Rican countryside. Stop along the way for a chance to see crocodiles.
- Then, you will arrive at your destination, which is a community eco-lodge in the middle of the jungle!



- Your naturalist tour-guide will lead you through a hike of the jungle, pointing out all of the natural wildlife and vegetation that you see along the way. You will walk alongside waterfalls and have the chance to go for a swim in the natural pools!
- Spend the night in the eco-lodge, in the middle of the jungle.

Day 4—The Jungle & Beach

- Breakfast is included.
- Go for another jungle walk in the morning, as you hike your way back to the main road, where your van will be waiting.
- Then, drive to one of Costa Rica's pristine beaches located on the famous Nicoya Peninsula.
- Spend the rest of your day hanging out at the beach.

Day 5—Cabo Blanco Nature Preserve & Beach

- Breakfast is included.
- Drive to the Cabo Blanco Nature Preserve, where you will have the opportunity to see more spectacular nature and wildlife.
- After a 2-hour hike through the jungle, you will arrive at Cabo Blanco's magnificent, secluded beach. Chill-out at the beach, and watch as hundreds of pelicans fly in formation over the coastline.

Day 6—The Beach & Ferry Ride

- Breakfast is included.
- Spend the morning and early afternoon hanging out at the beach.
- Then, take the scenic route back to San José, which includes a ferry ride across the Nicoya Gulf.
- A farewell dinner in San José is included.

Day 7—Return Home

- Breakfast is included.
- Free time in San José and private transfer to the Juan Santamaría International Airport (SJO) for your flight home.