
GEEO ITINERARY

Costa Rica 6/29/2026

Day 1: San José Arrive in San José at any time. Meet your group for a welcome meeting around 6:00 or 7:00 p.m.

Arrive at any time. There are no planned activities until the Welcome Meeting in the evening. The nearest airport is San José's **Juan Santamaría International Airport (SJO)**.

Consider arriving 1-2 days early to explore the city, adjust to the time zone, and buffer against flight delays. We can request extra hotel nights for you before the program begins.

Hotel Check-in and Welcome Meeting

Hotel check-in is normally between 2-3 p.m. Check with reception for the exact time and location of the group welcome meeting, typically between 6-7 p.m. Please make every effort to attend this meeting. If you're running late, send a message in the group WhatsApp or call the emergency number on your trip voucher so that your tour leader can let you know where and when to meet the group.

After the meeting, you might choose to have dinner at a nearby restaurant with your traveling companions and your tour leader to get to know one another further.

What to do in San José - Amid the hustle and bustle of this busy capital, San José has beautiful parks, museums, and an ornate National Theatre. Start your exploration of the city in the central plaza, a great place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.

Joining Instructions

Taxi: (\$30-45 USD | 20-30min) The quickest and easiest way to get from the airport to downtown San José. The [airport website](#) lists several official taxi services and base fare estimates.

Pre-Paid Arrival Transfer: If you purchase a transfer with us, a G Adventures representative will meet you at the airport. If you are not met at the airport or cannot make contact, call the emergency number located on your trip voucher or take a taxi to the hotel.

Day 2: San José/Quepos Travel to Quepos and enjoy a couple days of relaxing and exploring Manuel Antonio National Park.

This morning we travel south to Quepos. The small town of Quepos is on the Pacific Coast, and this region of Costa Rica is a great place to relax and enjoy the sun and nearby sea. A short distance away, Manuel Antonio National Park offers beautiful white sand beaches and warm turquoise water, ideal for swimming, fishing, kayaking, boogie boarding, sailing, or surfing.

Approximate travel time: 3 hrs by private vehicle

Day 3: Quepos Enjoy a day in the Manuel Antonio region to explore and relax. Opt go kayaking through mangroves, take a surfing lesson, or cruise along the coast on a dolphin-spotting sunset sailing excursion.

Enjoy a day in Manuel Antonio National Park discovering the lush tropical forests and white sand beaches

of Costa Rica's smallest national park. The park offers four beaches, separated by jagged rock outcrops and tidal pools, where you can swim, snorkel, surf, and sunbathe. Head to the shade of the nearby hiking trails to search for sloths, monkeys, armadillos, and iguanas. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

Opt to go kayaking through mangroves, take a surf lesson, or cruise along the coast on a dolphin-spotting sunset sailing excursion.

Day 4: Quepos/Monteverde Travel from Quepos to Monteverde and into the cool mountain air of the area. In the evening opt to take a guided night walk to learn about nocturnal life in the cloud forest firsthand.

We leave the coast and ascend to the Monteverde cloud forest region. Spend a couple of days exploring the town and a cloud forest reserve, truly a bird lover's paradise. This unique community has several cooperatives worth visiting.

In the evening, opt to join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds, insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see - it depends on the day and your luck!

Approximate travel time: 6 hrs by private vehicle

Day 5: Monteverde Enjoy a free day in this lush cloud forest region. Opt to fly above the trees on a canopy zipline tour or tour a coffee plantation.

There's plenty to see and do in Monteverde, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like ziplining, visiting the hanging bridges, and horseback riding. See our optional activities section further below for more information. Your tour leader has more ideas if you need them. Just ask!

Get your adrenaline pumping and pre-book the Costa Rica Adrenaline Bundle (\$149) with us in advance. Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline. Please note that passengers must weigh between 45-100 kg (100-220 lbs) to participate in these activities.

Day 6: Monteverde/La Fortuna Travel from Monteverde to La Fortuna. Enjoy free time for optional activities such as whitewater rafting, waterfall rappelling, or relaxing in local hot springs.

Today we depart Monteverde to travel by van and boat to La Fortuna, near the foot of the spectacular Arenal Volcano. La Fortuna is an excellent base for adventure, from hiking the area's nature trails, swimming in chilly La Fortuna waterfall, or canyoning (rappelling) to catch a bird's eye view of the forest greenery.

Once we arrive, there's time to relax in the hot springs that are heated by the volcano's lava.

Approximate travel time: 3.5-4 hrs by van, 1 hr by boat

Day 7: La Fortuna Free day in La Fortuna. Experience the outdoor adventures, amazing wildlife and natural wonders in this area. There are enough activities here to keep you busy all day long.

There's plenty to see and do in La Fortuna, and we wanted to make sure that you had some time to take it all in so we have two full free days here.

Optional activities include full-day whitewater rafting on the Toro or Arenal Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents. Finally, after a long day of exploring, you can choose to take a relaxing soak at Baldi Hot Springs.

Day 8: La Fortuna Enjoy another free day in La Fortuna. Optional activities abound.

There's always more to see and do in La Fortuna, so keep the adventure going. Feel free to relax or try optional activities like canyoneering, whitewater rafting, and paddle boarding. Your tour leader has more ideas if you need them. Just ask!

Day 9: La Fortuna/Sarapiquí Rainforest Enjoy an included visit to a G Adventures-supported coffee cooperative with a local lunch before heading to a jungle oasis in the Sarapiquí Rainforest.

This morning we drive further east to the Sarapiquí Rainforest. Along the way we'll visit the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí. See shade-grown coffee plants and learn about everything from harvesting to husking, drying, and roasting the beans, before enjoying the best part – a fresh cup! Enjoy a typical lunch of plantains, beans, and freshly caught tilapia fish. Feel good about all this eating and drinking knowing that you are supporting a G Adventures for Good project that helps 200 farmers and their families.

Next, head to a jungle lodge where we will be glamping for two nights immersed in the rainforest. The Sarapiquí Valley is home to hundreds of species of animals, birds, and butterflies, and our jungle lodge put us in the heart of it all. With a variety of included activities offered by the lodge, spend time hiking, swimming in the river, learning to make empanadas, or just lounging in a hammock surrounded by the stunning Costa Rican countryside.

Approximate travel time: 4 hrs by private vehicle

Meals included: Lunch | Dinner

Day 10: Sarapiquí Rainforest Enjoy a day in the beautiful Sarapiquí Valley. Optional activities (all included in our overnight package, weather-dependent) include swimming in the river, night walks, an empanada-making lesson, or relaxing and listening to the sounds of the surrounding rainforest.

Wake up and head into the Sarapiquí Rainforest on the search for some of the 400-plus birds that call this region home. Led by a local guide, keep your eyes peeled for rare species and learn tricks to spot birds that are hiding in plain sight.

After a busy day taking part in whatever activities you choose, we'll get together in the evening for a cooking demonstration. Cover your hands in cornflour and learn to make tasty tortillas, tamales, or empanadas, staples of most Latin American cuisine.

Meals included: Breakfast | Lunch | Dinner

Day 11: Sarapiquí Rainforest/Tortuguero Head to Tortuguero. Opt to visit the nesting grounds of the green and leatherback turtles at night (seasonal).

We'll leave the jungle and head to Tortuguero by private van and then boat.

This unique village has walking paths that extend into the national park, a fantastic place to see wildlife even when turtles aren't in season.

Approximate travel time: 4-5 hrs by private vehicle, 1.5 hrs by boat

Meals included: Breakfast | Lunch | Dinner

Day 12: Tortuguero Enjoy free time to explore Tortuguero. Opt to kayak through the canals and view the wildlife, wake up early and head to the beach to watch turtle eggs hatch (seasonal), or just wander through the town.

Enjoy free time to explore Tortuguero. You could kayak through the canals and view the wildlife, wake up early and head to the beach to watch turtle eggs hatch (seasonal), or explore the town. See our optional activities section below for more information.

Meals included: Breakfast | Lunch | Dinner

Day 13: Tortuguero/Puerto Viejo de Talamanca Head to Puerto Viejo de Talamanca. Opt to snorkel in the Caribbean, hike in Manzanillo National Wildlife Refuge, or hit the beach.

A morning boat ride and drive ends in Puerto Viejo de Talamanca, with spectacular scenery en route. This seaside town is perfect for relaxing or exploring the Manzanillo National Wildlife Refuge.

Head to the beach with your tour leader. Then opt to go snorkel in the Caribbean, hike in Manzanillo National Wildlife Refuge, or hit the beach.

Approximate travel time: 1.5 hrs by boat, 5-6 hrs by private vehicle

Meals included: Breakfast

Day 14: Puerto Viejo de Talamanca Head out and explore. Don't forget to try some fantastic Afro-Caribbean cuisine.

The picturesque village of Puerto Viejo de Talamanca's over 8 miles of incomparable white and black sand beaches are surrounded by exotic tropical vegetation.

Hop on a bike and ride to the beach with your tour leader. Enjoy a full day exploring this slice of paradise.

In the evening, opt to watch the sunset, and don't forget to try some fantastic Afro-Caribbean cuisine.

Day 15: Puerto Viejo de Talamanca/San José Enjoy free time in the morning before heading back to San Jose for the final night with the group.

Enjoy free time in the morning before heading back to San Jose for the final night with the group.

Approximate travel time: 5 hrs by private vehicle

Day 16: San José Depart San José at any time.

There are no planned activities today, so you may depart San José at any time. If you wish to extend your stay in San José, consider booking post-tour accommodation with us.

Please note that check-out time from the hotel is usually mid-morning, but luggage storage services are available at the reception desk.

Want more adventure? Book two or more GEE0 programs in the same school year and receive 10% off the lesser value program(s), up to 3 programs per year.

Interested in extending your time abroad? We can help you find a trip from our tour partner

G Adventures' larger catalog. Their tours are open to the general public and not designed specifically for educators, but by booking through GEE0 we can offer you a discounted educator price, and you will be helping our non-profit.

Accommodations List

The hotels listed below reflect the properties *expected to be used* for this program. Final accommodations are subject to change based on group size, availability, or seasonality. **The confirmed start and end hotels are listed on your trip voucher:**

- Day 1 San José (Jun 29): Hotel Urban Green
- Day 2 Manuel Antonio (Jun 30): Villa Romantica Quepos
- Day 3 Manuel Antonio (Jul 1): Villa Romantica Quepos
- Day 4 Monteverde (Jul 2): Cattleya Hostel
- Day 5 Monteverde (Jul 3): Cattleya Hostel
- Day 6 La Fortuna (Jul 4): Hotel Las Colinas
- Day 7 La Fortuna (Jul 5): Hotel Las Colinas
- Day 8 La Fortuna (Jul 6): Hotel Las Colinas
- Day 9 Sarapiquí (Jul 7): Pozo Azul
- Day 10 Sarapiquí (Jul 8): Pozo Azul
- Day 11 Tortuguero (Jul 9): Hotel Tortuguero Beach Front
- Day 12 Tortuguero (Jul 10): Hotel Tortuguero Beach Front
- Day 13 Puerto Viejo de Talamanca (Jul 11): Hotel Escape Caribeño
- Day 14 Puerto Viejo de Talamanca (Jul 12): Hotel Escape Caribeño
- Day 15 San José (Jul 13): Hotel Urban Green

***Itinerary Disclaimer:** *While it is our intention to adhere to the routes described on our website, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The information on our website is a general guide to the tour and region, and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.*