

TRAVEL PASSES

Complete Costa Rica Ways (from San Jose)

Backpacking

14 Days / 1 Country

Costa Rica

Departure city: San Jose, Costa Rica

End city: San Jose, Costa Rica



HIGHLIGHTS

- Zipline through the treetops in Monteverde
- Spend a night amongst wildlife in Tortuguero NP
- Discover the best of San Jose's cuisine and coffee
- Relax in volcanic thermal waters

Explore stunning Costa Rica as you make your way from and back to San Jose. This route is a must for nature lovers!

MAP



What is included



Travel Passes

Include all of your transport and experiences while giving you full flexibility to change the dates and pick your accommodation on the go.



Transport: 6

- Puerto Viejo to San Jose
- La Fortuna to Puerto Viejo
- Monteverde to La Fortuna
- Tamarindo to Monteverde
- Manuel Antonio to Tamarindo
- San Jose to Manuel Antonio



Meals: 6

- 2 Breakfast(s), 2 Lunch(es), 2 Dinner(s),



Experiences: 5

- Arenal Volcano & Baldi Hot Springs
- Monteverde Canopy Zip-line
- Manuel Antonio National Park Day Trip
- Tortuguero National Park Adventure 2D/1N
- San Jose Bites & Sights Experience

What is not included

- Guide throughout the trip
- Meals not mentioned in the itinerary
- Travel Insurance
- Tips
- Personal Expenses
- Accommodation pick-up drop-off from Bus Stations

*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

Experiences Included

San Jose Bites & Sights Experience



.Unmask the beauty and culture of contemporary Costa Rican life on this San Jose walking tour that takes you through busy streets, bustling markets, and tranquil parks. Discover a side of this city that most tourists don't get to see, while indulging in typical cuisine and one of Costa Rica's most delectable exports – coffee.,

INCLUDED

- English speaking local guide
- Typical food samples
- Small group experience; Max 12 people

NOT INCLUDED

- Other meals and drinks
- Personal expenses
- Tips for guide

Tortuguero National Park Adventure 2D/1N



.Discover the “Amazon of Costa Rica,” brimming with abundant flora and fauna on a short expedition to the pristine rainforests of Tortuguero National Park. The park has a system of natural canals and the only transportation in this area is by boat.,

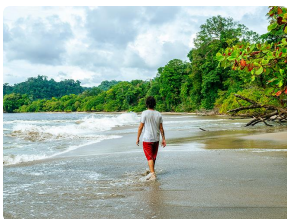
INCLUDED

- Eco-lodge accommodation in Tortuguero
- Roundtrip shuttle & boat San Jose - Tortuguero
- 2B / 2L / 1D
- Tortuguero boat & walking tours
- Bilingual naturalist guide

NOT INCLUDED

- Airport transfers
- Entrance fee to Tortuguero National Park (\$35 USD)
- Optional tours: Tortuguero museum & village tour (\$1 USD)
- Green sea turtle nesting tour (seasonal - \$25 USD)
- Other meals & drinks
- Personal expenses
- Tips for guides
- Travel insurance
- Costa Rica airport departure tax (\$29 USD per person)

Manuel Antonio National Park Day Trip



Explore the tranquil white-sand beaches and turquoise coloured bays in this pristine national park. Hike through the mangrove swamps in the rainforest where you can spot monkeys, sloths, crabs, iguanas and over 180 bird species. Escape civilization for a day by lounging on a virgin beach and enjoying a picnic lunch.

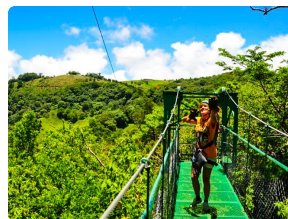
INCLUDED

- Transportation
- Bilingual and certified naturalist guide
- Entrance Fee
- Fruits and Juice

NOT INCLUDED

- Others meals and drinks
- Personal Expenses
- Tips
- Travel Insurance

Monteverde Canopy Zip-line



Swing through the treetops on a zip line tour along 14 different cables and if you are lucky catch an awesome view of the Pacific Ocean and Lake Nicaragua on a clear day. Catch a glimpse of diverse and beautiful flora and fauna. Fly alongside wild quetzals and native birds on the 1 kilometer-long Superman Cable.

INCLUDED

- All Transportation
- Hostel Pick-up & Drop-off
- English Speaking Guide
- 3-hour zip-line tour including:
- Zip-line equipment
- 14 cables
- 30 meters Rappel
- Tarzan Swing
- 1km long Superman Cable
- Underground Superman Cable
- Insurance

NOT INCLUDED

- Meals & Drinks
- Personal Expenses
- Tips for Guides
- Optional Photos available for Purchase after the tour

Recommended Itinerary

This is a recommendation for your trip, but travel passes are flexible and you can decide how long to stay in each destination.

Day 1: San Jose, Costa Rica



San Jose Bites & Sights Experience

Departure Times: 08:30, 11:30

Duration: 3 hrs.

On this San Jose tour you'll get up close and personal with Costa Rican life, through architecture, history, food, and more! Nothing could get you closer to authentic San Jose than strolling through the streets with a local as they show you the ins and outs of daily life. Take a wander through the city with us on this tour that takes typical San Jose and turns it into a local experience you'll never forget.

Your San Jose food tour starts with a morning pick-me-up cup of coffee in a café located in Parque España, where you can get to know your local guide and relax into your surroundings. From here you'll take a stroll through the park, enjoying the views of the Yellow House, or Foreign Ministry, as you go, and learning more about the park itself, which is the oldest in the city and also known as Expression Park. You'll visit a number of landmarks in this area, including the National Liquor Factory and the Metal Building, two 19th century buildings that play an important role in the history of San Jose. Your guide will give you all the local knowledge about what these landmarks mean to the city, and its citizens, giving you exclusive insights in what makes San Jose tick.

Your San Jose walking tour continues through Parque Nacional for yet another taste of San Jose's rich history, before you head back into contemporary Costa Rican life and towards the Central Market. While seeing the sights and architectural gems of San Jose will help you get to know the city better, on this tour you'll use another sense – taste – to get you even more in tune with San Jose.

There's no better place in San Jose to experience the local cuisine than the Central Market, a 120-year old building full to the brim with typical Costa Rican food and drink. Here you can sample local delicacies, learn about the herbs used in local medicines, or simply sip on your second rich and smooth Costa Rican coffee of the day. The Central Market is an experience that no visitor the San Jose should miss, and with a local guide by your side you'll unearth all the secrets behind this San Jose treasure.

The Central Market will be the last stop on this San Jose tour, and by the end you'll be full of local knowledge (and perhaps even some local lingo!), giving you the full San Jose experience that is sure to be a highlight of your time in this vibrant city.

Day 2: Tortuguero, Costa Rica



Tortuguero National Park Adventure 2D/1N

Departure Times: 06:00

Shuttle Boat San Jose to Tortuguero (B/L/D)

Depart San Jose at 6:00am accompanied by your naturalist guide to drive past coffee plantations and the stunning landscapes of Braulio Carrillo National Park. Keep an eye out for misty cloud forest and distant waterfalls before stopping for an authentic Costa Rican breakfast of fruit juice, coffee, eggs and the popular "Gallo Pinto".

After breakfast we will continue driving on the shuttle and then transfer to a boat for the final leg of the journey into Tortuguero National Park, a pristine nature reserve and an important nesting site for green sea turtles. Along the way we will provide you with a brief introduction to the banana plantations.

This afternoon you may go on an optional walking tour of the Museum and the town to learn about the local culture (not included). Depending on the season, tonight you can also participate in an optional night tour (not included), which consists of a boat trip to Tortuguero National Park followed by walking on the beach to observe the nesting of the Giant Green Sea Turtle (available only from July to October).

Overnight in Tortuguero.

Day 3: Tortuguero, Costa Rica

● Free Day

Explore on your own, or add an optional extra experience

Day 4: Manuel Antonio, Costa Rica



San Jose to Manuel Antonio

Type: **Transfer**

DepartureTimes: **06:30, 14:15**

Duration: **5 hrs.**

Day 5: Manuel Antonio, Costa Rica



Manuel Antonio National Park Day Trip

DepartureTimes: **07:00, 12:00**

Duration: **3 hrs.**

Manuel Antonio is perhaps the most popular national park in all of Costa Rica, attracting more than 160,000 visitors annually to visit its tranquil white sand beaches and turquoise waters tucked away in mangrove swamps in the rainforest. Walking along the main trails that lead you through this majestic forest, you can see over 100 different types of animals, including white-faced monkeys, squirrel monkeys known locally as "mono titi", sloths, coatimundis and howler monkeys along with lizards, iguanas, crabs, marine life and over 180 bird species.

The Main Trail (1.3 miles) is the most popular and most frequented trail, taking you through a short loop of the park to the beaches. The Punta Cathedral Trail takes you a bit further off the beaten track and out to the Cathedral Point for beautiful look out points. Visit the Playa Gemelas and Punto Escondido Beaches by following a trail of the same name for 1 mile and lastly for the most spectacular views of the park, take the Mirador Trail (a slightly more difficult trail a little less than a mile) to a beautiful overlook point. Enjoy the day wandering down endless trails into a naturally pristine refuge and feel that you are thousands of miles away from civilization

Day 6: Tamarindo, Costa Rica



Manuel Antonio to Tamarindo

Type: **Transfer**

DepartureTimes: **06:45, 14:15**

Duration: **6 hrs.**

Day 7: Tamarindo, Costa Rica

● Free Day

Explore on your own, or add an optional extra experience

Day 8: Monteverde, Costa Rica



Tamarindo to Monteverde

Type: **Transfer**

DepartureTimes: **08:15, 15:15**

Duration: **4.5 hrs.**

Day 9: Monteverde, Costa Rica



Monteverde Canopy Zip-line

DepartureTimes: **08:00, 11:00, 14:00**

Duration: **3 hrs.**

Monteverde is a paradise for adventure lovers. You will get your adrenaline running with one of the best Canopy tours (Zipline) of Costa Rica. Swing through the treetops on a zip line tour along 14 different cables. You will feel the excitement on the big Tarzan swing, the 30 meters rappel, the Superman Cable measuring 1 kilometre in length, and the Underground Superman Cable through a 175 meters long tunnel. During the tour, you will observe some beautiful views of the area from the 75-150 meters high cables. To reach the major heights, mix the extreme adventure together with the majestic forest and admire the rich natural beauty of the forest and its treasures. If you're lucky, catch an awesome view of the Pacific Ocean and Lake Nicaragua on a clear day. Observe over 100 species of mammals, over 400 species of birds (including 30 kinds of hummingbirds), tens of thousands of insect species and 2,500 species of plants (including 420 kinds of orchids) in one of Latin America's most outstanding wildlife reserves. Keep your eyes open to catch a glimpse of diverse and beautiful wildlife including the jaguar, ocelot, Baird's tapir, three-wattled bellbird, bare necked umbrella bird and the famous quetzal.

Day 10: La Fortuna, Costa Rica



Monteverde to La Fortuna

Type: **Transfer**

DepartureTimes: **08:15**

Duration: **4 hrs.**

Day 11: La Fortuna, Costa Rica



Arenal Volcano & Baldi Hot Springs

DepartureTimes: **14:30**

Duration: **6.5 hrs.**

Located in the North of Costa Rica, the impressive Arenal Volcano is a natural phenomenon that although currently in a resting phase, remained the country's most active volcano for the past decades, attracting thousands and thousands of tourists due to its volcanic activity.

We will pick you up and take you to the Arenal Volcano National Park, then you will have the chance to walk (30 min) to an amazing view-point to see Arenal Volcano.

Afterwards, relax in one of the best hot springs in the area. With 25 pools of thermal water to relax in and a variety of temperatures to choose from, just sit back and enjoy the benefits of these volcanic thermal waters. Enjoy a rejuvenating massage (optional activity) or other special treatments that must be reserved in advance.

As your day nears and end, enjoy a delicious buffet dinner with views of the stunning Arenal Volcano. Take in your surroundings and the views one last time before this incredible day comes to an end.

What to bring: swimsuit and towel, mosquito repellent, comfortable walking shoes, sweater, bottled water

Day 12: Puerto Viejo, Costa Rica



La Fortuna to Puerto Viejo

Type: **Transfer**

DepartureTimes: 06:00

Duration: 6 hrs.

Day 13: Puerto Viejo, Costa Rica

● Free Day

Explore on your own, or add an optional extra experience

Day 14: San Jose, Costa Rica



Puerto Viejo to San Jose

Type: **Transfer**

DepartureTimes: 06:00, 08:00, 12:00

Duration: 3.5 hrs.

