



# Trip Legend

Costa Rica Roundtrip



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## Roundtrip from/to San José

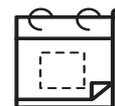
- ✓ 11 days round trip
- ✓ Local, professional, English speaking guide
- ✓ Middle class hotels & lodges
- ✓ Incl. Rainforest Excursion
- ✓ Incl. Visit of the Bribri-Tribe
- ✓ 10x Breakfast (B), 5x Lunch (L), 4x Dinner (D)
- ✓ Only guests vaccinated against COVID
- ✓ 100% COVID safe
- ✓ 110% CO2-compensated & 1 tree planted



Find the current entry requirements here:

<https://apply.joinsherpa.com/>

*(Third-party provider, Data without guarantee)*



Find current dates and prices here:

<https://triplelegend.com/en/travel/costa-rica>

# Overview

## Experience the Pura Vida in Costa Rica

Pura Vida! The people of Costa Rica are considered one of the happiest people in the world. And not without a reason! Experience the joy of life of the Costa Ricans, who live by the motto: Life is what you make of it. The focus is on enjoying life, seeing the beautiful things and leaving the negativity at home. So get engaged with the unexpected beauties of life.

## Inclusive services

### *Your travel highlights*

- Welcome dinner on the first day
- Stay with an indigenous group
- Visit Cahuita National Park
- White water rafting
- Hot springs
- Suspension bridge tour
- Boat tour in Samara
- Cooking class & farewell dinner on the last day

### *Accommodation*

*(This or similar accommodations)*

- 3x night at El Pizote Lodge
- 3x night at Hotel Giada
- 2x night at San Jose Autentico Hotel
- 1x night at Stibrawpa Association
- 1 x night at Arenal Montechiari Hotel



### *Transport*

- The trip is bookable with or without flights
- Transportation during the trip

### *Additional inclusive services*

- English speaking guide and driver
- Detailed vaccination and packing list (PDF)
- 110% CO2 compensation for flight and trip
- 1 tree planted per person
- 24/7 Whatsapp support through TripLegend before and during the trip

# Travel itinerary

## Arrival:

### Juan Santamaria Airport International (SJO)

You have the option to book your flights separately or simply add them to your trip in the booking process. If you book your flight separately, please plan your journey so that you arrive around afternoon so we can start our Costa Rica adventure together in the evening.

## Day 1

### Welcome in Costa Rica! (San José)

**Self-organized transfer: about 20km and 30min**

After you have landed in Costa Rica relaxed after your long journey, you go on your own to your first hotel. When you arrive in the morning, you will have some time to look around San José, the capital of Costa Rica, freshen up or enjoy a short nap. In the evening you will meet your adventure partners. During a first dinner together you can get to know each other a bit, exchange your expectations for the coming days or look forward together to the experiences you will gain. (-/-/D)

## Day 2

### The start of an unique adventure (Puerto Viejo)

**Private transfer: about 220km and 4.5 hours**

On the very first full day, we will leave the capital and head to the Caribbean coast instead. Arriving at the beach of Puerto Viejo de Talamanca (often just called Puerto Viejo by locals), we will have the opportunity to enjoy the beautiful nature and experience the Caribbean joy for life. Here you will find a lot of nature, many different restaurants, a lively nightlife and a unique mix of different cultures. Let yourself be enchanted and enjoy the afternoon in the sun. (B/-/-)



## Day 3

### The culture of the Bribri (Yorkín)

**Private transfer: about 25km and 40min**

**Canoe: about 7km and 1 hour**

Today we will go deeper into the rainforest. Just before the border with Panama is a small village called Yorkín. To get there we will be guided by canoe for about an hour through the Yorkín River. Here we will meet indigenous people, the Bribri, who invite us to learn more about their culture and traditions. They show us how to handle bow and arrow, how chocolate is made and how they build their houses.

In the evening around a campfire we may listen to stories about the Bribri culture, a tradition that has been passed on orally to the younger generations for centuries. (B/L/D)

## Day 4

### Along the panamanian border (Yorkín)

**Hike: about 6km and 1 hour**

**Canoe: about 7km and 1 hour**

**Private transfer: about 25km and 40min**

After a fortifying breakfast, a new and exciting day begins. We are heading to a beautiful waterfall on the Panamanian side of the Yorkín River. To get there we will explore the country on foot for about an hour, which is definitely worth it! Once there, we will have the opportunity to swim in the waterfall, relax or rest before we say goodbye to our hosts after lunch and head back to Bambú in a canoe, arriving back in Puerto Viejo at the end of the day. (B/L/-)

## Day 5

### The coral reef of Costa Rica (Puerto Viejo)

Private transfer: about 15km and 20min

Hike: about 7km and 1 hour

Today we explore the flora and fauna of Costa Rica. We start with a snorkeling excursion in Punta Cahuita (part of the Cahuita National Park). Here we can explore the only fully developed coral reef in Costa Rica right on the Caribbean Sea. Before we go out with the boat, we will get a briefing on snorkeling. Then we have about two hours to discover and admire the coral reef and its visitors. In the meantime, an expert of the field is also available to answer any questions we may have.

After we have left the water, we go to the land part of the national park. During a hike of about 7km we can admire native animals. Sloths, capuchin monkeys, howler monkeys, colorful birds and butterflies, but also snakes meet us here. Nevertheless, we do not need to be afraid, because we will be accompanied by an expert here as well. So: enjoy the closeness to nature and let yourself be enchanted by the variety of animals! (B/L/-)

## Day 6

### A white water experience (Squirres)

Private transfer: about 115km and 2 hours

Rafting: about 4 hours

Private transfer: about 150km and 3 hours

Before breakfast, we set out on our journey in the direction of Siquirres. After a typical Costa Rican breakfast, we are briefly introduced to white water rafting before we plunge into the water and explore the wild waters of the Pacuare River in the middle of the rainforest for 4 hours. After the rafting we will have a delicious lunch at the Operations Center, have the opportunity to shower and change clothes before we get into the car and start our journey towards Arenal.

Once there, we relax at Paradise Hot Springs and take some time out in the various pools, jacuzzis or on one of the loungers with a tasty drink in the hand. Once we have enjoyed our delicious dinner, it's time to rest for the next day. (B/L/D)



## Day 7

### In breathtaking hights through the rainforest (Arenal)

Private transfer: about 200km and 3 hours

In the morning, each of us will have the opportunity to choose between two activities. A tour on suspension bridges is planned, during which we can admire the unique flora and fauna of the rainforest and marvel at the breathtaking view of the Arenal Volcano. Here we make our way across 14 bridges of different lengths and heights, some also firmly attached to the ground, others suspended in the air, over a distance of 3.1km. We may be flown over by various colorful birds or encounter monkeys. But one thing is for sure: we will definitely enjoy an extraordinary view.

For the extra adventurous, there is also the option to join a canyoning tour instead. Here we will abseil down waterfalls, experience free falls, hike through the rainforest and feel adrenaline like you would from bungee jumping or skydiving.

After exploring the area abundantly and being provided with a great lunch, we will head towards Samara to relax at Playa Samara (Samara Beach), explore the city a bit on our own, sunbathe a bit and possibly admire a gorgeous sunset over the Pacific Ocean. (B/L/-)

## Day 8

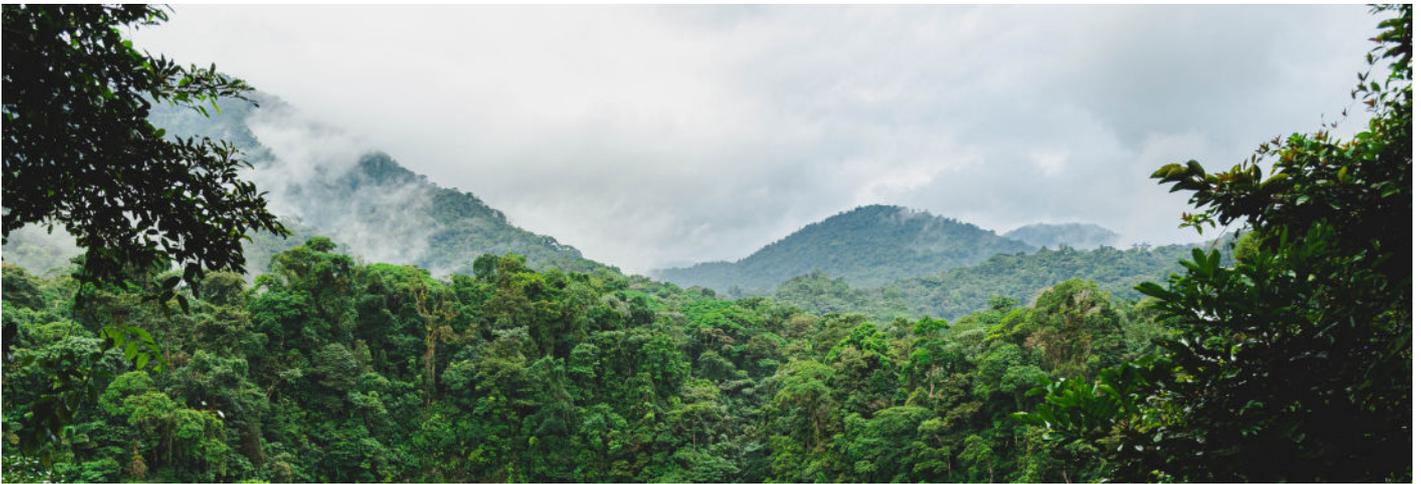
### One day at the island: Isla Chora (Samara Beach)

With a fortifying breakfast in our stomachs, we head towards the water. A kayak tour takes us to the island of Isla Chora, where we can enjoy the white sandy beaches. If you want, you can snorkel in the crystal clear water and swim with tropical fish. For those who prefer to rest, there is the possibility to lie in the sun, to let the last days pass a little in review or to drift in the water. (B/-/-)

## Day 9

### Pura Vida! (Samara Beach)

Also today we spend close to the water. We can again spend some time in the water of Isla Chora, swimming with the fish or relaxing. Afterwards we enjoy our time on a boat, try to spot dolphins, possibly catch a glimpse or two of turtles or, if we are very lucky, we could even spot whales. Unwind during the beautiful sunset, feel the sea air blowing through your hair and treat yourself with snacks and drinks on board. (B/-/-)



## Day 10

### One last dinner together (San José)

Private transfer: about 230km and 4 hours

We start our last full day in Costa Rica with breakfast before heading to the beach. Here we have some time to relax a bit until the midday sun, to enjoy the sun, to listen to the waves or to explore the area once again. Then we are on our way to San José again. Once there, we have some time to freshen up, change clothes, or take a short stroll through the city. In the evening we will have our last dinner together. We will attend to a cooking class where we can learn how to prepare traditional dishes while we reminisce together about the last ten days. (B/-/D)

## Day 11

### Goodbye Costa Rica! (San José)

Self-organized transfer: about 20km and 30min

The last time you open your eyes in Costa Rica, before you make your way to the airport. Now we have to say goodbye to our new friends and this beautiful country. Remember the great moments you had here and look forward to your next adventure, because it will come for sure. Pura Vida! (B/-/-)

#### Departure:

#### Juan Santamaria International Airport (SJO)

If you book your flights separately, you can flexibly plan your return flight on the day of departure.

We would be happy to welcome you again on your next adventure!



## Your Guide: Iván

Iván is one of our great guides, but it is possible that another equally great guide will accompany you on your trip. Feel free to check out the possible guides for your trip on the website. In your TripLegend WhatsApp group, you will find out who your guide will be before the trip starts and you can even contact him/her in advance.

“Hi, I am Iván. I have been living in Cartago, Costa Rica all my life. I love my province and I love to share our traditions, culture and nature with the outside world. I like to be in nature and, besides being a tour guide, I work with my father on our farm. I especially enjoy adventure sports, used to do a lot of mountain biking and like to go on long hikes in nature. I am looking forward to telling you about the history and culture of Costa Rica.”

# Not included services

## Flights:

You have the option to book your round trip both with and without included flights. If wished, you can easily add your flights for the Costa Rica round trip in the booking process. All our selected flights are operated by renowned airlines.

## Before the trip:

- Possibly needed Visas (<https://apply.joinsherpa.com/>)
- PCR-tests you may need before and during the trip
- International health insurance (<https://triplelegend.com/reiseversicherung>)
- Travel cancellation insurance (<https://triplelegend.com/reiseversicherung>)
- Travel vaccinations
- COVID-19 vaccination (Please note that we only travel with people fully vaccinated against COVID)

## Upgrades & Optionales:

- Single-room supplement per person (1000€)

*Info: By default, you share a double room with a person of the same sex traveling with you. If you are travelling with your partner, we will take this into account.*

## Optional activities & programs:

- Canoe trip (110€ p.p.)
- Extra night single room (100€ p.p.)
- Extra night double room (50€ p.p.)
- No early check-in at the hotel possible -> you have to book an extra night

## On site:

- Unmentioned meals (plan for about 200€)
- Tips (We recommend 5-15€ p.p./day)

*Info: In restaurants tips are already included. However, if you are very satisfied with the service, you can give an additional tip.*

- Personal expenses
- Airport transfer

*Please note that the itinerary, activities and hotels may be subject to change. These changes may occur without notice due to availability, inclement weather, seasonal changes or other circumstances beyond our control. We will always do our best to ensure that this has little or no impact on your experience.*



# TripLegend



**Any questions?  
Contact us:**

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