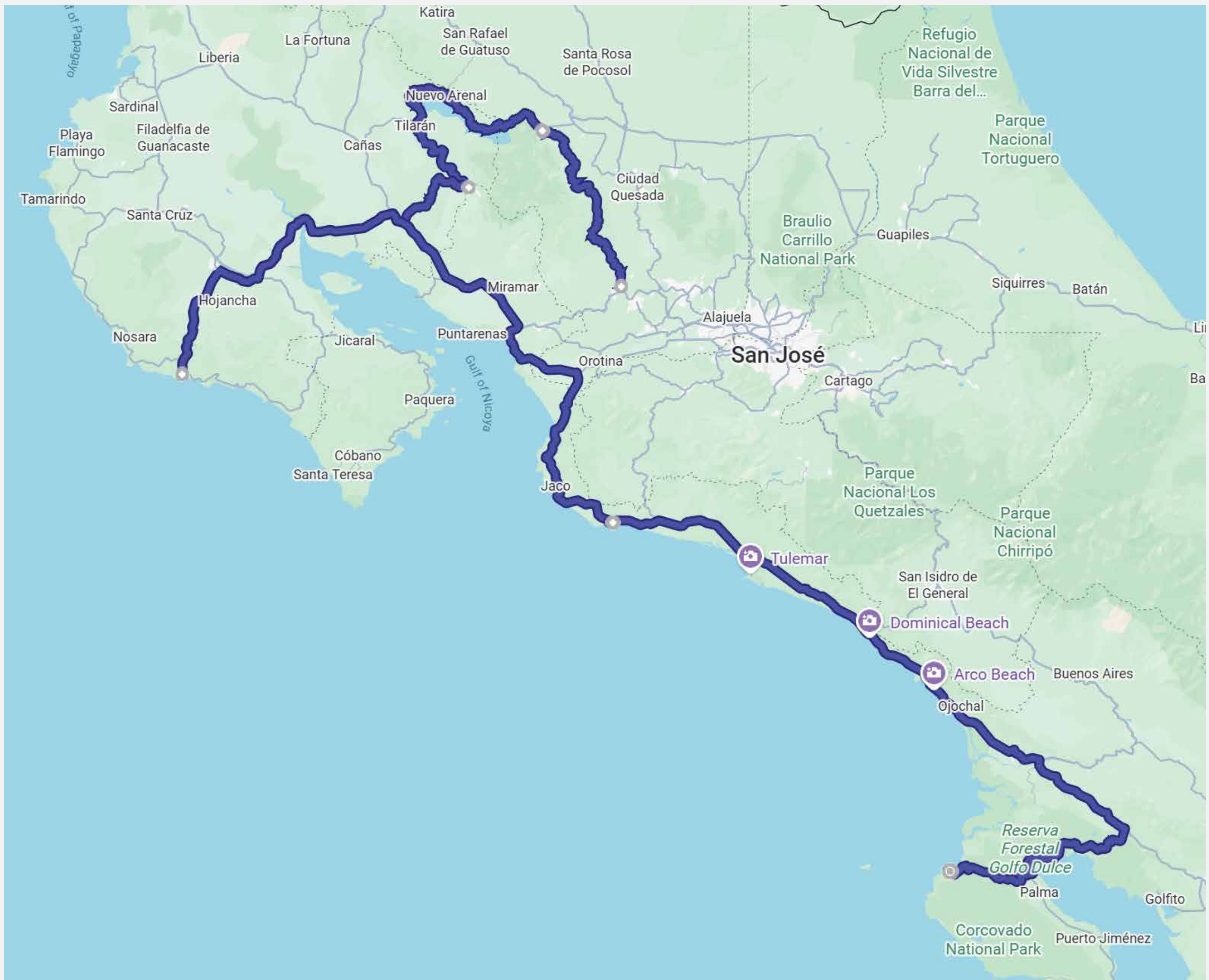




14 DAY COSTA RICA ADVENTURE



SAN RAMON - ARENAL - MONTEVERDE - SAMARA BEACH - ESTERILLOS - OSA PENINSULA

Costa Rica is one of those rare places that genuinely delivers on every promise. Lush cloud forests, smoking volcanoes, empty Pacific beaches and some of the most biodiverse jungle on the planet - all packed into a country you can explore end to end in a day. This 14-day journey takes you through the very best of it, from the misty heights of Monteverde to the wild shores of the Osa Peninsula, with a few days of beach life in between.

SAN RAMON

San Ramon is a charming, unhurried town in the Central Highlands that most travellers pass straight through - which is exactly why it makes such a good starting point. Arriving here on your first evening means you ease into Costa Rica gently, with time to stretch your legs, browse the market and get a feel for everyday Tico life before the adventure kicks in. The surrounding hills are lush and green, the air is cool and clear and the pace is a world away from the airport chaos you left behind a couple of hours earlier.

Accommodation

Ribera La Paz Wellness & Retreat (1 Night)

Your first night is spent at this peaceful boutique retreat set in the hills just outside San Ramon, about 10 km from town along a quiet country road. La Paz sits in beautiful garden grounds with views over the surrounding valley and forest, and the atmosphere is calm and welcoming from the moment you arrive. The rooms are comfortable and well appointed, with local touches that feel warm rather than generic. Dinner is served at the on-site Villa Paraiso restaurant, which makes the most of fresh local ingredients.

Activities

Arrival Day

- As you're driven through the lush Central Valley towards San Ramon, keep an eye out for the rolling coffee plantations and forested hillsides that make this part of Costa Rica so beautiful. If you arrive with time to spare, the town is well worth a wander. The central market is lively and full of colour, a great place to soak up everyday Tico life, pick up some fresh tropical fruit or simply watch the world go by. The locals are famously welcoming, so do not be surprised if you find yourself in conversation with a stranger. In the evening, settle in at Villa Paraiso restaurant at your retreat for dinner - it is a wonderful introduction to Costa Rican cooking, with dishes that showcase the fresh, simple flavours the region does so well.



LA FORTUNA & ARENAL VOLCANO

Arenal is the kind of place that stops you in your tracks. The volcano dominates the skyline above La Fortuna, a perfectly formed cone that reminds you, quietly, that the earth is very much alive beneath your feet. The town itself is lively without being overwhelming, with good restaurants, easy access to the national park and a handful of genuinely memorable experiences close at hand. This is one of Costa Rica's most iconic regions and it more than earns its reputation.



Accommodation

Arenal Oasis Eco Lodge & Wildlife Refuge (2 Nights)
Arenal Oasis is a special lodge that takes its name seriously - the grounds are a certified wildlife refuge and the property is teeming with birds, frogs, reptiles and small mammals that come and go freely. The lodge sits in lush tropical gardens with views towards the volcano and the rooms are comfortable, private and in tune with the natural surroundings. The Mi Tierrita restaurant on site serves honest, flavourful Costa Rican cooking and is a great spot to eat after a day out.

Activities

La Fortuna Waterfall and Hot Springs

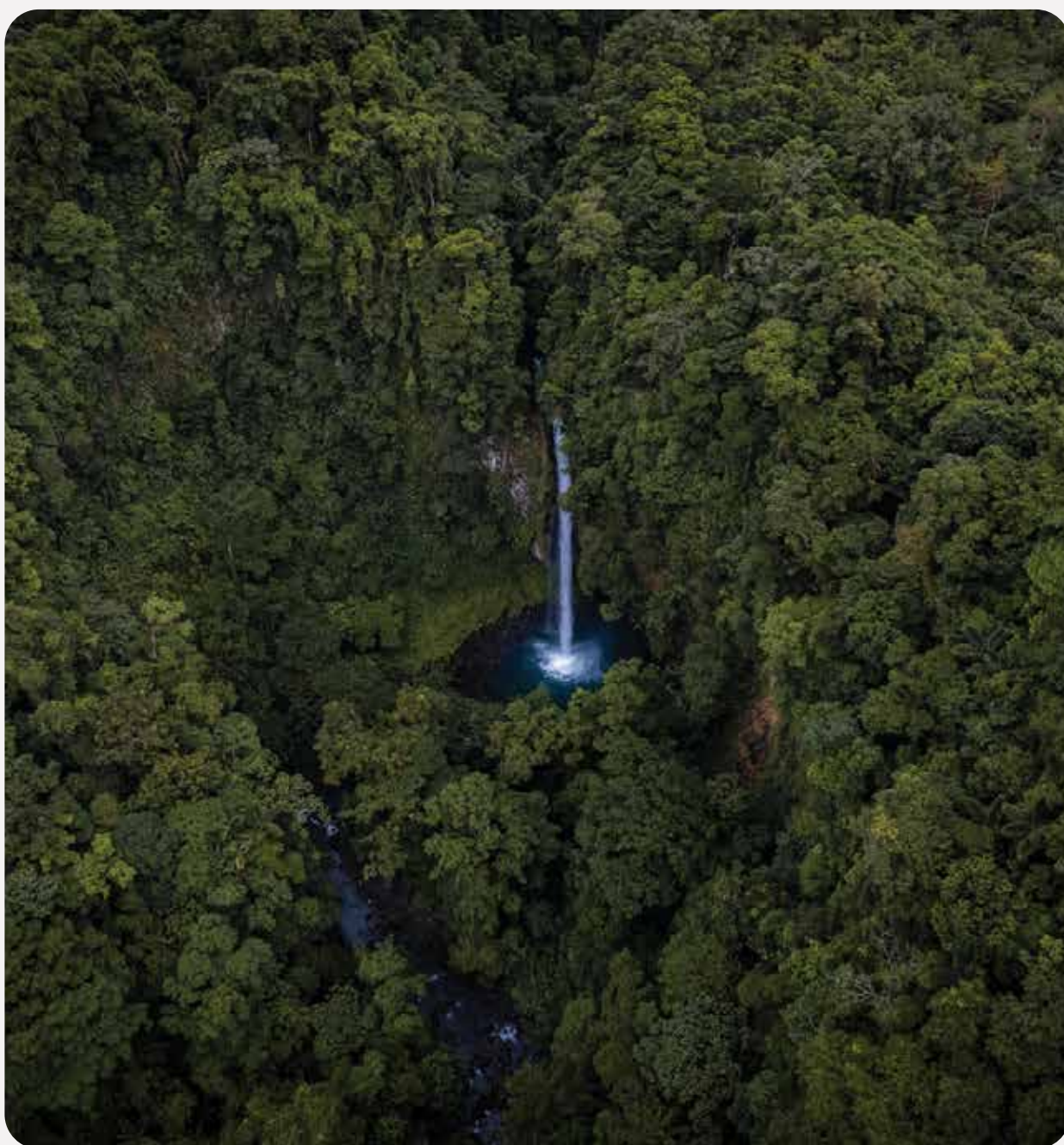
- Hike down to the La Fortuna Waterfall, a 70-metre cascade that tumbles into a cool natural pool surrounded by forest. In the afternoon, your guide will share the location of a free natural hot spring near Tabacon Resort - a local secret most tourists miss - where you can soak in warm mineral water with the volcano above you.

Frog Observation Night Tour

- As evening falls, join your Arenal Oasis guides for a frog observation tour of the lodge grounds. Costa Rica is home to over 150 species of frog, and the gardens here attract a remarkable variety of them after dark.

Arenal Volcano National Park and Ziplining

- Take a guided hike into Arenal Volcano National Park, with several trails weaving through hardened lava fields with the volcano looming overhead. In the afternoon, head to Sky Adventures for a zip-line through the forest canopy with spectacular views across Arenal Lake and back towards the volcano.



MONTEVERDE

Monteverde sits at around 1,500 metres above sea level, perched in the cloud forest that clings to the Continental Divide. The mist rolls in and out throughout the day, the air is cool and damp and the forest feels ancient and impossibly alive. This is one of the great cloud forests of the world, home to the resplendent quetzal, hundreds of orchid species, glass frogs and more biodiversity per square metre than almost anywhere else on the planet.



Accommodation

Tityra Lodge (2 Nights)

Tityra Lodge is a comfortable, well-run property in the Monteverde area with a warm and personal feel. The rooms are spacious and well appointed and the lodge is nicely positioned for access to the cloud forest, Selvatura Park and the various tours and trails in the region. Breakfasts here are a proper sit-down affair with plenty of local flavour and the staff genuinely enjoy helping guests get the most out of their stay.

Activities

Coffee, Chocolate and Sugar Cane Tour

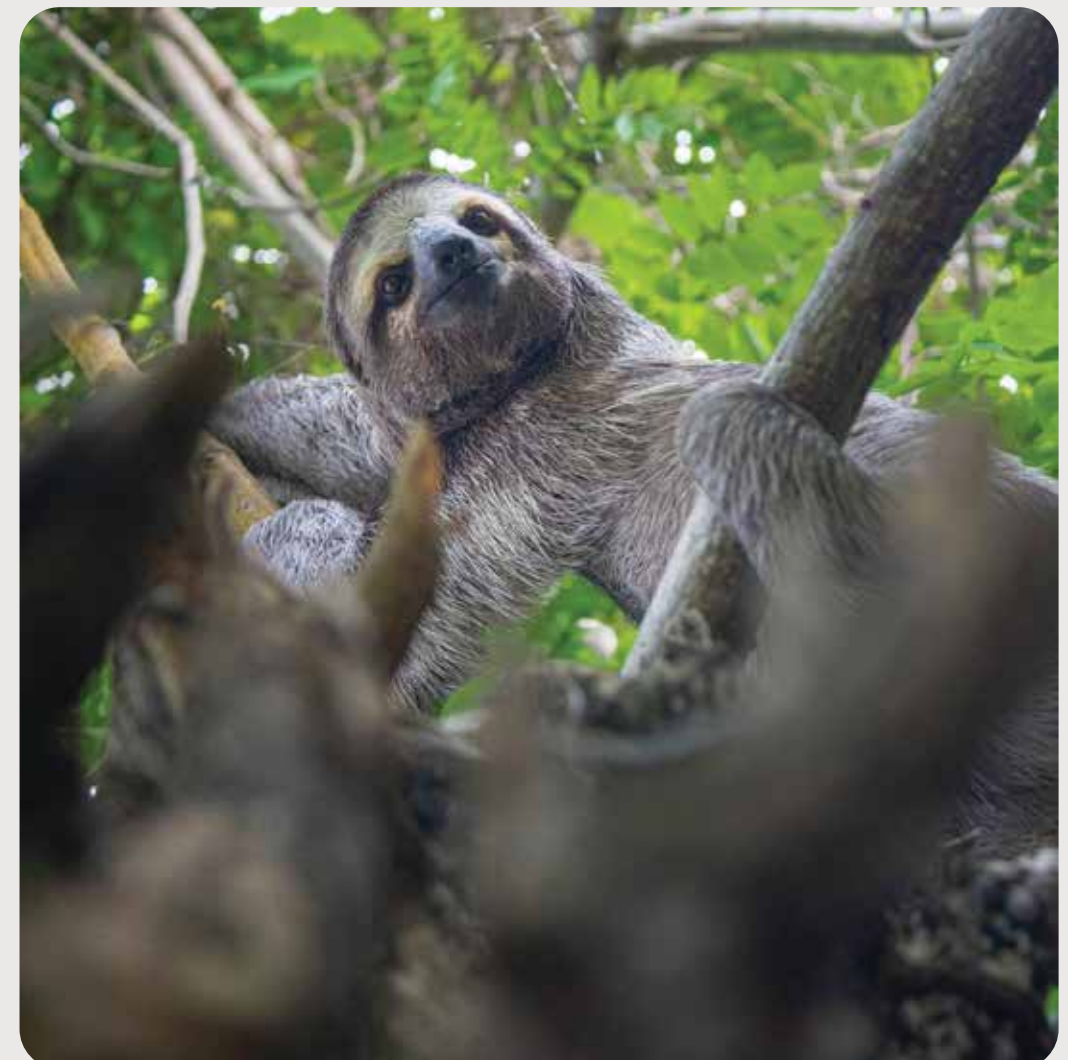
- Spend an afternoon at a local working farm that takes you through the full story of Costa Rica's three most important crops - coffee, cacao and sugar cane. You will see how each one is grown, harvested and processed, with plenty of tasting along the way.

Monteverde Cloud Forest Reserve and Hanging Bridges

- Take a guided walk through the Monteverde Cloud Forest Reserve, one of the most celebrated nature reserves in the Americas. In the afternoon, head to Selvatura Park for the Emerald package - a treetop walkway along hanging bridges suspended above the canopy, followed by the Sloth Sanctuary and Butterfly Garden. Consider ending the day at Hotel Belmar for sundowners - the views at sunset are spectacular, and the on-site microbrewery is well worth a visit.

Rainforest Night Walk

- Join a guided night walk into the forest. The cloud forest after dark is an entirely different world - your guide knows exactly where to find the creatures that only emerge once the sun goes down.



SAMARA BEACH

After the cool mists of Monteverde, the Pacific coast comes as a very welcome change. Samara is a laid-back beach town on the Nicoya Peninsula - the kind of place where the main road is unpaved, the restaurants spill onto the sand and the pace of life slows noticeably the moment you arrive. The beach is long, calm and sheltered, with warm water and a gentle curve of shoreline framed by palm trees. It's one of the nicest beaches on the Costa Rican Pacific coast.

Accommodation

Villas Verdes (3 Nights)

Villas Verdes is a self-catering property just a two-minute walk from the beach. The villas are spacious and well equipped with full kitchens, comfortable living areas and a relaxed tropical atmosphere. It is the kind of accommodation that lends itself to a slower pace - you can stock the fridge from the supermarket in town, cook a simple dinner on the terrace and feel properly settled in rather than just passing through.

Activities

Ostional Beach Turtle Tour

- Visit Ostional, one of the most remarkable wildlife spectacles in Costa Rica, where a protected beach becomes the stage for one of nature's great events. The beach is famous for its arribadas - mass nesting events in which thousands of Olive Ridley sea turtles come ashore simultaneously to lay their eggs, filling the sand with life in a scene that is genuinely unlike anything else on earth.

Horseback Riding on the Beach

- A guided beach ride along the shoreline near Samara is one of those simple pleasures that ends up being a genuine highlight of the trip. The horses are calm and well looked after, the guides set a comfortable and unhurried pace and the views stretch along the coast in both directions with the Pacific glittering beside you.



ESTERILLOS BEACH

Esterillos is a trio of small beach communities strung along a long arc of dark sand on the central Pacific coast. This stretch of coastline is quieter and less visited than Samara or Manuel Antonio, which is precisely the appeal. The waves are good, the beach is wide and the surrounding countryside is lush with palms and tropical vegetation. It is a place to breathe out after the more activity-heavy days earlier in the trip.



Accommodation

Villa Romantica (2 Nights)

Villa Romantica is a lovely small property set just back from the beach at Esterillos Oeste, with a relaxed and personal atmosphere that feels a world away from the bigger resort towns. The rooms are comfortable and thoughtfully designed, with tropical gardens surrounding the pool and the ocean just a short walk from your door. It is the kind of place that rewards slowing down - the beach here is long and largely empty, the sunsets are spectacular and the pace of life suits it perfectly.

Activities

Surfing at Esterillos

- Esterillos is one of those Pacific coast beaches that surfers have known about for years but that hasn't been overrun. Lessons are available for beginners, and the beach break here is reliable and fun at most levels.

Mangrove and Wildlife Boat Tour

- Take a guided boat trip into the mangrove estuary near Boca Damas, one of the best mangrove systems on the central Pacific coast. Your guide will take you through the channels in search of crocodiles, monkeys, sloths, river otters and a remarkable variety of birdlife that nests and feeds through the tangled roots.

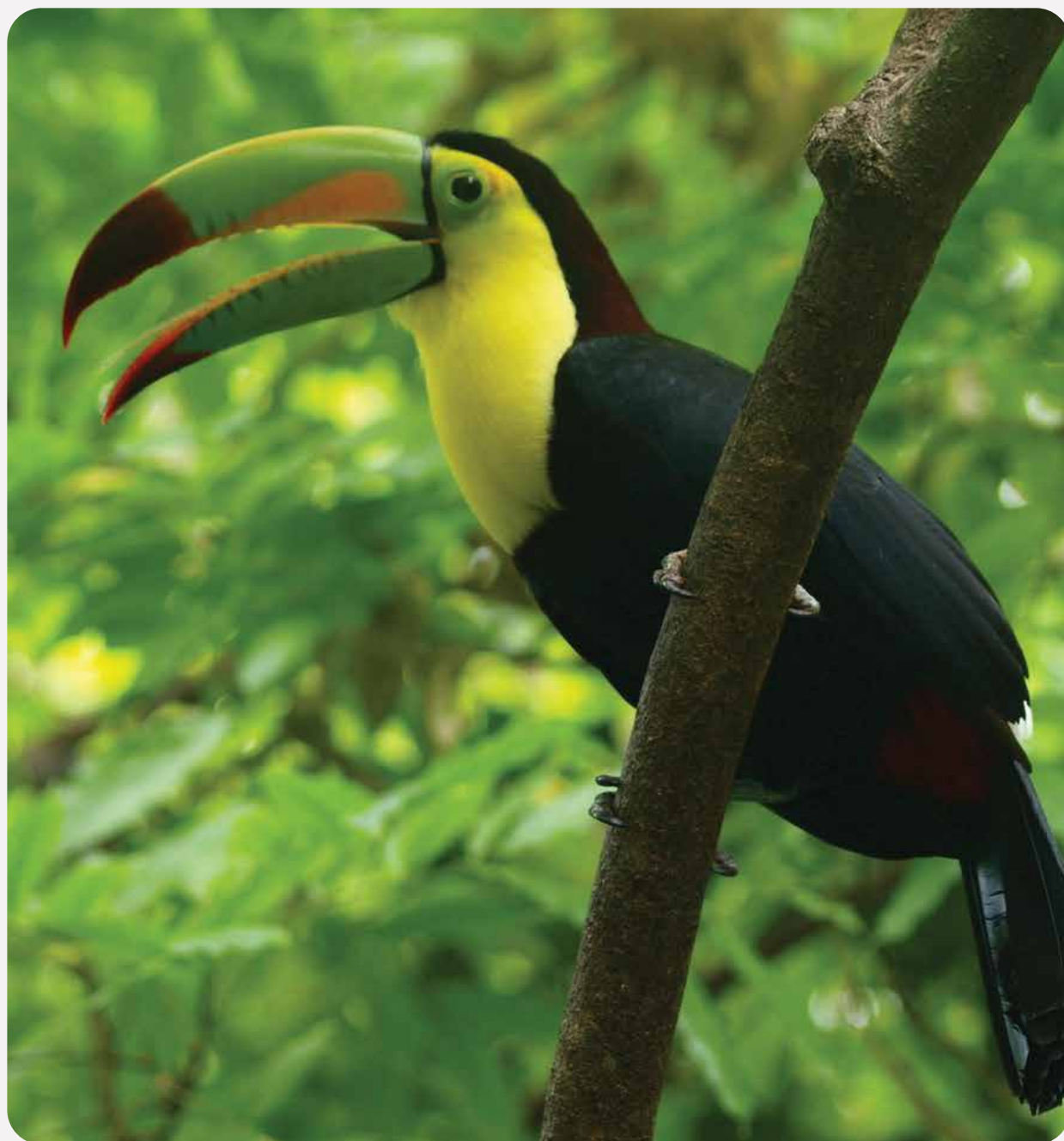
Beach Day

- Walk the shoreline, swim in the warm Pacific surf or simply find a shady spot with a good book. Esterillos earns its reputation as one of the most peaceful stretches of coast in the country.



OSA PENINSULA

The Osa Peninsula is the wild heart of Costa Rica. This remote, largely roadless corner of the Pacific coast is home to Corcovado National Park - described by National Geographic as 'the most biologically intense place on earth'. Scarlet macaws fly overhead in pairs, tapirs wade through rivers and all four species of Costa Rican monkey move through the canopy. This is where the trip reaches its peak, and it delivers on every count.



Accommodation

La Paloma Lodge (3 Nights)

La Paloma Lodge is one of the finest small lodges on the Osa Peninsula, perched on a ridge above the rainforest with sweeping views over the Pacific and Corcovado National Park. The bungalows are spacious and beautifully designed, open to the sounds of the jungle and positioned to make the most of the extraordinary wildlife that surrounds you. The food is excellent, the guiding is exceptional and the sense of raw wilderness is unlike anywhere else in Central America.

Activities

Corcovado National Park Full Day

- Spend a day inside Corcovado, the jewel of Costa Rica's national park system and one of the most biodiverse places on earth. Your guide will lead you through the primary rainforest in search of tapirs, giant anteaters, scarlet macaws, poison dart frogs and all four species of Costa Rican monkey. The scale and density of life here is extraordinary.

Dolphin and Whale Watching

- The waters off the Osa Peninsula are among the best in Central America for marine wildlife. Your guide will take you out in search of spinner and bottlenose dolphins, humpback whales (seasonal), manta rays and sea turtles on a guided boat tour from Drake Bay.

Night Walk in the Primary Rainforest

- Join a night walk into the surrounding forest. With a torch and a knowledgeable guide, the rainforest reveals an entirely different cast of characters after dark - tree frogs, kinkajous, sleeping birds, spiders and more.



WHERE THE RAINFOREST MEETS THE SEA, UNFORGETTABLE
MEMORIES ARE MADE WITH US IN COSTA RICA.

