



SAN JOSE TOURS

Costa Rica's capital city of [San Jose](#) and the surrounding Central Valley has the biggest urban developments of Costa Rica. This destination offers a variety of metropolitan activities and cultural experiences with adventurous thrills well within reach. Here, you will find many important museums and cultural centers such as the Pre-Columbian Gold Museum and the National Theater.

Located in the center of the country, this area is known of its cool, "spring" climate and fertile soils. Visitors arriving at the Juan Santa Maria International Airport (SJO) can use San Jose's privileged location as a hub to access the natural wonders of Costa Rica. Head east to the Pacuare River and enjoy the best rafting tours of the country. Or, travel less than 2 hours to visit one of the most popular family attractions, the La Paz Waterfall Gardens Nature Park. The variety of day tours also include visits to coffee plantations and great hikes to volcanoes and national parks.



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Doka Coffee Plantation, Poas Volcano, & La Paz Waterfall Gardens

Early this morning, meet your guide for a drive to Costa Rica's Central Highlands. On the way, you'll stop at the Doka Coffee Estate for breakfast and a brief tour of the coffee plantation. Some of the best coffee in Costa Rica comes from the Doka Estate, and you'll have the chance to witness the ancient techniques used to produce it! After, you'll head off toward the Poas Volcano, where the sulfur fumaroles and the water-filled crater give stunning views on a clear day. Finally, head for La Paz Waterfall Gardens, where you'll enjoy lunch and take a hike to a waterfall. Inside the park, explore the butterfly observatory, serpentarium, frog exhibit, hummingbird garden, massive tropical bird Aviary, and more. The drive back to San Jose takes about one hour.

Continue to [La Paz Waterfall Gardens](#). Leisurely explore and enjoy waterfalls, rainforest, hummingbirds, butterflies, orchids, and tropical flowers. Finish with a tasty lunch before returning to your San Jose hotel.

Minimum Age: 3 years

Duration: full day, departs early in the morning and returns mid-late afternoon

Passenger Minimum: 2

Difficulty Level: easy with some stairs and inclines

Includes: transfers, guide, entrance, breakfast, and lunch

What to Bring: comfortable clothing, light jacket or sweater, sunscreen, hat, or bandana,

Tour Type: active, nature, cultural



PRICE: \$151.00 PER PERSON

La Paz Waterfall Gardens (afternoon)

1 hour north of San Jose is the La Paz Waterfall Gardens, a sprawling animal sanctuary and nature experience that gets you up close and personal with wildlife and waterfalls. Follow your guide through the giant aviary, hummingbird garden, serpentarium, butterfly garden, the frog house, and the big cat exhibit. If you're lucky, you might have the chance to help feed the hummingbirds and toucans!

Next, you'll explore the La Paz waterfalls, which are connected by a network of paved trails and stair paths. The views of the falls and the surrounding cloud forest are a sight to behold. Enjoy a hearty buffet lunch before returning to your San Jose area

Duration: half-day, departs mid-morning and returns after lunch

Passenger Minimum: 2

Difficulty Level: easy

Includes: transfers, guide, and entrance

What to Bring: camera, comfortable shoes or sandals, sunscreen, and a hat

Tour Type: cultural, nature, wildlife



PRICE: \$105.00 PER PERSON

Poas Volcano National Park

You'll depart San Jose and head to Alajuela, driving through coffee plantations and strawberry farms before arriving at a higher cloud forest altitude. Arrive at Poas Volcano, which is one of the more active volcanos in central Costa Rica. It is not uncommon to see a continuous flow of steam spewing out of the crater. Spend time overlooking the impressive crater (visibility weather dependent), then hike a trail to the beautiful Botos Lagoon as your guide explains the different ecosystems in the park.



Duration: half-day, departs in the morning and returns in time for lunch

PRICE: \$89.00 PER PERSON

Passenger Minimum: 2

Difficulty Level: easy/moderate with some inclines

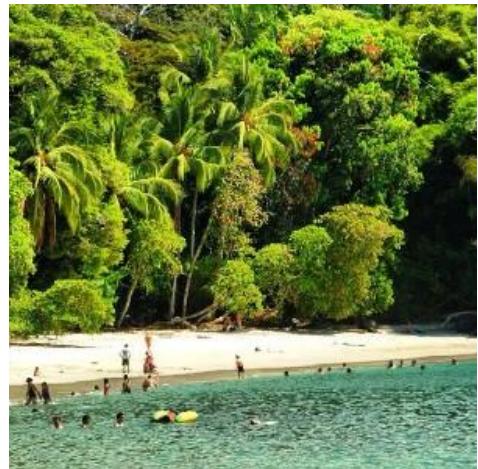
Includes: transfers, guide, and entrance

What to Bring: comfortable shoes, light clothing, light jacket or sweater, sunscreen, hat

Tour Type: nature, active

Manuel Antonio National Park Tour

Early this morning you'll depart on a 2.5-hour drive to Manuel Antonio on the Central Pacific Costa. Arrive at tiny Manuel Antonio National Park, home to rainforest wildlife and beautiful Pacific beaches. With your guide, you'll hike along the park trails, observing rainforest vegetation and trying to spot wildlife along the way. You might spot monkeys, reptiles, tropical birds, and possibly even the three-toed sloth! Bring a towel and swimsuit so you can hit one of the park beaches after your hike. Enjoy lunch before heading 2.5 hours back to San Jose.



Minimum Age: 3 years

PRICE: \$137.00 PER PERSON

Passenger Minimum: 2

Duration: 8 hours

Difficulty Level: moderate

Includes: transfers, guide, entrance, and lunch.

What to Bring: rain jacket, comfortable shoes, a light coat, and camera

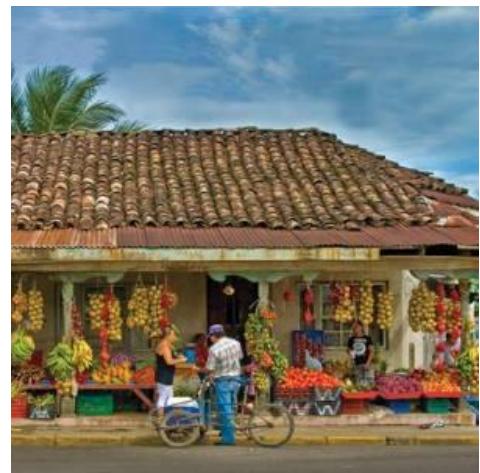
Tour Type: nature, active

Chef's Twist Foodie Tour

Explore the up-and-coming Amon neighborhood in central San Jose. With each new stop on the tour, your guide will familiarize you with local culinary history and culture. Sit back as local chefs prepare dishes that combine Costa Rica's most traditional ingredients with international cooking techniques. You'll sample the flavors of Costa Rica while you learn what goes into preparing the signature dishes and hand-crafted drinks.

Please advise if you or any members of your group have food allergies at booking or if you are choosing to consume only non-alcoholic drinks

Not available on Sundays or Mondays



PRICE: \$175.00 PER PERSON

Passenger Minimum: 2

Duration: 3-4 hours

Difficulty Level: easy

Includes: transfers, guide, entrance

What to Bring: comfortable shoes, light jacket or sweater, sunscreen

Tour Type: culinary, cultural

Pacuare Whitewater Rafting Day Tour: Class III-

IV

You'll depart your central San Jose hotel early in the morning on a drive to the Rios Tropicales Operations Center. Here you will enjoy a Costa Rican breakfast before heading to the put-in on the banks of the Pacuare River. Here, your guides will give you rafting & safety instructions. Then, you'll begin to paddle 14 miles deep into the heart of one the primary rainforest. As you master the river's wild rapids, you'll pass through densely vegetated rainforest gorges, and pristine waterfalls. After this adrenaline-packed adventure, you'll return to the operations center to change and have lunch. Return to San Jose late afternoon.

**An extra pickup fee applies for pickups outside of the Central San Jose area: Heredia, Alajuela, etc.*



PRICE: \$135.00 PER PERSON

**EXTRA PICKUP FEES APPLY
OUTSIDE CENTRAL SAN JOSE**

Passenger Minimum: 2

Minimum Age: 14 years

Duration: full day

Difficulty Level: moderate to high

Includes: transfers, guide, rafting equipment, breakfast, and lunch.

What to Bring: secure shoes, fast-drying clothing and bathing suit, change of clothes for after the rafting portion, sunscreen, glasses strap and towel

Tour Type: adventure, active

Bay Island Cruise to Tortuga Island

Early this morning, you will transfer by ground about 2 hours to Puntarenas on the Central Pacific. Here you'll board a catamaran for an exciting cruise through the Gulf of Nicoya to Tortuga Island. Located 12 nautical miles from Puntarenas, Isla Tortuga is a popular spot thanks to its white-sand beaches and turquoise waters. Spend the day swimming, snorkeling, or just relaxing under the shade of palm trees. Other activities available include beach volleyball and banana boat rides! Enjoy a tropical lunch before heading back to Puntarenas by boat, and then back to your hotel by ground.



Minimum Age: 3

Duration: full-day, departs early in the morning and returns late afternoon

Difficulty Level: easy/moderate

Includes: transfers, guides, morning snack, lunch, refreshments, equipment

What to Bring: secure shoes or sandals, day bag for essentials, light comfortable clothing, light jacket or sweater, hat or bandana, swimsuit, towel, sunscreen

Tour Type: adventure, active

PRICE: \$162.00 PER PERSON

San Jose City Tour (afternoon)

This afternoon, explore Costa Rica's quaint capital, San Jose. You'll stop at Democracy Place and the National Museum, the Courts, Los Yoses, Hispanidad Fountain, and the Rodrigo Facio Campus in the University of Costa Rica. Stop at the Pre-Columbian Gold Museum and the beautiful National Theater for a guided visit. Finally, make a brief stop at a beautiful art craft store, allowing you to browse local artisan handiworks before returning to your hotel.



Minimum Age: 3

Duration: half-day, departs in the afternoon and returns before dusk

Difficulty Level: easy

Includes: transfers, guide, and entrance to the National Theater and Gold Museum

What to Bring: comfortable shoes, light jacket or sweater, sunscreen, water

Tour Type: cultural

PRICE: \$74.00 PER PERSON

Arenal Volcano & Tabacon Hot Springs

You'll depart San Jose on a 2.5-hour drive north to the Arenal area. Arrive at the small town of La Fortuna, with a stop to enjoy lunch at a cozy restaurant with a magnificent view of the Arenal Volcano. Then you will go on to relax at one of the best hot springs in the area, Tabacon. Soak in one of the several natural hot minerals springs and warm thermal pools, all while surrounded by lush tropical gardens. Before going back to San José, enjoy a wonderful buffet dinner.



Minimum Age: 3 years

Duration: full day, departs in the morning and returns in the evening

Difficulty Level: easy

Includes: transfers, guide, entrance, lunch, and dinner

What to Bring: sandals, towel, swimsuit, sunscreen, light jacket or sweater

Tour Type: relaxation, sightseeing

\$175.00 PER PERSON

San Luis Canopy Zip-Line

Set against a cloud forest background, the San Luis canopy tour will take you on an exciting and safe adventure in the treetops of the Central Highlands. Whiz across 12 different ziplines and 18 platforms. Zip your way through lush, green canopy, carried securely by a system of zip lines as you soar through the cloud forest. The tour also includes the Elevator, a thrilling feature that securely lifts visitors high above the forest, providing a panoramic view of the area.



Minimum Age: 6

Duration: Full day, departs in the morning and returns after lunch

Difficulty Level: easy/moderate

Includes: transfers, guide, equipment, entrance, lunch

What to Bring: comfortable clothing, secure shoes, sunscreen

Tour Type: active, adventure

PRICE: \$107.00 PER PERSON