

10 Days / 9 Nights

Costa Rica Wellness and Wildlife

Dive Discovery (2 Persons)

| 01 March 2027 - 10 March 2027

San Jose | Tortuguero National Park | Bajos del Toro | Arenal Volcano National Park

Date of Issue: 02 May 2026

Reference: BKFI105222

[View Web Version >](#)

Dive Discovery

Cindi LaRaia has been designing and crafting high quality travel experiences for guests for over 30 years. She is a true wild child traveling with friends and family since she was 16 years old, planning all the travel, logistics and tours.

With an unquenchable thirst for adventure, she followed her passion and founded Dive Discovery Travel in 1991 specializing in only the finest scuba diving around the world, while also offering unique and special land adventure and culture excursions to compliment the diving. She then expanded her focus and founded Africa Discovery Travel 5 years later.

Trip Summary

Date	Accommodation	Room Type and Basis
01 - 02 Mar	Radisson San Jose Costa Rica (1 Night) in San Jose	1x Junior Suite Room (B&B)
02 - 04 Mar	Evergreen Lodge (2 Nights) in Tortuguero National Park	1x Bungalow (FI)
04 - 07 Mar	El Silencio Lodge & Spa (3 Nights) in Bajos del Toro	1x Deluxe Suite (B&B)
07 - 09 Mar	Arenal Observatory Lodge & Trails (2 Nights) in Arenal Volcano National Park	1x Smithsonian (B&B)
09 - 10 Mar	Costa Rica Marriott Hotel Hacienda Belen (1 Night) in San Jose	1x Deluxe Room (B&B)
10 Mar	End of Itinerary	NONE

Key

B&B: Bed and Breakfast

FI: Fully Inclusive - Bed, All Meals, Fees and Activities

| Included

Transportation and bilingual naturalist guide services as indicated; accommodations as listed based on standard rooms and double occupancy (unless indicated otherwise) including all applicable taxes; meals as indicated where B=breakfast, L=lunch, D=dinner, entrance fees and activities as listed.

| Excluded

International airfare to/from Costa Rica; travel insurance; gratuities; any lodging, tours or meals not specified in the itinerary; extras in hotels (laundry, phone calls, room service, etc.); personal equipment; costs associated with changes to your itinerary for reasons beyond our control.

Daily Information



Day 1 - 2, Monday 01 to 02 March

San Jose

San Jose, affectionately known to its residents as 'Chepe', lies in the heart of Costa Rica and is home to almost two-thirds of the country's population. With few buildings over 100 years old, the mountainous capital is relatively modern compared to its Latin American counterparts, but still has a significant amount of culture, art and history for visitors to discover. With a number of theatres full of Costa Rican culture, museums that include the largest collection of American jade in the world, and streets full of bright murals and painted buses, San Jose is an eclectic city waiting to be experienced.

| Day Notes

Private arrival San Jose International Airport (SJO)

Upon your arrival, before clearing immigration one CANATUR representative will be waiting for you, he/she will be waiting for you holding a sign with your name on it. After passing through immigration, he/she will assist you to look for your luggage and customs, then he/she will direct you to the exit of the airport terminal. There, you will find one of our private transfer drivers waiting for you, he/she will be holding a sign with your name on it.

Your driver will provide you with the travel information for your services and review them with you at this time.



Your guide will meet you at the arrivals terminal with your name board. If he should not be there please proceed to the information desk.

| **Expert Tips**

Before leaving home make sure you packed your passports, medicines, medical prescriptions and anything you will need during your trip.

| **Included**

Private arrival transfer SJO Intl. Airport to hotel

Accommodations at Hotel Radisson San Jose, breakfast and tax included

| **Excluded**

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| **SJO Airport Pick Up**

| **Activities**

Arrival Transfer



Overnight

Radisson San Jose Costa Rica

The Radisson San Jose Costa Rica is ideally located on the outskirts of San José's city centre, with shops, restaurants, taverns and public transport within walking distance of the property. The guest rooms and suites are modern, spacious and well-appointed, each equipped with air conditioning, Wi-Fi, TV, a desk, tea/coffee facilities, a hairdryer and a private bathroom. Guests can enjoy dining at the onsite restaurants, which serve a delicious breakfast buffet and local dishes prepared with high-quality, natural ingredients or relax at the bar with a refreshing cocktail. Additional amenities and services include an outdoor pool, exquisite gardens, a business centre, meeting facilities and free parking.

[View iBrochure >](#)

| Basis

B&B: Bed and Breakfast



Day 2, Tuesday 02 March

Tortuguero National Park

An exuberant blanket of dense rainforest encompasses over 77 000 acres on the northeastern coast of Costa Rica at Tortuguero National Park, a biodiverse wonderland and sanctuary for a rich array of wildlife, including jaguars, monkeys, sloths, and an astonishing variety of bird species. The park's name, meaning "Land of Turtles," highlights its significance as a nesting ground for several sea turtle species, most notably the endangered green turtles. A network of canals weaves through the lush rainforest, offering visitors a unique opportunity to explore by boat or kayak, immersing themselves in the park's unparalleled natural beauty. Pristine beaches, vibrant mangroves, and dense forests make Tortuguero National Park a must-visit destination for nature enthusiasts and conservationists, where adventure and ecological wonders intertwine harmoniously.

| Day Notes

Private Bilingual Driver Host Services (day 2 - day 9)

Our private bilingual host drivers are carefully selected for their excellent driving skills, deep knowledge of the country and strong commitment to customer service.

This service offers you greater flexibility during your journey - you can request stops to photograph gorgeous scenery, observe wildlife, enjoy local restaurants, meet local people, or simply take a coffee break and stretch whenever you need to.



Tortuguero National Park

Tortuguero National Park, You will enjoy the Wildlife-rich Tortuguero touring the navigable rainforest canals by boat. This tour will allow you the chance to see a large diversity of bird species, monkeys, sloths, crocodiles, and iguanas.

Tortuguero and its labyrinth and network of natural waterways give the visitor the opportunity to experience the true rainforest experience, the dream of exploring dense and endless jungles, full of flora and fauna without getting off the boat and walking through muddy trails.

Highlights: National Park is known as Costa Rica's "little Amazon".

A typical Costa Rican lunch is included

This afternoon you may enjoy a walk to the local town of Tortuguero.

Dinner at the hotel.

| Expert Tips

When preparing to leave for your next destination please check that you are not leaving anything behind in your rooms, especially your ***passports, medicines, prescriptions, plug in chargers, etc.***

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast, lunch and dinner

Private Bilingual Naturalist Driver Host with AC Vehicle

Entrance fees to:

Accommodations at Hotel , breakfast and tax included

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Activities



Overnight

Evergreen Lodge

Evergreen Lodge is a serene retreat nestled in the lush rainforest of Costa Rica's Caribbean coast, right beside the renowned Tortuguero National Park. The lodge offers comfortable accommodations in well-appointed guest rooms, each featuring a private bathroom, hot water, and ceiling fans, ensuring a pleasant and relaxing stay.

Designed to harmonize with the surrounding jungle, the on-site restaurant boasts high ceilings and an open-air layout, offering guests a true immersion in nature. Guests can enjoy delicious, traditional Costa Rican buffet meals and a variety of drinks from the fully stocked bar.

Evergreen Lodge is an ideal base for travelers looking to explore the diverse wildlife and rich ecosystems of Tortuguero. Whether it's embarking on guided canal tours, spotting exotic animals, or simply soaking in the tranquility of the rainforest, this lodge provides an unforgettable experience in one of Costa Rica's most iconic natural destinations.

[View iBrochure >](#)

| Basis

FI: Fully Inclusive - Bed, All Meals, Fees and Activities

Day 3 - 4, Wednesday 03 to 04 March

Tortuguero National Park

| Day Notes

Tortuguero National Park, You will enjoy the Wildlife-rich Tortuguero touring the navigable rainforest canals by boat. This tour will allow you the chance to see a large diversity of bird species, monkeys, sloths, crocodiles, and iguanas.



Tortuguero National Park

Tortuguero and its labyrinth and network of natural waterways give the visitor the opportunity to experience the true rainforest experience, the dream of exploring dense and endless jungles, full of flora and fauna without getting off the boat and walking through muddy trails.

Highlights: National Park is known as Costa Rica's "little Amazon".

A typical Costa Rican lunch is included

This afternoon you may enjoy a walk to the local town of Tortuguero.

Dinner at the hotel.

| **Included**

Breakfast, lunch and dinner

Entrance fees to:

Accommodations at Hotel , breakfast and tax included

| **Excluded**

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

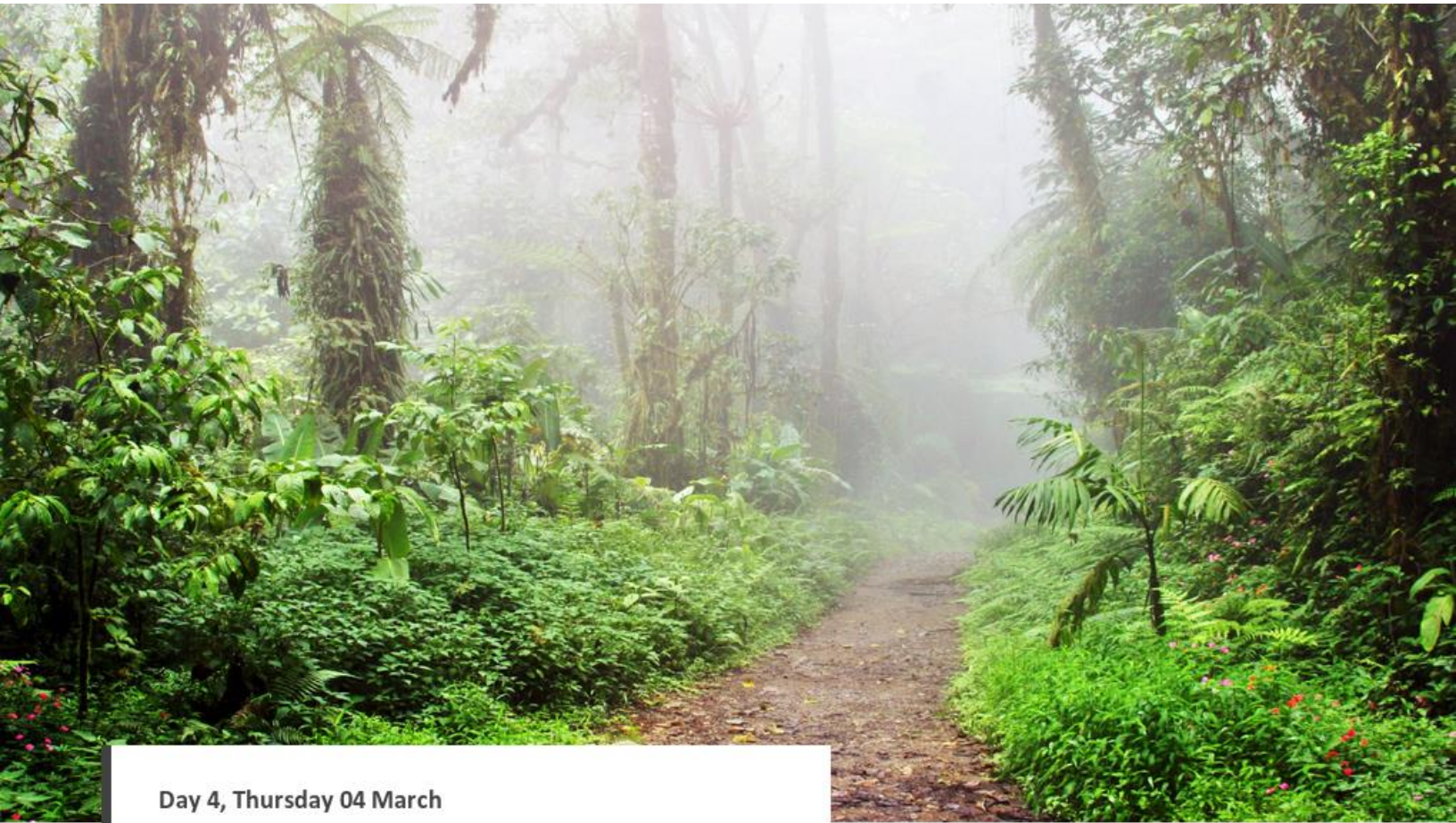
| **Basis**

FI: Fully Inclusive - Bed, All Meals, Fees and Activities

| **Activities**

Miss Junies-Caribbean style lunch

Cerro Tortuguero



Day 4, Thursday 04 March

Bajos del Toro

Resting in the remote volcanic mountains to the north of Costa Rica's Central Valley, the tiny town of Bajos del Toro makes an ideal getaway for nature lovers, hikers and bird enthusiasts. The town sits at the foot of the towering Poas Volcano and is surrounded by a number of protected wilderness areas including the Poas Volcano National Park, Juan Castro Blanco National Park, and the Bosque de Paz Rain/Cloud Forest Biological Reserve. The climate in this area is typically wet which allows for wonderfully lush vegetation as well as beautiful waterfalls, streams and pools. This spectacular natural environment provides ample opportunity for outdoor adventure including: trout fishing, horse riding, river rafting, mountain biking, hiking rugged mountain trails, or whizzing through the forest canopy on a zipline tour. Don't miss the impressive Cataratas del Toro Waterfall, which drops 300-feet into an extinct volcanic crater.

| Day Notes

Pierella Ecological Garden:

Today enjoy a half day tour at Pierella Ecological Garden. This special location offers great diversity of habitats supporting, abundant wildlife, sloth watching, birdfeeders, a butterfly garden, tropical crops like cocoa, and tasty traditional cuisine!

Highlights: Learn about tropical butterflies, and look for colorful birds, and sloths.



Pierella Ecological Garden Tour

| Expert Tips

When preparing to leave for your next destination please check that you are not leaving anything behind in your rooms, especially your ***passports, medicines, prescriptions, plug in chargers, etc.***

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast and lunch

Entrance fees to:

Accommodations at Hotel , breakfast and tax included

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Activities



Overnight

El Silencio Lodge & Spa

El Silencio Lodge & Spa is located high in the mountains of Costa Rica near the Poas Volcano. It is surrounded by lush green rainforest and is flanked by two national parks. Accommodation is available in a selection of suites and villas which feature spectacular views of the rainforest. Amenities include a minibar, fridge, coffee maker, and an electric heater. The lodge features the Las Ventanas Restaurant which specialises in authentic Costa Rican cuisine and the Hierbabuena Restaurant which features unique architecture and panoramic views of the rainforest. Various activities are also available onsite including wine tasting, vegetable picking, art lessons, and tree planting.

[View iBrochure >](#)

| Basis

B&B: Bed and Breakfast

Day 5, Friday 05 March

Bajos del Toro

| Day Notes

Sound Healing

Sound healing is an ancient wellness practice for healing, relaxation, and self-care. A sound healing session involves lying down in a cozy and comfortable setting, closing our eyes, and focusing on sounds made by musical instruments like chimes, gongs, and singing bowls.

Yoga Session and Aromatherapy Massage

A one-hour yoga session suitable, at the Samana Wellness Center. Relaxing Massage - Aromatherapy with lavender - Orange - Bergamot - Rosemary & frankincense- Aromatic sachets

| Expert Tips

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast

Accommodations at Hotel El Silencio Lodge, breakfast and tax included

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Basis

B&B: Bed and Breakfast

Day 6 - 7, Saturday 06 to 07 March

Bajos del Toro

| Day Notes

Mystic Hike and Relaxing Oatmeal & Honey Massage

A guided walk along the Trail of the Four Elements, exploring the significance of fire, earth, air, and water in nature and human life. Relaxing Oatmeal & Honey Massage

| Expert Tips

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast

Accommodations at Hotel El Silencio Lodge , breakfast and tax included

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Basis

B&B: Bed and Breakfast



Day 7, Sunday 07 March

Arenal Volcano National Park

The Arenal Volcano erupted violently July 29th 1968 destroying the region west of its base with hot gases, rocks and later, lava flows. Today the volcano steams quietly and heats local rivers that have been developed into popular hot springs and spas. Forest vegetation is quickly returning and covering the massive rock fragments and lava flows, and rain forest wildlife once again flourishes in and around the park.

| Day Notes

El Silencio Lodge Yoga Session AM

A one-hour session suitable at the Samana Wellness Center.

Private Danaus Ecocenter Walk PM

Highlights: Butterfly Garden with colorful species. Chance to see poison frogs, sloths, and many tropical birds! A conservation project. Maleku Indian handmade crafts.

Enjoy a nature walk at Danaus Ecocenter, a small but important biological reserve. The one-and-a-half-hour trail winds through the forest which is home to myriad birds and butterflies, several slow-moving sloths, and other curious creatures.

Private Arenal Observatory Night Walk PM



Danaus Ecocenter Guided Walk

Highlights: A rare opportunity to look for wildlife at night in a private nature reserve located within the foothill rainforest of the Arenal National Park. Explore a very unique system of private trails and hanging bridges. Great tour to see frogs, insects, and nocturnal moving animals. A wonderful symphony of night sounds!

Set off early evening on a night walk with your expert guide at the Arenal Observatory Lodge trails and hanging bridges. This is a wonderful experience to learn about nocturnal forest creatures such as frogs, snakes, insects, bats, owls, and with luck, find nocturnal animals like armadillos and kinkajous.

| Expert Tips

When preparing to leave for your next destination please check that you are not leaving anything behind in your rooms, especially your *passports, medicines, prescriptions, plug in chargers, etc.*

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast and lunch

Entrance fees to: Yoga Session + Danaus Ecocenter + Arenal Observatory Gardens

Accommodations at Hotel Arenal Observatory Lodge, breakfast and tax included

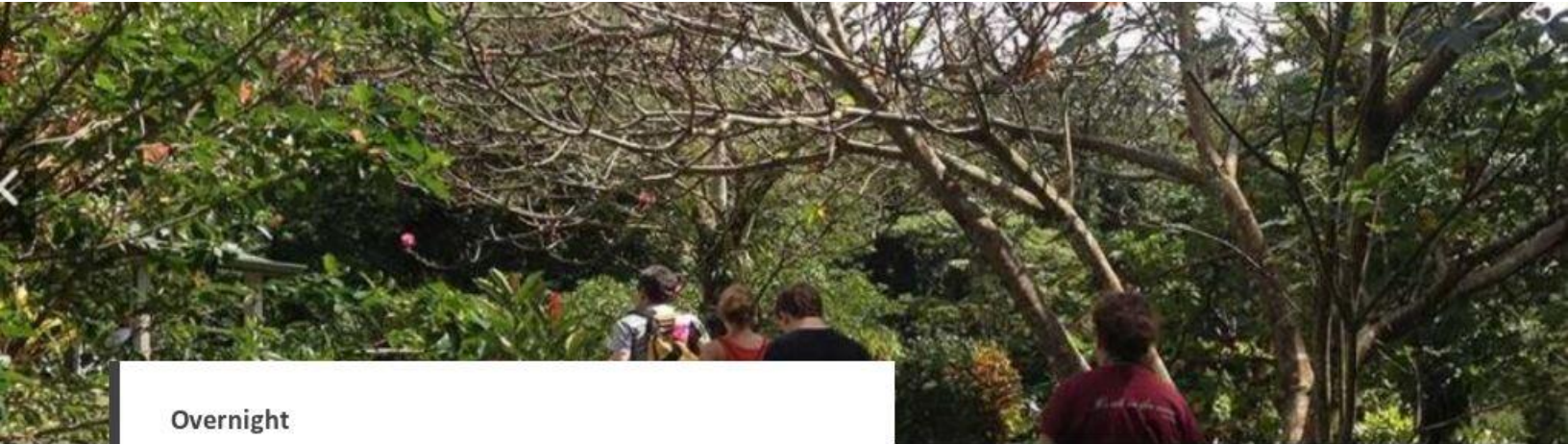
| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Activities



Arenal Observatory Lodge Night Walk



Overnight

Arenal Observatory Lodge & Trails

Located 2.7 km from the majestic Arenal Volcano and offering a spectacular view of Lake Arenal, Arenal Observatory Lodge & Trails provides an opportunity to DISCOVER, EXPLORE, and RELAX at our destination!

Situated within Arenal Volcano National Park and surrounded by a natural environment, AOL & Trails is set on a 350-hectare property that includes 160 hectares of reforestation, 110 hectares of natural forest, and 80 hectares of agriculture. AOL & Trails features 48 rooms distributed throughout the property, surrounded by gardens, and offering direct views of the volcano or the forest.

Eleven kilometers of trails for walking, horseback riding, or biking traverse the property, providing opportunities to observe a variety of flora and fauna. The approximately 500 species of birds that inhabit the area make AOL & Trails a preferred destination for birdwatching enthusiasts. Activities at the hotel include walks to the waterfall, hikes on the property's trails, and enjoying a refreshing swim in our pool. The hotel's location serves as a base for excursions such as Caño Negro Wildlife Refuge, Hot Springs, Venado Caves, Canopy Tours, Hanging Bridges, Monteverde Cloud Forest, Fishing, Whitewater Rafting, Rappelling, Bike Rides, and more.

[View iBrochure >](#)

| Basis

B&B: Bed and Breakfast

Day 8 - 9, Monday 08 to 09 March

Arenal Volcano National Park

Day Notes

Private Arenal Observatory Nature & Hiking Trails AM

Visit the trails and hanging bridges. Great wildlife. Secluded waterfall. Unique vistas of the volcano and Lake Arenal. A state-of-the-art Volcano Museum.

Enjoy a half-day walk at the Arenal Observatory Lodge trail system and hanging bridges, considered by our guides one of the best places for wildlife viewing in La Fortuna. Walk the trails, climb the 28-meter observatory tower, and explore the new volcano visitor center. With luck, we will spy a variety of wildlife who call this reserve home from monkey troops to myriad hummingbirds.

Private Arenal Vida Campesina Organic Farm

Lunch includes a hands-on demonstration on tortilla making! Opportunity to share time with a farmer and taste locally grown products!

Highlights: Experience a beautiful piece of paradise owned by local farmers.

Ecotermals Hot Springs

Later you will have a blast splashing in the warm, you will visit the Hot Springs and enjoy attractive tropical gardens, you will relax after your adventures in the Arenal area at the natural hot spring's thermal with mineral waters.

Expert Tips

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle. Check with your guide to see if you need any particular footwear or a change of clothes for the next day's activities.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers). Bring your swimsuit or quick drying clothes for the hot springs.

Included

Breakfast and lunch

Entrance fees to: Arenal Observatory Trails and Hanging Bridges + Arenal Vida Campesina + Ecotermals Hot Springs

Accommodations at Hotel Arenal Observatory Lodge, breakfast and tax included

Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.



Areharia, Mariolas, Campesino, Tulech Walker

| Basis

B&B: Bed and Breakfast

| Activities



Day 9 - 10, Tuesday 09 to 10 March

San Jose

| Day Notes

Private Mariolas Trail Exploration AM



Mariolas Trails – Sloth Sanctuary, Arenal

Today includes a half-day guided nature walk in the private Mariolas Nature Reserve. Explore a nearby patch of forest in the La Fortuna area while searching for abundant wildlife, butterflies, and tropical birds. This day is especially focused on sloth watching!

After enjoying a delicious lunch at Mariolas Trail, your guide will drive you back to San Jose for your last in Costa Rica.

| Expert Tips

When preparing to leave for your next destination please check that you are not leaving anything behind in your rooms, especially your *passports, medicines, prescriptions, plug in chargers, etc.*

In your day pack carry your hat, sunblock, sunglasses, mosquito repellent and water bottle.

Wear: comfortable clothes, closed shoes (hiking shoes or sneakers)

| Included

Breakfast and lunch

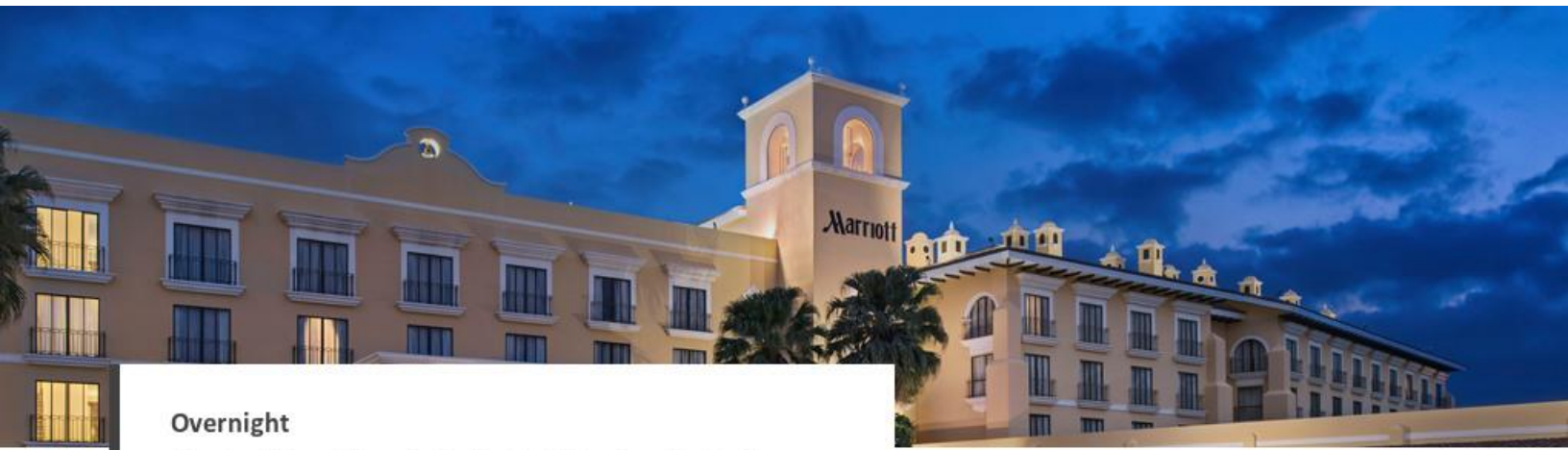
Entrance fees to: Mariolas Trail

Accommodations at Hotel CR Marriott Hacienda Belen, breakfast and tax included

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

| Activities



Overnight

Costa Rica Marriott Hotel Hacienda Belen

Experience a seamless blend of high-tech and high-touch service at Costa Rica Marriott Hotel Hacienda Belen. After landing at Juan Santamaria International Airport, your stay begins almost immediately. Our convenient location offers unparalleled access to many prominent locales such as the San Antonio district and Britt's Coffee Tour. After exploring our grounds, featuring a golf driving range and tennis court, pamper yourself at our full-service spa. Then, unwind in our spacious rooms complete with luxury bedding and mini-refrigerators. When hunger strikes, satisfy your appetite with international cuisine from one of our on-site restaurants. To stay active, visit our fitness center and outdoor pool. Need to host an event? Choose from one of our 28 venues for your convention or reception. Whatever the reason for your travels, Costa Rica Marriott Hotel Hacienda Belen provides an elevated experience you won't soon forget. Private parking is also available to guests at no additional cost.

[View iBrochure >](#)

| Basis

B&B: Bed and Breakfast

Day 10, Wednesday 10 March

End of Itinerary

| Day Notes

Private departure transfer to San Jose Intl. Airport, approx. 20 - 30 minutes drive, depending on traffic.

It's generally recommended to arrive at the airport at least 3 hours before your scheduled departure time.

| Expert Tips

When preparing to leave for your next destination please check that you are not leaving anything behind in your rooms, especially your *passports, medicines, prescriptions, plug in chargers, etc.*

| Included

Breakfast

Private departure transfer to San Jose Intl. Airport (SJO)

| Excluded

Incidentals such as laundry, phone calls, alcoholic and nonalcoholic drinks, spa services, tours, tips, meals not included, and any other service not specified on the itinerary.

Transport

Transfers

Date & Time	Route	Vehicle
01 Mar	Pick Up: Juan Santamaria International Airport [SJO]	Costa Rica Sun Tours, Private Transfer
01 Mar	Drop Off: Radisson San Jose Costa Rica	
02 Mar	Pick Up: Radisson San Jose Costa Rica	Costa Rica Sun Tours, Private Transfer
02 Mar	Drop Off: Evergreen Lodge	
04 Mar	Pick Up: Evergreen Lodge	Costa Rica Sun Tours, Private Transfer
04 Mar	Drop Off: El Silencio Lodge & Spa	
07 Mar	Pick Up: El Silencio Lodge & Spa	Costa Rica Sun Tours, Private Transfer
07 Mar	Drop Off: Arenal Observatory Lodge & Trails	
09 Mar	Pick Up: Arenal Observatory Lodge & Trails	Costa Rica Sun Tours, Private Transfer
09 Mar	Drop Off: Costa Rica Marriott Hotel Hacienda Belen	
10 Mar	Pick Up: Costa Rica Marriott Hotel Hacienda Belen	Costa Rica Sun Tours, Private Transfer
10 Mar	Drop Off: Juan Santamaria International Airport [SJO]	

Urgent Contacts

Contact Person	Email Address	Telephone
Dive Discovery		1-800-886-7321

Service Providers

Radisson San Jose Costa Rica

Address

Central Street & 3rd-15th Avenue, San José, 494-1007, Costa Rica

Contact Numbers

Telephone: +506 2010 6000
Front Desk: +506 2010 6000

Evergreen Lodge

Address

5 MINUTES S AWAY FROM TORTUGUERO VILLAGE, INFRONT PENITENCIA CANAL

Contact Numbers

Telephone: +506 2256 8080
Front Desk: +506 2256 8080

El Silencio Lodge & Spa

Address

Bajos del Toro
?Alajuela, Costa Rica

Contact Numbers

Telephone: +506 4070 1100
Front Desk: +506 4070 1100

Arenal Observatory Lodge & Trails

Address

25 km West La Fortuna, Costa Rica

Contact Numbers

Telephone: +506 2479 1070
Front Desk: +506 2479 1070

Costa Rica Marriott Hotel Hacienda Belen

Address

700 metres west from Bridgestone/Firestone, La Ribera de Belen, Heredia, Costa Rica

Contact Numbers

Telephone: +506 2298 0880
Front Desk: +506 2298 0000