

# Insiders Costa Rica April 7-15<sup>th</sup>, 2023

## **Day 1 Hola San José (groups flying from the west coast may be required to depart day 0)**

Meet your tour director and check into hotel

## **Day 2 San José--Arenal**

[Coffee Plantation visit](#)

[Travel to Arenal](#)

[Hot springs visit](#)

## **Day 3 Arenal--Sarapiquí**

Travel to Sarapiquí

[Organic pineapple tasting experience](#)

## **Day 4 Sarapiquí**

[Yoga class in the Sarapiquí rainforest](#)

Sarapiquí river kayaking tour

[Tirimbina Bat Tour](#)

## **Day 5 Sarapiquí--Puerto Viejo**

Travel to Puerto Viejo

[Bri Bri Indigenous reserve and chocolate tour](#)

## **Day 6 Puerto Viejo**

[Sloth Rescue Center visit](#)

[Caribbean flavours cooking class](#)

## **Day 7 Puerto Viejo**

[Cahuita National Park visit](#)

Punta Uva beach time

[Caribbean dance class](#)

## **Day 8 Puerto Viejo--San José**

Travel to San José via Cartago

[Cartago Tour director-led sightseeing tour](#)

Basílica de Nuestra Señora de los Ángeles, Santiago Apostol Parish Ruins visit, Cartago Municipal Museum visit

## **Day 9 End tour**