

COSTA RICA

Pacific Charms

Manuel Antonio, Quepos & The South Pacific

PRE / POST SLT EXPERIENCE - 4D/3N





Schedule

Day	Excursions	Lodging	Meals
1	Departure from San José to Quepos Stop en route for a canopy zipline adventure (lunch included) Check in at Quepos hotel; sunset at the beach	Quepos	- / L / -
2	Manuel Antonio National Park guided tour Afternoon catamaran cruise (dinner & natural drinks included)	Quepos	B / - / D
3	Nauyaca Waterfalls day trip (Barú, South Pacific)	Quepos	B / L / -
4	Free morning at the beach Return to San José	SLT accommodation	B / L / -

Overview

Costa Rica's Central and South Pacific coast is a land where rainforest meets ocean. Let this Epic Trip introduce you to one of the country's most beloved regions. Quepos is a small, lively town at the foot of Manuel Antonio, the base for a national park so biodiverse that a two-hour walk can reveal capuchin monkeys, sloths, toucans and iguanas along a single trail. Continue the adventure with a Pacific catamaran cruise in search of dolphins and sea turtles, and a canopy zipline ride strung high above the jungle canopy. Your final stop is the South Pacific town of Barú, home to Nauyaca Waterfalls Nature Park, where a scenic rainforest trail leads down to a pair of waterfalls and their pristine natural pools. Enjoy the laid-back pura vida lifestyle while learning about the history and wildlife of the region.

Highlights of the Trip

- Zipline through the rainforest canopy on the way to Quepos
- Spot capuchin monkeys, sloths and toucans on a guided walk through Manuel Antonio National Park
- Sail the Pacific aboard a catamaran, watching for dolphins and sea turtles
- Hike to the natural pools of Nauyaca Waterfalls in the South Pacific
- Experience authentic pura vida culture in the coastal town of Quepos

Itinerary

DAY

1

Departure to Quepos

Leaving San José, the group heads toward the Central Pacific coast, stopping for a canopy zipline adventure across platforms through the rainforest canopy, one of the country's longest-running tours. Lunch is included before continuing to Quepos, the small port town at the gateway to Manuel Antonio. After checking in to the hotel, the afternoon is free to relax and watch the sunset over the Pacific from the beach.

Lunch included



Overnight
In Quepos



DAY

2

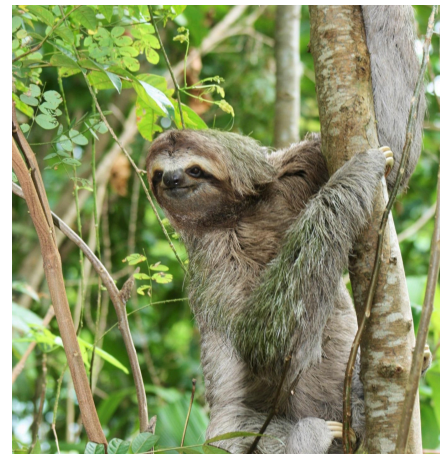
Manuel Antonio National Park & Catamaran

After breakfast, a certified guide leads the group into Manuel Antonio National Park, one of the smallest but most biodiverse parks in the country. Along the main trails you may spot white-faced capuchin and howler monkeys, two- and three-toed sloths, coatis, iguanas and dozens of tropical bird species, before reaching Playa Manuel Antonio and Playa Espadilla Sur, two of the park's postcard beaches.

In the afternoon, board a catamaran departing from Marina Pez Vela for a cruise along the Pacific coastline. Keep an eye on the water for spotted and bottlenose dolphins, sea turtles and, depending on the season, migrating humpback whales, while the crew serves dinner and natural drinks on board as the sun sets over the ocean.

Breakfast is included

Dinner included





Overnight
In Quepos

DAY

3

Nauyaca Waterfalls

After breakfast, the group is transferred south to Barú, a small town in Costa Rica's South Pacific, to visit Nauyaca Waterfall Nature Park. From the entrance, walk the scenic 2.7-kilometer trail through virgin rainforest down to the twin waterfalls (a 4x4 trolley ride is available on site at an additional cost).

Once there, cool off in the natural pools beneath the falls before lunch is served at the park. In the afternoon, the group returns to Quepos for a relaxed evening.

Lunch included



Overnight
In Quepos

DAY

4

Free Morning & Departure

The morning is left free to enjoy the beach one last time in Quepos.

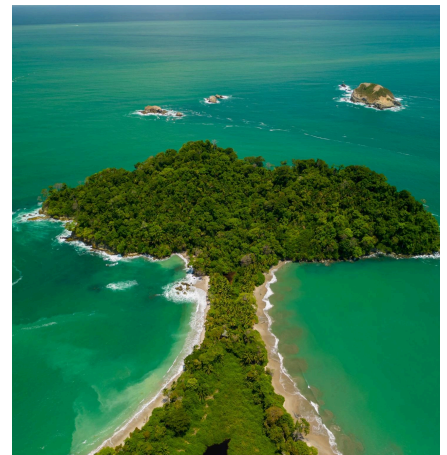
Depending on flight schedules, lunch is served either in Quepos or along the drive back to San José, where the trip concludes.

Breakfast is included

Lunch included

Notes:

- If this is a Pre-Trip, continue this evening with SLT activities as scheduled and accommodation changes to SLT accommodation.
- If this is a Post-Trip, the group will be transferred to the airport for departure.





Important Notes

This tour departs from San José

Average Temperature: 27° C / 81° F

For a comfortable trip, we recommend you bring:

- Good walking shoes
- Hat or cap
- Binoculars
- Sunglasses
- Sunscreen (at least SPF 30), even if it is overcast
- Camera
- Reusable water bottle (single-use plastic is not allowed in the park)

Pricing

Price below is per person, based on a group of at least 10 people. Trips with fewer than 10 people can be arranged upon request and will require updated prices. (Prices may vary depending on the country's tourism season.)

Price per person	Private services
Standard shared accommodation	\$975.00 USD

Included

- ✓ Meals: 3 lunches, 3 breakfasts and 1 dinner
- ✓ Expert guide and transportation throughout
- ✓ Entrance fees to Manuel Antonio National Park and Nauyaca Waterfalls
- ✓ Canopy zipline tour and catamaran cruise
- ✓ 3 nights accommodation in Quepos

Not Included

- ✗ Meals (unless otherwise specified)
- ✗ Personal expenses
- ✗ Alcoholic beverages
- ✗ Tips and gratuities