



3-Day Costa Rica Itinerary

A vibrant travel experience

GlobeDrip
— TRAVEL —

Day 1: Rainforest Immersion & Waterfall Wonders

Morning:

- Arrival at Juan Santamaría International Airport (SJO).
- Private transfer to La Fortuna (Arenal area).
- Check in to your eco-lodge near the rainforest.

Afternoon:

- Guided rainforest hike: discover sloths, monkeys, and vibrant birdlife.

Evening:

- Relax and enjoy the sounds of the rainforest.

Begin your Costa Rican adventure with a deep dive into the rainforest. Upon arrival, a private transfer whisks you away to the lush Arenal area. Settle into your eco-lodge, surrounded by the symphony of nature. In the afternoon, embark on a guided rainforest hike, where you'll encounter the incredible biodiversity of Costa Rica – keep an eye out for playful monkeys, elusive sloths, and a kaleidoscope of colorful birds. As evening descends, unwind and let the soothing sounds of the rainforest lull you into relaxation, preparing you for the adventures to come.

Day 2: Volcanic Views, Hot Springs & Adventure

Morning:

- Arenal Volcano hike (moderate difficulty).
- Spectacular views of the volcano and surrounding landscape.

Afternoon:

- Ziplining adventure through the rainforest canopy.
- Optional: White-water rafting on the Pacuare River (full-day).

Evening:

- Soak in natural hot springs at Tabacon or Ecotermas Fortuna.
- Enjoy a delicious Costa Rican dinner.

Day two is all about adrenaline and relaxation! Start your day with a moderately challenging hike around the base of the majestic Arenal Volcano, rewarded with breathtaking panoramic views. In the afternoon, get your adrenaline pumping with an exhilarating ziplining experience through the rainforest canopy. For the truly adventurous, a full-day white-water rafting trip on the Pacuare River is an unforgettable option. As the sun sets, immerse yourself in the therapeutic waters of natural hot springs at Tabacon or Ecotermas Fortuna, followed by a mouthwatering authentic Costa Rican dinner.

Day 3: Coastal Escape & Sunset Serenity

Morning:

- Transfer to Manuel Antonio National Park (Pacific Coast).
- Check in to your beachfront hotel.

Afternoon:

- Explore Manuel Antonio National Park: beaches, rainforest, and wildlife.
- Optional: Surfing lessons.

Evening:

- Sunset cocktails on the beach.
- Farewell dinner with ocean views.

On your final day, journey to the stunning Pacific Coast and the renowned Manuel Antonio National Park. After checking into your beachfront hotel, spend the afternoon exploring the park's pristine beaches, lush rainforest trails, and abundant wildlife. Relax on the sand, swim in the turquoise waters, or try your hand at surfing with a local instructor. As the day winds down, savor sunset cocktails on the beach, followed by a memorable farewell dinner overlooking the ocean, reminiscing about your Costa Rican adventure.

Summary & Next Steps

This 3-day itinerary offers a captivating glimpse into Costa Rica's diverse landscapes and activities. From the lush rainforests and volcanic landscapes of Arenal to the pristine beaches of Manuel Antonio, you'll experience the best of Pura Vida.

Next Steps:

- **Book Flights:** Secure round-trip flights to Juan Santamaría International Airport (SJO).
- **Reserve Accommodation:** Book your eco-lodge in Arenal and beachfront hotel in Manuel Antonio in advance, especially during peak season.
- **Book Activities:** Pre-book tours and activities like rainforest hikes, ziplining, and hot springs to guarantee availability.
- **Pack Appropriately:** Pack light clothing, swimwear, hiking shoes, insect repellent, sunscreen, and a rain jacket.
- **Learn Basic Spanish:** Knowing a few basic Spanish phrases will enhance your experience.

Enjoy your trip to Costa Rica!



3 DAYS IN COSTA RICA

Travel Itinerary

(Detailed Fun • Timeline Upgrade)



DAY 1 — ARRIVAL, RAINFOREST & WATERFALL WOW

Base area: La Fortuna / Arenal

8:30 AM — Arrival & fresh start

Arrive in the Arenal / La Fortuna area. Drop bags, grab a light breakfast, and take in that fresh rainforest air.

10:00 AM — La Fortuna Waterfall moment

Walk down to La Fortuna Waterfall for your first “this is really Costa Rica” moment. Cool water, jungle views, unreal photos.

12:30 PM — Local lunch with a view

Casual Costa Rican lunch nearby. Simple, flavorful, satisfying.

2:00 PM — Arenal Volcano viewpoint

Head toward Arenal Volcano lookout points. This is one of those *stand still and look* moments.

4:30 PM — Nature stroll or sloth spotting

Easy rainforest walk or wildlife area. Sloths, birds, monkeys — no rushing, just observing.

7:00 PM — Hot springs soak (relax mode)

End the day in natural hot springs near Arenal. Steam, stars, and tired legs done right.

9:30 PM — Wind down night

Back to your hotel. Early rest — tomorrow shows out.

DAY 2 — BEACH ENERGY & COSTA RICA CULTURE

Base area: Pacific Coast (Manuel Antonio / Tamarindo area)

7:00 AM — Travel + breakfast on the move

Early breakfast and scenic travel toward the coast.

Mountains → ocean = instant mood shift.

11:00 AM — Beach arrival & ocean reset

First beach touch. Shoes off. Ocean breeze.

This is the Costa Rica postcard moment.

1:00 PM — Beachside lunch

Fresh seafood, smoothies, and relaxed coastal energy.

2:30 PM — Manuel Antonio National Park

Wildlife + beaches in one place.

Monkeys, iguanas, and some of the prettiest coastal views in the country.

5:30 PM — Golden hour beach walk

Sunset hits different here.

Take photos, or just sit and watch the colors change.

7:30 PM — Dinner with ocean vibes

Dinner near the beach — casual, lively, unforced.

9:30 PM — Night unwind

Easy night. Ocean air does the work.

DAY 3 — ADVENTURE OR SOFT-LIFE CLOSE

Choose your ending

OPTION A — ADVENTURE DAY

8:00 AM — Zip-lining or rafting experience

High-energy Costa Rica moment. Jungle views from above or river rush below.

12:30 PM — Lunch + chill

Refuel and relax.

2:00 PM — Beach free time

Swim, nap, or wander.

OPTION B — SLOW & INTENTIONAL

8:30 AM — Beach morning + coffee

No alarms. No pressure.

11:00 AM — Local markets or town stroll

Souvenirs, local art, coffee, and chocolate.

2:00 PM — Final beach moment

One last swim. One last deep breath.

6:00 PM — Wrap-up & departure prep

Pack up, reflect, and move toward your departure point.