



Costa Rica Kayaking Adventure

Experience Costa Rica by visiting three of its hot spots in a kayak. Whether you are a beginner or a more experienced paddler, all are welcome. Remember, it's all about the beautiful scenery, not about how hard you work. Try your hand at paddleboarding on Lake Arenal, the centre of adventure sports, then take it slow through the canals of Tortuguero while you search for monkeys and sloths. Experience the lush forests and Caribbean flair from the water as you kayak Costa Rica.



YOUR
ADVENTURE
AWAITS

9 days/8 nights

ITINERARY

Day 1: San José

Arrive any time as there are no planned activities. Check into the hotel and enjoy the city on your own.

San José has some beautiful parks, museums and the National Theatre downtown. If you like to people watch, check out the central plaza to see what kind of street performance you can catch.

There is an important welcome meeting at the hotel at 6pm that you won't want to miss. It is here that you will meet the group leader and the other group members.

Day 2: La Fortuna

Today you will travel from San José to La Fortuna. This town is located near the foot of Arenal Volcano and is an excellent base for adventure.

You'll have free time this afternoon. Take a dip in a local swimming hole at the base of a waterfall or just relax and take in the sights and sounds of this beautiful town.

Day 3: La Fortuna

Be sure to have your sea legs ready as you take to the water and enjoy an included combo kayaking and stand-up paddle board session on the blue-green waters of Lake Arenal. Look up to the horizon as you paddle by the Arenal Volcano, scan the shores for more than 300 species of birds, listen for the howler monkeys and try your hand at fishing for sharp-toothed rainbow bass.

Enjoy the afternoon to do what you choose: go rafting, waterfall rappelling or take a dip in therapeutic hot springs.

Day 4: La Fortuna

Enjoy a free day for some adventure. Take the Cerro Chato extreme hike, whitewater raft on Class III and IV rapids, rappel off a waterfall or go mountain biking. If you'd rather take it easy, go bird watching in Caño Negro Wildlife Refuge by boat or book yourself a massage in town.

There's plenty to see and do in La Fortuna, ask your guide to recommend an activity based on your comfort level.

Day 5: Sarapiquí

Today you will travel to Sarapiquí and kayak down the tranquil Cuarto River. Relax as you watch for birds and wildlife along the shore, in the forest canopy, and in the calm water.

This region is known for its abundance of wildlife and birds, making it the perfect spot for a leisurely paddle while searching for monkeys and sloths.



Day 6: Tortuguero

Travel east towards the Caribbean coast, then transfer to a boat and glide through canals to arrive in Tortuguero at the jungle-lined coast of Costa Rica. Enjoy a guided visit to the town upon arrival.

This little town boasts humble houses of wood and metal roofs and friendly locals who love to tell visitors about life in a town whose economy benefits greatly from sea turtle tourism.

Day 7: Tortuguero

This morning, you will enjoy a guided kayak excursion, followed by some free time in the afternoon. If you'd like some plans in the evening, you can opt for a nighttime excursion to look for nesting sea turtles laying eggs during turtle season (April - October).

If you're there November - early January, you may be able to see baby turtles setting out on their own adventure from their nest to the ocean.

Day 8: San José

Today, you will return to San José for an optional final night out with the group. If you have time, check out the sites you may have missed at the start of the trip or do some last-minute souvenir shopping.

Day 9: San José

Today you can depart at any time.

Details

Group size: Max. 16, average 10

Trip Code:

002506 - W17

INCLUDED

- Stand-up Paddle and Kayak Combo, Arenal
- Guided kayaking on Cuarto River (Sarapiquí)
- Guided kayaking and wildlife viewing through canals of Tortuguero
- Guided excursion to the town of Tortuguero
- Transportation between destinations and to/from included activities
- Three breakfasts, four lunches, three dinners
- 8 nights of accommodation

NOT INCLUDED

- Airfare to/from San José
- Optional tours
- Meals not specified
- Gratuities to local guides
- Travel insurance
- Items of a personal nature

TOUR NOTES

The Jane Goodall Collection by G Adventures is a selection of 20 incredible, wildlife-focused tours endorsed by world-renowned primatologist Dr Jane Goodall. These small-group adventures give travellers unique opportunities to see some of the planet's most fascinating animals, while at the same time, respecting their freedom. From the shores of the Galápagos Islands to the banks of the Amazon, the forests of Uganda, and beyond, the Jane Goodall Collection will introduce you to the world in ways you've never imagined. For the past four decades, the [Jane Goodall Institute](#) has worked to foster deeper understanding of great apes and provide support for the communities and other animals who share their natural habitats. G Adventures is proud to partner with the Institute to create awareness about, and support for, their mission to protect wildlife and empower local communities. Together, we can set an example of how wildlife-focused travel can build a greater respect for the incredible animals who share this planet with us.

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ROUTE MAP



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