



## Costa Rica 12-Day Vegan Adventure

### Day 1:

- Arrive at SJO airport
- Transfer to hotel (not included - use airport taxi or Uber)
- Welcome dinner

Hotel Presidente or similar



### Day 2:

- Private shuttle to the Caribbean coast
- Short nature walk in Braulio Carrillo National Park
- Check in to hotel, afternoon at the beach

AmaSer or similar hotel

### Day 3:

- Morning yoga class
- Manzanillo Wildlife Refuge
- Afternoon snorkeling



### Day 4:

- Morning yoga class
- BriBri indigenous experience
- Cahuita National Park hike

## Day 5:

- Private shuttle to La Fortuna/Arenal Volcano area
- Stop for organic pineapple plantation tour on the way
- Afternoon/evening at hotel hot springs

Hotel Los Lagos or similar



## Day 6:

- Arenal Volcano National Park hike
- Guided sloth tour

## Day 7:

- Free time/optional activities
- Guided night hike



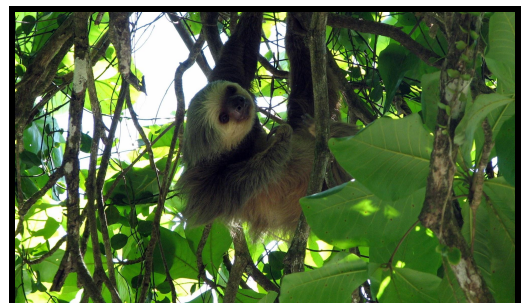
## Day 8:

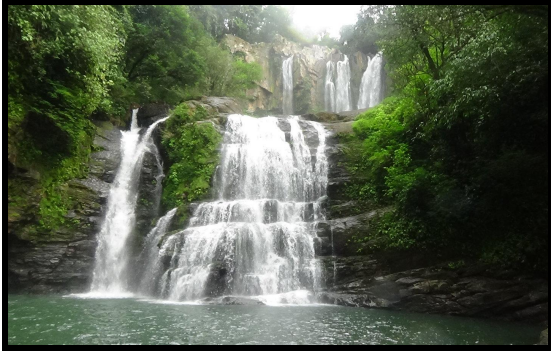
- Private shuttle to Manuel Antonio
- Stop at Bajos del Toro waterfall
- Secluded beach hike

Hotel Naoz or similar

## Day 9:

- Cooking class and garden tour
- Manuel Antonio National Park guided tour





### **Day 10:**

- Nauyaca waterfall excursion
- Alturas Wildlife Sanctuary tour
- Playa Arco

### **Day 11:**

- Sailing & snorkeling excursion
- Farewell dinner



### **Day 12:**

- Private shuttle to San José