

# APOGEE ADVENTURES

## 2025 Costa Rica Mountains & Coast

### Summarized Itinerary

**Trip Begins:** San Jose, Costa Rica

**Trip Ends:** San Jose, Costa Rica

- Days 1-3:** Our journey will begin at the Juan Santamaria Airport outside of San Jose, Costa Rica, this afternoon. Once everyone has arrived, we will transfer by private shuttle to the town of Quepos, which lies just outside the world-famous Manuel Antonio National Park on Costa Rica's Pacific Coast. On our first full day together, we'll enjoy the amazing sights and sounds of Manuel Antonio. We'll take a guided tour of the park in the morning — where we will keep a sharp eye out for the many monkeys, sloths, toucans, and lizards in the trees around us. That afternoon, we'll get to spend time at one of the most gorgeous, protected beaches in all of Costa Rica. The following day, we'll zip line above the rainforest's canopy on the longest zip line in Costa Rica before packing our bags and getting ready for the next stage of our adventure.
- Days 4-6:** After priming our hiking legs in Manuel Antonio, we'll transit inland to the town of San Gerardo, at the foot of the country's tallest mountain, Cerro Chirripó. Once we're settled in to our accommodations, we'll head out on stunning day hikes in Chirripó National Park and the surrounding Cloudforest Nature Preserve, exploring waterfalls and hiking on trails that snake through old-growth rainforests.
- Days 7-9:** Our next three days will take us deep into the rainforest in the heart of Costa Rica's lush *Parque Nacional Los Quetzales*. We will meet our rainforest guides in San Isidro de El General; the guides will take us to our trailhead in the small village of El Brujo, where we will hike four miles into the jungle, past numerous waterfalls and local wildlife to an eco-lodge perched above the confluence of two rivers, our home for the next two nights. Our days will be spent learning about the incredible local flora and fauna, hiking around the ecologically diverse trails, and volunteering in the sustainable gardens on the property. In the evenings, we'll learn to cook local dishes (using cocoa we picked from the tree outside!), play games, and search for wildlife (including the famous red-eyed tree frog!).
- Days 10-12:** Next, we will travel from the jungle to the beach, specifically to beautiful Playa Uvita on the Pacific Coast. On our full day in Uvita, we'll spend a full morning learning to hang ten with professional instructors on Uvita's world-class surfing break. After a lunch spent looking for whales and dolphins, we'll spend the afternoon exploring the area's huge stretch of pristine beaches, which are so unique that they've been designated as a national park! The next morning we will transit from Uvita back to San Jose where we'll enjoy a final evening filled with memories and a great Costa Rican meal out on the town. On the morning of Day 12, we will return to the Juan Santamaria Airport for flights home.

*All itineraries are subject to change.*

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