

APOGEE ADVENTURES

2026 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 zip line above the rainforest's canopy on the longest zip line in Costa Rica. 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 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 will pack our bags and get ready for the next stage of our adventure.
- Days 4-6:** After priming our hiking legs in Manuel Antonio, we will 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 will 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 southwestern Costa Rican Rainforest. We will hike into the jungle, past gorgeous rainforest views and local wildlife to an eco-lodge surrounded by truly amazing biodiversity, 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 on projects to help support the tight-knit rainforest community. In the evenings, we'll eat local dishes, play games, and search for wildlife (including the famous red-eyed tree frog!).
- Days 10-12:** Emerging from the rainforest, 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 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 will 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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