



Costa Rica Multi-Adventure: Arenal & Guanacaste Coast

9 days | 11 days with Liberia extension

This is it. The adventure you've been waiting for. When it comes to natural beauty and heart-pumping outdoor activities, Costa Rica always delivers. Experience a bit of everything on this fast-paced trip. And we mean everything. From the iconic Arenal Volcano to the turquoise rivers of Tenorio Volcano National Park and the dense jungles of Rincón de la Vieja, you'll get a true taste of Costa Rica. And when you're not gawking at your surroundings, you'll be mountain biking, kayaking, snorkeling, ziplining, whitewater rafting, river tubing, rainforest hiking—you get the idea.



Your tour package includes

Ziplining, mountain biking, kayaking, stand-up paddleboarding, whitewater rafting, yoga, hiking, river tubing, hot springs visit, snorkeling
8 nights in handpicked hotels
Private bus for local transfers
8 breakfasts
5 lunches
6 dinners with beer or wine
An expert Costa Rican Tour Director
Local guides for all adventure activities and select experiences
Safety equipment and briefings for all activities
Select guided sightseeing tours

Included highlights

Visit a coffee plantation and savor the flavors of local brews
Zipline above and through the Costa Rican jungle
Pedal and paddle around the breathtaking Lake Arenal
Conquer Class II and III rapids via whitewater rafts on Rio la Balsa
Hike deep into the rainforest in search of sloths, monkeys, birds, and more
Relax to the max at the Rio Negro Hot Springs

Tour pace

This is a very fast-paced tour.

Group size

5–20

Costa Rica Multi-Adventure: Arenal & Guanacaste Coast

9 days | 11 days with Liberia extension

San Jose → 1 night

Day 1: Arrival in San José and transfer to Poás region

Included meals: light dinner

You'll touch down at San José Airport in Costa Rica's Central Valley. From here, it's a quick transfer to the Poás region, known for its coffee plantations, cloud forests, and proximity to one of the country's most impressive active volcanoes. Get. Excited.

Arenal region → 3 nights

Day 2: Coffee farm tour, travel to Arenal region, ziplining & Maleku conversation

Included meals: breakfast, tasting, welcome dinner

Today's all about Costa Rica's star attractions—coffee and the Arenal Volcano. You'll start the morning learning how beans go from plant to brew at a working coffee farm, then head north to the Arenal region, home to the iconic Arenal Volcano. Once you arrive, strap in for an adrenaline rush as you fly across 12 zipline cables above the rainforest canopy, with the Arenal Volcano, Cerro Chato, and La Fortuna Waterfall as your backdrop. Following your zipline adventure, take a short walk through the forest to meet members of the Maleku community and hear about their traditions and heritage. Cap it all off with a Welcome Dinner alongside your fellow adventurers.

Day 3: Pedal and paddle around Lake Arenal & farm-to-table dinner

Included meals: breakfast, lunch, dinner

There are two things that should immediately come to mind when you hear "Arenal"—the Arenal Volcano and Lake Arenal, both of which you'll see today. At 33 square miles (roughly 1.5 times the size of Manhattan), Lake Arenal is Costa Rica's largest lake. And in addition to being a popular water sport destination, it's also a crucial source of hydroelectric energy for the country. You'll explore both by bike and by water—pedaling nearly 15 miles on a high-end mountain bike through rural farmlands and small

villages before switching to a kayak or stand-up paddleboard to glide across the lake's calm surface. End the day with a tour of a local Costa Rican farm before sitting down to a delicious farm-to-table dinner.

Day 4: Whitewater rafting in the Arenal region and optional Arenal hot springs & dinner

Included meals: breakfast, lunch

Whitewater rafting is all about teamwork. And the thrill, of course. You'll head south of La Fortuna to tackle Rio La Balsa, where 25 Class II and III rapids await. Step into a raft with your group and a guide, and paddle your hearts out through some of Costa Rica's most exciting whitewater. After your adventure, you'll sit down for an authentic lunch before heading back to your hotel. In the evening, you can opt for the hot springs and dinner excursion, or choose to relax at the hotel.

+ Arenal hot springs & dinner

Rincón de la Vieja National Park → 2 nights

Day 5: Sunrise yoga & Rio Celeste Waterfall hike, travel to Rincón de la Vieja National Park

Included meals: breakfast, lunch, dinner

Start the day with a sunrise yoga class before heading to Tenorio Volcano National Park, home to the breathtaking turquoise Rio Celeste. This mineral-rich river gets its striking blue color from the convergence of two volcanic streams—a natural phenomenon you'll witness firsthand. You'll hike along the river with your Tour Director to the Rio Celeste Waterfall, where 253 steps lead down to a spectacular viewpoint. Afterwards, continue to Rincón de la Vieja National Park, where you'll stay for the next two nights.

Day 6: Waterfall hike & optional Rio Blanco ziplining tour

Included meals: breakfast, lunch, dinner

Another day in Rincón de la Vieja National Park, another opportunity for adventure. Equal parts untamed and unbelievable, this area doesn't mess around when it comes to biodiversity, striking waterfalls, and geothermal activity. Today you'll choose between two waterfall hikes. The shorter option follows the Las Pailas circular path

through tropical dry forest with a local guide before cooling off at La Oropendola Waterfall, which plunges 82 feet into a bubbling turquoise pool. The longer route takes you through rainforest and along the Rio Blanco to the 131-foot Cangreja Waterfall, where you'll keep your eyes peeled for white-faced, howler, and spider monkeys, coatis, armadillos, agoutis, iguanas, and birds. If you're up for it, you can also join an optional ziplining tour above a canyon in the afternoon.

+ Rio Blanco ziplining tour

Liberia → 2 nights

Day 7: River tubing & Rio Negro Hot Springs, travel to Liberia

Included meals: breakfast, lunch

Time to get back on the water—but this time, you'll be floating. Picture a lazy river. Now remove the lazy bit, and you've got river tubing in Costa Rica. You'll hop in your inner tube and ride down Rio Negro through Class II and III rapids with a guide and your group. Afterwards, treat yourself to the ultimate natural spa experience at the Rio Negro Hot Springs, where you can soak in pools of thermal water heated by the volcano and apply volcanic mud like a spa body mask.

Day 8: Catamaran cruise with swimming and snorkeling

Included meals: breakfast, farewell dinner

On your final full day in Costa Rica, you'll head to Marina Flamingo to board a catamaran for a cruise along the stunning Papagayo coastline. As the boat glides past pristine beaches, secluded coves, and jungle-clad shorelines, keep your eyes peeled for dolphins, sea turtles, and seabirds. Midway through the journey, you'll drop anchor at a prime snorkeling spot where you can slip into warm Pacific waters to explore the underwater world. An onboard chef will prepare fresh snacks while an open bar keeps you refreshed with cold beer, juice, and soft drinks. After your cruise, you'll return to Liberia for a Farewell Dinner to reflect on everything you've accomplished.

Flight home

Day 9: Fly home

Included meals: breakfast (excluding early morning departures)

That's a wrap, folks. Take a moment to be proud of everything you've done and seen—that was some serious adventuring. Then transfer 15 minutes to the Liberia airport for your international flight home.

+ Liberia extension

Sometimes you just aren't ready to go home. So don't! Extend your Costa Rican adventure with two more days in the Guanacaste region, where you'll dive into local culture and traditions. From the vibrant town of Santa Cruz—known throughout the country for its colorful fiestas and marimba music—to the artisan village of Guaitil, where Chorotega pottery techniques have been passed down for generations, you'll discover a different side of Costa Rica. Cap it off with a free day to catch some waves surfing on the Guanacaste coast or simply relax before heading home.

Liberia → 2 nights

Day 9: Santa Cruz walking tour and Guaitil pottery workshop

Included meals: breakfast, lunch

Today you'll venture inland to explore the cultural heart of Guanacaste. Your first stop is Santa Cruz, a town famous for its festivals, rodeos, and traditional marimba music. After a walking tour through the town's central plaza and colorful streets, you'll continue to the nearby village of Guaitil, where nearly every resident is devoted to crafting traditional Chorotega-style pottery. During a hands-on workshop, you'll learn the ancient techniques that have been passed down through generations, from shaping the clay to applying natural pigments. Afterwards, browse the local market for handmade pieces to bring home before enjoying a traditional Costa Rican lunch in Santa Cruz.

Day 10: Optional surfing lesson and free time in Liberia

Included meals: breakfast

Breathe in. Aaaaand breathe out. You get to pick the pace today. It's a choose your own adventure day—whether you're hitting the waves on the Guanacaste coast with an optional surfing lesson or kicking back at your hotel to relax.

+ Surfing lesson on the Guanacaste Coast

Flight home

Day 11: Fly home

Included meals: breakfast (excluding early morning departures)

Your extended Costa Rican adventure has come to an end. After exploring everything from rainforests and volcanoes to local traditions and coastal culture, it's time to head home. Transfer 15 minutes to the Liberia airport to catch your international flight.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: <https://www.efadventures.com/MCOD> | (617) 619-1825

Day 4: Arenal hot springs & dinner

From \$129.00 . Visit the link above for pricing info. (5 hours, departs in the afternoon, includes dinner)

The afternoon is yours to soak in the natural luxury of Costa Rica's geothermal hot springs. Fed by volcanic activity deep beneath the Arenal Volcano, these thermal pools range from warm to steaming hot, each surrounded by lush tropical gardens. Spend a few hours moving between pools of varying temperatures, letting the mineral-rich waters work their magic on tired muscles after days of adventure. As the sun sets and the air cools, the contrast between the hot water and evening breeze creates the perfect end to an active day. Afterward, enjoy dinner with your group before heading back to your hotel.

Day 6: Rio Blanco ziplining tour

From \$159.00 . Visit the link above for pricing info. (2 hours, departs in the afternoon)

Start with a short walk from your hotel to the first zip line. From here, you'll gear up and fly from platform to platform across 7 zip lines, then walk along a hanging bridge and swing on two Tarzan swings. If you're looking to experience the Rio Blanco area from a different perspective, this is your chance.

Extension excursion options

Day 10: Surfing lesson on the Guanacaste Coast

From \$95.00 . Visit the link above for pricing info. (2 hours, departs in the afternoon)

Grab a board and hit the waves in one of Costa Rica's premier surfing destinations. Whether you're a beginner or an experienced surfer, your instructors will help you catch the perfect wave at Guanacaste Coast's stunning white sandy beach. With the bay largely protected by an outer reef, the waves are ideal for all levels. This experience includes all necessary equipment and step-by-step instruction tailored to your skills.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. EF Adventures accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at <https://www.efadventures.com/about/terms/booking-conditions>.