

BEST OF COSTA RICA

Highlights of the Pacific coast in 14 days

Humpback whales - Turtle egg-laying - Bull sharks

Be one of the first - this tour is new and unique! It has been planned based on years of experience and is timed to coincide with the annual migrations of the animals. Experience the natural wonders of Costa Rica's Pacific coast and exciting adventures in the interior with us, exclusively in small groups (max. 12 people).

Dive on the Pacific coast both in the south of the country, as well as in the north off the Nicoya Peninsula. You will be amazed by the breathtaking diversity of Costa Rica!

We start at the beautiful Paradise Lodge (Austrian owned), from where various excursions (diving, waterfalls, beaches, boat tours, whale watching, rafting) will be carried out during the first 3 days. Then we gradually head north: 2 days in Manuel Antonio National Park, quad biking, ziplining, 2 days in Ostional (mass nesting of turtles), 4 days in Playas del Coco (diving - bull sharks).



Travel Date: **11th of September – 25th of September 2025**



The tour itinerary in detail:

September 11th, 2025, Arrival, Transfer:

The long-haul flight from Europe lands in the afternoon at San Jose International Airport. Right at the exit, the driver will be waiting for you and will accompany you to the vehicle that will take you to your accommodation for the next few days, the Paradise Lodge Costa Rica, in about 3 hours.

Once there, water, soft drinks, cold beer, and small snacks await you in the refrigerator. You'll settle into your room and probably soon fall into the comfortable bed.

The Paradise Lodge pool villa has 6 rooms (2 x Superior, 3 x Standard double rooms, 1 x single room), each with a private bathroom/WC. There is a huge, central living, cooking, and dining area, as well as a covered terrace by the pool and a large wooden deck with sun loungers. Breakfast is prepared and served by a staff member in the kitchen. There are supermarkets and restaurants nearby, and dinner can also be ordered and delivered there. There is also a gas grill available, we would be happy to organize a barbecue evening together! The Paradise Lodge also has 4 new apartments that can be booked additionally.



September 12th, 2025, Relaxing at Playa Linda, Dominical:

Leisurely breakfast at the lodge, followed by approx. 25 min. transfer to Playa Linda, chill, swim and surf on the kilometer-long palm beach. In the afternoon visit to Dominical, beach promenade, boutiques, supermarkets, cafes, bars....then return to the accommodation. Now would be the perfect time for a relaxing massage. After prior reservation and for an additional charge, the therapists come to us on the terrace.

The evening is at your free disposal.



13.9.2025, Diving Isla del Cano:

After a light breakfast, we set off very early today, departing around 6:30 am for Uvita, with a transfer time of approximately 40 minutes. We'll be expected at the dive center, where coffee, fruit, and cake will be waiting for us. We'll take care of formalities, rent equipment if necessary, and have a briefing. Then, a short walk to Marino Ballena National Park, from where our boat departs. We'll sail for about an hour to "Isla de Cano," often accompanied by dolphins and, especially at this time of year, almost certainly by humpback whales.

We'll do 2 dives, where we're likely to see whitetip reef sharks, turtles, rays, and various schools of fish.

Between dives, there's an opportunity to explore the island. A short hiking trail leads to a viewpoint where you can look out for whales.

Snacks and drinks are available on the boat. Return to the dive center around 3 pm. The afternoon/evening is free, with a return transfer either directly after diving or after dinner.

14.9.2025, Rafting:

Today, in the truest sense of the word, no eye will remain dry! We drive about 1 hour to the starting point of the next adventure:

About 11 km before the mouth of the Rio Savegre, we start with our raft, heading downstream over rapids through the jungle. We take a break at an incredibly beautiful waterfall, where we'll also have a snack.

The entire tour is accompanied by a photographer in a kayak, the spectacular pictures are included in the price and will surely be a beautiful reminder of this exciting tour. In the evening we drive back to the Paradise Lodge.



15.9.2025, Waterfalls:

After breakfast, you'll be taken to the famous Nauyaca Waterfalls, located not far from our lodge.

The transfer directly to the waterfalls by truck is included, for an additional fee you can also ride there on horseback.

At the waterfalls you can swim, climb, and jump from the cliffs - or simply enjoy the unique, spectacular view.



16.9.2025, Sailing with Brisa Elegante:

Today we drive to Quepos to the Marina Pez Vela, transfer time about 1 hour.

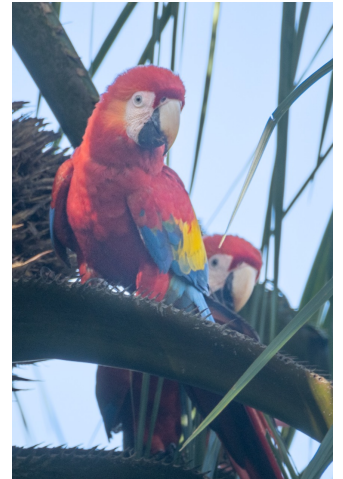
In the marina, we take a walk, there is an Italian ice cream shop, shops, and restaurants.

At 10 o'clock we board the elegant, 33-meter long wooden sailing ship "Brisa Elegante." We take a sailing trip into the waters off Manuel Antonio National Park, anchor there to swim, snorkel, or take a kayak tour. Since we are in the middle of whale season, there is a very good chance of seeing these gentle giants during our tour!

Before the slow return to the marina, an excellent lunch is served on board. In the afternoon we continue to Manuel Antonio, where we check into a beautiful hotel for the next two nights. The evening in Manuel Antonio is free, there is a wide selection of restaurants and bars.

17.9.2025, Manuel Antonio National Park:

We start early, heading to Costa Rica's most famous national park, Manuel Antonio. A knowledgeable guide, equipped with a telescope, will show us even the most hidden animals of the jungle. To conclude, we'll visit the beautiful beaches in the national park, where we can swim and sunbathe. Afterward, we'll head back to the hotel, and the evening is yours to enjoy as you please.



18.9.2025, Quad tour, Zip-lining:

After breakfast, we drive to the Adventure Park "Vista los Suenos," where we have reserved the combo tour "Quad and Zip-lining." First, we'll be taken by tractor to the mountaintop, from where we'll zip down through the rainforest on a total of 10 cables.

Then, it's about 2 hours on a quad bike through the jungle on muddy paths, crossing rivers and enjoying spectacular viewpoints. Along the way, there will be fruits and water. Closed shoes, a towel, sunscreen, insect repellent, swimwear, and a change of clothes should be brought along. Showers are available! In the afternoon, we continue to Ostional, where we check into our reserved, spacious bungalows at the boutique hotel "Luna Azul" for the next two nights.





19.9.2025, Turtles in Ostional:

If the turtles follow the lunar calendar as usual, now is the perfect time to experience the so-called "Arribada." Tens of thousands of female Olive Ridley sea turtles come to the beach at the same time to lay their eggs. With a guide, we can experience this natural wonder up close.

The first tour takes place at sunrise, the second at sunset. So the daily schedule is: Get up early - turtle tour - breakfast at the hotel - relax - turtle tour - dinner, then maybe a cocktail bar to finish off the day...

There are very beautiful beaches in the area, but you can also go out by boat between the tours to see the turtles in the water - with luck during mating.

In the area, there are some restaurants; the one in the hotel itself is definitely worth a visit, they have the best steaks in Costa Rica.



20.9.2025, Turtles and Transfer to Playas del Coco:

At sunrise, there is still the opportunity to take one last turtle tour. Then we have breakfast at the hotel, check out and continue to Playas del Coco.

Along the way, we stop at the beautiful beaches of Playa Brasilito and Playa Potrero.

We have enough time to swim and enjoy a cool drink and a snack at a restaurant. In the evening we check into our hotel in Playas del Coco for the next 4 nights.

***** **Important Note HINWEIS** *****

The itinerary has been carefully planned based on years of experience. Due to weather & environmental conditions, changes in the behavioral patterns of animals, or changes in local conditions, it may be necessary to change the itinerary at short notice. It is also possible that we will not see any turtles, whales, or sharks. All of this does not constitute a reason for cancellation or reduction in price. Of course, we guarantee our utmost effort to ensure a perfect and safe vacation for our guests.

21.9.2025, Diving in Playas del Coco:

After breakfast at the hotel, we will be expected at the dive center. As soon as check-in is complete, we head out into the Gulf of Papagayo. We do 2 dives, in between there are drinks and snacks on board. At the diverse dive sites, eagle rays, mobula rays, moray eels, reef sharks, and turtles are regularly encountered.

The afternoon and evening are at your free disposal. In Playas del Coco, there are plenty of restaurants, bars, shops, and massage studios.

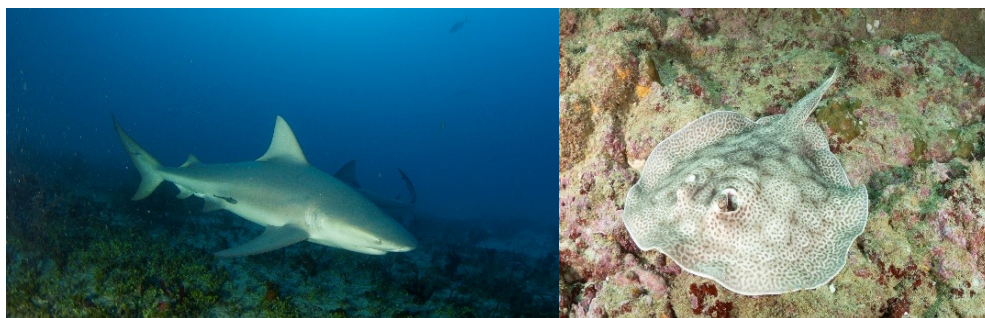


22.9.2025, Diving with Bull Sharks:

A "highlight" for experienced divers: Today we're heading to one of the legendary offshore reefs near Playas del Coco, the Bat Islands. Between May and November, several impressive bull sharks usually gather at the dive site "The big scare," and diving with them is the clear goal of the day. In the blue water, you should also keep an eye out for Pacific manta rays, which occasionally pass by here. We even have 3 dives planned for today. The journey to the dive sites takes about 1 hour, and of course, there are drinks and snacks on board.

23.9.2025, Last dives:

This morning we will do 2 more shallow dives in the Golfo de Papagayo, back at the dive center it's unfortunately time to check out and say goodbye. The afternoon and evening are again at your free disposal.



24.9.2025, Return trip:

After breakfast at the hotel you have enough time to pack your bags. Our shared transfer to the airport San José starts around noon, travel time is about 4 hours.



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Länderinfo Costa Rica

General:

Costa Rica is one of the safest countries in Central and Latin America and is also called the "Switzerland of Central America". This is not only because of the mountainous landscape but also because of the relative prosperity. In 1948 the military was abolished and since then investments have been made in education and health care. This demonstrably gives the population a high level of life satisfaction: Costa Rica has already been at the top of the world's Happy Planet Index three times. This HPI is an alternative progress indicator to GDP and is determined, among other things, by the life expectancy and life satisfaction of the inhabitants of a country.

On the Nicoya Peninsula in the northwest of Costa Rica, there is also one of five "Blue Zones" worldwide, these are regions in which people live much longer than average.

Costa Rica has approx. 5.2 million inhabitants on an area of approx. 51,000 km². The country has approx. 210 km of Caribbean coast in the east and 1,020 km of Pacific coast in the west, it borders Nicaragua in the north and Panama in the south.

Approx. 27% of the country is now under nature protection, in the national parks you will find the greatest biodiversity on earth!

The national language is Spanish, English is also spoken in the tourist areas.

Arrival and entry:

Direct flights from Frankfurt, Zurich, Paris, Amsterdam, Paris, Madrid, London. Flight duration approx. 10 hours.

Austrian, German and Swiss citizens can enter visa-free with a passport that is still valid for 6 months and stay in the country for up to 90 days.

Time difference:

CET -8 hours (summer time) or -7 hours (winter time)

Currency:

The official currency is the Colón, but US dollars are also accepted everywhere. Both currencies can be withdrawn from ATMs. US dollars in cash and a credit card (for car rental!) should be taken with you.

Reachability:

The mobile network is very well developed in Costa Rica. Prepaid SIM cards, also with data plans, are available in every supermarket.

Electricity:

The mains voltage is generally 110 volts, adapters (as for the USA) should be brought along.

Safety and health:

Crime is no worse than anywhere else in the world, there is almost no physical violence. However, valuables should not be left in parked cars or backpacks unattended on the beach.

The health system is quite well developed and enables rapid help in emergency situations (Tel. 911).

Vaccinations:

Vaccinations are not mandatory for Costa Rica, but Hepatitis A and Typhoid are recommended. There is a low risk of Malaria and Dengue fever, the best protection is with anti-mosquito repellent, mosquito nets, and long clothing.



Länderinfo Costa Rica

Best time to travel:

Generally, the time of the European winter, from December to March, is considered the best time to travel to Costa Rica.

However, this statement is only partially true, because there are different dry and rainy seasons in the different regions and Costa Rica is worth a trip even in the "off-season". For example, the larger of the two annual humpback whale migrations takes place in August and September. The largest number of turtles during an Arribada is usually seen in October and November. Those who avoid the high season will of course also encounter fewer tourists, and the prices are often significantly cheaper. A rain jacket should not be missing from your luggage at any time!

Overview of the best travel times by region

Central Valley

Around the capital San José, the rainy season lasts from May to November. During this time it mostly rains in the afternoon, sometimes very heavily, October is the month with the most rainfall. However, the mornings are mostly sunny all year round and perfect for excursions, e.g. to the Poas volcano.

North

The region around the Arenal volcano and La Fortuna is a rather humid zone all year round, rain showers must always be expected.

Caribbean

It also rains relatively a lot on the Caribbean coast all year round. It is usually driest in September and October, with the most rainfall in July, December and January. Due to the high rainfall, the vegetation in this region is particularly lush and attractive.

Northern Pacific, Nicoya Peninsula

Here are the driest areas of Costa Rica. From December to April it is almost always sunny, but the vegetation is often literally parched and brown at this time, some trees lose their leaves. In January there is often strong to stormy wind. September is a good time to observe the turtle Arribada and to dive with the bull sharks, mostly sunny in the morning and occasional rain in the afternoon.

Central and South Pacific

This region is significantly more humid than the northern Pacific, but the vegetation is also more lush and green. December to April are the driest months, when the sea is also calmest and the visibility underwater is best. The smaller of Costa Rica's two humpback whale migrations also falls exactly in these months. Another advantage of the dry season: there are almost no mosquitoes! In March/April, Pacific manta rays also often come to the reefs around Isla del Cano.

The most humpback whales can be seen from August to October, in these months the animals come from the southern hemisphere to mate and give birth to their young in the warm waters off the Pacific coast. Costa Rica has the longest whale watching season in the world with a total of 8 months!

