



Sloth Tour Itinerary

This itinerary could change based on any add-on experiences you add to your tour.

Day 1

Arrive in San Jose International airport, and pick up your rent-a-car/take a private shuttle directly to your accommodation in Manuel Antonio. Spend your afternoon and evening settling in, relaxing by the pool, strolling around the town, and enjoying the epic sunset views on the beach.

Day 2

Spend the day out on Manuel Antonio beach, taking in the wonderful atmosphere and enjoy some water activities like surfing, banana boating, or parasailing. End your day on an idealistic sunset catamaran tour.

Day 3

Take a hike into the incredible Manuel Antonio National Park, led by a certified naturalist guide that will familiarize you with all of the flora and fauna that the park has to offer.

Day 4

Head into the mountain on a trip to some of the breathtaking waterfalls the area has to offer, and experience more of the amazing jungle and its wildlife. Take it easy in the afternoon and soak up some of that Costa Rican sun!

Day 5

Depending on your energy levels, you may want to take a half-day hike through some of the trails and secret smaller beaches in the surrounding area led by a local guide. You may even want to do some scuba diving or snorkeling in this marine haven! Feeling lazy? There's always a hammock and a book waiting for you around every corner...

Day 6

You have come to the end of the Manuel Antonio phase of the trip, so time to pack up and take a shuttle to the Central Valley where you will get settled into your peaceful accommodation by the river and can finish the day in a wood-heated hot tub.

Day 7

Head to the local market to see all of the incredible local and organic produce that this region has to offer. Try some exotic fruits and locally grown coffee! The afternoon would then be perfect for a massage or afternoon yoga session.

Day 8

Take a hike around the beautiful Cloudbridge Nature Reserve. This self-guided trail takes you through some breathtaking scenery and powerful waterfalls, and a beautiful garden to finish off.

Day 9

The valley is full of incredible birdwatching spots, so this is the perfect opportunity to take your camera and binoculars and try to spot some of Costa Rica's more spectacular birds. Take a guided tour to find some quetzals, and maybe stop by one of the coffee farms on the way back to see how coffee beans are produced!

Day 10

After another phenomenal breakfast in the mountain, you will say goodbye to your river refuge and head back to San Jose for the last bit of rest and relaxation. Head out to one of the recommended San Jose restaurants, and explore some of the nightlife that San Jose has to offer.

Day 11

Fly home, until next time!