

**8D7N Wellness Costa Rica (CRSSW)**

**Price per person  
from  
MYR 8396**



## **Tour Description**

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

## **Tour Itinerary**

## **Day 1 :- Arrive San Jose**

Arrive at any time and meet your included transfer to the hotel. Meet the group and CEO for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

## **Day 2 :- San José – La Fortuna**

Drive to Sarapiquí to visit the G Adventures-supported Mi Cafecito Community Coffee Plantation. Learn about the impact this project has had on the community and sample some of the products they sell. Continue on to La Fortuna, an outdoor paradise and the adventure capital of Costa Rica. Join the group for the first included yoga session on the hotel grounds overlooking Arenal Volcano.

Breakfast Lunch

## **Day 3 :- La Fortuna**

Visit nearby Lake Arenal this morning for a stand-up paddleboard (SUP) class. Enjoy free time in the afternoon to take part in optional activities around La Fortuna – opt to go canyoning, hiking, or use the time for rest and meditation. In the evening, visit nearby hot springs for a relaxing soak in the thermal waters.

Breakfast Dinner

## **Day 4 :- La Fortuna - Rincón de la Vieja Volcano National Park**

Travel to the Guanacaste province and head to Rincón de la Vieja National Park. Join an afternoon yoga session on the way to the eco-lodge before free time to relax or explore the great outdoors.

Breakfast Dinner

## **Day 5 :- Rincón de la Vieja Volcano National Park**

Enjoy a day of exploring Rincón de la Vieja National Park. Start by taking a short hike to one of the volcanic mud pools in the area. After a rejuvenating exfoliation with the volcanic mud, rinse off at nearby thermal pools. This afternoon is free to explore the park, or spend time enjoying the lodge.

Breakfast Lunch Dinner

## **Day 6 :- Rincón de la Vieja Volcano National Park – Playa Carrillo**

Travel to Playa Carrillo on the Nicoya Peninsula, a laidback beach town on the Pacific Coast. Take part in a sunset yoga class near Playa Carrillo to really relax and tap into the laid-back vibes on the Nicoya Peninsula.

Breakfast

## **Day 7 :- Playa Carrillo - San Jose**

Head to the beach to learn how to hang 10 at an included surf lesson. Take the rest of the day to do beach activities, meditation, or reflect on the journey of the past week. In the evening, take part in a sunset yoga class and enjoy the ocean breeze.

Breakfast

## **Day 8 :- Playa Carrillo- Depart San José**

Bid farewell to the coast and travel back to San José. Trip ends on arrival at San José Airport.

Breakfast

## Tour Prices

Travel Period	Twin	-	-	-	-
April 2026: 11	RM 9,596				
May 2026: 16, 30	RM 8,396				
June 2026: 27	RM 8,396				
August 2026: 1	RM 9,596				
September 2026: 19	RM 8,396				
October 2026: 24	RM 8,396				
November 2026: 14	RM 8,396				
December 2026: 12	RM 8,996				
December 2026: 26	RM 9,596				

## What's included

**Destination** [Costa Rica](#)

**Departure Location** San Jose

**Return Location** San Jose

### Price includes

- 7 nights accommodation
- Arrival transfer
- All transport between destinations and to/from included activities.
- Meals as per itinerary

### Price does not include

- International air ticket
- Tipping
- Personal expenses
- Travel insurance
- Others not mentioned

## Additional Information

### Physical Rating: 2

Light walking and hiking suitable for most fitness levels. Nothing too challenging.