

8D7N Wellness Costa Rica (CRSSW)

**Price per person
from
MYR 9800**



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.

Day 3 :- La Fortuna

Visit nearby Lake Arenal this morning for a stand-up paddleboard (SUP) yoga 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.

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. Home to two volcanoes, Rincón de la Vieja is the epitome of Costa Rica: lush jungle, extensive flora and fauna, bubbling mud pools next to volcanic thermal waters.

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.

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 overlooking the picture-perfect crescent bay of Playa Carrillo.

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.

Day 8 :- Depart San José

Bid farewell to the coast and travel back to San José. Trip ends on arrival at San José Airport for your return flight home.

Tour Prices

Travel Period	Twin	-	-	-
January 2024: 6	RM10530	RM10530		
February 2024: 3	RM10530	RM10530		
March 2024: 2, 30	RM10530	RM10530		
April 2024: 13	RM10530	RM10530		
April 2024: 27	RM9800	RM9800		
May 2024: 11, 25	RM9800	RM9800		
June 2024: 29	RM9800	RM9800		
July 2024: 6, 20	RM9800	RM9800		
August 2024: 3	RM9800	RM9800		
September 2024: 21	RM9800	RM9800		
October 2024: 19	RM9800	RM9800		
November 2024: 9, 23	RM10530	RM10530		
December 2024: 7, 14, 21, 28	RM10530	RM10530		

What's included

Destination
Departure Location

[Costa Rica](#)
San Jose

Return Location

San Jose

Price includes

- 7 nights accommodation
- ~ 7 breakfasts
- 2 lunches and 3 dinners
- Private van
- walking
- All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO)
- All transport between destinations to/from have been included in the activities

Price does not include

- Tipping
- Personal expenses
- Travel insurance
- Others not mentioned