



GREEN PLANET
EXPEDITIONS

Costa Rica

Untamed Costa Rica: Family-Friendly Eco Adventure in the World's Most Biodiverse Paradise

San Jose- Corcovado - Puerto Jimenez, Lapa Rios Reserve

BEST SEASON

All year

PRICE

From US \$4,150 pp including
local flights

HOW LONG

8 Days / 7 Nights



ITINERARY OVERVIEW

Discover the ultimate Family-Friendly Costa Rica Eco Adventure with this exclusive 7-night journey through one of the most biodiverse corners of the planet. Start your trip in vibrant San José, then explore the wild beauty of Corcovado National Park, snorkel in the crystal-clear waters of Caño Island, and relax at award-winning eco-lodges like Copa de Árbol and Lapa Rios. This is not just a vacation—it's an immersive family experience designed to inspire and reconnect with nature.

Quick Summary

B: Breakfast L: Lunch D: Dinner OV: Overnight

Day & Location	Transportation, Highlights and Accommodations	Meals
Day 1 San Jose	Arrival Trasfer. Free day in San Jose city. OV: Costa Rica Marriott Hotel Hacienda Belen	
Day 2 Corcovado	Flight from San Jose to Drake Bay. Boat transfer. OV: Copa de Árbol or Similar	BLD
Day 3 Corcovado	Caño Island OV: Copa de Árbol or Similar	BLD
Day 4 Corcovado	Corcovado National Park OV: Copa de Árbol or Similar	BLD
Day 5 Puerto Jimenez	Land transfer from Drake Bay to Puerto Jimenez. OV: Lapa Rios	BLD
Day 6 Puerto Jimenez	Guided activities at Lapa Rios OV: Lapa Rios	BLD
Day 7 Puerto Jimenez	Guided activities at Lapa Rios OV: Lapa Rios	BLD
Day 8 Departure	Transfer to Puerto Jimenez airstrip for a local flight back to San Jose (included), connect with your International flight (not included)	B

ITINERARY IN DETAIL



Day 1 | Welcome to San José

Your Family-Friendly Costa Rica Eco Adventure begins upon arrival at Juan Santamaría International Airport. A Green Planet Expeditions representative will greet you and transfer you to the elegant Costa Rica Marriott Hotel Hacienda Belén. Spend the afternoon exploring the city or relaxing by the hotel pool.



Day 2 | Journey to Corcovado

Begin your unforgettable adventure with an early breakfast at Costa Rica Marriott Hotel Hacienda Belén. A dedicated GPE driver will pick you up and take you to the domestic flight terminal at Juan Santamaría International Airport. From there, board a scenic flight to Drake Bay, the gateway to the pristine Corcovado National Park. Enjoy breathtaking aerial views of Costa Rica's diverse landscapes, from lush rainforests to

expansive coastlines.

Upon arrival in Drake Bay, your journey continues with a picturesque boat ride through serene waters to Copa de Árbol Beach & Rainforest Resort. Nestled between the rainforest and beach, this luxurious eco-lodge offers breathtaking views of the Pacific Ocean and surrounding tropical landscape. As you glide across the emerald waters, keep an eye out for dolphins and marine birds that often accompany the boat.

At Copa de Árbol, you'll be welcomed with a refreshing drink before settling into your luxurious accommodations. The resort's exclusive location provides a tranquil retreat surrounded by nature. After checking in, enjoy a delicious lunch prepared with fresh, local ingredients, showcasing the vibrant flavors of Costa Rican cuisine.

Spend the afternoon unwinding or exploring the resort's amenities, including private beaches, scenic hiking trails, and the inviting natural swimming pool. In the evening, savor a gourmet dinner crafted by the resort's skilled chefs, offering a fusion of local and international dishes. Your Costa Rican eco-adventure is off to an extraordinary start, with unparalleled comfort and adventure at every turn. Overnight at Copa de Árbol Beach & Rainforest Resort or similar.



Day 3 | Snorkeling at Caño Island

Wake up to the gentle rhythm of the rainforest and ocean at Copa de Árbol Beach & Rainforest Resort. After breakfast, set off on a private boat to Caño Island Biological Reserve, one of the most biodiverse spots along Costa Rica's Pacific coast.

Along the way, your guide shares insights into the rich ecosystems surrounding the island. Upon arrival, explore lush forests, pristine beaches, and vibrant coral reefs teeming with tropical fish, sea turtles, and rays. You'll also discover ancient pre-Columbian stone spheres and learn about their cultural significance. Enjoy a picnic lunch on the beach, followed by time to swim or simply relax in this tropical paradise.

In the afternoon, return to Copa de Árbol Beach & Rainforest Resort for some well-deserved downtime. Lounge by the natural swimming pool, stroll along the secluded beach, or unwind on your private terrace with views of the rainforest and ocean. As evening falls, indulge in a

gourmet dinner featuring a blend of Costa Rican and international flavors, expertly crafted by the resort's chefs. Your day ends with another peaceful overnight at Copa de Árbol Beach & Rainforest Resort—or a similar eco-luxury property—where the sounds of the rainforest lull you to sleep and the memories of the day stay with you forever.



Day 4 | Immersed in the Wonders of Corcovado National Park

Awaken to the soothing sounds of the rainforest and the golden light of morning streaming through the canopy. After a wholesome breakfast at Copa de Árbol Beach & Rainforest Resort, prepare for an awe-inspiring journey into Corcovado National Park, one of the most biologically diverse places on Earth.

Spanning nearly 165,000 acres of protected tropical rainforest on Costa Rica's Osa Peninsula, Corcovado is a haven for nature lovers and wildlife enthusiasts. This guided expedition begins with a scenic boat transfer from the resort to one of the park's official entrances, where your expert naturalist guide awaits.

As you hike through dense jungle trails, mangrove swamps, secluded beaches, and freshwater streams, your guide will interpret the region's extraordinary ecosystems. Keep your eyes open for rare wildlife, including jaguars, Baird's tapirs, scarlet macaws, and playful troops of monkeys. You may even spot the elusive harpy eagle, or an ocelot hidden among the foliage. Along the way, learn about Corcovado's rich biodiversity, its towering trees, medicinal plants, and the conservation efforts that help protect this vital rainforest habitat. A stop at a pristine beach within the park offers a chance to rest and enjoy a delicious picnic lunch, prepared with local ingredients.

In the afternoon, your adventure continues along less-traveled paths that reveal Corcovado's hidden gems—tranquil waterfalls, lush forest clearings, and peaceful riverbanks alive with the sounds of the jungle.

Return to Copa de Árbol Beach & Rainforest Resort by boat, just in time to enjoy a gourmet dinner crafted from fresh, regional produce. Reflect on the day's discoveries as the sun sets over the rainforest. Overnight at Copa de Árbol Beach & Rainforest Resort or similar.



Day 5 | From Drake Bay to Puerto Jiménez – The Journey to Lapa Rios Lodge

Start your day with a delicious breakfast at Copa de Árbol Beach & Rainforest Resort, surrounded by the peaceful rhythm of the rainforest. After check-out, the friendly staff will assist with your departure as you head toward your next destination: Lapa Rios Lodge.

Your journey begins with a scenic 2.5-hour land transfer to Puerto Jiménez, traveling through the remote beauty of the Osa Peninsula. Along the way, keep an eye out for colorful scarlet macaws, toucans, and curious monkeys that thrive in this lush, untouched region. The route offers a captivating look at Costa Rica's wild southern frontier, with jungle-lined roads and glimpses of coastal life.

In Puerto Jiménez, a Lapa Rios representative will greet you and escort you in a private 4WD vehicle deep into one of the most pristine rainforests on Earth. As you arrive at the lodge, perched above the meeting point of the jungle and the sea, you'll understand why this area is considered one of the most biologically intense places on the planet.

Your luggage will be delivered to your room while you enjoy fresh, locally inspired lunch—think fish tacos, ceviche, gazpacho, and vibrant salads. Spend your afternoon relaxing in your private villa or by the pool, surrounded by breathtaking wildlife.

Later, meet with your naturalist guide to review upcoming adventures or ease into the evening with a night walk through the forest in search of nocturnal wildlife. Overnight at Lapa Rios



Day 6 & 7 | Immersed in the Rainforest at Lapa Rios Lodge

Nestled within a 1,000-acre private rainforest reserve, Lapa Rios Lodge offers two full days to deeply connect with Costa Rica's astonishing biodiversity. This reserve is part of a vital wildlife corridor linking the Osa Peninsula's national parks and protected areas, making it a sanctuary for rare and endangered species.

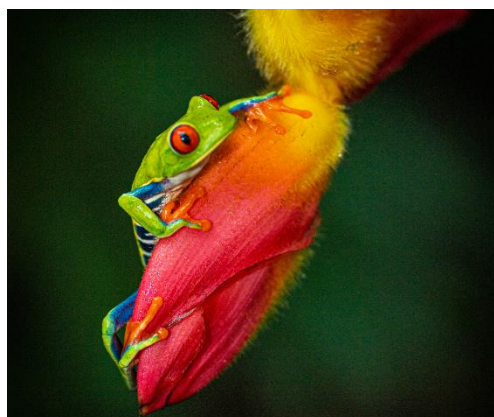
With your private naturalist guide, you'll explore the wonders of the Pacific coastal rainforest and the nearby Golfo Dulce, one of only four tropical fjords in the world. This marine paradise is home to sea turtles, dolphins, and seasonal humpback whales.

Each day, you'll choose from a curated selection of eight guided experiences, tailored to your interests. Trek through dense palm forests on the Osa Trail, splash through canyons on the Wild Waterfalls Hike, or learn about the rainforest's healing plants on a medicinal plant walk.

You might even visit the local Carbonera School, where you can meet students and join them in a friendly soccer match.

Below the lodge, surfers will find three world-class point breaks along secluded beaches—ideal for all levels. In addition to the included lodge experiences, you can also opt for private excursions at an additional cost. These include mangrove kayaking, bioluminescent paddling, horseback riding, boat safaris in the Golfo Dulce, and more, all operated by trusted local partners.

Unwind in the evenings surrounded by the sounds of the jungle, with gourmet dining and serene views. Overnight at Lapa Rios Lodge.



Day 8 | Return to San José and International Departure

Your final morning in the Osa Peninsula begins with a transfer from Lapa Rios Lodge to Puerto Jiménez Airport, where you'll board a domestic flight back to San José. Upon arrival, a dedicated Green Planet Expeditions (GPE) representative will be waiting to assist with your connection to Juan Santamaría International Airport, ensuring a smooth and stress-free departure process.

Please plan to arrive at the airport at least three hours before your international flight to allow time for check-in, security, and immigration procedures. Safe travels and thank you for exploring Costa Rica with Green Planet Expeditions!

Important note: To ensure a seamless travel experience, your international departure should be scheduled no earlier than 11:00 a.m. on this day. If your flight departs earlier, we highly recommend spending an additional night in San José and departing the following day. This will allow for a more relaxed and worry-free end to your Costa Rican journey.

Pricing

2025	Per Adult Sharing double occupancy	Per Children (3 to 12)
Price based on 4 travelers	\$4,150	\$4,000

This is a preliminary costing; hotels may vary according to availability at time of booking.

Included

- All guided tours and excursions mentioned
- Land Airport-hotel transfers
- Local flights

- Boat transfers
- Land transfers
- Meals as indicated [B-Breakfast, L-Lunch, D-Dinner]
- All entrance fees to the sites mentioned in the above itinerary
- Hotel accommodation as mentioned in the itinerary
- Permanent assistance during the trip
- Green Planet Expeditions travel consultation and pre-departure services

Not included

- International airfares
- Tips and gratuities
- Airport departure taxes
- Drinks, alcoholic beverages, and meals other than listed above.
- Personal expenses for extra services, optional activities, or changes in your itinerary for reasons beyond our control
- Mandatory Travel Insurance: To ensure a smooth travel experience, all participants are required to have a comprehensive travel insurance policy. This policy should include trip cancellation, medical services, and coverage for active adventures or evacuations. "Cancel For Any Reason" (CFAR) coverage is highly recommended to protect your investment in case of unforeseen circumstances.
- Any other items not mentioned above

ACCOMMODATIONS



Costa Rica Marriott Hotel Hacienda Belén

Nestled on a 12-hectare coffee plantation, the Costa Rica Marriott Hotel Hacienda Belén is a luxurious colonial-style resort that effortlessly combines historic charm with contemporary comfort. Located just 5 kilometers from Juan Santamaría International Airport, it offers the perfect blend of elegance, convenience, and Costa Rican authenticity. The hotel's spacious, tastefully appointed rooms feature plush bedding, flat-screen TVs, high-end toiletries, and select accommodations with serene views of the

pool or lush gardens—providing a restful haven after a day of travel or adventure.

Dining at Hacienda Belén is a culinary journey. Enjoy refined Peruvian-inspired cuisine at La Isabella, savor bold Latin American flavors at Antigua, or unwind with a cup of freshly brewed Costa Rican gourmet coffee at the on-site café. Whether you're starting or ending your journey in Costa Rica, the hotel's attentive service and tranquil setting make it an ideal choice for discerning travelers seeking both luxury and local character.



Hotel Copa de Arbol

Located on the remote and pristine Osa Peninsula, Copa de Arbol Beach & Rainforest Resort is an exclusive eco-luxury hideaway that offers a harmonious blend of adventure, comfort, and nature. Tucked between lush tropical rainforest and the turquoise waters of the Pacific Ocean, this secluded retreat invites you to disconnect and reconnect with the natural world. Guests stay in elegantly designed, open-air, treehouse-style bungalows, each offering sweeping ocean views

and immersed in the sounds of the jungle. Sustainability and serenity are at the heart of every detail, providing a truly immersive rainforest experience. Ideally situated near Corcovado National Park and Caño Island, the resort is a gateway to extraordinary experiences—from guided wildlife hikes through one of the most biodiverse ecosystems on Earth to snorkeling adventures in vibrant coral reefs teeming with marine life. At Copa de Arbol, every moment is crafted to inspire wonder and awaken the senses.



Lapa Rios

Lapa Rios Lodge, located in Puerto Jiménez on Costa Rica's Osa Peninsula, is a world-class eco-luxury resort nestled within a 1,000-acre private rainforest reserve. This breathtaking destination offers unparalleled views of the Pacific Ocean from every bungalow, immersing guests in the natural beauty of Costa Rica without compromising on comfort. Each morning at Lapa Rios begins with the sounds of scarlet macaws and monkeys, signaling

the start of another unforgettable day. Guests can explore the surrounding rainforest with expert naturalist guides who lead them through the vibrant ecosystems. After a day of adventure, unwind in your open-air bungalow, designed to seamlessly blend with the lush environment. At Lapa Rios, every experience is a true connection with nature, offering exclusive access to one of the world's most biodiverse regions. This sustainable lodge provides a luxurious and eco-friendly getaway, making it the ideal destination for those seeking to immerse themselves in Costa Rica's wild beauty.

Booking your Green Planet Expedition

How to reserve a trip

To secure your spot on a trip, you can conveniently book online using our [Reserve a Trip form](#) or by calling **1-800-430-9498**. Your reservation is confirmed upon receipt of the reservation form and the initial 50% trip deposit.

Please note that we are unable to hold space until the deposit is received. If the requested space is unavailable, we will promptly provide alternative options for your consideration (if an upgrade is necessary, higher rates may apply).

Pre departure service

Upon receipt of your deposit and completed reservation form, we will email you a comprehensive Predeparture Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions, and more. You will receive a final trip email including Final Reminders and local contact information in your destination 2-3 weeks before departure.

Terms and Conditions

Green Planet Expeditions has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels, and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary; however, it is possible that due to transportation schedule changes, weather, delays, and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included.

Caring for our planet is integral to our ethos. In alignment with our commitment to sustainability, a carbon emissions mitigation fee is incorporated into all our trips. This fee contributes to environmental initiatives that offset the carbon footprint associated with our journeys, ensuring a positive impact on the destinations we explore. Your safety and peace of mind during the journey is our top priorities. **The purchase of traveler's insurance is mandatory for all participants, and it must cover trip delays, trip cancellations, baggage, accident, or sickness. In some specific cases like Antarctica, it must cover evacuation.**

All information and services provided are subject to our [Terms and Conditions](#).

At Green Planet Expeditions, we craft strategically curated journeys that immerse travelers in the finest of nature, culture, and local traditions, always seeking out opportunities for exceptional dining experiences. Our expertise lies in tailor-made trips to destinations where we maintain close relationships with local partners, ensuring flawless execution with the assistance of passionate guides deeply connected to their heritage and committed to its preservation.

We believe that tourism, when harnessed thoughtfully, becomes a powerful catalyst for conservation and community upliftment in the destinations we visit.

As with any good recipe, our trips are infused with the following flavors:

- Positive impact on the areas you choose to visit, directly or indirectly.
- Amazing private local guides.
- Lovely small boutique hotels according to your budget.
- Good food, no matter how remote the destination is, we strive to offer good cuisine.
- Our trips frequently include surprises, which often turn out to be the highlight of the journey.

- When open to it, visits to less-known destinations, reserved for the daring few, and engages in intimate and meaningful encounters with locals—a cherished treasure highly valued by discerning travelers, as we have discovered through our years of experience in the industry.

Still haven't found what you're looking for?

We offer a wide range of amazing trips that may not all be listed on our website. Plus, we can custom-build pretty much whatever your heart desires, so let us know what we can do for you. If you have any questions about our expedition cruises, private trips, or just want to talk travel, give us a call at + 1 800- 430 9498 or contact us via email at travel@greenplanetexpeditions.com