



COSTA RICA



**MY 7 DAY DIY ITINERARY
FOR A GROUP OF ADULTS W/
TEENAGERS/YOUNG ADULT CHILDREN**

Day 1

- Fly Into Liberia Airport (Daniel Oduber Quirós International Airport)
- Rent 4x4 car/SUV from Adobe (super great company to work with)
- Drive to Playa Hermosa, Guanacaste (35-45 minutes depending on traffic)
- Check In to Airbnb (this was ours, but we were a group of 9. The view is unforgettable, but find one in Playa Hermosa/Playa Coco to suit your taste and budget)
- Grab lunch/dinner at local Coco Viquez for delicious typical Costa Rican fare (we ordered the buffet for \$11 US—rice, beans, chicken, beef, plantains, salads, vegetables—all fresh!)
- Stop at Super Luperón for groceries right in town. Small but carries all you could need.

***Notes: We chose Playa Hermosa in Guanacaste because the waters are calmer than other beaches and very beautiful, hence its name. Not much night life, but you can drive 10 minutes to Playa Coco for that!*



View from our airbnb

Day 2: Beach Day

- Enjoyed watching/listening to the birds while sipping coffee on patio
- Drove 5 minutes to Playa Hermosa beach—free street parking. Set up shop under trees for some shade. Water was calm. Howler monkeys paid a visit.
- Grabbed lunch at Coco Viquez again.
- Hung out at airbnb pool and got out of the hot sun for the early afternoon
- Drove Into Playas del Coco town for dinner (10 minutes). Gorgeous sunset, vibrant little town with more nightlife than Playa Hermoso. We had a delicious bbq dinner and watched March Madness at Buzzed Monkey.



Day 3: Fishing Day

- Made breakfast at our airbnb and headed to Playa Panama (5 minute drive w free parking) to meet Andy Cirillo, our captain for the morning (he's the best). Message him to set up a fishing excursion. We had so much fun, caught lots of jack and saw humpback whales!
- Stopped at Super Luperon grocery In Playa Hermosa to pick up steaks to go with our fish!
- Watched sunset and ate a delicious homemade surf and turf dinner.



Day 4: La Leona Waterfall Hike

- Got up early and packed up to leave for La Leona Waterfall Hike and continue on to La Fortuna after. *Go early to beat the crowds!*
- If you're traveling with young adults/teens, this is the perfect adventure for them: a bit challenging and tons of fun. I even did it with RA and I'm 57! You can read all about it here and get tickets for \$35-45 USD. Our guide Saul was kind, attentive and funny.
- There is a restaurant on site that serves typical Costa Rican food: beans, rice, chicken, salads, plantains—it's good, filling and \$10 USD.
- From here we drove to La Fortuna, a 3 hour drive—the second part of our trip.
- Checked into our airbnb In La Fortuna





Day 5: Coffee, Birds & Volcano Hike



- Slow morning to read, relax, drink Costa Rican coffee and listen to/watch parrots, toucans, tanagers and kiskadees from our deck. Howler monkeys could be heard in the valley (hint: pick up this bag of coffee at the store—the best)
- We grabbed sandwiches at La Fortuna Deli and headed to Mirador El Silencio to hike on lava flows of Arenal volcano. Challenging hike for me, but again—worth it. See more info here. (\$10 entry fee). Saw toucans and a coati!
- Stopped at Raúl Castaño lookout on way back for coffee drinks, souvenirs and beautiful view.
- Ordered brick-oven pizzas from Cafe Mediterráneo in La Fortuna—filling and delicious after the calorie-burning hike.



Day 6: Local Free Fun Day

- Our young adult sons wanted to try the local La Fortuna swimming hole and rope swing, El Salto: free parking, free entrance, free fun!
- We worked up quite the appetite after scrambling over rocks, swimming and jumping so we drove up the road (also walkable) to Tiquicia restaurant, for delicious Costa Rican lunch.



- After a rest, we enjoyed a relaxing afternoon at the natural hot springs in El Choyin river.
- Read more about both free activities here.



Day 7: Mountain Drive to San Jose

- Souvenir shopping In La Fortuna
- Late morning we left for San Jose In preparation for flying home the next day. We took the mountain route and stopped at La Paz Waterfall. This drive is **not** for the faint of heart.
- Check Into Alajuela City Hotel: basic but comfortable, close to airport and great service (we returned our rental car when we got in, took uber back to hotel)



Day 8: Fly Home

- The Alajuela City Hotel offered us a shuttle service for \$10 USD back to the airport (we had to leave before the free breakfast, but I hear It's good!)
- We got to San Jose airport In good time, no problems with customs/TSA. We're already want to go back! PURA VIDA!



Side Quests I wish we had time for that you might be able to squeeze In!

- I'd do one more day near Playa Hermosa to beach hop to more beautiful Guanacaste beaches: Flamingo, Conchal, Penca...
- I would have liked to do the night hike tour through Papa's Place to see all the beautiful tree frogs. They offer a sloth tour too!
- If we had an extra day In La Fortuna, I would have liked the chocolate and coffee tour at Don Juan Arenal



I'm SO glad I packed:

- my Keen Whisper sandals: quick dry, good traction & support, keep toes covered on hikes.
- CRZ YOGA tank tops: moisture wicking, lightweight, quick dry
- CRZ YOGA 5" Inseam shorts: for same reason I love the tanks
- This daypack: super lightweight and holds more than you think for its size.
- Coppertone Sport 50 4 In 1 (we went through both bottles and didn't get burned).
- Picardin insect lotion (no DEET, no bites!)
- Bonine anti-nausea tablets (non-drowsy, great for fishing trip and/or mountain drives- works like a charm)
- Pepto-Bismol tablets
- Clean People Laundry Detergent Sheets (so easy to pack, does a great job cleaning clothes
- Basic First Aid Kit



My favorite Costa Rica websites for planning:

- [My Tan Feet](#)
- [Two Weeks In Costa Rica](#)
- [Reddit: Costa Rica Travel](#)
- [Costa Rica Travel Facebook Page](#)

