

Day 1

Transfer San Jose International Airport to Hotel. Upon clearing immigration and customs, you will step outside to meet your driver. You will be transferred to your hotel. This is a 10-min drive.

Check in at Hotel Marriott Hacienda Belen. Make sure you leave your credit card for any incidentals. Welcome dinner – drinks not included. Upon arrival, please ask the front desk for information.

Day 2

7:00 AM Breakfast: included in rate. Available at main restaurant.

8:00 AM Site inspection of Marriott Hacienda Belen - You need to check out and ring your luggage so that bellboys can take care of the luggage while we tour around the property.

9:00 AM Private land transfer San Jose to Perez Zeledon - This is a 2.5-3 hr drive heading to the highlands of Costa Rica. It is a winding road, so we recommend taking a pill during breakfast for those suffering motion sickness.

12:00 PM Lunch at a local restaurant, and hike to Los Quetzales National Park - This restaurant is famous for its typical food. It is a buffet service.

6:00 PM Check-in at Hacienda Altagracia - Make sure you leave your credit card for any incidentals.

7:30 PM Dinner at Grano Restaurant – drinks not included.

Day 3

Breakfast: included in rate. Available at main restaurant.

8:00 AM – Trapiche Nery: Costa Rican Family Farm (we're not doing the "Tesoros Locales") - One of our best-loved experiences, a visit to Trapiche Nery is a must for all guests of AltaGracia. Don Nery and his wife Doña Yamileth will welcome you arms wide open into their home and farm, where you'll receive an immersive education on the local way of life, extracting sugarcane from their own trapiche and mastering the technique of homemade tortillas. Their farm boasts a diverse collection of livestock - from cows and goats to bunnies, chicken and geese - making for a fantastic destination for couples and families alike.

1:00 PM – Lunch, drinks not included. Free time to catch up with your clients or enjoy the hotel facilities. We strongly recommend making an appointment at their spa THE WELL.

3:00 PM – Site inspection of Hacienda Altagracia

5:00 PM – Sound Bathing (we're not doing the "the spirit of Guaro") - Stimulating our senses opens us up for greater connection between the outside world and our inner selves. In this journey, you'll bathe in the sounds and landscape of AltaGracia's forest through a balancing sound bath and group Reiki session in an outdoor Mindful Movement Ranchos. Expect to nourish, calm your mind and feel deeply bonded with the Costa Rica lands.

7:00 PM Dinner at Grano Restaurant – drinks not included.

Day 4

Early breakfast: included in rate. Available at Grano restaurant.

7:00 AM Private land transfer Perez Zeledon to Manuel Antonio -This is a 2-hr drive heading to the Central Pacific coast of Costa Rica.

9:00 AM Private guided hike at Manuel Antonio National Park - This national park is one of the most famous in our country due to its wide variety of flora and fauna. The park has 3 different trails that go from flat to very steep. On this tour a very knowledgeable nature guide will walk you through the Manuel Antonio National Park, explaining the mysteries of the rainforest. Throughout your hike your guide will stop and teach you about the park 's natural history, which include exhaustive descriptions of animals and plants that can be observed during the hike. Along the way, you can take pictures or just admire the view. One of the highlights of this tour is that Manuel Antonio hosts 3 of the 4 existing tropical primates (monkeys) living in Costa Rica. Halfway through the hike, you will enjoy a leisure stop at the worldwide famous Third Beach. Once there you can rest on the beach or play with the waves. Throughout the hike is common to see sloths, birds and reptiles as well as admire orchids, butterflies, and tropical trees. WHAT TO BRING: Comfortable clothes, binoculars, camera, insect repellent.

12:30 PM Lunch at a local restaurant – drinks not included.

2:00 PM Check-in and site inspection at Los Altos Resort - Make sure you leave your credit card for any incidentals.

DINNER ON OWN.

Day 5

Breakfast: included in rate. Available at main restaurant.

8:00 AM Catamaran and snorkeling tour - The rushing of wind and waves are frequently interrupted by the splash of dolphins playing in the wake as you sail through the blue Pacific waters. The Costa Rica Pacific coastline is one of the most beautiful in the world. The unique geology of the region insures a surprise around every island and shore. WHAT TO BRING: Comfortable clothes, swimsuit, sunscreen, towel, camera, hat.

LUNCH ON OWN.

2:30 PM Site inspection at Jungle Vista Hotel.

3:30 PM Guided nature walk at Los Altos Private Reserve. WHAT TO BRING: Comfortable clothes, binoculars, camera, insect repellent.

DINNER ON OWN.

Day 6

Early breakfast: included in rate. Available at main restaurant.

7:00 AM Private land transfer Manuel Antonio to Bajos del Toro - This is a 4-hr drive heading back to the Central Valley, but this time we're staying at the beautiful cloud forest. The second half of the ride has a winding section, so we recommend taking a pill during breakfast for those suffering motion sickness.

11:00 AM Arrival at Silencio Lodge

11:30 AM Three waterfalls guided hike - Enjoy a natural masterpiece! A staggering 400-foot drop opens upon a broad multicolored canyon where shades of red clay blend with green moss and dense vegetation. A winding trail takes you to the very bottom to enjoy exciting close - ups of the roaring mist. WHAT TO BRING: Closed-toed shoes, sunscreen, binoculars, camera, raincoat.

1:00 PM Lunch (pre-order will be taken before the hike)

2:00 PM Site Inspection followed by check-in. Make sure you leave your credit card for any incidentals.

4:00 PM Workshops - Half of the group goes to the coffee tasting workshop, and the other half takes the oxcart painting.

7:00 PM Farewell dinner – drinks not included.

Day 7

Breakfast: included in rate. Available at main restaurant.

Private ground transfer to San Jose International airport. This is a 1.5-hr drive. The first half of the ride has a winding section, so we recommend taking a pill during breakfast for those suffering motion sickness.