

# Costa Rica Coast to Coast Hiking

## Epic Trails from the Caribbean to the Pacific on the Camino de Costa Rica

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**

Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## Unrivalled Expertise

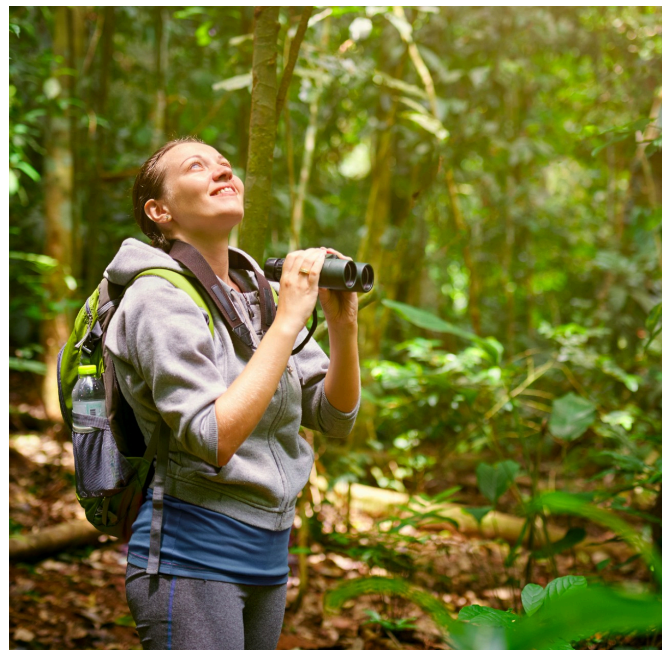
MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

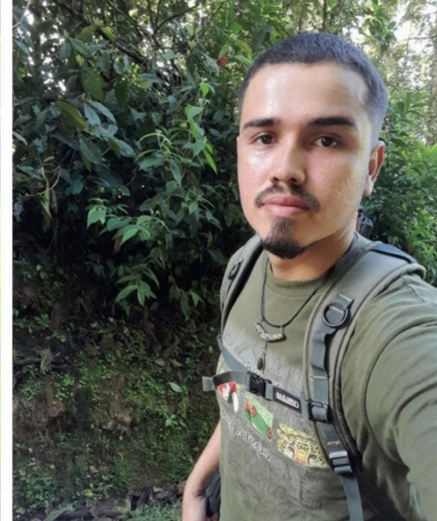
Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







# Leading the Way

## World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.







# Why take this trip with us?

## REASON 1

MT Sobek has been operating active adventures in Costa Rica since 1980, placing a strong emphasis on responsible travel practices that support local communities and protect the natural environment.

## REASON 2

This exclusive adventure captures the best legs of the new coast to coast "Camino de Costa Rica" in an achievable perfectly paced timeframe, without rustic homestays or camping.

## REASON 3

Experience Costa Rica away from the crowds with our top-notch local guides on an itinerary designed for active travelers who prefer an authentic experience.

## At A Glance

### ACTIVITIES

Rewarding hikes through spectacular rainforest, cloud forest, and verdant valleys, with insider experiences that give insight into traditional cultures and culinary specialties.



### LODGING

Relax at first-class hotels, boutique historic properties, and ecolodges in the heart of Costa Rica, plus enjoy one night in elevated thatched-roof cabins with comfortable beds.



### CLIMATE

Daytime temperatures in the 70s and 80s F, evening lows in the 60s F, varying with elevation. Expect tropical humidity. December-April are driest in most regions but expect rain any time of year.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*





# Costa Rica Coast to Coast Hiking

## Epic Trails from the Caribbean to the Pacific on the Camino de Costa Rica

Discover hidden gems of Costa Rica on an epic coast to coast trek, from the Caribbean to the Pacific. Dubbed the “Camino de Costa Rica,” this newly developed trail covers some 174 miles in total; we've crafted an MT Sobek exclusive 10-day itinerary that combines the best 40 miles of the route with comfortable, unique lodgings along the way capping it off with a final day at leisure on the idyllic beaches of the Pacific Coast. Over 25% of Costa Rica is protected by national parks, wildlife refuges, and biological reserves, and you'll pass through several hidden gems that are off the beaten track, stopping to raft exciting rapids, spot a rich diversity of wildlife, visit local villages and farms, and sample homegrown coffee and vanilla. This journey also pledges to nurture the quaint towns of Costa Rica, blending development with conservation to treasure its rich history and natural balance.

### 10 Days

**Start:** San Jose, Costa Rica

**End:** San Jose, Costa Rica

**Departing:** January, February, March, April, May, November, December

**Activities:** Hiking & Trekking, Safari & Wildlife

**Lodging:** Comfortable Hotels, Rustic Lodges

**Group Size:** 10-16 Guests

#### ACTIVITY:



Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.

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*“A prominent reason we have chosen MT Sobek as our favorite adventure travel company has been the excellent travel guides.”*

- Carol & Burt D.



# The Itinerary

## DAY 01

### Arrive in San Jose, Costa Rica

Arrive at the airport in San Jose, Costa Rica. Meet a local representative and transfer to your peaceful hotel, surrounded by lush gardens. Recover from your travels with a dip in the pool or soak in the sights and sounds of the gardens. End the day with a delicious welcome dinner.

**ACCOMMODATION:** Hotel Bougainvillea

**MEALS:** Dinner

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## DAY 02

### Journey to the Caribbean Coast, Cruise Rainforest Canals & Hike the Pacuare Reserve

Depart San Jose and head for the Caribbean Coast. From the Goshen Pier, set out by covered motorboat on narrow canals, similar to Tortuguero, scanning the shores for toucanets and crocodiles. Arrive at the tiny fishing village of Barra de Pacuare, the official start (Stage 1) of the new Coast to Coast Trail. After a relatively easy first day of walking through the Pacuare Reserve, home to howler monkeys, poison dart frogs, and rare jaguars and ocelots, take a final short boat trip to your lodge, surrounded by tropical forests and canals just a short distance from the Caribbean Sea.

**ACCOMMODATION:** Lirio Lodge

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private van transfer; 45-minute private motorboat cruise plus shorter motorboat transfer to lodge

**ACTIVITY:** 2 hours/2.5 miles easy hiking with minimal elevation gain & loss

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## DAY 03

### Hike to Tsiobata Village & Raft the Pacuare River

Return by motorboat this morning to Goshen Pier, then transfer by private van to San Martin de Tres Equis, a small village dedicated to cattle ranching. Travel by tractor-drawn cart to the shores of the Pacuare River, and begin an exciting rafting trip on class II and III rapids. Midway through the rafting journey, stop for a short but challenging hike uphill on Stage 4 of the Coast to Coast Trail, to the traditional indigenous village of Tsiobata. After meeting the villagers and learning about their lifestyle, hike back to the river and raft another segment before meeting the tractor-drawn cart to travel back to the main road. Arrive at our hotel just outside of Turrialba for an overnight stay, with excellent birdwatching throughout the expansive grounds.



**ACCOMMODATION:** Casa Turire

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute motorboat cruise; 4-hour private van transfer plus 40 minutes tractor-drawn cart transfers

**ACTIVITY:** 3 hours/2.5 miles hiking with 800' elevation gain & 800' elevation loss; 1.5 hours rafting



## Spy Tropical Birds on a Hike to Tapanti National Park

Hike Stage 8 of the Coast to Coast Trail, climbing steeply uphill from Pejibaye to the highlands of Taus and the entrance of Tapanti National Park. The hike through tropical forest includes some lovely views, and those with keen eyes may spot tanagers, oropendulas and hummingbirds, or even trogons or spider monkeys among the dense foliage. Your private van is waiting to take you to Hacienda Orosi for an overnight stay. Enjoy a self-guided coffee tour on the estate, as well as free time to take a soothing soak in hot spring baths (four pools with different temperatures).

**ACCOMMODATION:** Coffee Pickers Village at Hacienda Orosi

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 5 hours/8 miles hiking with 2,700' elevation gain & 1,550' elevation loss





## Climb to the Palo Verde Cloud Forest Reserve

From the trailhead at Navarro de Muñeco, hike Stage 10 of the Coast to Coast Trail, climbing uphill past majestic cedars and pines to the Palo Verde Cloud Forest Reserve. Join a local mycologist to discover the diversity of mushrooms and other fascinating fungi, and the vital role they play in forest ecology. Following lunch in a charming local home, transfer to a nearby lodge for an overnight stay. Birdwatchers won't want to miss the opportunity to seek out the elusive quetzal in some of their last remaining habitat, found on the trails around the lodge.

**ACCOMMODATION:** Paraiso Quetzal Lodge or Mirador de Quetzales or Trogon Lodge

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hour private van transfer

**ACTIVITY:** 5 hours/7 miles hiking with 2,340' elevation gain & 1,300' elevation loss

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## Descend to the Valley of the Saints & Sip Locally Grown Coffee

After a short drive to Jardin de Dota, and from the highest point in your journey (7,671' above sea level), hike down into the Valley of the Saints (Stage 12 of the Coast to Coast Trail) passing rural villages in this fertile coffee producing region. Stop for lunch at a local restaurant, then meet the private van for a transfer to Toucanet Lodge, where you spend the night. Here, savor the aromas and flavors of freshly roasted local coffee, considered some of the finest in Costa Rica, and learn about the deep traditions of this culinary delight. Also enjoy the pristine beauty of the lodge, surrounded by an exuberant cloud forest and its centennial oak trees covered in moss and bromeliads, and over 200 species of birds, including brilliantly colored hummingbirds.

**ACCOMMODATION:** Toucanet Lodge

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1.5-hour private van transfer

**ACTIVITY:** 4 hours/7 miles hiking with 650' elevation gain & 2,500' elevation loss

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## Hike through the Esquipulas Rainforest

After a short drive to the cross of Santa Juan Pito de Tarrazu, hike Stages 14 & 15 of the Coast to Coast Trail through Fila Brunqueña and the Esquipulas Rainforest, with chances to see scarlet macaws, trogons, and even king vultures. Stay overnight in rustic but comfortable “tipis” in the rainforest, with elevated wooden floors and thatched roofs, outfitted with electricity and real mattresses with pillows and linens.

**ACCOMMODATION:** Esquipulas Rainforest Lodge

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 45-minute private van transfer

**ACTIVITY:** 6 hours/12.4 miles hiking with 1,050' elevation gain & 4,400' elevation loss (support vehicle available)

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## Hike the Final Stage to the Pacific Ocean

The final Stage 16 of the Coast to Coast Trail culminates in an exhilarating encounter with the majestic Pacific Ocean. After a short van transfer arrive at Villa Nueva for an eye-opening spice tour where you'll see how vanilla, cinnamon, cacao, black pepper, allspice, and other exotic crops are grown and be treated to a tasting. Set out on a hike to Finca Anita, where hikers are rewarded with the breathtaking view of the sea glittering on the horizon. From Finca Anita, a short van transfer takes you to Quepos for a final short walk at the end point of the Coast to Coast Trail, then transfer to your lodge. Check in to your lodgings in Manuel Antonio to indulge yourself after your amazing journey from coast to coast.

**ACCOMMODATION:** Ecotica Boutique Hotel or Si Como No Hotel

**MEALS:** Breakfast | Lunch

**TRANSPORTATION:** 1-hour private van transfer

**ACTIVITY:** 2 hours/3 miles hiking with minimal elevation gain & loss

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## Wildlife Walk and Beach Relaxation at Manuel Antonio

After a morning guided wildlife walk inside Manuel Antonio National Park, looking out for sloths, coatimundis, turtles, and a variety of monkeys swinging through the trees, spend the rest of the day unwinding on the palm-fringed pristine beaches of Costa Rica, soaking up the sun and reflecting on the incredible journey you've experienced. Gather for a festive farewell dinner this evening.

**ACCOMMODATION:** Ecotica Boutique Hotel or Si Como No Hotel

**MEALS:** Breakfast | Dinner

**TRANSPORTATION:** Hotel shuttle to and from Manuel Antonio National Park

**ACTIVITY:** 2-hours wildlife ewalk

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## Return to San Jose & Depart

This morning, transfer back to the San Jose airport and depart for home.

**MEALS:** Breakfast

**TRANSPORTATION:** 3-hour private van transfer





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## Hotel Bougainvillea

Hotel Bougainvillea is an oasis located just 10 minutes outside of downtown San Jose, surrounded by 10 acres of award-winning tropical gardens that attract many of the birds and butterflies that Costa Rica is famous for. Wander the grounds and enjoy the peaceful surroundings, lovely solar heated pool, and a restaurant beloved by both locals and visitors, with a focus on regional dishes. Rooms are bright and clean, with views of the Central Valley and surrounding mountains or the beautiful gardens.

## Lirio Lodge

Lirio Lodge is a rustic eco-lodge located in the most unspoiled sector of the Tortuguero canals on Costa Rica's Caribbean Coast. Fronting the Madre de Dios Lagoon and separated from the sea only by a narrow strip of virgin and untouched jungle called the Pacuare Reserve, Lirio Lodge offers a unique opportunity to immerse yourself in the natural wonders of the tropical rainforest. The lodge can only be accessed by boat, adding to its remote appeal. The 11 spacious bungalows feature giant screened windows and en suite bathrooms, along with solar-powered ceiling fans and lighting. Power outlets are generally not available in the cabins but a power strip is available in the dining area to charge personal devices.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Casa Turire**

Nestled just minutes outside the rural town of Turrialba, this elegant boutique hotel, with the feel of a private estate, boasts proximity to the majestic Turrialba Volcano (Costa Rica's second highest), as well as the lush rainforests and pristine rivers unique to this part of Costa Rica. Relax by the pool and birdwatch in the gardens and surrounding trails. The 16 guest rooms feature colorful handcrafted furniture and decor, with en suite bathrooms and ceiling fans. An excellent restaurant serves dishes made with ingredients from their own farm as well as homemade breads and pastries.

## **Coffee Pickers Village at Hacienda Orosi**

At Hacienda Orosi, immerse yourself in the mineral hot springs pools and enjoy views of the spectacular paradise of the Orosi Valley, Cerro Barba de Viejo, and the imposing Irazu and Turrialba volcanoes. Trails around the hacienda boast a rich biodiversity of birds and animals. The 10 villas of the Coffee Pickers Village are set amidst the coffee plantations and are fully equipped with modern amenities including en suite bathrooms. Each villa has two or three bedrooms and one shared bathroom, and single guests may share a villa with one or two same-gender guests (each with your own bedroom).

## **Paraiso Quetzal Lodge**

This award-winning small ecolodge envelopes you in the lush vegetation and pristine habitats of the cloud forest. The lodge property spans over 200 acres and is home to a captivating array of flora and fauna, with over 140 species, many of which are unique to Costa Rica, making it a birdwatcher's paradise. The 15 cabins are beautifully built with pine wood walls and feature spectacular views of the cloud forest as well as heating and en suite bathrooms. Hummingbirds are often spotted from the balcony just outside the cozy restaurant.

## **Trogon Lodge**

This lovely ecolodge sits at 7,000 ft above sea level in the area of Savegre Valley, surrounded by the lush vegetation and pristine habitats of the cloud forest. The surrounding small community of San Gerardo de Dota is part of Los Santos Forest Reserve, a biological corridor for a great array of wildlife, and just a short drive from Los Quetzales National Park. The lodge property is home to a captivating array of flora and fauna, with over 140 species, many of which are unique to Costa Rica, making it a birdwatcher's paradise. The 24 rooms are beautifully built in modules of 2 around the property, with pine wood walls and spectacular views of the cloud forest as well as heating and en suite bathrooms. The restaurant features many local products including produce from the lodge's own hydroponic farm along with homemade breads and fruit preserves.

## **Mirador de Quetzales**

This family-run ecolodge sits around 8,800 ft above sea level in the highlands of Cerro de la Muerte, surrounded by pristine forest and mountain views. The lodge property is home to a captivating array of bird life including quetzals, tanagers, warblers, and woodpeckers. Individual bungalows feature pine wood walls, picture windows with spectacular views of the surrounding forest and mountains as well as en suite bathrooms and coffee & tea station. The restaurant features many local products along with homemade pastas.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Toucanet Lodge**

Toucanet Lodge is located 6,400-feet above sea level in the scenic Copey Valley, within the prime coffee producing area of Dota, in the heart of Los Santos Forest Reserve, home to Los Quetzales National Park and Cerro Las Vueltas Biological Reserve. This secluded retreat is known for its hospitality and unique location, in a newly discovered destination for birdwatching. Guests can find themselves immersed in the serene beauty of a vibrant ecosystem. The region is renowned for its diverse flora and fauna, and the lodge provides a perfect base to discover this rich biodiversity. The 8 spacious rooms feature private bathrooms, large windows, and private terraces with spectacular views of the mountains and surroundings. Wake up to the sound of the river and the spotted wood quails after a peaceful night's sleep.

## **Esquipulas Rainforest Lodge**

The individual tipis at Esquipulas Rainforest Lodge serve as a memorable haven to unwind and reconnect with nature. Though small and rustic, each tipi is thoughtfully appointed with elevated wooden floors, thatched roofs, and canvas doors, and outfitted inside with electrical outlets, bedside lamps, and a double mattress with pillows & linens. A block of shared bathrooms with hot showers are just a short walk away. An onsite restaurant provides a delicious typical breakfast, complete with some of the country's finest locally grown coffee.

## **Si Como No Hotel**

Located along Costa Rica's Central Pacific coast, Si Como No is a delight boutique resort that sits atop one of the most idyllic hillsides in Manuel Antonio. The resort overlooks lush jungle terraces and brilliantly vivid gardens with the sparkling Pacific Ocean on the horizon. World-renowned Manuel Antonio National Park and the alluring golden sands of the beach are nearby. This award-winning eco-design nature resort features superb dining, relaxing spa treatments, inviting swimming pools, and a private wildlife refuge and butterfly atrium!

## **Ecotica Boutique Hotel**

Surrounded by 10 acres of tropical plants and rainforest, this boutique hotel offers the opportunity to spot wildlife such as monkeys and toucans right from the grounds. Each spacious air-conditioned room has plush bedding, ample seating, and an outdoor balcony or indoor window seat. Take a refreshing dip in the pool listening to bird calls in the trees. Sip Costa Rican coffee as the jungle awakens.



# Departure Dates

This trip is available to run in: January, February, March, April, May, November, December

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

November 9-18, 2025

December 6-15, 2025

January 18-27, 2026

February 13-22, 2026

March 20-29, 2026

April 17-26, 2026

May 15-24, 2026

November 13-22, 2026

December 11-20, 2026

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses





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