

GLOBAL PARADISE

FREE DESTINATION FIELD GUIDE

CENTRAL AMERICA / NATURE ROUTES

Costa Rica

A flexible route from volcanic landscapes to cloud forest and Pacific coast.

PLAN FOR

01

Travel fewer regions

02

Book parks officially

03

Give weather room

Independent travel ideas / No purchase or sign-up required

REVIEWED 14 OCTOBER 2026

01 / FIND YOUR BASE

Start with the shape of your days.

01 La Fortuna / Arenal

A base for volcano views, trails and thermal-water options.

02 Monteverde

Cloud-forest experiences; allow extra time for mountain travel.

03 Manuel Antonio

Forest and coast; park access requires official advance reservation.

04 San Jose

A practical arrival or departure base depending on your route.

02 / ARRIVAL AND MOVEMENT

Choose an airport and a realistic route before booking every night. Mountain and coastal transfers can take longer than a map suggests, especially in rain.

03 / ENTRY REMINDER

Costa Rica's immigration officer decides each visitor's permitted stay. Requirements can include a valid passport, onward or return ticket and proof of funds; a published maximum is not a guaranteed allowance. Check the official rules for your passport.

04 / FLEXIBLE FOUR-DAY OUTLINE

An itinerary with breathing room.

DAY 01**Arrival buffer****MORNING**

Land and travel only as far as daylight and conditions allow.

AFTERNOON

Settle into your first base and confirm onward transport.

EVENING

Keep the evening open for rest.

DAY 02**Arenal landscape****MORNING**

Choose an established trail or guided nature walk.

AFTERNOON

Leave room for weather and a thermal-water visit if desired.

EVENING

Check the next day's road and booking conditions.

DAY 03**Cloud forest****MORNING**

Move toward Monteverde with a generous travel window.

AFTERNOON

Choose one forest experience rather than stacking transfers.

EVENING

Prepare layers for changing mountain conditions.

DAY 04**Pacific coast****MORNING**

Travel toward Manuel Antonio or extend your forest stay.

AFTERNOON

Reserve park entry through the official SINAC system if visiting.

EVENING

Review beach safety and return plans.

Use this as a starting point, not a promise of openings, weather, access or availability. Confirm every reservation and route directly.

05 / A PRACTICAL FINAL CHECK

Go informed. Stay flexible.

- Check official entry rules, onward-ticket and funds requirements.
- Reserve Manuel Antonio tickets through SINAC, not a lookalike reseller.
- Allow weather and road buffers between distant regions.
- Keep a safe distance from wildlife; never feed animals.
- Check rip-current conditions; not every beach has lifeguards.

OFFICIAL RESOURCES - CHECKED 14 OCTOBER 2026

[Costa Rica Tourism Board: entry](#)[OPEN >](#)[SINAC: Manuel Antonio](#)[OPEN >](#)[SINAC: official park reservations](#)[OPEN >](#)[Canada: Costa Rica advisory](#)[OPEN >](#)**IMPORTANT TRAVEL NOTE**

Entry rules, advisories, fares, hours, weather and availability can change after this guide's review date. Check official sources and your own government's advice immediately before booking and departure. Global Paradise is an independent planning resource; it does not issue visas, sell the services in this guide or guarantee a trip outcome.