Volcanic Serenity & Tropical Renewal through Costa Rica

San José, Central Valley, Arenal, Santa Teresa, Guanacaste, Liberia | 13 nights / 14 days

This hand-tailored elevated Costa Rican escape is designed for travelers seeking balance, beauty, and intention. From mist shrouded volcanoes and restorative hot springs to sun-washed beaches and cultural connection, each element is thoughtfully woven to encourage wellness and a deeper sense of place - an inspiring journey shaped entirely around you.





HOME / SAN JOSÉ & CENTRAL VALLEY

Day 1 | This morning, you'll arrive in San José, where your private guide expedites arrival and escorts you seamlessly to your luxury transfer for a scenic drive to the Central Valley. After a flawless check‑in at your secluded villa retreat, unwind in your private accommodation, complete with fireplace and a balcony jacuzzi, before gently exploring the onsite animal sanctuary and cascading waterfalls – an unhurried introduction to wellness, nature, and renewal.

Recommended Stays



Peace Lodge



CENTRAL VALLEY

Day 2 | Ascend into Poás's misty cloud forest, where crisp air carries hints of earth and sulfur as the crater steams. Pause by the still emerald waters of Botos Lagoon, then continue to Doka Estate for a refined lunch amid coffee plantations and freshly roasted aromas, followed by a guided tour and tasting revealing its nuanced flavors. In the afternoon, visit Grecia's gleaming metal church before arriving in Sarchí to discover vibrant oxcarts and time-honored artisan traditions.



CENTRAL VALLEY / ARENAL

Day 3 | Wake to breakfast on your private terrace, surrounded by birdsong and lush greenery. Journey through misty highlands toward Arenal in a luxurious private chauffeured transfer, where your luxurious villa and private pool awaits. Spend the afternoon at leisure before slipping into cascading thermal hot springs, their mineral-rich waters flowing through jungle-fringed pools – warm, soothing, and softly lit, inviting deep relaxation beneath the forest canopy.

Recommended Stays



Nayara Tented Camp



Tabacón Thermal Resort & Spa



The Springs Resort & Spa



ARENAL

Day 4 | Set out on a privately guided hike along the base of Arenal Volcano, where shaded forest trails open to dramatic views of ancient lava fields and regenerating greenery. Feel the contrast of rugged terrain and new life underfoot as your guide brings the landscape to life. Afterward, unwind in secluded thermal hot springs, their mineral-rich waters cascading through lush surroundings, before a relaxed dinner in an intimate atmosphere.



ARENAL

Day 5 | Enjoy a day at leisure immersed in a refined world of wellness and renewal. Slip into naturally flowing thermal pools, where mineral-rich waters wind through lush rainforest. Indulge in a signature hydrotherapy journey or retreat to the privacy of your villa's thermal sanctuary. As evening falls, savor a private dining experience featuring vibrant, locally sourced ingredients reimagined into refined Costa Rican and Latin-inspired cuisine.



ARENAL

Day 6 | Set out on an exhilarating canyoning adventure through the rainforest, where cascading waterfalls and lush jungle create a dramatic backdrop. Begin with a gentle introductory rappel before descending alongside ever more powerful falls, culminating in an unforgettable 200-foot drop. Navigate natural pools, canyon walls, and river boulders with expert guidance, then conclude with a locally inspired lunch in a tranquil setting.



ARENAL / SANTA TERESA

Day 7 | Depart via private transfer to the regional airstrip, boarding a chartered flight over Costa Rica's dramatic landscapes to the Nicoya Peninsula. From Cobano airport, continue to your beachfront villa in Santa Teresa, where the rhythm of the ocean sets the tone for your stay. As evening falls, dine by candlelight on the sand, beginning with sparkling wine and savoring a curated six-course menu under a canopy of stars creating an unforgettable backdrop.

Recommended Stays



Hotel Nantipa



SANTA TERESA

Day 8 | Discover a richly biodiverse refuge where dry forest, coastal vegetation, and mangrove ecosystems converge. Towering trees, flowering plants, and dense undergrowth create a textured landscape alive with movement and sound. Along the trails, encounter howler and white-faced monkeys, colorful bird species, and small mammals, each thriving within this carefully balanced environment shaped by both nature and conservation.



SANTA TERESA

Day 9 | Glide along the Pacific coastline on a private scenic boat voyage, where endless ocean views and the Nicoya Peninsula unfold around you. Along the way, spot dolphins, manta rays, and seasonal whales. Arrive on a secluded island, snorkel in clear, turquoise waters over volcanic reefs alive with angelfish, spotted eagle rays, and vibrant marine life, before a beachfront lunch.



SANTA TERESA

Day 10 | The day unfolds at leisure, guided by a holistic Blue Wellness philosophy rooted in longevity, balance, and connection. Drawing from the region's "Blue Zone" traditions and the calming influence of the ocean, each experience encourages mindful movement, nourishing routines, and a deeper sense of well-being – whether through quiet reflection by the water or a more personalized, immersive wellness journey.



SANTA TERESA / GUANACASTE

Day 11 | Begin the day with a traditional Nicoyan breakfast, rich in nourishing local grains. Then, choose a meaningful experience – visit a turtle hatchery, explore permaculture gardens, discover a protected reserve, or join a mindful beach clean-up supporting ocean conservation. Later, transfer to the airstrip for a scenic flight north, followed by a short drive to a refined beachfront retreat along Guanacaste's sun-drenched coast.

Recommended Stays



Andaz Peninsula Papagayo Resort, Costa Rica



Four Seasons Resort Peninsula Papagayo, Costa Rica



Nekajui Peninsula Papagayo, a Ritz-Carlton Reserve



GUANACASTE

Day 12 | Explore Santa Rosa National Park, where the rare dry forest and expansive landscapes invite a deeper sense of connection to Costa Rica's natural rhythms and history. At La Casona, feel the echoes of resilience and heritage, while time in Liberia's sunlit streets fosters a genuine connection to local culture, traditions, and everyday life—gently grounding you in the spirit of the region.



GUANACASTE

Day 13 | Experience a dynamic day where adventure and rejuvenation unfold in perfect balance. Soar through the canopy on a zip line, take in sweeping volcano views, and explore the landscape on horseback, each moment inviting you into a deeper connection with nature. In the cool mountain air, unwind in thermal pools before a visit to Liberia, where local culture and everyday life offer a genuine sense of place.



GUANACASTE / LIBERIA / HOME

Day 14 | Savor a final morning of renewal within an open-air spa sanctuary inspired by indigenous traditions and the surrounding landscape. Treatments, movement, and tranquil spaces invite a lasting sense of balance, framed by ocean views and tropical biodiversity. Later, a private transfer ensures a seamless journey to the airport, with personalized assistance guiding you through departure before settling into a first-class flight home.

More Activities



Gentle Encounters with Rescued Wildlife



Landscapes Born of Fire & Time



Renewal Guided by Land & Spirit



Thermal Tranquility in Sacred Surroundings



Pathways through Heritage & Tradition



Where Wilderness Awakens Connection



Ocean Rhythms Guide the Journey



The Pulse of Adventure, Redefined