

## Sample Costa Rica Itinerary

### Day 1 Travel to Costa Rica & Arrival in San Jose

- ✓ Depart from your local international airport for San Jose, Costa Rica  
*(depending on location, you may need to fly on an overnight flight)*
- ✓ Navigo Sports Tour Directors will meet you outside baggage claim and take you to your private team coach bus
- ✓ Check into accommodations
- ✓ Brief orientational walking tour of San Jose prior to team dinner  
*(Sleep San Jose)*



### Day 2 Explore Historic San Jose

- ✓ Embark on a guided walking tour of San Jose's historical sites including the National Theatre, Plaza de la Cultura, the National Museum and more
- ✓ Free time for souvenir shopping and exploration
- ✓ **Practice session at a nearby field/court**  
*(Sleep San Jose)*



### Day 3 Poas Volcano & Exhibition Game

- ✓ Visit the beautiful Poas Volcano near San Jose
- ✓ Visit to the city of Cartago and the Basilica of Our Lady of the Angels
- ✓ **Exhibition Game #1 versus local competition**  
*(Sleep San Jose)*



### Day 4 National Park Manuel Antonio

- ✓ Head south along the Pacific Coast to your surf village on the southwest coast
- ✓ Stop at the National Park Manuel Antonio famous for its beaches and its troops of monkeys
- ✓ Check into new accommodations in the evening  
*(Sleep Costa Ballena)*



## Sample Costa Rica Itinerary

### Day 5 Whitewater Rafting Adventure Day

- ✓ Embark on a whitewater rafting excursion through the exciting rain forests of the Savegre River, one of the cleanest rivers in the Americas
- ✓ Return to the hotel in the afternoon with free time to go to the pool, enjoy the beach and the village shops and eateries  
(Sleep Costa Ballena)



### Day 6 Zip Lining Jungle Adventure

- ✓ Experience flying high on a zip line canopy jungle tour through the beautiful Costa Rican Rainforest
- ✓ Afternoon free time to enjoy the beach, pool and village  
(Sleep Costa Ballena)



### Day 7 Depart for San Jose & Exhibition Game

- ✓ Morning to souvenir shop and explore prior to heading back to San Jose
- ✓ **Exhibition Game #2 versus local competition**
- ✓ Farewell dinner to wrap-up a remarkable tour  
(Sleep San Jose)



### Day 8 Travel Day

- ✓ Morning free time before departing to the airport for the group flight home

**Please Note:** This sample itinerary is intended to provide you with an example of a Navigo Sports Tour. All of our trips are customized to match the vision and objectives of the coaching staff and their program. This document merely serves as the foundation for your final tour itinerary. Any unauthorized copying, alteration, distribution, transmission, performance, display or use of this material without express written consent of Navigo Sports Tours is strictly prohibited.

