



COSTA RICA OUTDOORS WAVES

TRAVEL AGENCY & TOUR OPERATOR

Crossfit & Surf Retreat

7 nights

Guests:

Dates:

Destinations Map



1. La Fortuna & Arenal Volcano
2. Santa Teresa beach

Juan Jorge Araya
Owner & Manager

✉ juan@costaricaoutdoorswaves.com
www.costaricaoutdoorswaves.com
☎ (506) 8325 8909



Playa Santa Teresa,
Cobano, Puntarenas.
Costa Rica.



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Guests:

Dates:

Detailed Itinerary

DAY 1

- Airport pick up and ground transfer from San José (SJO) airport to La Fortuna
- Hotel check in
- Welcome dinner
- Hotel in La Fortuna

DAY 2

- Breakfast
- Waterfall hike
- Lunch
- Hot Springs
- Dinner
- Hotel in La Fortuna

DAY 3

- Breakfast
- Crossfit #1
- Hanging bridges and rainforest hike with a naturalist guide
- Lunch
- Chill out afternoon or spa treatment
- Dinner
- Hotel in La Fortuna

DAY 4

- Breakfast
- Crossfit #2
- Hotel check out
- Ground transfer from La Fortuna to Santa Teresa beach
- Lunch
- Hotel check in
- Sunset at the beach
- Dinner
- Hotel in La Fortuna

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DAY 5

- Breakfast
- Surf Lesson #1
- Lunch
- Crossfit #3
- Dinner
- Hotel in Santa Teresa

DAY 6

- Breakfast
- Surf Lesson #2
- Lunch
- Sunset SUP Tour
- Dinner
- Hotel in Santa Teresa


DAY 7

- Breakfast
- Crossfit #4
- Lunch
- Chill out afternoon or spa treatment
- Dinner
- Hotel in Santa Teresa

DAY 8

- Breakfast
- Hotel check out
- Ground transfer from Santa Teresa to Tambor domestic airport

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Guests:

Dates:

Price per person based on Double Occupancy: \$2700

Retreat rate includes:

- 7 nights' accommodations in double occupancy
- All breakfasts
- Ground transportation from San José International Airport (SJO) to La Fortuna
- Waterfall hike
- Hot springs
- Rainforest hike with a naturalist guide
- Ground transportation from La Fortuna to Santa Teresa beach
- 4 CrossFit sessions
- 2 surf lessons
- Sunset SUP tour
- Ground transportation from Santa Teresa to Tambor Airport
- Costa Rican taxes
- Travel Agency's staff available throughout the week

Retreat rate does not include:

- Airfare to/from Costa Rica
- Domestic flight from Tambor to San José
- Alcoholic drinks
- Lunches & Dinners

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