



# COSTA RICA OUTDOORS WAVES

## TRAVEL AGENCY & TOUR OPERATOR

### Crossfit & Surf Retreat

9 nights

Guests:

Dates:

### Destinations Map



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

Juan Jorge Araya  
Owner & Manager

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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
- Lunch
- Chill out afternoon or spa treatment
- Dinner
- Hotel in La Fortuna

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Dates:

## Detailed Itinerary

### DAY 4

- Breakfast
- Hanging bridges and rainforest hike with a naturalist guide
- Lunch
- Crossfit #2
- Dinner
- Hotel in La Fortuna



### DAY 5

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

### DAY 6

- Breakfast
- Surf Lesson #1
- Lunch
- Sunset SUP Tour
- Dinner
- Hotel in Santa Teresa

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Guests:

Dates:

## Detailed Itinerary

### DAY 7

- Breakfast
- DAY OFF
- **Optional activities available:** fishing & snorkeling, mountain biking, zip line canopy tour, horseback riding, bioluminescence, yoga classes, ATV or UTV rentals and Tortuga Island.

### DAY 8

- Breakfast
- Crossfit #3
- Lunch
- Chill out afternoon or spa treatment
- Dinner
- Hotel in Santa Teresa

### DAY 9

- Breakfast
- Surf lesson #2
- Lunch
- Crossfit #4
- Dinner
- Hotel in Santa Teresa

### DAY 10

- Breakfast
- Ground transfer from Santa Teresa to Tambor domestic airport

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## Crossfit & Surf Retreat

9 nights

Guests:

Dates:

**Price per person based on Double Occupancy: \$3100**


### Retreat rate includes:

- 9 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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