



This guide will help you with planning your activity selections in Costa Rica! Costa Rica has so much to offer from surfing to hiking and whitewater rafting. Please contact us with any questions: guests@milbesoscostarica.com
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[San Jose Activity Catalog 2025](#)

Mil Besos Costa Rica



San Jose Activity Catalog 2025

Tour Name	Adult Rate	Kids Rate	Includes
Zipline Canopy San Luis	122	122	E/T/G
San Jose City Tour Gold Museum	79	65	E/T/G/L
San Jose City Tour Afternoon	79	65	E/T/G/D
Poas Volcano Tour & La Paz Waterfalls Gardens	236	236	E/T/G/L
La Paz Waterfall Garden	204	204	E/T/G/L
Jungle Campus Tour	28	14	E/T
La Libertad Park	46	15	G/T/E
Night Tour Carpintera	65	N/A	G/T/E
Between Cartago Volcanoes	346	92	G/T/E
Carara Natural Wonders	355	101	G/T/E
Poas Volcano & Doka Coffee Tour	206	87	E/T/G/L
Tiquicia View Point Dinner + Show	80	80	D/T/G/P
Rain Forest Adventure Park (Braulio Carillo)	135	99	E/T/G
Bites and Sights: Walking Food Tour in San Jose, Costa Rica	80	55	E/T/G
San Jose By Night Tour: Farm to Table Dinner & Cocktail Class	59	59	D/G/P
Cooking Classes Farm to Table visit Central Market	49	49	L/G/P

*******All above pricing is subject to 13% sales tax*******

Notes / Notas:
Mínimo Operación 2 pax / 2 Pax needed to operate unless specified above.
All Tours includes: Professional Certified Bilingual Guide, Entrance Fees, Equipment and Insurance
E: Entrance Fee. B: Breakfast. L: Lunch. D: Dinner. P: Drinks. S: Snacks. T: Transportation
*Transportation Prices can vary depending on hotel location on all tours
Rates may change in case of a major cause
Rafting: Children must be 12 yrs or older



TOUR DESCRIPTIONS

We work with many tour providers across the country. We hand-select the providers we work with based on their experience, quality of service provided, their enthusiasm for what they do, quality of communications, fair pricing, and reliability. We have assembled the various providers into destination catalogs for one easy list. Descriptions below are as provided from individual providers. Descriptions, pricing and policies may be updated at any time as providers update their offerings.

Canopy Zipline San Luis

Carried securely by a system of zip lines, you will soar weightlessly through the expanse of virgin forest that grounds the tour, and find yourself in intimacy with the habitats of Costa Rica's distinct cloud forest wildlife. The San Luis Canopy Tour also presents the Elevator, a thrilling feature that securely lifts visitors high above the forest canopy, granting a paramount view of the surrounding area. Though customer enjoyment is the main objective, San Luis Canopy Tour ensures safety above all as a keystone principle: all personnel and facilities carry up-to-date certifications from the Costa Rica Institute of Tourism. San Luis Canopy takes pride in their credentials and by them guarantees with confidence that this tour is among the most professional, informative, and enjoyable in Costa Rica. San Luis Canopy has 12 different zip lines and 18 platforms, plus their famous "Tarzan Swing Trails" and "Fly like Superman".

What to Bring: Light Comfortable clothing, closed toe shoes, Light jacket, sweatshirt or rain coat & insect repellent

Includes: Transportation, bilingual guide (English / Spanish), canopy tour & lunch

Duration: 7 hours

Location: San Ramón, Central Valley Estimated Departure from San José: 7:30 A.M. – 8:30 A.M.

San Jose City Tour Gold Museum Morning tour with Authentic Lunch

During this journey on our VIP Double decker Bus we will visit the National Theater, also known as "The jewel of San José", a masterpiece in art and architecture built by Costa Ricans and completed in 1897. Then we will visit the Museum of Gold (an archaeological interest site), then the Central Market, a place full of the Costa Rican cultural heritage and traditions, where you will be able to browse and buy some local art crafts. As we travel around the city, we will point out several historically important or main buildings in our city, for example The Costa Rica University, The Old Train Station, The National Liquor Factory, The National Supreme Election Bureau, the Asamblea Legislativa (equivalent to The Congress), The Metallic Building, some parks and various sites of interest. This will be an introduction to our Capital City, and information about our economy, culture, politics, religion and general current events. Also, we will visit an Art Gallery, where you will be able to get some souvenirs to take back home.

What to Bring: Light Comfortable clothing, comfortable walking shoes & Camera

Includes: Transportation, bilingual guide (English / Spanish), entrance fees to Gold Museum and National Theater and Authentic lunch and live music show.

Duration: 5 hours 10:30 to 3 pm



San Jose City Tour afternoon tour with Authentic Dinner

During this journey on our VIP Double decker Bus we will visit the National Theater, also known as “The jewel of San José”, a masterpiece in art and architecture built by Costa Ricans and completed in 1897. Then the Central Market, a place full of the Costa Rican cultural heritage and traditions, where you will be able to browse and buy some local art crafts. We will also visit the Metropolitan Cathedral, Plaza de la Democracia, Central Avenue and National Monument. As we travel around the city, we will point out several historically important or main buildings in our city, for example The Costa Rica University, The Old Train Station, The National Liquor Factory, The National Supreme Election Bureau, the Asamblea Legislativa (equivalent to The Congress), The Metallic Building, some parks and various sites of interest. This will be an introduction to our Capital City, and information about our economy, culture, politics, religion and general current events. Also, we will visit an Art Gallery, where you will be able to get some souvenirs to take back home.

What to Bring: Light Comfortable clothing, comfortable walking shoes & Camera

Includes: Transportation, bilingual guide, entrance fees to National Theater, Authentic dinner and live music show.

Duration: 5 hours 3:15 pm to 7pm

La Paz Waterfalls Gardens

At La Paz Waterfall Gardens we will go through walking trails surrounded by lush tropical rainforest. Here we will appreciate flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, and hummingbirds. There are also educational animal exhibits to enjoy such as the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is definitely a tour enjoyed by nature lovers from all ages. After the tour, we will enjoy a delectable buffet lunch that includes multiple selections of Traditional Costa Rican dishes and much more.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee & lunch

Duration: 7 hours Location: Alajuela, Central Valley

Estimated Departure from San José: Between 09:30 A.M. – 10:30 A.M.



Poas Volcano Tour & La Paz Waterfalls Garden

We will drive to Poas Volcano National Park, where there is a noticeable change in temperature and exuberant vegetation of the cloud forest. The Poás Volcano is an active 2,708-meter (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April 2017. At the Volcano, we will have time to enjoy the impressive main crater with its sulfur fumaroles and hike on a trail to the beautiful Botos Lagoon as we learn about the different ecosystems in the park. After the Poas Volcano National Park, we will continue to La Paz Waterfall Gardens. We will go through walking trails surrounded by lush tropical rainforest. Here we will appreciate flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, and hummingbirds. There are also educational animal exhibits like the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is a tour enjoyed by nature lovers of all ages.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or raincoat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

Duration: 8 hours 7 am Location: Alajuela, Central Valley Estimated

Jungle Campus Tour

Get to know the nature that is hidden just a few minutes from San José! Join the Oropopo Experience team of biologist guides and explore the most biodiverse campus you will ever see! Led by young students, we will learn about the University of Costa Rica and the importance of the Río Torres biological corridor. Here you can find different species of birds, insects, mammals and learn about natural history.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee.

Duration: 2 to 3 hours From December 1st to April 30 8:30 am and 2:00pm. From May 1st to November 30 7:30 am and 11:00am

La Libertad Park

Immerse yourself in a unique experience that honors transformative local heroes. This tour explores La Libertad Park, a former cement plant in San José that has been converted into a vibrant hub of human, social, natural, and economic development. Discover how a united community turned an industrial space into an urban oasis by walking through its trails and green spaces, and learning about its positive impact on residents. Celebrate community resilience and creativity, and see how nature and human development flourish together in the city.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee.

Duration: 2 to 3 hours 8:30 am



Night Tour Carpintera

Discover the secrets of the mountains surrounding San José at night. Join our team of biologists to explore up close the nature hidden in the city. Experience the thrill of discovering nocturnal wildlife: insects, frogs, snakes, spiders and mammals. Sharpen your senses and listen to the sounds of the nocturnal tropical forest.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee.

Duration: 2 to 3 hours 5:30 pm

Between Cartago Volcanoes

Feast your eyes on the picturesque views of the agricultural lands of Cartago province. Experience a unique road trip in history and culture, marked by the highest and most active volcanoes in Costa Rica. Then, join us to revalue the legacy of our ancestors by discovering the most important archaeological site in our country.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee.

Duration: 10 hours 6:30 am

Carara Naturals Wonder

Embark on an unforgettable expedition to Carara National Park, a natural gem just 1.5 hours from San José. Closer and less visited than Manuel Antonio National Park, this park preserves the fascinating Central Pacific transition forest. With our specialized guides, you will discover the diverse flora and fauna as you walk its trails. Then, enjoy a boat ride on the Tárcoles River, observing birds and crocodiles in their natural habitat. This tour combines land and water exploration, connecting you with Costa Rica's biodiversity.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fee.

Duration: 10 hours 6:30 am



Doka Coffee & Poas Volcano Tour

We will visit the Doka Coffee Estate for a delicious breakfast. Then we will be treated to a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. The careful process involved in the cultivation, harvesting and roasting of the Golden Bean will then be illustrated, very hands-on, and then we will savor the delectable product. After the coffee tour, we will continue to Poas Volcano National Park, where there is a noticeable change in temperature and exuberant vegetation of the cloud forest. The Poás Volcano, is an active 2,708-meter (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April, 2017. At the Volcano we will have time to enjoy the impressive main crater with its sulfur fumaroles, and hike on a trail to the beautiful Botos Lagoon as we learn about the different ecosystems in the park.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: round trip transportation, bilingual guide (English / Spanish), entrance fees & breakfast Duration: 8 hours

Duration: 8 hours Between 06:00 A.M. – 07:00 A.M

Bites and Sights: Walking Food Tour in San Jose, Costa Rica

If you want to get to know San Jose as a local and taste its flavors, nothing could get you closer to authentic San Jose than walking through the streets and the markets with a local as they show you the anecdotes of daily life.

Unmask the beauty and culture of contemporary Costa Rican life on this San Jose walking tour. You'll get up close and personal through local food, history, culture and even the herbal remedies of folk medicine. Enjoy exotic fruits in the Borbon Market. We'll also take a stroll through the vibrant Central Market to shop for artisans and taste local ice cream. This ice cream shop is over 100 years old. We will view diverse sites such as the Cathedral, the National Theater and the beautiful Morazan parks. We will help you get to know the country and its rich history from this experience, you'll have the chance to get more in tune with San Jose. Finally we will visit Mr. Sloth Coffee Shop where you will find gourmet coffees and chocolates produced by local women. In this special place, learn to prepare Cafe Chorreado, enjoy a local caldosa, tamal cooked by local families and wrapped in a banana leaf, learn how to make plantain empanadas with cheese and try our famous Agua de Sapo made with sugar cañe and lemon.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: bilingual guide (English / Spanish), entrance fee.

Duration: 2 to 3 hours 5:30 pm



Rain Forest Adventure Park (Braulio Carillo)

Rainforest Adventures Costa Rica, offers you the most complete eco-adventure package of the country. This “6 in 1” one day tour includes the attractive products in the country in one single day to assure you an incredible and unforgettable natural and adrenaline filled experience. Enjoy alongside your family and friends the spectacular Atlantic rainforest private reserve within the confines of the Braulio Carrillo National Park, by doing different enjoyable activities like: aerial tram, zip-lining, adrena-line, butterfly garden, terrariums, a naturalistic guided walk and a visit to our hanging bridge.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

Includes: bilingual guide (English / Spanish), entrance fee.

Duration: 5 hours 6:30 pm to 8pm

Cooking Classes Farm to Table visit Central Market

Get the ultimate Costa Rican foodie experience on this cooking experience, with the help of your native host, you'll discover the unique flavors of local cooking while learning about traditional ways of life. Get the ultimate Costa Rican foodie experience on this cooking experience, with the help of your native host, you'll discover the unique flavors of local cooking while learning about traditional ways of life. You will visit a local market, choose exotic ingredients and participate in a hands-on cooking class in a local home. During this immersive experience, you'll not only indulge in the deliciousness of Costa Rican food but also gain insights into local agricultural products and other ingredients that define Costa Rica's cuisine. Your Cooking tour begins along local roads towards the Farmers Market. There's no better place to experience local cuisine than the Central Market, a 120-year-old building full to the brim with typical Costa Rican food and drink. It's here that we'll also buy the ingredients for our cooking class. We will then continue to our secret place, under the guidance of Chef Angel this 2.5-hour class immerses you in the flavors and techniques of authentic Costa Rican cuisine. Learn to prepare classic Latin American dishes such as ceviche and empanadas, picadillos, all while sipping on mojitos, sodas, and tropical drinks. There's no better way to experience the flavor of a country than by going from market to kitchen, and we hope by the end, you feel like an authentic Costa Rican foodie! After your class, head back to your hotel with a stomach full of food and a head full of memories for you and your family that will last a lifetime

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, insect repellent.

Includes: bilingual guide (English / Spanish), Lunch, Drinks

Duration: 3 hours



San Jose By Night Tour: Farm to Table Dinner & Cocktail Class

Immerse yourself in the culture and history of the city. Starting in the Central Market, which is the only way to learn about the city's food. Stroll the market with your local guide and get to know about uses of the roots, herbs, and fruit common in local cuisines, including ingredients that will play a role in your authentic Costa Rican dinner. After the market, we'll make our way learning about the city's history and anecdotes, as well as visiting one of the most architecturally beautiful buildings, the National Theatre, then with a walk through Morazán Park and we will visit Mr Sloth Coffee Shop to make el Morenito, one delicious coffee cocktail. We'll continue to charm Barrio Amon, one the oldest neighborhoods. We'll be spending the rest of the evening at a favorite restaurant for a special 4 course Tasting Menu dinner. This cozy establishment offers the best in Costa Rican cuisine, a unique space that offers art, culture, history as well as fine dining.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, insect repellent.

Includes: bilingual guide (English / Spanish), Lunch, Drinks

Duration: 3 hours

Tiquicia View Point Dinner + Show

One of the most spectacular places to enjoy an unforgettable typical dinner in Costa Rica. For this tour we will visit an area called Escazú (the city of witches). Tiquicia has the most impressive views of San José City. And during the night it becomes the most fabulous typical show of our country. Tiquicia is a large country house that was built approximately 160 years ago. And it shows the authentic typical atmosphere of Costa Rica. You will try delicious bites and amazing cocktails, prepared by chefs who specialize in typical Costa Rican recipes. After enjoying such an amazing dinner, you will receive a memorable show to remember for a lifetime.

What to Bring: Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, insect repellent.

Includes: Transportation, bilingual guide, welcome cocktail, snacks, dinner buffet, open bar, and a dance performance

Duration: 4 hours 5:30pm