

ROAD TRIP · COSTA RICA

Turtles and whales

12 days · Tortuguero — Alajuela

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Turtles and whales

Both coasts in the green months: green turtles at Tortuguero, humpback whales at Uvita.

Length	12 days, 11 nights
Distance	670 km, 6 driving days
Behind the wheel	15 h 10 min
Travellers	2, 1 room, 1 car
Hotels	Comfort: a good hotel (3 stars)
Flights	Amsterdam – San José (SJO), San José (SJO) – Amsterdam

CONTENTS

Tortuguero	Days 1–3	**6**
San José	Day 4	**8**
Uvita	Days 5–8	**10**
Manuel Antonio	Days 9–10	**12**
Alajuela	Day 11	**14**

Day by day

DAY	DATE	NIGHT	KM	DRIVE	°C
1		Tortuguero	140	3 h 20 min	
2		Tortuguero			
3		Tortuguero			
4		San José	130	3 h	
5		Uvita	160	4 h	
6		Uvita			
7		Uvita			
8		Uvita			
9		Manuel Antonio	70	1 h 30 min	
10		Manuel Antonio			
11		Alajuela	160	3 h 10 min	
12		Flight home from SJO	10	10 min	

670 km · 15 h 10 min behind the wheel · on average 110 km a driving day

Kilometres and drive times by road (OSRM, OpenStreetMap), without stops: plan generously.

The route



Map: Natural Earth (public domain) · roads © OpenStreetMap contributors

ON THE ROAD

Day 1	Land at San José (SJO), drive to Tortuguero · About 140 km, 3 h 20 min
Day 4	Tortuguero, drive to San José · About 130 km, 3 h
Day 5	San José, drive to Uvita · About 160 km, 4 h
Day 9	Uvita, drive to Manuel Antonio · About 70 km, 1 h 30 min
Day 11	Manuel Antonio, drive to Alajuela · About 160 km, 3 h 10 min
Day 12	Alajuela to San José airport (SJO), fly home to Amsterdam · About 10 km, 10 min

Well prepared

Passport and entry

Dutch and Belgian travellers need no visa for a holiday of up to 180 days. Your passport must be valid for the whole trip on arrival, and you show a return ticket at immigration. There is no ESTA or form beforehand; the departure tax is included in your air fare.

nederlandwereldwijd.nl/reisadvies/costa-rica

Driving licence and 4x4

Your Dutch or Belgian driving licence is valid for 90 days. For Monteverde, Santa Teresa, Drake Bay and the Nicoya coast road you want a 4x4: dirt roads, potholes and in the green season rivers to drive through. The compulsory liability insurance (SLI/TPL) is always bought from the rental company, even if your credit card gives cover.

On the road

Count on 40 to 50 km an hour on average: mountain roads, lorries and villages. Don't drive after dark; it is dark by six, all year round. Waze knows every road and warns of closures. Never leave anything visible in the car, not even for a moment.

Money

The currency is the colón, but almost everywhere takes dollars and credit cards. Bring a few small dollar notes for tips and parking. Restaurants add 10% service to the bill; an extra tip for a good nature guide (about $10 a person) is customary.

When to go

The dry season runs from December to April: sunny on the Pacific side and in Guanacaste. May to November is the green season, with sunny mornings and afternoon showers, quieter and cheaper; September and October are the wettest months, except on the Caribbean coast, where they are the driest.

Parks and entry fees

The national parks cost foreigners about $12 to $18 a person a day. For Manuel Antonio, Poás, Irazú and Corcovado you buy your ticket online beforehand from SINAC; Manuel Antonio is closed on Mondays.

serviciosenlinea.sinac.go.cr

Health

No vaccinations are required when you come from Europe. Protect yourself against mosquitoes (dengue), especially on the Caribbean coast. Tap water is drinkable in most places; ask in remote areas.

Packing list

- [ ] Passport (valid for the whole trip)
- [ ] Driving licence and credit card in the driver's name
- [ ] Travel and cancellation insurance
- [ ] Confirmations: flights, car, hotels, park tickets
- [ ] Rain jacket or poncho, even in the dry season
- [ ] Walking shoes that may get wet
- [ ] Insect repellent with DEET
- [ ] Reef-safe sunscreen
- [ ] Binoculars for birds and sloths
- [ ] A jumper for Monteverde and the volcanoes
- [ ] Plug adapter for type A/B (120 volts)

DON'T FORGET



DAYS 1–3

Tortuguero Limón

By canoe through the canals of Tortuguero

Land at San José (SJO), drive to Tortuguero: about 140 km, 3 h 20 min

3 nights

DON'T MISS

- The Tortuguero canals
- The village and the nesting beach
- Cerro Tortuguero

With an extra night

With an extra night: climb Cerro Tortuguero, or a second canoe trip at sunrise.

EXCURSIONS

- [ ] Canal canoe tour — roughly €30 a person
- [ ] Turtle night tour (Jul–Oct) — roughly €40 a person
- [ ] Boat transfer from La Pavona — roughly €30 a person

HOTEL

- [ ] Cabinas Tortuguero Sports Fishing · 3★
  Calle Barra del Tortuguero 2 bungalows Barra del Tortuguero, pueblo San Francisco en el Cerro, 2 bungalows
- [ ] Chilamate Room · 3★
  parque nacional tortuguero
- [ ] Casa Chilamates 2.0 · 3★
  150 mts sur del liceo de barra de tortuguero
- [ ] Cabinas Tortuguero Natural · 3★
  Contigo a la iglesia adventista
- [ ] Apartamentos Caimán 3 · 3★
  Parque nacional tortuguero

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DAY 4

San José San José

The Teatro Nacional and the Mercado Central

Tortuguero, drive to San José: about 130 km, 3 h

1 night

DON'T MISS

- Teatro Nacional
- Gold Museum
- Mercado Central

With an extra night

With an extra night: the Jade Museum, or a day trip to Irazú volcano.

EXCURSIONS

- [ ] San José walking tour — roughly €30 a person
- [ ] Mercado Central food tour — roughly €50 a person

HOTEL

- [ ] Viajero San José Hostel · 3★
  Avenida 9, Calles 13 y 15
- [ ] Isla Verde Hotel · 3★
  200 Oeste de la Embajada Americana
- [ ] Hotel Residence Inn Suites Cristina · 3★ — roughly €120
  300 meters north ICE building
- [ ] Hilton Garden Inn Santa Ana, San Jose · 3★ — roughly €90
  City Place, Santa Ana
- [ ] D Sabana Hotel San José · 3★ — roughly €120
  Ave. 6, Calle 28

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DAYS 5–8

Uvita Puntarenas

Whales off the Whale's Tail

San José, drive to Uvita: about 160 km, 4 h

4 nights

DON'T MISS

- The Whale's Tail in Marino Ballena
- Uvita waterfall
- Caño Island by boat

With an extra night

With an extra night: diving or snorkelling at Caño Island, or the Nauyaca waterfalls.

EXCURSIONS

- ☐ Whale and dolphin watching — roughly €80 a person
- ☐ Caño Island snorkelling — roughly €110 a person
- ☐ Two-tank dive at Caño Island — roughly €160 a person

HOTEL

- ☐ Bambura Bahia Villas · 3★
  Bambura Bahia Uvita
- ☐ Ruca Lodge - Luxury Container Tiny Home Surrounded by Nature · 3★
  Calle San Josecito
- ☐ Apartamentos Equipados DMR #3 · 3★
  200 metro suroeste dela Pizzeria la fogata C. El Mariposario 1
- ☐ MADRE TERRA · 3★
  400 m este del Banco del Costa Rica y 150 m sur de cabinas Los Laureles
- ☐ Cedrela Beach Villas · 3★
  Camino a Playa Chamán

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DAYS 9–10

Manuel Antonio Puntarenas

Sloths and monkeys above white bays

Uvita, drive to Manuel Antonio: about 70 km, 1 h 30 min

2 nights

DON'T MISS

- Manuel Antonio National Park
- Espadilla beach
- Sunset over the Pacific

With an extra night

With an extra night: a catamaran along the coast, or kayaking in the Damas mangroves.

EXCURSIONS

- [ ] Manuel Antonio with a nature guide — roughly €60 a person
- [ ] Catamaran cruise with snorkelling — roughly €90 a person
- [ ] Mangrove kayak tour — roughly €70 a person

HOTEL

- [ ] Apto Cielo Azul · 3★
  Playa Manuel Antonio, 100 metro oeste entrada Parque Nacional
- [ ] Hotel Playa Espadilla · 3★
  Manuel Antonio 200 metros oeste del Parque Nacional
- [ ] Mango Moon Villa · 3★
  200 Oeste del Hotel La Mariposa
- [ ] Hotel Planeta Sano · 3★
  Hotel California Road
- [ ] Natural Pacific Suites, private family rooms · 3★
  https://goo.gl/maps/15WX22dzy1m2DbFbA

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DAY 11

Alajuela Alajuela

Poás crater, an hour from the airport

Manuel Antonio, drive to Alajuela: about 160 km, 3 h 10 min

1 night

DON'T MISS

- Poás volcano crater
- La Paz waterfall gardens
- Coffee farm in the hills of Alajuela

With an extra night

With an extra night: La Paz waterfall gardens, or a day in San José with the Gold Museum and the Mercado Central.

EXCURSIONS

- [ ] Central Valley coffee tour — roughly €40 a person
- [ ] Poás volcano guided tour — roughly €80 a person

HOTEL

- [ ] Casa Cafetal Aeropuerto Two Bedrooms · 3★
  Paso Flores Calle 11
- [ ] Hotel Bamboo Aeropuerto · 3★
  Ave 1, Calles 9-11
- [ ] Las Carmelas, Airport Juan Santamaría, Alajuela, San José · 3★
  C. La Haya
- [ ] Hildas Bed and Breakfast · 3★
  Av 2 Alfaro Ruíz
- [ ] Hostal Casa Azul · 3★
  100 este de Correos de Costa Rica

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What it costs

DAY	PLACE	HOTEL	TOURS	CAR	TOTAL
1	Tortuguero	€260	–	€70	**€330**
2	Tortuguero	€260	–	€70	**€330**
3	Tortuguero	€260	–	€70	**€330**
4	San José	€100	–	€70	**€170**
5	Uvita	€130	–	€70	**€200**
6	Uvita	€130	–	€70	**€200**
7	Uvita	€130	–	€70	**€200**
8	Uvita	€130	–	€70	**€200**
9	Manuel Antonio	€160	–	€70	**€230**
10	Manuel Antonio	€160	–	€70	**€230**
11	Alajuela	€110	–	€70	**€180**
12	Flight home from SJO	–	–	€70	**€70**

Flights	€1,800
Hotels	€1,830
Excursions	€0
Car hire	€780
Total	**€4,410**
	€2,210 a person

An estimate to plan with (prices of 2026-10): hotels, the ticked excursions, car hire and flights. No fuel or meals.

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About this booklet

Made on rondreis.expert. Your trip is still there, to change and print again: costa-rica.rondreis.expert/en/tours/turtles-and-whales/

PHOTOS

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Tortuguero	Anhinga (Anhinga anhinga), Costa Rica.jpg · Hobbyfotowiki, CC0
San José	Downtown San José City (Costa Rica).jpg · Unknown authorUnknown author, CC0
Uvita	beaches/Playa-Ventanas-Puntarenas-2.jpg · Press photo
Manuel Antonio	landscapes/manuel-antonio-national-park_03_l.jpg · Press photo
Alajuela	Piaya cayana, Costa Rica.jpg · Hobbyfotowiki, CC0

MAP AND TYPE

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THE ROUTE

Tortuguero (3) · San José (1) · Uvita (4) · Manuel Antonio (2) · Alajuela (1)

Both coasts in the green months: green turtles at Tortuguero, humpback whales at Uvita.

12 days · 11 nights · 670 km