

A person is seen from the side, looking out over a body of water at sunset. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. Silhouettes of trees and branches are visible in the foreground and background. The person is wearing a dark, patterned shirt.

## 5-NIGHT LAPA RIOS ESCAPIST ITINERARY





At Lapa Rios, you'll catch a breath of fresh Osa air far away from civilization. Join us off the grid for an escape back to nature; dare to digitally detox and wander where the Wi-Fi is weak. Hiking or hammocking, you'll find respite from a hectic world and precious time to reconnect with yourself and your loved ones.

**Included with your stay:**

3 a-la-carte multi-course meals daily, snacks & non-alcoholic beverages, all on-property guided tours, round trip transfer between Puerto Jimenez-Lapa Rios, Wi-Fi in designated area.

**Travel and Logistics:**

We are happy to help you with your domestic flights or ground travel from San Jose to Lapa Rios and back.



UNIQUE LODGES  
OF THE WORLD™







*day 1*

## **ARRIVAL**

The road to Lapa Rios will take you far from any beaten path. As soon as you arrive to our remote location you'll feel the fast pace of modern life slow to a calmer rainforest rhythm. Spend your first afternoon on the Osa doing as our resident sloths do – relaxing. Unwind by the pool, try out the hammocks, and settle into rainforest life.

By night, join us at Brisa Azul Restaurant for some rainforest fine dining. You can look forward to fresh and locally-inspired dishes, responsibly and organically sourced ingredients, and an array of colorful fruits and veggies... all best enjoyed with a passion fruit daiquiri.





*day 2*

## **WILD WATERFALLS & NIGHT WALKS**

Welcome a new day on the Osa with a complimentary yoga class on our ocean-view deck. We'll help you breathe in nature's good vibes, breathe out all worldly worries, and feel completely revitalized. After breakfast, follow our expert, local guides through the virgin rainforest to a majestic waterfall. Be sure to wear a bathing suit – the enchanting plunge pool is deliciously inviting and refreshing. Prepare to be inspired by nature and the verdant wonders that surround you.

Come evening time, you'll need a flashlight before ducking back into the jungle, this time in search of our unusual nocturnal wildlife, iconic tree frogs and creepy crawlies on the pre-dinner Night Walk. Even in the dark you'll feel the special rainforest energy.





*day 3*

## **LAZY MORNINGS & LUNCHES**

Roll out of bed to glorious sunshine and the distinctive calls of howler monkeys. We'll deliver freshly-brewed Costa Rican coffee to your doorstep so you can enjoy a slow morning hammocking the hours away on your private ocean-view deck. Lounge around while sloth-spotting and enjoying a sense of pure peace as you look out into the green.

At midday, invite one of our guides to join you for lunch – their wild stories of rainforest life will transport you to another world, all while you savor our fresh fish tacos and pineapple cake. Once you've fuelled up, take yourself off on the self-guided trail to be alone with Mother Nature. Just be back in time to watch a dramatic sunset from your outdoor rain shower.





*day 4*

## **DOLPHINS, SUNSET YOGA & SUNDOWNERS**

Leave our nature trails behind for a boat trip along the lush Golfo Dulce coastline. Today you're in search of our three species of dolphins: common, bottle-nosed and spotted. Watch their playful shows from the boat and snorkel beside them for an unforgettable encounter with our marine life. En route you may even be lucky enough to spot whales and sea turtles too.

Enjoy an afternoon at leisure back at the lodge before joining our evening yoga class. Practice your asanas in the warm light of Golden Hour and stretch it out as the sun, sea and sky merge. Order in some sundowners after class with your fellow guests and spend a while trading inspiring travel stories from around the world.





*day 5*

## **BIRDWATCHING, BEACH TIME & SPA RELAXATION**

Wake up early for a spectacular sunrise and some world-class birdwatching. With more than 300 different species to spot around Lapa Rios including toucans and macaws, you'll spend a few hours with your eyes glued to the skies and your head in the clouds. You might even see sloths in the treetops too.

Hike down to the beach in the afternoon, looking out for our four resident monkey species and our namesake lapa (scarlet macaw) en route. Stay for a while to watch the world go by and the surfers hang ten before returning to the lodge for an indulgent massage at our spa – there's nowhere quite like raw nature to experience pure relaxation.



At Lapa Rios, you'll have the flexibility to tailor your ideal rainforest escape. While there is never a shortage of adventures to be had around the lodge, vacation time is just as well spent in an oversized hammock on your Bungalow's deck, or wandering through our forests just "being". Ask us for a personalized itinerary and discover all of our escapist favorites.

*"A forest left standing is worth more than one cut down."*

- Lapa Rios mission statement -