



At Lapa Rios, every inch of our 1,000-acre rainforest reserve is waiting to be explored. Here, the whole family will find complete rainforest immersion blissfully far from the distractions of modern-day life. For hardy hikers and relaxed rainforest adventurers alike, opportunities to see wildlife up close and personal are in every tree and under ever leaf. At the lodge, you'll learn all about our rich ecosystem in a fun, inspiring way, and experience conservation in action.

* Please note: The minimum recommended age for children at Lapa Rios is 6 years

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.







ARRIVAL

Spend your first afternoon on the Osa exploring our lodge, meeting our wildlife and settling into the rainforest rhythm. Splash around in the pool and try out the hammocks before the rainforest adventures begin.

By night, join us at Brisa Azul Restaurant for some rainforest fine dining. We've even put tasty tico twists on our kid's menu. You can look forward to fresh and locally-inspired dishes, responsibly and organically sourced ingredients, and an array of colorful fruits and veggies... all packed with a passion for flavor.



WILD WATERFALLS & COSTA RICAN CUISINE

The sun is shining, the scarlet macaws are calling, and a delicious breakfast awaits – gourmet fuel ahead of the Wild Waterfalls tour. Head into virgin rainforest and along the Carbonera River with our sharp-eyed guides to a majestic waterfall where you can dive and swim with the kids. En route you'll learn all about the rich flora and fauna that surrounds you.

After lunch, grab some aprons for a Costa Rican cooking class. Connect with our culinary culture, try our local ingredients, and enjoy your very own creations at the end.



BIRDS, BEACHES & BUGS

Join the noisy howler monkeys outside for a spectacular sunrise and some pre-breakfast, world-class birdwatching. With more than 300 different species to spot around Lapa Rios including macaws and toucans, even our youngest explorers quickly become budding birders. Spend the rest of the morning sloth-spotting and poolside chilling.

In the afternoon, hike to the nearby beach, looking out for our 4 resident monkey species and our namesake lapa, or scarlet macaw. As darkness falls over the lodge, duck back into the rainforest in search of our unusual nocturnal wildlife, iconic tree frogs and creepy crawlies on the pre-dinner Night Walk.



SURFING & SUSTAINABILITY

The waves are looking just right – surf's up! Grab a board and spend a little while practicing on the beach with your professional instructor. Then you'll be off into the waters! Who'll be the first to get up and riding Costa Rican style?

After a well-earned lunch, meet our little biogas-producing piglets and learn all about how we keep things green and clean at Lapa Rios during our inspiring Twigs, Pigs and Garbage sustainability tour. It's an unmissable guests' favorite.



OSA IMMERSION

Sunscreen up! A morning of hunting for crabs, starfish and sea cucumbers right by the Golfo Dulce awaits. It's a once in a lifetime opportunity to learn about one of only four tropical fjords in the world with our resident marine biologist. You might even see whales and dolphins too. Back at the lodge, invite one of our guides to join the family for lunch – they'll entertain you with their wild stories of rainforest life over fresh fish tacos and you'll be retelling their tales for years to come.

Round off your Lapa Rios family adventure by lacing up your boots for a last time – head to the secondary rainforest to plant your very own tree. You'll be making an important contribution to our reforestation program and leaving your mark on our 1,000-acre nature reserve.

