



The Central Section

Day 1

Orosi to Dota

Distance: 12.6 km (850m ascent, 287m descent)

Intermediate level

Stay at Verdesano lodge- Wellness experience

Activities: 1 trek, Optional yoga lesson

Drive from San Jose and meet our guide Juan Chavarria at 8:30am in Muñeco de Navarro. Cross over the small stream and across the soccer field of Muñeco de Navarro. Climb to Palo Verde through Forest Reserve where you will experience nature at its most glorious. Mushrooms, flowers and primary forest. Walk to Verdesano lodge, a wellness lodge where you can opt for a yoga lesson on their beautiful platform in the woods near the river.



Day 2

Palo Verde del Guarco to La Luchita

Distance: 12 km (600m ascent, 300m descent)

Intermediate Level

Stay at Cerro Alto Cabins

Activities: 1 trek

Walk from your lodging in Verdesano to Cerro Alto Cabins. This is an ascent on a gravel and dirt road that may have some very muddy sections. The road is a little-traveled route passing among trees and wild mulberry bushes and an impressive variety of flora. It is a steady climb but if you take your time and stop to rest you will reach your destination to enjoy a lovely lunch at Cabinas Turísticas Cerro Alto.



Day 3

Jardín de Dota to San Pablo de León Cortés

Distance: 12 km (400m ascent, 600m descent)

Intermediate Level

Stay at Castle La Corona de Los Santos

Activities: 1 trek, Optional kefir making or coffee tours

Walk through asphalted and gravel road that turn into a dirt road towards El Cerro de la Cruz. Climb 1km to view the Pacific. Then a slow decent for about 5km to arrive at Finca El Casquillo. There you will have lunch while you learn about medicinal plants and how to make Kefir. After lunch you will transfer to your lodging at a nearby Villa you can relax with a view of the Tarrazu coffee fields.



Day 4

San Pablo de Leon Cortes to Mata de Caña

Distance: 16 km (600m ascent, 400m descent)

Intermediate Level

Back to San José

Activities: 1 trek, Coffee tasting session

An early start will allow for a coffee tasting session where you will learn how to professionally taste coffee. You will then be transferred to the beginning of the trail. Today's walk is through coffee plantations with spectacular views. You will first descend and cross the small bridge over the river Pirris and then climb through the town of San Gabriel and on to a ridge overlooking the Tarrazu coffee fields. At the end you will be picked up as you exit the coffee plantations and taken back to San Jose after lunch at a nearby restaurant.

