EQUUS JOURNEYS
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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Mountains, Waterfalls & Forests in Costa Rica

COSTA RICA

On this relaxed centre-based ride, travellers will discover the hidden natural treasures of Costa Rica's Central Valley, enjoying views of mountains, volcanoes, virgin forests and waterfalls on horseback as they ride off the beaten track alongside the local vaqueros (cowboys). Staying at a beautiful colonial-style guesthouse, with the option to spend one night in an open-air "eco-deck" close to nature, you also will discover the country's exceptional biodiversity, eat delicious local cuisine and get a taste for the local way of life or "pura vida"!

Centre based holidays	**7 days (4 riding)**	**From £1,473**		Open to non-riders


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ITINERARY

Highlights

- Enjoy the beautiful natural surroundings of Costa Rica, from mountains and volcanoes to forests and waterfalls.
- Ride along quiet trails, off the beaten track alongside the local cowboys or "vaqueros".
- Experience the good life or "pura vida", as it's known in Costa Rica.
- Discover the country's incredible biodiversity.
- Ride energetic and sure-footed horses, with opportunities to trot and canter each day.
- Discover the country's national horse breed, the Paso Costarricense.
- Ride in bitless bridles and learn about natural horsemanship.
- Enjoy a free day where you can choose to relax, try rafting, go on a nature walk, a volcano visit, or an extra ride.
- Stay at a beautiful colonial-style guesthouse, with outdoor terraces and windowless "eco-decks" for those eager to listen to and observe the sounds of nature overnight.

Day 1 — 1: ARRIVAL IN SAN JOSE - No riding

International flight to San José. Flights are not included but can be booked upon request. You will be welcomed by a member of the local team and transferred to a hotel in the city, not far from the airport.

Please aim to arrive by 5pm. There is a group transfer leaving San Jose airport between 6 and 7pm depending on arrivals of the group members. Private transfers can be arranged for those arriving earlier (please see 'dates and prices').

Overnight at the hotel.

Day 2 — 2: SAN JOSÉ - TURRIALBA - 3 hours riding

Hacienda Monte Claro

After breakfast at the hotel, your local guide will meet you in the hotel's reception at 8am and you will be transferred by car to the hacienda in Turriabla (approx. a 2 and half-hour drive). If you have decided to skip the hotel night in San Jose but would like to join the transfer, you will need to meet the rest of the group at the hotel this morning at 8am.

On arrival at the estancia you'll enjoy a welcome drink and have time to settle into your room before heading to the farm, where you'll be introduced to the team and the horses. Lunch will be served facing the large grass arena.

In the afternoon, you'll enjoy a short ride in the arena to build connection with your horse. Then you'll set off on your first ride, passing sugarcane fields and coffee plantations, and enjoying sweeping views over the Central Volcanic Mountain Range. Along the way you may spot Costa Rica's iconic flora and fauna - rainbow eucalyptus, bright-blue Morpho butterflies, scarlet-red Tanagers, toucans and the famous yellow-tailed Oropendola with its unique call. After a canter, you'll stop beneath a majestic three-hundred-year-old Ceiba tree, considered sacred by the Maya. You'll return to the hacienda at around 5pm. In the evening, you'll enjoy a delicious barbecue dinner at the hacienda's restaurant, (with vegetarian options for those who'd prefer).

Overnight at the hacienda.

Day 3 — 3: EL SILENCIO - 5 hours riding

Hacienda Monte Claro

Breakfast on the terrace of the house, then everyone retrieves their horse for another beautiful day on horseback. Today's ride will take you through small rural villages, to spectacular viewpoints
overlooking Lake Angostura, and to a private farm home to magnificent oak forests and a peaceful lagoon. For part of today, the owner of the farm will accompany you as your guide. Having spent his whole life on the land, he offers a unique perspective on the area's history, rural traditions, local way of life, and the diverse flora and fauna in the area.

You will stop for lunch in a traditional wooden ranch and discover local specialities such as yuca, hearts of palm, and other regional products. You'll then take a short walk to discover an incredible tree (which is a nice opportunity to stretch and relax the muscles). For those who are interested, there is also a small zipline above a tiny lagoon. In the afternoon, you'll continue riding through the rolling landscapes of the region before returning to hacienda.

Dinner and overnight at the hacienda.

Day 4 — 4: FREE DAY IN TURRIABLA - No riding

Hacienda Monte Claro

After breakfast at the hacienda, it is up to you to choose what you'd like to do today. Several activities are available, including a day trip to go rafting on the world-famous Pacuare River, a guided nature walk early in the morning, a guided visit to Turrialba Volcano, or a horsemanship session. Please note that there is an additional fee for all activities. (Please see 'dates and prices').

Alternatively, you can choose not to participate in any of the above activities, and instead take yourself for a walk along nearby forest trails, swim at the waterfall or simply enjoy some quiet time at the hacienda. Lunch is not included today (except for those going rafting) but it is possible to have lunch at the hacienda for an additional fee.

In the evening, horseback tradition takes the spotlight: you'll either have dinner with a demonstration of Paso Costarricense horses or lasso handling.

Overnight at the hacienda.

Day 5 — 5: FINCA TRES EQUIS - 4 hours riding

Hacienda Monte Claro

Today it's breakfast on the terrace before setting off to a neighbouring farm, Finca Tres Equis. This property plays a key role in biodiversity conservation, owning and protecting hundreds of hectares of forest bordering the Pacuare River and the virgin forest of Barbilla National Park. You will ride across cocoa plots at the top of the property, then descend to the Pacuare River for a refreshing swim in crystal-clear water. After a long climb back up, enjoy a delicious lunch and a cup of coffee on a viewpoint platform overlooking mountains and primary forest.

After lunch, the adventure continues as you make your way back through a preserved forest filled with towering trees and remarkable natural features. This is the most challenging and rewarding part of the route, following authentic dirt trails. Just before returning, you'll stop for a final thrill: a giant swing suspended above breathtaking views of the surrounding mountains and valleys, the perfect end to the day.

Dinner and overnight at the hacienda.

Day 6 — 6: PAVONES - 5 riding

Hacienda Monte Claro

Breakfast at the house, then pack your things—tonight you will experience a very special type of accommodation!

At the farm, the horses will be prepared for a final trail ride through the tropical forest. You'll head out to explore the outer edges of the property, descend shaded hills beneath giant Espavel trees, and cross former pastures now part of a major reforestation project with native species. You will continue until you reach the sandy banks of the Reventazón River. Those who wish may be able to take their horse into the water. You'll then continue riding to a second point by the river, where you'll enjoy lunch surrounded by nature.

The afternoon includes more scenery, some canters and a stop at a waterfall where you may be lucky enough to spot turtles. You will then ride through a more technical section of trail winding beneath tall pine trees, part of an innovative carbon-capture and reforestation project. Emerging from the forest, you will visit Beneficio Naturalba, the farm's organic coffee processing facility, to learn about Costa Rican coffee production and the work of the local Bio Producers Association.

Later it's a final group dinner at the hacienda. For those who would like the opportunity to immerse themselves in nature, you have the option to spend the night in one of the eco-decks: made using natural and local materials and featuring an open wall overlooking the valley, mountains and volcano. Please note there is no wifi or electricity, only star light and a few solar-powered lamps.

Dinner at the hacienda's restaurant and overnight in the eco-deck.

Day 7 — 7: DEPARTURE - No riding

Today is your last morning at the hacienda. After breakfast, you can watch some training of the young horses and learn more about horsemanship.

There is a group transfer to the airport departing at 1pm. The drive to the airport is approx 3 hours, but can take up to 4 hours if there is a lot of traffic. With this in mind, please book a flight departing after 7pm. If you are continuing your travels in Costa Rica, we can arrange for you to be dropped off in Turrialba or in San Jose at no extra cost.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
07/11/2026	13/11/2026	£1,473	Guaranteed departure
14/11/2026	20/11/2026	£1,647	Open
05/12/2026	11/12/2026	£1,473	Guaranteed departure
12/12/2026	18/12/2026	£1,647	Open
21/12/2026	27/12/2026	£1,829	Open
11/01/2027	17/01/2027	£1,647	Open
01/02/2027	07/02/2027	£1,647	Guaranteed departure
01/03/2027	07/03/2027	£1,647	Guaranteed departure
12/04/2027	18/04/2027	£1,647	Open
24/05/2027	30/05/2027	£1,647	Open
28/06/2027	04/07/2027	£1,647	Open
09/08/2027	15/08/2027	£1,647	Open
06/09/2027	12/09/2027	£1,647	Open

11/10/2027	17/10/2027	£1,647	Open
15/11/2027	21/11/2027	£1,647	Open
27/12/2027	02/01/2028	£1,647	Open

Price details

- Please note that one of these dates 21st-27th December 2026 is a special Christmas departure, with a slightly different itinerary that includes a Boxing Day visit to the Tope Nacional in San José, which is the biggest annual equestrian event in Costa Rica -- plus dinner and overnight at La Riviera Hotel near the airport.

- International flights are not included but are bookable upon request.

- Rates are per person, based on two or three riders sharing a twin, double or triple room during the ride.

- Groups are composed of a minimum of 4 riders and a maximum of 8 riders, plus guides.

- The ride will also confirm for a group of 2-3 riders on payment of a small-group supplement.

- For 3 riders, a supplement of $290 / £220 / €255 per person is payable.
- For 2 riders, a supplement of $720 / £540 / €630 per person is payable.

Once the group has reached 4 people, we will remove this supplement from your invoice and refund you if you have already paid it.

- There is a single supplement of $375 / £280 / €330 per person if you would like to guarantee your own room. There is no single supplement if you are willing to share with another rider of the same sex.

- Airport transfers are included at set times. Clients are picked up in San José on the Saturday evening and dropped off on the Friday afternoon.

- If you require a private transfer, prices are as follows:

- From the airport to the hotel in San Jose - approx. US$60, payable locally in cash.
- From the hacienda to the airport - approx. US$230, payable locally in cash.

- It is possible to skip the first hotel night in San Jose and join the trip from Day 2 (for example, if you're already travelling in Costa Rica). To join the group transfer to the hacienda from the city, you will need to meet the rest of the group at the hotel on Day 2 at 8am. Please ask your travel advisor for rates.

- It may be possible to arrange to spend more than 1 night in the eco-deck. Please check with your travel advisor in advance.

- Non-riders are welcome and will be charged $1475 / £1105 / €1295 per person. The price includes all meals except lunches on Days 3 and 6.

- Accompanied minors are welcome from 10 yo, provided they match the riding requirements.

-There are several activities available on Day 5 of the trip. All should be paid for locally in cash or by credit card. Lunch is available at the estancia on this day for an additional fee of $15. Please inform the local team at least 24 hours in advance.

Activities (2026 prices, subject to change in 2027):
> Rafting (depart 9am and return 4pm, lunch and transfers included). High season rate US$123 and low season rate US$118.
> Guided nature walk (with biologist, 2 hours, departs early). High season rate US$73 and low season rate US$70.
> Guided tour of Turrialba Volcano (includes transfers and lunch). High season rate US$102 and low season rate US$97.
> Horsemanship session with an equine behaviour specialist. It's possible to do a 1.5 hour session starting at 9am: high season rate US$90 and low season rate US$87, or a 3-hour session (starting at 8am): high season rate US$170 and low season rate US$164.
> Morning trail ride (3 hours) followed by lunch at the hacienda and a free afternoon to relax. Requires a minimum of 2 riders. High season rate US$102 and low season rate US$97.
> Self-guided walk, relax, time to recharge.
Please Note
The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.
The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and

replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English-speaking horse guide

INLAND TRANSPORT

Airport transfers

ACCOMMODATION

Shared room (twin or triple) in the hotel in San Jose on first night
Shared room (twin or triple) at the hacienda, option to stay 1 night in an eco-deck

MEALS

Full board from dinner on Day 1 to breakfast on Day 7 (excludes lunch on Day 4)

EXTRAS

Extra activities mentioned in the itinerary (excluding activities on Day 4)

Price doesn't include

MEALS

Beverages and personal extras
Lunch on Day 4 is not included in the price

TRANSPORT

International flights

EXTRAS

Tips to the local team
Day time activities on Day 4, including horse riding, are not included

INSURANCE

Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

EQUESTRIAN INFO

Horses

The herd includes 22 horses living together outdoors in large pastures, (in their natural herd environment). Some of the horses are Costa Rica's national breed, the 'Paso Costarricense' – a gaited breed known for having a smooth, four-beat lateral gait. The rest of the herd includes Spanish horses (PRE) and American breeds. The local team trains and works with its horses using natural horsemanship techniques. All horses are ridden in bitless bridles and are barefoot.

Guide & local team

The hacienda is owned by Marie Beuchet, who inherited the farm from her family 25 years ago. She dedicates herself mainly to the production of organic coffee on the farm, and supervises the tourism teams. The rest of the team includes a tourism manager and a local vaquero who takes care of the animals and horses, in addition to several English-speaking guides who are all experienced riders with first aid training.

Minimum riding ability

MINIMUM RIDING ABILITY

Novice and low intermediate riders are welcome to join this trail, but you should be competent in walk and trot, with some experience cantering. This trip is not suitable for complete beginners. You should be physically fit with good balance in the saddle, as the trail includes some mountainous terrain. You should be able to mount and dismount independently, as you may need to dismount and walk with your horse over some steep sections. There are horses suitable for experienced riders and also gentle horses for less confident riders.

Rider weight limit: 85 kg / 187 lbs / 13 st 5 lbs.

PACE

The majority of the ride is at a walk, with one or two canters each day where the terrain is suitable. Less confident riders may choose to hold back with the vaquero if they'd prefer not to canter. Experienced riders please note, this is not a fast ride! Canters will be in single file.

TACKING ABILITY AND PARTICIPATION

You will be asked to help groom, tack and untack your horse but help will be on hand. You may also assist with feeding and watering the horses if you wish.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

You should be physically fit and comfortable spending several hours in the saddle each day (up to 5 hours). The trails can be quite technical and physically demanding due to elevation changes. You should be confident riding outdoors and over uneven, mountainous terrain.

EQUESTRIAN EQUIPMENT

Saddles are American saddles.
The hacienda uses bitless bridles.
Helmets are mandatory. The hacienda has helmets available to borrow in different sizes, but we recommend bringing your own to ensure the correct fit.
Saddlebags will be provided.

TRAVEL INFO

COMFORT

On the first night you will stay at a hotel in San Jose, with a swimming pool, close to the airport. For the rest of the trip, you will stay at a quaint and colonial-style hacienda and farm. Each room has an ensuite bathroom, and rooms are normally shared between two or three riders. You will have the opportunity to stay one night in one of the four “eco-decks” – large platforms with an open terrace and no windows or electricity, giving guests a rare chance to observe the forest and listen to the noises of nature overnight. There is a shared kitchen and meals are served on the different terraces of the house, depending on the number of guests. Please note: it is also possible to skip the hotel night in San Jose and join only for the nights at the estancia in Turrialba. Please see ‘dates and prices’.

MEALS

Breakfast is usually continental style, with toast, eggs, farm jams, fresh fruit and yogurt, coffee and tea. Coffee is all from the farm, the Naturalba coffee.

Lunches are typically local dishes, such as rice and beans (Casado) with chicken or meat, sautéed vegetables, mixed salad and fruit. Alternatively, you may have a picnic with sandwiches, savory and sweet pastries, freshly cut fruits and vegetables and juice.

Dinner is usually local cuisine, for example, on the first night at the hacienda there will be a buffet with grilled meats, potatoes and various vegetables, green or mixed salad, and a dessert of ice cream, tropical fruits or homemade cakes. On some other days you will try restaurants with a choice of meals or a set menu.

WATER
You will be supplied with fresh water to drink.

CLIMATE

This area of Costa Rica has a humid, tropical climate tempered by altitude, with pleasant temperatures all year round and very green vegetation. Average daytime temperatures are usually between 22 and 28°C. Night time temperatures are usually between 16 and 20°C.

The dry season runs from December to April. At this time the climate is generally drier and sunnier. Days are warm but pleasant, and nights are cool. A few showers are possible, but usually infrequent.
The rainy season (green season) runs from May to November. At this time, there is more frequent rainfall, mainly in the late afternoon or evening.

Mornings are often sunny or partly cloudy. Nature is particularly lush during this period. September and October are the wettest months.

TIPS

You should tip what you feel the service is worth and what you feel comfortable with. We suggest around 10–15% of the trip cost to be shared among the team.

PACKING LIST

Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring.

Head
- Riding helmet
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana

Upper body
- Long sleeved shirts provide protection from the sun and are an extra layer
- T-shirts
- Lightweight fleece or jumper
- Warm fleece or jumper if needed
- Waterproof jacket

Legs
- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Casual trousers for the evenings, such as jeans or tracksuit bottoms
- Waterproof over trousers if you want, in case of lots of rain

Hands and Feet
- Comfortable riding boots. We recommend short boots with half chaps. We don't recommend taking your favourite long leather boots in case they get damaged.
- Waterproof shoes/boots
- Trainers or equivalent light shoes for moving around in the evenings
- Flip flops or sandals
- Socks
- A thin pair of riding gloves (optional, to protect your hands from the sun).

Nightwear
- Pyjamas

Other useful items
- Swimsuit
- Small backpack for accessing items required during day trips
- Headtorch or small torch
- Water bottle

Medical kit
- Sunscreen and lip balm - should be high factor
- Insect repellent, preferably containing deet
- Any medication you regularly take
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc...
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets

Other recommendations:
- We recommend travelling in your riding boots and carrying your hat and some riding clothes / any essentials and valuables in your hand luggage - then if your luggage goes astray you are still able to ride!
- Please print copies of your passport and insurance documents and take them with you.
- We recommend using a soft-sided bag which can easily be transported.

- Backpacks should not be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lipbalm etc).

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .