

Costa Rica | April 12-21

In case of an emergency while in Costa Rica, call 911.

Your Tour Guide:

Jason Thomas | +506 8648 3111

Itinerary

Itinerary is subject to change due to weather and group preferences.

Day 1	Date: Sunday, April 12
Summary:	Our tour will begin at 2pm local time at Hotel Las Espuelas in Liberia (a 15-minute taxi ride from the Liberia Airport). Please plan to arrive by 2pm or earlier that day so you can be present for orientation, which starts promptly at 3pm. We will spend the first night of the tour at Hotel Las Espuelas and have dinner together after the orientation. This will be an enjoyable evening to settle in and get to know each other before taking off on our adventure!
Itinerary	<ul style="list-style-type: none">• 2pm: Meet at Hotel Las Espuelas for group orientation• 3-5pm: Orientation• 6pm: Dinner at Hotel Las Espuelas
Lodging	Hotel Las Espuelas Address: Hotel Las Espuelas 2 kilómetros al Sur de la entrada principal de Liberia, Provincia de Guanacaste, Liberia, Santa Lucía, 50101, Costa Rica Phone Number: +50626660144

Day 2	Date: Monday, April 13
Summary:	After breakfast at Hotel Las Espuelas, we'll head to Eterna for a full day of connection and exploration. We'll share a nourishing lunch upon arrival, followed by a talk and guided tour to learn about their projects and vision. We'll close the day with a little downtime before enjoying a relaxed dinner together. Our hotel will be a short walk/drive away.

Lodging	<ul style="list-style-type: none"> ● 7am: Breakfast at Hotel Las Espuelas ● 8am: Travel to Eterna <ul style="list-style-type: none"> ○ Drive time: 3.5 hours ● 12pm: Lunch at Eterna ● 1:30-5pm: Community Talk and Tour at Eterna ● 6pm: Dinner at Eterna
Lodging	<p>Buddha Hotel Address: 📍 Buddha Retreat Hotel : Costado Este a la Playa de Deportes, Provincia de Guanacaste, San Juanillo, Playa, 50306, Costa Rica Telephone number: +506-4500-2121</p>

Day 3	Date: Tuesday, April 14
Summary:	We'll begin the day with breakfast at the hotel before setting out for Tierramor . During our visit, we'll explore their budding food forests, natural building methods, and ecological design systems, and learn how permaculture and deep spiritual inquiry shape community dynamics and weave sustainability into daily life. We'll head out before dark and return to the hotel for some dinner and downtime.
Itinerary	<ul style="list-style-type: none"> ● 7am: Breakfast at Buddha Hotel ● 8am: Drive to Tierramor <ul style="list-style-type: none"> ○ Drive time: 30 minutes ● 9am: Welcome to Tierramor, talk & tour ● 12:30pm: Lunch at Tierramor ● 3pm: Depart for Buddha Hotel in time to catch sunset at the beach. <ul style="list-style-type: none"> ○ Drive time: 30 minutes ● 6pm: Dinner at Buddha Hotel
Lodging	<p>Buddha Hotel Address: 📍 Buddha Retreat Hotel : Costado Este a la Playa de Deportes, Provincia de Guanacaste, San Juanillo, Playa, 50306, Costa Rica Telephone number: +506-4500-2121</p>

Day 4	Date: Wednesday, April 15
Summary:	After breakfast at the hotel, we'll head to Nanku Ecovillage, a residential community recently founded by members of Pachamama. In the morning, we'll hear about their community's development and support for the Chorotega, the original people of that land. After lunch, we'll gather for a bioregional panel discussion exploring the region's unique ecological, cultural, and social dynamics and how communities are developing within that at various scales. We'll return to the hotel before dark for dinner and time to reflect on all that's been shared.
Itinerary	<ul style="list-style-type: none"> ● 7am: Breakfast at Buddha Hotel ● 8am: Drive to Nanku Ecovillage <ul style="list-style-type: none"> ○ Drive time: 30 minutes ● 9am: Welcome to Nanku, talk & tour ● 12:00pm: Lunch at Nanku Ecovillage ● 2-5pm: Bioregional Panel Discussion ● 6pm: Dinner at Eterna ● 7pm: Reflection Circle
Lodging	Buddha Hotel Address: 📍 Buddha Retreat Hotel : Costado Este a la Playa de Deportes, Provincia de Guanacaste, San Juanillo, Playa, 50306, Costa Rica Telephone number: +506-4500-2121

Day 5	Date: Thursday, April 16
Summary:	After breakfast at the hotel, we'll journey to The Ark , nestled in the hills of Santa Teresa. Rooted in spiritual connection, sustainability, and holistic living, this regenerative wellness village is adapted to modern times and grounded in regenerative-economy principles. During our visit, we'll explore their permaculture installations and the community's mindful rhythm of daily life. We'll share lunch and dinner on site and settle into our rooms for personal reflection.
Itinerary	<ul style="list-style-type: none"> ● 7am: Breakfast at Buddha Hotel ● 8am: Depart for The Ark <ul style="list-style-type: none"> ○ Drive time: 4.5 hours ● 12:30pm: Lunch at The Ark ● 1:30pm: Check-in

	<ul style="list-style-type: none"> • 2pm: Talk & Tour of The Ark • 6:30pm: Dinner at The Ark
Lodging	The Ark 📍 The ARK : Calle Bella Vista, Puntarenas Province, Santa Teresa, 60111, Costa Rica Phone Number: +506-8969-3669

Day 6	Date: Friday, April 17
Summary:	After breakfast at The Ark, we'll head to Beija Flor , nestled where the jungle meets the Pacific Ocean. Spread across 150 acres of lush tropical land just outside Santa Teresa, Beija Flor is more than a place to live, it's a vibrant, evolving way of life. During our visit, we'll explore the land and learn about their Forest School and community initiatives, while getting a feel for the rhythms that shape daily life—from shared meals to creative gatherings. We'll enjoy lunch and dinner on site before returning to The Ark for the evening.
Itinerary	<ul style="list-style-type: none"> • 7am: Breakfast at The Ark • 8:30am: Drive to Beija Flor <ul style="list-style-type: none"> ◦ Drive time: 25 minutes • 9am: Talk and Tour at Beija Flor • 12pm: Lunch at Beija Flor • 5pm: Reflection Circle • 6pm: Dinner at Beija Flor
Lodging	The Ark 📍 The ARK : Calle Bella Vista, Puntarenas Province, Santa Teresa, 60111, Costa Rica Phone Number: +506-8969-3669

Day 7	Date: Saturday, April 18
Summary:	After breakfast at The Ark, we'll head to Santa Teresa Beach for a relaxed day by the ocean. With its soft shoreline and vibrant surf culture, Santa Teresa offers time to swim, walk the beach, stroll through town, or simply unwind and reflect on the journey we've shared. Lunch and dinner will be at the same restaurant on the beach, giving us a taste of the area's diverse culinary scene. For those interested, there's a farmers market half an hour away from 9-1pm.

Itinerary	<ul style="list-style-type: none"> ● 7am: Breakfast at The Ark ● 8:30am: Drive to Santa Teresa Beach <ul style="list-style-type: none"> ○ Drive time: 12 minutes ● 12-1pm Lunch at Shambala Beachfront Restaurant ● Beach day! ● 6pm Dinner at Shambala Beachfront Restaurant
Lodging	The Ark 📍 The ARK : Calle Bella Vista, Puntarenas Province, Santa Teresa, 60111, Costa Rica Phone Number: +506-8969-3669

Day 8 Date: Sunday, April 19	
Summary:	Today we'll travel to Brave Earth , our home for the final chapter of the journey. Nestled in the Costa Rican jungle, Brave Earth is rooted in a prayer to create an imprint of lived possibility in solidarity with all Life. Brave Earth is an experiential center, residential community, regenerative agricultural commons, and resilience network. After arriving and settling in, we'll have time to land, connect with the space, and prepare for a deeper immersion ahead.
Itinerary	<ul style="list-style-type: none"> ● 6:30am: Breakfast at The Ark ● 7:30am: Depart for ferry crossing <ul style="list-style-type: none"> ○ Drive time: 1.5 hours ● 9am: Ferry Crossing <ul style="list-style-type: none"> ○ Ferry/Drive time: 3 hours ● 12pm: Lunch and a Garden Tour at Cafetería El Cocora ● 2:30pm: Depart for Brave Earth <ul style="list-style-type: none"> ○ Drive time: 1 hour ● 3:30pm: Arrive at Brave Earth ● 5pm: Greeting at Rumi's Kitchen and Orientation to the space ● 6pm: Dinner at Rumi's Kitchen
Lodging	Brave Earth Address: 📍 Brave Earth (Tierra Valiente) : de, 2.8km West of Casa de Maquinas ICE,

	Alajuela Province, San Isidro, 20213, Costa Rica Phone Number: +506-8521-9819
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Day 9	Date: Monday, April 20
Summary:	We'll spend the day immersed in Brave Earth's evolving vision and stewardship of the land. Since 2021, the community has been regenerating the property, planting hundreds of trees as part of their growing intentional food forest. Through guided dialogue, time on the land, and shared meals throughout the day, we'll explore how they live in service to the collective transition and in dialogue with the living planet.
Itinerary	<ul style="list-style-type: none"> ● 8am: Breakfast at Rumi's Kitchen ● 9:30am: Community talk in the Maloca ● 11am: Tour ● 1pm: Lunch at Rumi's Kitchen ● 3pm: Mutual Aid Fund / FDA talk in the Maloca ● 6pm: Dinner at Rumi's Kitchen ● 7pm: Fire at the Maloca
Lodging	Brave Earth Address: 📍 Brave Earth (Tierra Valiente) : de, 2.8km West of Casa de Maquinas ICE, Alajuela Province, San Isidro, 20213, Costa Rica Phone Number: +506-8521-9819

Day 10	Date: Tuesday, April 21
Summary:	We'll start the day early by loading our bags into the van and getting ready to depart. After breakfast, we'll circle up one last time before beginning our journey to Hotel Las Espuelas, stopping midday for lunch. Once there, we'll take time to say our goodbyes, reflecting on the memorable experiences and connections from our journey together. Some of us will return to Hotel Las Espuelas, while others will be dropped off at other locations in Liberia.
Itinerary	<ul style="list-style-type: none"> ● 7am: Pack bags and bring them to reception ● 8am: Breakfast at Rumi's Kitchen

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| | <ul style="list-style-type: none">● 9am: Closing Circle● 10am: Drive to Hotel Las Espuelas● 12pm: Lunch at Lake Arenal Pizza & Seafood● 4pm: Arrive at Hotel Las Espuelas |
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