



7 Days in Tamarindo: 1-Page Printable Itinerary

A relaxed, family-friendly itinerary for a multigenerational trip.

Day 1 – Arrival and Easy Beach Time

- Settle into your hotel or villa and unpack.
- Keep the afternoon simple with beach time, pool time, or a relaxed walk-through town.
- Enjoy an easy dinner and get to bed early.

Day 2 – Beach Morning and Tamarindo Town

- Start with a slow beach morning, beginner surf time, or a swim.
- Optional: do a short stretch or family yoga session on your terrace or on the sand.
- Wander through Tamarindo's shops and creative spaces—start at the TAM, then pop into nearby galleries and boutiques.

Day 3 – Volcano Adventure and Hot Springs

- Book a full-day combo tour from Tamarindo to Rincón de la Vieja or a similar volcano area.
- Many tours bundle ziplining, horseback riding, river tubing, mud baths, hot springs, and lunch.
- Plan for a full but memorable day.

Day 4 – Wildlife, Mangroves, and Open Play

- Take a morning estuary boat or kayak safari through the Tamarindo estuary / Las Baulas area.
- Look for birds, crocodiles, monkeys, and other wildlife.
- Keep the afternoon open for beach time, pool time, reading, or unplanned fun.
- Grab a low-key dinner at El Chiringuito, then take a short walk for ice cream or gelato.

Day 5 – Markets, Sodas, and a Cooking Class

- Ease into the day with a local breakfast or market visit.
- Try a casual Costa Rican soda for a simple lunch.
- Optional add-on: join a family-friendly cooking class in the Tamarindo area and learn to make staples like gallo pinto, handmade tortillas, and plantain dishes.

Day 6 – Sailing, Snorkeling, and Sunset at Sea

- Keep the morning easy with beach or pool time.
- In the afternoon, book a catamaran or sailing trip with snorkeling and a sunset cruise.
- Many trips include light food, drinks, and wildlife spotting.

Day 7 – Last Beach Day and Farewell

- Use the day to revisit favorite spots, swim, surf, shop, or simply relax.
- If flying out on Day 8, enjoy one last full beach day.
- If departing today, focus on the morning pieces only.
- End with a farewell dinner at Ocho Beach Club.

Simple Wellness Ideas

- Before bed, have everyone share one thing from the day they appreciated.
- Take a short sunset walk together.
- Build in downtime between bigger activities.

