



## Tour Name

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San Jose Bites and Sights Tour

## Tour City

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San Jose

## Tour Snapshot

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Unmask the beauty and culture of contemporary Costa Rican life on this San Jose walking tour that takes you through the busy streets, bustling markets, and tranquil parks. Discover a side to this city only heard from the mouths of locals, while indulging in typical cuisine and one of Costa Rica's most delectable exports – coffee.

### Highlights

- Discover the secrets behind handicrafts, herbal remedies, and fresh produce at Borbon and San Jose Central Market
- Become a mixologist of natural Costa Rican drinks and an expert on more than 30 local exotic fruits and vegetables
- Savor several tasty seasonal samplings of Costa Rica as well as its famous organic coffee
- See a side of San Jose known only by locals and not found in guidebooks

Inclusions: Local English speaking guide, food samples.

Exclusions: Food and drink other than specified above, souvenirs, items of a personal nature, tips / gratuities for your guide.

### **Schedule details**

- Duration: 3 hours
- Meeting point:  
Front entrance of the National Theatre, Avenida 2, calle 1, Catedral, San José, Costa Rica
- Starting time: 8.30 AM
- Ending point:  
Central Avenue, San Jose

### **Full Itinerary**

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Get your cameras ready because you don't want to miss a single moment of this colourful local experience. On this San Jose tour you'll get up close and personal with Costa Rican life, through local food, history, and even the herbal remedies of folk medicine. Enjoy a hands-on lesson on exotic plants, fruits, vegetables, and the smoothies they can create in the midst of the vibrant city markets. Nothing could get you closer to authentic San Jose than strolling through the streets with a local as they show you the ins and outs of daily life. Take a wander through the city with us on this tour that takes typical San Jose and turns it into a local experience you'll never forget.

Your San Jose food tour starts with a morning pick-me-up cup of coffee in a café located in the Borbons market where you'll get to know your guide and relax into your surroundings. From here, we'll take a stroll through the vibrant market, tasting local fresh fruits while learning about the agricultural history of the area. We'll visit a number of stands, from a coffee stand to learn the Costa Rican chorreado brewing method to a local folk medicine stand where we'll learn about curing everything from a hangover to a broken heart. Coffee and markets play a very important role in the history of San Jose and you'll get the inside scoop on what they mean to the city and its citizens.

Your San Jose market tour continues along local roads towards the Central Market. Seeing the diverse sites of these markets will help you get to know the country and its rich history and on this tour, you'll be another sense – taste – to get more in tune with San Jose. There's no better place to experience local cuisine than the Central Market, a 120-year old building full to the brim with typical Costa Rican food and drink. Here you can sample local delicacies, learn about the herbs used in local medicines, or simply sip on your second rich and smooth Costa Rican coffee of the day. The Central Market is an experience

that no visitor to the San Jose should miss, and with a local guide by your side you'll unearth all the secrets behind this San Jose treasure.

The Central Market will be the last stop on this San Jose tour, and by the end you'll be full of local knowledge (and perhaps even some local lingo!), giving you the full San Jose experience that is sure to be a highlight of your time in this vibrant city.

### **Additional information**

Inclusions: Local English speaking guide, food samples.

Exclusions: Food and drink other than specified above, souvenirs, items of a personal nature, tips / gratuities for your guide.

Dress standard: Casual clothing is appropriate for this tour, and we advise you wear comfortable shoes. Hats, sunglasses, and sunscreen may need to be worn if the weather is hot.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

### **Dietary Notes**

We can accommodate vegetarians and other dietary restrictions. Please notify us in advance if you have any dietary requests. You can do it in the 'additional information' box at checkout or by emailing us at [UrbanAdventures.CR@peakdmc.com](mailto:UrbanAdventures.CR@peakdmc.com)

### **Local contact**

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