



## Tour Name

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Total San Jose: Bites & Sights with Gold Museum

## Tour City

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San Jose

## Tour Snapshot

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Discover the culture of both contemporary and pre-Columbian Costa Rican life on this San Jose walking tour. You'll wander through busy streets, bustling markets, tranquil parks and a museum of gold as you learn straight from locals about community, culture, cuisine and more.

### Highlights

- Discover the secrets behind handicrafts, herbal remedies, and fresh produce at the local markets
- Savour seasonal snacks as well as some of that famous Costa Rican coffee
- See a side of San Jose not found in guidebooks
- Visit the pre-Columbian Gold Museum, home to 1,600 gold artifacts dating back to 500 CE
- Learn how to brew coffee from three different coffee shops

Inclusions: Local English-speaking guide, food and drink samples, lunch, entrance fees.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

### **Schedule details**

- Duration: 5 hours
- Meeting point:  
Central Market. We'll meet at the main entrance, at the southeast corner of the market. Corner of Av. Central and Calle 6.  
[View on Google Maps.](#)
- Find the exact meeting point with what3words: [///plea.unwanted.starring](https://www.what3words.com/plea.unwanted.starring)
- Starting time: 8.30 AM
- Ending point:  
National Theatre.

### **Full Itinerary**

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Make the most of your day in San Jose! This tour takes our usual [Bites & Sights Tour](#) and combines it with a trip to a pre-Columbian Gold Museum for the ultimate Costa Rican cultural experience.

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 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 where we'll

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.

Your tour continues along local roads towards the Central Market. 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 more Costa Rican coffee. The Central Market is an experience that no visitor the San Jose should miss, and with a local guide by your side, you'll unearth all the secrets behind this San Jose treasure.

We'll refuel from all that exploring with a lunch stop at one of the most historic coffee shops in San Jose.

After lunch, we'll visit a museum that's home to some 1,600 pieces of gold artifacts, dating back to 500 CE. In Costa Rican history, gold was considered a symbol of authority, and the items in the museum display the craftsmanship of the pre-Columbian period.

By the end of your tour, you'll be full of local knowledge, from food to culture — but if you want to see, do and eat more, be sure to ask your local guide for more tips on things to do in San Jose.

### **Additional information**

Inclusions: Local English-speaking guide, food and drink samples, lunch, entrance fees.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

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**

This tour can be customised to cater to dietary restrictions. Please notify us in advance if you have any dietary needs. You can do so in the 'Additional request' box at checkout, or by emailing us at [info@sanjoseurbanadventures.com](mailto:info@sanjoseurbanadventures.com)

**Local contact**

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