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— ACCESSIBLE TOURISM —

San José Accessible City Guide

5-day itinerary



for people with
reduced mobility

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Destination: San José

Delimited by the Central Volcanic Mountain Range, **San Jose** is the most populated province of Costa Rica. In the surroundings there are beautiful parks and coffee plantations. Meanwhile, the heart of the capital houses a variety of theaters, museums and buildings of interest that invite you to discover an exciting culture where the traces left by immigrants from different nations remain.

Costa Rica is a multicultural country that warmly welcomes all tourists. That is why it has made great strides to promote **accessibility**. Various national parks are already accessible for people with **reduced mobility**.

In this guide we propose you make a five-day **accessible itinerary**. You will get to know San José and other treasures of the country. Keep in mind that you can always select the information that interests you and plan your trip in the time you have.

You will discover...

- Tourist attractions that you can visit as a person with **reduced mobility** and description of their **accessibility**.
- **Accessible transportation** options.
- Recommended hotels from our catalog.



Airport accessibility

Juan Santamaría International Airport (SJO) has become the main gateway to Costa Rica. Located 17 kilometers away from downtown San José, it receives millions of passengers annually and offers them one of the best airport services in Latin America.

Travelers requiring **special assistance** should notify their airline in advance. In this way they will avoid unforeseen events and will be able to receive adequate care. As

indicated on the SJO website, **wheelchairs** can be requested from the skycap.

Official airport taxis are available 24 hours a day, every day of the year. They have a **fleet of accessible vehicles** for people with **reduced mobility**. In addition, the drivers are bilingual: they are fluent in English and Spanish. We recommend that you book in advance to move worry-free to and from the terminal.

Recommended hotels



Hilton Garden Inn San José

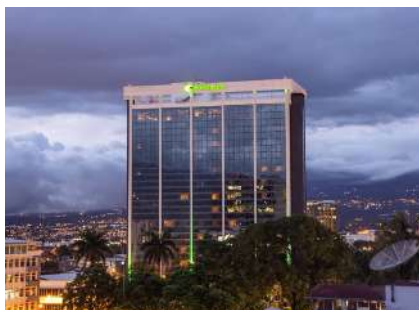
The Hilton Garden Inn San Jose La Sabana is an accessible hotel located in a central area near La Sabana Metropolitan Park and the National Stadium of Costa Rica. Many restaurants can be found in the area.

The accessible rooms are spacious and have wide doors to facilitate the passage of wheelchair users.[...]

[Learn more](#)

Holiday Inn Express San Jose Costa Rica Airport

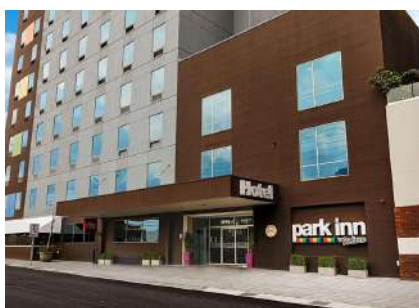
The Holiday Inn Express San Jose Costa Rica Airport is an accessible hotel located 1.3 kilometers away from the Juan Santamaría Airport. The center of Alajuela is ten minutes away by car, while the heart of San José can be visited in forty minutes. [...]

[Learn more](#)

Aurola Holiday Inn San José

The Holiday Inn San Jose Aurola has an excellent location to enjoy a stay in San Jose. Nearby are places of cultural interest such as the National Museum of Costa Rica and the Jade Museum, among others.

The accessible rooms for people with reduced mobility are welcoming. [...]

[Learn more](#)

Park Inn by Radisson San Jose

The Park Inn by Radisson San Jose is the perfect choice for travelers who want to enjoy a quiet stay in San Jose. La Sabana Park, the most visited in the country, is only 3 kilometers away. The hotel has accessible common areas for guests with reduced mobility.

The accessible rooms are spacious and contemporary in style. [...]

[Learn more](#)



Gran Hotel Costa Rica, Curio Collection By Hilton

The Gran Hotel Costa Rica, Curio Collection By Hilton is located in the center of the capital. It is an excellently located hotel for experiencing accessible tourism in the city. Accessible rooms have wide doors for easy wheelchair access, with Braille room numbers and lowered peepholes, switches and plugs. [...]



[Learn more](#)



Quality Hotel Real San Jose - Santa Ana

The Quality Hotel Real San Jose is located in the district of Santa Ana, in the province of San José. Parking is free, which is very convenient for travelers traveling by car. There are spaces reserved for people with reduced mobility. [...]



[Learn more](#)



Parque Del Lago Boutique Hotel

The Parque del Lago hotel has a central location that allows you to comfortably explore the most emblematic places of San José.

The establishment has an accessible main entrance, as well as an accessible reception desk and meeting spaces. [...]



[Learn more](#)



5-day accessible travel itinerary

Day 1

After settling in and leaving your luggage at your **accessible hotel**, it's time to go explore the main tourist attractions of San José. Compared to other world capitals, it may seem small. But this city has a lot to offer.

Tour the **Plaza de la Cultura** and enter the **National Theater of Costa Rica**. The building dedicated to the performing arts is one of the most important historical monuments of national history. The theater offers guided tours in English or Spanish where you can learn more about the facilities.

For a hassle-free visit, we recommend that you contact the Operations and Services Department. Let them know about your needs so he can plan ahead. You will find the contact information on the National Theater's website.

Nearby, the **Central Park** and the facade of the **Metropolitan Cathedral** will attract your attention.

Unlike other parts of the country, you will find very interesting museums in San José. Below we provide information about the **accessibility** of some of them:

- **Pre-Columbian Gold Museum.** The [Central Bank Museums website](#) indicates that there are elevators, ramps, **accessible restrooms** and platforms for visitors with **reduced mobility**. It is also possible to borrow a **wheelchair** for free and take a tour that suits you. To request the latter, write to the contact email found in the [website's "accessibility" section](#).
- **Jade Museum.** People with **disabilities** are admitted for free.
- **National Museum of Costa Rica.** [According to the institution itself](#), the building has **ramps** and an elevator that gives access to the restrooms. It is also possible to borrow a **wheelchair** at the ticket office.



Just 500 meters away from the Plaza de la Cultura is the **San Jose Central Market**, where you can buy a variety of local products in its more than 200 stores. It is declared a Cultural Heritage and was built in 1880.



PHOTO: LX COSTA RICA

Then you can tour the beautiful **La Sabana Metropolitan Park**. It is a good place to disconnect after visiting the tourist attractions.

where university students usually go, while in the **Escalante neighborhood** there are more exclusive restaurants.

To end the day, enjoy the nightlife of San José. For example, in the **La California neighborhood** you will find many cheap bars



Day 2

Begin the day with a tour of **Cartago**. In the heart of the Costa Rican city is one of the most important churches in the country, the **Basilica of our Lady of the Angels**. Stop for a moment to appreciate its beautiful façade.

We recommend exploring the magnificent **Lankester Botanical Gardens**, which has a **universally-accessible main trail** and offers **wheelchairs** at the reception. You will see more than 3,000 plant species, including one of the most important collections of orchids in the world.





PHOTO: ALEX IP ON UNSPLASH

Later, head towards the **Irazú Volcano National Park**. As the [SINAC website](#) indicates, it has an **accessible trail** that leads to the viewpoint of the main crater. The Diego de la Haya Crater is also accessible for visitors with **reduced mobility**.

In addition, there are ramps that lead to the main boulevard, accessible cafeteria and restrooms.



Day 3

Try to rest well. On the third day, new adventures await you. On this occasion, you can go to the **Arenal Volcano National Park**.

The Los Miradores Trail, 1.2 kilometers away, is **accessible** for people with **reduced mobility**. At the end there is a viewpoint from where you can enjoy incredible views. If you want to fully appreciate the details, you can take a guided tour or opt for the alternative we propose in the "more **accessible attractions**" section.

As **SINAC** points out, in case you need to, borrow a **wheelchair** from the park.

If you have enough time, go to the first viewpoint of the **Fortuna Waterfall**. The **accessible platform** is located 200 meters away from the waterfall, so you can take some spectacular photographs. You can also tour the orchid garden.



Day 4

Today it's time to relax on the **beaches** of the **Manuel Antonio National Park**, almost a three-hour drive from San Jose. The beautiful preserve has **wheelchair-accessible trails**. It is also possible to request a permit to enter by taxi.

Manuel Antonio is home to lush forests inhabited by sloths, squirrel monkeys, iguanas, crabs and other wildlife. It is one of the most beautiful and diverse natural areas in the world. In addition, there are some of the most beautiful beaches in Costa Rica.



To better plan the entire visit, we recommend that you first contact the park itself and tell them what your needs are. You can reserve an **amphibious chair** by calling the number listed on the SINAC website: 2777-5185.



PHOTO: SOPHIE LAURENT ON UNSPLASH

Day 5

Dress in your most comfortable clothes and start your excursion to the **Poas Volcano National Park**, 1 hour and 20 minutes away by car. Surrounded by a majestic landscape, one of the largest craters in the world is hidden.

The [official website of the National System of Conservation Areas of Costa Rica \(SINAC\)](#) indicates that this park has a 800 meter **accessible path** (“Poor Man’s Umbrella”) for people with **reduced mobility**. You will be able to reach the viewpoint without problems. In addition, there are three **wheelchairs** that can be borrowed.

This is one of the most active volcanoes in the country. Therefore, before making any visit, find out about their activity and if entry is allowed. You can also view this [camera in real time](#) and tell whether the weather is favorable.

Next, we provide you with other **accessible attractions** that you can add to your itinerary.



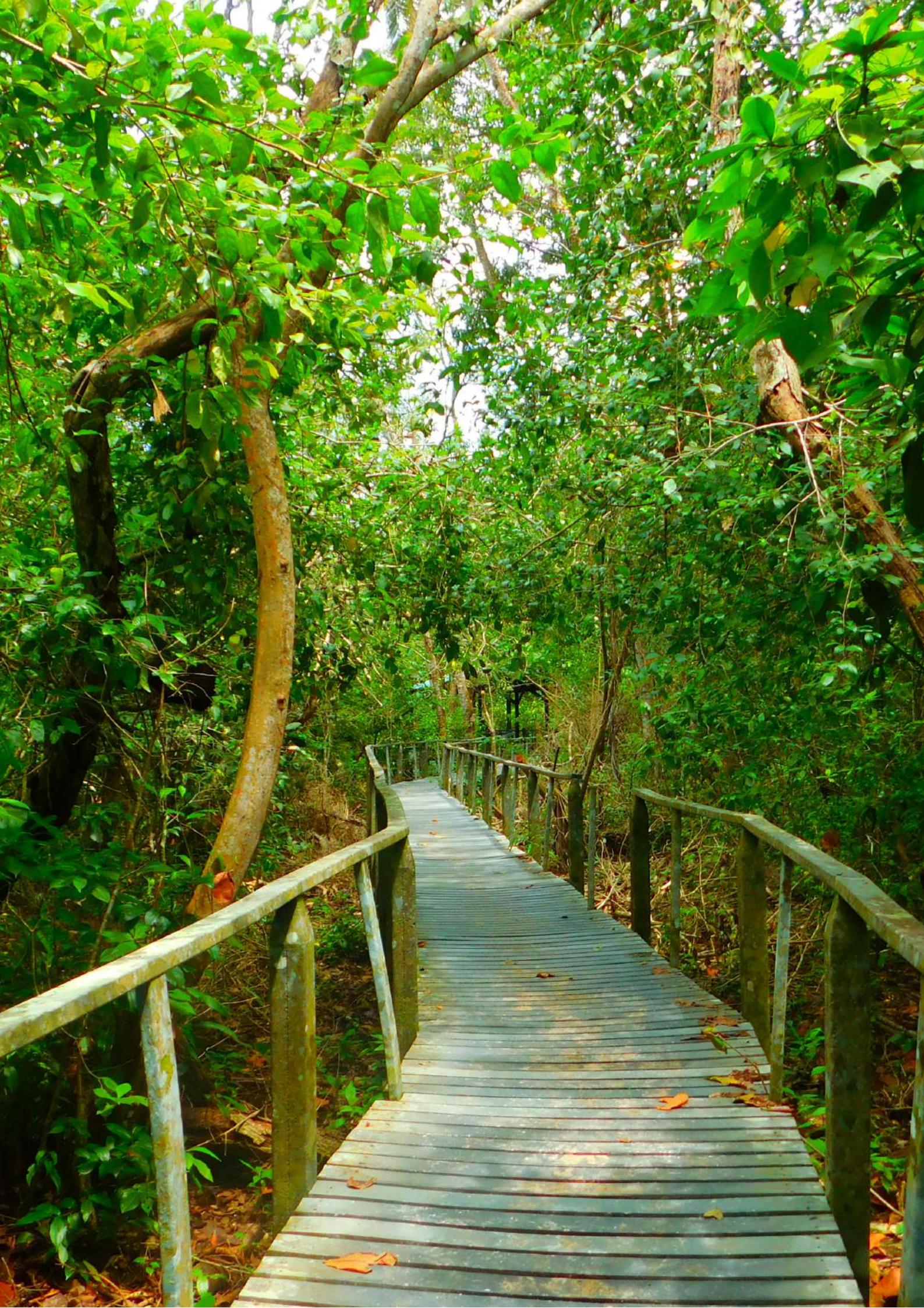
More accessible attractions

1 Carara National Park is located 75.5 kilometers away from downtown San Jose. It is the first national park to have incorporated a **universal access trail**. There are wheelchairs, crutches, walkers, canes, information in Braille, a haptic map, animal figures for the visually-impaired, among other services. As [SINAC](#) indicates, this site is home to the "only transition forest in the Central Pacific" and has become an excellent place for bird watching.

2 Enjoy the best views of the forests of Costa Rica. [Sky Tram](#) is a **cable car in the mountains** of Monteverde or Arenal. Its cabins are spacious, so **wheelchair** users can partake in activity.

3 Practice **adaptive surfing** at Jaco Beach, an hour and a half drive from the heart of San Jose. To do this, you must contact the [Adaptive Surf Sports Association of Costa Rica](#).

4 The **Cahuita National Park** is 201 kilometers from the center of the capital. There the best preserved coral reef in the area is found. Its beach has a **walkway** and you can rent an amphibian chair to enjoy a swim. There are also rest areas.





Accessible transportation

Public transportation in Costa Rica has accessible units for **wheelchair users**. In addition, it is an affordable option to get around. However, it usually makes many stops and the trips can be very long, since it is more oriented towards serving locals than tourists.

Interbus Costa Rica (a collective shuttle service) can be an alternative to visit the places of interest you want. As far as we know, their vehicles are not accessible, but they have enough capacity. Contact them beforehand to let them know about your needs and find out all the details about transportation.

Here are other links that may be of interest:

- **Visit Costa Rica**. Bus schedule in Costa Rica.
- **Adobe Rent A Car**. Car rental.
- **Tico Ride**. Offers shared and private transportation options. Contact the company beforehand and indicate your needs.
- **Air Ambulance**. Accessible aircraft for "patients with minor injuries or who must fly with a designated air pressure level."
- **Fly Sansa**. Fly to different destinations in the country. People with reduced mobility must travel with a companion.
- **Taxis con rampa**. Taxis with wheelchair ramps in Costa Rica.



Medical attention

Costa Rica boasts of being a country with excellent public and private healthcare. However, we advise you to purchase **private health insurance**. In this way you will avoid high fees for any treatment that you do not have planned.

As [Visit Costa Rica](#) advises, it is advisable to have the vaccines for hepatitis A and B, rabies and tetanus prior to entering the country.

Some of the best-known private health institutions in San Jose are the CIMA Hospital, the Clinica Biblica Hospital and the Hotel Hospital La Catolica. If you need immediate medical assistance in an emergency, call **911**.

If you need to buy or rent **orthopedic equipment**, you can go to [Chupis Ortopédica](#).



Other useful information

PHOTO: MAX BENDER ON UNSPLASH

Concierge service

Travegali.com provides a [free Concierge service](#) to all its customers. It is in charge of finding the best accessible room. In addition, it helps with the reservation of mobility equipment, accessible activities, airport assistance and accessible transportation.

Accessible beaches

The Costa Rican Accessible Tourism Network has a [mobile app](#) that will indicate all the accessible beaches in the country, their respective services and how to get to them. You will find it useful to download it before your trip.

Weather conditions

You may check regional forecasts on the [National Institute of Meteorology of Costa Rica website](#) and decide when the best time to travel is. You will also get more information about the weather on the [Costa Rica Tourism Board website](#).

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