Ask your hotel for directions to Road #21 towards the La Amistad (Tempisque) Bridge. Route #21 will intersect with Route #18 and follow the signs for the La Amistad Bridge and continue straight towards the Panamerican Hwy (Route #1). You will see a Shell Gas Station on the right and a large statue of a Bull on the left. Take a right at this intersection (south) onto Highway 1 and follow the signs to San José. See Page 2.
From the Airport Area or San José going through Alajuela:

Green Route

As you approach the San José International Airport take the Alajuela exit. Continue straight on this road for 12 miles following the signs for Poás Volcano. At the dead end three-way intersection where you see Jaulares Restaurant take a right. Proceed for one mile to the town of Poasito and make another right at the intersection where it says Heredia – Vara Blanca – Sarapiqui. Make a left at the gas station at Vara Blanca and proceed for 3 miles. Waterfall Gardens is on the left.