



JOURNEYS

with **G-Adventures**

A close-up photograph of a capuchin monkey clinging to a tree trunk. The monkey has a white face and chest with dark brown body fur. It is looking towards the camera with a neutral expression. The background is a soft-focus green forest.

NATURAL HIGHLIGHTS OF COSTA RICA WITH TAMMY MCDANIEL

9 days | San José to San José | \$2,549^{USD*} | November 21-29, 2026

Home to lush rainforests, pristine beaches, and an astonishing diversity of wildlife, Costa Rica has long been a leader in conservation and the protection of natural heritage. Experience this gorgeous Central American nation on a fun-filled adventure, taking you from the foot of an active volcano to the misty highlands and Pacific coast. Hear from a researcher at the National Geographic-supported Monteverde Institute, learn the art of tortilla-making with a local family, and seek out the country's unique creatures—from blue morpho butterflies to howler monkeys—on hikes through the forest.

NATURAL HIGHLIGHTS OF COSTA RICA

9 DAYS | SAN JOSÉ TO SAN JOSÉ | \$2,549^{USD*}
NOVEMBER 21-29, 2026

DAY 1 | SAN JOSÉ

Arrive at any time. Arrival transfer is included.

DAY 2 | SAN JOSÉ/LA FORTUNA

Awake in the Costa Rican capital and take a tour of a G Adventures–supported coffee cooperative. Meet local farmers, observe shade-grown coffee plants, and gain insight into the process of coffee production, from bean to cup. After a typical lunch—accompanied by an aromatic cup of coffee—continue to the town of La Fortuna, situated at the foot of the majestic Arenal Volcano. This evening, we'll visit a local home to learn how to make tortillas. Chat with your welcoming hosts and dig into a traditional Costa Rican meal of black beans, plantains, and your own handmade tortillas.

DAY 3 | LA FORTUNA

Spend the day on your own, exploring La Fortuna and its surrounding areas. In 1968, the Arenal Volcano erupted after centuries of laying dormant, converting this quiet agricultural town into a hot spot for adventure travel. Choose to go stand-up paddleboarding on the tranquil waters of Lake Arenal; rappel down a rushing waterfall on a canyoning excursion; relax in the shadow of Arenal Volcano at a naturally heated outdoor spa; take a boat tour of Caño Negro Wildlife Refuge, one of the world's most important wetlands; and more.

DAY 4 | LA FORTUNA/MONTEVERDE

Travel from La Fortuna to the leafy cloud forests of Monteverde—a nature lover's paradise. This afternoon, choose to discover Monteverde's breathtaking wilderness on horseback, riding along picturesque mountain trails and looking out for toucans, monkeys, and sloths. Or, embark on a zip-lining adventure in the birthplace of the canopy tour, gliding high above the treetops or zooming through the misty foliage at exhilarating speed.

DAY 5 | MONTEVERDE

Set out on a hike in the stunning Santa Elena Cloud Forest Reserve, treading past giant ferns and vibrant orchids. If you're lucky, you might catch a glimpse of the resplendent quetzal—a sacred bird in Maya and Aztec cultures. Afterward, visit the Monteverde Institute, a research and educational organization supported by National Geographic. Hear from a researcher about some of the institute's conservation initiatives, including a successful reforestation project.

DAY 6 | MONTEVERDE/MANUEL ANTONIO

Leaving the cloud forest behind, head to Costa Rica's sweeping Pacific coast and settle into your hotel in the seaside village of Manuel Antonio. Soak up the laid-back atmosphere of the area, and opt to go surfing, horseback riding, or dolphin watching on a catamaran. You can also spend the rest of the day relaxing on the beach.

DAY 7 | MANUEL ANTONIO

Discover the lush tropical forests and white-sand beaches of Manuel Antonio National Park. Costa Rica's smallest national park—yet one of the most spectacular—boasts an abundance of wildlife, including monkeys, armadillos, sloths, iguanas, and countless species of birds. Hike through the dense forest, climb up to rocky outcrops for views of the dazzling Pacific Ocean, and go swimming in the park's lovely lagoons and tidal pools. Opt to take a surfing lesson, or head out for a snorkelling excursion on the nearby reef.

DAY 8 | MANUEL ANTONIO/SAN JOSÉ

Return to San José. Tonight, choose to join the group for a farewell dinner at a popular local restaurant.

DAY 9 | SAN JOSÉ

Depart at any time.

FROM \$2,549^{USD*}

IS THIS TRIP FOR ME?

Travel Style: National Geographic Journeys

Service level: Upgraded

Physical Demand: 2 — Light

What's included

- **Your Journeys Highlight Moment:** Tortilla Making and Home Dinner, La Fortuna; Monteverde Institute Lecture, Monteverde
- **Your G for Good Moment:** Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- **Your Discover Moment:** La Fortuna
- Arrival transfer
- Guided nature walk in the Santa Elena Cloud Forest Reserve
- Guided excursion to Manuel Antonio National Park
- All transport between destinations and to/from included activities

Accommodations

- Hotels (8 nts).

Meals

- 8 breakfasts, 2 lunches, 1 dinner
- Allow USD340–445 for meals not included.

Transportation

- Private vehicle, walking, boat.

Staff & experts

- CEO (Chief Experience Officer) throughout, local guides.

- **Pre & Post Accommodation in San Jose**
- **Single: \$90 USD per room per night**
- **Twin/Double: \$90 USD per room per night**

GUIDED CLOUD FOREST NIGHT WALK - FROM \$30.00 USD per person

Join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds, insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see — it depends on the day and your luck!

Note: Price and availability of Extras are subject to change. Price is secured once the service is booked and confirmed.



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*Tour only price per traveler. Flight quote available on request. Taxes inclusive. My Own Room charges will apply. For full terms and conditions visit gadventures.com/terms