



# EXPERIENCE **COSTA RICA**

BOOK BY OCT 30  
SAVE \$200 PP



**NATURAL WONDERS**  
MAR 20 - APR 3, 2026 | 15 DAYS | 30 MEALS  
**JOURNEY LEADER: GREG HOLMES**

Costa Rica stands as one of the world's leading nations in environmental conservation. With over 25% of its landmass protected as national parks and reserves, we will have ample opportunity to experience the natural beauty of this diverse country—from tropical rainforests to windswept beaches, from tranquil lagoons to mountain-top cloud forests surrounding volcanoes. In each area, we will see flora and fauna that are either unique to this region or nearly extinct elsewhere.

Carefully designed to provide an overview of Costa Rica's diverse ecosystems, this program ensures comfortable accommodations and ample time to experience the country's biodiversity. A balance of guided sightseeing and leisure time allows us to explore at a relaxed pace. During your free time, you may choose to unwind in the peaceful surroundings of our resorts or join an optional excursion.

This tour has limited availability—if this is your year to visit Costa Rica, we encourage you to enroll early.

### Tour Highlights

- Visit Tortuguero National Park and marvel at its unique flora and fauna
- Discover the flavours of Costa Rica with a special cooking class in Sarapiquí
- Enjoy the relaxing pools of Ecotermales Hot Springs
- Visit a local school in Arenal (subject to confirmation)
- Explore Arenal Volcano National Park
- Walk through the Monteverde Cloud Forest with fascinating views of the forest, a birders paradise
- Cruise through the waterways of Palo Verde NP
- Relax by the beach at Tamarindo

### Journey Leader

Meet **Greg Holmes**, a seasoned traveller with over 25 years of experience in the travel industry. Raised in a military family, he spent time living in Germany, Tanzania and Seoul—early exposure that sparked a lifelong passion for exploration. He's since lived in



London, Paris, Barcelona and Florence, and has travelled to every continent except Antarctica. Greg considers himself fortunate to have experienced so many cultures and to connect with locals and fellow travellers along the way. His personal travels have included Alaska's Inside Passage, Denali and the Yukon, China, Ireland, Cuba, Portugal's Douro Valley and most recently, Peru and the Amazon. He now lives on the West Coast, where he enjoys hiking, kayaking, tennis and renovating a 1950s bungalow he shares with his wife and two labs.



### Inclusive Features

- Return economy class airfare to San Jose and from Liberia, Costa Rica
- First class hotels and lodges, as indicated or similar
- 30 meals included as noted in the itinerary (B - 14 breakfasts, L - 6 lunches, D - 10 dinners)
- Services of your journey leader plus our professional guide in Costa Rica
- All transfers including portorage (where available)
- All gratuities, surcharges, taxes and fees for included services
- Airport transfers in Canada or equivalent value with purchase of group airfare

### MAR 20, Friday DEPART CANADA / ARRIVE SAN JOSE

Tour members from across Canada fly via Toronto to San Jose, Costa Rica's capital. On arrival, we will be met and transferred to our hotel, ideally located near the city centre and next to La Sabana Park. **Hilton La Sabana** (2 nights)

### MAR 21, Saturday SAN JOSE

Drive to the heights overlooking the still active Poás Volcano to experience this harsh but beautiful landscape as well as Lake Botos (weather permitting). On our way back we will spend a couple of hours exploring La Paz Waterfall Gardens. Following lunch, our journey takes us to Doka Coffee Estate, where an intriguing presentation awaits, unveiling the intricate process of coffee production. Gain insights into the cultivation of the plant and the meticulous art of bean roasting. This evening we gather for dinner at our hotel. BLD

### MAR 22, Sunday TORTUGUERO NATIONAL PARK

Departing the capital this morning, we travel by coach, passing volcanic mountains en route to the lush Caribbean coast, and by small boat along the inland waterways, sheltered by the dense vegetation of the rainforest, to Tortuguero National Park. There will also be ample free time in the afternoon to visit a quaint little village or enjoy the unique flora and fauna (watch for herons, toucans, monkeys and more). Our rustic accommodation is set adjacent to the inland waterways.

**Pachira Lodge** (2 nights)

BLD



**MAR 23, Monday      TORTUGUERO NATIONAL PARK**

Our day is devoted to the natural beauty of this area, including a cruise through the remote unspoiled sections of the park's waterways. This afternoon we can relax by the pool or visit the Tortuguero Turtle Conservation Museum (entrance by donation).      BLD

**MAR 24, Tuesday      SARAPIQUI**

Begin the day with a leisurely morning cruise along the inland waterway to Caño Blanco or La Pavona (depending on river flow), where we rejoin our tour coach. After lunch at El Ceibo restaurant, we continue to Sarapiquí and our resort, set in the eastern lowlands on the edge of the rainforest. In the afternoon, we visit a working pineapple plantation. Spend the rest of the day relaxing at this special eco-lodge, surrounded by lush gardens and the sights and sounds of the rainforest.

**La Quinta de Sarapiquí** (2 nights)      BLD

**MAR 25, Wednesday      SARAPIQUI**

Today, we have a fun and engaging planned visit to a community centre located near Sarapiquí, where we will have the opportunity to meet and interact with the locals. We will also have a special cooking class to discover the local flavours of Costa Rica and to try all of our culinary creations. This evening we will enjoy a special barbecue dinner.      BLD

**MAR 26, Thursday      LA FORTUNA / ARENAL**

Start your day with some leisure time, or choose to join your guide for a birdwatching excursion at our resort. Afterwards, we will set off towards the Arenal Volcano region, making a stop en route at a local chocolate plantation. Here, you can enjoy a tour to learn about the process of cultivating and harvesting organic cocoa. At the end of the tour, we will prepare and sample the beverage that ancient Mexican civilizations referred to as "the drink of the Gods". Later in the afternoon, we will visit the beautiful gardens and hot springs at Ecotermas. Take in the stunning views of the Arenal Volcano as you relax in the hot pools and natural cascading stream, allowing the restorative waters to rejuvenate your mind and body. Finally, we will indulge in a delectable buffet dinner overlooking the gardens before returning to our hotel.

**Arenal Manoa** (2 nights)      BD

**MAR 27, Friday      SARAPIQUI / ARENAL VOLCANO**

Enjoy a morning at leisure. In the afternoon we have included a walk into Arenal Volcano National Park, which will allow both strong and limited walkers a chance to explore the area.      BD

**MAR 28, Saturday      MONTEVERDE**

Our journey today takes us to the mountainous region of central Costa Rica, where we will be staying at the eco-friendly El Establo Hotel. Nestled on a hillside near the Monteverde Cloud Forest Reserve, this hotel spans over 150 acres of lush surroundings, providing serene and stunning views of the mountains and the Gulf of Nicoya from its well-appointed rooms. During your stay, you can explore the charming town of Santa Elena and immerse yourself in the local culture. Later, you will have the opportunity to visit the Bat Jungle exhibit, where you can discover the fascinating world of bats and learn about the many different species found in this area.

**El Establo Hotel** (2 nights)      BD



*Unwind in La Fortuna's natural hot springs*



*With over 900 bird species, Costa Rica is a paradise for bird lovers*



*Walk on the hanging bridges of Monteverde Cloud Forest. Credit - Joan Rix*



*The magnificent Arenal Volcano*



## MAR 29, Sunday MONTEVERDE CLOUD FOREST

Our morning will be devoted to a walking exploration of the lush greenery of this world-renowned private reserve with our naturalist/guide. Founded by a group of Quakers and native Costa Ricans over 40 years ago and located 1,500 - 1,800 metres above sea level, the reserve is known for its indigenous flora and fauna as well as its birdlife, with over 450 species having been seen (be sure to watch for the long tails of the quetzals and to listen for the "bong" of the bellbirds). Local wildlife and birdlife include howler monkeys, capuchins, white hawks, toucans, woodpeckers, snakes and iguanas. Enjoy the sky walk, followed by dinner at a local restaurant this evening. BD

## MAR 30, Monday TAMARINDO

From the lush cloud forest, we descend through various layers of vegetation to the seaside village of Tamarindo, overlooking Las Baulas National Marine Park. Our final stay will be at one of Costa Rica's most famous beaches, known for its golden sands, clear waters and amazing sunsets. **Tamarindo Diria Beach Resort** (4 nights) B

## MAR 31, Tuesday TAMARINDO

Today is yours to enjoy as you wish. Relax by the pool or in the tranquil hotel gardens, take a stroll on the golden sands of the mile-long beach, or join an optional excursion (additional fees may apply) such as zip lining, sailing, snorkelling, fishing, white-water rafting, or ATV riding. B

## APR 1, Wednesday TAMARINDO / PALO VERDE

Early this morning, we gather for a full-day exploration of Palo Verde National Park, known for its wetlands and wildlife. Cruise along the waterways of the Tempisque River to witness the variety of birds and wildlife that populate the park. At the historic Sabanero Hacienda learn about the sugar cane plantations and the lifestyle in the savannas, followed by a typical lunch including local fruits and delicious homemade snacks. BL

## APR 2, Thursday TAMARINDO

Explore the town of Tamarindo on your own, perhaps take a stroll through the town's colourful streets and visit local artisan shops. In the evening we will enjoy a farewell dinner. BD

## APR 3, Friday TAMARINDO / LIBERIA / CANADA

All too soon our unforgettable Costa Rican adventure comes to a close as we transfer to the airport in Liberia for our journey back to Canada. B



A stunning sunset in Tamarindo Beach

REV30APR25

**CT Rating 3.5/5 - Challenging:** This tour is best suited for people who are physically fit and for those who enjoy walking, hiking and being active. The itinerary includes free time allowing members to select the level of activity best suited to them. Hotels will range from first class resorts to rustic atmospheric lodges – several hotels may require considerable walking reflecting the reality of mountainous Costa Rica.



**Book by October 30, 2025  
and save \$200 per person**



### Tour Cost in Canadian Dollars Per Person

Land Only* (Join / Leave at Hotel).....	\$7,645
Toronto.....	\$8,995
Montreal / Ottawa .....	\$9,145
Halifax / St. John's .....	\$9,195
Winnipeg .....	\$9,195
Regina / Saskatoon .....	\$9,345
Calgary / Edmonton / Vancouver.....	\$9,295
Victoria.....	\$9,345
Single Supplement.....	\$2,845

\*Land Only clients join at the San Jose hotel and leave at the Tamarindo hotel. Airfares from other gateways are available on request. Airfares and air carriers are subject to change and will be confirmed prior to final payment. Refer to inclusive features for details.

Tour price is based on sharing a twin-bedded room at hotels. Prices are based on a minimum 20 members and on rates, taxes and fees effective March 2025 and are subject to change due to factors beyond our control. Group to be escorted with a minimum of 20 group members.

Insurance is NOT INCLUDED but is highly recommended. Premiums are calculated based on the individual's age, destination (country), trip length, and trip booking window – please contact our staff to receive a quote. Your coverage starts on the effective date of your confirmation of coverage. Please discuss your insurance coverage prior to booking. Check our website for the most current information. Refer to the enrollment form for terms and conditions.

**Final payment is due December 4, 2025**

**Deposit is \$700 per person**

To reserve your spot on this tour, you can either book online through our website or submit an enrollment form along with your deposit to:



Experiencing Our World

**SINCE 1969**

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