

Highlights of Costa Rica with National Geographic

San José, La Fortuna, Arenal, Monteverde, Manuel Antonio



Trip Dates	Duration	Group Size	Price
Feb 19 – Feb 28, 2027	10 days/ 9 nights	Maximum 16 people	\$6,209.00 per person

*Minimum number of participants required

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.

Trip Highlights

Tortilla Making and Home Dinner, La Fortuna


Monteverde Institute Lecture


Mi Cafecito Coffee Cooperative Tour

Air from Winnipeg and Round-Trip Transfers

1 San Jose


Arrive in San Jose and transfer to the hotel with the included transfer. Check in to your hotel for a good night of rest after your travel day.

 Transport - San José airport to hotel

 Accommodation


2 San Jose


Today, enjoy whatever leisure activities you'd like before the adventure begins tonight. Feel free to explore or kick back at the pool before your welcome meeting later in the day. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour.


 Accommodation

3 San Jose / 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.

 Transport - San José to La Fortuna, 3 hours Settle in and scan the scenery from the convenience of a private vehicle

 Accommodation

 Meals - Breakfast | lunch | dinner


 Activities


Mi Cafecito Coffee Cooperative Tour Find out where your cup of java comes from. Visit the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí, see shade-grown coffee plants, learn about everything from harvesting, to husking, drying, and roasting the beans before enjoying the best part – a fresh cup! Enjoy a typical lunch of plantains, beans, and freshly caught tilapia fish. Feel good about all this eating and drinking knowing that you are supporting a G Adventures for

Good project that helps 200 farmers and their families. Tortilla Making and Home Dinner Learn the art of tortilla making from Doña Mara in her family home. Grind the corn, mix the “masa” (dough) into balls, flatten into circles, and then cook them up on a wood-burning stove. Relax with a fresh tropical fruit juice, get to know the family, and hear about the history of tortillas. Afterwards, dig into a tasty “casado” – a typical Costa Rican dish including black beans and plantains – complete with your own hand-made tortillas.

4 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; 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.

 Accommodation


 Meals - Breakfast


 Activities


You have your choice of 6 optional activities today

5 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 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.

 Transport - Private Vehicle: La Fortuna - Arenal, 1 hours Boat: Arenal - Arenal, 1 hours
Private Vehicle: Arenal - Monteverde, 2 hours

 Accommodation


 Meals - Breakfast


 Activities

4 optional activities

6 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.

 Accommodation


 Meals - Breakfast and Lunch


 Activities


Santa Elena Cloud Forest Guided Tour: Pull on your poncho and boots. It's time to head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan and Jane as you imagine swinging from the giant vines. Walk along 2 to 3km (about 1.5 mi) of trails at a leisurely pace, watch for wildlife, and trek to the top of the observation tower. Be sure to stop and listen, too. Hear the haunting call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the forest and sustaining the quality of local schools through payment of your park fees. **Monteverde Institute Lecture:** Visit the Monteverde Institute which has served as the base for numerous National Geographic-funded explorers and researchers studying the famed canopy of the Monteverde Cloud Forest. Enjoy a lecture by one of the researchers outlining the various projects National Geographic has sponsored including new discoveries, insect and bird studies, and the reforestation of tropical regions.

7 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, or sailing. You can also spend the rest of the day relaxing on the beach.

 Transport - Private Vehicle: Monteverde - Manuel Antonio, 6 hours

 Accommodation

 Meals - Breakfast


 Activities


Monteverde Night Walk

8 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, go horseback riding, or kayak through the mangroves.

 Accommodation


 Meals - Breakfast


 Activities


Pack your sunscreen, snacks, and beach shoes and prepare for a great day in Costa Rica's smallest, yet no less stunning, national park. Manuel Antonio offers four white-sand beaches separated by jagged rock outcrops and tidal pools where you can swim, snorkel, and sunbathe. When you're all beached out, head to the shade of the nearby hiking trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands. Today's walking distance within the park is 3km and will take about 2-3 hours.

9 Manuel Antonio/San Jose

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


 Transport - Private Vehicle: Manuel Antonio to San José, 5 hours

 Accommodation

 Meals - Breakfast

10 San Jose

Depart at any time

 Transport – Hotel to San José airport

What's Included

- Accommodation Hotels – 9 nights
- Meals Included 9 breakfasts, 2 lunches, 1 dinner
- Arrival & Departure transfer
- Guided nature walk in the Santa Elena Cloud Forest Reserve
- Guided excursion to Manuel Antonio National Park
- Excursion Monteverde Night Walk
- All transport between destinations and to/from included activities
- Flights from Winnipeg to San Jose return with 1 checked bag

What's Not Included

- Travel Insurance
- Meal Budget: Allow USD \$350-450 for meals not included
- Gratuities for guides & drivers

