



February 21 to March 2, 2027

Journeys: Highlights of Costa Rica

Depart Winnipeg February 21 and arrive in San Jose late this evening. The next morning the adventure begins. Feel free to explore San Jose before your welcome meeting this evening. Meeting time will be advised at hotel check in. After introductions, your Expedition Leader will review the daily details with our group.

FEBRUARY 23

Coffee Culture & La Fortuna



This morning we'll take a tour of a 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.

In the 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.

FEBRUARY 24

Day at leisure in La Fortuna

Spend the day on your own, exploring La Fortuna and its surrounding areas. Optional activities include; stand-up paddleboarding on the tranquil waters of Lake Arenal; relaxing in the shadow of Arenal Volcano at a naturally heated outdoor spa; a boat tour of Caño Negro Wildlife Refuge, one of the world's most important wetlands; and more.



Lake Arenal Paddleboarding

Glide across tranquil waters with stunning volcano views.



Natural Hot Springs

Relax in naturally heated outdoor spas beneath Arenal Volcano.



Caño Negro Wildlife Refuge

Explore one of the world's most important wetlands by boat.



FEBRUARY 25

Journey to 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.

FEBRUARY 26

Santa Elena Cloud Forest Guided Tour

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





FEBRUARY 27

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

FEBRUARY 28

Manuel Antonio National Park

Pack your ocean safe sunscreen, snacks, and beach shoes to 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.





MARCH 1

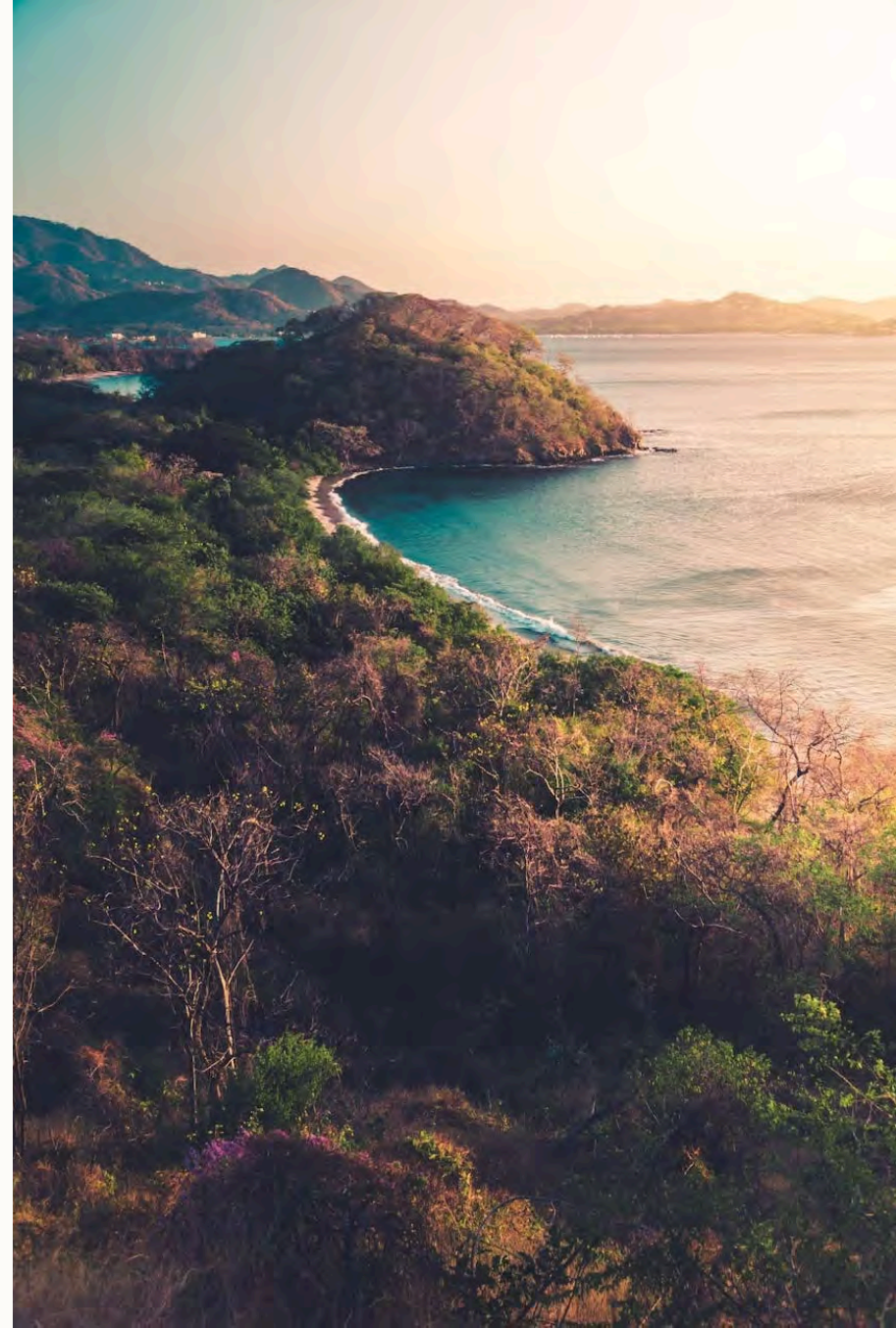
San Jose Return

Return back to San Jose to overnight before your departing flight the next day. Choose to join the group for a farewell dinner at a popular local restaurant.

MARCH 2

Departure

Transfer to San Jose airport as we leave Costa Rica today and head back home.



Where our journey will take you

San Jose

Vibrant culture and historic architecture



Monteverde

Misty cloud forest and biodiversity



La Fortuna

Lush rainforest and view of Arenal Volcano



Manuel Antonio

Relax on the beautiful beaches



Inclusions

- International economy flights from Winnipeg to San Jose return.
- Airport transfers based on 1 group transfer
- All transport between destinations and to/from included activities
- Tours with a private guide
- Accommodations
- Meals 9 breakfasts, 2 lunches, 1 dinner

Exclusions

- Cancellation and medical insurance
- Gratuities for guides and drivers
- Personal expenses
- Meal Budget: Allow USD 340-445 for meals not included

Pricing and Contact Info

\$6209

Per Person based on double occupancy

16

Available spaces, minimum required 10

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- Single supplement space limited, available on request
- Deposit of **\$2,000** per person due no later than April 14, 2026.