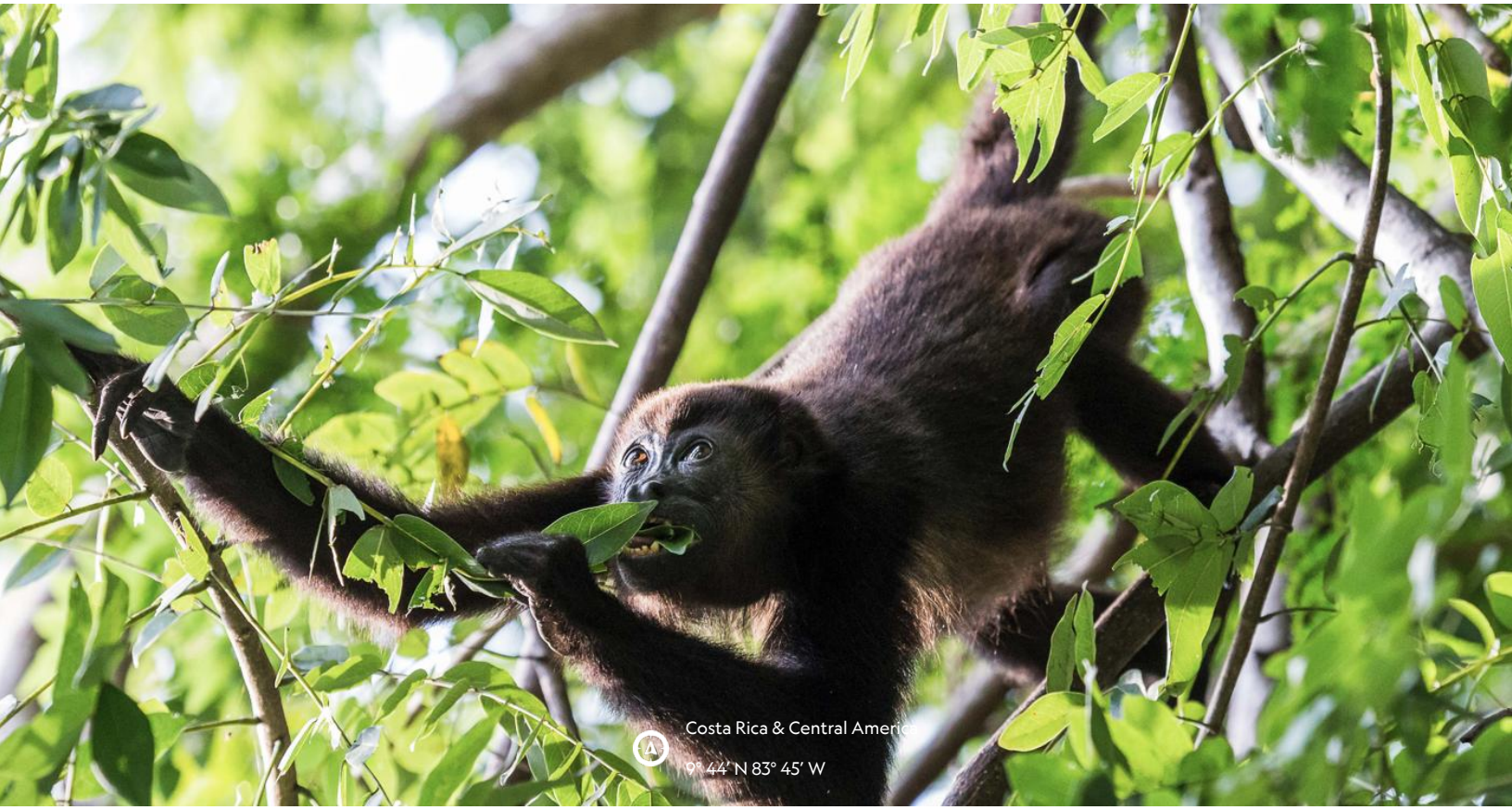


Exploring Costa Rica: Guanacaste, Santa Rosa and Rincón de la Vieja 8-Day

Guanacaste unfolds from the volcanic highlands of northern Costa Rica to a rugged Pacific coast, its rare tropical dry forests threaded by rivers and alive with monkeys, iguanas and colorful birdlife. Choose from six- and eight-day itineraries that reveal this remote region from its forested interior to its secluded bays and rocky shores. Hike amid the geothermal wonders of Rincón de la Vieja National Park, explore protected waters by Zodiac and kayak, and venture into habitats shaped by ancient volcanic forces. Along the way, discover the distinctive character of a province rooted in ranching traditions and warm hospitality.

From
$ 7,420 / per person
Does not include flights

DATES
Jan, Feb and Mar

DURATION
6 or 8 Days

SHIPS
National Geographic Venture

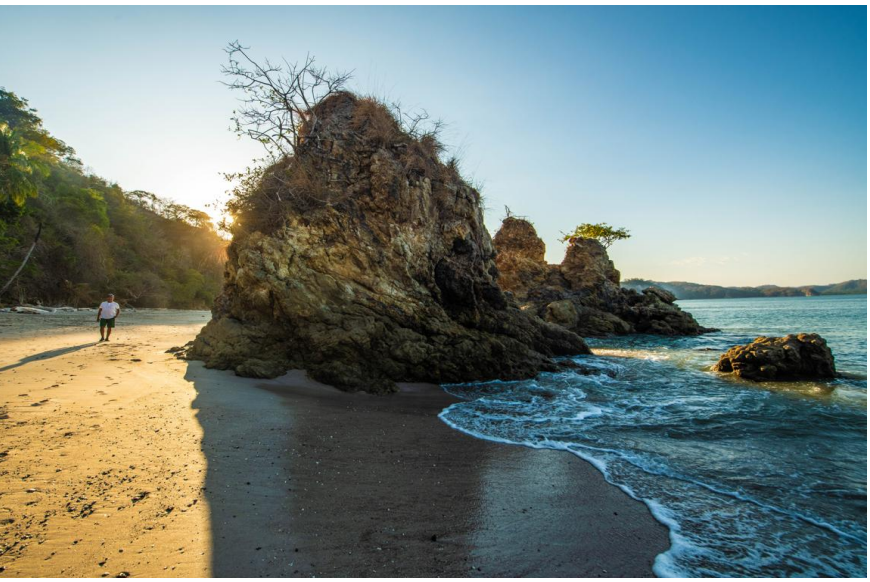
STARTS AT
San José, Costa Rica

→

ENDS AT
San José, Costa Rica

Highlights

- Explore Guanacaste's rugged Pacific coast and venture into wildlife-rich national parks and protected areas
- Experience the region's diverse tropical ecosystems from every angle—by kayak and paddleboard, on foot and by zipline through the forest canopy
- Unwind on the palm-shaded beaches of Isla Tortuga, enjoying refreshments and hors d'oeuvres
- Discover the volcanic landscapes of Rincón de la Vieja National Park, where steaming vents and bubbling mud pots rise amid forests alive with monkeys and colorful birdlife



Santa Rosa National Park
Rincón de la Vieja National Park
Bahía Huevos
COSTA RICA
Puerto Caldera
San José
Curú National Wildlife Refuge
10°
mapbox
© Mapbox, © OpenStreetMap

Day by day

DAY 1

San José, Costa Rica / Puerto Caldera / Embark Ship

Arrive in San José this afternoon and transfer to Puerto Caldera, Costa Rica's principal Pacific port. This evening, embark the ship and set sail on your Central American journey.

Before your voyage, you may choose to enjoy an immersive glamping experience in the remote Caño Negro region , including a visit to Tenorio Volcano National Park and an introduction to the traditions and cuisine of the Maleku people.

Arrival Time: Arrive before 1:00 p.m. local time.
Arrival City: San Jose, Costa Rica

Meals included: dinner

DAY 2

Gulf of Nicoya

Explore the Gulf of Nicoya, a vast, island-dotted estuary, where sheltered waters, forested islands and mangrove-lined shores sustain abundant marine and birdlife as well as traditional fishing communities. These extensive wetlands serve as vital nursery grounds for fish and crustaceans and offer a rich setting for discovering the region's wildlife, scenery and coastal culture.

Learn about efforts to restore mangrove habitat in areas once altered by sugarcane cultivation, shrimp farming and salt production. By reopening tidal channels and allowing native mangroves to regenerate naturally, large-scale projects have rehabilitated more than 700 acres—helping revive fisheries and wildlife habitat, protect important "blue carbon" ecosystems and engage local communities in their stewardship.

Meals included: breakfast, lunch, dinner

DAY 3

Papagayo Peninsula

Drop anchor off the remote Papagayo Peninsula, where dramatic volcanic headlands shelter secluded beaches and quiet coves. Tropical dry forest blankets the landscape, providing habitat for howler monkeys, coatis, iguanas and abundant birdlife, while rocky reefs and rich marine life lie beneath the clear coastal waters.

Conditions permitting, explore Bahía Huevos, a protected bay edged by sandy beaches and forest. Swim, snorkel or kayak in its sheltered waters; search for wildlife on a nature walk; or venture by Zodiac into nearby mangrove-lined waterways.

Meals included: breakfast, lunch, dinner

DAY 4

Santa Rosa National Park / Guanacaste Conservation Area

Spend the day exploring Bahía Santa Elena, a protected marine area bordered by Santa Rosa National Park and the Guanacaste Conservation Area. Its striking, undeveloped shoreline provides important breeding habitat for dolphins, whales, sea turtles, whale sharks and rays. *National Geographic Quest* and *National Geographic Venture* are the first and only expedition ships to anchor here since the park was established, and your visit supports the surrounding communities and the continued protection of this remote wilderness.

Explore by Zodiac or kayak, hike a trail created specifically for our expeditions and, conditions permitting, swim or snorkel in the bay. As

you venture out, watch for great kiskadees, orange-fronted parakeets, mangrove hawks and colorful ringed kingfishers.

Meals included: breakfast, lunch, dinner

◇ DAY 5

Rincón de la Vieja National Park / Hacienda Guachipelin

Journey inland to Rincón de la Vieja National Park, part of the Guanacaste Conservation Area. Forests cloak the slopes of two active volcanoes, where bubbling mud pots, steaming vents and other geothermal features reveal the powerful forces shaping this mountainous landscape.

Choose from several ways to explore: Hike through a transition zone where tropical dry forest meets temperate cloud forest, watching for mantled howler monkeys and white-throated magpie-jays; swim beneath Las Chorreras Waterfall after a short forest walk; or soar through the canopy by zipline. Later, gather for a poolside lunch at Hacienda Guachipelin featuring fresh ceviche.

Meals included: breakfast, lunch, dinner

◇ DAY 6

Hacienda El Viejo Wetlands / Playas del Coco

With the ship anchored in Bahía Coco, travel inland to Hacienda El Viejo, a historic working hacienda and private wildlife refuge bordering Palo Verde National Park. Cruise the Tempisque River through one of Costa Rica's most important wetland ecosystems, watching for crocodiles, monkeys, iguanas and a remarkable variety of resident and migratory birds.

Discover the role of sugarcane in Guanacaste's rural heritage and follow the rum-making process from the extraction and cooking of fresh cane juice to fermentation, distillation and barrel aging. Conclude with a guided tasting before returning to the ship for lunch.

This afternoon, explore Playas del Coco, a former fishing village now known for its lively seaside atmosphere. Stroll the waterfront promenade and browse its restaurants, cafés and shops.

Meals included: breakfast, lunch, dinner

◇ DAY 7

Curú National Wildlife Refuge / Isla Tortuga

Explore Curú National Wildlife Refuge, Costa Rica's first private national wildlife reserve, set along the Nicoya Peninsula where the wetter forests of the south meet Guanacaste's drier landscapes. Follow forest trails in search of white-faced capuchin monkeys, turquoise-browed motmots and scarlet macaws. With luck, spot the elusive northern tamandua, a primarily tree-dwelling member of the anteater family.

Return to the ship for lunch as you cruise toward the offshore islets collectively known as Isla Tortuga. Relax on a palm-fringed beach, then celebrate the finale of your Guanacaste adventure with refreshments and hors d'oeuvres ashore.

Meals included: breakfast, lunch, dinner

■ DAY 8

Puerto Caldera / Disembark Ship / San José

Disembark in Puerto Caldera and drive to the airport in San José for flights home.

Departure Time: Depart after 12:30 p.m. local time.
Departure City: San Jose, Costa Rica

Meals included: breakfast

8-Day Expedition

San José, Costa Rica → San José, Costa Rica

2029 DEPARTURE DATES

Aboard *National Geographic Venture*

13 Jan				
03 Feb	24 Feb			
17 Mar				

National Geographic Venture

GUESTS	CABINS
100	50

The *National Geographic Venture* is a state-of-the-art expedition ship ideal for discovering remote locations in domestic waters.

Following the build of *National Geographic Quest* at Nichols Brothers shipyard, her sister ship, *National Geographic Venture*, floated into the bay on Whidbey Island, Washington, becoming the 4th ship in the Lindblad fleet built at this storied shipyard. In the 1970s, Nichols Brothers built the twin ships *National Geographic Sea Bird* and *National Geographic Sea Lion*, which continue to sail the waters of the west coast of North America and Central America.

National Geographic Venture, like much of the wildlife she follows, is migratory. She follows the seasons from Alaska, along the coast of British Columbia, up the Columbia and Snake Rivers and along the Baja California coast. In each region, her design innovations were informed by 50+ years of expedition expertise to ensure extraordinary discoveries. *National Geographic Venture*'s shallow draft enables her to provide intimate 'insider' experiences of the charismatic regions we explore.

Like her sister ship *National Geographic Quest*, *National Geographic Venture* has dual boarding platforms. Enabling our team to load two Zodiacs at once means guests get off ship quickly to take advantage of wildlife sightings and maximize exploring time. Modern and clean-lined, with large expanses of glass to keep you connected to the extraordinary views, *National Geographic Venture* enables you to see, do and experience the best of her geographies.

Cabin Categories

Category 1

MAIN DECK **#301-306**

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror, and reading lights.

Category 2

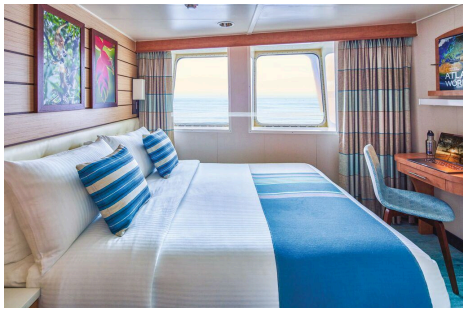
MAIN DECK **#307-315**

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror, and reading lights.

Category 3

UPPER DECK **#201-206**

Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands, a large view window, full-length mirror, and reading lights.



Category 4

UPPER DECK **#207-229**

Cabins feature two single beds that can convert to a Queen, a writing desk, closet, two nightstands, full-length mirror, reading lights, sliding glass door, and a small, private balcony.

Note:

Solo occupancy cabins are available in Categories 1 and 2 only. Third person rates are available in Category 5 cabins at one half the double occupancy rate.

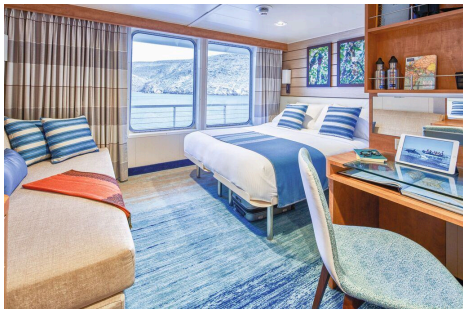
Connecting Cabins via internal doorway access:

Main Deck: #312-314, #311-315, #306-307;
Upper Deck: #224-226, #225-227

Category 5

OBSERVATION DECK **#101-108 (SUITE)**

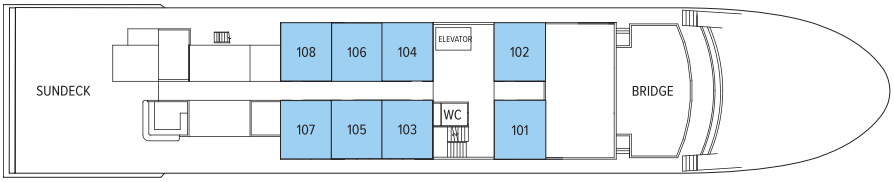
Cabins feature two single beds that can convert to a Queen, large view windows, closet, two nightstands, full-length mirror, reading lights, a suite-sized expanded bathroom, writing desk, ample storage space, and a convertible sofa bed to accommodate a third person.



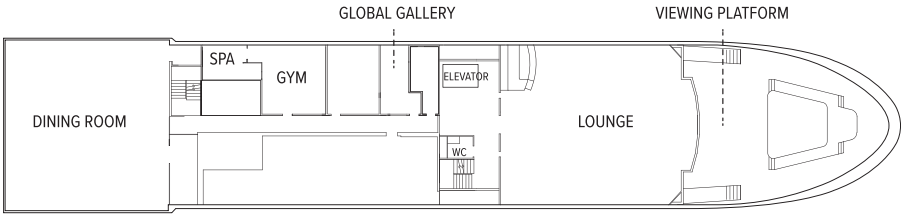
Deck Plans

Observation Deck

- Category 5



Lounge Deck

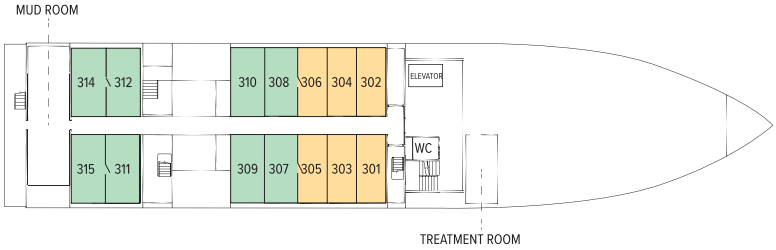


Upper Deck

- Category 3
- Category 4

Main Deck

- Category 1
- Category 2



Ship Amenities

Public Areas

Reception; main dining area; global gallery; fitness center; lounge with full-service bar and state-of-the-art presentation facilities; observation deck; mudroom with lockers for expedition gear; partially-covered furnished sundeck; plus open access to the Bridge, the Captain, officers and on-duty wildlife spotters.

Meals

Meals are served in the dining room at a single seating with unassigned tables for an informal atmosphere and easy mingling. Menus feature sustainable choices, local where possible.

Cabins

50 outside cabins. All cabins face outside with windows, private bathroom, and climate controls. Cabins are equipped with Wi-Fi, phone, multiple electrical and USB outlets, and phones. Luxury linens and pillows. Botanically inspired shampoo, conditioner, shower gel, and lotion are all available in cabin bathrooms, as well as an Expedition Essential Kit. Hair dryers, complimentary insulated water bottles and a National Geographic Atlas are also available in each cabin.

Expedition Equipment

A fleet of 8 Zodiacs, 24 kayaks, paddleboards; an ROV, hydrophone, splash-cam, underwater video camera, video microscope; snorkeling gear and wet suits for all guests (where applicable).

Special Features

Internet access. Elevator. The design of the outside decks—with the perfect wildlife viewing platform. The proximity of the Lounge to the deck gives you instant access to spontaneous sightings. Have your camera ready!

Wellness

A fitness center with elliptical, treadmill, weights and resistance bands; LEXspa treatment room, staffed by wellness specialists.

Self-Disinfecting Ships

ACT Clean CoatTM is a light-activated, self-disinfecting cleaning process that continuously breaks down viruses, bacteria, mold, and airborne allergens across all ship surfaces. Not only does this create a cleaner, healthier shipboard environment for guests and crew alike, but this non-toxic, chemical-free system also saves more than one million gallons of water each year in our cleaning procedures, and reduces our carbon footprint as well as the amount of plastic and waste in our supply chain.

Special Offers

SUITE EXCLUSIVES

Spacious living areas and incredible views immerse you in the beauty of your marine surroundings. Our new Suite Exclusives package helps make your voyage all the more memorable. **Learn more**

SAVE 5% TRAVELING AS A GROUP

Save 5% when traveling as a group of 8 or more people. Valid for new bookings only on select departures, subject to availability, not applicable on extensions, and may not be combined with other offers. Call for details.

CELEBRATE LIFE'S MILESTONES

Celebrate a milestone with a group of eight or more and enjoy a special amenity package including: 5% savings on voyage fares, custom group photo, US$150 shipboard credit for the group, and other special gifts. Milestone celebration to be communicated at time of booking.

COMBINING OFFERS

Certain offers may be combinable, up to two savings opportunities, except where noted otherwise. For example, travel with a group of 8 or more on back-to-back expeditions, and take advantage of both savings.

INCLUDED IN PRICE

All accommodations aboard ship or in hotels per itinerary; all meals as indicated in the itinerary, both aboard and onshore; beer, wine, cocktails, liquors and spirits aboard the ship (except certain premium brands which are available for purchase); hors d'oeuvres, 24-hour access to snacks, premium coffees and teas, non-alcoholic beverages, and filtered water; excursions and airport transfers to and from recommended flights, as indicated in the itinerary; exploration tools curated to destination, such as Zodiacs, stand-up paddleboards, kayaks, snorkeling equipment (including wetsuits, masks, and fins); guidance and company of our leading expedition staff; assistance by the Lindblad Expeditions-National Geographic certified photo instructor; access to the OM System Photo Gear Locker; presentations by expedition staff and expert guest speakers; complimentary reusable water bottle; onboard physician consultations; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; basic WiFi, park and site entrance fees, special access permits, and port taxes. Unused services or items included in our programs are non-refundable.

NOT INCLUDED IN PRICE

Airfare (except flights when indicated as included); pre- and post-expedition extensions; additional hotel nights (except when indicated as included); crew gratuities; private transfers; laundry, spa treatments, travel protection plans; and passport, visa, and immigration fees.

Additional costs associated with medical services outside onboard physician consultation.

TRAVEL PROTECTION PLAN

We strongly recommend our guests to take advantage of our Travel Protection Plan. This plan offers comprehensive coverage to protect you from cancellation fees, costs incurred due to trip delays/interruption, damage or loss of baggage, medical assistance, and evacuation during your travels. Our Travel Protection Plan is available for U.S. residents only, and may be purchased any time prior to final payment due date, Travel Protection premiums are non- refundable once plan is purchased. Learn more about our Travel Protection "Plus" Plan: https://www.expeditions.com/terms-conditions/travel-protection-plan/

CANCELLATION POLICY

Review our cancellation policy: https://www.expeditions.com/cancellation-policy/