

Costa Rica & Central America
9° 44' N 83° 45' W

Exploring Costa Rica's National Parks and Preserves: Guanacaste, Santa Rosa, and Rincón de la Vieja

On this six-day voyage in Guanacaste, guests are surrounded by breathtaking natural beauty. From picture-perfect beaches to hidden jungle waterfalls, enjoy the diversity of the Guanacaste Conservation Area, one of the oldest and largest UNESCO World Heritage sites.

This remote part of Costa Rica is overflowing with wild allures. Over millennia, eruptions from the Arenal Volcano have created hyper-rich soil that nurtures a unique tropical dry forest. More than 30 rivers wind their way through this swath of green, pumping nutrients into the surrounding waters, which in turn nourish healthy, vibrant reefs that invite exploration.

From
\$ 4,408 / per person
Does not include flights



DATES

Jan, Feb, Mar,
Nov and Dec



DURATION

6 Days



SHIPS

National Geographic Quest



STARTS AT

San José,
Costa Rica

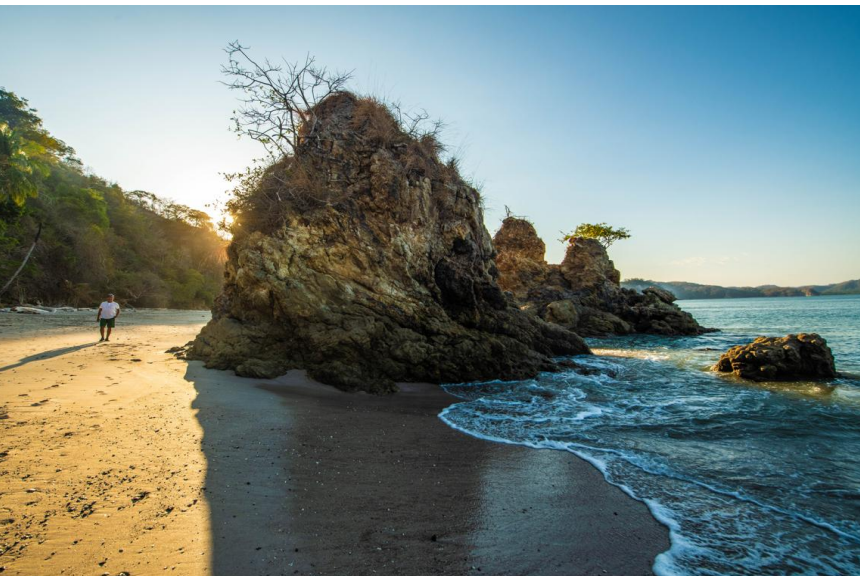


ENDS AT

San José,
Costa Rica

Highlights

- ★ Navigate the pristine coastline of Costa Rica's Guanacaste region, snorkel crystalline waters, and explore wildlife-rich parks and preserves
- ★ Discover diverse tropical ecosystems while exploring via kayak and paddleboard, on foot, and soaring by zipline
- ★ Enjoy a relaxing afternoon on Isla Tortuga's palm-shaded beaches with refreshments and hors d'oeuvres
- ★ Explore the volcanic landscapes of Rincón de la Vieja National Park and search for exotic wildlife, from monkeys to macaws





Day by day

■ DAY 1

San José, Costa Rica / Puerto Caldera / Embark Ship

After arrival in San José this afternoon, we transfer to the Pacific Coast town of Puerto Caldera. This evening, we embark our ship *National Geographic Quest* and chart our course north to Costa Rica's Guanacaste Region.

Arrival Time: Arrive before 1:00 p.m. local time.

Arrival City: San Jose, Costa Rica

Meals included: dinner

◇ DAY 2

Zapotal Beach / Bahia Huevos

Drop anchor off remote Zapotal Beach, where we'll spend the morning soaking up the sun or snorkeling in waters fringed by offshore islets, which create outstanding habitat for a variety of tropical fish. Or choose to walk along a rarely used four-wheel drive track, which takes us back into a beautiful gallery forest. The area is rich with bird and plant varieties, and our naturalists describe the intricate web of life in these oceanside ecosystems.

After lunch on board, we cruise north to the Papagayo Peninsula, dropping anchor in Bahia Huevos. Our Zodiacs take us on an exploration of the bay and the peninsula. If conditions permit, we drop kayaks and paddleboards and explore the nearby mangroves.

Meals included: breakfast, lunch, dinner

◇ DAY 3

Santa Rosa National Park / Guanacaste Conservation Area

Weather permitting, don a snorkel and fins to discover a rich underwater world or hike into the upper reaches of the Guanacaste Conservation Area for commanding views over the full length of this rarely visited archipelago.

Back on board, we sail toward the mainland while enjoying a delicious lunch. Depending on conditions, we may choose to explore Santa Elena Bay in Santa Rosa National Park, Junquillal Wildlife Refuge, or Cuajiniquil Bay, all part of the extraordinarily biodiverse Guanacaste Conservation Area. While venturing out by kayak or taking a relaxing Zodiac cruise, we immerse ourselves in the tropical environment, alive with color. Yellow and black great kiskadees sally from exposed perches looking to capture a flying insect for an evening meal, and orange-fronted parakeets chatter overhead. Predators such as mangrove hawks may take wind, setting out on a late afternoon hunt, while ringed kingfishers, richly colored in brick red and deep blue, wait patiently, watching the shallows for a fish's silvery flash.

Meals included: breakfast, lunch, dinner

◇ DAY 4

Rincón de la Vieja National Park / Hacienda Guachipelin

Our adventure today continues as we set off inland to explore Rincón de la Vieja National Park. This mountainous region is also a part of the Guanacaste Conservation Area and encompasses more than 34,000 acres. The area, with its forests carpeting the sides of two active volcanoes, is alive with geothermal activity as gurgling, bubbling mud pots spout and steam rises above the canopy. Choose between several enticing options today including a hike through the transition zone where tropical dry habitat meets the temperate cloud forest.

Here, we keep an eye out for exotic wildlife, with the possibility of encountering mantled howler monkeys and regionally special birds including the noisy and conspicuous white-throated magpie-jay. Alternatively, after a short hike into the forest, opt to swim below Las Chorreras Waterfall or soar through the canopy by zipline. Afterwards, enjoy a sumptuous lunch served poolside at Hacienda Guachipelin, including fresh ceviche.

Meals included: [breakfast](#), [lunch](#), [dinner](#)

Disembark after breakfast in Puerto Caldera. 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](#)

◇ DAY 5

Curú National Wildlife Refuge / Isla Tortuga

Along the coast of the Nicoya Peninsula, and in many ways demarcating the line between the wetter jungles of the south and Guanacaste's drier environment, sits Curú National Wildlife Refuge, Costa Rica's first private national wildlife reserve. Learn about the hundreds of species of birds, reptiles, and mammals that inhabit this thriving ecosystem while exploring the park's tracks and trails. Here we look for white-faced capuchin monkeys, turquoise-browed motmots, and with luck, scarlet macaws. The northern tamandua resides here, and while often elusive and quiet, this primarily arboreal member of the anteater family may be spotted.

Later, as we enjoy lunch on board, we cruise to a cluster of offshore islets collectively called Isla Tortuga. Choose to stand-up paddleboard, kayak, or simply relax on the beach shaded by swaying palms and tropical vegetation. Celebrate the finale of our Guanacaste adventure with afternoon refreshments and hors d'oeuvres on the beach.

Meals included: [breakfast](#), [lunch](#), [dinner](#)

■ DAY 6

Puerto Caldera / Disembark Ship / San José

Expedition

San José, Costa Rica → San José, Costa Rica

2024 Departure Dates

Aboard *National Geographic Quest*

13 Nov	18 Nov		
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2025 Departure Dates

Aboard *National Geographic Quest*

04 Jan	23 Jan		
11 Feb			
02 Mar			
20 Nov	25 Nov		
28 Dec			

2026 Departure Dates

Aboard *National Geographic Quest*

30 Jan			
18 Feb			
09 Mar			



National Geographic Quest

Guests

100

Cabins

50

***National Geographic Quest*, built in 2017, is designed for sailing into fast-moving channels and shallow coves in pan-American waters.**

When she rolled out of Nichols Brothers shipyard and into the bay on Whidbey Island, the 100 guest *National Geographic Quest* became the third ship in the Lindblad fleet built at this storied Pacific Northwest 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 Quest was purpose-built to explore the fast-moving channels and narrow straits of Alaska, along the coast of Costa Rica, and into the gray whale nursery lagoons of Baja, her design and engineering informed by our nearly 40 years of experience in these regions. Her twin boarding platforms, for example, were suggested by a veteran staffer. Enabling our team to load two Zodiacs at once means guests get off the ship quickly to take advantage of wildlife sightings and maximize exploring time.

Larger than her siblings *National Geographic Sea Bird* and *National Geographic Sea Lion*, *National Geographic Quest* has the same shallow draft, allowing her captain to navigate the same inner reaches and provide the same intimate, "insider" experiences in these charismatic regions. Modern, clean-lined, with large expanses of glass to keep you connected to the extraordinary views, *National Geographic Quest* 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.



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

Lindblad-National Geographic certified photo instructor, undersea specialist and video chronicler. Internet access. Elevator. The design of the outside decks—with the perfect wildlife viewing platform. And the way 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, resistance bands; LEXspa treatment room, staffed by wellness specialists.



Self-Disinfecting Ships

ACT Clean Coat™ 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](#)

10% OFF BACK-TO-BACK VOYAGES

Save 10% on consecutive departures, applicable on voyage fares only and not valid on extensions or airfare. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

SAVE 5% TRAVELING AS A GROUP

Save 5% when traveling as a group of eight or more people. Valid on voyage fares only and not applicable on extensions or airfare. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. Valid for new bookings only, subject to availability, and may not be combined with other offers. Call for details.

BRINGING THE KIDS

We believe sharing an expedition with children is a life-enhancing experience. Take \$500 off for each child under the age of 18 on any departure. Not applicable on extensions or airfare. 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. Valid for new bookings only on select departures, subject to availability, not applicable on airfare or extensions, and may not be combined with other offers. Deposit, final payments, and cancellation policies for group travel vary from our regular policies. Call for details.

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 and wine on all 2023 departures (starting in 2024, spirits and cocktails are also included, with super premium wines and liquors 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; services of a physician, physician's assistant, nurse practitioner, or paramedic; morning stretch classes and 24-hour access to exercise equipment; 24-hour access to lounges, observation decks, library, and other shared spaces; 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, Wi-Fi, and phone services (except when indicated as included); travel protection plans; and passport, visa, and immigration fees.

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/>

[terms-conditions/travel-protection-plan/](https://www.expeditions.com/terms-conditions/travel-protection-plan/)

Cancellation policy

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