

Exploring Costa Rica: 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 coral reefs.

From

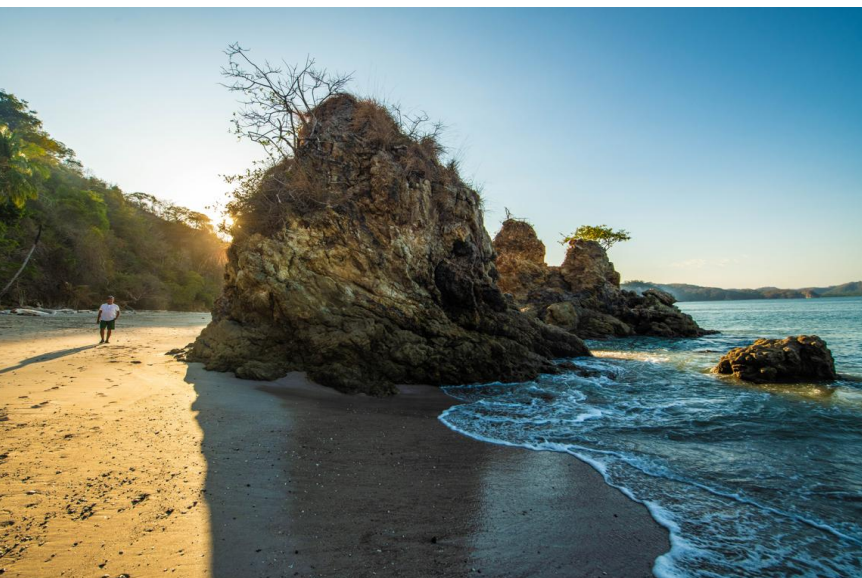
£1,298 / per person

Does not include flights

 DATES Jan, Feb, Nov and Dec	 DURATION 6 Days
 SHIPS <i>National Geographic Quest</i>	
 STARTS AT San José, Costa Rica	→  ENDS AT San José, Costa Rica

Highlights

- ★ Navigate the pristine coastline of Costa Rica's Guanacaste region, snorkel tropical 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 iconic wildlife, from monkeys to macaws, including a wide variety of toucan and monkey species





Day by day

■ DAY 1

San José, Costa Rica / Puerto Caldera / Embark Ship

Arrive in San José this afternoon and transfer to Puerto Caldera, the main port for Costa Rica. This evening, embark the *National Geographic Quest* and set sail south on your Central American journey. Opt to arrive early for a pre-voyage extension in the rainforests and reserves of Caño Negro.

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

Arrival City: San Jose, Costa Rica

Meals included: dinner

◇ DAY 2

Papagayo Peninsula

Drop anchor off the remote Papagayo Peninsula, where you'll spend the day soaking up the sun and enjoying beach time alongside waters fringed by offshore islets, which create dynamic habitat for a variety of tropical fish. Or choose to walk along a rarely used four-wheel drive track, which takes you back into a beautiful gallery forest. The area is rich with bird and plant varieties, and your naturalists will describe the intricate web of life in these oceanside ecosystems.

After lunch on board, continue to explore the coastline of Bahía Huevos and Playa Celestia. Zodiacs take you on an exploration of the bay and the peninsula. If conditions permit, explore the nearby mangroves by kayak or paddleboard.

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, sail toward the mainland while enjoying a delicious lunch. Depending on conditions, you 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 Zodiac, immerse yourself 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

Your adventure continues as you 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, 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

◇ 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. 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 you enjoy lunch on board, you'll cruise to a cluster of offshore islets collectively called Isla Tortuga. Relax on the beach shaded by swaying palms and tropical vegetation, then celebrate the finale of your 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

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

Expedition

San José, Costa Rica → San José, Costa Rica

2026 DEPARTURE DATES

Aboard *National Geographic Quest*

19 Nov	24 Nov			
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2027 DEPARTURE DATES

Aboard *National Geographic Quest*

11 Dec				
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2028 DEPARTURE DATES

Aboard *National Geographic Quest*

13 Jan				
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26 Feb				
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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.

National Geographic Quest's shallow draft allows her captain to navigate the same inner reaches and provide 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

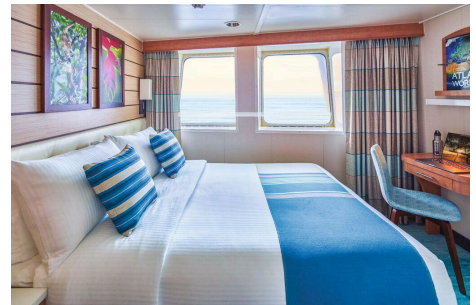
Cabins feature two single beds that can convert to a Queen, a writing desk, two nightstands and two portholes, full length mirror and reading lights.



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)

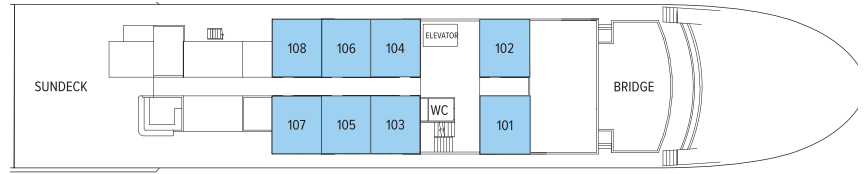
Cabins feature two single beds that can convert to a Queen, large view windows, closet, two nightstands, full-length mirror, reading lights, a suite-sized expanded bathroom, writing desk, ample storage space and a convertible sofa bed to accommodate a third person.



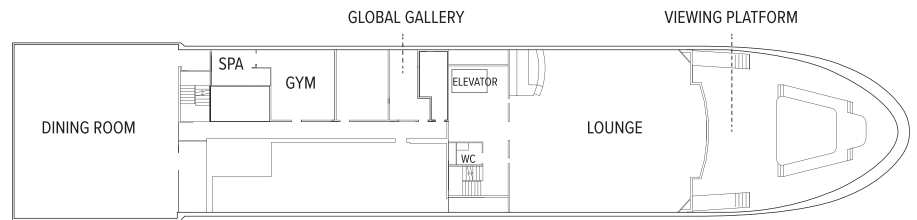
Deck Plans

Observation Deck

Category 5



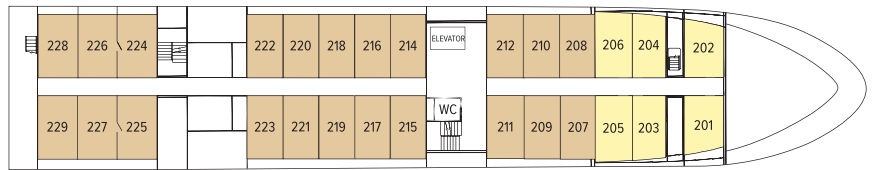
Lounge Deck



Upper Deck

Category 3

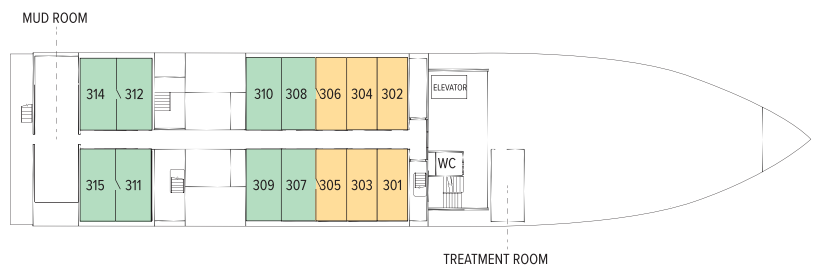
Category 4



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 wetsuits for all guests (where applicable).

Special Features

National Geographic-Lindblad Expeditions 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

SAY YES—TO GOING WITHOUT SECOND THOUGHTS

Receive savings of £1100 per guest deducted from cabin fare on select 2026 voyages when you pay in full at time of booking. Applicable savings will be deducted from cabin fare before any additional savings with the purchase of cabin fare. To qualify for the savings, nonrefundable payment in full is due at time of booking. This promotional offer is subject to separate terms and conditions. Standard cancellation, refund, and change policies do not apply. All amounts paid in connection with this promotion are non-refundable and non-transferable, regardless of cancellation date, and no refund, credit, or compensation will be provided except as expressly stated herein. Promotional offer valid on new bookings only for select 2026 departures, subject to availability and offer may be withdrawn at any time without prior notice, not applicable on airfare or extensions, and may not be combined with other promotions. Additional restrictions may apply.

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](#)

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.

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 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.

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/>