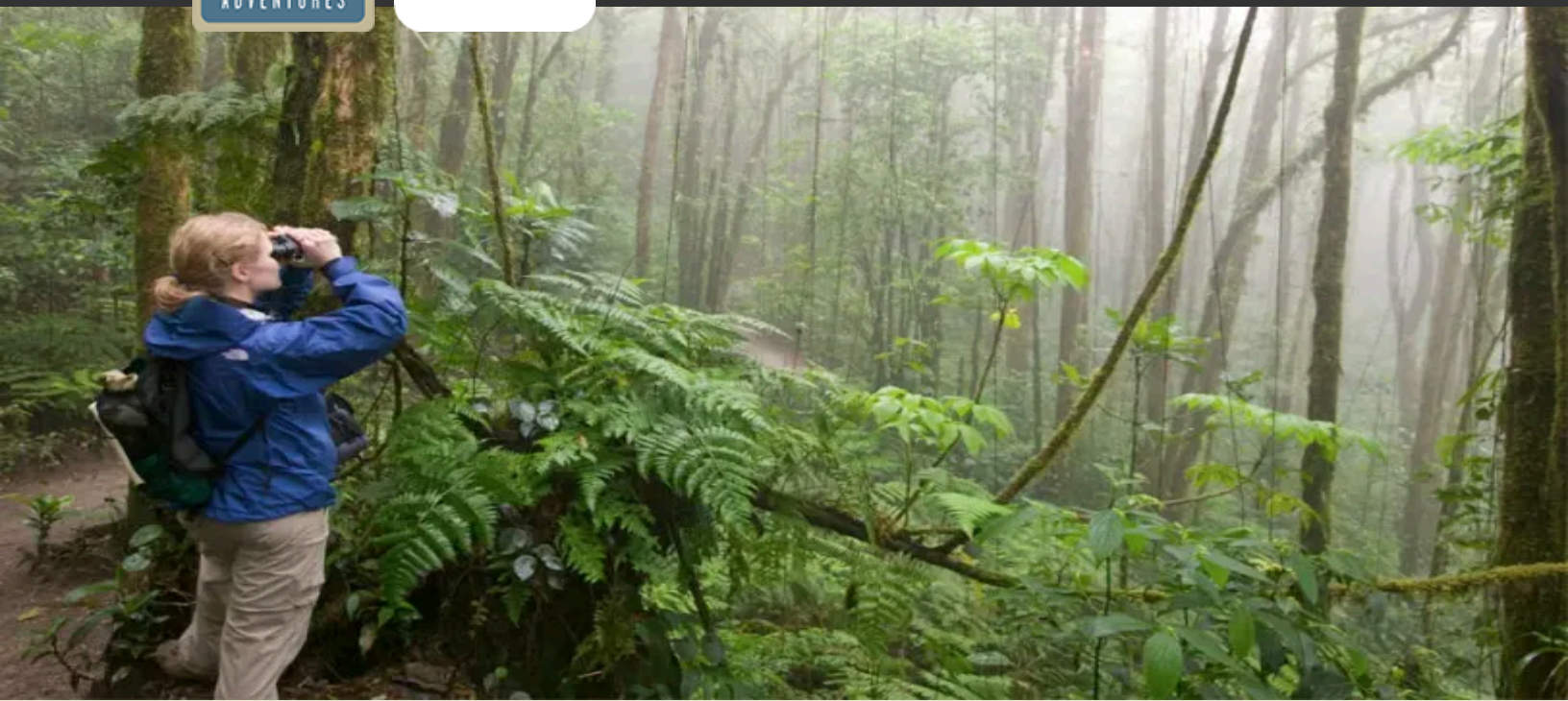




Discovering Our Planet Together



Costa Rica Wilderness Explorer

From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica



Discovering Our Planet Together

Table of Contents:

Trip Overview	3
Trip Itinerary	4
Trip Accommodations	8
What Makes Nat Hab Different?	9
Dates & Pricing Information	12
Trip Extensions	18



Discovering Our Planet Together



Trip Details:

Days
8 Days /
Dec–Apr

Price
From \$7995
(+Air)

Costa Rica Wilderness Explorer

From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica

The natural marvels of Costa Rica are in a class all their own. And so is this trip, which reveals less-discovered realms of this globally acclaimed biodiversity hotspot. From a remote rainforest lodge on Costa Rica's southern Pacific coast near the Panama border to the misty slopes of the Talamancas Mountains, encounter an incredible profusion of flora and fauna in varied habitats. Keep watch for mammals, reptiles and tropical birds as we wander through jungle and cloud forest, and witness Costa Rica's largest active volcano, with geysers inside its crater. Learn about the land and its people, too: tour a fruit orchard, enjoy a home-cooked lunch on a family farm, and find inspiration in local conservation efforts that are restoring landscapes to their original native beauty. Costa Rica is full of wonders—discover them on a rare ecotourism adventure off the standard tourist track.

Trip Highlights

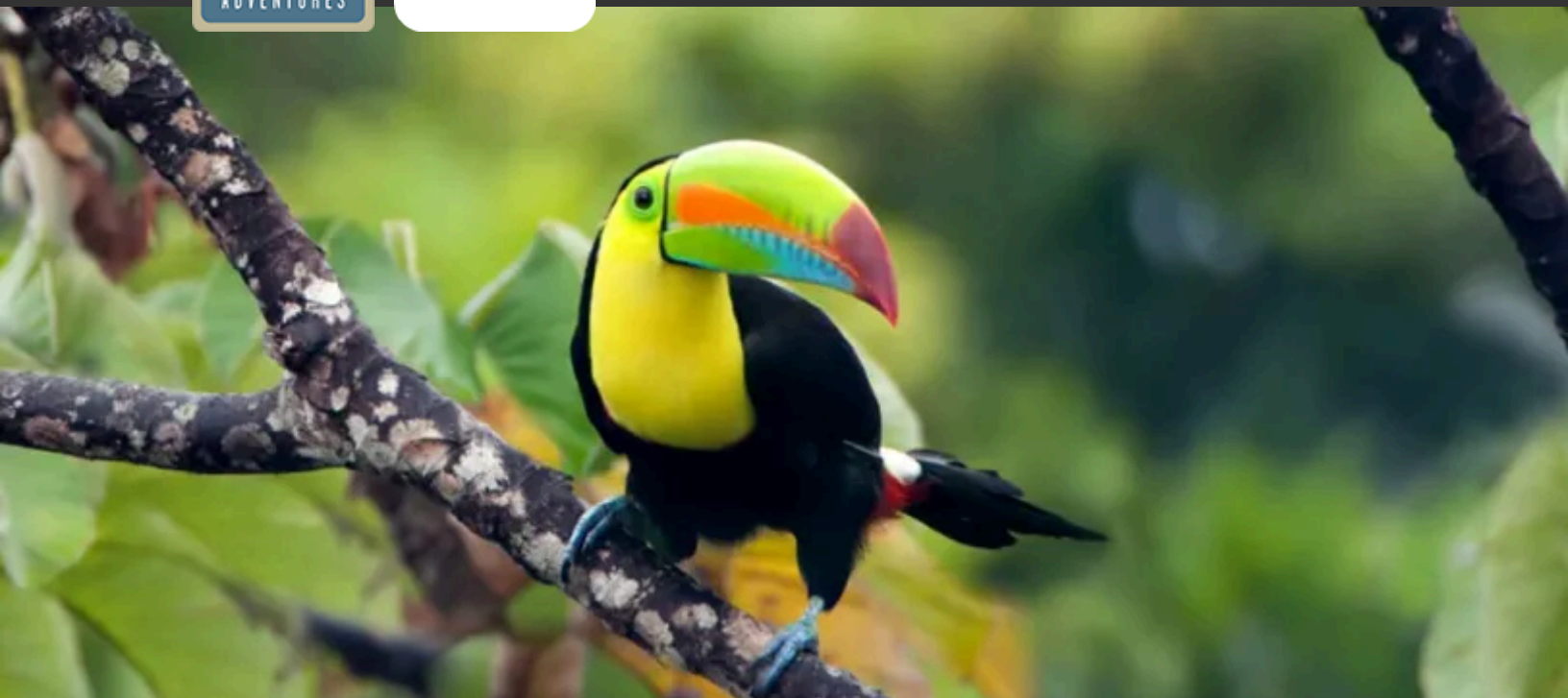
Led by top naturalist guides, discover Costa Rica's less-visited south Pacific coast, an unspoiled region off the typical tourist track—including a private cruise on Golfo Dulce

Look for monkeys and sloths in the rainforest, and seek Costa Rica's most coveted bird—the resplendent quetzal—in the high cloud forests of the Talamancas Mountains

Stay at remote ecolodges in Costa Rica's most tucked-away wild settings, where nature, intimacy, hospitality and local ambience prevail



Discovering Our Planet Together



Itinerary At A Glance

Day 1

San Jose, Costa Rica

Day 2

Private Flight to Golfito / Golfo
Dulce Cruise / Tiskita Jungle Lodge

Day 3

Tiskita Rainforest Walks / Fruit
Orchard & Tasting / Night Walk

Day 4

Exploring the Tiskita Reserve / Sea
Turtle Hatchery / Night Walk

Day 5

Golfito / Private Flight to San
Isidro / Coffee Plantation Tour /
Gema Del Bosque

Day 6

Los Quetzales National Park /
Batsu Gardens

Day 7

Gema del Bosque Nature Trails /
Mushroom Farm Tour & Lunch

Costa Rica Wilderness Explorer Itinerary

From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica

Day 1: San Jose, Costa Rica

Arrive in the capital of San Jose and transfer to our elegant hacienda-style resort hotel in the foothills outside the city, where our Costa Rica ecotour begins with a welcome dinner. If you reach the hotel early, enjoy a walk around the lush grounds gardens, home to abundant birdlife, a swim in the pool, or relax with a massage at the spa.





Itinerary At A Glance

Day 8

Transfer to San Jose Airport /
Depart

Day 2: Private Flight to Golfito / Golfo Dulce Cruise / Tiskita Jungle Lodge

Transfer to the local airport this morning to board chartered planes for our direct flight to Golfito on Costa Rica's remote southern Pacific coast. Once we land, embark on a private cruise around Golfo Dulce to look for bottlenose and spotted dolphins, and rarer sightings of hammerhead sharks, whale sharks and rays. Few visitors to Costa Rica make it to this intensely biodiverse region along the Osa Peninsula, surrounded by the country's largest tracts of untouched primary rainforest. National Geographic identified Golfo Dulce—a rare tropical fjord biome—as one of the world's most pristine seas.

After lunch, continue to Tiskita Jungle Lodge, an 800-acre private rainforest reserve and the only lodging in this undeveloped area just a few miles from the Panama border. We stay in hand-built cabins, crafted from fallen hardwood trees, which survey the distant sea from a high ridge. Wildlife abounds: Look for squirrel monkeys, howler monkeys and white-faced capuchins swinging through the trees, sloths clinging to high branches, and agouti in the underbrush. More than 275 bird species thrive in this lush habitat, and we search for some of them on a guided walk around the grounds. A coveted sighting is the scarlet macaw, successfully reintroduced by Tiskita's owners and now flourishing on the reserve.

Day 3: Tiskita Rainforest Walks / Fruit Orchard & Tasting / Night Walk

Spend a full day and evening exploring more of this impressive private biological reserve, which has been a national leader in restoring an altered landscape to its wild native state. An extended rainforest hike reveals waterfalls and more wild creatures, while a night walk offers a chance to look for red-eyed tree frogs, tiny endangered granular poison dart frogs and other intriguing amphibians that create a noisy chorus after dark. Meals at our secluded ecolodge are a highlight, prepared with fresh ingredients from the property, including some of the 125 types of organic tropical fruit grown on the estate. After lunch, we tour the orchard, examining a wide array of fruit trees, and, when certain fruits are in season, we may get to taste some unusual varieties. Our afternoon walk also offers an excellent chance to see birds and monkeys attracted to the orchards and their abundant fruit. Later this afternoon, head to the shore for sundowners by the beach before returning to our lodge for dinner.



Discovering Our Planet Together

Day 4: Exploring the Tiskita Reserve / Sea Turtle Hatchery / Night Walk

Explore more of the Tiskita reserve this morning, then walk to the beachside village of Punta Banco to visit a community sea turtle hatchery. During a talk by a local biologist running this grassroots conservation program, learn firsthand the critical value of controlled hatcheries that are helping to increase endangered sea turtle populations worldwide. For groups visiting during turtle-hatching season from November to January, we may have the opportunity for a pre-dawn visit to the beach to see baby olive ridley turtles emerging from their nests and being released to the sea. It's an extraordinary sight to see hundreds of them scurrying over the sand to the ocean where the life cycle begins anew. We also learn more about scarlet macaw conservation on the reserve and enjoy another night walk with our Expedition Leader in search of fascinating nocturnal creatures.

Day 5: Golfito / Private Flight to San Isidro / Coffee Plantation Tour / Gema Del Bosque

Transfer to Golfito by road to meet our private chartered plane, which flies us north to San Isidro. From here, continue by van along one of the most spectacular drives in Costa Rica, climbing narrow, winding roads into the Talamanca Mountains. Our route crosses Cerro de la Muerte, the highest point along the Costa Rican section of the Pan-American Highway, at just under 11,000 feet above sea level. When the mists part, the views are stunning, with waterfalls spilling down steep slopes and green valleys unfolding far below.

En route to our mountain ecolodge, stop at Granados Organic Farm, a small family-run coffee operation grounded in sustainable hands-on practices. During our visit, walk the fields to see how coffee is grown and learn what makes this region ideal for its cultivation. Follow the process from harvest to drying and roasting, and witness the painstaking care that goes into each batch. The visit concludes with a tasting and the chance to pack your own bag of coffee as a souvenir. Continue into the cloud forest along the Savegre River, ascending a narrow, high mountain valley where our ecolodge awaits. Here on a steep, forested hillside with dramatic views, we're surrounded by flowering tropical plants and a dazzling diversity of birdlife—the resplendent quetzal is the most sought-after among more than 600 species found here. Other colorful residents to keep an eye out for include the long-tailed silky flycatcher, fiery-throated hummingbird, flame-colored tanager, acorn woodpecker and spotted wood-quail.



Discovering Our Planet Together

Day 6: Los Quetzales National Park / Batsu Gardens

This lush high-altitude region will thrill bird lovers, as it is home to a multitude of vibrant species and many endemics. Set out this morning for Los Quetzales National Park, encompassing more than 12,000 acres of pristine cloud forest and 14 different ecosystems. The park also protects wild sections of the Savegre River, which originates high upon the Cerro de la Muerte. Our goal is to spot the resplendent quetzal, a revered and endangered creature of striking beauty. Listen for their deep, melodious calls as we quietly track these elusive birds. Photographers come from all over the world in hopes of capturing a shot of the quetzal's splendid plumage, with its electric green head, scarlet breast and long, iridescent turquoise tail. Our nature walk reveals a wide array of birds: we may also spy the emerald toucanet, golden-browed chlorophonia and spangle-cheeked tanager, among many others.

A highlight is lunch at Paraiso Quetzal—"Quetzal Paradise"—an ecolodge perched on a steep mountainside. From the outdoor deck we're sure to see dozens of hummingbirds buzzing around several feeders, offering superb close-up photo opportunities. Later this afternoon, we'll take a walk to view waterfalls along the Savegre River and visit Batsu Gardens, where every detail has been intentionally designed to enhance outstanding bird photography opportunities in a lush natural space. This evening, after happy-hour sundowners, enjoy dinner at a special local restaurant.

Day 7: Gema del Bosque Nature Trails / Mushroom Farm Tour & Lunch

This morning, look for birds and other wildlife as we explore the network of cloud forest trails around Gema Del Bosque with our Expedition Leader—or choose a leisurely stint of birdwatching on the grounds around our ecolodge. Later today, we tour a small family-run organic mushroom farm dedicated to conservation and educating visitors about the sustainable practices used in mushroom cultivation. The owner of the farm is a biologist who shares fascinating details with us about the relationship between humans and mushrooms, and we learn some remarkable facts before sitting down for a lunch home-cooked by our hosts featuring mushroom dishes sourced from the farm. This evening, gather for a farewell dinner at Gema Del Bosque.

Day 8: Transfer to San Jose Airport / Depart

After breakfast, a group transfer is provided to the San Jose airport to connect with departing flights. Please schedule flight departures no earlier than 1:30 pm today.



Discovering Our Planet Together



Accommodation Details:

Xandari Resort & Spa

Tiskita Jungle Lodge

Savegre Hotel & Natural Reserve

For detailed descriptions, visit nathab.com/central-america/expedition-costa-rica/accommodations

Costa Rica Wilderness Explorer Accommodations

From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica



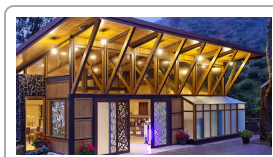
Xandari Resort & Spa

Relax, rejuvenate and immerse yourself in nature at this deluxe resort and spa set on a 40-acre coffee and fruit plantation laced with walking trails overlooking the scenic Central Valley.



Tiskita Jungle Lodge

This remote jungle ecolodge within the private 800-acre Tiskita Biological Reserve has access to pristine rainforest filled with wildlife and wild beaches well off the usual tourist track.



Savegre Hotel & Natural Reserve

Individual blocks of chalets are secluded within lush flowering gardens on a private cloud forest reserve bordering Los Quetzales National Park, with nature trails out the door along the Savegre River.



Discovering Our Planet Together

Most Travelers Never See the Wildest Side of Costa Rica. With Us, You Will.

For more than three decades we've been sharing Costa Rica's natural wonders with our guests. Over that time, we've gained an extensive knowledge of the country, enabling us to offer a whole slate of less-traveled nature experiences. Read more about what makes this Costa Rica adventure so distinctive:

1 Visit the Less-Traveled Southern Pacific Coast

This unconventional itinerary focuses on destinations farther from the standard tourist track, including Tiskita, a jungle lodge that's the best-kept secret in Costa Rica. Surrounded by tropical rainforest inside an 800-acre private biological reserve near the Panama border, it's an unspoiled place rarely seen by most Costa Rica visitors.

2 Chartered Planes Maximize Time in Nature while Minimizing Rugged Drives

We charter small planes to avoid very long drives on rough and winding roads. Fly directly from San Jose to remote Golfo Dulce, and from Golfo Dulce to San Isidro. Instead of time on the road, you'll spend your time in search of rainforest wildlife! Compare itineraries carefully: it's rare that anyone matches our combination of exclusivity and convenience, with a focus on less-traveled reserves.

3 Small Groups Offer a Genuine Encounter with Nature

Unlike most tour operators, *we limit our groups to just 10 guests*. Whether you're in the cloud forest, the rainforest or the coastal lowlands, you'll have a more authentic nature experience without the chatter that bigger tour groups can't help but cause. We are able to focus on the sights and sounds of many animals and birds—such as the melodious call of the resplendent quetzal or the high-pitched chirps of white-faced capuchin monkeys—which are not afraid to stick around as we quietly approach.

4 Explore Costa Rica's Most Pristine Cloud Forest Reserves

While many travelers focus on the duly famous Monteverde region, we take you into the more remote, less-impacted cloud forests of Savegre Nature Reserve and Los Quetzales National Park—far from big crowds, where birding and wildlife viewing in a peaceful, quiet context offers a coveted experience for the Costa Rica nature traveler.



Discovering Our Planet Together

5 Explore Golfo Dulce on a Private Boat

While many tour groups share space aboard sightseeing boats with other companies' guests, we explore the Golfo Dulce ecosystem on a privately chartered boat with an expert local guide. On our uncrowded small boat, there's no jostling for views or photos—it's just us and the abundant wildlife.

6 Stay at Remote Ecolodges & See More Wildlife

Our accommodations, though highly regarded, aren't on the itineraries of most Costa Rica travelers. Secluded Tiskita Jungle Lodge is about as remote as you can get, located at the end of a dirt road on the hard-to-reach south Pacific coast. And in the cloud forests of the Talamanca Range, a UNESCO World Heritage Site, we are immersed in nature at Savegre Mountain Hotel. Along with a chance to see the resplendent quetzal, the Talamanca Mountains have one of the highest populations of endemic birds in the Americas.

7 Our Top-End Vehicles Offer a Window Seat for Every Traveler

Our comfortable mini buses are ultra-spacious, with high ceilings, large windows, a wide aisle and ample space between seats. And since we never fill our vehicles to capacity, you're assured a window seat plus plenty of room to spread out. Our vehicles also offer the smoothest ride you'll find over Costa Rica's sometimes-rugged roads.

8 Your Nat Hab Expedition Leader is with You Throughout Your Entire Trip

In Costa Rica, where spotting wildlife in the forest requires finely honed skills, top naturalist guides are of the utmost importance. Rather than using a single driver-guide as a trip escort, which many companies do, a highly trained Nat Hab Expedition Leader personally escorts your group from start to finish. Each is a Costa Rica specialist averaging 20 years of experience, with additional training and resources from WWF scientists. We also travel with a seasoned driver/assistant guide, enabling us to divide into even smaller groups for more intimate nature encounters. **See Expedition Leader bios** and traveler comments regarding the quality of our leaders.

9 Our Quality-Value Guarantee Ensures Your Costa Rica Adventure Is Top-Notch

When you travel with Natural Habitat Adventures, you receive our exclusive guarantee that clearly states that we will meet the high expectations we set forth in our promotional materials. To our knowledge, this is the most ambitious guarantee made by any adventure travel company.

10 Feel Good About Your Carbon-Neutral Journey

We care deeply about our planet, as we know you do. When you travel with us, the carbon emissions from your trip are 100% offset—including your round-trip flights from home. Natural Habitat Adventures has been the world's first carbon-neutral travel company since 2007.



Discovering Our Planet Together

11 Natural Habitat Adventures is WWF's Travel Partner

Because of our commitment to environmentally friendly travel, as well as the exceptional quality of our small-group nature adventures, World Wildlife Fund, the world's leading environmental conservation organization, has named Natural Habitat Adventures its worldwide travel partner—a designation that makes us exceedingly proud!



Discovering Our Planet Together



Dates & Pricing Summary:

Prices:
From \$7995
(+Air)

Group Size:
Limited to 10
Travelers

Costa Rica Wilderness Explorer Dates, Pricing & Info

From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica

2026 Departures

Departure	Return	Notes
Feb 15, 2026	Feb 22, 2026	\$8295 USD (+internal air)
Feb 22, 2026	Mar 1, 2026	\$8295 USD (+internal air) Habitat Club Pricing Available
Mar 15, 2026	Mar 22, 2026	\$7995 USD (+internal air) Habitat Club Pricing Available
Dec 11, 2026	Dec 18, 2026	\$8595 USD (+internal air)
Dec 16, 2026	Dec 23, 2026	\$7995 USD (+internal air)



Discovering Our Planet Together

Dates & Pricing Summary:

Prices:
From \$7995
(+Air)

Group Size:
Limited to 10
Travelers

Departure	Return	Notes
Dec 21, 2026	Dec 28, 2026	\$8595 USD (+internal air)
2027 Departures		
Departure	Return	Notes
Jan 9, 2027	Jan 16, 2027	\$8595 USD (+internal air)
Jan 16, 2027	Jan 23, 2027	\$8595 USD (+internal air)
Jan 23, 2027	Jan 30, 2027	\$8595 USD (+internal air)
Jan 28, 2027	Feb 4, 2027	\$8595 USD (+internal air)
Feb 6, 2027	Feb 13, 2027	\$8595 USD (+internal air)
Feb 13, 2027	Feb 20, 2027	\$8895 USD (+internal air)
Feb 20, 2027	Feb 27, 2027	\$8595 USD (+internal air)
Feb 24, 2027	Mar 3, 2027	\$8595 USD (+internal air)
Mar 6, 2027	Mar 13, 2027	\$8595 USD (+internal air)
Mar 13, 2027	Mar 20, 2027	\$8595 USD (+internal air)
Mar 20, 2027	Mar 27, 2027	\$8595 USD (+internal air)
Apr 3, 2027	Apr 10, 2027	\$8595 USD (+internal air)



Discovering Our Planet Together

Dates & Pricing Summary:

Prices:
From \$7995
(+Air)

Group Size:
Limited to 10
Travelers

Departure	Return	Notes
Apr 11, 2027	Apr 18, 2027	\$8595 USD (+internal air)
Apr 17, 2027	Apr 24, 2027	\$8595 USD (+internal air)
Apr 24, 2027	May 1, 2027	\$8595 USD (+internal air)
Dec 16, 2027	Dec 23, 2027	\$8595 USD (+internal air)
Dec 19, 2027	Dec 26, 2027	\$8595 USD (+internal air)

2028 Departures

Departure	Return	Notes
! Prices and dates not confirmed for 2028		
Jan 11, 2028	Jan 18, 2028	\$8595 USD (+internal air)
Jan 18, 2028	Jan 25, 2028	\$8595 USD (+internal air)
Jan 25, 2028	Feb 1, 2028	\$8595 USD (+internal air)
Jan 30, 2028	Feb 6, 2028	\$8595 USD (+internal air)
Feb 8, 2028	Feb 15, 2028	\$8595 USD (+internal air)
Feb 15, 2028	Feb 22, 2028	\$8595 USD (+internal air)
Feb 22, 2028	Feb 29, 2028	\$8595 USD (+internal air)
Feb 26, 2028	Mar 4, 2028	\$8595 USD (+internal air)



Discovering Our Planet Together

Departure	Return	Notes
! Prices and dates not confirmed for 2028		
Mar 8, 2028	Mar 15, 2028	\$8595 USD (+internal air)
Mar 15, 2028	Mar 22, 2028	\$8595 USD (+internal air)
Mar 22, 2028	Mar 29, 2028	\$8595 USD (+internal air)
Apr 5, 2028	Apr 12, 2028	\$8595 USD (+internal air)
Apr 13, 2028	Apr 20, 2028	\$8595 USD (+internal air)
Apr 19, 2028	Apr 26, 2028	\$8595 USD (+internal air)
Apr 26, 2028	May 3, 2028	\$8595 USD (+internal air)
Dec 18, 2028	Dec 25, 2028	\$8595 USD (+internal air)
Dec 21, 2028	Dec 28, 2028	\$8595 USD (+internal air)



Discovering Our Planet Together

Pricing

See <https://nathab.com/central-america/expedition-costa-rica/dates-fees> for the latest pricing details.

Included

- **Trip price includes:** Accommodations, services of Nat Hab's professional Expedition Leader(s), local guides and lodge staff, all meals from dinner on Day 1 through breakfast on final day, private boat tour in Golfo Dulce, private transfers throughout the itinerary, some gratuities, airport transfers on Day 1 and final day, all activities and entrance fees, all taxes, permits and service fees.
- **Internal air cost includes:** Two private charter flights. One from San Jose to Golfito and the second from Golfito to San Isidro (this will be listed separately on our invoicing).

Not Included

Travel to and from the start and end point of your trip, alcoholic beverages, some gratuities, passport and visa fees (if any), optional activities, items of a personal nature (phone calls, laundry and internet, etc.), airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.

Important Information About This Trip

This carefully designed Costa Rica nature expedition offers a small group of travelers an intimate journey into three distinct ecosystems—lowland rainforest, mountain cloud forest and tropical beaches—for a diverse sampler of Costa Rica's natural habitats. Varied activities and visits with local people offer a deep and unique view into this legendary ecotourism destination. Please be aware that some fairly long drives along poorly maintained roads are often an unavoidable part of the itinerary, with our focus on less-visited locales.

Mandatory Insurance

Since the areas we travel to on this trip are remote and wild (that's why we go there!), we require medical evacuation insurance for our guests' safety. If you decline the medical evacuation insurance coverage offered by Natural Habitat, we request that you send us documentation of the independent coverage you have selected. We will add the cost of a medical evacuation policy to your tour invoice until you provide our office with proof of coverage including your insurance company's name, contact number and your individual policy number. Thank you for understanding that our policy exists exclusively in the interest of our guests' safety.

Also, to ensure quality medical care in the event of a medical emergency, as well as peace of mind from the time you book your trip to the time you return home, we highly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment and trip cancellations and delays, to lost luggage. We offer both medical evacuation and comprehensive travel policies through Arch RoamRight. Please contact our office if you would like more information about either of these plans.



Discovering Our Planet Together

Getting There & Getting Home

This trip begins and ends in San Jose, Costa Rica. **You must arrive in San Jose by 4:30 pm on Day 1** in order to make it to the hotel in time for a 6 pm welcome dinner. For guests who come in early, recommended hotels will be included in your pre-departure materials.

You may depart San Jose any time after 1:30 pm on the final day.

Our Natural Habitat Adventures Travel Desk can best assist with your travel reservations, as our staff is familiar with the specific requirements of this program and can help arrange the most efficient itinerary. Please call us at 800-543-8917. While we offer the best available rates to us on airfare and additional nights accommodations, you may occasionally find special web rates or lower fares online.



Discovering Our Planet Together



Extension Details:

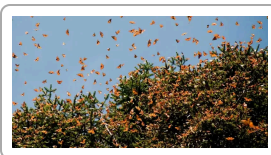
Kingdom of the Monarchs
\$5495

Natural Jewels of Costa Rica
\$10495

Costa Rica & the Panama Canal
\$5772

Costa Rica Wilderness Explorer Extensions

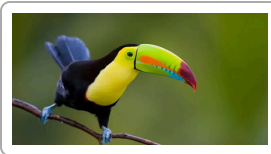
From Quetzals to Capuchins, Discover a Wilder Side of Costa Rica



Kingdom of the Monarchs

Each winter, millions of monarch butterflies migrate to the fir forests of Mexico's Central Highlands—walk among them, take amazing photos, and listen to the air hum with the vibration of their wings!

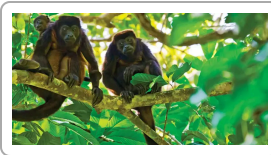
\$5495



Natural Jewels of Costa Rica

An all-encompassing nature expedition through the jungle canals of Tortuguero to the misty cloud forests of Monteverde and Corcovado's wild beaches—discover Costa Rica's exceptional biodiversity.

\$10495 (+air)



Costa Rica & the Panama Canal

Explore tropical rainforests, wander pristine beaches, snorkel over colorful reefs, and cruise the legendary Panama Canal on this small-ship nature adventure.

\$5772



Natural Habitat & WWF: Discovering Our Planet Together

Natural Habitat Adventures • PO Box 3065 • Boulder, CO USA 80307

USA & Canada: 800-543-8917 • International: 303-449-3711

© 2026 Natural Habitat Adventures

WWF's membership travel program is operated by Natural Habitat Adventures (Nat Hab). To date, Nat Hab has provided more than \$6 million in support of WWF's mission and will continue to give 1% of gross sales plus \$175,000 annually through 2028. WWF® and ©1986 Panda Symbol are owned by WWF. All rights reserved.