



Costa Rica Rainforests, Hot Springs, Wildlife and Wellness with Postcard Jar

10 days | May 23 2025—Jun 01 2025

From misty cloud forests and lush jungles to volcanic landscapes and organic farms, there's so much to love about this Central American hot spot. Join Steve and Ann from PortcardJar as you learn about la pura vida by visiting a toucan rescue ranch, trying locally made food, and taking part in a tree planting. As you travel across the country, you'll discover that there's also no wrong way to spend time in paradise.



Your tour package includes

- 9 nights in handpicked hotels
- Breakfast daily
- 3 lunches
- 5 dinners with beer or wine
- 2 tastings
- 1 cooking class
- 5 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Coffee plantation
- Arenal Volcano National Park
- Hot spring visit
- Arenal Lake cruise
- Heliconia Ranch
- Tree planting
- Monteverde Sky Walk
- Yoga class
- Palo Verde National Park
- Costa Rican cooking class

Tour pace

On this guided tour, you'll walk for at least 2.5 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.

For more information, contact

grouptoursite.com/tours/postcardjar-yog2025 | 1-800-438-7672

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10 days

San José → 1 night

Day 1: Arrival in San José

Included meals: light dinner

Welcome to Costa Rica! Settle in to your hotel in San José.

Arenal Region → 3 nights

Day 2: Arenal via coffee farm

Included meals: breakfast, tasting, lunch, welcome dinner

En route to the lush rainforest of the Arenal region, visit a coffee plantation to learn how the country produces some of the world's best coffee beans.

- Tour the family-owned coffee estate to learn how coffee seeds grow into beans and become the flavorful drink in your cup
- Learn how the estate protects and preserves the biodiversity of the area
- See the traditional ways of cultivating coffee and sample a few varieties

Sit down for an included lunch at a local restaurant in the Fraijanes region. Then, make a photo stop at the mighty La Paz Waterfall in La Fortuna.

Continue to your hotel in Arenal. Later, get to know your Tour Director and fellow travelers during tonight's welcome dinner.

Day 3: Hiking tour of Arenal & hot springs

Included meals: breakfast

Hike through Arenal Volcano National Park with your Tour Director.

- View the mile-high volcano, a near-perfect conical shape that emerges from the Sierra de Tilarán mountain range
- Keep watch for wildlife like capuchin monkeys, coati, and over 500 species of birds that call the park home

Please note: Travelers should be able to hike around two miles over uneven terrain and hardened lava.

Spend a free afternoon in the Arenal region or add an excursion.

The evening is yours to explore an array of heated pools, kept warm by geothermal activity surrounding Arenal Volcano.

+ Costa Rican Farm Tour with Lunch

Day 4: Free day in the Arenal Region

Included meals: breakfast

Spend a full free day in the Arenal region or add an excursion.

+ Kayaking in Arenal Volcano National Park

Monteverde → 2 nights

Day 5: Monteverde via Heliconia Ranch & coffee, cocoa, and sugarcane tastings

Included meals: breakfast, lunch, tasting

Start your journey to Monteverde with a boat ride across Lake Arenal, spotting iguanas and birds as you cruise along. Then, enjoy dramatic mountain, valley, and cloud forest views as you make your way to Heliconia Ranch aboard your coach.

- Talk with a rancher to find out what circumstances have led to deforestation in Costa Rica
- Make your own contribution to reforestation efforts by planting a native tree at the ranch
- Enjoy lunch at the ranch, with dishes featuring lamb, chicken, rice, beans, coffee, and other items and ingredients grown or produced on-site
- Watch traditional Costa Rican dances performed by the ranch's staff

This afternoon, head to a nearby coffee plantation to learn about the history and production of coffee, as well as chocolate and sugarcane, in Costa Rica.

- Get to know different kinds of coffee beans and roasting techniques, and sample a freshly brewed cup made from the plantation's own beans
- Discover how cocoa is cultivated and transformed into various types of chocolate treats
- Try your hand at making drinking chocolate, and sample ready-to-eat chocolate made on-site
- Watch a farmer or plantation worker cut and press stalks of sugarcane to extract fresh juice, and enjoy a refreshing taste

Day 6: Monteverde Cloud Forest Reserve & yoga class

Included meals: breakfast, dinner

Join a local guide this afternoon for a one-and-a-half-mile nature walk along a series of suspended bridges in the Monteverde Cloud Forest Reserve.

- Walk high above the floor of the misty forest as you explore this rare ecosystem, which gets its name from the constant cloud coverage
- Try to spot wildlife such as howler monkeys, capuchin monkeys, keel-billed toucans, and the elusive resplendent quetzal
- See the flora of the forest, home to the world's highest concentration of orchids, as you cross a series of six bridges

This afternoon, take part in a guided beginner-level yoga class. Breathe in the fresh air and listen to the calming sounds of the rainforest as you enjoy this relaxing form of exercise.

Later, head to a local restaurant for an included dinner served with beer or wine.

Guanacaste Province → 3 nights

Day 7: Guanacaste Province via Palo Verde National Park

Included meals: breakfast, lunch

Travel north to the coastal province of Guanacaste. Along the way, stop in Palo Verde National Park.

- Join a naturalist guide for a tour of the wetlands
- Look for crocodiles, roseate spoonbills, and other animals as you explore the Tempisque River by boat
- Enjoy an included buffet-style lunch at local restaurant

Continue on to the Guanacaste province and enjoy a free evening.

Day 8: Costa Rican cooking class

Included meals: breakfast, dinner

Spend a free day enjoying the beaches of the Guanacaste Coast.

Later, try your hand at Costa Rican cooking during a lesson with a local chef. Learn how to make local specialties during a cooking class, then enjoy your meal paired with beer, wine, or soft drinks.

Day 9: Free day on the Guanacaste Coast

Included meals: breakfast, farewell dinner

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Spend one last free day in Costa Rica on the Guanacaste Coast or add an excursion.
This evening, celebrate your trip with your fellow travelers at a farewell dinner.
+ Guanacaste Sailing & Snorkeling with Lunch

Flight Home

Day 10: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the Liberia airport for your flight home.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: **grouptoursite.com/tours/postcardjar-yog2025 | 1-800-438-7672**

Day 3: Costa Rican Farm Tour with Lunch

\$75/\$85* (4 hours, departs in the afternoon, lunch included)

Pay a visit to a local organic farm to discover Costa Rica's commitment to sustainably sourced food and eco-friendly energy. Enjoy a farm-to-table lunch featuring ingredients harvested on-site before exploring the grounds. You'll try your hand at harvesting various foods grown in the small orchard, including root vegetables like cassava. After, learn how the ranch became the country's first carbon-negative company by using sustainable farming practices during a guided tour.

Day 4: Kayaking in Arenal Volcano National Park

\$45/\$55* (2 hours, departs in the morning)

Sitting at the base of Arenal Volcano, Lake Arenal offers some of the best views of the magnificent volcano. Meet up with a naturalist guide and board your kayak for a leisurely paddle along the shoreline of Central America's largest lake. You'll explore coves, lagoons, and outlets while keeping an eye out for birds like kingfishers and flycatchers. Be sure to listen for howler monkeys that hang out in the trees around the lake.

Day 9: Guanacaste Sailing & Snorkeling with Lunch

\$119/\$129* (4 hours, departs in the morning)

Cruise along one of Costa Rica's most scenic areas during a sailing and snorkeling tour of the Guanacaste coast. Relax on the sailboat as you get a new perspective on the unspoiled coastline and try to spot humpback whales, dolphins, manta rays, sea turtles, and more. Stop to swim and snorkel among tropical fish in the warm Pacific water, and then reward your efforts with a gourmet lunch prepared right on board. Please note: This excursion is weather-dependent.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.com/terms