



# COSTA RICA: SECLUDED WILDLIFE ADVENTURE

August 22 - 29, 2025

December 27, 2025 - January 3, 2026

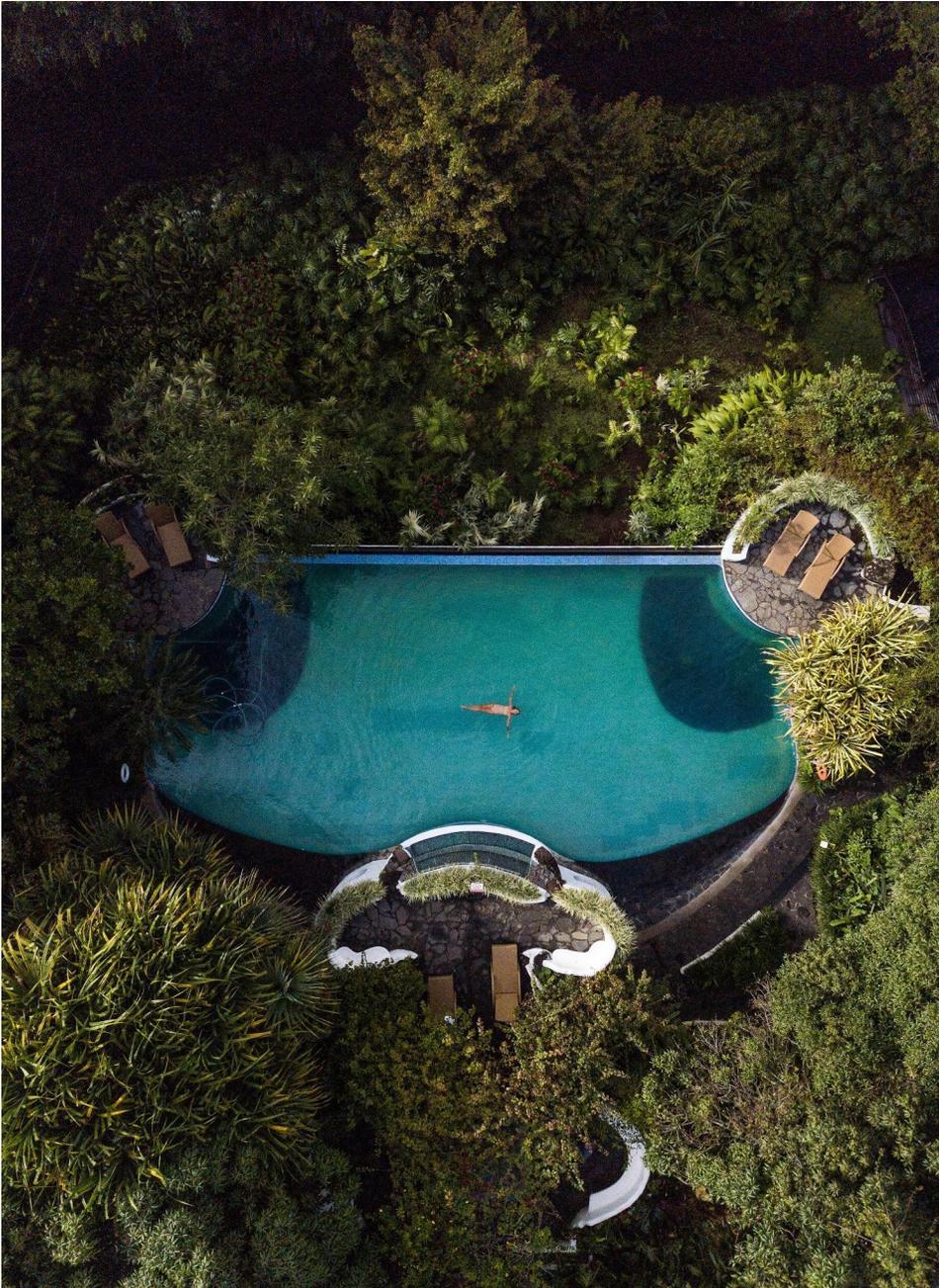
~~August 21 - 28, 2026~~ - Full

August 20 - 27, 2027

# Table of Contents

- > Trip Highlights
- > What's Included
- > Tour Dates & Price
- > Tour Map
- > Main Tour Itinerary
- > Accommodations
- > Pre-Trip Extension: Tortuguero
- > FAQ
- > Contact Info





## Trip Highlights

**OBSERVE** vibrant marine life swimming amidst coral and watch for whales and dolphins during a private snorkeling and boating excursion

**EXPLORE** Arenal National Park, home to the Arenal Volcano, waterfalls, and a birding hotspot where most of Costa Rica's 850 bird species can be found

**SIP** organic, local coffee and / or cocktails by the pool in a paradiscal setting

**FLY** to the Osa Peninsula and stay at a unique and award-winning eco-lodge situated within a primary rainforest

**WATCH** monkeys swing and birds sing while you eat delicious meals

**VISIT** Corcovado National Park, one of the most biodiverse places on the planet

**LEARN** about sustainability and conservation from friendly locals



## What's Included

- Seven nights at eco-chic wilderness lodges
- 24/7 native Costa Rican guide & trip leader
- Transportation: two internal flights, boats/ferries, and ground transportation in comfortable passenger vans/minibuses with professional, local drivers
- All meals (alcohol not included)
- National park fees
  - Local activity guides & tips
- All tours and activities noted in the itinerary



## Tour Dates

Limited to just 18 guests

- August 22 - 29, 2025
- December 27, 2025 - January 3, 2026
- ~~August 21 - 28, 2026~~ — Full
- August 20 - 27, 2027

### Trip Leaders:

August 2025: Marco Fallas, Local Trip Leader

December 2025: Jared Sternberg, Gondwana Ecotours' Founder

August 2026: Dani Catania, Operations Manager

## Price

**\$7,495 per person**

**\$820 single supplement** for a private room is added for solo travelers

# Costa Rica Tour Map





## TOUR ITINERARY



## Day One

Upon arrival in San José, exit the airport with your luggage. Look for a driver holding a sign with your name on it and the Gondwana Ecotours logo. Following a short walk to the van, load up for a 30-minute transfer to Finca Rosa Blanca, beautifully situated away from the hustle and bustle of the capital.

We rendezvous for a meet & greet with the guides and your fellow travelers in the late afternoon, followed by a welcome dinner at the lodge.

**Dinner included.**

“

Gondwana Ecotours specialize in small groups and like to support the local economy, so we were able to go on adventures and experience the people and local environment in a way that would have been impossible with a large group. They were very attentive and responsible to the needs and requests of our group. They had everything well planned out ahead of time.

**- Jane R.**



## Day Two

We depart for the Arenal National Park area after breakfast via van/minibus.

Enjoy a small family-owned farm tour, right at the river's edge, and then an interactive lunch experience. We help prepare and eat a delicious Casado cooked on a wood stove, and also make our own tortillas. An emphasis is placed on using traditional cooking methods and fresh and organic products harvested from the farm's greenhouse and fields.

After, we stop at La Fortuna, a quaint local town with several shops, restaurants, and a church surrounded by vibrant forestry.

Next, we arrive at Arenal Observatory Lodge with plenty of time to get a good night's rest. You likely came to Costa Rica to experience its rainforest, volcanoes, and nature, and the Arenal Observatory Lodge & Spa gives you unparalleled access to this extraordinary ecosystem. There are 870 acres to explore, including 270 acres of natural primary rainforest with rivers and waterfalls. This is the only hotel located within the Arenal Volcano National Park.

**Breakfast, lunch and dinner included.**



## Day Three

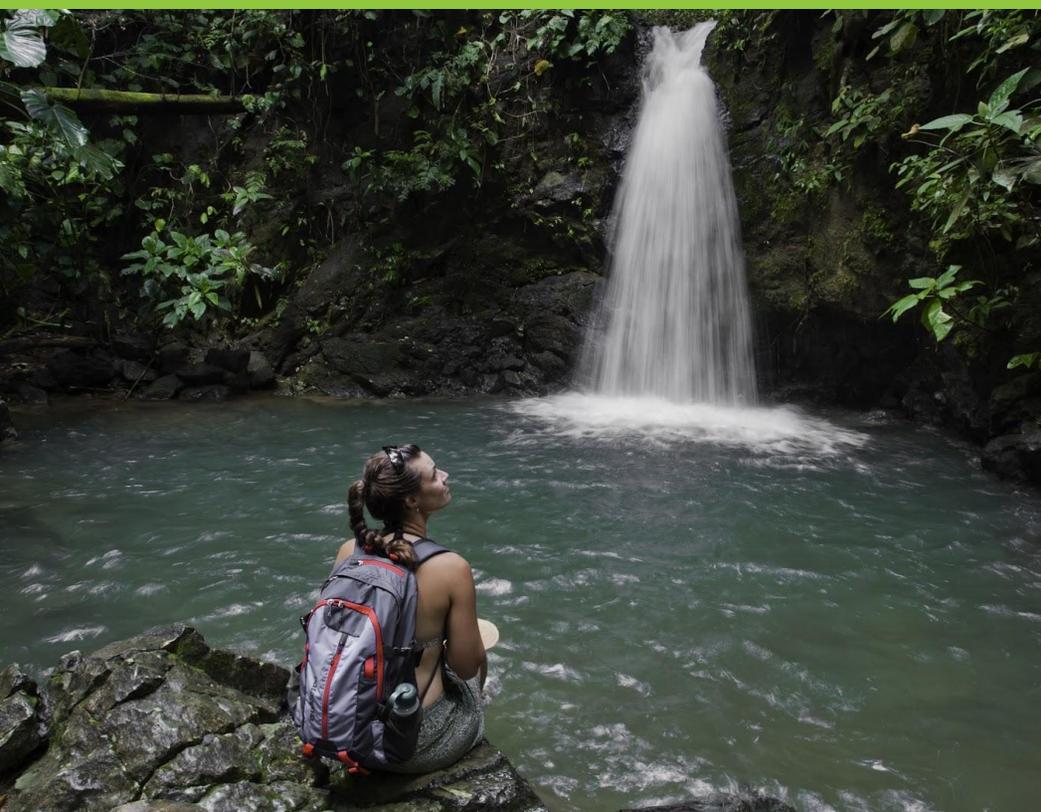
If you wake up early, get up and enjoy local coffee on the large deck outside the lodge restaurant, while observing birds feeding and monkeys swinging from tree to tree against the backdrop of the volcano. Arenal National Park is a birding hotspot and the views from the lodge are stunning.

After, enjoy a short, relatively easy walk to a small waterfall (approx. 30 minutes each way). The surrounding forest is lush with ferns and palms and if you're in the mood, you can even take a dip.

Then, we'll take a short drive to the 1968 lava fields. We hike with a guide for a few miles through different landscapes to an incredible viewpoint close to the volcano. Here you'll find yourself traversing ancient lava flows turned into stone while taking in views of the Arenal Lake and the landscape that surrounds it.

In the evening, we enjoy a guided night tour at the lodge, searching for red-eyed tree frogs and other nocturnal creatures.

**Breakfast, lunch and dinner included.**





## Day Four

Following an early breakfast, we'll drive to the San José airport where we board an internal flight to Drake Bay on the Osa Peninsula. Situated on the Pacific Coast, the Osa Peninsula is “the most biologically intense place on Earth”, according to National Geographic. Nearly all of Costa Rica’s mammal species make the Osa their home, as well as a large number of birds, reptiles and insects. The pristine rainforests, secluded beaches and raw natural beauty of the Osa Peninsula make this untouched region among the most captivating in Costa Rica.

After arriving in Drake Bay, we board a boat for a short ride to Corcovado Wilderness Lodge where we will have time to settle in and have lunch.

Enjoy free time in the late afternoon—relax or take in the sights and sounds—before a delicious dinner at the restaurant, overlooking the ocean.

**Breakfast, lunch and dinner included.**





## Day Five

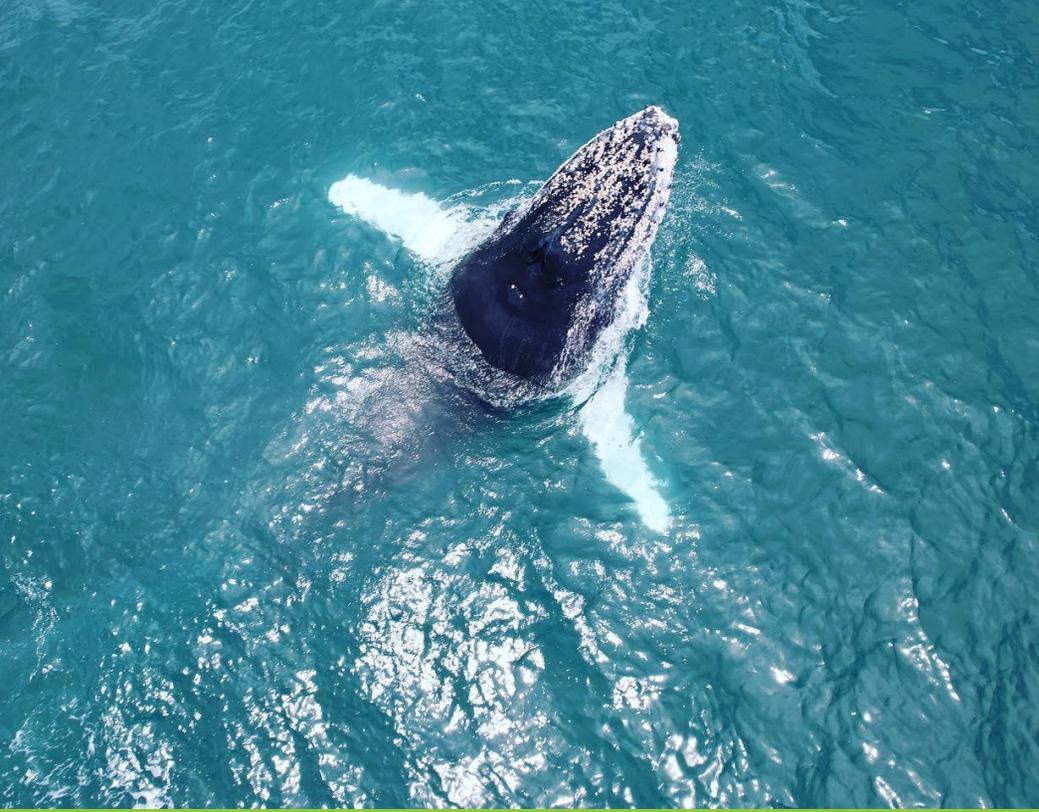
Today you discover Corcovado National Park, considered the “crown jewel” of Costa Rica’s extensive National Parks system. Spanning 47,000 hectares, it is home to some of the world’s rarest wildlife including jaguars, peccaries, tapirs, 450 bird species + nearly 700 plant and tree species.

This full-day tour includes lunch and explorations with a naturalist guide. You’ll explore on foot, pausing frequently to search for wildlife, and learn about the various conservation initiatives and research that takes place within the park. Enroute we pass by impressive cliffs, caves, and rocky islands home to marine birds and frequented by pods of dolphins.

By the end of today’s immersive excursion, you’ll leave with a deeper appreciation for the park’s beauty and ecological significance.

**Breakfast, lunch and dinner included.**





## Day Six

After breakfast and another cup of that famous Costa Rican coffee, we head out via van/minibus to start our adventure. Today, we head to the marine wonderland of Caño Island. During a private boating tour, we coast through glittering waters and search for wildlife like whales and dolphins.

You'll also have the opportunity to snorkel near coral reefs teeming with vibrant fish and, if you're lucky, you may spot a sea turtle! The afternoon is the perfect combination of exploration and relaxation that embraces Costa Rica's lifestyle of '*Pura Vida*'!

**Breakfast, lunch, and dinner included.**



“

Gondwana takes a unique approach to planning a trip and wants it to be not just a vacation but an exchange between cultures. One can take part in as much or as little of this exchange as one wants but Gondwana lays the foundation and makes it accessible and available.

- **Melanie F.**

## Day Seven

Today we depart from the Osa Peninsula onboard a domestic flight back to San José. Upon landing, we'll take a private van/minibus to Finca Rosa Blanca Hotel, stopping for lunch along the way.

In the afternoon, enjoy an organic coffee plantation tour right at the lodge. From origin to harvest, we follow Café Rosa Blanca on its earthy journey from red coffee cherry to roasted brew. We visit the "Beneficio," or processing area, where the pulp is first removed from coffee cherries before the beans are ready to ferment and dry. Once dry, the beans are sorted, roasted, and finished in the Roasting and Packing House. You can purchase coffee to take home with you for gifts—or to remind you of the beautiful Costa Rica mornings on this adventure.

During the evening, reminisce and toast to our adventures during our farewell dinner.

**Breakfast, lunch and dinner included.**

## Day Eight

Enjoy one last breakfast surrounded by the beauty of Costa Rican paradise. We'll say our final goodbyes after bringing you to the international airport, where you'll head home with memories of a lifetime.

**Breakfast included.**





## ACCOMMODATIONS



## Finca Rosa Blanca

### Heredia (Nights 1 & 7)

Finca Rosa Blanca is an organic coffee farm and luxury inn set in the lush coffee highlands near San José and the SJO airport. Named one of Fodor's Best 100 Hotels in the World and a National Geographic Unique Lodge of the World, Finca Rosa Blanca is one of the best boutique hotels near San José; a respite, a retreat, and the place where sustainable travel and boutique luxury meet. At the heart of Finca Rosa Blanca: 14 villas, suites and studios – each unique and each a work of art.

As is common with boutique hotels, room sizes and views often differ within the same property. Please note that we assign guest rooms on a first-come, first-served basis. No exceptions.



## Arenal Observatory Lodge

### Arenal National Park (Nights 2 & 3)

Arenal Observatory Lodge is the only hotel that is located inside the Arenal Volcano National Park.

Seven miles (11 km) of well-maintained hiking trails wind through the Lodge's 870-acre (352-hectare) property. These walking paths cut through primary and secondary rainforest, past waterfalls, and across verdant pastures. Lots of wildlife lives in the area, including three kinds of monkeys, anteaters, coatis, raccoons, deer, and more than 500 species of birds.

The 48 rooms of this hotel are spread out across several buildings on the property and are comfortable and spacious, some boasting wonderful views.



## Corcovado Wilderness Lodge

### Osa Peninsula (Nights 4, 5, & 6)

The Corcovado Wilderness Lodge is an 189-acre private reserve only accessible by boat. Cruise through the largest mangrove wetlands system on Central America's Pacific coast to arrive to this natural paradise.

Surrounded by 250,000 acres of the Corcovado National Park, this lodge immerses you in the beauty of tropical rainforests, vibrant wildlife, and gleaming ocean views in the heart of one of the world's most biodiverse areas. With thirty unique, luxury rooms nestled in lush greenery, this property is the epitome of beauty and relaxation.

The property boasts private beach access, a pool, an on-site restaurant, and a garden for an exclusive and serene escape to connect with the natural wonder that Costa Rica offers.

The Corcovado Wilderness Lodge is a leader in sustainability, using alternative energy to fuel its property and dedicating efforts to waste management and recycling. It also partners with foundations that support tree planting in deforested areas, cleanup efforts for beaches, and programs that empower and provide for local adolescents.



*\*We reserve accommodations for our tours up to two years in advance. However, in rare cases, hotels or lodges may overbook, change ownership, or no longer meet our quality standards. If this happens, we reserve the right to provide a suitable alternative of similar quality. We will notify you via email if we need to change your accommodations. Thank you in advance for your understanding and flexibility.*



## PRE-TRIP EXTENSION

# TORTUGUERO NATIONAL PARK ADVENTURE

Visit Tortuguero National Park, an ecological paradise with freshwater canals, wetlands and forests that shelter wildlife like jaguars, tapirs and manatees. Explore its rainforest-framed sandbar, where beaches are a major nesting site for green turtles. Stay at Mawamba Lodge, an eco-lodge nestled in Tortuguero National Park near Tortuguero Canals, Costa Rica's second largest wetland. Learn more about local culture and history during a tour of Tortuguero Village. Explore the backwaters of this stunning park when kayaking through the canals. Spot diverse wildlife during a boat expedition into Tortuguero National Park, looking for animals like toucans, monkeys, caimans, sloths, and otters. Enjoy more views of the area's pristine landscapes during a hike at Cerro Tortuguero surrounded by lush jungle and abundant wildlife. Depending on the season (July to October), search for hatching baby turtles during a sunset walk along the beach with expert guides. If this is your first time to Costa Rica, this is a pre-trip not to be missed!



## Tortuguero Inclusions

- Four nights accommodation (three in Tortuguero and one in San José)
- All tours and activities listed in the itinerary
- All meals listed in the itinerary
- Transportation and guides
- National Park and Natural Reserve fees
- Gratuities for local guides and staff (this does not include your Gondwana guide)

## Dates & Price

- August 18 - August 22, 2025
- December 23 - December 27, 2025
- August 17 - 21, 2026
- August 16 - 20, 2027

**\$2,995 per person**

**\$250 single supplement for a private room is added for solo travelers**



## Day One

Upon arrival in San José, your driver is waiting for you as you exit the terminal with your luggage. Look for a person holding a sign with your name on it and the Gondwana Ecotours logo. Enter the van and enjoy the 30- minute transfer away from the hustle and bustle of the capital to Finca Rosa Blanca. Join a meet & greet with your guides and fellow travelers in the late afternoon followed by a welcome dinner at the adjacent farm-to-table restaurant, El Tigre Vestido.

**Dinner included.**

## Day Two

Today we will begin our journey towards Tortuguero National Park, departing from Caño Blanco. This small village is near the Tortuguero Canals, where we'll board a boat and head to our new home for the next four days, Mawamba Lodge. Situated near backwater canals and adjacent to the beach, the lodge is the perfect place to relax while immersed in nature.

After you've had time to settle in, we'll enjoy a tranquil walk throughout the lodge's private garden and trails, admiring the dense foliage nearby and if we're lucky, spot wildlife like monkeys, sloths, birds, iguanas, and more.

**Breakfast, lunch & dinner included.**



## Day Three

Following breakfast at the lodge, we take a short boat ride into town where we journey back through time and get a glimpse of the fascinating local history and culture on a tour of Tortuguero Village.

Visit the Sea Turtle Conservancy Center and museum, local artisan shops, a general goods store, and walk down the quaint streets lined with colorful Afro-Caribbean homes before returning to the lodge via boat.

After lunch, we will explore the backwater canals of the Tortuguero National Park on a kayaking tour. There is no better way to explore these calm waters than quietly navigating through this amazing network of rivers and lagoons, surrounded by incredible plant and animal life.

During tours from July to October, we walk the beach escorted by the best Tortuguero Guides available in search of a turtle nest with eggs that have begun to hatch. If we're lucky, we observe baby turtles dig their way out of the nest and then make their way from the beach to the ocean. Those who avoid the predators waiting for them both on land and in the ocean will return to this very beach 25 to 30 years from now—and the life-cycle begins anew. For tours occurring outside of the turtle hatching season, enjoy an evening stroll on the beach during sunset. Immerse yourself in the stunning scenery that surrounds you, having chance wildlife encounters along the way.

**Breakfast, lunch, and dinner included.**



## Day Four

Following breakfast, we'll walk towards the most spectacular panoramic view in all of Tortuguero during our Cerro Tortuguero hike. Once you reach the viewpoint at the top, witness a breathtaking expanse that spans the Tortuguero Canals, the Caribbean Sea, and nearby towns of San Francisco and Tortuguero. You may even spot the distant Turrialba Volcano!

After, we'll dive deeper into Tortuguero National Park on a motorboat tour through its canals. Take in the diverse flora and fauna throughout the journey and spot wildlife like birds, three of four monkey species in Costa Rica, crocodiles, caimans, toucans, sloths, and much more.

In the evening, we'll return to the lodge where we will enjoy dinner at the lodge's floating restaurant. This unique experience, one of its kind in all of Tortuguero, takes you cruising through nearby canals while you feast on delicious cuisine.

**Breakfast, lunch, and dinner included.**





## Day Five

After an early breakfast, we will depart the lodge and return back to Caño Blanco by boat before beginning our drive back to Finca Rosa Blanca in San José.

We will stop along the way at Pierella Ecological Garden, a 7.5 acre rainforest reserve filled with diverse plant and wildlife. Here, we'll enjoy a family-run chocolate tour, complete with a typical homemade lunch.

We arrive back at Finca Rosa Blanca for our meet & greet with the rest of the group who have just flown in. Tonight's welcome dinner is at the farm-to-table El Tigre Vestido restaurant.

**Breakfast, lunch and dinner included.**



# Mawamba Lodge

## Tortuguero (Nights 2, 3 & 4)

You will spend the first night of this pre-trip at Finca Rosa Blanca near San José (see pg.16 for a full description) and the rest at Mawamba Lodge.

This eco-lodge is nestled within Tortuguero National Park, near Costa Rica's second largest wetland, the Tortuguero Canals. The lodge features amenities such as direct beach access, a stunning pool, private trails, butterfly gardens, and a deck with hammocks. Its spacious rooms blend rustic and modern styles with wooden features, elegant furnishings, and ceiling fans that keep you cool while embracing a more eco-friendly approach than AC.

Situated between the canals and the Caribbean Sea, this lodge is thoughtfully designed to combine tranquility with adventure—a perfect retreat within the heart of the rainforest.





## GENERAL INFORMATION



## Our Guides

We work with a carefully selected crew of expert, local guides and escorted by a Gondwana Trip Leader. Our local guides know these parts of Costa Rica very well and are knowledgeable about the area's geography, natural history, flora and fauna. All of our guides are personable, professional, courteous, friendly, and excited to show our guests some of the most incredible parts of Costa Rica. We typically assign guides to specific departure dates a few months out and you'll receive more information about your specific guide or guides before you travel.

“

Everything about this tour was memorable, each in it's own way. Every experience was unique. Meeting local people was a highlight...Words aren't enough. Thanks for an amazing experience.

- Ann S.

## FAQ - GETTING THERE AND BACK

### Is This Trip For Me?

- Our Secluded Wildlife Adventure requires moderate mobility and physical fitness. You should be able to walk on trails for at least three miles unassisted with moderate elevation gains to 200 feet (61 meters) and should be able to enter and exit vans, buses, boats, and small aircraft without assistance. We spend a significant amount of time on the water, so guests should feel comfortable on boats.
- During the visit to Corcovado National Park, there's a chance we will have to exit and enter the boat from the water, so you must be physically capable of climbing up and down short stairs or ladders and wading in up to two feet (0.61 meters) of water. The itinerary includes two domestic flights using safe, but small aircraft.

Please note that the minimum age for all of our tours is 12. Some activities may also have specific age restrictions. However, we may be able to make exceptions in certain cases. For more information or to inquire about younger participants, please email our Guest Services department at [info@gondwanaecotours.com](mailto:info@gondwanaecotours.com).

### When should I arrive in San José, Costa Rica?

- You should arrive in San José during the morning or afternoon on Day 1 of the tour. If you wish to arrive early and spend more time in San José, let us know if you would like help setting up extra nights at the hotel.

### What if I want to come explore other parts of the country before Day 1?

- We recommend joining our pre-trip Tortuguero extension! It's an incredible region with great wildlife, culture and unique landscapes!

### What do I need to do to prepare for my journey?

- Book your flight to San José for anytime on or before Day 1 of the trip. After booking your tour with us we'll send you a pre-trip guide that includes all the information you need to prepare for your trip, including a detailed packing list.

### Are all the internal flights included?

- Yes. All domestic flights in Costa Rica are included in the tour price. Round trip international flights to San José are not included and you'll have to book those on your own.

## FAQ - GETTING THERE AND BACK

### **What if I want to stay after the trip ends?**

- For those of you who want to stay longer we would be happy to share suggestions.

### **How do I sign up?**

- Secure your spots with a \$500 per person deposit (via phone, email, or on our [website](#)) that is fully refundable within 30 days of payment, provided your trip starts at least 121 days from the time of booking. The remaining balance is due 120 days before the tour departs. Read our complete [Booking Agreement here >](#)
- After signing up, we will send you a confirmation message and valuable information to prepare you for the trip. We will also send you two easy forms to submit with your registration information and flight details.

### **Can you cater to my dietary restrictions?**

- We cater to common dietary restrictions and can accommodate most common diets with advanced notice. After registering for a tour, we provide a Registration Form to collect your dietary information, which we share with our vendors to make necessary accommodations. If you have specific questions about an uncommon dietary restriction, please email our Guest Services department at [info@gondwanaecotours.com](mailto:info@gondwanaecotours.com), and we will explore possible options to match your needs.

## WHY TRAVEL WITH US?

Our promise is to deliver handcrafted travel experiences that enrich your mind, body and soul. We strive to put our values into practice with every Ecotour that we create.

**AUTHENTIC** Our adventures are filled with nature and culture that will amaze, enlighten and deeply connect you with the region.

**FLEXIBLE** There are multiple opportunities during the trip to customize your experience with a variety of day excursions.

**LOCAL GUIDES** Enjoy the unbeatable experience of local guides who love to share their country, culture and customs.

**FIVE-STAR REVIEWS** We take pride in our commitment to quality, service, and unforgettable adventures, all of which have earned us glowing reviews from guests. We're honored by the [kind words they share](#) about their positive experiences.

**SUPPORT** Our team will be available for any assistance you need before the trip. We will provide a detailed pre-trip guide and packing list so you know what to expect and what to bring.

**CHARITY** A portion of our proceeds is donated to a local charity in Costa Rica that supports Sea Turtle Conservation.

**SUSTAINABLE** Our ecotours are completely carbon neutral as verified by Cooler.

**LOW IMPACT** Our ecotours leave a small impression on the environment because of the small group size of 18 and the unique activities, such as local sustainability and organic farm tours.

**UNIQUE LODGING** Feel the heart of the destination by staying at memorable boutique hotels. We book at locally owned and eco-friendly hotels whenever possible.



We hope you'll join us in Costa Rica!

A \$500 per person deposit is all that's needed to reserve this adventure. Contact us via phone or email to reserve your spot!

(877) 587-8479

[info@gondwanaecotours.com](mailto:info@gondwanaecotours.com)

[PAY DEPOSIT >](#)

Visit us anytime at [GondwanaEcotours.com](http://GondwanaEcotours.com) to plan your next adventure!