



Discovering Our Planet Together



# Custom Family Costa Rica Adventure

*Design Your Own Family-Focused Nature Adventure Filled with Fun and Discovery!*



## Table of Contents:

---

<b>Trip Overview</b>	.....	<b>3</b>
<b>Trip Itinerary</b>	.....	<b>4</b>
<b>Trip Accommodations</b>	.....	<b>7</b>
<b>What Makes Nat Hab Different?</b>	.....	<b>10</b>
<b>Dates &amp; Pricing Information</b>	.....	<b>12</b>
<b>Trip Extensions</b>	.....	<b>14</b>



Discovering Our Planet Together



### Trip Details:

**Days:**  
Any Number of Days / Custom Dates

**Price:**  
\$5095 Adult;  
\$2795 Child (+ Air)

**Physical Requirements:**  
Easy

## Custom Family Costa Rica Adventure

**Design Your Own Family-Focused Nature Adventure Filled with Fun and Discovery!**

Costa Rica’s mountains, beaches, cloud forests and tropical rainforests offer families a matchless natural destination for adventure. Wedged between two oceans and two continents, Costa Rica is home to some of the greatest biodiversity on Earth: gigantic ferns, huge strangler figs, orchids, neon-billed toucans, three-toed sloths, monkeys, peccaries, crocodiles, iguanas and frogs, for starters. Get out and encounter it from a variety of exciting approaches: rafting a lazy river, riding horseback through the jungle, flying through the forest on a zip line and exploring on foot in the rainforest. Nature has never been so impressive, and your family has never had so much fun!

### Trip Highlights

Discover Costa Rica on a wide range of family-friendly adventures of your choice, from river floats to chocolate-making lessons to visiting with rainforest researchers

Raft the Sarapiquí River and step ashore into the jungle on the banks in search of monkeys, sloths, frogs and tropical birds

View fascinating geothermal wonders, soak in naturally heated waters, and hike atop a lava flow on a visit to the country’s most famous volcano



Discovering Our Planet Together



## Itinerary At A Glance

### Day 1

San Jose, Costa Rica

### Day 2

San Jose / Sarapiquí—Rafting /  
Tirimbina Rainforest Center

### Day 3

Sarapiquí — La Selva /  
Hacienda Pozo Azul

### Day 4

Chocolate Tour / Danaus  
Ecocenter / Arenal

### Day 5

Arenal National Park / Canopy  
Zip Line / Vida Campesina

### Day 6

Arenal / San Jose

### Day 7

San Jose / Home

## Custom Family Costa Rica Adventure Itinerary

Design Your Own Family-Focused Nature Adventure Filled with Fun and Discovery!

### Day 1: San Jose, Costa Rica

Our representative meets your family on arrival at the airport in San Jose, Costa Rica's thriving capital, and joins you on the transfer to your hotel. Get a preview of the lush flora and fauna in store as you wander the paths around the hotel's extensive tropical gardens, home to a wide variety of colorful birds. At dinner this evening, your naturalist guide will provide an overview of the highlights ahead, plus details about tomorrow's adventures.

### Day 2: San Jose / Sarapiquí—Rafting / Tirimbina Rainforest Center

Depart the city and head north to the protected rainforest in the tropical lowlands of Sarapiquí, an outstanding ecotourism destination where you'll experience the thrill of a rafting through the jungle on the Sarapiquí River. Continue to Tirimbina Rainforest Center, an 850-acre reserve dedicated to research and environmental education, and learn about the region's bats. Joined by a resident guide, make a night excursion into the rainforest on foot to examine the mist nets that scientists put up to trap and study bats. Spent the next two nights at the ecolodge run by the center.



### **Day 3: Sarapiquí — La Selva / Hacienda Pozo Azul**

Another landmark location for global rainforest research is La Selva, an international biological research station located in the Sarapiquí region. Spend a morning learning about global efforts to conserve rainforests while taking a guided walk through a section of the reserve. Along the way, look for monkeys, sloths, peccaries, iguanas and some of the 400 different species of birds found here. After lunch, head to Hacienda Pozo Azul. On this working ranch, explore trails on horseback as you keep a keen eye out for howler monkeys, three-toed sloths and an array of exuberant birdlife. Return to Tirimbina to spend the night.

### **Day 4: Chocolate Tour / Danaus Ecoenter / Arenal**

On a final morning at Tirimbina, visit a local cacao plantation to learn how cacao beans are transformed into organic chocolate, and enjoy a sample before departing by road for Arenal. En route, stop at Danaus Ecoenter for a close-up look at Costa Rica's famed red poison dart frogs, red-eyed tree frogs, sloths and other wildlife. This private ecological reserve focuses on conservation, environmental education, and training in sustainable land use and resource production. Trails through secondary rainforest reveal a wide variety of plants and animals in their natural habitat, including more than 150 different kinds of birds. A top attraction at Danaus is the butterfly farm, with about 30 species on site, including the large blue morpho. The botanic gardens contain some 500 different plant species, while the medicinal plant garden showcases 60 varieties used to support health and healing.

After your walkabout, enjoy a soak in one of the geothermal hot springs in the Arenal area, where a waterfall offers a natural massage. Spend the night across from Arenal volcano at Arenal Observatory Lodge. Although Costa Rica's most famous volcano has been dormant since 2010, it was the country's most active for 43 years, and its profile is still striking. Seismologists from the Smithsonian Institute and the National University of Costa Rica monitor the volcano intensively from their research station at the lodge.



### **Day 5: Arenal National Park / Canopy Zip Line / Vida Campesina**

The wonders of Arenal National Park are unveiled via more than 15 miles of trails that lace the rainforest blanketing the volcano's lower slopes. As you search for wildlife in the forest, look for intermittent views of the volcano's summit. Though it's often buried under a cap of clouds, it dominates the landscape in clear weather. The park is home to 400 bird species, including a great diversity of hummingbirds, along with spider monkeys, howler monkeys, coati, brocket deer, tamandua anteaters, peccaries and the elusive ocelot.

Then, venture higher into the rainforest to explore the treetops on a canopy tour. A tram transports you 125 feet above the forest floor, ascending slowly to observe the diversity of life at each elevation. Then it's time to descend via zip line, flying between the mountainsides along a series of cables (minimum age is 8), or return via the tram if you prefer. Round out the day with a visit to Vida Campesina, a sustainable organic farm that produces more than 60 different crops including native and introduced plants. Learn about the items grown and the challenges and benefits of farming organically in the tropics, including techniques that support environmentally sustainable methods. While you're there, learn to prepare traditional recipes made from locally grown products, then share a delicious family-style dinner with your hosts.

### **Day 6: Arenal / San Jose**

Return to San Jose and settle in for relaxing evening at Xandari Plantation Resort. There will likely be time to explore the substantial trail network surrounding the lodge, or to take a swim in one of several swimming pools with scenic views. Or, choose a beach extension and travel by road from Arenal to Costa Rica's North Pacific Riviera today.

### **Day 7: San Jose / Home**

Transfer to the airport for homeward flights.



Discovering Our Planet Together



### Accommodation Details:

- Hotel Cuna del Angel
- Hotel Punta Islita
- Tirimбина Rainforest Lodge
- Lagarta Lodge
- Hotel Hacienda Guachipelin
- Isla Chiquita
- Savegre Hotel & Natural Reserve
- Macaw Lodge
- Senda Monteverde Hotel
- Hotel Bougainvillea
- La Quinta Country Inn
- Arenal Observatory Lodge
- Xandari Resort & Spa

For detailed descriptions, visit [nathab.com/family-adventures/custom-family-costa-rica-adventure/accommodations/](http://nathab.com/family-adventures/custom-family-costa-rica-adventure/accommodations/)

## Custom Family Costa Rica Adventure Accommodations

Design Your Own Family-Focused Nature Adventure Filled with Fun and Discovery!



### Hotel Cuna del Angel

This gluten-free, boutique hotel on the Osa Peninsula features lush gardens, deluxe rooms, an infinity pool and ocean views.



### Hotel Punta Islita

Set on a forested mountaintop overlooking the Pacific Ocean on the outer edge of the Nicoya Peninsula, this ecolodge offers spectacular views, eco-friendly design, open-air dining and an infinity pool.

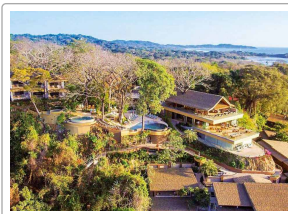


## Discovering Our Planet Together



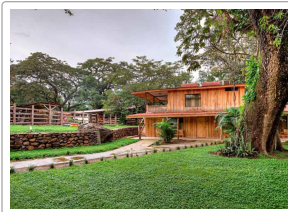
### **Tirimbina Rainforest Lodge**

Stay within the primary rainforest on the 850-acre Tirimbina Biological Reserve, one of Costa Rica's oldest ecological research sites, and experience an array of immersive conservation adventures.



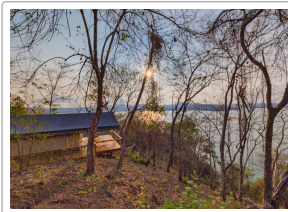
### **Lagarta Lodge**

Surrounding by the 90-acre Reserve Biologica, this boutique ecolodge enjoys grand Pacific Ocean views atop a forested bluff and has been awarded Costa Rica's highest national certification level for sustainability.



### **Hotel Hacienda Guachipelin**

This sustainable ecolodge offers guests an all-encompassing immersion in the living, breathing jungle, surrounded by thousands of acres of dry tropical forest protected in Rincon de la Vieja National Park.



### **Isla Chiquita**

Located on an idyllic small island in the Gulf of Nicoya, Isla Chiquita blends the laidback fun of camping with the comfort and service of an upscale boutique beach hotel—with a whole array of eco-adventures on land and sea to entertain you.



### **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.



### **Macaw Lodge**

A center for ecotourism, research and conservation, this family-owned and run rainforest lodge sits in an utterly secluded setting on a private 264-acre reserve in the mountains west of San Jose and is a model for sustainability.





## Discovering Our Planet Together



### **Senda Monteverde Hotel**

This new luxury ecolodge located high on Costa Rica's continental divide features 24 suites in contemporary mountain bungalows, with a focus on fresh farm-to-table dining.



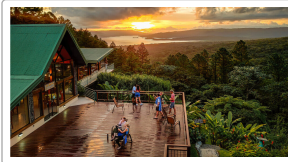
### **Hotel Bougainvillea**

Set among 10 acres of tropical gardens, this award-winning boutique hotel is convenient to the airport and downtown San Jose and offers an attractive alternative to standardized city hotels.



### **La Quinta Country Inn**

Owned and operated by a local family, this ecolodge within a private rainforest reserve provides easy access to Braulio Carrillo National Park, the Sarapiquí River and La Selva Biological Station.



### **Arenal Observatory Lodge**

Located on a private 870-acre reserve adjacent to Arenal Volcano National Park, this famous lodge within the rainforest enjoys a panorama of the volcano across the valley, plus views of Lake Arenal.



### **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.



## Our Custom-Crafted Family Itinerary Stands Alone!

When other tour operators say they offer “family trips,” what they often mean is that on certain departures, children are allowed. With Nat Hab, “family trip” means so much more! Let us create a Custom Family Costa Rica Adventure specifically designed to engage your family in shared activities that are gratifying to everyone. From zip lining and night walks to hands-on research and a rainforest chocolate tour, authentic encounters with Costa Rica’s nature and culture will build lasting bonds across generations.

### 1 Put the Kids Front and Center

On a custom family trip, children get the individual attention they deserve, and knowledgeable guides will focus on the sounds and sights in one of the world's most biodiverse habitats. Parents and grandparents, too, have plenty of personalized interaction with guides too, who are dedicated to making sure each and every family member has a fantastic experience, tailored to their individual needs and interests.

### 2 Don't Just Observe, Learn—at Fun, Hands-On Research Sites

Don't just visit the rainforest—take opportunities to get alongside active scientists and conservationists for an unparalleled learning experience. Choose to spend time at La Selva and La Tirimbina, research centers that offer hands-on activities for children and educational opportunities for adults, including learning about global efforts to conserve rainforests, getting a close-up view of bat “mist nets,” and seeing how the cacao bean is transformed into locally made, organic fair-trade chocolates!

### 3 Enjoy a Private Float Trip

Absorb the jungle's sensory stimuli as you float downriver on a private float trip, delighting in spotting crocodiles, frogs, iguanas, monkeys, parrots, toucans, turtles and “Jesus Christ lizards” (they walk on water!) along the riverbanks. There's no comparison versus noisy large-group trips in multiple boats.

### 4 Our Luxury Lodgings Are Authentic, Educational and Inspiring

Costa Rica is no longer an undiscovered destination for ecotourism. There are plenty of standardized hotels and resorts available, and many tour companies use them. We are not one of those. Rather than select generic hotels close to transportation hubs, we choose our first-class lodgings for their local ambience, proximity to nature and ecological commitment—enhancing your adventure immeasurably.



## Discovering Our Planet Together

### 5 **Deluxe Vehicles Provide a Comfortable, Safe Ride**

You won't find a better vehicle for exploring Costa Rica than those we use. Our high-end minibuses are ultra-spacious, with high ceilings, large windows, a wide aisle and ample space between well-cushioned seats. With long, tapered rear leaf springs and an independent front suspension with double wishbones and upper torsion bar, your family will enjoy the most stable — and safe — ride over Costa Rica's sometimes-rugged roads in natural areas.

### 6 **Choose from Three Exciting Extension Options**

Extend your time in this enticing country. We make it easy, by offering three varied extensions—choose what appeals to you, and leave all the details to us! Whether you're drawn to beaches or dense jungles, we have an extension tailored to your family's preferences. Spend some extra time kayaking, snorkeling, surfing or swimming in tranquil ocean waters, or choose a two-night trip to Tortuguero National Park, where you'll cruise by private boat along natural canals that wind through lush jungles, in the company of monkeys, tropical birds, sea turtles and more.

### 7 **Our Quality-Value Guarantee Ensures Your Special Family Vacation**

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.

### 8 **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.

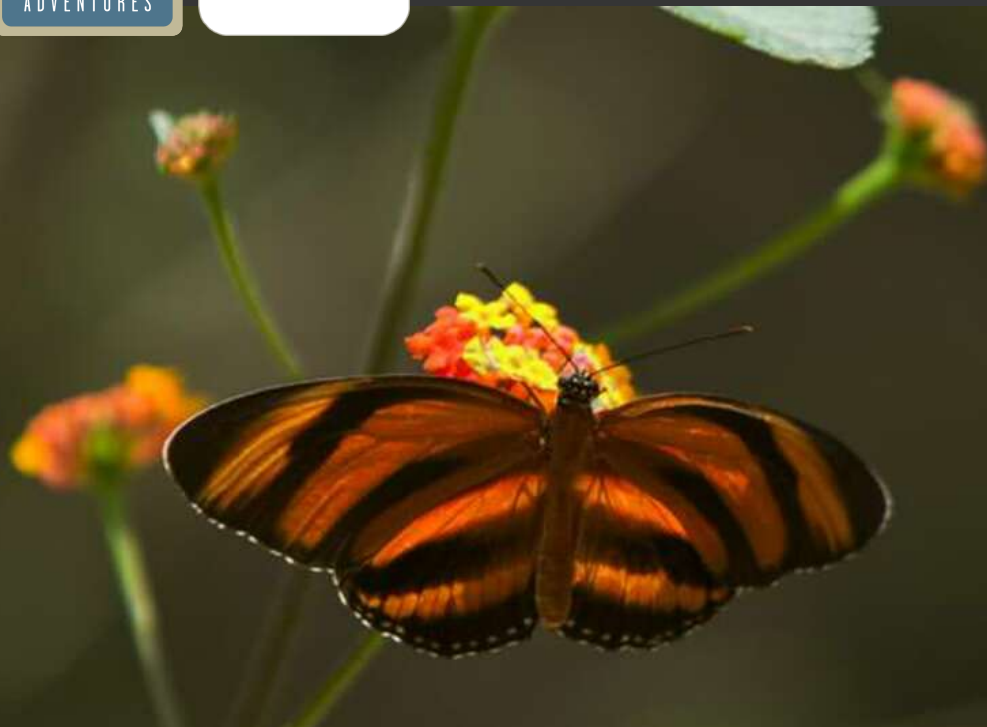
### 9 **Natural Habitat Adventures is WWF's Travel Partner**

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



## Pricing

### Group Size

Please call an Adventure Specialist at 800-543-8917 for group size limitations.

### Included

Accommodations, services of an NHA Expedition Leader and driver, local guides and lodge staff, meals and drinks as specified in your confirmed proposal, some gratuities, activities, airport transfers on Day 1 and final day, all permits, entrance fees and taxes.

### Not Included

Travel to and from start and end point of trip, any meals and drinks not specified in your confirmed proposal, airline baggage fees, alcoholic beverages, some gratuities, passport and visa fees, optional activities, items of a personal nature (phone calls, laundry and internet, etc.), airport and departure taxes, required medical evacuation insurance, optional travel insurance.

### Physical Requirements

**Easy** Because this is a trip designed to meet your needs and interests, we can develop an itinerary based on your physical abilities to the best extent possible. This trip generally does not require a high degree of physical fitness, although a number of short walks are involved. All activities are optional. Travelers should be aware that the heat and humidity may be high and roads may be bumpy. Some long drives are necessary on this trip.



Children may need to be a certain age to participate in some activities.

## Important Information About This Trip

When you choose Natural Habitat Adventures for your custom Costa Rica family adventure, you may select from a wide range of smaller luxury and deluxe hotels and lodges. As the world's premier nature travel company, we focus solely on small-group journeys and avoid the large impersonal hotels that devalue an authentic nature experience. Please consult with one of our Adventure Specialists to determine which hotels and lodges can best accommodate your group's size and preferred travel style.

Costa Rica contains some of the world's greatest natural treasures, which make it a family adventure paradise. This sample itinerary features some of the most exciting and interesting activities for families within this ecologically diverse country. The itinerary is designed with families in mind, including accommodation options that offer family rooms and some that allow young children to participate in scheduled activities. Because it is a custom adventure, we will check availability on your dates of choice, and while you will be traveling independently, you may accompany other guests from each camp as well as share a naturalist guide on wildlife drives, forest walks and other activities. Please note that there is a minimum age limit of 8 years for the zip line, and a minimum age limit of 9 years for rafting in Sarapiquí. Our recommended hotels and ecolodges combine comfort and atmosphere with the highest quality nature and wildlife experiences. Depending on the time of year and the movements of wildlife, accommodation selection will heavily influence the quality of your adventure. Our team of Adventure Specialists can help you choose the best combination of locations for your specific dates. Call our experts at 800-543-8917.

## Mandatory Insurance

Since the areas we travel to are remote and wild (that's why we go there!), we require that all guests have, at minimum, medical evacuation insurance for this program. This is for the safety of all guests. We require that your chosen independent insurance plan includes at least \$250,000 in medical evacuation coverage.

To protect your investment and to provide peace of mind while you travel, we also strongly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment to trip cancellations and delays and lost luggage. Please contact our office if you would like more information about the medical evacuation and comprehensive travel insurance policies we offer by calling 800-543-8917.

## Getting There & Getting Home

Please consult your Adventure Specialist for more detailed information on your specific arrival and departure times.

We can best serve you if our Natural Habitat Adventures Travel Desk makes your air reservations, as our staff is intimately familiar with the special requirements of these programs and can arrange the most efficient and cost-effective travel. Please call us at 800-543-8917. Note that while we offer you the best possible rates available to us on airfare, you may find better fares online.



Discovering Our Planet Together



## Extension Details:

Costa Rica & the Panama Canal  
\$7173

## Custom Family Costa Rica Adventure Extensions

Design Your Own Family-Focused Nature Adventure Filled with Fun and Discovery!



### 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.

**\$7173**





**Natural Habitat & WWF: Discovering Our Planet Together**

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

USA & Canada: 800-543-8917 • International: +1-303-449-3711

© 2025 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.