Travel Expressions inc

Costa Rica

Travel Dates: March 20 – 27, 2026

Mayflower
CRUISES & TOURS
A DIVISION OF THE SCENIC GROUP

Costa Rica

Enjoy a hands-on experience at a cacao plantation

Take a refreshing dip at the base of the Nauyaca Waterfalls

DAY 1 USA / San José, Costa Rica: Depart the USA for San José, Costa Rica. Upon arrival you will be met by a representative of Mayflower Cruises & Tours who will assist with your transfer to the hotel. Flights should arrive by 4:00pm. Relax before the included dinner as your busy schedule eases into Costa Rica's mystical tropical lifestyle. **Meal: D**

DAY 2 San José – Arenal area: En route from San José to the Arenal area, visit the Doka Coffee Estate where members of the Vargas Ruiz family have been involved with coffee production for more than 70 years. Tour the plantation, learning how this famous product of Costa Rica is produced from the harvesting of the beans to the roasting and packaging processes. And of course there is a sampling of the final product! Continuing towards Arenal, with an included lunch along the way, a sweet treat awaits. Coffee beans aren't the only ones Costa Rica is famous for. Discover the ancient secrets of chocolate, considered a 'gift of the Gods', as cacao beans were used for ceremonial drinks and even currency. During this hands-on experience at a cacao plantation, learn the whole process of creating sumptuous chocolate from the fruit of the cacao tree. The day ends with arrival at the hotel, providing awe-inspiring views of Arenal Volcano from every room. Dinner is included at the hotel this evening. **Meals: B, L, D**

DAY 3 Arenal area: This morning, enjoy a gentle walk along the base of Arenal Volcano, a magnificent natural phenomenon, during a visit to Arenal National Park. Your Tour Manager takes you through the forest, over the lava flows, and to the destroyed area now in the process of regeneration. Return to the hotel for lunch on your own and a bit of free time.

Later this afternoon, depart the hotel for a visit to a local farm for an educational and culinary experience. Stroll around the farm with a guide as you see a variety of flora and fauna and learn about the products being organically grown. Pick tubers and other vegetables, along with fruits, to be used in the evening meal. Learn about sugar cane, the milling process, and have a taste of its derivatives. Learn how to make tortillas and enjoy a typical local dinner on site. This experience will give you a true immersion into local life. **Meals: B, D**

DAY 4 Caño Negro Wildlife Refuge: While in the Arenal area, enjoy a full day excursion to Caño Negro National Wildlife Refuge, a remote "everglades" type wetlands, teeming with different species of flora, fauna and birdlife. Enjoy a boat ride on the Rio Frio, where you'll have an opportunity to see a plethora of wildlife: snake-birds, heron, comorants, howler, spider and white-faced monkeys, three-toed sloth, basilik lizards (also known as Jesus Christ lizards), turtles and much more. This unique experience showcases the natural beauty of Costa Rica. A typical lunch is provided during the excursion. **Meals: B, L**

DAY 5 Arenal area – Manuel Antonio: After breakfast, travel to the Manuel Antonio area, famous for its national park. En route, another 'local flavor' awaits as you visit a "Cevichera" and witness a demonstration of how to make Costa Rican ceviche. Using the freshest fish from the area and ingredients from local farmers, this small entrepreneurship shows how collaborating with the locals supports economic community growth. A sampling follows, before venturing to a nearby town for lunch on your own. Upon arrival at the hotel in Manuel Antonio, the remainder of the day is at leisure until the included dinner. **Meals: B, D**

Squirrel monkey at home in Manuel Antonio National Park

DAY 6 Manuel Antonio National Park: Today's included tour visits nearby Manuel Antonio National Park, the smallest of the parks in Costa Rica but one of the most popular. There is a magic to this park that is hard to explain. Perhaps it's the park's forest, mangroves, lagoons and beach vegetation that supports 109 species of mammals and 184 species of birds (with migrants bringing the bird species to some 270) that make it so amazing. Among the inhabitants that can be easily seen are sloths, iguanas, agoutis, armadillos, raccoons, coatimundis and the adorable squirrel monkey. After the excursion, return to the hotel where the remainder of the day is at leisure to enjoy the beautiful grounds and amenities. **Meal: B**

DAY 7 Manuel Antonio: This morning, depart by coach to the Nauyaca Waterfalls. Upon arrival, board smaller vehicles for a ride through the beautiful landscape and wonders of the tropical rain forest to the lower falls. Take a dip in the refreshing water at the base of the falls, or simply relax as you take in the sights, sounds and aromas of this magical area. Return to the hotel in time for lunch and a final afternoon at leisure before the farewell dinner. **Meals: B, D**

DAY 8 Manuel Antonio / San José / USA: After breakfast, your tropical get-away comes to an end as you return to the San José airport for your flight home. **Flights should depart after 1:00pm.** Fond memories of the beauty of Costa Rica and the warm hospitality of its people are sure to be treasured for a lifetime! **Meal: B**

Itinerary is subject to change.

Tour Highlights

- 14 Meals: 7 breakfasts, 2 lunches and 5 dinners
- Airport transfers on tour dates when air is provided by Mayflower Cruises & Tours
- Overnight in San José, Costa Rica
- Visit Doka Coffee Estate for a guided tour and tasting
- Learn how chocolate is made during a hands-on visit to a cacao plantation
- Spend three nights in the Arenal area overlooking Arenal Volcano
- Experience a gentle hike at the base of Arenal volcano
- Enjoy cultural immersion during a rural dining experience on a local farm
- Included excursion to Caño Negro National Wildlife Refuge with a local guide and lunch
- Enjoy a demonstration of preparing ceviche and sample the home-made product
- Spend three nights in Manuel Antonio
- Visit Manuel Antonio National Park with our Costa Rican expert
- Take a dip in the refreshing waters at Nauyaca Waterfalls

HOTEL ACCOMMODATIONS

Day 1 – DoubleTree Cariari, San José, Costa Rica
Days 2 through 4 – Arenal Manoa Hotel, Arenal area, Costa Rica
Days 5 through 7 – Parador Hotel, Manuel Antonio, Costa Rica

Costa Rica

Arenal's silhoutte graces the landscape

Tour Departure	Per Person Twin	Single Room add
March 20, 2026	$4,399	+ $1,699

Pricing includes Land Touring in Costa Rica and Airfare from MCO.

UPGRADE YOUR FLIGHTS TO BUSINESS CLASS FOR AN ADDITIONAL $4,600 PER PERSON*

*Upgrades must be purchased **at least 120 days prior to departure** and are subject to availability. Some domestic flights within the United States and Europe may require travel in Economy class. If our contracted levels of business class are sold out, we will advise of the price of published fares, if available, at time of confirmation and before purchase. Business Class must be ticketed immediately and is non-refundable.

TOUR ACTIVITY LEVEL

1 2 3 4 5

EASY ENERGETIC

PASSPORT REQUIRED

Travelers Protection Plan (TPP) – $399 per person (NON-REFUNDABLE)
This nonrefundable fee waives all cancellation fees when we are notified of cancellation one day before the tour departs. If you must leave the tour early due to personal illness, illness or death of a member of your immediate family, TPP guarantees full refund for any unused services after the departure of the tour. Other benefits include medical expenses for illness and injury, emergency transportation, 24 hour hot line, and lost or stolen baggage assistance. Return air transportation is included ONLY if your air tickets were provided by Mayflower Cruises & Tours. If you purchase the optional Travelers Protection Plan (TPP), you will be refunded all payments, including deposit amount, less the TPP premium amount.

Cancellation Charges Without Traveler's Protection Plan (TPP)

- 91 days or more — Deposit Amount
- 90 to 45 days prior — 20% of tour cost
- 44 to 15 day prior — 30% of tour cost
- 14 to 1 day prior — 50% of tour cost
- Day 1 of departure or early departure from tour — 100% of tour cost
- No refund on unused portions of the tour

Exclusions: Mayflower Cruises & Tours reserves the right to alter its refund and cancellation policy when a substantial amount of cancellation or postponement of travel is attributable to: conditions resulting from an act of God, natural or man-made disaster, fire, government action, civil disorder, war, hostilities between nations, or unavailability of transportation through no fault of Mayflower Cruises & Tours.

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FOR RESERVATIONS OR INFORMATION CONTACT:

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