

September 9-18, 2026

# Margaritaville Costa Rica Adventure



Join expert naturalist Federico Chacón and yoga teacher Janet Lent on a personalized journey through Costa Rica's extraordinary ecosystems. This immersive trip blends nature, comfort, and relaxation, offering an unforgettable experience in one of the world's most biodiverse countries. Explore the magic of the rainforest, hike around the active Arenal Volcano, and encounter sloths, toucans, monkeys, and other tropical wildlife. Witness the awe-inspiring sight of Green Sea Turtles nesting. Throughout the adventure, Janet Lent will lead yoga sessions at serene locations, perfectly timed to enhance your connection with nature and inner calm.



## **Day 1: Arrival at San Jose**

First night at Bougainvillea Hotel.  
Welcome dinner at the hotel restaurant

## **Day 2: Le Cameleon Boutique Hotel**

Departure to the South Caribbean coast.  
Hike at Braulio Carrillo National Park.

## **Day 3: Cahuita National Park**

Visit Cahuita National Park. Morning hike through the Rainforest.

## **Days 4 : Bribri Native Village**

Morning visit to a Bribri native american village for a cacao tour

## **Days 5: Manatus Lodge**

Charter flight to Tortuguero National Park.  
Night outing to see nesting Sea Turtles.

## **Day 6: Tortuguero National Park**

Boat tour of the Tortuguero National Park rainforest canals.

## **Day 7: Arenal Observatory Lodge**

Transfer to the Arenal Volcano area. Visit to Pierella Butterfly Gardens.

## **Day 8: Arenal Volcano**

Hike in Arenal Volcano Tropical Rain Forest  
Hike to local waterfall.

## **Day 9: Hanging bridges & hot-springs**

Hike at Arenal Volcano Hanging Bridges  
Visit to natural hot-springs

## **Day 10: Departure**

Pura Vida Costa Rica!



Day 1: Wed, Sept 9

## Arrival in San Jose



Upon arrival at San José International Airport (SJO), we'll transfer to the Bougainvillea Hotel.

Nestled within 10 acres of lush tropical gardens, this comfortable hotel offers a peaceful retreat with a large swimming pool and beautiful walking paths—a perfect introduction to the natural beauty of Costa Rica.

In the evening, we'll come together at the hotel's restaurant for our welcome dinner, a chance to relax, connect, and begin our adventure.

<https://www.hb.co.cr/>

Day 2: Thursday, Sept 10

## Le Cameleon Hotel

Our morning drive will take us across the Continental Divide and through the vast rainforest of Braulio Carrillo National Park. Descending from the mountains, we will travel through the Caribbean lowlands to reach the Le Cameleon boutique hotel. The Caribbean coast of Costa Rica is very different from the rest of the country. The people are descendants of Africa and the Caribbean and have a distinct culture, cuisine, and language. The vegetation of this region is lush, and biodiversity is among the highest in Costa Rica.

[www.lecameleonhotel.com](http://www.lecameleonhotel.com)



Day 3: Friday, Sept 11

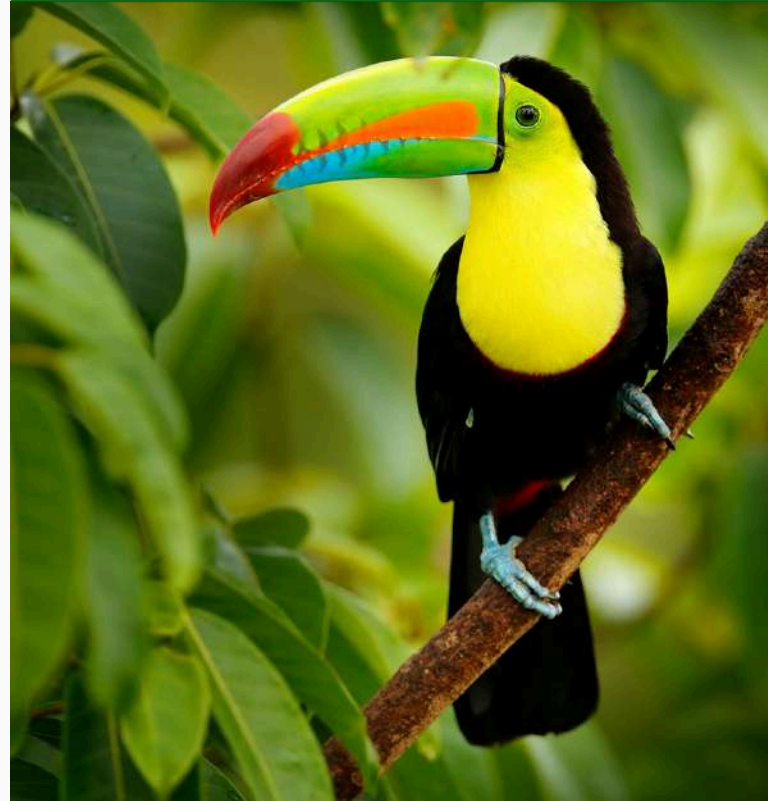
## Cahuita National Park

After breakfast, we will depart for the nearby Cahuita National Park.

This park protects 1,106 hectares of pristine coastal rainforest and 22,300 hectares of the marine environment, including the most vibrant coral reefs in Costa Rica.

Our hike through the park will present great bird-watching opportunities and chances to see other wildlife such as sloths, monkeys, and the colorful Golden Eyelash Viper.

After our morning hike, we will eat lunch at a local restaurant in the town of Cahuita, and have some time to explore the town. Afternoon return to Le Cameleon.



Day 4: Saturday, Sept 12

## Bribri Village and Cacao tour

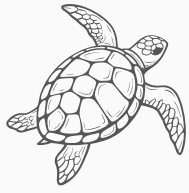


Discover the Bribri, an Indigenous people of Costa Rica's Talamanca region, celebrated for their matrilineal traditions, sustainable farming, and cacao heritage. This immersive tour takes you into a Bribri village to learn about their culture, lifestyle, and deep connection to nature.

Highlights include making your own chocolate using traditional methods and ending the experience with a refreshing swim at a nearby waterfall. After all, can you imagine a world without chocolate?

# Day 5: Sun, Sept 13

## Tortuguero National Park



Morning departure to Limon airport. Charter flight to Tortuguero. Lunch upon arrival. Afternoon visit to the local Tortuguero Village. Night outing to see nesting Green Sea Turtles. Local guides will lead us in a 2-hour exploration of the sea turtle nesting process. Tortuguero is the most important nesting beach for Caribbean Green Sea Turtles. The 18-mile beach can host up to 2,500 nesting females on a peak night.

[www.manatuscostarica.com](http://www.manatuscostarica.com)



Early morning boat tour of the canals of Tortuguero National Park. Our open boats with canopies will allow for maximum visibility of the surrounding rainforest. Followed by a mid-morning hike in the Tortuguero National Park.

Return for lunch at the lodge.

Afternoon at leisure at Manatus Lodge

# Day 6: Monday, Sept 14

## Arenal Volcano



Day 7: Tuesday, Sept 15

## Arenal Springs Hotel



We'll travel to the Arenal Volcano area with a 60-minute boat ride followed by a 2.5-hour drive. Arenal, one of Costa Rica's most iconic volcanoes, is known for its striking cone and constant gas emissions. The surrounding rainforest, alive with tropical birds, monkeys, and sloths, makes this destination unforgettable. En route, we'll stop for lunch at Pierella Gardens, a grassroots conservation project where a local family restored their land into a protected forest and a butterfly breeding garden.

[www.Arenalobservatorylodge.com](http://www.Arenalobservatorylodge.com)

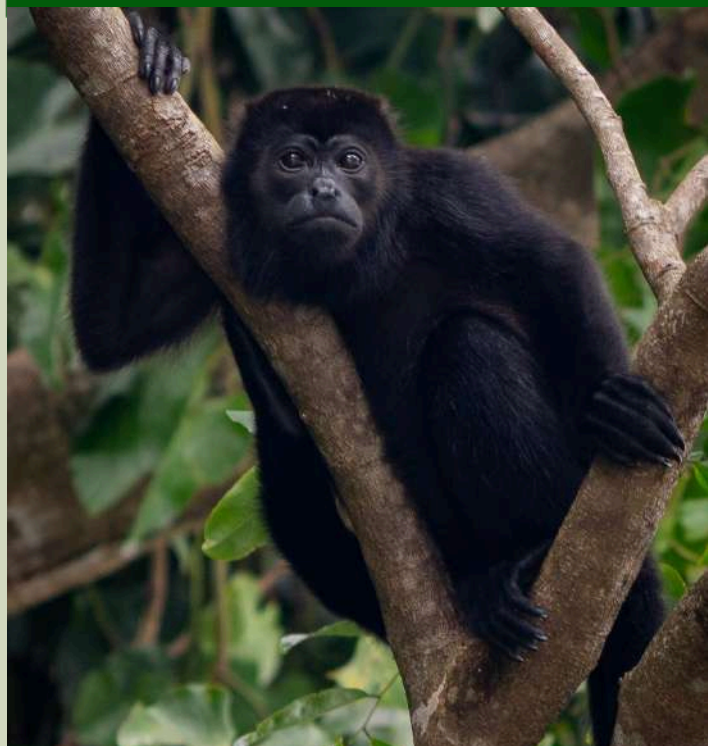


Day 8: Wed, Sept 16

## Arenal Volcano

Early morning bird watching at our lodge's bird feeders, using tropical fruit to draw many species. After breakfast, we will explore the gardens, trails, and waterfall of the hotel's private reserve.

The Arenal Observatory Lodge is a worldwide destination for nature lovers and bird watchers, with great chances to see howler monkeys, white-faced capuchin monkeys, spider monkeys, toucans, and other Central American wildlife.





Day 9: Thurs, Sept 17

## Arenal Volcano hot-springs

Early morning nature walk on the Arenal Volcano Hanging Bridges. Suspended high above the forest floor, these bridges offer a rare opportunity to experience the rainforest from the perspective of its most active residents—the birds, monkeys, and countless other species that live in the canopy.

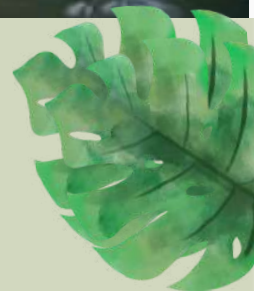
Lunch at a local restaurant.

After lunch, we will visit the Eco-Thermals Hot Springs, and soak to our heart's content in the natural springs surrounded by scenery and sounds of the rainforest.



Day 10: Fri, Sept 18

## Departure



All adventures come to an end. After nine days exploring the magic of Costa Rica, we return home with unforgettable memories.

**Note:** Please book departure flights after 12 PM. We'll drive directly from Arenal Volcano to San José Airport, arriving around 10 AM, allowing ample time for flights departing at noon or later.

Pura Vida, Costa Rica!

# Expedition Leader



Federico Chacon was born and raised in Costa Rica. “Fico,” as his friends call him, started working as a naturalist while in college which turned into a lifelong passion and full-time career. As an expert naturalist, he has led expeditions in Costa Rica and Panama for Lindblad Expeditions, National Geographic, Disney, The Nature Conservancy, and other international travel companies. From whale watching to botany, Fico is an all-around naturalist. But those who travel with him often say that his best asset is his great sense of humor.



Janet Lent regularly teaches yoga classes at Margaritaville. Her classes are inspiring and popular among many Margaritaville residents. After retiring as a diagnostic sonographer, I brought my deep knowledge of human physiology into my work as a restorative yoga practitioner. My classes focus on core strength, balance, and gentle, safe mobility-supporting the body while honoring where it is.

Practicing restorative yoga in the natural beauty of Costa Rica elevates the experience for body, mind, and soul. Surrounded by nature, we slow down, reconnect, and restore.

Join me for a peaceful and inspiring eco-based adventure!

# ADDITIONAL INFORMATION

## ECO-ADVENTURES OF COSTA RICA

The trip is limited to a maximum of 10 participants

\$ 5,550: Price per person based on double occupancy  
\$750 single supplement

### Prices are per person and include:

Private transportation on a microbus with air conditioning

Private internal charter flight

Transportation by boat, as described

Private naturalist guide services

Lodging and meals as described

Activities and entrance fees as described

### Not Included:

Round-trip airfare to Costa Rica

Personal expenses (medical expenses, souvenirs, etc.)

Alcohol consumption

Travel Insurance

Medical insurance

### Payment and Cancellation Policies

Trips must be paid in full 4 months before departure.

Refunds will be issued according to the following deadlines:

- For cancellations received 60 to 45 days prior to arrival, 50% of the total amount.
- For cancellations received 44 to 30 days prior to arrival, 25 % of the total amount.
- If the passenger cancels 29 days to 1 day prior to arrival, no refunds are available.

Secure your spot by emailing Carlos at [Eco1adventures@gmail.com](mailto:Eco1adventures@gmail.com) or Katherine at [katherine.greenspun@gmail.com](mailto:katherine.greenspun@gmail.com)

Send an initial commitment check of \$700 made to Eco-Adventures LLC.

Mail your check to:

Carlos Chacon | 21 Park Circle. | Bluffton SC 29910

