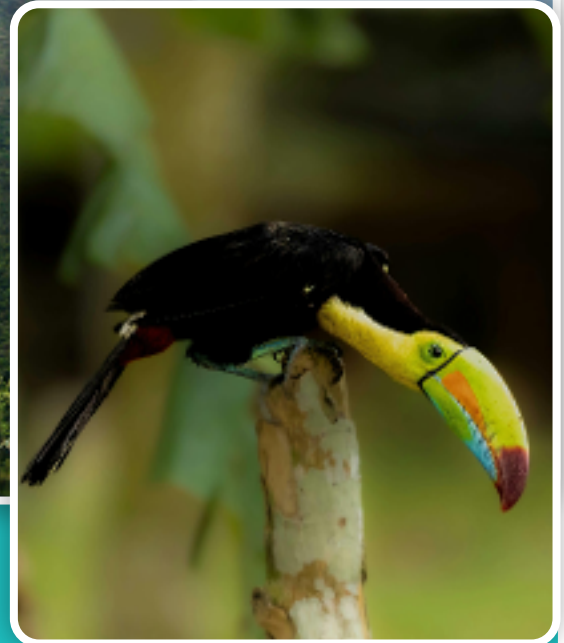




YMCA ADVENTURERS



TROPICAL COSTA RICA February 12 - 20, 2026

9 DAYS/ 8 NIGHTS
\$3,029

- \$698 non-refundable deposit required upon reservation.
- Final payment due Nov. 14, 2025
- Price per person based on double occupancy. Add \$500 for single occupancy.
- 9 days /14 meals included.
- Air fair included in price.
- Price valid through Aug. 12, 2025
- *please contact us for pricing after this date.
- Passport required
- Explore San Jose, Arenal, Monteverde, and Guanacaste
- Travelers do not need to be Y members
- Activity level 3

J.A. HENRY COMMUNITY YMCA
Mail: 301 W. 6th Street, Chattanooga, TN 37402
ymcachattanooga.org

REGISTER NOW!

Complete itinerary & Registration at:
ymcachattanooga.org/adventurers

Questions?

Contact Cecil Brodie
cbrodie@ymcachattanooga.org
423.394.3592



ITINERARY

Day 1:

Your trip to Costa Rica opens in the colorful capital city of San Jose, the perfect place to relax and soak up the sights as your adventure begins. As guests' arrival times will vary, we have not included any sightseeing or meals today.

Day 2:

Welcome to the Central Valley. Begin with a tour of a local coffee plantation highlighting the history and cultivation of this driver of the Costa Rican economy. This afternoon, check in for a leisurely 3-night stay at a lodge overlooking the majestic Arenal Volcano. Get to know the Costa Rican culture this evening.

Day 3:

Embark on a Cano Negro guided riverboat trip in a covered canoe known as a panga. These 20,000 acres are home to the largest viewable collection of indigenous wildlife in all of Costa Rica. Go in search of caimans, river otters, sloths, monkeys, river turtles, exotic birds and rare butterflies. Later, return to Arenal for the chance to relax at your resort.

Day 4:

Today, explore a family-owned farm, getting a peek into the daily lives of the locals. During a tour of the gardens, learn how the plants are organically grown through the concept of sustainability. The farm considers itself a "classroom without borders." Taste the exotic fruit harvest and experience the traditional way to process sugar cane. Enjoy a sip of cane liquor before engaging in a culinary demonstration and a farm-to-table lunch.

Day 5:

Enjoy a delightful cruise on Lake Arenal, Costa Rica's largest and most important lake. Then, it's off to the secluded Monteverde Cloud Forest, a place you have to see to believe, where trees grow to heights of 100 feet! Set off on a nature walk through this spectacular ecosystem, where you're sure to encounter many incredible species of flora and fauna.

Day 6:

It's your choice! This morning, join an expert for a leisurely paced "Hanging Bridges" walking tour to gain a different perspective of the cloud forest's lush ecosystem -OR- take an exhilarating ride on one of the longest canopy zip line tours in Costa Rica. No matter what you choose, we all come together to explore one of the world's largest butterfly gardens before lunch. Your afternoon is at leisure, or, if you would like to do both the hanging bridges and the zip line tour, you may purchase the second as an option on tour. This evening, take part in an expert-led discussion about the migratory birds that flock to Costa Rica.

Day 7:

Today we make our way to breathtaking Guanacaste, known for its fine sandy beaches. Settle in for a relaxing 2-night stay at your resort and take in the mesmerizing ocean views.

Day 8:

Fun in the sun is in store today as you explore the nearby beaches, or simply relax by the pool and take advantage of your resort's lovely amenities. This afternoon, visit the delightful beach town of Samara for some local culture. Return to your hotel in time to catch a Costa Rican sunset and soak in the spectacular colors as the sun illuminates the natural landscape before your final dinner.

Day 9:

Today you depart for home with fabulous memories of your Costa Rican adventure.

Optional Cancellation Waiver and Travel insurance of \$549 available.

Booking number: 1324386