

Costa Rica & Panama Canal

COLON → PUERTO CALDERA, SAN JOSE'

7 NIGHTS ON STAR LEGEND

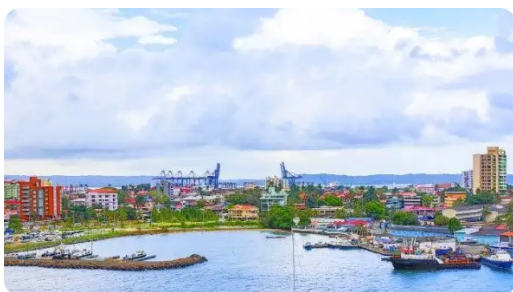
JAN 19, 2027 – JAN 26, 2027

Come find the natural and man-made wonders on this exotic voyage full of bucket list places and activities. Learn about the rare flora and fauna of Central America from a local Naturalist on board, then take a Zodiac ashore and find rare experiences for yourself. Hike through Manuel Antonio National Park in search of its lovely beaches and abundant animal life. Soar high above the Quepos jungle floor as you zip line searching for such wildlife residents as monkeys, sloths and toucans. Then explore Golfo Dulce with some of the most intense rainforest landscapes in the world. Take a daylight transit through the massive Panama Canal, one of the world's most stunning feats of engineering on a yacht that lets you see it all. This itinerary features wet landings via Zodiac to get you closer to remote, untouched shores, where you'll step directly into shallow water upon arrival.



COLÓN

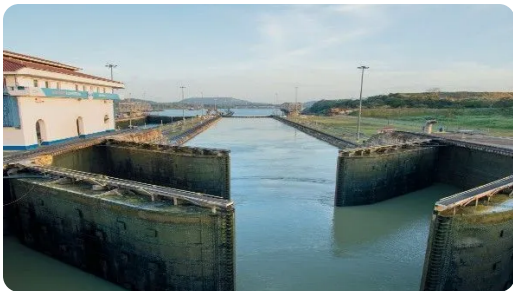
EMBARK	1:00 PM
DEPART	6:00 PM
MARINA	NO
SHORE EXCURSIONS	0



Explore the inner workings of the Panama Canal, head into the jungle to meet with Embera Indians, or take an aerial tram ride through the rainforest canopy.

PANAMA CANAL

ARRIVE	4:00 AM
DEPART	6:00 PM
MARINA	NO
SHORE EXCURSIONS	0



At nearly 48 miles long, on your transit through the Panama Canal you will enter three sets of locks that raise and lower the vessel 85 feet between the calm Pacific Ocean and the shimmering waters of the Atlantic. Your voyage features a daylight hours transit with numerous observation vantage points for outside viewing and comfortable indoor air-conditioned lounges. Expert onboard commentary enhances your journey as you watch the day to day workings of this bucket list experience.

BALBOA / FUERTE AMADOR

ARRIVE	10:00 PM
DEPART	11:59 PM
MARINA	NO
SHORE EXCURSIONS	0



One of the entrances to the Panama Canal on the Pacific side, Balboa/Fuerte Amador was founded in 1519 and is a short distance from Panama City. In 2012 Balboa was ranked #1 in Latin America in the category of world's busiest container ports. Sightseeing highlights include the colonial homes, the Administration Building, the Goethals Memorial, the Prado, and the local handicraft markets of traditional Panamanian crafts.

BALBOA / FUERTE AMADOR

ARRIVE	12:00 AM
DEPART	5:00 PM
MARINA	NO
SHORE EXCURSIONS	7



One of the entrances to the Panama Canal on the Pacific side, Balboa/Fuerte Amador was founded in 1519 and is a short distance from Panama City. In 2012 Balboa was ranked #1 in Latin America in the category of world's busiest container ports. Sightseeing highlights include the colonial homes, the Administration Building, the Goethals Memorial, the Prado, and the local handicraft markets of traditional Panamanian crafts.

Balboa, Panama Canal: The Past & Future



Considered the 8th wonder of the world, the Panama Canal consists of a series of locks. The focus of this tour is designed to showcase the Miraflores Locks on the Pacific and to get an up-close look at recent expansion. After boarding your motor coach for the 45-minute drive, you'll make your way to the Miraflores Locks Visitors Center. In here take the opportunity to pause and view the gargantuan ships that make their way through the Panama Canal Museum and visit the terrace that overlooks the Panama Canal and has an exhibition area that constitutes the heart of this center. Next, you will head to the nearby IMAX Theater to enjoy an informational rich canal documentary narrated by Morgan Freeman. A small popcorn is included. After observing this amazing feat, you'll travel to the New Panama Canal Locks (Agua Clara Visitor Center) where you'll see the addition of a new traffic lane. This new lane created two new sets of locks, one on the Pacific and one on the Atlantic, which doubles the canal's capacity and allows longer and wider vessels to transit. Also included, lunch at a local restaurant, located in Panama City where you can taste the local flavors. At the end of your tour, you'll return to port. Please note: Wear light clothing and comfortable shoes. Bring sunscreen, camera and insect repellent. The order of the tour might vary and lunch will either be in the middle of the tour or at the end.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	7 Hours
Activity Level	Easy-Moderate

Add during booking

\$225 USD

Balboa, Monkey Watch



This is a nature adventure of sight and sound, combined with the thrill of speeding through the Panama Canal next to the mighty ships transiting this man-made wonder! You will have a 45-minute drive to the speed boat. After an exhilarating 30-minute ride at high speed right through the heart of the Panama Canal, the boat will slow down and enter the labyrinth of jungle-covered islands of Lake Gatun. In this protected area the wildlife is plentiful, and you are likely to encounter capuchin monkeys, 3-toed sloths, howler monkeys, various kinds of toucans and other bird life as well as caimans, crocodiles, turtles and a wealth of butterflies. This is an exceptional place to experience the sights and sounds of the jungle up close. The trained naturalist guides will ensure that you have an outstanding nature experience by identifying the wildlife as well as educating you about the area on this exceptional jungle and canal adventure. Please note: Wildlife sightings are not guaranteed. This tour is not recommended for those with mobility issues. Wear light clothing and comfortable walking shoes. Bring sunscreen, camera and insect repellent.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	4 Hours
Activity Level	Moderate

Add during booking

\$115 USD

Balboa, Authentic Emberá Indigenous Village



Step aboard a time machine and travel back more than 600 years; to a Central America only few have had the privilege of experiencing. This will be a journey into the lives of the Embera Indigenous Tribe, a proud people, who have been able to maintain their traditions and lifestyle as it was before the Spaniards colonized the region. Start out the expedition aboard an air-conditioned vehicle where a knowledgeable guide will give you an overview of Panama on the way to the jungles of the Central Region. Your host will prepare you for the cultural feast you are about to experience by sharing the history and customs of the Emberá People who are the keepers of the Rainforest and Chagres River. When you arrive at the Chagres National Park, you will board dugout canoes that will take you to the Emberá Village. These dugouts are sturdy and worthy craft critical in the conquering of the jungle and in establishing supply lifelines for both the Emberá and Spanish. After motoring up river, you will see the village emerge from the jungle. Keep your eyes open along the way, as the region offers abundant wildlife particularly active along the river's edge. In the Village, the Chief will welcome you with traditional Emberá hospitality. A series of dances have been arranged to add to this cultural exchange. Feel free to wander the village, ask questions or interact with these quiet people. Please remember that we are guests in their home and a good measure of common sense and sensitivity towards their privacy is appreciated. The Emberá men and woman are spectacular craftsmen who have produced some beautiful items, which will be available for purchase as souvenirs or keepsakes of this unique experience. Please note: Boarding and debarking of local canoes requires a minimum of dexterity and flexibility. The landing consists of a rudimentary "put in" that lacks handrails or proper steps. Wear comfortable walking shoes and clothing and insect repellent. You will have an Embera snack at the village.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	6 Hours
Activity Level	Moderate

Add during booking

\$149 USD

Balboa, Panama City & Miraflores Locks with IMAX



Your English-speaking guide will pick you up and take you on a tour of Panama City and the Miraflores Locks. You will start the tour with a 30-minute drive to Miraflores to see the huge vessels passing through the Panama Canal. You will be able to see many ships getting lifted or lowered as you enjoy the view from a sheltered terrace and listen to the explanations of your guide. You will also learn about the history of the canal and its significance for Panama and the entire world trade as well as on the current expansion project. To finalize this visit, you will head to the nearby IMAX Theater to enjoy an informational rich canal documentary narrated by Morgan Freeman. You will continue with your guide to the Amador Causeway, a road that connects three Islands in the Pacific Ocean and offers magnificent views of the Canal on one side and of the skyline of Panama City on the other side. The tour will continue to Casco Viejo, Panama City's colonial quarter. At Casco Viejo, you will take a trip back in time as you admire the lovely colonial houses, the narrow roads and the impressive churches. You will get a good idea about Panama's history by driving or walking through the main attractions of this quarter. Please note: Wear comfortable shoes, bring your camera, sunscreen, and water. Vessel transit viewing at Miraflores Locks is likely but not guaranteed as transit times are variable and not made public. The order of sites visited may vary.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	4 Hours
Activity Level	Moderate-Strenuous

Add during booking

\$119 USD

Balboa, Concierge Collection: Full Day Private Car & Guide



Explore at your leisure with a private vehicle, driver, and English-speaking guide. This exclusive tour will allow you to customize your time ashore and explore the most interesting sites in the comfort and privacy of your own car. With your private vehicle, and the personalized attention of your driver and English-speaking guide, you will have the flexibility and independence to design your itinerary ashore. See the iconic sites or create your own personal stops to make the experience your own. Please note: Capacity: 1-2 guests. Private cars are ordered per vehicle (not per person). This tour includes transport in a private car, driver and English Speaking Guide. Itinerary can be adjusted with tour guide as long as it's in the area and does not exceed the duration of 8 hours. Recommended for physically challenged guests.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	8 Hours
Activity Level	Easy

Add during booking

\$699 USD

Balboa, Gamboa Aerial Tram



In the midst of the 55,000-acre Soberania National Park, the Aerial Tram allows you to discover the secrets of the upper forest canopy deep within nature. Board your motor coach for the 45-minute ride to the park. The Tram will take you from the shadowy forest floor through the understory and into the sun-drenched canopy. Take in a birds-eye-view of a thousand hues of green, interspersed with the fluorescent exclamation points of flowering trees. You'll even be able to see the Panama Canal from the Observation Platform. Stop at the frog exhibit and proceed to the butterfly & orchid exhibitions to see and hear creatures in a natural setting. Please note: Wear light clothing and comfortable shoes. Bring sunscreen, camera and insect repellent. Maximum weight to participate on this tour is 250 lbs.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	4.5 Hours
Activity Level	Moderate

Add during booking

\$125 USD

Balboa, Concierge Collection: Half Day Private Car & Guide



Explore at your leisure with a private vehicle, driver, and English-speaking guide. This exclusive tour will allow you to customize your time ashore and explore the most interesting sites in the comfort and privacy of your own car. With your private vehicle, and the personalized attention of your driver and English-speaking guide, you will have the flexibility and independence to design your itinerary ashore. See the iconic sites or create your own personal stops to make the experience your own. Please note: Capacity: 1-2 guests. Private cars are ordered per vehicle (not per person). This tour includes transport in a private car, driver and English Speaking Guide. Itinerary can be adjusted with tour guide as long as it's in the area and does not exceed the duration of 4 hours. Recommended for physically challenged guests.

Port	Balboa / Fuerte Amador
Time	8:30 AM
Duration	4 Hours
Activity Level	Easy

Add during booking
\$499 USD

ISLA PARIDA

ARRIVE	8:00 AM
DEPART	6:00 PM
MARINA	NO
SHORE EXCURSIONS	0



Located within a Nature Preserve of 50 islands, and part of Chiriqui Marine National Park lovely Isla Parida boasts magnificent beaches, one of which is over 1,300 feet long. The crystal clear waters stay at 82 degrees year round and are filled with marine life. There are numerous hardwood trees like teak, mahogany, and eucalyptus, and fruit trees like mango, banana and coconut trees. Here you will be treated to Windstar's Signature Beach Party on a secluded beach that faces the Pacific Ocean. This port is accessed via a wet landing, where guests arrive by Zodiac and step directly into shallow water ashore. For more information, please visit our Wet Landings page under our Life On Board section.

GOLFO DULCE

ARRIVE	8:30 AM
DEPART	5:00 PM
MARINA	YES
SHORE EXCURSIONS	5



Picture Jurassic foliage growing down steep hillsides all the way to the waterline, the hoots of monkeys echoing through trees choked by orchids. Golfo Dulce is one of Costa Rica's most biodiverse areas, where both the jungle and the sea brim with life. Explore the canals by kayak in search of javelinas, butterflies, and more bird species than in all of North America. This port is accessed via a wet landing, where guests arrive by Zodiac and step directly into shallow water ashore. For more information, please visit our Wet Landings page under our Life On Board section.

ECO FARM & COCOA EXPERIENCE



Experience the interesting cacao manufacturing process by visiting a traditional cacao plantation at Kobo Farm. Board your minivan for the 25-minute drive to this untouched and mystical area, where you will see the cacao forest, the flowers, and fruit. The history and culture of this tropical crop reaches back to the Mayas. You will learn about the origin of the cacao tree, the history, the first contact with Europeans, and the principal disease called monilia. You will take a guided walk where you will see different species of cacao fruit, take a break in this beautiful spot and taste fresh fruit from the "chocolate tree." You will be shown the various steps of making good chocolate and have the opportunity to taste a wonderful chocolate fondue with fresh fruit and homemade banana bread from the farm in the middle of a tropical garden. Please note: Wear comfortable walking shoes as you will be walking over both paved and dirt paths. It also involves a wet landing so bring your sandals or water shoes as well. Bring your hat, sunscreen, insect repellent and sunglasses. The guide will be waiting for you at the chocolate farm.

Port	Golfo Dulce
Time	9:00 AM
Duration	3.5 Hours
Activity Level	Moderate

Add during booking

\$185 USD

Puerto Jimenez, Sloth Walking Trails



Explore the rainforest of the Osa Peninsula on a guided tour through a locally owned small preserve. The Valverde family protected this small area in La Perica on the Osa Peninsula from being developed into farmland like much of the region. After a brief orientation with your knowledgeable English speaking guide, you'll spend 90 minutes walking the trails with your guide looking for wildlife and learning the history of the preserve. Sloths, macaws, and other wildlife are attracted to this peaceful and well-preserved forested area. After your tour of the preserve, you'll enjoy fresh fruit, homemade empanadas, and refreshments. Please note: It's recommended that guests wear sandals or water shoes as this tour involves a wet landing. Additionally, guests should bring comfortable walking shoes, a hat, sunscreen, insect repellent, and sunglasses.

Port	Golfo Dulce
Time	9:00 AM
Duration	4 Hours
Activity Level	Easy-Moderate

Add during booking

\$205 USD

Golfo Dulce: Oceans & Canals Kayaking



Go across Golfo Dulce where life goes at a slow pace and through the humid mangroves with the squeaking sounds of the unique scarlet macaws that mingle in this area, the most common birds. Your kayak guides will be waiting with your kayaks and paddles ready for you to begin this fun experience! Paddle up the mangrove estuary with the rising tide until you can go no further and return with the falling tide, dragging your kayak across the sand spit and into the Golfo Dulce to cruise the shoreline, stopping to swim at the best beach. Pods of bottle-nosed porpoises return daily along this coast on their way to the open Pacific, affording a great chance to view them. Please note: This tour is operated at high tide only. A waiver is required and there is a weight restriction of 235 lbs. Wear light clothes, hat or visor, sunscreen, and sun glasses. Wear your bathing suit under your clothes for those who want to swim at the beach and bring a towel.

Port	Golfo Dulce
Time	9:00 AM
Duration	3.5 Hours
Activity Level	Strenuous

Add during booking
\$149 USD

Golfo Dulce: Day Pass to Botanika Rainforest Resort



A brief transfer from Jimenez leads to one of the most stunning and vibrant retreats in the vicinity - Botánika Osa Peninsula, a part of the Curio Collection by Hilton, nestled in the untouched tropical beauty of Costa Rica's southwest coast. The rugged and secluded Osa region offers a glimpse into Costa Rica's history while providing an escape from the ordinary. This resort seamlessly blends with nature, offering top-tier amenities and the exceptional service Hilton is known for. Revel in a natural lagoon-style pool and prioritize wellness while embracing the distinctiveness of this breathtaking locale. Food and drinks are available for purchase with a selection of fresh fruit juices, local artisanal brews, and Costa Rican-inspired exotic cocktails available to order. Or indulge in a contemporary bar menu featuring tapas, ceviche, Peruvian-style "tiraditos," crisp salads, and the town's finest burgers, all within the backdrop of the expansive lagoon-style pool, creating an open and refreshing atmosphere. Please note: You will be offered a complimentary non-alcoholic welcome drink upon arrival at the resort, there will be additional drinks and snacks available for purchase. Please note: the Cahui Beach club facilities are not included. We recommend you wear beach attire, bring a towel, extra change of clothing, sunscreen, and a hat. This port involves a wet landing, so please bring your sandals or water shoes.

Port	Golfo Dulce
Time	9:00 AM
Duration	6.5 Hours
Activity Level	Moderate

Add during booking

\$135 USD

Golfo Dulce: Dolphin Watch & Enchanted Beach



Costa Rica's warm seas are home to one of the most biologically diverse marine habitats in the world. The best place to observe these magnificent mammals is in the waters off the Osa Peninsula. You will board your boat and head for a place known by National Geographic to be "the most biologically intense area on earth." A place where large groups of dolphins swim in clear blue tropical waters putting on an amazing show! As you cruise around the bay your tour will be enhanced by the informative commentary provided by a trained naturalist guide. You will learn about the biology, behavior and habits of the wildlife you will spot. You will have amazing photo opportunities and if weather permits you will have free time to swim in the serene waters of Punta Encanto (Enchanted Beach). Please note: This tour is not recommended for those with limited mobility or back problems as it involves an optional nature walk over a gravel surface and the boat ride might get bumpy.

Port	Golfo Dulce
Time	9:00 AM
Duration	3.5 Hours
Activity Level	Easy

Add during booking
\$205 USD

QUEPOS

ARRIVE	6:00 AM
DEPART	6:00 PM
MARINA	YES
SHORE EXCURSIONS	6



The former banana-exporting town of Quepos is your basecamp for a day of rainforest adventure. Take a walk along trails that weave up to waterfalls, or ride horseback to a beautiful jungle pool. A float trip through a mangrove swamp populated by monkeys, crocodiles, egrets, and herons is also available. Or you may choose a nature walk through Manuel Antonio National Park, with its lovely beaches, easy trails, and abundant animal life.

Quepos, Concierge Collection: Santa Juana Rural Mountain Adventure



Experience a unique piece of Costa Rican rural heritage just about an hour from Quepos on a scenic country drive by van. This guided nature and conservation expedition takes you along the lush, jungle-shrouded slopes of the nearby Fila Chonta Mountains to the farm village of Santa Juana. You will enjoy exploring along the approximate 1.5-mile user-friendly nature trail as your guide will share knowledge of this pristine sanctuary of flora and fauna where both the Rodeo and Paquita Rivers are born. You will continue to where you can swim beneath the pristine waterfalls that feed the Rodeo River. Free time is provided to fish for tilapia, explore the tropical gardens, or relax and take a refreshing dip in the waterfalls. You will visit a tiny lodge in Santa Juana, overlooking the panoramic coastline of the Pacific Ocean as you enjoy an authentic Campesino (country-style) lunch in a typical village rancho, co-hosted by members of the local community. Please note : This tour is not wheelchair accessible. The road is bumpy and winding, and there are stairs involved. This tour includes a light breakfast and a buffet lunch. Swimming is optional; guests are encouraged to wear their bathing suits under their clothing.

Port	Quepos
Time	7:30 AM
Duration	6 Hours
Activity Level	Strenuous

Add during booking

\$219 USD

Quepos: Concierge Collection: Rainforest Extravaganza



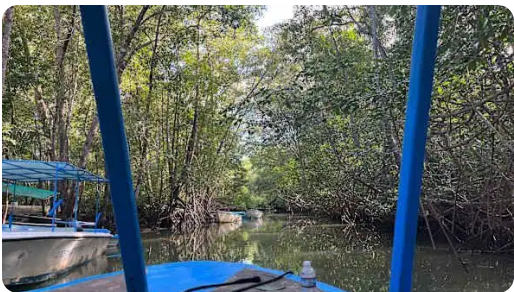
Travel through the beautiful countryside to Esquipulas Rainforest, a lovely private nature reserve located 50 minutes away from Quepos. The property is refreshed with crystal-water creeks, and surrounded by giant trees that you can only find in tropical jungles, a land with an amazing number of species of birds and butterflies. Your naturalist guide will lead you through the trails of the rainforest, sharing the guide's vast knowledge of this fragile ecosystem. Enjoy the tranquility of this beautiful place, while you walk on easy trails. Search with your binoculars and discover between branches and leaves the secrets of the wildlife in this amazing forest. Be ready with your senses to hear the songs of the different species of birds and even see them! Be on the lookout for toucans, hummingbirds, and animals like monkeys and other small mammals. After this unforgettable encounter with nature, learn more about Costa Rica followed by an introduction to one of the most important crops in the local economy the coffee. In their private museum, your tour guide will show you the process to convert this fruit in one of the most famous drinks around the world. To get the best of your day in Quepos you will then be served a hearty traditional Costa Rican casado lunch. Please note: Bring suntan lotion, sunglasses, camera, binoculars, a hat/visor, and insect repellent. Wear light clothing, long pants and hiking shoes. Part of the fun of this experience is the interaction with a colorful local nature guide. As an example, the following is an abbreviated biography of one of our participating guides. Rudy Guzman has always had a passion for nature from his days as a boy scout. For over 40 years he has been a licensed nature tour guide traveling through many Costa Rican environments. With the help of 3 brothers, Norberto, Carlos and Cristian Bonilla, they created The Esquipulas Rainforest Project to introduce visitors to Costa Rican natural history and share great tasting coffee.

Port	Quepos
Time	7:30 AM
Duration	5.75 Hours
Activity Level	Easy-Moderate

Add during booking

\$159 USD

Quepos: Mangrove Wildlife & Boat Cruise



A boat ride through the mangroves is like visiting another world. The species of trees that grow in the mixed waters of the ocean and the river make a unique and very fragile ecosystem. Most of these trees grow along the estuary, developing an aerial root system. As the tide goes down the roots become suspended in the air creating a perfect home for crabs and caimans. In the upper part of the forest you will see monkeys and a great variety of birds including herons, egrets, and spoonbills. The launch will take you to a private property for refreshments as your naturalist tour guide gives you more information about this amazing ecosystem. Your shaded boat will then take you deep into the mangroves, where you will try to spot all the incredible wildlife making their home there. After a 2- hour boat ride you will arrive at the village where transportation will be waiting to drive you back to the ship. An optional drop off in Quepos is also available, where you will find several restaurants and shops. Please note : Wear light clothing, good walking shoes, a hat, sunscreen, and insect repellent.

Port	Quepos
Time	7:30 AM
Duration	3.5 Hours
Activity Level	Easy

Add during booking

\$139 USD

Quepos, Beyond-Ordinary: Manuel Antonio National Park Nature Walk

Manuel Antonio National Park is the jewel of Costa Rica's large number of national parks. Its fragile rainforest ecosystem shelters a variety of wildlife including mammals and tropical birds. The dense rainforest opens into small trails where your naturalist tour guide will acquaint you with all the information regarding the transitional forest. Another great attraction is the white-sand beach that meets the jungle. The park protects 683 hectares of tropical rainforest and over 1,000 different species of flora . This walk is by far one of the best in the Central Pacific, and a great opportunity to get closer to the forest. The trail followed will be a moderate walk with paths made out of gravel, dirt, and sand. There are also exposed roots that you need to manage. After a 20-minute drive your 1.5-hour guided walk will lead you to the beach where you will have time for sunbathing or swimming. At the end of this walk your naturalist tour guide will prepare a tropical fruit buffet to regain your energy and then you will head back to Quepos where an optional drop off in the town of Quepos will be available. Please note : In order to enter the National Park, we are required to submit your full name, passport number, age and nationality. We will need this information more than 72 hours in advance and there will be no cancellations within 72 hours of departure. This shore excursion is non-refundable. If you booked Trip Protection through Windstar Cruises this shore excursion is covered under the trip protection plan. As a result, your trip protection premium will increase. The walking is moderate with some uphill climbs. It is recommended to wear light clothing, good walking shoes/hiking boots, a hat, sunscreen, water, and insect repellent. Wear a bathing suit under your clothes and bring a towel if you want to sunbathe at the beach. Wildlife sightings are not guaranteed. Remain hydrated as the temperature is usually humid and hot. Manuel Antonio Park is considered one of most visited National Parks in Costa Rica. Please expect congestion in the park and long lines at the park's only entrance. The early start will help reduce wait time and increase chances to view wildlife.

Port	Quepos
Time	7:30 AM
Duration	4.5 Hours
Activity Level	Moderate-Strenuous

Add during booking

\$149 USD

Quepos: Rainforest Horseback, Cascades & BBQ



This is an excursion for adrenaline lovers. You will be picked up at La Marina and go to the property where you will start your horseback riding tour. During the 30-minute drive to Londres - where the tour starts - your guide will give you an interesting briefing about the history of Quepos. Once you reach Londres you will set foot on a picturesque property that has bathrooms, stables, a corral and an open air waiting area. You will receive riding instructions, safety tips and practice time, before heading out to explore the rainforest. This tour will allow you to uncover the exotic secrets that lie within this secondary rainforest. The maximum altitude of this area is 1,900 feet. You will ride through the mountains without reaching the mountain top. Your horse ride lasts about 2.5 hours (round trip) and it will be highlighted by amazing valley views, verdant vegetation and numerous wildlife species such as birds and reptiles. At the end of the trail there is a beautiful waterfall where you will be able to rest for about 30 minutes. You can lie on the grass or take a swim or both! After the break, you will return by the same trail. Back to the stables; enjoy a refreshing beer and Costa Rican-style BBQ , just as a real cowboy would do! Please note : This tour is not suitable for guests without any horseback riding experience or who may not be comfortable around horses. Children riding alone must be at least 6 years old. Maximum weight for riders is 235 pounds. Bring suntan lotion, sunglasses, a camera, a hat/ visor, insect repellent and bathing suit. Wear long pants and comfortable hiking shoes. Signed waiver is required.

Port	Quepos
Time	7:30 AM
Duration	5.75 Hours
Activity Level	Moderate-Strenuous

Add during booking

\$169 USD

Quepos: Traditional Culinary Experience



Experience a fun and informative tour of local cuisine, learn where the organic ingredients come from, how dishes are prepared, and how to recreate recipes at home. Once in the small town of Londres, at a private ranch and dining area, you will be greeted by the team. They will proceed to guide you through the garden to pick out some finishing flavors, colors and textures for your meal. Now, to the preparation guided by their expert local cooks. Participate in the kitchen and experience the process of making corn tortillas by hand, exotic "ceviches" with plantain, rice cooked the old-fashioned way, chicken in a hearty tomato sauce, "picadillos" and more. Once you sit down for your meal, not only will your appetite be satiated but also your curiosity for Costa Rican local flavors. Let your imagination soar on how to recreate at home with your own seasonal ingredients. There will be leisure time available for you to explore the ranch. Please note: Wear light comfortable clothing.

Port	Quepos
Time	7:30 AM
Duration	5 Hours
Activity Level	Easy

Add during booking

\$209 USD

PUERTO CALDERA

ARRIVE	6:00 AM
DISEMBARK	7:00 AM
MARINA	NO
SHORE EXCURSIONS	0



Located on the Gulf of Nicoya, the small town of Puerto Caldera is one of Costa Rica's top attractions, perfect for travelers who like more off the beaten path destinations where the native Tico lifestyle can be experienced. It is the gateway to San Jose, Jaco and the big city of Puntarenas, plus Los Suenos and Tortuga Island. Carara National Park is nearby, the rainforest home to crocodiles, over 400 species of birds and is considered the most likely place to see scarlet macaws.