



JOURNESESM
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CENTRAL AMERICA ACTIVITY CHOICES

IMMERSIVE EXPERIENCES ACROSS BELIZE, COSTA RICA, NICARAGUA
& PANAMA + TRAVEL ADVISORS EARN COMMISSION AND TRIP POINTS

The Luxury Brand of Pleasant Holidays

With an all-encompassing portfolio, let JourneseSM take care of every detail to make your Central America escape as seamless and memorable as it should be. Delight in superb resorts and a wealth of activities and adventures to enhance your getaway, including rainforest exploration, majestic volcanoes, ancient ruins and adventures with ziplines, rappels and hikes.

HERE IS A SAMPLE OF THE MANY ACTIVITIES OUR DESTINATION SPECIALISTS CAN PRE-BOOK FOR YOUR CLIENTS. VISIT [JOURNESE.COM/EXPERIENCES](https://www.journese.com/experiences) FOR A COMPLETE LIST OF EXCURSIONS.



Belize | Hol Chan SNUBA Adventure



Costa Rica | Arenal Hanging Bridges



Costa Rica | Pure Trek Canyoning



Panama City Excursion



Nicaragua | Surf Lessons



Nicaragua | Mombacho
Natural Reserve



Costa Rica | Monteverde
Reserve Exploration



Belize | Xunantunich Maya



Panama | Valle de Anton Adventure



BELIZE | GREAT BLUE HOLE FLY OVER



BELIZE | HOL CHAN MARINE RESERVE & SHARK RAY EXCURSION



COSTA RICA | ARENAL VOLCANO

BELIZE

SHARED EXCURSIONS

Actun Tunichil Muknal | Ideal for adventure lovers, explore this three-mile deep cave with a hike in the rainforest. Then, delve from shallow to deep waters, continuing through the rock shelf, and concluding at a sacred ground where you will encounter artifacts dating from 1 to 1,000AD. | \$162/San Ignacio | FD, M, T

Altun Ha Maya Temples | Once a major trading center linking the Caribbean and Central American Maya, feel the Mayan spirit in these ancient architectural grounds. | \$187/Ambergris Caye | HD, T

Belize Zoo | Home to over 150 animals and 45 species, meet and learn about the indigenous array of large cats, primates, reptiles and birds who naturally reside in the forest canopy. | \$199/Ambergris Caye | \$83/San Ignacio | HD, T

Belize Zoo & Cave Tubing | After meeting amazing wildlife at the zoo, set out on a nature walk to the winding waterways, then float through the ancient caves once inhabited by the Maya. | \$270/Ambergris Caye | FD, M, T, 8+

Caracol & Mountain Pine Ridge | Explore the ancient Maya site in the Chiquibul Forest Reserve, visiting caves and pools in Mountain Pine Ridge, with lunch included. | \$233/San Ignacio | FD, M, T

Cave Tubing & Zipline Adventure | Float through the underground cave system adorned with stalagmites and stalactites, before your exhilarating zipline over the rainforest canopy. | \$267/Ambergris Caye | \$150/San Ignacio | FD, M, T, 8+

Great Blue Hole Fly Over | Marvel at the Belize Barrier Reef and Turneffe Atoll before several awe-inspiring fly-bys of the famed natural wonder. | \$307/Ambergris Caye | 1½HRS

Hol Chan Marine Reserve & Shark Ray Excursion | Explore the reserves coral reefs amid abundant marine life, then head to Shark Ray Alley to encounter friendly stingrays, nurse sharks and more. | \$64/Ambergris Caye | HD, T, 8+

Hol Chan SNUBA Adventure | Experience this easy diving activity with the simplicity of snorkeling along coral reefs and tropical marine life. | \$101/Ambergris Caye | 2½HRS, T, 8+

Lamanai Maya & New River Safari | Experience Maya and colonial history, flora and fauna, and the country's waterways as you board a riverboat cruise, visit a museum and take an archaeological tour. | \$281/Ambergris Caye | FD, M, T

Tikal by Land | Drive to the Belize/Guatemala border to a majestic Tikal nestled in the jungles of Peten. Extensively excavated, it is one of the most recognized Maya ruins. Explore the complex, temples and plaza, then enjoy a visit to the museum. | \$218, San Ignacio | FD, M, T

Xunantunich Maya & Barton Creek Caves | Board a ferry and cross the Mopan River for an archaeological walk to El Castillo temple, continuing to Barton Creek Cave for a fun canoe adventure. | \$282/Ambergris Caye | \$165/San Ignacio | FD, M, T, 8+

Xunantunich Maya & Belize Zoo | Take a ferry ride across Mopan River to explore the El Castillo ruins before heading to the Belize Zoo for its impressive array of indigenous animals, reptiles and birds. | \$245/Ambergris Caye | FD, M, T, 8+

Xunantunich Maya & Cave Tubing | Enjoy a hand-cranked ferry on the Mopan River for an archaeological visit to El Castillo, with an option to climb to the peak before a tubing adventure through Maya underground caves. | \$270/Ambergris Caye | FD, M, T, 8+

COSTA RICA

PRIVATE & SHARED EXCURSIONS

Arenal 4 in 1: Hanging Bridges or Safari Float, Waterfall & The Springs | Experience it all as you cross hanging bridges, hike to the base of Arenal Volcano, visit La Fortuna waterfalls, and *The Springs Resort and Spa* for a relaxing hot springs soak. Plus, enjoy lunch, snacks and dinner. | \$281/S, \$372/P, Arenal | FD, M, T

Arenal Hanging Bridges | Located in 617 acres of La Fortuna, cross 15 hanging bridges wandering through the rainforest, with sights of the volcano and colorful flora and fauna. | \$68/S, \$244/P, Arenal | HD, T

Arenal Volcano by Night with Baldi Hot Springs | Explore diverse ecosystems on a gentle volcano hike with lunch and soak in the hot springs before dinner and an evening lava display. | \$130/S, \$135/P, Arenal | \$260/P, Guanacaste | \$138/S, San José | FD, M, T

Arenal Volcano & The Springs | Hike along the base of the volcano, then relax in soothing hot springs 1,000 feet above Arenal Valley, savoring unparalleled views of the volcano, valley and neighboring towns. | \$168/S, \$222/P, Arenal | \$169/S, San José | HD, M T

Caño Negro Wildlife Refuge | Explore the refuge and Rio Frío - rich in biological diversity. Relax in a motorboat safari from Los Chiles Village, three miles from Nicaragua's border, and discover the rainforest's monkeys, sloths and turtles. | \$78/S, \$278/P, Arenal | FD, M, T

Canopy Zipline Excursion | Invigorate your senses with a thrilling zipline adventure, delight in the rainforest's varied splendor as you enjoy a short hike, then soar through the magnificent trees. | \$72/S, Jacó | \$58/S, \$125/P, Guanacaste | \$84/S, Manuel Antonio | \$45/S, \$107/P, Monteverde | \$210/S, Puntarenas | HD, T, 6+

Carara Biological Reserve | The uniquely dry rainforest features clear undergrowth for easy viewing. Enjoy a walking excursion through the lush vegetation, exploring intricate trails under the canopy of giant trees. | \$95/S, \$236/P, Jacó, HD, T | \$163/S, Puntarenas | FD, M, T

Catamaran Adventure | Set sail aboard a catamaran, boasting special access to secluded beaches and snorkeling locations. Watch for dolphins, snorkel with sea turtles and color fish. | \$132/S, Jacó | \$89/S, \$175/P, Guanacaste | \$95/S, Manuel Antonio | HD, M, T

Doka Coffee Estate, Poás Volcano & La Paz Waterfall | This three-wonder expedition introduces you to ancient techniques at Doka Coffee Estate, then Poás Volcano's massive crater. Plus, visit La Paz Waterfall to view the unique wildlife. | \$138/S, \$245/P, San José | FD, M, T

Mangrove Damas Island by Kayak | Learn the wonders of the mangrove ecosystem as you kayak past white-faced monkeys, anteaters and snakes. Journey across the water under a tunnel of tree canopies. Plus enjoy your choice of lunch or dinner. | \$69/S, \$199/P, Manuel Antonio | HD, M, T

Manuel Antonio National Park | Stunning beauty awaits you on this fascinating walk with a professional guide. Discover birds, orchids, and magnificent flora and fauna. | \$108/S, Jaco, HD, M, T | \$60/S, \$170/P, Manuel Antonio, HD, T | \$307/S, Puntarenas, FD, M, T

Monteverde Reserve Exploration | Famous for its unique ecology, beautiful waterfalls and wildlife, cross suspension bridges viewing the cloud forest, then visit a butterfly farm. | \$298/S, Arenal | \$135/S, \$260/P, Guanacaste | \$95/S, \$145/P, Monteverde | FD, M, T

Pure Trek Canyoning | Energize yourself with an exciting rappelling adventure. Keep an eye out for unique wildlife as you hike through the rainforest; then rappel down four waterfalls and a rock cliff, in a fun adrenaline-filled experience. | \$120/S, \$220/P, Arenal | HD, M, T

Palo Verde National Park | Discover unique wetlands and tropical dry forest with this relaxing jungle boat cruise. Enjoy an in-depth look at Palo Verde's animated rainforest, boasting monkeys, sloths, crocodiles and multi-colored birds. | \$135/S, \$190/P, Guanacaste | HD, T

River Float & Jaguar Foundation | Explore verdant landscapes as you float by raft down the Tenorio or Corobicí River, spotting exotic flora, monkeys, iguanas and other wildlife. After lunch, visit a rescue center to meet large wild cats. | \$100/S, \$205/P, Guanacaste | FD, M, T

Sky Tram & Sky Trek | Travel though the rainforest by aerial tram to Miguel Angel Observatory for spectacular views, then soar over the rainforest on a 3,280-foot zipline adventure, admiring Costa Rica's lush beauty. | \$119/S, \$227/P, Arenal | HD, T

Sky Walk | Breathe in the freshness of Monteverde Cloud Forest Reserve as you cross suspension bridges and stroll along luxuriant trails, learning about native plant life and animals. | \$50/S, \$143/P, Monteverde | HD, T

White Water Rafting Savegre | Wild and untamed, experience the exhilarating Savegre River on a whitewater adventure. Plunge through spectacular waters on class II-IV rapids, exploring some of the world's finest tropical rivers and scenery. | \$135/S, Jaco | \$102/S, \$302/P, Manuel Antonio | \$310/S, Puntarenas | FD, M, T

White Water Rafting Pacuare River | Enjoy this adrenaline-filled adventure on Pacuare River with an 18-mile whitewater rafting journey along class II-IV rapids, plus a leisurely float past waterfalls, toucans, parrots and more. | \$120/S, \$397/P, San José | FD, M, T, 13+



COSTA RICA | TABACON SPRINGS

SHARED EXCURSIONS

Arenal Safari & Tabacon | This four-in-one adventure begins floating down the Peñas Blancas River, followed by hiking the base of La Fortuna before lunch. Then hike at Arenal Park and swim Tabacon Springs. | \$256, Arenal | FD, M, T

Arenal Volcano Hike | With an indigenous name meaning "Window of the Wind," stroll over recent lava flows and landscapes regenerating from the 1968 eruption, and experience superb views of this world-famous volcano. | \$70, Arenal | HD, T

ATV Adventure | Board a semi-automatic Honda 250 ATV and ride through the forest, pastures and mountain trails or muddy river bed areas of the Canton of Santa Cruz. | \$89, Guanacaste | HD, T

Bird Watching | Ideal for avian aficionados, hike the lush trails of Monteverde Cloud Forest, home to more than 350 unique bird species including toucans, quetzals and hummingbirds. | \$195/FD | \$148/HD | M, T

Doka Estate & Oxcart Factory | Discover the intricacies of coffee production, from seed to cup at Doka Estate, then witness the oxcart craftsmanship, a symbol of national pride. | \$61, San José | HD, M, T

Horseback Riding | Uncover the exotic secrets of the rainforest as you ride mountain trails with views of the valley, verdant landscapes, waterfalls and wildlife. | \$89, Arenal | \$125, Jaco | \$69, Manuel Antonio | \$57, Monteverde | HD, T, 6+

Liberia City Experience | Known as the "White City" due to its white adobe houses, white roads and locals wearing white, tour historic sights, visiting shops along the way. | \$48, Guanacaste | HD, T

Kayak on Arenal Lake | With breathtaking views of Arenal volcano, experience the beautiful flora and fauna as you gently paddle your kayak in Costa Rica's largest lake. | \$60, Arenal | HD, T

Nature Combination: Corobicí River Float & Tenorio Sky Walk | Cross the rainforest treetops on the suspension bridges of Tenorio Volcano, then float lazily down the Corobicí River on this eco-adventure tour. | \$175, Guanacaste | FD, M, T

Palo Verde & Coffee Experience | Watch for crocodiles, monkeys and iguanas on a relaxing wetland jungle cruise and visit The Beneficio Matambú to sip and learn production of Diria Coffee. | \$132, Guanacaste | HD, M, T

Poás Volcano | Discover fern, flower, and strawberry farms, and savor central valley views as you ascend the 9,000-foot peak to this active main crater and its sulfur fumaroles. | \$65, San José | HD, T

Rincon de la Vieja National Park | Hike one of the country's most active volcanoes, with sights of fumarole activity, bubbling water lagoons, steamy sulfur ponds and more by this sleeping giant. | \$175, Guanacaste | FD, M, T, 6+

Safari Floating | Immerse in the sights and sounds of the rainforest, encountering flora and fauna, as you quietly paddle the Peñas Blancas River with your informative guide. | \$63, Arenal | HD, T

San José City Exploration | From cosmopolitan energy to stately historical buildings, explore guided tours of the classic 1897 National Theatre and National or Gold Museum. | \$58, San José | HD, T



COSTA RICA | RIVER FLOAT

Santa Elena Reserve Excursion | Hike the tropical cloud forest wonderland brimming with giant tree ferns, bamboo, palm trees, birds, howler monkeys and other wildlife. | \$75, Monteverde | HD, T

Sarapique White Water Rafting | With the rainforest as your backdrop, navigate the energetic waters amid calm respites as you head down the river, with a midway snack stop. | \$95, Arenal | HD, M, T

Sport Fishing on Arenal Lake | An expert guide will lead your efforts to catch and release rainbow bass from this scenic lake, a great vantage point for views of Arenal Volcano. | \$156, Arenal | HD, T

Venado Caves | Take a rare glimpse into limestone caves discovering fossils, stalactites and stalagmites, an underground river and waterfall, plus unique subterranean creatures. | \$86, Arenal | HD, T

Vida Aventura Super Combo | Brimming with adventure, from ziplining, horseback riding and volcano viewing to hot springs, mud baths and lunch, enjoy it all. | \$129, Guanacaste | FD, M, T, 6+

Waterfall Garden | Stroll La Paz Waterfall Gardens, its trails, the largest butterfly observatory, hummingbird gallery, serpentarium, frog exhibit and more. Includes a buffet lunch. | \$98, Arenal | HD, M, T



PANAMA | PANAMA CANAL PARTIAL TRANSIT



NICARAGUA | CLASSIC MASAYA & CATARINA



PANAMA | EMBERA INDIGENOUS VILLAGE

NICARAGUA

SHARED EXCURSIONS

Beach Excursion | Journey to Playa Blanca where you set sail for a day of swimming, snorkeling and relaxing, enjoying appetizers and lively marine life along the way. | \$180, Emerald Coast | HD, M, T

Canopy Adventure at Las Nubes | Soar along zip lines and platforms, climb a suspended bridge and revel in breathtaking views of the tropical forest. | \$65, Emerald Coast | 2HRS, T, 6+

Canopy & Rappel at Las Nubes | Glide from tree to tree at a lush private reserve, zipping from platforms and exploring across bridges, with views of awe-inspiring vistas and surrounding beaches. | \$75, Emerald Coast | HD, T, 6+

Classic Granada & Isletas | This cultural journey visits La Casa de los Tres Mundos art gallery and the top of Iglesia La Merced for spectacular views. Travel to Lake Nicaragua for a boat ride to discover many of its 356 islands. | \$125, Granada | HD, M, T

Classic Masaya & Catarina | Travel to Masaya Volcano National Park for exploration, then visit the artistic handicraft market and Catarina for lunch. | \$180, Emerald Coast | \$150, Granada | FD, M, T

Mombacho Natural Reserve | An extinct volcano, explore Mombacho's rich ecosystem, then venture to a coffee plantation and cloud forest; includes lunch. | \$180, Emerald Coast | \$125, Granada | FD, M, T

Mombacho Natural Reserve & Canopy Adventure | Explore this rich ecosystem, coffee plantation and cloud forest before ziplining the canopy, platforms and bridges. | \$150, Granada | FD, M, T, 8+

Mombacho Volcano Canopy Adventure | Located in the shores of Mombacho volcano, fly over the lush forest teeming with life and views of coffee plantations. | \$88, Granada | 2HRS, T, 6+

Snorkeling Excursion | Enjoy the beautiful underwater world near San Juan del Sur Bay with your expert guide and discover an array of coral, sea life and water wonders. | \$150, Emerald Coast | HD, T

Surf Lesson | Head to the stunning beaches of San Juan del Sur, the scene of major surfing tournaments, for your expert lesson, enjoying the sights of Playa Hermosa. | \$150, Emerald Coast | HD, T

PANAMA

SHARED EXCURSIONS

Embera Indigenous Village | Discover the Embera culture with dance, music, learning rituals, healing and crafts, plus a jungle hike viewing waterfalls and wildlife; includes a delicious lunch. | \$241, Gamboa Rainforest, HD | \$170, Panama City, HD | \$349, Playa Blanca, FD | \$182, Playa Bonita, FD | M, T, 5+

City Excursion | Stroll 17th-century Casco Viejo with its numerous monuments and landmarks, such as the Plaza Bolivar. Then explore Panama City, Miraflores Locks at the canal, and enjoy time for shopping. | \$140, Gamboa Rainforest, HD | \$87, Panama City, HD | \$239, Playa Blanca, FD | \$106, Playa Bonita, FD | T

City & Shopping Experience | Explore Casco Viejo featuring San Francisco de Aisi Church and Bolivar Palace, visit Panama City and the canal's Miraflores Locks, concluding at Albrook Shopping Mall. | \$180, Gamboa Rainforest | \$75, Panama City | \$324, Playa Blanca | \$79, Playa Bonita | FD, T, 2+

Panama Canal Partial Transit | Sail the scenic canal waterways and experience the navigation of your vessel within the locks; includes lunch. | \$246, Gamboa Rainforest | \$185, Panama City | \$378, Playa Blanca | \$190, Playa Bonita | FD, M, T

Portobelo Historical Experience | Travel by train through lush landscapes, dramatic hills and cattle ranches to colonial forts with cannons aimed at the bay. | \$215, Granada | \$152, Panama City | \$255, Playa Blanca | \$169, Playa Bonita | FD, M, T, 5+

Valle de Anton Adventure | Explore Panama City's rural villages, El Valle's volcano crater and exotic life of Chorro El Macho jungle, then enjoy lunch. | \$232, Granada, FD | \$163, Panama City, FD | \$218, Playa Blanca, HD | \$162, Playa Bonita, FD | M, T

BEHIND THE LETTERS | FD: Full day, 7+ hours | HD: Half day, 3-6 hours | M: Meals included | P: Private excursion price, includes private guide and transfers | S: Shared excursion price | T: Transportation included | + This age and older welcome

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