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Costa Rica

Finca Rosa Blanca, Santa Bárbara de Heredia

An organic coffee farm and luxury inn nestled in 10 acres of gorgeous gardens. From the gardens of fruit trees and tropical flora it offers spectacular views of volcanoes, cloud forests and 30 acres of organic coffee plantations. A creation of three generations of the Jampol family, Finca Rosa Blanca is truly a project of passion. With the owner's collection of art displayed throughout the hotel, each suite is wonderfully unique, featuring murals and local crafts, while interior gardens, fountains and waterfalls create a truly magical setting. fincarosablanca.com

Restaurante El Tigre Vestido, Santa Bárbara de Heredia Latin fusion cuisine, honouring the culinary traditions of Mesoamerica and crafting menus from only the freshest ingredients, accented by foraged and ancient elements. Surrounded by greenhouses, gardens and fruit trees full of vegetables, herbs and organic fruit, it is located near the Finca Rosa Blanca coffee farm where organic Arabica coffee is grown. eltigrevestido.com

Museo del Jade, San José

There are over 7,000 items on display in the Jade Museum. Most of these are dated between 500 BC and 300 BC when the jade trade was at its peak. Pre-Columbian cultures traded with the Olmecs and Mayans to acquire enough raw materials to satiate the demand. Most of the jade pieces are images of animals and depictions of societal organization. museodeljade.grupopins.com

Pre-Columbian Gold Museum, San José

In nine thematic units, the museum proposes a journey between the past and the present to reflect on issues such as migration, mining and metallurgical production; the ancestral and current worldview of indigenous people and their human relationship with nature; their vision of gender and the historic impact of the colony and conquest. About 688 pre-Columbian gold pieces are on display. museosdelbancocentral.org

National Museum of Costa Rica, San José

The National Museum of Costa Rica's encyclopaedic collection gathers archaeological, historical and natural material of interest to the nation of Costa Rica. The museum displays over 800 artefacts dating from 12,000 BCE to the Spanish arrival on the peninsula in AD 1500 and features a rich display of indigenous gold, shaped into animals, shamans and jewellery. The natural history collection includes 2,000 mammals, as well as hundreds of thousands of plant, ornithological and entomological specimens. Visitors can also enjoy the museum's butterfly garden, which counts nearly 25 species of butterflies and over 100 native plant species. museocostarica.go.cr

Finca 6 archeological site, UNESCO World Heritage Site, Diquís Delta

The Diquís pre-Columbian chiefdom settlements with stone spheres were included in the World Heritage List of UNESCO in June 2014. Finca 6 is the sole site conserving stone spheres in alignments. Some of the spheres present are in situ, meaning they have never been removed since their discovery. The lands extend over a vast plain formed by the confluence of the Sierpe and Grande de Térraba rivers. The spheres were aligned following patterns that can be related to the movement of the sun and other stars in the sky, possibly indicating significant times of the year for agricultural cycles and rituals.

Monteverde Cloud Forest Biological Reserve

Established in 1972 by a coalition of scientists from the Tropical Science Center (TSC) and Quakers from the local community to protect one of the last tracts of pristine cloud forest in Central America, the Monteverde Cloud Forest Biological Reserve is a pioneering and progressive conservation and ecotourism model based on biodiversity research and education. cloudforestmonteverde.com

Tempisque River, Guanacaste

The southern leg of the river passes through the Palo Verde National Park, a veritable birdwatching paradise, encompassing mangroves, swamps and both freshwater and saltwater lagoons.

Golfito Bay and Osa Peninsula

The Corcovado National Park was created on 24 October 1975. It extends over 42,570 hectares of land, in the province of Puntarenas. The park protects a variety of ecosystems including forests, beaches, coral reefs, mangroves and freshwater swamps.

Mogue River, Darien Gap

One of the tributaries of the Tuira River, known for its thick, tropical rainforest.

Panama

Darien Jungle and Playa Muerto

The only break in the 30,000-mile pan-American Highway, which passes through 14 countries as it winds from Alaska to Argentina. The beauty of this forgotten 60-mile stretch of land is that it is largely untouched. Plant life is rife, wildlife is wildly exotic, and with no roads, transport is by dugout canoe. It is one of the world's top ten birding sites. Three tribes, the Emberá, the Guna and the Wounaan, live traditionally in open-sided thatched huts along the side of the river.

Canopy Tower Ecodge and Nature Observatory

Located in impressive rainforest atop Semaphore Hill within the Soberania National Park, 35 miles north of Panama City. The Canopy Tower is a prime location from which to observe the birds and other wildlife of the forest canopy. It was constructed by the United States military c. 1963, in the wake of the Cuban Missile Crisis, as a radar tower. Its primary purpose was to facilitate the defence of the Panama Canal. Panama's shape creates a natural funnel, concentrating migratory birds on a narrow isthmus – land that the birds desperately need to rest and refuel before continuing their long journey. canopytower.com

Colombia

Utría National Park

From the coast and tropical rainforest to the mountains in the interior, the park covers an area of 54,300 hectares. This is one of the wettest regions in the world. The majority of the 3,000 inhabitants are Afro-Colombians and members of indigenous tribes are also present. The Utría National Park's forested area has rich and diverse fauna and flora with seven different mangrove species along its shore.

Calanoa Jungle Lodge, Upper Amazon

The Calanoa Natural Reserve, 125 acres of jungle, is at the very heart of the Amazon forest, yet easy to access, and its surroundings are an endless source of marvel. It is a low-impact, small-scale settlement. The architecture has been conceived for the visitor to deeply experience the jungle and the river. calanoamazonas.com

Cartography travelled along the Pacific Coast of Central America aboard the Silver Wind. Thanks to Silversea Expeditions. silversea.com

