



## Art, Craft and Nature in Costa Rica

January 9–20, 2026

Pre-trip extension January 8–9

### Pre-trip Extension Itinerary

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This year our pre-trip extension day will be devoted to the art of the pre-Colombian peoples who inhabited Costa Rica and the continuing contributions of Indigenous people to contemporary Costa Rican culture.

For those arriving in time for dinner on Thursday, January 8, we will eat at a chef-owned restaurant dedicated to reinventing traditional Indigenous dishes with a modern twist and educating diners about the richness and potential of traditional ingredients.

We will start the day on Friday, January 9, with a talk on pre-Colombian Costa Rican art by a professor of art history at the National University. We'll then visit the National Museum, which houses impressive pre-Colombian stone works and provides an excellent introduction to the development of Costa Rican society, from the days before the Spaniards arrived through to the present. The museum also gives its visitors a warm welcome to the tropics with its peaceful and informative butterfly garden.

From the National Museum we will walk a block to the small museum and shop of Chieton Moren, which displays a wealth of information on the eight recognized Indigenous groups living in the country today and sells examples of their crafts. We will be welcomed and given an introduction by one of the Indigenous artisans.

After lunch at a local restaurant offering *comida típica* (typical dishes), many of which use ingredients that would have been recognized by the pre-Colombian peoples, we will visit the renowned Jade Museum. The museum displays the world's largest collection of American jade, including many beautiful carved pre-Colombian pieces, all in displays depicting daily life in pre-Colombian times.

The later afternoon will offer an optional walk through the pleasant neighborhood of Nunciatura where our hotel is located, with a stop for coffee at an excellent cafe. Those who wish to rest up before dinner can do so at the hotel.

BMAC offers this extension at a cost that covers the extra night in the hotel, guide services, honoraria, transportation, and related administrative fees. Trip participants are responsible for their own meals (breakfast included with the hotel stay) and museum admissions.