Last Updated: July 14, 2014

Costa Rica Active Adventure - CRSM

13 days: San José to San José

What's Included

Hiking in Manuel Antonio NP. Overnight rafting trip on Pacuare River. Visit to the La Fortuna hot springs. Guided biking excursion from La Fortuna (half-day). Biking excursion en route to Monteverde.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2014 - December 21st, 2015

Itinerary

Day 1 Arrive San José

Arrive to San José at any time. There are no planned activities during the day, so check into the hotel and explore the city. Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and the other group members. If you arrive early enough, you'll have time to head into the city to visit a museum, shop or people-watch in the main plaza. As it is located in the central highlands, San José enjoys a moderate climate.

*Please note: if you have pre-booked the Costa Rica Adrenaline Bundle your CEO will inform you when you will do each activity throughout your tour, days are subject to change: Canyoneering (Day 7, half day - Arenal), ONE of the following: Stand up paddle, half day hike, venado cave or kayak (Day 7, half day - Arenal) and ziplining (Day 9 - Monteverde) . For more information on the Bundle see the Optional Activities section.

Like most cities, San José has its good and bad sides. It is the centre of government, theatre, and art, as well as of air pollution and congestion. It has beautiful parks and museums, and a few beggars on the streets. It is big and often noisy, but even from its crowded downtown streets, you'll often enjoy a view of the surrounding lush mountains.

Probably the hardest thing you will do in San José, other than getting safely across busy streets, is keeping the street numbering systems straight. Street and avenue numbers are posted on buildings at the corners of some intersections. Keep looking as you walk, and you will eventually find one.

The plaza is a good place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.

A source of pride for the Ticos (Costa Ricans) is the National Theatre. Inaugurated in 1897, the building was paid for by coffee growers through a voluntary tax on every bag of coffee exported. The National Museum, housed in the Bellavista Fortress, offers

exhibits on pre-Columbian art, colonial art and furniture and religious art within a 19th century building that was converted from a military fortress after the army was abolished.

The Museum of Costa Rican Art, located in La Sabana Park used to be the international airport and this museum is in the old terminal building. The Jade Museum is on the 11th floor of the Instituto Nacional de Seguros building. In addition to the marvellous collection of jade objects, there are pre-Columbian ceramic and stone works as well as displays with archaeological and ethnographic information. The Gold Museum is located underneath the Plaza de la Cultura. Its spectacular collection of indigenous gold art belongs to the Central Bank of Costa Rica.

The best and least expensive places to buy souvenirs in San José are the markets. The two main ones are the ones in Plaza de la Cultura, which is an outdoor open market, and the Central Market, where handicrafts are sold along with boots, fish, flour, herbal remedies, shirts and everything else you can imagine. Always watch your belongings and be ready for crowds. If you plan on spending a few days in San José prior to or after your tour, there are a number of activities within the city and area that you can participate in, many of them outdoors.

Please note it will be necessary to repack your bags according to the packing list provided for La Danta as it is an early departure on the morning of day 2.

Day 2-3 Pacuare River (2B,2L,1D)

Morning transfer to Turrialba.

For the first day of rafting down river we stop along the way for several short hikes that explore towering waterfalls and scenic, hidden canyons. In the evening you stay at a jungle camp on the banks of the Pacuare River but don’t worry about roughing it—this is ‘luxury camping’ where mattresses, full bathrooms, and personal chefs are just part of your ‘Pacuare’ experience!

The morning of the second day is the real treat, a hike into the rainforest to a local village of the Cabecar Indigenous Tribe. After the hike, you head back out to the white water and raft out the rest of the river. This combination of nature and adventure is the perfect ingredient for an unforgettable Costa Rican vacation.

Day 4-5 Sarapiquí (1B,2L,2D)

Back on land we board a van then a tractor-drawn cart excellent for navigating the jungle along rugged uphill terrain on the way to our special jungle oasis.

The bumpy trip takes approximately two hours. On our journey in we ford two rivers, by tractor when the water is low, or cross foot-bridges when water levels rise with the rains. Along the way you will see first-hand how rainforests have been cut down whenever they are near roads.

We enter into primary rainforest bordering Braulio Carrillo National Park. At 700 m (2000 ft) above sea level, the climate is usually cool and comfortable year-round. There is a lot of rain (it's rainforest!), but mosquitoes are generally not a problem. However, weather is always unpredictable and changeable, so you never know when the rain will let up enough to let the sun (and mosquitoes) in to heat things up. Once you arrive at the Sarapiquí rainforest, your naturalist guide will take you into the rainforest and teach you about the plants and wildlife and the complex relations between them. There will also be the opportunity to swim in large crystalline pools in a pristine river that goes in front of the lodge and in the rainforest, weather permitting.

Experience the richness and splendour of the most diverse environment on earth. The Sarapiquí Rainforest is a new way to save rainforest while learning about it. Over 360 species of birds have been found and there is a good chance to see monkeys and anteaters, as well as the tracks of tapirs and jungle cats. The treetops are full of vines, lianas, bromeliads, and orchids and there are more kinds of plants, birds, and butterflies here than in all of Europe.

Our accommodation is in a rustic lodge which is based on a multi-share basis, as are bathroom facilities.

The access to the Sarapiquí Rainforest is difficult and can seem extreme for those who are not mentally prepared for the experience. Thus it’s not recommended for pregnant women or people with serious back problems. Also, all Sarapiquí Rainforest trails are natural, with uneven and sometimes slippery footing, so it’s not recommended for people with difficulty walking on uneven terrain.

Day 6-7 Arenal/La Fortuna (1B)

Set on the northern plains of Costa Rica, Arenal Volcano is on the shores of Lake Arenal, (77 square kilometres, or 48 square miles), created by a hydroelectric project. Winds sweeping off the Caribbean Sea reach speeds of 48 to 72 km/hr (30 to 45 mph), making Arenal one of the best sail boarding locations in the world. The lake actually separates the mountain ranges of Guanacaste and

Tilarán. The volcano is set on the lake's southeast end. The Arenal volano was quite active until the beginning of 2011, but the volcano's presence towering over the town and landscape is still quite impressive.

Here we get to enjoy a half-day guided bicycle tour in La Fortuna to enjoy the incredible views this town has to offer.

We will also enjoy a visit to the La Fortuna hot springs where you can soak your sore muscles in one of the many naturally-heaed pools. And, of course, enjoying a frosty beverage in the swim-up bar at the hot springs.

Day 8-9 Monteverde

From La Fortuna travel by van to the shores of Lake Arenal where our mountain bikes will be waiting for a two-hour cycling journey (challenging with some hills and bumps). Anyone wishing to opt out of this activity may, though some waiting for the group might be required. Afterwards, board a boat for the half hour boat ride across, When we arrive at Rio Chiquito, we switch to waiting vans to drive the final leg up into the cool, misty mountain air of the Monteverde cloud forest.

You will have some free time to explore the area or get a bird's eye view of the forest from atop canopy bridges, check out the butterfly garden, or try the famous canopy zip-line. This mountain dairy-producing community is full of arts collectives, environmentalists and free spirits. A big draw to the area is the vast cloud forest, where one can marvel at the teeming life in the reserve, which abounds with local birds and wildlife.

Monteverde or "Green Mountain" when translated into English, is exactly what you will find at the end of this long, rutted dirt road, that we use to travel to this area. The surrounding pastures were once covered with dense forest, but only a small piece of it now remains. That piece of forest has been preserved as the Reserva Biologica Bosque Nuboloso Monteverde, the Monteverde Cloud Forest Biological Reserve.

A cloud forest is much like a rainforest, but much of the moisture comes not from falling rain but from the condensation left by the nearly constant cloud cover that blankets the tops of mountains in many parts of the tropics. Monteverde Reserve covers 1600 hectares of forest and is home to a great variety of wildlife. More than 2,000 species of plants, 320 birds species, and 100 different species of mammals inhabit this small area.

The village of Monteverde was founded in the 1950s by Quakers from the United States. They wished to leave behind the constant fear of war and the obligation to support continued militarism through U.S. taxes and chose Costa Rica because it was committed to a non-militaristic economic path. Since its founding, Monteverde has grown slowly as other people, who shared the original Quaker founders' ideals, moved to the area. Although the Quakers came here to farm the land, they recognized the need to preserve the rare cloud forest that covers the mountain slopes above their fields. The community is very different from those on the coast, and offers several souvenir shops and the Quaker cheese factory, which is definitely worth a visit. The Santa Elena Reserve, is another park in this area that is less well known and visited, but also worth seeing. All proceeds from this park profit the local community.

Estimated Travel Time: 3 hours
Approximate Distance: 60 km

Day 10-11 Quepos/Manuel Antontio

We continue along to the beautiful Pacific coastline. Manuel Antonio National Park offers excellent hiking, spectacular views, and abundant wildlife viewing. There are beautiful white sand beaches and the warm turquoise water is ideal for swimming, fishing, kayaking, boogie boarding, sailing or surfing.

Day 11 take a guided hike through the national park, following trails through the forest. Keep an eye out for the wildlife that we might see through the trees. Opt for a kayaking expedition through the mangroves of Damas Island.

Day 12 San Jose

Return to San Jose.

Day 13 San Jose

Depart at any time.

What's Included

Hiking in Manuel Antonio NP. Overnight rafting trip on Pacuare River. Visit to the La Fortuna hot springs. Guided biking excursion from La Fortuna (half-day). Biking excursion en route to Monteverde.

Highlights

Traverse streams and jungle hike in Sarapiquí Rainforest, paddle through world-class rapids, mountain-bike along breathtaking Arenal Lake, chill out to the sounds of crashing Pacific waves.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.

You should NOT participate in rafting if you fall into any of the following categories - pregnant, have had major surgery in the last 6 months or major injury e.g. spine or neck problems.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 16, avg 8

Meals Included

4 breakfasts, 4 lunches, 3 dinners.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD260-350 for meals not included.

Transport

Public bus, van, bike, boat, raft, canoe, hiking.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (7 nts), jungle lodge (4 nts, no electricity), tented camp (1 nt, no electricity).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

Joining Hotel

Rosa del Paseo Boutique Hotel
Paseo Colon between 28 & 30 Streets
P.O. Box #287-1007 Centro Colon
San Jose
Costa Rica
(+506) 257-3258/3225/3213

For tour departing on Januaru 29, 2014 your start hotel will be:

Hotel Autentico - Formerly Hotel Torremolinos
Calle 40 entre Ave. 5 y 7
Sabana
San Jose
Costa Rica
+506-2222-5266

Joining Instructions

The best way to get to the arrival point hotel is via taxi from the airport. There are fixed (official) rates at the airport counter. It is a 25-30 minute drive (depending on traffic) into the city.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day during which no activities are planned.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. The CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office San Jose, Costa Rica
During Office hours (Weekdays 9am-5pm Local Time): +506 2224 5560
After hours emergency number: +506 8322 9140

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). In addition to your duffel or backpack, a good size daypack is also essential. This should be medium size, comfortable shoulder strap variety.

Checklist

- USD cash
- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Cover or plastic bags for backpacks
- hand sanitizers/ antibacterial wipes
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- Rain poncho
- Sun hat
- 2 pairs of shorts
- 1 pair of long trousers
- 1 pair hiking pants/track pants
- 2 or 3 pairs of socks (1 long pair)
- Hiking boots/ sturdy walking shoes
- Sunblock

- Insect repellent
- Sunglasses
- Toiletries (biodegradable)
- flashlight
- 4 shirts/t-shirts
- Watch or alarm clock
- Water bottle
- Pocketknife
- Dry bag (OPTIONAL - recommended if you wish to bring a camera along during the rafting portion of the trip)
- Sleeping bag (OPTIONAL - adequate sheets & blankets are provided but if more comfortable using own bedding, bring a sleeping bag)
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

For the Rafting section:
-Swimming Suit
-Shorts
-T-shirt
-Tennis shoes, Teva Sandals or Aqua shoes (not flip-flops)
-Windbreaker or any synthetic fabric t-shirt
-Sun Block 15+
-Full set of dry clothes for changing
-Towel
-Plastic bag for wet clothes
-Insect repellent

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

As of November 1st, 2007, the Costa Rica government, requires those entering Costa Rica from certain countries in South America and Sub-Sahara Africa, to have an International Certificate of Vaccination against Yellow Fever. Those affected countries are: Angola, Benin, Burkina Faso, Cameroon, Democratic Republic of Congo, Gabon, Gambia, Ghana, Guinea, Liberia, Nigeria, Sierra Leone, Sudan, Bolivia, Brazil, Colombia, Ecuador, Peru, French Guiana and Venezuela.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Costa Rica is the Colon (CRC).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as

you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Costa Rica.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Costa Rica airport exit tax: $29USD

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from $5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $20-25 USD per person, per week can be used.

Optional Activities

PERSONALIZE YOUR TRIP
Extras are specially designed for travellers with unique interests, they are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure.
For specific days of each activity please see the Full Itinerary

Extras available on this trip:
COSTA RICA ADRENALINE BUNDLE

Choose your adventure:
Arenal (La Fortuna), Half day
Choose ONE of the following popular activities in the adventure capital of Costa Rica: Venado Cave walk, Kayaking on Lake Arenal, Cerro Chato Volcano extreme hike, or Stand-up paddling on Lake Arenal (you will receive an activity briefing upon arrival in La Fortuna and you can choose your activity at that time).

CANYONEERING
Arenal, Half-day
Rappel, down-climb, river-trace and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica’s Arenal Volcano.

ZIPLINING
Monteverde, Half-day
Get a true bird’s-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel and a 450-foot-high zipline.

OPTIONAL ACTIVITIES ON TOUR
All prices are per person, in USD amounts and are subject to change as services are provided by third party operators.

La Fortuna/ Arenal:

Rafting (Full day) $75 (incl. Lunch)
Cave tour $55
Caño Negro Reserve $55 (full day leave at 6:30am)
Volcano hike $25
Safari float $45
Horse trip to waterfall $42
Local Hot Springs (Baldi) $20
Canyoning/Rappelling tour $75 (includes breakfast or lunch plus a snack)
Los Lagos day pass $20 each
Volunteer Program at Proyecto Asis (feeding animals, playing with animals, baby monkey, and some physical work, includes snack) $59
Mambo Combo (Rafting II and III with Canyoning) $139.50 (8 hours)La Fortuna/ Arenal:
Rafting Class III and IV (Full day – 7 hours) $75 (includes fruit on the river and lunch)
Rafting Class II and III (half day – 4.5 hours) $65 (includes fruit on the river and lunch)
Canyoning/Rappelling tour $75 (includes breakfast or lunch depending on tour time – 4 hours)
Mambo Combo (Rafting II and III with Canyoning) $139.50 (8 hours)
Venado Cave Spelunking $55 (4 hours)
Stand up Paddle $65 (4 hours)
Mountain biking $59 (4 hours)
Caño Negro Reserve $55 (8 hours)
Volcano walk/viewpoint/dinner and entrance to hot springs $45 (incl. transportation)
Viewpoint/dinner/entrance to hot springs $36 (incl. transportation)
Hot springs only $20
Hot springs with dinner $25
Cerro Chato Extreme Hike (6 hours) $59
Safari float $45 (4 hours)
Horse trip to waterfall $42 (4 hours)
Bike Rental &15/day
Volunteer Program at Proyecto Asis (feeding animals, playing with animals, baby monkey, and some physical work, includes snack) $59 (4 hours)

Monteverde:
Ziplining $45
Hanging bridges $25
Horseback riding ($25 for 1 ½ hours, $30 for 2 hours, $45 for 3 hours)
Butterfly garden $12
Trapiche Tour $30
Coffee tour $25
Frog Pond $12
Serpentarium $10
ATV $50 for a single, $75 for a double
Night Walk $22
Orchid Garden $10
Cheese Factory $10
Bat Jungle $10

San José:
Carara Reserve $60 (full day w break & lunch)
Irazu, Orosi and Lankaster Garden tour $55 (with lunch)
Grecia & Sarchi $40 (oxcart & handicrafts)
City tour $24
Poas Volcano $51
Rafting (Pacuare) $90
Rafting (Sarapiqui) $75
Braulio Carrillo Reserve $50-$65
Café Britt tour $20-$30
Butterfly Farm $20-$25

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

As of November 1st, 2007, the Costa Rica government, requires those entering Costa Rica from certain countries in South America and Sub-Sahara Africa, to have an International Certificate of Vaccination against Yellow Fever. Those affected countries are: Angola, Benin, Burkina Faso, Cameroon, Democratic Republic of Congo, Gabon, Gambia, Ghana, Guinea, Liberia, Nigeria, Sierra Leone, Sudan, Bolivia, Brazil, Colombia, Ecuador, Peru, French Guiana and Venezuela.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

Petty theft, bag snatching and muggings have been on the rise in San Jose. Though not common, there are certain precautions you should take when visiting the city. Although the cities visited on our tours are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions, as they are the safest and easiest way to avoid any issues one might encounter on the streets after dark. In addition, always leave your passport (It’s better to carry a photocopy of it instead), credit cards and money that you won't be using in the hotel. Many of the hotels we use have safety deposit boxes in the room, or a general one at reception, this is always the safest method of storing your valuables. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc . A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organized from reception of your hotel. Also, take the address of the hotel with you.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Like any city where tourism is on the increase, crime also tends to increase and while San José is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewellery.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.