

## Costa Rica Adventure - CRA

16 days: San José to San José

### What's Included

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Boat tour to Tortuguero, Sarapiquí Rainforest Lodge excursion with naturalist guide, Local barbecue at cloudforest ranch, Guided visit to Santa Elena Cloud Forest Reserve.

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, 2013 - December 31st, 2013

### Itinerary

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### Day 1 Arrive San José

Arrive in San José at any time. Check into our hotel and enjoy 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.

Located in the central highlands, San José enjoys a moderate climate. The heat and humidity of the coast and lowland areas may affect you, with a general sense of lethargy and/or loss of appetite. This is no cause for alarm, it is simply your body's reaction to the heat. Be sure to drink plenty of water (bottled water is available everywhere) and do not attempt too much in any given day. We prefer fan-cooled rather than air conditioned rooms to avoid having to acclimatize to the heat and humidity every time you go outside. This is also a more eco-friendly approach.

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.

Start your exploration of the city in the main plaza, a great 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 (as Costa Ricans are known) 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, was once the international airport; the museum is now housed 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 Democracia, 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 or around San José after your tour, there are a number of activities within the city and outside city limits that you can participate in, many of them outdoors.

Probably the hardest thing you will do in San José, other than get safely across busy streets, is keep 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.

### **Day 2-3 Puerto Viejo de Talamanca**

Begin with an incredible bus ride over the mountains to the Caribbean coast. The picturesque village of Puerto Viejo de Talamanca's fourteen kilometres of incomparable white and black sand beaches are surrounded by exotic tropical vegetation. There are several optional activities available. Rent a bike, or hike to Monkey Point through the Gandoca - Manzanillo National Wildlife Refuge. Try snorkelling or take it easy and explore La Isla Botanical Gardens.

Rent a boogie board if the waves are calling, dance the night away to reggae and calypso, taste flavourful Afro-Caribbean cuisine, and succumb to the natural beauty of this tropical paradise. This area of Costa Rica was quite isolated until a road was built a only a couple of decades ago, and it still hasn't lost its charm.

Estimated Travel Time: 5 hours

Approximate Distance: 410 km

### **Day 4-5 Tortuguero**

A morning boat ride takes us from Moín to Tortuguero, with spectacular wildlife viewing en route. The unique village has walking paths that extend into the national park.

Tortuguero National Park was created in 1975 to protect the four species of sea turtles which nest along the beaches. The approximately half-day boat ride along rivers and canals starts just outside the town of Limón and ends in the village of Tortuguero, just outside the park perimeter. We may see herons, egrets, spoonbills, as well as amphibians and reptiles like the "Jesus Lizard" (it walks on water) and caimans. The tropical rainforest gives way to prime beaches, ideal nesting grounds for Green, Loggerhead, Hawksbill and Leatherback Turtles. The latter nests from mid-March to May, the rest from July to September. The Caribbean Conservation Center, just outside of town, is an excellent source of information about the turtles and their tropical habitat.

Estimated Travel Time: 8 hours

Approximate Distance: 140 km

### **Day 6-7 Sarapiquí Rainforest (2B,1L,2D)**

The journey up to the jungle retreat is half the adventure as we begin by travelling along two rivers, the Tortuguero and the La Suerte. 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.

Estimated Travel Time: 5 hours

Approximate Distance: 80 km

### **Day 8-10 La Fortuna / Arenal (1L)**

La Fortuna, the town near the foot of Arenal Volcano is an excellent base for adventure. Hike the area's nature trails, swim in chilly La Fortuna waterfall or go canyoneering (rappelling) and catch a bird's eye view of the forest greenery. Other optional activities include full-day white water rafting on the Toro or Arenal Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents. Finally, after a long day of exploring, you can choose to take a relaxing soak at Baldi Hot Springs.

If you have pre-booked the Costa Rica Adrenaline Theme Pack, your choose your adventure and canyoneering activities will be on either Day 9 or 10.

Set on the northern plains of Costa Rica, Arenal Volcano sits on the southeast shore of artificial Lake Arenal (77 square kilometres, or 48 square miles). Separating the mountain ranges of Guanacaste and Tilarán, the lake was created by a hydroelectric dam. Winds sweeping off the Caribbean Sea reach speeds of 48 to 72 km/hr (30 to 45 mph), across Lake Arenal you can find one of the best locations in the world to go windsurfing. The volcano, once quite active, has been in a dormant state since the beginning of 2011 but still is a dramatic backdrop to the town of La Fortuna.

Estimated Travel Time: 6 hours

Approximate Distance: 110 km

### **Day 11-12 Monteverde (1D)**

From the central valley, we ascend into the cool, misty mountain air of the Monteverde cloud forest region. Here spend a couple of days exploring the town and a cloud forest reserve, truly a bird lover's paradise. This unique community has several co-operatives worth visiting.

While you're here, travel to a local ranch that has been converted into a hotel and enjoy a traditional meal. The ranch is set amongst the rolling green hills that made Monteverde famous.

Local guides are extremely knowledgeable about the area and passionate about conservation of this precious ecosystem. The unique community has several local co-operatives worth visiting including artist collectives and a cheese factory. If you're there at the right time of year, you may be lucky enough to see the Resplendent Quetzal, one of the most beautiful and elusive birds in the world. Optional activities include the Sky Walk, a series of suspension bridges through the jungle canopy, a butterfly garden and a thrilling canopy zip line.

If you have pre-booked the Costa Rica Adrenaline Theme Pack, your ziplining experience will be on either Day 11 or 12.

Monteverde or Green Mountain, is exactly what you find at the end of the long, rutted dirt road through the mountains. The surrounding pastures were once covered with dense forest, but today only a few small pieces of it remain. One piece of forest has been preserved is the Santa Elena Cloud Forest Reserve, where all proceeds from the park profit the local community.. 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 bird species and 100 different species of mammals inhabit this small area.

Quakers from the United States founded the village of Monteverde in the 1950s. Looking to leave behind the constant fear of war and objecting to being forced to support continued militarism through their taxes, the Quakers chose Costa Rica because of its commitment to a non-militaristic economic path—Costa Rica's army was dissolved in the 1940s. Since its founding, Monteverde has grown slowly as others 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. Make sure to try their ice cream!

Estimated Travel Time: 4 hours

Approximate Distance: 60 km

### **Day 13-14 Quepos / Manuel Antonio**

This small town on the Pacific coast is a great place to relax and enjoy the sun and nearby sea. A short distance away, Manuel Antonio National Park offers beautiful white sand beaches and warm turquoise water, ideal for swimming, fishing, kayaking, boogie boarding, sailing or surfing.

Quepos sits on the outskirts of the Manuel Antonio National Park (about 20 min drive) and is a great introduction to the laid-back "Tico" lifestyle. This town is very popular with the younger set of international travellers, and the nightlife in the area is also some of the best in the country. If you have the jungle in mind, then we recommend that you head into the National Park. Although this is Costa Rica's smallest National Park, it is also one of the most popular and it won't take you long to see why. This park has fabulous beaches, abundant wildlife, and a great trail system for those who want to spend the day hiking. Look for monkeys, armadillos, coati mundis, sloths and some of the over 350 species of birds that are present in the park!

Estimated Travel Time: 6 hours

Approximate Distance: 220 km

### **Day 15 San José**

Return to San José for some last minute shopping and a final night on the town.

Estimated Travel Time: 5 hours

Approximate Distance: 190 km

### **Day 16 San José**

Depart at any time.

## **What's Included**

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Boat tour to Tortuguero, Sarapiquí Rainforest Lodge excursion with naturalist guide, Local barbecue at cloudforest ranch, Guided visit to Santa Elena Cloud Forest Reserve.

## **Highlights**

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Spotting wildlife while cruising through canals, searching for the elusive quetzal bird, hiking through jungles, chilling on the gorgeous Pacific coast, Searching for dolphins on a sunset sail or going whitewater rafting.

## **Dossier Disclaimer**

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## **Itinerary Disclaimer**

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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.

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## 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.

The access to Sarapiquí rainforest is difficult and can seem extreme for those who are not mentally prepared for the experience. The tractor ride to get to the rainforest is an extreme adventure. Thus it's not recommended for pregnant women or people with serious back problems. Also, all trails are natural, with uneven and sometimes slippery footing, so it's not recommended for people with difficulty walking on uneven terrain. The lodge is rustic with no electricity and most likely multi-share.

Looking to add to your experience? Check out our Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

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## 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 traveling 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.

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## Group Size Notes

Max 16, avg 10.

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## Meals Included

2 breakfasts, 2 lunches, 3 dinners.

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## 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 affordable. 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. Please refer to the meals included and budget information for included meals and meal budgets.

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## Meal Budget

Allow USD430-565 for meals not included.

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## Transport

Public bus, tractor, van, boat, walking.

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## 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.

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## Accommodation

Hotels (13 nts), basic lodge (2 nts, multi-share).

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## My Own Room Exceptions

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Nights 5-6: Sarapiquí Rainforest

## Joining Hotel

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

## Joining Instructions

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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

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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

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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

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We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). A good size daypack is also essential.

## Checklist

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- 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 memory cards
- Charger for phone/camera/music device
- Reading/writing material
- Head lamp (for trails and reading in dim light at Sarapiquí Rainforest)
- Binoculars (optional)
- Hand sanitizers/ antibacterial wipes
- Cover or plastic bags for backpacks
- 2 or 3 additional pairs of socks (mainly for Sarapiquí Rainforest)
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- Rain poncho (mainly for Sarapiquí Rainforest)
- Sun hat
- Sports bra for ladies (for tractor ride to Sarapiquí Rainforest)
- 2 pair of shorts
- 1 pairs of long trousers
- 2 pair hiking pants/track pants
- 4 shirts/t-shirts
- 2 pair of long socks, knee high (to wear under rubber boots)
- Sturdy close-toed walking shoes, with proper hiking socks
- Sport sandals (suitable for water if you are planning on rafting and/or waterfall rappelling/abseiling)
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Flashlight (you may be spending 2 days without electricity)
- Water bottle
- Pocketknife
- Alarm clock
- Umbrella
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Immodium or similar tablets for mild cases of diarrhea, re-hydration powder, motion sickness remedy, after-bite salve and extra prescription drugs you may be taking).

## Laundry

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Laundry facilities are available at almost every stop on the trip. If you would prefer to do your own laundry, we suggest you bring non-polluting/biodegradable soap. Please note that it may be difficult for your clothes to dry quickly due to the high humidity of Costa Rica.

## Visas

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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.**

## Spending Money

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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

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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](http://www.xe.com)

## Emergency Fund

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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

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Costa Rica airport exit tax: \$29USD

## Tipping

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It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Please note that in Costa Rica, a 23% charge is added on to almost every meal (13% tax, 10% tip). Further tipping for wait staff is appropriate in the case of excellent 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 Chief Experience Officer (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

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### CUSTOMIZE YOUR ADVENTURE

Our trip designers work very hard to assemble the life-altering experiences that fill this brochure. That said, our travellers are a diverse group driven by all sorts of different tastes, motivations and interests. What's a trip designer to do? The solution? Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure.

Theme Packs available on this trip:

### COSTA RICA ADRENALINE PACK

Loaded with high-adrenaline pursuits like waterfall-rappelling, rainforest-ziplining, canyon-trekking and other so-amazing-they-need-a-hyphen activities, the Adrenaline pack pushes Costa Rica to the limit and beyond.

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.

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#### 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.

Puerto Viejo de Talamanca:

Kayak (2hrs) \$50

Dolphin Watch Sailing tour(L) \$100

Rent a Bike \$5 to \$10

Manzanillo Natural Reserve hike with local guide(4hrs) \$30

Surf Lesson (1hr) \$50

Scooter rental \$70 - \$100

Boogie Board/Surf Board Rental \$15 per hour

Waterfall Tour (3 hrs) \$25

Tortuguero:

Night turtle watch \$25 (incl. Entrance + guide)

Morning baby turtle watch \$15 (incl. entrance + guide)

Tourist centre \$2

La Fortuna/ Arenal:

Rafting Class III and IV (Full day – 7 hours) \$75 (incl. Lunch and fruit on the river)

Rafting Class II and III (half day – 4.5 hours) \$55 (incl. Lunch and fruit on the river)

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

Manuel Antonio:

Mangrove tour (kayak) \$65 (incl. Lunch)

Mangrove tour (boat) \$70 (incl. Lunch)

Rafting (Rio Naranjo) \$78

Rafting (Savegre) \$98

Sea Kayak tour \$70 (incl. Lunch)

Dolphin watch sailing tour \$75 (incl. Lunch and snorkeling)

Cycle tours \$25-\$55

Manuel Antonio Park \$10 (entrance) plus \$25 guide if wanted

Surf lessons \$55 (3-4 hours)

Scooter rental \$70

Boogie Board/Surf board rental \$8 per hour

San José:

Adventure Combo (Canopy & Horseback Riding) (L) \$107

Adventure Combo (Canopy & Rafting) (L) \$107

Combo Tour ( Doka - Poas - Cataratas) (B,L) \$96

La Paz Waterfall Gardens (Late departure) \$75

Poas Volcano ( Half Day ) \$46

San Jose City Tour \$39

The Best of the Pacific ( Punta Leona) (B)(L) \$115

Rafting Class IV Pacuare (B)(L) \$99

Irazu, Orosi and Lankaster Gardens(L) \$81

RAM LUNA ( Show and Dinner) \$69

## Health

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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.

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.

## Safety and Security

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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/](http://www.gadventures.com/travel-resources/safety/)

## **Trip Specific Safety**

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Please note: 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 jewelry. Puerto Viejo has a fairly big drug trade, be very cautious at night and bring a buddy with you.

## **Medical Form**

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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.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## **A Couple of Rules**

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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

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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

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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](http://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

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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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](http://wateringhole.gadventures.com).