

## Costa Rica Hike, Bike & Raft - CHB

15 days: Costa Rica

### What's Included

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4-day hiking excursion to La Danta Private Reserve, 3-day rafting trip on the Reventazon and Pacuare Rivers, Hot Springs in La Fortuna, Guided half-day biking excursion from La Fortuna, 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, 2012 - December 31st, 2012

### Trip Style

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**Active: Designed for outdoor adventurers.**

Hungry to walk, hike, trek, bike, raft and kayak your way across the world's greatest destinations? You don't have to be a decathlete to take an Active trip, just someone with a healthy love for getting active and the outdoors.

### Service Level

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**Standard:**

- Great value, reasonable prices, quality experiences
- Comfortable and varied tourist-class accommodations chosen for location and character
- Mix of public and private transport for the best overall experience
- All the top highlights included, plus plenty of time to explore on your own

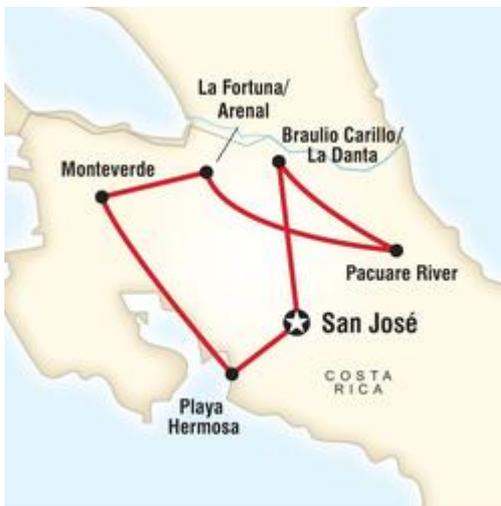
### Physical Grading

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4: You might encounter a few high-altitude hikes or other more strenuous activities. Pro tip: Put down that pastry, buster.

### Itinerary

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### 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.

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 2-5 La Danta Private Reserve / Guápiles (4B,3L,3D)

Located on the lush Caribbean slopes of the Central Volcanic Mountain Range, La Danta Salvaje was founded in 1988 as a non-profit private forest reserve in an effort to protect the Costa Rican rainforest. Consisting of over 1000 acres of primary growth bordering Braulio Carrillo National Park, the reserve forms part of the invaluable buffer zone necessary in preserving the integrity of the park and its surrounding areas. Day hikes, along a trail system originally forged by wild tapirs, provide visitors the chance to experience first hand the stunning display of natural landscapes, waterfalls and plant species endemic to the region, including heliconias, orchids, giant ferns and many others. The area is home to a great variety of animal species, including several in danger

of extinction, such as the tapir, crested guan, jaguar and silky anteater.

We embark on a 4 day/3 night excursion deep into the Jungle, using a rustic lodge situated in the heart of the rainforest as our base of operations. We hike remote and unspoiled primary forest located in the central volcanic mountain range on the Caribbean side of Costa Rica. Hike along the rainforest and enjoy the view of different waterfalls, including one that's 150 metres high. Opportunities to see wildlife abound and if you're really lucky, you may catch a glimpse of an endangered species such as tapir, puma or jaguar. Day hikes provide visitors the chance to experience first hand the stunning display of natural landscapes, waterfalls, and plant species endemic to the region. Each afternoon the group returns from the hikes to the comfort and safety of the lodge. Located near one of the many beautiful waterfalls cascading down the rim of the canyon, the lodge provides a spectacular view of the canopy and the seemingly never-ending rainforest.

The evening of day 5 we head to the town of Guapiles to overnight. Guapiles is the commercial and social centre for the banana and vegetable farmers of the surrounding area.

To La Danta Private Reserve  
Estimated Travel Time: 8 hours  
Approximate Distance: 210 km

Hiking specifics:

Day 2 - The hike from the trailhead to the lodge takes approximately 3 hours, including a couple of breaks. The distance covered is approximately 6 kilometers, involving frequent ups and downs, crossing rivers, etc.

Day 3-5 - The day hikes move at a slower pace as time is taken to look for wildlife and talk about the forest, along with breaks for lunch and swimming stops. Distance covered each day is approximately 5-6 kilometers and the hikes will last around 5-6 hours each day.

#### **Day 6-7 Reventazon River/Pacuare River (2B,2L,2D)**

Our rafting adventure begins with a trip down the thrilling Reventazon River. The next day we set off on the Pacuare River, known for its spectacular canyons and virgin rainforest. Afternoons and evenings are spent at a remote tent camp.

The Pacuare Protected Zone and Pacuare River are located between the coastal lowlands and the country's highest mountain range and constitute one of the isthmus's most important protected areas. This area is still inhabited by the Cabecar Indians, whose hut dwellings are spaced far apart over large distances, rather than being clustered, as was true of most native tribes. Located strategically inside this zone of protected wilderness is our very special jungle getaway, the Pacuare Lodge, accesible to travelers through our multiday white-water rafting tours on the Pacuare River. Considered by many experienced rafters to be one of the most scenic rivers in the world, the Pacuare offers an adventurous ride filled with stunning natural beauty and exciting rapids.

To Guapiles (start of rafting):  
Estimated Travel Time: 5 hours  
Approximate Distance: 150 km

#### **Day 8-10 Arenal/La Fortuna (2B, 3L)**

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 volcano was quite active until the beginning of 2011, but the volcano's presence towering over the town and landscape is still quite impressive.

There are several attractions in the area aside from the lake and volcano. It is a birders' paradise, with over 600 species as permanent residents, and is inhabited by numerous species of frogs. You can also enjoy hiking the area's nature trails, or if you're more daring, you can opt to climb a ladder to participate in one of the canopy tours and catch a fresh glimpse of the forest greenery.

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

Located at the base of the magnificent Arenal Volcano, La Fortuna has much to offer the adventurous traveller We have one free day to take advantage of the town's many exciting optional activities including biking, kayaking, rappelling, hiking the Arenal volcano, hiking to one of the many waterfalls and, of course, enjoying a frosty beverage in the swim-up bar at the local hot springs.

We will get you fitted out on your bikes and then you will set off on the first of your 2 guided bike tours. The first ride starts on an

easy-going gravel road along the lake and continues on well maintained country roads, surrounded by lush rainforest, the cycling is moderate level with rolling hills. On clear days you will have the perfect view of the behemoth Arenal Volcano in the background. You'll ride for about 2 hours (about 12-15 miles).

The next day's bike ride will take you through small, rural communities, a couple of hills and then down to the Burrito River for a swim in the secret swimming hole. We make a stop at the Ecocenter Danaus private garden to learn about the surrounding rainforest and then head out again and finish the ride at the Desafío River House for a nice snack and cold water. Riding time is again approximately 2 hours (12-15 miles).

Both rides are supported by a back up vehicle and a mechanic.

NOTE: If the group for the second day of bike riding would like a more-challenging ride, there is the option to take a more difficult route up to the Lost Canyon which includes an additional 20-30-minute uphill section. If you'd prefer to try a different activity for your second day in La Fortuna, we can offer several other options to substitute.

After a long day of exploring, one of the many local volcanic hot springs might just be the answer to your tired muscles. Soak in one of the natural thermal baths under the shade of the surrounding canopy.

Estimated Travel Time: 6 hours

Approximate Distance: 180 km

### **Day 11-12 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.

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" 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 13 Playa Hermosa, Jacó**

Head to the Pacific coast for one final day of vacation before returning to Costa Rica's capital city. Playa Hermosa is a small town frequented by surfers. It's a great spot to take your first surf lesson, fine-tune your skills, go for a swim or just chill out on the black sand beach.

Every August, the International Quicksilver Championships are held at Playa Hermosa. There is also a nearby wildlife refuge that is the host to the olive ridley sea turtles who come ashore to nest during certain seasons of the year.

Estimated Travel Time: 6 hours

Approximate Distance: 170 km

#### **Day 14 San José**

We return to San José for our final evening and dinner on the town.

Estimated Travel Time: 6 hours

Approximate Distance: 170 km

#### **Day 15 Depart San José**

None

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## **What's Included**

4-day hiking excursion to La Danta Private Reserve, 3-day rafting trip on the Reventazon and Pacuare Rivers, Hot Springs in La Fortuna, Guided half-day biking excursion from La Fortuna, Biking excursion en route to Monteverde

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## **Highlights**

Traversing streams and jungle hiking in La Danta Private Reserve, paddling through world-class rapids, mountain biking along breathtaking Arenal Lake, chilling to the sounds of crashing Pacific waves.

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## **Dossier Disclaimer**

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## **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.

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## **Important Notes**

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.

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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 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.

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## Group Size Notes

Max 12, avg 8

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## Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

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## Meals Included

6 breakfasts, 6 lunches, 5 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 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 group leader 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.

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## Meal Budget

Allow USD260-350 for meals not included.

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## Transport

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

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## Single 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 (10 nts), jungle lodge (3 nts, no electricity), tented camp (1 nt, no electricity).

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## My Own Room

Not available on this tour

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## Joining Hotel

Boutique Hotel Casa Las Orquideas  
75 mts. oeste del Auto Mercado Los Yoses  
San Jose, Costa Rica  
Tel: +506 2283 0095

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## 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 Tour Leader 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 Tour Leader 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 trip leader (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 G Adventures during a situation of dire need, it is best to first call our local office in San José, Costa Rica. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so that we may return your call and assist you as soon as possible.

G Adventures San José, Costa Rica,  
Open Monday to Friday, 9am to 6pm local time (GMT -6).  
Tel: Int. Dialing Code +506 2224-5560.

Costa Rica Emergency Cell Phone: +506 8322 9140 (after office hours).

If you are unable for any reason to contact our local office in Costa Rica, we have a toll-free line within North America (or our regular direct line), which will connect you directly with our Toronto office.

Toll-free, North America only: 1 888 800 4100  
Calls from UK: 0844 272 0000  
Calls from Australia: 1 300 796 618  
Outside North America, Australia 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). In addition to your duffel or backpack, a good size daypack is also essential. This should be medium size, comfortable shoulder strap variety. Keep in mind, you will be required to carry this smaller bag 6 miles up to La Danta! (During this time, you will leave your larger bag at base camp.)

## Checklist

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- USD cash
- Credit and/or debit card (see spending money)
- Travellers cheques (optional to bring a small amount as backup, though they are sometimes difficult to cash and usually at a fee)
- 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 (rubber boots provided during hiking section at La Danta, European sizes 36-44 available)
- Sport sandals (suitable for water if you are planning on rafting and/or waterfall rappelling/abseiling)
- 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 La Danta section:

- 1 medium-sized back-pack
- 2-3 pairs of socks. One pair should be knee length
- 1 pair of lightweight trousers to hike in
- 1-2 pairs of shorts
- 2-3 T-shirts
- A light sweater or jacket for chilly nights
- 1 towel
- Swimwear
- 1st Aid Kit (including any personal medications)
- A flashlight (there is no electricity)
- Camera, binoculars, extra batteries
- Minimum toiletries (incl. bug spray and sunscreen)
- A cap or hat
- Rain gear (poncho or jacket)
- Hiking boots (European sizes 36-44 in rubber boots are supplied, but some people prefer to use hiking boots and just get them wet and muddy).
- Sleeping bag (OPTIONAL - adequate sheets & blankets are provided but if more comfortable using own bedding, bring a sleeping bag)

\*\*\*Please have your items repacked in preparation for an early departure the morning of day 2. The hike to arrive at La Danta is 6 miles uphill and you will have to carry your bag\*\*\*

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

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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

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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.**

## Destination Guide

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For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to <http://www.gadventures.com/travel-guide> for detailed information on the countries and cities we visit.

## 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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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 with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

**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: \$26USD

## 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. 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 tour leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Tour Leader 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 THEME PACK

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

**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.

**RAFTING** Rio Balsa, Half-day Paddle through rolling rapids, then splash about in tranquil river pools in an isolated rainforest river canyon with the help of experienced river guides.

**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.

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

Playa Hermosa, Jacó:

Beginner Surf Lesson - \$65  
Private Surf Lesson - \$80  
Canopy Tour/Ziplining - \$65  
Stand Up Paddling - \$65  
Horseback Riding - \$65  
Canyoning/Rappelling - \$99  
ATV Tour - \$65  
Massage - \$75  
Yoga - \$20  
Pilates - \$20

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.

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

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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. 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. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. 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. Although the cities visited on tour 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.

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:

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

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## 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.

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## 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.

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).

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## 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.

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## 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.

## Responsible Travel

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Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: [www.gadventures.com](http://www.gadventures.com)

## 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 you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

## 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/newsletter\\_signup](http://www.gadventures.com/newsletter_signup)

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).

## Keeping in Touch

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If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency

while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.

## **Recommendation**

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Want to be active, but not this active? Check out our ever popular Costa Rica Adventure - see code [CRA](#).