

Costa Rica Pass - Route 2 Self Drive - TCR2DN

8 days: San Jose to San Jose

What's Included

Arrival and departure transfers.

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



Our popular 8-day itinerary

Our G Adventures Pass Costa Rica is the best way to explore Costa Rica. One of our representatives will visit you in the comfort of your hotel shortly after arrival to provide information for the rest of your trip and will remain just a phone call away for the duration of your stay.

Day 1 Arrive San José

Arrive in San José at any time. There are no planned activities, so enjoy the city. 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 San José after your tour, there are a number of activities within the city and area 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.

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 jewellery.

Day 2 La Fortuna

Drive to your hotel in the town of La Fortuna, located at the foot of the Arenal Volcano.

La Fortuna is an excellent base for adventure. Hike the area's nature trails, swim in chilly La Fortuna waterfall or join a canopy tour 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, take a relaxing soak in the lush, cascading hot springs of Tabacón Resort. Soak in one of the natural thermal baths and rivers under the shade of the surrounding canopy.

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), making Arenal one of the best windsurfing destinations in the world. 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. During the day, its reflection on Lake Arenal is truly enchanting.

Day 3-6 Manuel Antonio/Quepos Area

Make your way to your hotel situated on one of the most beautiful beaches of the Pacific coast. Manuel Antonio National Park offers excellent hiking, spectacular views, and abundant wildlife viewing. The beautiful white sand beaches and the warm turquoise water are ideal for swimming, fishing, kayaking, boogie boarding, sailing or surfing.

Quepos sits on the outskirts of the Manuel Antonio National Park 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, coatimundis, sloth and some of the over 350 species of birds that are present in the park!

One of Costa Rica's most popular beaches, Jacó Beach is North of Manuel Antonio on the Pacific Coast, and one of the biggest resort areas in the country. All of the traditional beach activities are available here including horseback riding, deep-sea fishing, kayaking and surfing. Hermosa Beach is the most popular surfing destination in the country. Nearby Carara Biological Reserve is a 4700-hectare reserve with abundant wildlife such as Scarlet Macaws, many species of monkey, crocodiles and countless species of plants. While the main beach is quite busy there are more secluded beaches nearby.

Day 7 San José

Return to San José and enjoy one last night on the town.

Day 8 Depart San José

Depart San José at any time. Departure shuttle included, with the last shuttle of the day departing San Jose downtown at 4pm. (Hotel check-out is at 12 noon.)

What's Included

Arrival and departure transfers.

Highlights

San José, La Fortuna, Arenal Volcano, Manuel Antonio/Quepos Area

Dossier Disclaimer

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

Itinerary Disclaimer

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

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

Important Notes

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

Upon arrival in San José you will be contacted and met by one of our representatives at your hotel who will supply you with your vouchers, help you change your destinations and hotels, and provide you with an itinerary. An explanation of your tour and the options you have will be provided to you at this time and you will be able to make any desired changes to hotels or vehicle upgrade, and ask any questions. Any changes to the itinerary can be done on arrival in San José.

- 1) 72 hours notice is required to change pre-booked room reservations as you travel in Costa Rica.
- 2) The standard car used with the Costa Rica Pass is manual transmission.
- 3) Changes are based on local availability and fees may apply.
- 4) The trip is not available during high season dates over Christmas and Easter.

Group Leader Description

A G Adventures Representative will visit you in the comfort of your hotel shortly after your arrival to provide information for the rest of your trip. They will be your main contact during your Costa Rica Pass experience and are just a phone call away for the duration of your stay.

Group Size Notes

No Minimum

Meals Included

Breakfast daily at most hotels.

Meals

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

Meal Budget

Allow USD230-300 for meals not included.

Transport

By choosing the car option with the Costa Rica pass, you gain the flexibility of a car with the comfort of a set itinerary. As with the bus transfer option, all accommodation is included in the cost of the pass.

THE CAR

The standard model used with the Costa Rica Pass is the Daihatsu Terios, which seats three comfortably, leaving room for four pieces of standard luggage. The car is manual transmission, four door, with 4WD capabilities, A/C and AM/FM radio. It also comes equipped with surf racks, baby seats (if requested at the time of booking) and list of important numbers. You will also be provided with country maps and directions to destinations.

Be advised that in order to pick up your vehicle, you will require a valid drivers license, passport and major credit card. The driver must be between 23 – 75 years old at the time of rental. An international drivers license is not required, only a valid license from your home country.

ADDITIONAL COSTS

Other costs associated with the car option include:

- A mandatory USD 18 per day insurance fee to be paid locally
- All fuel costs.
- A USD 750 deposit that will be charged to your credit card and withheld for the duration of your rental. Barring any damages, this will be refunded in full when the car is returned.

OTHER OPTIONAL COSTS

- Additional drivers will be charged USD 2 per day, paid locally.
- A non-deductible insurance package with the same coverage as above is available at USD 9 per day.

About our Transportation

By choosing the car option with the Costa Rica pass, you gain the flexibility of a car with the comfort of a set itinerary. As with the bus transfer option, all accommodation is included in the cost of the pass.

The Car

The standard model used with the Costa Rica Pass is the Daihatsu Terios, which seats three comfortably, leaving room for four pieces of standard luggage. The car is manual transmission, four door, with 4WD capabilities, A/C and AM/FM radio. It also comes equipped with surf racks, baby seats (if requested at the time of booking) and list of important numbers. You will also be provided with country maps and directions to destinations.

Be advised that in order to pick up your vehicle, you will require a valid drivers license, passport and major credit card. The driver must be between 23 – 75 years old at the time of rental. An international license is not required - only a valid license from your home country.

Additional Costs

Other costs associated with the car option include:

- A mandatory USD 18 per day insurance fee to be paid locally (see our fact sheet for more details on the policy).
- All fuel costs.
- A USD 750 deposit that will be charged to your credit card and withheld for the duration of your rental. Barring any damages, this will be refunded in full when the car is returned.

Other optional costs include:

- Additional drivers will be charged USD 2 per day, paid locally.
- A non-deductible insurance package with the same coverage as above is available at USD 9 per day.

Notes:

-A Cell phone is included in all self-drive pass programs at no additional cost (security deposit of \$100 USD is required and payable locally). All local inbound/outbound calls are free as well as all inbound long distance. Long distance charges are applicable for all outgoing international calls.

-GPS is available on request for \$6 USD per day/paid locally (security deposit of \$300 USD is required and payable locally). Should you wish to order a GPS, please advise your G Adventures sales representative to add this request to your booking. GPS units are based on availability.

-Child car seats are available at no additional cost. Should you wish to order a car seat, please advise your G Adventures sales representative (with the age and weight of the child) to add this request to your booking. Car seats are based on availability.

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Local Flights

If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

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

Accommodation

Simple hotel (7 nts)

About Accommodation

A variety of accommodation standards are available for Independent tours, see your dossier for the accommodation class specific to your tour. Please remember that hotel/lodge/resort standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel . Porterage is not included, but can be arranged directly at most hotels.

Joining Hotel

Please see your tour voucher for specific name and address of your joining hotel for day 1 of this tour.

Joining Instructions

On arrival you will be transferred from the airport to your hotel (provided you give us your flight details before your departure). One of our representatives will then visit you in the comfort of your hotel shortly after arrival to help you arrange the rest of your trip. If for some reason you are not met at the airport, please phone the emergency contact number in Costa Rica.

**Please note, the arrival and departure transfers included occur on the first and final days of the tour. If you plan to arrive before and/or depart after the tour dates, you will be required to arrange pre and/or post-tour accommodation through G Adventures to be eligible for the airport transport. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Arrival Complications

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

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (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 Local Representative (Costa Rica)
Emergency number: +506 8696-0836

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

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

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

What to Take

We recommend the use of a duffel bag or backpack (whatever you find easiest to carry) however suitcases are acceptable for this style of tour. A good size daypack is also essential.

Checklist

- USD cash
- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)

- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera and film, reading/writing material, binoculars, cover for backpacks
- Fleece top
- Windproof/waterproof jacket or poncho
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- hand sanitizers/ antibacterial wipes
- 2 pair of shorts
- 2 pairs of long trousers
- 1 pair of hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Pocketknife
- Insect repellent
- Flashlight
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, and any extra prescription drugs you may be taking).

Laundry

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

Visas

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

Spending Money

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

Money Exchange

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

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

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

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

Emergency Fund

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

Departure Tax

Costa Rica airport exit tax: \$29USD

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

Also at the end of each trip if you felt your Local Guide did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per week can be used.

Optional Activities

Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all activities listed here may be available, due to season, or weather conditions.

All prices are per person, estimates in USD amount and are subject to change as services are provided by third party operators.

San Jose

- Arenal and Hot Springs \$99
- The Best of the Pacific \$88
- San Jose City Tour \$29
- Irazu Volcano \$37
- Irazu, Orosi & Lankester Gardens \$62
- Poas Volcano & La Paz Waterfall \$79
- Poas Volcano \$37
- Poas, Grecia & Sarchi \$56
- Canopy tour San Lorenzo \$80
- White Water Rafting \$95
- Pueblo Antiguo Show Day \$45
- Ram Luna (Typical night) \$55

La Fortuna

- Arenal hanging bridges tour \$47
- Arenal Volcano hiking \$35
- Cano Negro Wilderness Refuge by boat with lunch \$52
- Horseback riding to Fortuna Waterfalls \$39
- Combo tour Waterfall & hiking with lunch \$100
- Kayaking at the Arenal Lake \$50
- Canopy tour \$42
- Rafting trip at Sarapiquí River (full day) \$78
- Safari float at Penas Blancas River \$42
- Sunset boat trip at the Arenal Lake \$47

Monteverde

- Canopy Tour \$45
- Walkways at Monteverde \$25
- Natural History Walks at Monteverde Biological Reserve \$50
- Package (Walk ways/Butterfly/Hummingbird Garden with lunch) \$50

Hummingbird garden at Monteverde \$6

Manuel Antonio

Damas Island Boat Tour \$55

Coastal Kayak \$60

Manuel Antonio National Park Tour \$45

Nauyaca Waterfalls Tour \$90

Rafting Savegre River \$90

Sunset Catamaran Sail \$80

Health

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

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. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

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

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

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

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

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based

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

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

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

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

Trip Specific Safety

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

Medical Form

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

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.

A Couple of Rules

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

Travel Insurance

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

Planeterra-The G Adventures Foundation

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

Planeterra Dollar-A-Day Program

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

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

Feedback

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

Newsletter

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

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

Travel Forum - The Watering Hole

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

Special Comments

Dossier code has changed from RA08FA to TCR2DN