



Costa Rica: Ocean Waves & Sunsets

8 days, San José to San José

Trip code CRBC

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends

- Your Discover Moment: La Fortuna
- Beach time in Santa Teresa
- Free time in La Fortuna
- All transport between destinations and to/from included activities

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 July 28th, 2018 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

San José

Arrive at any time. Tonight, explore the La California barrio with your fellow travellers. Stop in at one of the many bars to get to know your group over a few drinks. Cheers to new friends and new adventures!

Please try to arrive before 6pm for an important group meeting where you can meet the CEO (Chief Experience Officer) and the other group members.



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

San José/La Fortuna

Travel to La Fortuna with stunning Arenal Volcano as its backdrop. Options abound—soak in Arenal's hot springs or get the adrenaline pumping with whitewater rafting or waterfall rappelling.

La Fortuna, the town near the foot of Arenal Volcano, is an excellent base for adventure. Optional activities in this area abound.

Hike the area's nature trails, swim in chilly La Fortuna waterfall or go canyoning (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 Balsa Rivers, mountain biking, caving, horseback riding, or a tour of the Caño Negro Wildlife Refuge.



Accommodation

Arenal Backpackers Resort (or similar)

Hotel



Today's Activities

Taxi

San José

Taxi to bus station.

Local Bus

San José - La Fortuna

3h-5h

150km

Climb aboard, grab a seat, and enjoy the ride.



Optional Activities - Day 2

La Fortuna Waterfall Swim

La Fortuna

20USD

Take a walk, taxi, or horse just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Please note the price listed does not include the IVA Tax.

Ecotermas Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermas. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Please note the price listed does not include the IVA Tax.

Enjoy a full day in La Fortuna to relax or experience some of the many optional activities available. From volcano park hikes to waterfall swimming, and walking along the hanging bridges there's plenty to do and no time to be bored.



Accommodation

Arenal Backpackers Resort (or similar)

Hotel



Optional Activities - Day 3

La Fortuna Waterfall Swim

La Fortuna

20USD

Take a walk, taxi, or horse just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Please note the price listed does not include the IVA Tax.

Gravity Falls Waterfall Jumping

La Fortuna

125USD

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Strapped securely in your harness, descend deep into the canyon, get soaked and feel completely alive. Trek through rivers, wobble across a hanging bridge and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 12.

Whitewater Rafting

La Fortuna

61-86USD

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement and enjoy! Minimum age: 8-12 depending on rapid class.

Ecotermals Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermals. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's

thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Please note the price listed does not include the IVA Tax.

Arenal Volcano Park Hike

Arenal

53USD

Head out to see nature first hand. Break a sweat in the lush humid jungle around the slopes of Arenal Volcano and keep an eye out for monkeys, birds and sloths.

Lost Canyon Adventures Canyoning

La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 8.

Hanging Bridges

Arenal

75USD

1h30m-2h

3km

Come join the monkeys and perhaps spot a sloth lazing in the treetops of this protected rainforest that's set in the shadows of the Arenal Volcano. Trek 3km (2 mi) of winding trails up, down, across, and over 16 different bridges. One of higher suspended bridges overlooks a gorgeous gorge and 60m (37 mi) waterfall. Look up and down to spot birds, snakes, frogs, lizards, howler monkeys, and more. Don't forget to bring binoculars, bug spray, and a long lens as you reach new heights in the canopy of Costa Rica. Please note the price listed does not include the IVA Tax.

Kayak Lake Arenal

La Fortuna

65USD

Zip up your life jacket, grab a paddle and get ready to be wowed by beauty in every direction. Admire Arenal Volcano as you kayak the blue-green waters of Lake Arenal, Central America's second largest lake. Scan the shores for more than 300 species of birds, listen for howler monkeys and fish for sharp-toothed rainbow bass. Take time to float and soak in the stunning scenery of the rolling hills, secret coves and sky that stretches forever.

Day 4

La Fortuna / Southern Nicoya Peninsula

Head to the Pacific coast for some much needed beach time and relaxation. Playa Santa Teresa and Malpais are small towns frequented by surfers. Opt to hit the waves, or visit Cabo Blanco Nature Reserve – take a hike to explore the area or check out the snorkelling at Secret Beach.

Enjoy time on the Pacific coast and relax on the beach as the blue ocean beckons you for a swim. From snorkelling to nature reserve visits, the options are plentiful for you to explore this serene environment.



Accommodation

Hotel Aurora Montezuma (or similar)

Hotel



Today's Activities

Local Van

La Fortuna - Puntarenas

3h

Climb aboard, take your seat, and enjoy the ride.

Ferry

Puntarenas - Paquera

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Paquera - Santa Teresa

1h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Days 5–6

Santa Teresa / Montezuma

Spend the next few days exploring all on your own. Try out surfing, take a day trip to the beautiful Isla Tortuga, where you can snorkel along a volcanic rock reef, or check out the nearby surf havens of Mal Pais and Santa Teresa. Adrenaline junkies can take their pick of activities as well - surfing, ziplining, boogie boarding, horseback riding or scuba diving are all options. On the other hand, if relaxation is what you seek, opt for a yoga class or take a leisurely hike to search for orchids. And make sure not to miss the night life!

Want to learn how to surf in Costa Rica? Pre-book the Santa Teresa Surf Lesson on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



Accommodation

Hotel Aurora Montezuma (or similar)

Hotel



Today's Activities

Free Time

Santa Teresa

Get out and explore the southern part of the Nicoya Peninsula.



Optional Activities - Days 5–6

Santa Teresa Surf Lesson

Santa Teresa

Grab a board and start riding waves with a surf lesson on the beach. Start off by learning the basics: getting up and staying on the board. Once you're ready, take your new skills out into the water and put them to the test. After your surf lesson, relax on the beach and enjoy some lunch while watching the waves.

Montezuma Day Tour

Montezuma

55USD

Hitch a ride to Montezuma and go on a small hike to the waterfalls. Spend time visiting the town and enjoy a picnic on the beach before heading back to Santa Teresa.

Snorkelling

Malpais

Grab a snorkel and flippers and explore the underwater world near Malpais. Keep an eye out for a variety of marine life, including manta rays and dolphins.

Swimming

Malpais

Free

Cool off with a refreshing dip. Ask the CEO for the best places to go for a swim.

Tortuga Island Snorkelling Tour

Santa Teresa

85USD

Start off with a 45 minute boat ride along the coast with breathtaking views of the Pacific Ocean on the right and the beautiful landscape of the Nicoya Peninsula on the left. Be on the lookout for dolphins, manta rays, turtles, or if you are lucky humpback & pilot whales.

The boat will anchor near Tortuga Island next to some of the best spots for snorkelling. The volcanic rock reef is surrounded by crystalline waters and home of Angelfish, Porcupinefish, Morays, Needlefish, Spotted Eagle Rays, and many more tropical beauties that will make it for you an extraordinary snorkel experience.

Enjoy lunch on board after snorkelling.

After lunch, the afternoon will be yours to enjoy. Opt to go for a hike, a swim, rent a kayak, a banana boat, take a little "siesta", or just chill at the beach. Then, travel back on the boat to Montezuma town.

Day 7

Southern Nicoya Peninsula / San José

Enjoy a morning at the beach, then transfer back to the capital for a final evening with the group.

Squeeze in morning beach time before embarking on our journey back to the capital, San José. Arrive in the evening (approx 9pm) in time to shower and head out for a final night on the town.



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



Today's Activities

Local Bus

Santa Teresa - San José

8h

Climb aboard, grab a seat, and enjoy the ride.

Bus will drive onto the ferry between Paquera & Puntarenas.

Day 8

San José

Depart at any time.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: La Fortuna
- Beach time in Santa Teresa
- Free time in La Fortuna
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Try adrenaline sports like whitewater rafting and surfing, take in the views of Arenal Volcano towering over La Fortuna, chill out by the Pacific Ocean.

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What is the role of the group leader during this trip?

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.

How large will the group be?

Max 18, avg 14

What meals are included in this trip?

No meals included

What are the meals like on this trip?

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.

What are the modes of transportation on my trip?

Local bus, ferry, taxi, walking.

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Simple hotels (3 nts), hostels (4 nts, multi-share).

What kind of accommodation can I expect on this trip?

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, from the customs checkpoint please continue to the airport exit doors and outside there will be a G Adventures representative waiting there with a G Adventures sign.

In case you don't see the sign, don't panic and continue walking through the airport exit doors (Meet and Greet), which is designated for transportation suppliers. If for any reason you still don't see your driver, please stay at the designated waiting area by the bronze statue of a woman inside a sphere, located directly in front of the exit doors, and contact us at the following numbers:

- Monday to Sunday from 8 am to 5 pm: +506 4001 8474 (ext 4)
- Monday to Sunday from 5 pm to 8 am: +51 997 582 712

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

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.

Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 4001 8474

After hours emergency number: +51 997 582 712

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying and handling your own luggage.

What should be on my packing list?

Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

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

How much emergency money should I bring on this trip?

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!

Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

Should I be tipping on my trip?

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

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$6-10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

La Fortuna

- La Fortuna Waterfall Swim (20USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Lost Canyon Adventures Canyoning
- Ecotermales Hot Springs (64USD per person)
- Whitewater Rafting (61-86USD per person)
- Kayak Lake Arenal (65USD per person)

Arenal

- Arenal Volcano Park Hike (53USD per person)
- Hanging Bridges (75USD per person)

Santa Teresa

- Santa Teresa Surf Lesson
- Tortuga Island Snorkelling Tour (85USD per person)

Montezuma

- Montezuma Day Tour (55USD per person)

Malpais

- Snorkelling
- Swimming (Free)

Are there any health considerations I should know before travelling?

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. 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.

What do I need to know to about safety and security on my trip?

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/

What are the trip specific safety considerations?

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.

What rules should I know before joining this trip?

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.

Is travel insurance required for my trip?

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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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