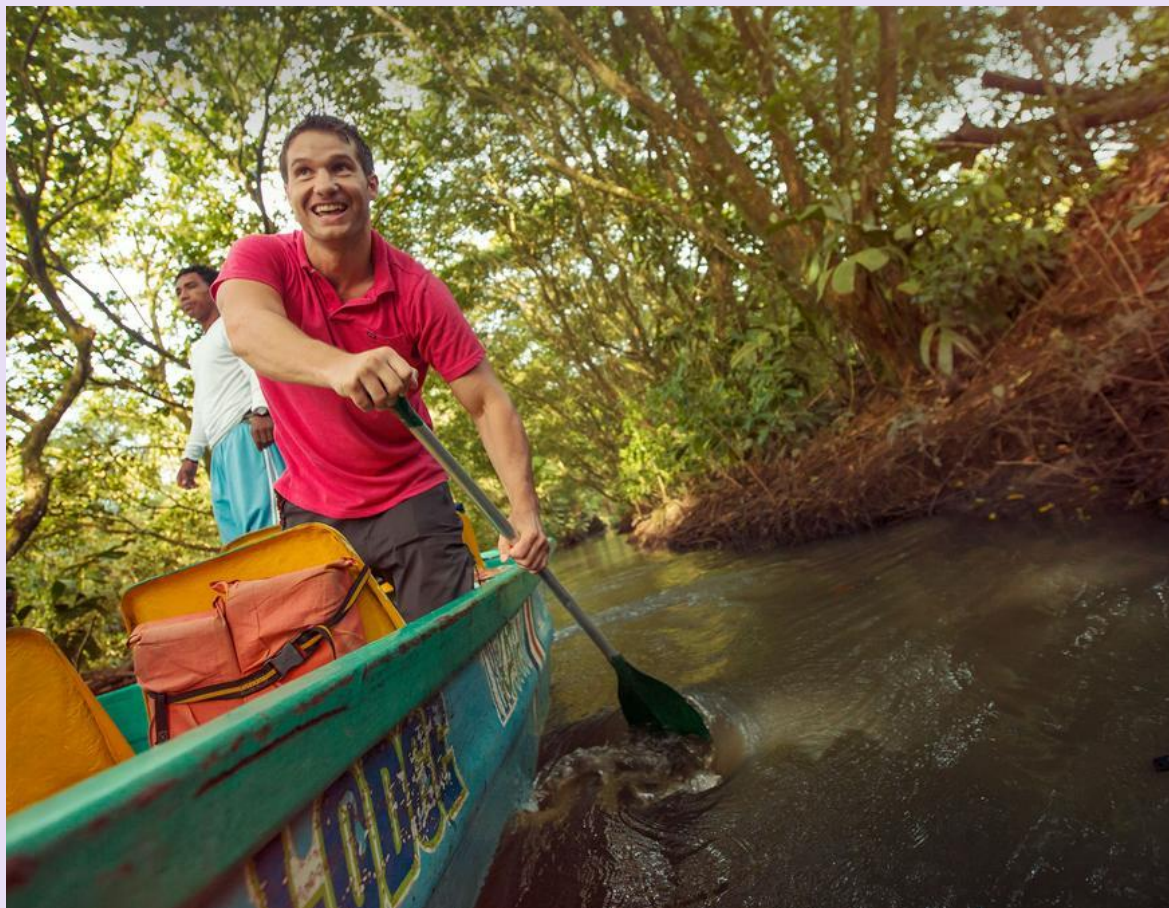




Costa Rica Encompassed Independent Adventure

15 days, San José to San José

Trip code TCR6BN

What's included

- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Discover Moment: Quepos
- Arrival transfer
- Departure transfer (included for flights departing after 7am)

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 March 29th, 2016 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 in San José at any time, arrival transfer included.

You will be met at San José International Airport and transferred to your hotel for the night. There are no planned activities, so enjoy the city on your own.



Today's Activities

Arrival Transfer

Juan Santamaría International Airport – San José

You will be met at the airport and transferred to the hotel to start your adventure.

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Welcome Meeting for Independent Trips

San José

If you arrive between the hours of 9am and 9pm, a G Adventures CEO will meet you for a brief welcome meeting at your hotel before you head out on your own. Should you arrive before or after these hours, a complete welcome packet will be left for you at your hotel.



Optional Activities - Day 1

Central Market (Mercado Central) Visit

San José

San José's Central Market is a riot of sound, smell and souvenirs. Wander up and down the aisles to see everything from handicrafts to rubber boots, fresh fish, flowers, herbal remedies, and pretty much everything else you can imagine. Grab some cheap eats at a food counter. Be sure to protect your valuables.

Costa Rican Art Museum (Museo de Arte Costarricense) Visit

San José

3USD

Visit the Costa Rican Art Museum located in the former airport terminal in La Sabana Park, west of downtown San José. View historic and contemporary art including drawings, engravings, paintings, sculptures, photographs and videos. Don't miss the sculpture garden and Salon Dorado (Golden Room) with a gold mural depicting Costa Rica's history sculpted by French artist Luis Féron Parizot.

Jade Museum (Museo del Jade Marco Fidel Tristán Castro) Visit

San José

15USD

Enjoy the brand new Jade Museum, housed on five floors of a building next to the Plaza de la Democracia in downtown San José. On display are nearly 7,000 pieces of pre-Columbian jade and a wide variety of archaeological artifacts made out of ceramic, bone, wood, shell and stone dating back to between 500 B.C. and 1500 A.D.

Plaza de La Cultura (Main Plaza) Visit

San José

Start your exploration of San José 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. Watch out for the pigeons!

Plaza de La Democracia Market Visit

San José

Head to the Plaza de la Democracia for a good selection of souvenirs. From carved wooden bowls and figurines, to jewelry, t-shirts and textiles, this is a great outdoor market to shop. Bargaining is expected.

Pre-Columbian Gold Museum (Museo del Oro Precolombino) Visit

San José

11USD

The Gold Museum is located underneath the Plaza de la Cultura near the National Theatre in downtown San José. See some 1,600 pieces of Pre-Columbian gold, as well as ancient Costa Rican currency, all owned by the Central Bank of Costa Rica.

Travel first by bus, then by boat through the Tortuguero canals.

Depending on availability, we will be staying at either Pachira Lodge or Evergreen Lodge.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

San José - Tortuguero

4h-5h

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

Pick up time is between 5:30-6:30am - please see your welcome package for specific times.

Small Canal Boat

Tortuguero

1h30m-2h

Climb in and let your pilot navigate you through the canals.

Tortuguero Village Visit

Tortuguero

Visit the small village of Tortuguero with rivers and canals on one side and the Caribbean beach on the other. Walk past humble houses of wood and metal roofs. Meet locals (with a mix of Hispanic, Miskito Indian and Afro-Caribbean heritage) and find out more about life in a town whose economy benefits greatly from sea turtle tourism.

Enjoy your time here, chilling out at the lodge and observing the abundant wildlife in the national park.



Meals included

Breakfast | Lunch | Dinner



Optional Activities - Day 3

Tortuguero Canopy zipline

Tortuguero National Park

Soar above the coastal rainforest on a zip line adventure. Tortuguero Canopy has eleven platforms, seven zip lines, and four hanging bridges.

Turtle Nesting Night Excursion (Seasonal)

Tortuguero National Park - Tortuguero

51USD

Head out at night to visit the nesting grounds of the green and leatherback turtles (seasonal) on the beaches of Tortuguero National Park. Learn about the turtles' nesting process and hopefully see females lay eggs, during this once-in-a-lifetime wildlife experience. (seasonal, July to October)

Tortuguero National Park Visit

Tortuguero National Park

Take a guided walk along the trails surrounding the lodge to learn more about the flora and fauna of the jungle. Learn about the delicate ecosystem and get a close up view of some of the frogs and insects that play an important part in nature's cycle.

If touring by boat, sit back and prepare to witness a parade of tropical birds, reptiles and mammals as you motor through the black water canals of the Tortuguero NP. Scan the trees for toucans, watch the shores for caimans, otters, iguanas and frogs, and look up to see monkeys sharing space with sloths. Bring your binoculars and bug spray. Be prepared for hot, humid and possibly wet weather.

Transfer to the Arenal region. Enjoy the afternoon at leisure and opt to soak in the hot springs.



Today's Activities

Small Canal Boat

Tortuguero

1h30m-2h

Climb in and let your pilot navigate your through the canals.

Travel south, back through steamy jungle canals and natural rivers to the port.

Shared Van

Tortuguero - La Fortuna

3h-4h

Climb aboard and make friends with your seatmate en route to the next stop.



Optional Activities - Day 4

Hot Springs Soak

La Fortuna

42-84USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. 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.

Today is free and there is no shortage of activities available, or take some time to relax at your hotel.

There are lots of optional tours available. La Fortuna is one of the centres of adventure travel in Costa Rica. Options include river rafting, mountain biking, caving, or horseback riding. Don't forget about the hot springs, heated directly by Arenal Volcano's lava.



Optional Activities - Day 5

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.

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.

Mountain Biking

La Fortuna

79USD

3h-5h

13-15km

Rent a bike and head off along one of the backroads outside of town. Take the road to San Ramon and turn right on the road toward the waterfall. Or take a guided cycling tour and pick one of three routes of varying difficulty. Please note the price listed does not include the IVA Tax.

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.

Hot Springs Soak

La Fortuna

42-84USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. 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.

Venado Caves Exploration

La Fortuna

78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

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.

Canopy Tour

La Fortuna

Join a canopy tour (zipline) and catch a bird's-eye view of the forest greenery as you speed through the jungle on cables.

Horseback Riding

La Fortuna

59USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest near the base of the Arenal Volcano. Listen for howler monkeys and look for toucans in the trees. If time, take the road toward San Ramon and look for the turnoff to visit the Fortuna waterfall.

Caño Negro Wildlife Refuge Tour

La Fortuna - Caño Negro

65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Transfer to Monte Verde and the cloud forest. Opt to visit the cheese factory or butterfly gardens.

This mountain community is very different from those on the coast, and has several co-operatives worth visiting, including artist collectives, souvenir shops and the Quaker cheese factory, which is definitely worth a visit. Make sure to try their delicious ice cream.



Today's Activities

Shared Van

La Fortuna - Monte Verde

3h-4h

Climb aboard and make friends with your seatmate en route to the next stop.

Free Time

Monte Verde

Enjoy the afternoon. opt to explore the town.



Optional Activities - Day 6

Monte Verde Butterfly Garden Visit

Monte Verde

20USD

Get close to butterflies, bump into giant bugs, and make friends with hairy eight-legged spiders in this collection of gardens nestled in the mountains of Monte Verde. Observe caterpillars, take prize-worthy photos of the iridescent blue morpho butterfly, and check out the leaf-cutter ant colony. The nature centre is home to 30 species of butterfly, a whole bunch of insects, and more.

Monte Verde Cheese Factory Visit

Monte Verde

12USD

In search of a more peaceful lifestyle, a group of Quaker dairy farmers settled in Monte Verde and by 1953, incorporated the cheese factory producing the country's first pasteurized cheese. Now the second largest cheese maker in Costa Rica, learn about the production of its 17 varieties, sample Gouda, Swiss, provolone, as well as caramels, milkshakes and ice cream (with flavours that include coffee, coconut, mango and pineapple) and learn how the factory provides work for more than 300 farmers and families in the central highlands.

Today is free to visit the Cloud Forest Reserve and/or zip through the treetops on one of the world's longest zip line systems.

Optional activities include the Sky Walk, a series of suspension bridges through the jungle canopy, a butterfly garden and a thrilling canopy zip line. Or take a guided walk through the reserve. Local guides are extremely knowledgeable about the area and passionate about conservation of this precious ecosystem.



Optional Activities - Day 7

Canopy Zipline

Monteverde

Buckle up your harness, don your helmet and prepare to launch. Glide along cables suspended high above the cloud forest canopy. Dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you spot a toucan or exotic orchid as you whizz by on one of the world's longest zip line systems.

Monteverde Butterfly Garden Visit

Monteverde

20USD

Get close to butterflies, bump into giant bugs, and make friends with hairy eight-legged spiders in this collection of gardens nestled in the mountains of Monteverde. Observe caterpillars, take prize-worthy photos of the iridescent blue morpho butterfly, and check out the leaf-cutter ant colony. The nature centre is home to 30 species of butterfly, a whole bunch of insects, and more.

Santa Elena Cloud Forest Visit

Monteverde

35-50USD

Pull on your poncho and boots and head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan as you imagine swinging from the forest's giant vines, trudge along 12 km of trails, watch for wildlife and trek to the top of the observation tower. Be sure to stop and listen too. Hear the haunting hollow call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the preserve and sustaining the quality of local schools through payment of your park fees.

Sky Walk

Monteverde

55USD

Get up high to see the tree tops of Monteverde's Cloud Forest from a bird's eye view. Cross a series of suspension bridges to discover the early ropes and pulleys that early biologists required to glimpse – a lush, green vista accented by bromeliads, vines, and orchids. Wonder at this wet canopy, home to thousands of species of birds, small animals, amphibians and insects (making up 90% of all the organisms in the forest).

Monteverde Cheese Factory Visit

Monteverde

12USD

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Day 8

Monteverde/Rincón de la Vieja Volcano

Transfer to the slopes of the Rincón de la Vieja Volcano.



Today's Activities

Shared Van

Monteverde – Liberia

2h-3h

Climb aboard and make friends with your seatmate en route to the next stop.

Private Vehicle

Liberia – Rincón de la Vieja Volcano National Park

1h30m-2h

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

Free day for optional activities. Embark on excursions into the national park to horseback ride, hike or visit the natural hot springs and mud baths.

Rincón de la Vieja NP is a prehistoric type of place, where sulfuric mud ponds bubble and ooze, geysers release jets of steam, and after a bit of a hike, you end up at a gorgeous waterfall.



Today's Activities

Free Time

Rincón de la Vieja Volcano

Optional activities include: horseback riding, mountain biking or visit the Blue Lagoon.



Optional Activities - Day 9

Blue Lagoon Visit

Rincón de la Vieja Volcano National Park

Visit the Blue Lagoon, one of the most unique sights in the park. Hike 30 minutes from the entrance and prepare to be wowed by this incredibly blue lagoon, the result of special minerals in the underlying stones. Feel the energy and positive ions given off by the large waterfall which constantly replenishes the lagoon. Magic!

Horseback Riding

Rincón de la Vieja Volcano National Park

The Rincón de la Vieja area is known for its wide expansive pastures, rolling hills, and long horizons that stretch out toward the Pacific. Hop on a horse and trail ride through the scenic Costa Rican countryside.

Mountain Biking

Rincón de la Vieja Volcano National Park

Rincón de la Vieja has numerous trails for mountain biking in and around the national park. Wear a hat and bandana, and bring water with you. It gets hot!

Volcanic Mud Bath and Hot Springs

Rincón de la Vieja Volcano National Park

Visit natural hot springs which give rise to very hot mountain streams; sulfuric ponds filled with bubbling mud. Dare to step in and get muddy. Soak in the hot, therapeutic waters and feel invigorated and alive.

Day 10

Rincón de la Vieja Volcano/Quepos

Travel south-west to the lush tropical shores of the Pacific coast.



Today's Activities

Private Vehicle

Rincón de la Vieja Volcano – Liberia

1h30m-2h

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

Shared Van

Liberia – Quepos

4h-5h

Climb aboard and make friends with your seatmate en route to the next stop.

Take the day to relax at the beach or opt to hike or visit the town.

If you are interested in activities, opt to visit Manuel Antonio NP. 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. It has fabulous beaches, abundant wildlife, and a great trail system for those who want to spend some time hiking and then cool off in the ocean.



Optional Activities - Days 11–13

Kayaking

Manuel Antonio National Park

70USD

Choose to kayak the calm waters of the mangroves or paddle the waves of the Pacific. In the Damas Island estuary, the ocean meets fresh water rivers and creates a protected home for birds, snakes, crocodiles, and white face monkeys. For the more adventurous, opt for an open-seat ocean kayak and paddle along the shoreline and nearby islands, keeping an eye out for frigates, boobies, and jumping fish. Minimum age: 6-8 depending on tour type.

Surfing

Manuel Antonio National Park

55-75USD

1h-5h

Slather on the sunscreen, strap on a leash, pull on a rash guard, and get ready to hit the waves. Experience the surf at the beaches near Quepos and Manuel Antonio with their left, right, and well-shaped beach breaks. Take a lesson, learn tips and techniques, then hang ten like a local.

Boogie Boarding

Manuel Antonio National Park

8USD

1h-3h

Throw on your bathing suit and head to beaches near Quepos and Manuel Antonio. Rent a boogie board and spend the day bodysurfing the waves. Hang out with the locals and enjoy some saltwater fun in the sun.

Hiking

Manuel Antonio National Park

Pack your sunscreen, snack, and hiking shoes. Head out for a great day in Costa Rica's smallest national park. Manuel Antonio offers four white-sand beaches, separated by jagged rock outcrops and tidal pools. Hike on shaded trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

Sailing

Manuel Antonio National Park

Slap on some sunscreen and hop aboard as we set sail along the rugged Pacific Coast of Manuel Antonio National Park on a catamaran. Bask in the beauty of the white-sand beaches and small islands that accent the shoreline. Keep watch for dolphins, rays, and migrating whales. Hop into the warm water and snorkel with more than 50 species of colourful tropical fish.

Swimming

Manuel Antonio National Park

Quepos, north of Manuel Antonio, is Costa Rica's most popular spot for blue water sport fishing. Depending on the season, hope to hook marlin, sailfish, tuna, snook and dorado (mahi mahi). Slather on the sunscreen, strap on your sunglasses, cast out your line and get ready to reel in a big one.

Day 14

Quepos/San José

Head back to the capital for one last night on the town.



Today's Activities

Shared Van

Quepos - San José

5h-6h

190km

Climb aboard and make friends with your seatmate en route to the next stop.

Day 15

San José

Depart at any time. Departure transfer included.



Today's Activities

Shared Van

San José - Juan Santamaría International Airport

Climb aboard and make friends with your seatmate en route to the next stop.

What's included

- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Discover Moment: Quepos
- Arrival transfer
- Departure transfer (included for flights departing after 7am)

What are the main highlights of this trip?

View wildlife at Tortuguero National Park, keep active around Arenal Volcano, zipline through the treetops in the cloud forest reserve.

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View wildlife at Tortuguero National Park, keep active around Arenal Volcano, zipline through the treetops in the cloud forest reserve.

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

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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.

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 important notes should I be aware of before the trip?

1) PROOF OF DEPARTURE

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.

2) WELCOME MEETING

If you arrive between the hours of 9am and 9pm, a G Adventures CEO will meet you for a brief welcome meeting before you head out on your own. Should you arrive before or after these hours, a complete welcome packet will be left for you at your hotel.

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

This tour is run by lodge staff and includes local guides for included tours. There is not a G Adventures representative on this tour and any group accompanying you on your day trips is not a G Adventures group. Local guides can provide specific knowledge about the area we are visiting which will add to the overall enjoyment of your trip.

What meals are included in this trip?

2 breakfasts, 2 lunches, 2 dinners

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. 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.

What are the modes of transportation on my trip?

Adventure bus, boat.

What transportation will we take on this trip?

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.

Are local flights included in the cost of the trip?

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.

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?

Hotel (14 nts)

What kind of accommodation can I expect on this trip?

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.

What is the joining hotel?

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

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), an arrival transfer to the joining hotel is included. When you arrive at the airport, look for the driver holding a G Adventures sign. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

****Please note, the arrival transfer included occurs on day 1 of the tour. If you plan to arrive prior to day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.**

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 transfer or if an arrival transfer is included in the cost of your tour, please note that:

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

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 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

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 your own luggage.

What should be on my packing list?

Documents:

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

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.

What activities are optional on this trip?

San José

- Central Market (Mercado Central) Visit
- Costa Rican Art Museum (Museo de Arte Costarricense) Visit (3USD per person)
- Jade Museum (Museo del Jade Marco Fidel Tristán Castro) Visit (15USD per person)
- Plaza de La Cultura (Main Plaza) Visit
- Plaza de La Democracia Market Visit
- Pre-Columbian Gold Museum (Museo del Oro Precolombino) Visit (11USD per person)

Tortuguero National Park

- Tortuguero Canopy zipline
- Turtle Nesting Night Excursion (Seasonal) (51USD per person)
- Tortuguero National Park Visit

La Fortuna

- Hot Springs Soak (42-84USD per person)
- Whitewater Rafting (61-86USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Mountain Biking (79USD per person)
- Lost Canyon Adventures Canyoning
- Venado Caves Exploration (78USD per person)
- Canopy Tour
- Horseback Riding (59USD per person)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

Arenal

- Hanging Bridges (75USD per person)

Monteverde

- Monteverde Butterfly Garden Visit (20USD per person)
- Monteverde Cheese Factory Visit (12USD per person)
- Canopy Zipline
- Santa Elena Cloud Forest Visit (35-50USD per person)
- Sky Walk (55USD per person)

Rincón de la Vieja Volcano National Park

- Blue Lagoon Visit
- Horseback Riding
- Mountain Biking
- Volcanic Mud Bath and Hot Springs

Manuel Antonio National Park

- Kayaking (70USD per person)
- Boogie Boarding (8USD per person)
- Sailing
- Surfing (55-75USD per person)
- Hiking
- Swimming

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 a G representative 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. Please note that G Adventures 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. G Adventures has 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 a G Adventures representative, 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.

Special Comments

Dossier code has changed from RB11FA to TCR6BN

How old must I be to join this trip?

Minimum age of 2 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.