



COSTA RICA FAMILY JOURNEY: FROM RAINFOREST TO COAST

9 days, San José to San José

Trip code CRSNF

WHAT'S INCLUDED

- Your G for Good Moment: San Luis Rural Community Experience & Lunch, Monteverde
- Your Family Journeys Moment: Monteverde Institute Lecture & Reforestation Project, Monteverde
- Arrival transfer
- Naturalist guided cloud forest night walk
- Canyon canopy tour in Rincón de la Vieja National Park
- Rio Negro Hot Springs and volcanic mud bath
- Horseback riding and guided hike in Rincón de la Vieja
- Cipanci Reserve guided boat tour
- All tips included for activities and meals, except for Expedition Leaders and portage
- 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 November 12th, 2025 and onwards

ITINERARY



Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details. Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

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

Welcome to San José—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travelers during a welcome meeting this evening where all families can bond before the Journey ahead.

Costa Rica has one of the most diverse ecosystems in the world and is a top destination for nature lovers. As such, there is a lot of rain, regardless of the season, allowing for its lush green rain forests and cloud forest, in which flora and fauna thrive. Please come prepared for the possibility of wet weather and variations in temperature.



ACCOMMODATION

Hotel Courtyard by Marriot (or similar) Hotel



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 and Welcome Meeting 1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Day 2

SAN JOSÉ/MONTEVERDE

This morning, travel up into the misty cloud forests of Monteverde, where we'll visit a rural community for a farm-to-table lunch, where our hosts will share insights about the local products and ingredients used in your meal. Enjoy fresh, seasonal, locally-sourced dishes—rice, beans, vegetables, homemade tortillas—and have the opportunity to touch and taste some of these products, giving you a deeper connection to Costa Rica's local flavors. After lunch, visit the farm where children will enjoy hands-on agricultural activities. Explore tropical crops like coffee and fruits, see sustainable farming practices in action, and even learn how to make sugar cane juice using a traditional "Trapiche" mill—an interactive experience perfect for children and families alike. Later, enjoy some free time to get settled in our hotel. In the evening, follow a naturalist into the forest to seek out the fascinating nocturnal creatures that spring to life after the sun goes down, from red-eyed tree frogs to spiny porcupines.

The town of Monteverde is fairly small with shopping and some great restaurants, but most of the upgraded accommodations in this area are located outside of the main town centre - to take better advantage of the natural beauty and stunning landscapes of the area. Taxis are readily available to take you into town and back and can cost approx. \$10USD each way.

Accommodations tend to be a bit more simple here, with fewer amenities. Its important to remember that the cloud forest sits at a higher elevation and offers a cooler but humid climate - which is why hotels in this area do not have A/C. It can also feel damp in rooms which is unavoidable in such a climate.



Meals included

Breakfast | Lunch



ACCOMMODATION

El Establo Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

San José - Monteverde

3h-4h

155km

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

ACTIVITY

Enjoy a visit to the rural community of San Luis. Your time here directly benefits the economic development of this local community and helps expand their community services. Observe snapshots of rural life in Costa Rica before sitting down for a farm-to-table lunch featuring a hands-on demonstration of the local ingredients. Learn together as a family about the important knowledge of native plant species in the area along with conservation efforts, and some birdwatching.

Guided Cloud Forest Night Walk Monteverde

Join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds, insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see – it depends on the day and your luck!

Day 3

MONTEVERDE

Visit the Monteverde Institute, a research and educational organization supported by National Geographic. Hear about reforestation projects spearheaded by the institute, then roll up your sleeves and lend a hand in the tree nursery. The rest of the day is free for poolside relaxation or optional excursions in the clouds, including zip-lining, hiking in the Santa Elena Cloud Forest Reserve, or a walk through the forest canopy across hanging bridges.



Meals included

Breakfast



ACCOMMODATION

El Establo Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Free Time Monteverde

Get up early to check out some of the optional activities on offer around Monteverde.

ACTIVITY

The Monteverde Institute is a base for National Geographic-funded explorers and researchers studying the famed canopy of the Monteverde Cloud Forest. A researcher will present the various projects National Geographic has sponsored including new discoveries, insect and bird studies, and the reforestation of tropical regions. Then, play an active role in this project by visiting the National Geographic-sponsored research plot and getting your hands dirty by either planting trees to restore habitat or assisting in tree care in the nurseries.



Optional Activities - Day 3

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.

Ziplining Monteverde 3h-4h

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 toucans or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

Hanging Bridges Monteverde Monteverde 56-60USD

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

CASEM Coop Visit Monteverde

CASEM—the Cooperative of Artisans Santa Elena Monteverde—is an inspiring example of female empowerment and teamwork. By focusing on providing women artisans with the opportunity to gain economic independence and develop new skills, this G for Good Project helps improve the quality of life for its members and strengthens the community. Through the marketing of their products, CASEM Coop not only supports its 90 artisan members, but also promotes the culture and traditions of the Monteverde region. Stop by the restaurant on your way out to try some delicious local food!

Day 4

MONTEVERDE/RINCÓN DE LA VIEJA VOLCANO NATIONAL PARK

Today we travel towards Rincón de la Vieja National Park, an otherworldly land of smoking volcanoes, bubbling mud pots, and thermal hot springs—all shrouded in thick tangles of rainforest. This afternoon, channel your inner Tarzan as you swing across zip lines strung through the forest canopy.



Meals included

Breakfast | Dinner



ACCOMMODATION

Hotel Hacienda Guachipelin (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Monteverde - Rincón de la Vieja Volcano National Park

4h-4h30m

152km

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

Zip Line Rincon de La Vieja

Rincón de la Vieja Volcano National Park

1h30m-2h

Fly through the trees over a narrow river canyon while navigating zip lines, natural rock climbing walls, Tarzan swings, rappelling and hanging bridges.

Free Time

Rincón de la Vieja Volcano National Park

Take the evening to relax or opt to visit the local butterfly gardens.

Day 5

RINCÓN DE LA VIEJA VOLCANO NATIONAL PARK

Rise early for a full day of adventure in the national park. Get introduced to the park's creatures on a naturalist-guided wildlife hike and swim beneath a tumbling waterfall. Then saddle up for a horseback-riding excursion as you make your way back to your lodge in time for a delicious lunch. After lunch, visit thermal hot springs and mud baths, where playing in the mud isn't just allowed, it's encouraged.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel Hacienda Guachipelin (or similar) Hotel



TODAY'S ACTIVITIES

Waterfall Hike Rincón de la Vieja Volcano National Park 6h

Set off on foot alongside your naturalist guide to explore the flora and fauna of Rincon de la Vieja. Keep your eyes peeled for iguanas, white-faced howler or spider monkeys, armadillos, and many types of tropical birds. Your walk culminates at a waterfall, where you can take a refreshing dip in the cool, clear water. Then saddle up to ride back to the hacienda.

Hot Springs and Volcano Mud Bath Rincón de la Vieja Volcano National Park 1h

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 6

RINCÓN DE LA VIEJA VOLCANO NATIONAL PARK/ GUANACASTE

Journey toward the Pacific Ocean and the Gold Coast of Costa Rica. But first, take the morning to enjoy one final slow start to the day before getting on the road. Or, choose to get wet and wild on a tubing adventure on the Rio Negro. In the afternoon, head west to Guanacaste and get settled at your beachside locale.



Meals included

Breakfast



ACCOMMODATION

Hotel Villa Sol (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle

Rincón de la Vieja Volcano National Park - Guanacaste

2h

110km

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

Free Time

Guanacaste

Spend time at leisure in a quaint beach town.



Optional Activities - Day 6

Rio Negro Tubing Adventure

Rincón de la Vieja Volcano National Park

60USD

2h30m-3h

Enjoy the great outdoors on an innertube, bouncing and splashing down 5 km (3 miles) of class 2 and 3 rapids on the Black River. There are plenty of quiet pools along the way to appreciate the beautiful tropical scenery. Opt to ride the ranch horses (or you can go by vehicle transport) along scenic trails through the forest to reach the river.

Day 7

GUANACASTE

The day is free to do as much or as little as you like. Relax at the pool or on the beach in this tropical paradise. Feel free to play in the sand and water; or opt to set sail across the bay and around the nearby Islands.



Meals included

Breakfast



ACCOMMODATION

Hotel Villa Sol (or similar) Hotel



TODAY'S ACTIVITIES

Free Time

Guanacaste

There's plenty of exploring to do here, opt to get out on the water or choose to play at the beach or in the pool all day.



Optional Activities - Day 7

Guanacaste Sailing

Guanacaste

85-95USD

Hit the water on a sailing tour. Opt to snorkel, kayak or zayak with the fish and keep on the lookout for turtles and maybe even a shark! Enjoy views over the water from the deck of the boat.

Day 8

GUANACASTE/SAN JOSÉ

The journey back towards the capitol includes one incredible stop along the way. Embark on a jungle boat cruise through the Cipanci Reserve, part of the Tempisque River Conservation Area. The reserve is a wildlife-lover's paradise: crocodiles glide beneath the water's surface, monkeys swing through the surrounding treetops, and numerous winged wonders wade and fly at the river's edge—including ospreys, wood storks, and roseate spoonbills. Upon arrival into San Jose, celebrate your adventure at a farewell dinner.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel Courtyard by Marriot (or similar) Hotel



TODAY'S ACTIVITIES

Transport Guanacaste - San José 4h30m-5h30m 263km

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

Cipanci Reserve Boat Excursion Río Tempisque 2h

Enjoy a boat ride, travelling along the Tempisque River to discover Cipanci Reserve. Learn about the park and the creatures that call this region home from our local guide on board. Keep a keen eye out as the guide helps spot wildlife in the water, trees, and sky.

Day 9

SAN JOSÉ

Depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

Not ready to leave? Your Expedition Leader can help with travel arrangements to extend your adventure.

What's included

- Your G for Good Moment: San Luis Rural Community Experience & Lunch, Monteverde
- Your Family Journeys Moment: Monteverde Institute Lecture & Reforestation Project, Monteverde
- Arrival transfer
- Naturalist guided cloud forest night walk
- Canyon canopy tour in Rincón de la Vieja National Park
- Rio Negro Hot Springs and volcanic mud bath
- Horseback riding and guided hike in Rincón de la Vieja
- Cipanci Reserve guided boat tour
- All tips included for activities and meals, except for Expedition Leaders and portage
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Soar through the jungle canopy on zip lines, Join a naturalist on a night walk through the cloud forest, keeping your ears open for the symphony of hooting owls, croaking frogs, and chirping insects, Test your skills at a cooking class as you whip up delicious Costa Rican dishes, Jump into a natural mud bath, and swim in pools heated by area volcanoes.

Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details.

Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

What are the main highlights of this trip?

Soar through the jungle canopy on zip lines, Join a naturalist on a night walk through the cloud forest, keeping your ears open for the symphony of hooting owls, croaking frogs, and chirping insects, Test your skills at a cooking class as you whip up delicious Costa Rican dishes, Jump into a natural mud bath, and swim in pools heated by area volcanoes.

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

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 view a final copy of your Trip Details 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.

Are there Itinerary notes?

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details.

Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

What important notes should I be aware of before the trip?

All parents/guardians are required to supervise their children at all times throughout the tour and may not leave their child under the supervision of the Expedition Leader, local guides, drivers, etc. Children are not to be left unattended.

Please note that on all Family Adventures one adult can only accompany up to two minors. If you have over two minors planning on travelling then a second adult will be required to attend.

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.

WEATHER

Be prepared for rain and lower temperatures during the winter season (June-November), especially in Costa Rica's central valley.

ACCOMMODATION NOTE

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the group leader like?

All National Geographic Family Journeys with G Adventures group trips are accompanied by two of our National Geographic Expedition Leaders. The aim of the Expedition 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?

20

What meals are included in this trip?

8 breakfasts, 3 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling and we encourage you to experience the vast array of wonderful food that is available out in the world. It's important to remember, that food may be different from what you are used to at home and that some things may not be available in other countries.

Some meals are included in the trip price, while others are not, to allow flexibility and choice to you and your family. For non-included meals our Expedition Leader will still make arrangements for the group to eat together, which allows you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. For all trips please refer to the meals included and budget information for included meals and approximate budget (per person) for meals not included.

Throughout this trip, breakfast is included daily (ranging from continental to buffet depending on the trip). Drinking water is available throughout (don't forget your refillable water bottle as you will have access to either filtered water from hotels or as made available by the Expedition Leader). Healthy, local snacks will also be available.

Note that any special meal requirements or dietary restrictions need to be specified at time of booking.

What are the modes of transportation on my trip?

Private vehicle, boat, horse, walking

What transportation will we take on this trip?

Private Vehicles will be used throughout the tour.

Is there an extra cost for travelling solo?

We believe solo 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. Odd number adult travellers in your family will be paired in twin accommodation with another adult traveller of the same sex for the duration of the trip.

Where will we stay during the trip?

Hotels (8 nts)

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

Rooming is based on double occupancy (2 passengers / 2 beds per room); all other room configurations are on request and cannot be guaranteed. We will try to accommodate triples/quad requests whenever possible and it's important to note that rooming configuration can change from city to city and 2 single beds are the standard configuration in a room.

Please remember that hotel/lodge standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel.

Hotels vary greatly throughout Central America and even within Costa Rica depending on the location. We do our best to pick comfortable accommodations, but in popular locations options can be limited and we sometimes use various different hotel depending on seasonality. It also is important to remember that hot water shortages and power outages can be fairly common, even in upgraded hotels. We appreciate your patience and understanding that these occurrences are outside of our control.

Please also note that Monteverde is a fairly small centre with shopping and some great restaurants, but most of the upgraded accommodations are located outside of the main town/city centre - to take better advantage of the natural beauty of these area. Taxis are readily available.

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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

From the customs checkpoint please continue to the airport exit doors and outside there will be a National Geographic Journeys representative waiting there with a National Geographic Journeys sign.

In case you don't see the sign, don't panic continue walking to the Malinche Restaurant. If for any reason you still don't see your driver, please wait outside of the restaurant 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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. Included arrival transfers are provided from the nearest airport to your starting location. 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?

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack. 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. Porters may not always be available, so be prepared to carry your own bags.

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
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Be prepared for rain and humidity at any time in Costa Rica - in particular during the "green" season (May-November). Lightweight, quick-drying, clothes are advisable; as well as a light waterproof jacket. It is important to pack clothes for warm days and sometimes cool evenings. We're working with our accommodation partners to reduce single-use plastic on our tours by providing safe drinking water for refillable bottles wherever possible. Find out more about our Plastics Partnership Project here.

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your Expedition Leader where the closest laundromat is. 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.

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?

Local tipping is included on this Family trip which covers local guides, drivers and gratuity for included meals. At the end of your trip if you felt your two National Geographic Expedition Leaders did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline; per Expedition Leader \$3-5 USD per person, per day can be used.

For non-included meals in restaurant, a guideline is 10-15% of cost of bill.

What activities are optional on this trip?

Monteverde

- Santa Elena Cloud Forest Visit (35-50USD per person)
- Hanging Bridges Monteverde (56-60USD per person)
- Ziplining
- CASEM Coop Visit

Rincón de la Vieja Volcano National Park

- Rio Negro Tubing Adventure (60USD per person)

Guanacaste

- Guanacaste Sailing (85-95USD per person)

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.

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. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader 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 and explore at your leisure. While your Expedition Leader 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 judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. 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 Expedition Leaders 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. Read more about travel safety for ways to further enhance your personal safety while traveling.

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 people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

How old must I be to join this trip?

Minimum age of 7 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.