



Costa Rica to Panama: Surf, Treks & Starry Skies

13 days, San José to Panama City

Trip code CRCP

What's included

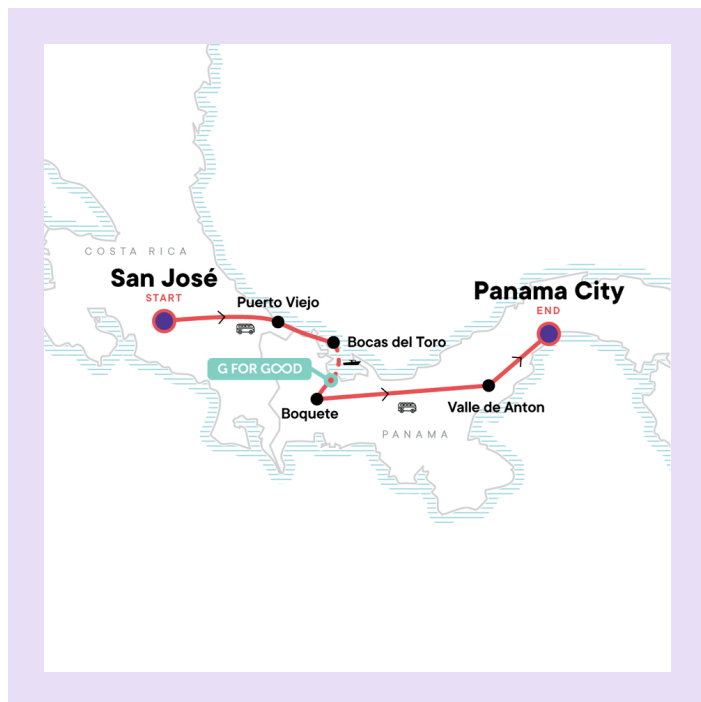
- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Bocas del Toro
- Your Discover Moment: Boquete
- CEO-led Orientation Walk of Puerto Viejo
- Biking in Puerto Viejo
- CEO-led Orientation Walk - Bocas del Toro
- Starfish Beach Visit
- Panama City CEO-led Orientation Walk
- Free time in Puerto Viejo, Bocas del Toro, Boquete, Valle de Anton
- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing April 10th, 2025 and onwards

Itinerary



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

Day 1

San José

Arrive at any time. There's so much to see and do in San José so we recommend checking out what you can. From city tours to coffee experiences in the Central Valley, there's a variety to choose from should you arrive early. Join a welcome meeting in the evening to get to know your newest travel family and opt to grab a meal at a local restaurant afterwards as a way to break the ice and grow more comfortable with each other.



Accommodation

Costa Rica Guesthouse (or similar)

Hotel



Today's Activities

ACTIVITY

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

ACTIVITY

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

Day 2

San José/Puerto Viejo de Talamanca

Catch a local bus from San José to the picturesque village of Puerto Viejo de Talamanca on Costa Rica's Caribbean coast. You'll find 14km (8.7 mi) of incomparable white and black sand beaches here all surrounded by exotic tropical vegetation. A true paradise to start the adventure. Set off on a CEO-led orientation walk upon arrival and then take advantage of free time to explore, unwind, and soak up the magic of Puerto Viejo. You'll have just enough time to dive into the town's laid-back rhythm and discover why this little corner of the Caribbean is so loved by travelers from all over the world. Whether you're craving beach time, a local bite, or a bit of spontaneous adventure, there's plenty to do (or not do –because relaxing counts too!)



Accommodation

Hotel Agapi (or similar)

Hotel



Today's Activities

Free Time

Puerto Viejo de Talamanca

You'll have free time today to explore, unwind, and soak up the magic of this Caribbean village. Choose between beach time, a local bite to eat, or a bike rental to pedal around and feel the salty sea air blow through your hair. Prepare to fall a little bit in love with this laid-back coastal gem.

Local Bus

San José – Puerto Viejo de Talamanca

5h

210km

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

Stroll through the main streets with your trusty CEO. Explore local shops, stop by cafés, and see where the key beach entrances, bike rental shops, and must-try restaurants and bars are. As you walk, gain a deeper sense the area's unique Afro-Caribbean culture and laid-back lifestyle.



Optional Activities - Day 2

Bike Rental

Puerto Viejo de Talamanca

9USD

Rent a bike from a local shop and head out to explore.

Day 3

Puerto Viejo de Talamanca

It's time to explore! Hop on a bike and ride to the beach with your CEO. Once here opt to try surfing if the waves are calling. Hit up beaches like Cocles, Punta Uva, and maybe even make it to Manzanillo. There will be stops along the way to grab a drink, jump in the ocean, and spot some animals. Later, the group will have free time to relax at the hostel, grab a coffee, find a hammock, and simply relax. You could also chat with your travel mates, play some cards together, or throw on a fun playlist and dance the night away to reggae and calypso for a true taste of this tropical paradise. Group hangout in the common area to spice up the evening, anyone?



Accommodation

Hotel Agapi (or similar)

Hotel



Today's Activities

Biking Puerto Viejo

Puerto Viejo de Talamanca

This morning, jump on a bike and take a ride around to a nearby beach with your CEO. You'll be out exploring and enjoying the scenery all day around Puerto Viejo.

Start time: 9 AM

End time: 5 PM

Free Time

Puerto Viejo de Talamanca

Embrace the beauty of Puerto Viejo and enjoy the beaches, chill vibes, and colourful nature of this Caribbean haven. Snap group photos, make up fun dances, and load up those reels for your social medias, because everyone at home wants to come along for the ride.



Optional Activities - Day 3

Surf Lesson

Puerto Viejo de Talamanca

65USD

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

Day 4

Puerto Viejo de Talamanca/Bocas del Toro

The moment you have been waiting for...Panama! Cross the border today and travel by bus, boat, and foot to the lovely archipelago of Bocas del Toro. Your CEO will show the group around on a leisurely stroll through town. Check out the main spots, learn a bit about the local culture, and get the lay of the land. The archipelago of Bocas is a reflection of Afro-Caribbean culture. As you walk the streets you'll hear calypso and reggae rhythms, and guari-guari- a language that is a mixture of English, French and Spanish. After the walk, take some time to wander on your own, find a comfortable spot, breathe in the fresh air, and simply enjoy being present in one of Panama's favorite destinations for locals and travellers alike.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Local Bus

Puerto Viejo de Talamanca - Sixaola

2h30m

30km

Settle in and scan the scenery from the window of a local bus between Puerto Viejo and the border with Panama.

Border Crossing (Costa Rica - Panama)

Sixaola - Guabito

1h

Cross the border between Costa Rica and Panama at Sixaola. Have your passports handy.

Private Vehicle

Guabito - Almirante

2h

43km

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

Water Taxi

Almirante - Bocas del Toro

30m

Sit back and enjoy the shared boat ride from Almirante to the paradise of Bocas del Toro.

CEO-led Orientation Walk - Bocas del Toro

Bocas del Toro

15m-30m

Follow your CEO and get the lay of the land and the good vibes of Bocas. The archipelago is a favorite destination among Panamanians and visitors. This north-westernmost province in the country allows you to become immersed in the cultures, mangroves, reefs, and perfect surfing waves, of this laid-back and sun-kissed paradise.

Free Time

Bocas del Toro

Spend a free evening in Bocas del Toro. Sit on the beach as the sun fades from the sky, hangout with your travel pals and have a night out on the town, or find a funky local spot and grab a meal together after a day of travel.

Day 5

Bocas del Toro

The tropical vibes continue during a full free day to enjoy all that Bocas del Toro has to offer. Think paddle boarding, kayaking, snorkelling, or maybe a bioluminescence tour later in the day. Choose to be as relaxed or active as you would like. Swimming, sunbathing, rocking in a hammock, or people watching from a cute local spot, are great options too.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Free Time

Bocas del Toro

Feel like you have stepped into a 'Pirates of the Caribbean'-like paradise with plenty to discover. From snorkeling to deserted beaches, diving, starfish, coconuts, wildlife, delicious food, party places, and peaceful quietness, Bocas del Toro really does have something for everyone. Soak up some sunshine, take some pictures and videos, and find some fresh seafood to indulge in as you pretend you are marooned here forever, away from the stress of the world.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the beach town of Panama's Bocas del Toro.



Optional Activities - Day 5

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

*Please note this experience is seasonal.

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Charge up those phones and cameras because you're going to want proof of today's activity! The group will enjoy a visit to the famous Starfish Beach, known for the hundreds of starfish that spend the day in the shallow waters of an isolated cove. Swim in the calm waters and enjoy the beauty before you. Travel back to the hostel in the afternoon and relax on your own. Grab some friends and head out for a fun local meal and some dancing, read a book in solitude, or try one of the optional activities you didn't have time for yesterday. There will be an optional group dinner tonight and everyone will walk there together if you choose to join.



Accommodation

Dreamers Hostel (or similar)

Hostel



Today's Activities

Free Time

Bocas del Toro

Spend time on your own or with the group in the beautiful atmosphere of Bocas del Toro. Swim, lounge, play a card game, dance in the street, and let the good times roll.

Starfish Beach Visit

Bocas del Toro

3h-8h

Starfish beach is known for the hundreds of starfish that spend the day in the shallow, calm water of this isolated cove. You can reach the beach by boat, shuttle, bike or 4x4 – once you arrive, grab a drink and see how many starfish you can spot while swimming in some of the calmest waters of Bocas.



Optional Activities - Day 6

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water

with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

*Please note this experience is seasonal.

Sunset Snorkelling Tour

Bocas del Toro

25USD

Experience a Caribbean sunset on the ocean while relaxing on the boat, a SUP board, or experience it as you bob in and out of the water while snorkelling. Once the sun goes down, watch Bocas del Toro light up along the shore with a rum punch or beverage of choice in hand and cheers to a beautiful night in paradise.

Day 7

Bocas del Toro/Boquete

Pack those bags and travel back to the mainland today as the group heads to the mountain town of Boquete, where an abundance of outdoor activities await! Along the way pay a visit to the local indigenous Ngäbe community and learn about the process from which chocolate is derived and why cacao is so important to their culture. Arrive in the evening to Boquete and get settled in at your base for the next few nights. Choose to join an optional dinner at a local spot with the group.



Accommodation

Hotel Oasis (or similar)

Hotel



Today's Activities

Ferry

Bocas del Toro – Almirante

45m

Travel back to the mainland via ferry from Bocas del Toro.

Private Vehicle

Almirante – Boquete

3h30m

185km

Settle in and scan the scenery from the comfort of your private vehicle between Bocas del Toro and Boquete. There will be a stop en route at a G Adventures-supported community tourism initiative.

ACTIVITY

Learn how chocolate is really made from planting the seed to tasting the final sweet bar. The group will visit a farm operated by the local Indigenous Ngäbe community where your guide will take everyone through the whole process and tell you about the history, trade side of things, and why cacao is so important to the local indigenous culture here in Panama. This handmade process focuses on the traditional ways of making chocolate to ensure the continuation of organic cocoa. At the end of the experience you will get to taste the chocolate bars, accompanied by yanikeke, traditional bread made with flour and coconut.

Day 8

Boquete

Everyone loves to feel that adrenaline kick in every now and then, and the wooded valley of Boquete surrounded by mountains is the perfect destination to make that happen. Enjoy a full free day here to discover the trails of lost waterfalls, hike to Baru Volcano, go whitewater rafting, or horseback riding. You can also choose to book a tour of a coffee plantation, hike through the cloud forest, or try spotting wildlife in the area. Craving some deeper connection after a day of activity? Choose to join the group and walk from the hostel to a nearby restaurant for an optional local dinner.



Accommodation

Hotel Oasis (or similar)

Hotel



Optional Activities - Day 8

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Lost Waterfall Hike

Boquete

38USD

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Horseback Riding

Boquete

40USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the scenic town of Boquete, home to the Barú Volcano National Park.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Hiking

Boquete

40-85USD

1h-8h

3-10km

Choose from a variety of hiking tours, from low-impact routes through botanical gardens or challenging full-day trips to see waterfalls and unforgettable wildlife. Options include the Quetzal Trail (one of the most scenic hikes in Panama) or Baru Volcano.

Day 9

Boquete

Everyone wants more time in Boquete, so take another free day to try some of the optional activities you didn't have time for yesterday. Life is better when shared, so grab a buddy and opt in to one of the active activities together. Take pictures and videos of your experiences and push yourself out of your comfort zone in a place that largely celebrates being adventurous. Walk from the hostel to a local restaurant tonight for an optional group dinner and share stories of your experiences from today.



Accommodation

Hotel Oasis (or similar)

Hotel



Optional Activities - Day 9

Whitewater Rafting

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Boquete Cycling

Boquete

35km

Set off on a full day of cycling through the highlands around Boquete. Cycle along some paved and some gravel roads through highland forest past cattle farms and green hills along local roads. This day is all about enjoying the fresh mountain air of the Panamanian countryside, so take a deep inhalation and enjoy.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Day 10

Boquete/Valle de Antón

Be enveloped by Panama's inland scenery today while the group travels from Boquete to Valle de Anton. Located in the middle of the crater of an inactive volcano, this quaint town is rich in green, fertile land, biodiversity, and full of adventure waiting for you. Arrive later in the day, get settled in the hostel, and perhaps go out for dinner with the group and cheers to a successful travel day.



Accommodation

Hotel Don Pepe (or similar)

Hotel



Today's Activities

Private Vehicle

Boquete - Valle de Antón

7h

376km

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

Valle de Anton is an ideal destination for travellers looking to hike, zipline, cycle, or soak in hot springs. If you're feeling really adventurous, opt to try the 30km (18.6 mile) Ruta de la Caldera, or choose one of its sections, the most iconic being El Gaital which reaches over 1,000 metres (3,281 ft) above sea level. You could also rent bikes and cycle around the town, or visit the Pozos Termales to soothe those muscles from yesterday's long bus rides. It's your time to enjoy the great outdoors, laugh with your travel family, and soak up the cool weather as you search for wildlife on your own. As always, there will be the option to join together with the group for dinner in the evening at a hip, local spot, and dish out stories about how you spent your free day here.



Accommodation

Hotel Don Pepe (or similar)

Hotel



Today's Activities

Free Time

Valle de Antón

Today is all yours to enjoy the charming atmosphere of Valle de Anton. From ziplining to hot springs, and hiking along the caldera, to cycling, there's no time to be bored. Search for wildlife in the forest, and walk around town to admire the gardens. Choose to be as active or relaxed as you need at this point in your adventure.



Optional Activities - Day 11

Cerro Gaital Hike

Valle de Antón

3h-4h

7-8km

Hike through the lush tropical forests of Panama to the peak of Cerro Gaital. A relatively challenging, but rewarding trek that takes you to the top of the mountain with beautiful panoramic views of the surrounding area. The loop trail is 4.6 miles total.

Valle de Anton Hot Springs

Valle de Antón

Choose to enjoy a soak and relax in the area's hot springs. Perhaps, put some mud on your face and exfoliate those pores.

Enjoy a relaxed morning before travelling by private bus to Panama City. Sit back and enjoy the scenery along the way, or catch up on your favorite podcasts and playlists. Arrive in the late afternoon and join your CEO for an orientation walk to discover the main attractions like Casco Viejo, Plaza de la Independencia, and the Panama Cathedral. Then, enjoy free time in the evening to take a more in-depth city tour, stroll or bike along the Amador Causeway, the city's scenic boardwalk, or relax at your accommodation. Tonight is the perfect opportunity to enjoy the nightlife atmosphere of Panama's capital.



Accommodation

Hotel Toscana Inn (or similar)

Hotel



Today's Activities

Private Vehicle

Valle de Antón - Panama City

2h30m-3h

128km

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

Panama City CEO-led Orientation Walk

Panama City

1h

Panama City is much more than the country's capital. Enjoy the important sites of the old square as your CEO helps you become familiar with your newest destination. Some of the tallest skyscrapers in Latin America can be found here. It's where historical culture and bustling city life meet. Enjoy the breeze coming from off the Pacific and get a sense of the city's modern atmosphere.

Free Time

Panama City

The evening is yours to make of it what you wish. From walks along the scenic boardwalk, to exploring the old town, and finding a delicious local spot to grab dinner, the vibes here fit everyone's mood.

Depart at anytime. Or perhaps consider spending a few extra days in the lively Panama City. Before you go, make sure you swap information with your newest travel family because someday maybe you'll meet up in another part of the world.



Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Bocas del Toro
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- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Catch Caribbean vibes and surf breaks in Puerto Viejo, Snorkel with starfish in the clear waters of Bocas del Toro, Hike lush trails and chase waterfalls in cloud forest-covered Boquete, Kick back in Valle de Antón inside a volcanic crater surrounded by mountains, Visit an Indigenous community and learn how chocolate goes from bean to bar, End the trip with city lights and nightlife in buzzing Panama City

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

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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.

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

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

What is the maximum and typical number of participants on this tour?

Max 16, Avg. 14.

What meals are included in this trip?

No meals included

What are the meals like on this trip?

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

Public bus, private vehicle, ferry, walking.

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. 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostels (8 nts, multi-share), Hotels/Guesthouse (4 nts).

What are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel. If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you.

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

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

Monday to Sunday during business hours: +506 4001 8474 (ext 4)

Monday to Sunday after 5pm: +51 997 582 712

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

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

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

What should I do if I can't find my airport transfer or experience arrival issues?

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 do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +51 997 582 712

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

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.

What are the packing guidelines and luggage restrictions?

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

What should I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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, band-aids/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
- 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

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 Panama is the Balboa (PAB).

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 Panama.

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 50USD (20USD notes are ideal).

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

What emergency funds do I need access to 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!

What are the tipping guidelines for this trip?

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

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

What activities are optional on this trip?

Puerto Viejo de Talamanca

- Bike Rental (9USD per person)
- Surf Lesson (65USD per person)

Bocas del Toro

- Bioluminescence Tour (25USD per person)
- Bike Rental (5-10USD per person)
- Sunset Snorkelling Tour (25USD per person)

Boquete

- Whitewater Rafting (65USD per person)
- Horseback Riding (40USD per person)
- Hiking (40-85USD per person)
- Lost Waterfall Hike (38USD per person)
- Coffee Plantation Tour (30USD per person)
- Boquete Cycling

Valle de Antón

- Cerro Gaital Hike
- Valle de Anton Hot Springs

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What general safety tips and free-time guidelines should I follow?

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 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 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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the mandatory group rules regarding laws and behaviour?

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 CEOs 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.

What are the mandatory travel insurance requirements for this 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.

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.

Are international flights included in this trip?

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

However, on some 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.