



Epic Costa Rica: Craters, Rainforests & Hanging-10

11 days, San José to Tamarindo

Trip code CRSTHW

What's included

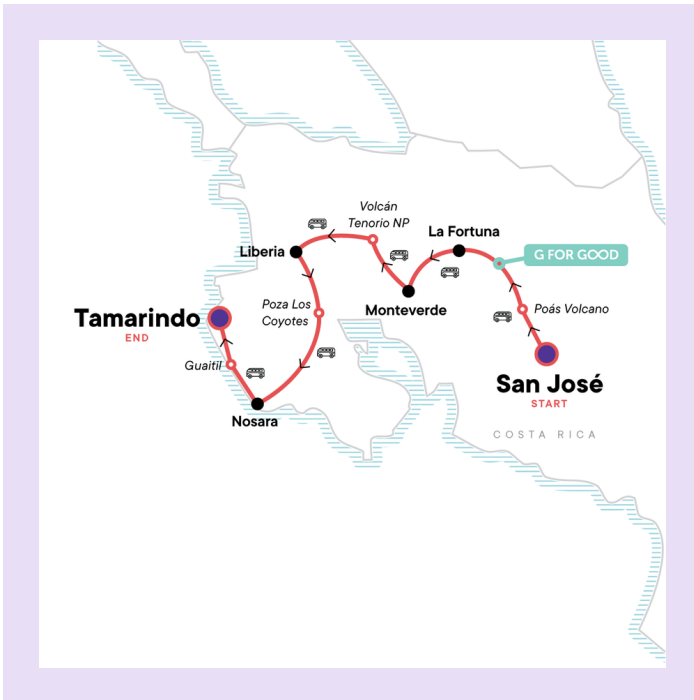
- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Visit to Poás Volcano
- Tortilla-making lesson and typical lunch at Mi Cafecito community project
- Zip-lining in Monteverde
- Hike to Rio Celeste Waterfall in Volcán Tenorio National Park
- Walk to a waterfall and swim in Poza Los Coyotes
- Excursion to Playa Guiones from Nosara
- Pottery demonstration in Guaitil
- Surf Lesson at Tamarindo
- Orientation walks in La Fortuna, Monteverde, and Liberia
- 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 May 26th, 2023 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, and choose to kick back at the hostel, or head out to explore the city before meeting up with fellow Roamies in the evening. Later, head out in the San Pedro neighborhood with your CEO and new mates in search of food and drink at one of the nearby happening spots. Buckle up, it's on!



Accommodation

Costa Rica Backpackers (or similar)

Hostel



Today's Activities

ACTIVITY

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

Set off today bound for La Fortuna with plenty to do along the way. First stop, the active Poás Volcano for epic views and photo opportunities by the crater. Next, head to a community coffee project to sample a cup and to learn about coffee production. Hungry? Sit down for a delicious typical lunch of freshly-caught tilapia from the local fish farm with plantains and the ever-present rice and beans. Then get hands-on with a tortilla-making lesson, full points for the best one! Roll into La Fortuna in the afternoon with time to settle into the hostel and grab a drink at the bar, and in the evening maybe treat yourself to a long soak in one of the many local hot springs. Hey, you deserve it right?



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

San José - Poas National Park

50km

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

Private Vehicle

Poas National Park - Sarapiquí

70km

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

ACTIVITY

Find out where your cup of java comes from. Visit the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí, see shade-grown coffee plants, learn about everything from harvesting, to husking, drying, and roasting the beans before enjoying the best part - a fresh cup! Enjoy a typical lunch of plantains, beans, and freshly caught tilapia fish. Feel good about all this eating and drinking knowing that you are supporting a G Adventures for Good project that helps 200 farmers and their families.

Private Vehicle

Sarapiquí - La Fortuna

100km

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

La Fortuna Orientation Walk

La Fortuna

Breathe in the fresh air and get your bearings in this scenic place.



Optional Activities - Day 2

Hot Springs Soak

La Fortuna

42-84USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise.

Ready for Adventure? There's so much to do in La Fortuna that we've given you an entire free day to choose for yourself, you'll thank us for it later. Maybe it's something active that's your jam like rappelling down a waterfall, whitewater rafting, or paddleboard on Lake Arenal. Otherwise, hanging out in the hostel with friends and a cold beverage is never a bad option either. A combination of these things you say? Sounds perfect!



Meals included

Breakfast



Optional Activities - Day 3

Gravity Falls Waterfall Jumping

La Fortuna

125USD

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

Stand Up Paddle (Lesson and Tour)

La Fortuna

65USD

Grab a long wide board and show those surfer dudes how it's done without waves on Lake Arenal with the volcano looming above. Tour picks up from the hotel and includes a tour of the west-end of the Lake while you're getting the hang of the paddle board. Enjoy the amazing view, with chances to spot wild birds like Great Blue Herons or even Howler Monkeys. Learn more about the area while exploring the lake and snack on some tropical fruit before heading back to the hotel. Please note the price listed does not include the IVA Tax.

Whitewater Rafting

La Fortuna

61-86USD

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

Lost Canyon Adventures Canyoning

La Fortuna

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

La Fortuna Waterfall Swim

La Fortuna

20USD

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

Hanging Bridges

Arenal

75USD

1h30m-2h

3km

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

Day 4

La Fortuna/Monteverde

If variety of transport is something you're looking for then you're going to love today. We'll make our way from La Fortuna by bus then boat across Lake Arenal then by bus again to the cloud forest of Monteverde. Scenery galore, keep the camera handy! Once we get to Monteverde don't get too comfortable yet as we'll head into the forest to fly across the canopy on zip lines for an adrenaline rush. Phew!



Meals included

Breakfast



Accommodation

Hotel Quetzal Inn Monteverde (or similar)

Hotel



Today's Activities

Shared Van

La Fortuna - Laguna de Arenal

30m

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

Boat

Laguna de Arenal

45m

Climb aboard and get your float on.

Shared Van

Arenal - Monteverde

2h

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

Canopy Zipline

Monteverde

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

Monteverde Orientation Walk

Monteverde

Get to know this prime destination for ecotourism and take in the scenery of lush rainforests and an impressive array of flora and fauna. Located in the heart of the Cordillera de Tilaran mountain range Monteverde is famous for its Cloud Forest Reserve.

Day 5

Monteverde

Today is all about you, to do as much (or as little) as you want, it's all good! Maybe check out the hanging bridges in the canopy to look for birds and wildlife, go horseback riding, visit a butterfly garden or just kick back at the cozy hostel and relax with a local craft beer in hand.



Meals included

Breakfast



Accommodation

Hotel Quetzal Inn Monteverde (or similar)

Hotel



Optional Activities - Day 5

Santa Elena Cloud Forest Guided Tour

Monteverde - Santa Elena

50USD

2-3km

Pull on your poncho and boots. It's time to head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan and Jane as you imagine swinging from the giant vines. Walk along 2 to 3km (about 1.5 mi) of trails at a leisurely pace, watch for wildlife, and trek to the top of the observation tower. Be sure to stop and listen, too. Hear the haunting call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the forest and sustaining the quality of local schools through payment of your park fees.

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.

Monteverde Butterfly Garden Visit

Monteverde

20USD

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

Monteverde Horseback Riding

Monteverde

45USD

2h30m-3h

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths, and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

El Trapiche Tour Monteverde

Monteverde

33USD

2h-3h

Step back in time into El Trapiche (the sugar mill), home of three generations of Costa Rican farmers. Explore plantations of sugar cane, coffee, bananas and cacao. Start with a walk through the farm, learn about coffee and cocoa harvesting processes, ride a Costa Rican ox cart, and finally make artisanal sugar cane candy and liquor. Finish the tour with a fragrant cup of coffee made from beans grown right here on the farm!

Day 6

Monteverde/Liberia

More great scenery and volcanoes you ask for? Sure thing, we've got you covered. Set off in your private ride to the Volcán Tenorio National Park where we'll hike through the jungle to a brilliant blue pool and waterfall of the Rio Celeste. Keep your eyes peeled for wildlife and birds! Carry on to Liberia in the afternoon and have time to relax after checking into the hostel in the evening before setting off to the Nicoya Peninsula the next day.



Meals included

Breakfast



Accommodation

Hotel Wilson Anexo (or similar)

Hotel



Today's Activities

Private Vehicle

Monteverde – Parque Nacional Volcan Tenorio

125km

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

Hike to Rio Celeste Waterfall

Parque Nacional Volcan Tenorio

5km

North of Lake Arenal lies another spectacular protected area called Volcán Tenorio National Park. We'll set off on foot from the main entrance and hike along jungle trails and down a series of stairways to the brilliantly blue Rio Celeste Waterfall. Take in the scenery and watch for wildlife like monkeys and birds in the canopy above before hiking out on the same trail.

Private Vehicle

Parque Nacional Volcan Tenorio – Liberia

100km

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

Liberia Orientation Walk

Liberia

Find your bearings and get to know Liberia, the capital of the northwestern province of Guanacaste in Costa Rica.

Day 7

Liberia/Nosara

Check a hidden gem off those travel lists today as the group heads for Poza Los Coyotes. This lesser known spot in Costa Rica allows for living out those jungle fantasies while you swim and explore the trails around the incredibly turquoise waters of the area's natural pools. Choose to go all in during your time there and rent an inflatable tube to float through the caves and in the natural pools. Or take a short stroll to see a waterfall and canyon. Next, continue down the Nicoya Peninsula to the laid-back beach town of Nosara to settle into the hostel. Take the rest of the afternoon to explore or get your beach on if you're feeling it. Is it beer o'clock yet?



Meals included

Breakfast



Accommodation

Travel 506 Hostel (or similar)

Hostel



Today's Activities

Private Vehicle

Liberia - Cañas Dulces

30m

17km

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

Visit to Poza Los Coyotes

Cañas Dulces

1h-1h30m

Poza Los Coyotes is a firm favorite with the locals, but it has only been open to the public since 2020. During the group's visit here you can swim and explore the trails in the area. The uniquely colored water comes from the Rincón de la Vieja and when the weather permits it turns a mesmerizing turquoise color. The dazzlingly blue shade comes from the water's high mineral content. There are options to rent inflatable tubes and float down through the caves and natural pools, the perfect way to relax and enjoy this unique, hidden gem just 20 minutes from Liberia.

Private Vehicle

Cañas Dulces - Nosara

3h-3h15m

138km

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

We only have one thing actually planned today but it's a good one. Hop in the van for a visit to one of the most picturesque beaches in all of Costa Rica; Playa Guiones. Think of this beach as the love child between a three-mile stretch of flat sand and incredible surf waves. You'll miss out on the big crowds some of the other beaches are known for in the area, and be able to both surf and swim in the warm waters. This is the kind of beach where you can goof around on a boogie board and also read a book, the vibes fit all your needs. Envision our day trip here as a secret paradise no one knew they needed. Afterwards, enjoy the rest of the day back in Nosara hanging out at the hostel with friends and a cold beverage, or watching the sunset with your toes in the sand.



Meals included

Breakfast



Accommodation

Travel 506 Hostel (or similar)

Hostel



Today's Activities

Private Vehicle

Nosara

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

Playa Guiones Visit

Nosara

Spend part of today exploring one of the most picturesque beaches in all of Costa Rica. Idyllic white sands stretching for three miles and some of the best waves a surfer will see along this stretch of coastline. Activities available are surfing, bike riding during low-tide, and swimming. It's the perfect place to stretch out on a towel, read a book, play some frisbee, and relax in the warm sun.



Optional Activities - Day 8

Surfing at Playa Guiones

Nosara

Catch a wave during our trip to Playa Guiones. This beach near Nosara is home to some of the best waves along this stretch of coastline. From boogie boarding to surfing there's an opportunity for everyone to experience the epic waves.

Swimming at Playa Guiones

Nosara

Hop in the warm waters of Playa Guiones and swim for as long as you like. The waves break farther away from shore so you will be able to enjoy relatively calm waters as you float around and enjoy the views of surfers catching some action.

Ok ok, we know the beaches in Nosara are great, but today we will leave the sand behind and head north along the coast to Guaitil, a small village famous for their Chorotega style pottery products. It will be like learning a new hobby that also gives you a deep appreciation for family traditions and creating something beautiful using the natural environment. What's not to love about that? Learn what's up from the owner of a small shop, and see how the pottery is made. Choose to grab some lunch and walk through the showrooms to see some of the finished products before we carry on to our hostel in Tamarindo for more beach vibes and great nightlife.



Meals included

Breakfast



Accommodation

Tamarindo Backpacker (or similar)

Hostel



Today's Activities

Private Vehicle

Nosara - Guaitil

1h30m-1h45m

45km

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

Visit to Guaitil Pottery Shop

Guaitil

Guaitil is a beautiful, quaint town nestled in the hills southeast of the town of Santa Cruz. The town is quiet and peaceful and the atmosphere makes you feel as if you are stepping back in time. The pottery is made by hand with ingredients solely from the earth through a process that has been handed down through generations for thousands of years. Learn what's up from Jesus, the owner of a small pottery shop and see how the pottery is made. Learn from Jesus, the owner of a small pottery shop, and see first-hand how the Chorotega-style pottery is made and maybe pick up some souvenirs before you go.

Private Vehicle

Guaitil - Tamarindo

1h30m-2h

55km

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

Day 10

Tamarindo

Surf's up! Take an included surf class in the morning and then the rest of the day is all yours. Feeling active? Try zip-lining, kayaking in the nearby national park or take a snorkelling trip. Can't get enough of the beach? Stay local and take to the sand and sea. Still want more? Chilling out at the hostel with friends is always a great option too.



Meals included

Breakfast



Accommodation

Tamarindo Backpacker (or similar)

Hostel



Today's Activities

Surf Lesson - Tamarindo

Tamarindo

Hit the beach and get ready to hang ten with a surf lesson from trained surf instructors. Spend some time in the water getting friendly with the waves, practice paddling, then pop up to balance on the wider, softer beginner boards.

Day 11

Tamarindo

Depart at any time, or maybe decide to add on a few more nights at the beach.



Meals included

Breakfast

What's included

- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Visit to Poás Volcano
- Tortilla-making lesson and typical lunch at Mi Cafecito community project
- Zip-lining in Monteverde
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What are the main highlights of this trip?

Look across the active crater of Poás Volcano, Learn about coffee production and support a local community, Zip-line above the cloud forest canopy in Monteverde, Hike through the jungle to the deep blue waterfall of Rio Celeste, Go surfing in Tamarindo, Enjoy free time to choose from optional activities or hang out at the hostels.

What are the main highlights of this trip?

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Is there an 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.

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

COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

What is the group leader like?

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

How large will the group be?

Max 24, avg 16

What meals are included in this trip?

10 breakfasts, 1 lunch

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?

Private vehicle, boat.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hostels (9 nts), Hotel (1 nt)

What kind of accommodation can I expect on this trip?

Accommodation will be primarily in multi-share hostels (typically 6-8 people per room), with a choice of mixed gender and female-only dorms as well as available upgrades to twin-share rooms (same gender).

Some rooming exceptions may apply due to the unique nature of the itineraries and of the hostels themselves, which have been specifically chosen to give local flavour to your trip. Please see the full itinerary description and the Rooming Exception section below for any specific exceptions to the rooming that may apply to this tour.

What are the joining instructions?

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

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

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

In case you don't see the sign, don't panic 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 CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, 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 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 should I take on my trip?

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

What should be on my packing list?

Costa Rica Water Activities:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When can I do my laundry on this trip?

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

What 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](#)

How much spending money do I need for my trip?

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?

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 as backup 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?

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 \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

La Fortuna

- Hot Springs Soak (42-84USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Stand Up Paddle (Lesson and Tour) (65USD per person)
- Whitewater Rafting (61-86USD per person)
- Lost Canyon Adventures Canyoning
- La Fortuna Waterfall Swim (20USD per person)

Arenal

- Hanging Bridges (75USD per person)

Monteverde

- Santa Elena Cloud Forest Guided Tour (50USD per person)
- Hanging Bridges Monteverde (56-60USD per person)
- Monteverde Butterfly Garden Visit (20USD per person)
- Monteverde Horseback Riding (45USD per person)
- El Trapiche Tour Monteverde (33USD per person)

Nosara

- Surfing at Playa Guiones
- Swimming at Playa Guiones

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

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

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

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

. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

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

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

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

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

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

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

Travel insurance 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?

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

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

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

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

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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