



## **Costa Rica: The Osa Peninsula & Manuel Antonio National Park**

8 days, San José to San José

Trip code CRSO

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Wildlife Excursion or Waterfall Hike & Yoga, Chirripó
- Complimentary arrival transfer
- Welcome dinner
- Visit the viewpoints and walking trails of Irazú Volcano
- Orientation walk of Puerto Jimenez
- Full-day hiking and wildlife expedition into Corcovado National Park with a naturalist guide
- Walk to a waterfall and have a traditional rural lunch at a mountain reserve
- Half-day excursion into Manuel Antonio National Park with a naturalist guide
- Farewell dinner
- Departure transfer
- All tips included for activities and meals, except for CEO and portering
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing July 31st, 2025 and onwards

# Itinerary

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**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: Pura Vida

Costa Rica is calling and you have answered. Dive head first into the capital bustling downtown and soak in the city's energy from the Plaza de la Cultura, centrally-located near the hotel. We welcome you to San José, and invite you to prepare for an unforgettable adventure of some of Costa Rica's best highlights and hidden gems.

Arrive to Costa Rica at any time and transfer to the hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head to a nearby restaurant for a delicious welcome dinner with new friends.



### Meals included

Dinner



### Accommodation

Gran Hotel Costa Rica (or similar)

Hotel



### Today's Activities

Arrival Transfer

Juan Santamaría International Airport - San José

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

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.

## Mount Chirripó Area: The Central Highlands

Swap the big city energy for stunning natural beauty as you take in the breathtaking views from the walking trails at Irazú Volcano, the highest active volcano in the country. If you're extremely lucky and the skies are clear it is possible to see both the Caribbean and Pacific coasts from the top. The evening provides a respite from the hustle and bustle as you settle into a wellness eco-camp at the foot of Chirripó Mountain, an ideal place to connect with nature and with your senses.

Travel from San José to the Chirripó Mountain area with a stop at Irazú Volcano before continuing to the eco-camp glamping retreat for the evening.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Kinkara Luxury Retreat (or similar)

Hotel

Kinkará is a one-of-a-kind holistic experience that is more than just the comfortable glamping facilities. Connect with nature through healthy and delicious farm-to-table meals made from local ingredients as well as through the many on-site activities available.



### Today's Activities

Private Vehicle

San José - Volcán Irazú

1h30m

50km

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

Private Vehicle

Volcán Irazú - Chirripó

3h

150km

Settle in and scan the scenery from the convenience of a private vehicle on the transfer to Kinkará eco-camp.

Irazu Volcano Hiking Trails

Volcán Irazú

Travel from San Jose to the lush forest of the Irazú Volcano area and go for a hike along the trails near the volcano. Make stops at viewpoints along the route for photos.

## Mount Chirripó Area: Your OMG Day

Freedom and choice are the order of the day to get the most out of this incredible part of the country. The nearby Cloudbridge Nature Reserve offers hiking and wildlife-spotting opportunities while closer to camp provides a waterfall hike with a swim and yoga. Allow the landscapes, movement and environment to revitalize your body and mind.

Choose either a wildlife excursion or a waterfall hike and yoga before lunch at the eco-camp. Enjoy a free afternoon for relaxing, on-site wellness activities, or to explore the trails around the camp on foot.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Kinkara Luxury Retreat (or similar)

Hotel

Kinkará is a one-of-a-kind holistic experience that is more than just the comfortable glamping facilities. Connect with nature through healthy and delicious farm-to-table meals made from local ingredients as well as through the many on-site activities available.



### Today's Activities

Free Time

Chirripó

Spend a free afternoon enjoying the wellness amenities and optional activities at your camp in the Mount Chirripó area.

#### ACTIVITY

Option 1: With plenty of wildlife in the area, the nearby Cloudbridge Nature Reserve is perfect for a morning excursion. Hike and explore the jungle environment searching for birds, mammals, and reptiles.

Option 2: Remain closer to camp and embark on a waterfall hike with a refreshing swim. Afterwards return to the hotel and take a relaxing yoga class. Allow the serene landscapes and flowing movement revitalize your mind and body.



## Optional Activities - Day 3

Wellness Activities at Kinkará

Chirripó

Indulge yourself in some of the many wellness activities available on-site at Kinkará. Choose from yoga classes, meditation sessions, a temazcal-inspired ceremony, and more. Your CEO can help to recommend and book the activities depending on your interest.

Day 4

## Puerto Jimenez: The Osa Peninsula

The Osa Peninsula is Costa Rica's final frontier, home to vast wilderness, wildlife and incredible diversity, and it will be our playground for the next couple of days. The journey south provides continuously changing landscapes until reaching the pristine coastal rainforest and stretches of wild ocean as far as the eye can see.

Travel south to the town of Puerto Jimenez. Take an orientation walk around town with the CEO followed by an optional walk to the nearby beach.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Botanika (or similar)

Hotel



### Today's Activities

Free Time

Puerto Jiménez

Free time to lounge in paradise.

Private Vehicle

Chirripó - Puerto Jiménez

4h

230km

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

Puerto Jimenez CEO-led Orientation Walk

Puerto Jiménez

Head out with your CEO on an orientation walk of the area. Take in the vast wildness of the Osa Peninsula.

Set off on an unforgettable expedition into the wilds of Corcovado National Park, a natural treasure of Costa Rica. One of the most biodiverse places on the planet, we will venture in and out by boat to head into the park on foot in search of an array of tropical birds and wildlife like toucans, monkeys and the elusive jaguar. When you hear the distinctive call, turn your eyes skyward to catch a glimpse of colourful macaws, usually flying in pairs and gleaming in the sun.

Embark on a full-day hiking and wildlife excursion into Corcovado National Park with a local naturalist guide.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Botanika (or similar)

Hotel



### Today's Activities

Corcovado National Park Full-day hiking and Wildlife Excursion

Parque Nacional Corcovado

4h

Spend the day in Corcovado National Park on a hiking and wildlife-spotting excursion with a naturalist guide. Begin with a boat transfer to the entrance and look for wildlife and admire the jungle scenery in one of the most biodiverse places on the planet. After, venture back into the park on foot and look up into the trees for tropical birds. Board a boat transfer back to the hotel.

## Manuel Antonio National Park: The Pacific Coast

Beautiful beaches and small towns dot the Pacific coastline from north to south, with hidden coves and surf breaks coming into sight as you round each corner. Take in the sweeping views and hike to a waterfall before descending down to one of Costa Rica's most well-known gems at Manuel Antonio National Park.

Travel from the Osa Peninsula to Manuel Antonio National Park with a stop en route for a hike and a typical rural lunch.



### Meals included

Breakfast | Lunch



### Accommodation

Parador Nature Resort and Spa (or similar)

Hotel



### Today's Activities

Free Time

Manuel Antonio

Spend a free evening in Manuel Antonio and grab dinner on your own.

Private Vehicle

Parque Nacional Corcovado - Manuel Antonio

4h-5h

256km

Settle in and scan the scenery from the comfort of your private vehicle between Corcovado and Manuel Antonio. Enjoy a stop at the Cristal Ballena Lodge along the way for a walk through the rainforest and a typical lunch.

Cristal Ballena Rainforest Trail

Ballena

The Cristal Ballena Rainforest Trail takes you through a private reserve located behind the lodge's property. The trail is an approximately 1¼-mile walk through the jungle, during which you will have an opportunity to observe howler and capuchin monkeys, Leafcutter ants, coatimundis, and many other jungle animals.

Day 7

## Manuel Antonio National Park: Wildlife and Beaches

Wildlife, birds and natural beauty abound as you head into Manuel Antonio National Park to walk the coastal jungle trails. Embrace the slower pace like the resident sloths of the forest to appreciate the lush environment packed with wildlife before settling on one of the park's idyllic beaches for a swim.

Take a half-day excursion into Manuel Antonio National Park with a naturalist guide. Free afternoon for relaxing at the beach and optional activities before a farewell dinner in the evening.



### Meals included

Breakfast | Dinner



### Accommodation

Parador Nature Resort and Spa (or similar)

Hotel



### Today's Activities

Free Time

Manuel Antonio

Free afternoon for optional activities in the Manuel Antonio area.

Manuel Antonio National Park Tour

Manuel Antonio

Pack your sunscreen, snack, beach shoes, and prepare for a great day in Costa Rica's smallest yet no less stunning national park. Manuel Antonio offers four white-sand beaches, separated by jagged rock outcrops and tidal pools. Swim, snorkel, surf, and sunbathe. When you're all beached out, head to the shade of the nearby hiking trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.



### Optional Activities - Day 7

Kayaking

Manuel Antonio National Park

70USD

Choose to kayak the calm waters of the mangroves or paddle the waves of the Pacific. In the Damas Island estuary, the ocean meets fresh water rivers and creates a protected home for birds, snakes, crocodiles, and white face monkeys. For the more adventurous, opt for an open-seat ocean kayak and

paddle along the shoreline and nearby islands, keeping an eye out for frigates, boobies, and jumping fish. Minimum age: 6-8 depending on tour type.

Surfing

Manuel Antonio National Park

55-75USD

1h-5h

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

Day 8

## San José

Leave the coast behind and relive the memories on the return to San Jose and on the onward travels home.

Two departure shuttles will be provided from the Manuel Antonio hotel directly to the San José airport, where the tour ends on arrival.

Please note: Departing flights should be booked no earlier than 3pm.



### Meals included

Breakfast



### Today's Activities

Departure Day

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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Wildlife Excursion or Waterfall Hike & Yoga, Chirripó
- Complimentary arrival transfer
- Welcome dinner
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- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Take in the breathtaking views from Irazú Volcano, Savour delicious farm-to-table cuisine at a wellness eco-camp, Search for wildlife in the pristine Corcovado National Park, Spot sloths and hit the beach in Manuel Antonio National Park

## What are the main highlights of this trip?

Take in the breathtaking views from Irazú Volcano, Savour delicious farm-to-table cuisine at a wellness eco-camp, Search for wildlife in the pristine Corcovado National Park, Spot sloths and hit the beach in Manuel Antonio National Park

## **Is there a disclaimer I should read before booking 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?**

Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.

### **ACCOMMODATION NOTE:**

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

## **What is the group leader like?**

All 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 traveling 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 16, avg 12

## What meals are included in this trip?

7 breakfasts, 5 lunches, 4 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is affordable. 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. 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, 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?

Hotels (5 nts), Permanent glamping tent with shared facilities (2 nts).

## Will I get my own room?

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

## What is the joining hotel?

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

## What are the joining instructions?

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

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

From the customs checkpoint please continue to the airport exit doors and outside there will be a 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 transfer or if an arrival transfer is included in the cost of your tour, please note that:

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712 WhatsApp Available)

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 instructions should I follow at the finishing point?

Two departure shuttles will be provided from the Manuel Antonio hotel directly to the San José airport, where the tour ends on arrival. Departing flights should be booked no earlier than 3pm.

## 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 available at almost every stop on the trip. If you would prefer to do your own laundry, we suggest you bring non-polluting/biodegradable soap. Please note that it may be difficult for your clothes to dry quickly due to the high humidity of Costa Rica.

## 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 with travellers cheques 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.

Please be advised that during the first week of this trip, it may be difficult to exchange travellers' cheques and visit functioning ATMs, so it is advisable to withdraw enough cash to last for the first week while you are in San Jose prior to leaving. There are ATMs along the way on Days 2 and 3, but these have been known to malfunction. As of Day 7, there are plenty of ATMs for cash withdrawal.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn US dollar 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](http://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?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Portage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Latin America to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

## What activities are optional on this trip?

### Chirripó

- Wellness Activities at Kinkará

### Manuel Antonio National Park

- Kayaking (70USD per person)
- Surfing (55-75USD per person)

## Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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 rules should I know before joining this trip?

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

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

## How can I share feedback about my trip experience?

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](mailto: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/](http://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 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.