



Costa Rica: Tortuguero, Arenal & Manuel Antonio

10 days, San José to Quepos

Trip code CRTQ

What's included

- Your G for Good Moment: Mi Cafecito Coffee Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Ziplining or Mistico Hanging Bridges, La Fortuna
- Your Wellness Moment: Eco Termales Hot Springs Resort and Dinner, La Fortuna
- Complimentary arrival transfer
- Welcome dinner
- 2 days of kayaking in Tortuguero National Park
- Walk to a waterfall in San Miguel de Sarapiquí
- Day pass at Tabacón Hot Spring Resort
- Hanging bridges excursion to spot wildlife from La Fortuna
- Hike to the Rio Celeste Waterfall in Volcán Tenorio National Park
- Guided tour of Manuel Antonio National Park
- Farewell dinner
- Departure transfer
- All tips included for activities and meals, except for CEO and portage
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing July 7th, 2026 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 Jose: Welcome to the Jungle

Feel the warm air hit your face as you step out of the plane in Costa Rica. Fall into the pace of the traffic and beeping car horns as you take in the sights and sounds of this vibrant Central American country en route to the city centre. We welcome you to San José, and while technically not quite in the jungle just yet, we invite you to embrace all of the new and exciting things that await.

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



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.

Tortuguero National Park: Kayaking in the Canals

See the landscape dramatically change as you head out of the city and through the lush Braulio Carrillo National Park en route to the coast. Before long you'll be gliding through the canals of Tortuguero in a kayak, keeping a lookout for tropical birds, reptiles and monkeys that call this place home. Settle into the comfortable lodge for the night and fall asleep to the sounds of the jungle.

Travel by minibus and boat from San José to Tortuguero National Park. After lunch, take the first of 2 kayaking excursions to the nearby canals to spot wildlife.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

San José - Caño Blanco

2h30m

115km

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

Boat

Caño Blanco - Tortuguero

1h30m

Sit back and relax as you travel by boat from La Pavona to the lodge in Tortuguero.

Free Time

Tortuguero

Spend a free evening relaxing before dinner at the lodge. Enjoy the various amenities on the property.

Guided Kayak Excursion

Tortuguero

15m

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

Wake early and prepare for more exploration of Tortuguero's waterways to spot wildlife. Catch the light glinting off of a Morpho butterfly's blazing blue wings as you paddle along the canals and listen to the calls of the forest. In the evening, you could take an excursion to visit the nesting grounds of green and leatherback turtles for which the national park was named, and perhaps spot the females laying eggs on the beach (seasonal, July to October).

Take an optional morning boat safari to spot wildlife at dawn when things are most active. After breakfast head out again by kayak to explore some of the secondary canals and waterways. Enjoy free time in the afternoon to visit the nearby town or to relax by the pool.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Free Time

Tortuguero

The afternoon is free for optional activities in the area or to take advantage of the amenities at the lodge. Later in the evening opt to visit a turtle nesting ground (seasonal, July to October).

Tortuguero Morning Kayaking Excursion

Tortuguero

3h

Hop back into a kayak and set off onto the calm morning waters to explore some secondary canals and waterways in the national park. Try to spot wildlife like, tropical birds, reptiles, and mammals as the sun warms the day. Keep watch for toucans, monkeys and sloths in the canopy above you as you glide through the water.



Optional Activities - Day 3

Tortuguero National Park Guided Boat Tour

Tortuguero National Park

75USD

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

Turtle Nesting Night Excursion (Seasonal)

Tortuguero National Park - Tortuguero

51USD

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

Leaving the coast behind, we'll head inland with a stop at a G Adventures-supported coffee cooperative along the way. Learn all about how coffee is harvested and produced as you sip a delicious cup of one of Costa Rica's most tasty indulgences. Stretch your legs and soak in the scenery on a walk to a nearby waterfall before a typical lunch and then continue onwards towards Caño Negro, one of the most dynamic and biodiverse ecosystems in Costa Rica.

Travel by boat and bus from Tortuguero to Caño Negro with a stop en route at a coffee cooperative. Arrive to Caño Negro in the evening and enjoy an included dinner with the group.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Boat

Tortuguero National Park – La Pavona

1h30m

Climb aboard and get your float on.

Private Vehicle

Caño Blanco – Caño Negro

4h15m

155km

Enjoy the scenery on the drive from Tortuguero to Caño Negro with a stop along the way to Mi Cafecito.

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! Before lunch set out on a short hike short hike near Mi Cafecito to a waterfall. 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.

Discover the rich biodiversity and cultural traditions of Caño Negro today. Cruise along the Rio Frio and through the Caño Negro Wetlands in search of wildlife, then visit a local island community to enjoy a traditional Costa Rican lunch and learn about the region's heritage. This evening, delve into the culinary traditions of the Maleku people during an interactive gastronomic demonstration, followed by a tasting dinner featuring the flavours of northern Costa Rica.

Visit the Caño Negro Wetlands on a wildlife-viewing boat excursion, followed by lunch and a cultural visit with a local community. In the evening, learn about Maleku culinary traditions during a gastronomic demonstration and tasting dinner.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Tour of Caño Negro Wetlands

Caño Negro

Set out by boat from the private dock of Hacienda Caño Negro and explore the peaceful waterways of the Rio Frio and Caño Los Patos. As you glide through this rich wetland ecosystem, keep an eye out for the incredible wildlife that calls the region home, including caimans, crocodiles, monkeys, sloths, turtles, iguanas, and a remarkable variety of resident and migratory bird species.

Continue to the Caño Negro Wetlands, one of Central America's most important wildlife refuges and biodiversity hotspots. From the observation tower, take in sweeping views of the wetlands while learning about the ecological significance of this unique and thriving ecosystem.

Traditional Lunch and Community Encounter

Caño Negro

Enjoy a traditional Costa Rican lunch on a small island community in the heart of Caño Negro. Prepared by local families using recipes passed down through generations, the meal offers a delicious introduction to the region's culinary heritage.

Following lunch, connect with community members as they share stories about the history, traditions, and daily life of Caño Negro. Round out the experience with a visit to a local butterfly garden and a traditional crafts workshop, providing a deeper understanding of the culture and way of life that have shaped this unique corner of Costa Rica.

Maleku Dinner

Caño Negro

Enjoy dinner featuring flavours inspired by the traditions of the Maleku, one of northern Costa Rica's Indigenous communities. The meal highlights local ingredients and culinary influences that have shaped the region's food culture.

Set out for Volcán Tenorio National Park and hike through lush rainforest trails to the stunning turquoise waters of Rio Celeste Waterfall. Continue to Maleku territory to connect with the local community and enjoy a traditional lunch before ending the day in La Fortuna, near the base of Arenal Volcano.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Caño Negro – Parque Nacional Volcan Tenorio

2h

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 – Reserva Maleku

1h

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

Community Lunch at Rancho Tojijifuru

Reserva Maleku

Learn about the Maleku community, Costa Rica's smallest Indigenous group with a population of approximately 650 people, and discover their history, traditions, and cultural connection to cacao before enjoying a traditional lunch prepared with local ingredients and recipes.

Private Vehicle

Reserva Maleku – La Fortuna

1h30m

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

Today is all about you. Fly through the lush forest canopy on a series of zip-lines and platforms or hanging bridges, walking along and trying to spot wildlife. Whichever option you choose, your muscles will appreciate a soak in the restorative thermal springs and waterfalls of Eco Termales Resort, a luxurious and relaxing way to spend the evening.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

ACTIVITY

Option 1: Soar through the lush jungle forest on ziplines and enjoy the views from the canopy.

Option 2: Walk along Hanging Bridges and try to spot wildlife from the canopy.

Both excursions begin and end at the hotel in La Fortuna.

Free Time

La Fortuna

Enjoy free time at the hotel in La Fortuna. Relax or find some hot springs to soak in and let the day pass luxuriously.

ACTIVITY

Indulge yourself and soak those weary muscles in Costa Rica's largest network of naturally flowing thermal springs surrounded by beautiful gardens. Move from pool to pool of varying temperatures and with cascading waterfalls and get revitalized with the mineral water, naturally heated by the Arenal Volcano. Enjoy a delicious dinner before returning to the hotel.

Manuel Antonio National Park: To the Pacific Coast

With the Arenal Volcano in the rearview mirror, head south through Costa Rica's lush interior to the Pacific coast and to the iconic Manuel Antonio National Park. Take in the sweeping views as you catch glimpses of the ocean through the rainforest canopy. The afternoon is yours to head to the beach or relax by the hotel pool.



Meals included

Breakfast



Today's Activities

Private Vehicle

La Fortuna - Quepos

4h30m-5h

210km

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

Free Time

Manuel Antonio

Take advantage of a free afternoon to head to the beach or book an optional activity like a surf class or go kayaking.



Optional Activities - Day 8

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.

Manuel Antonio National Park: Wildlife and Beach

Manuel Antonio National Park is a bold representation of the natural diversity that Costa Rica has on full display. Walk through the lush coastal rainforest on the lookout for monkeys, birds and sloths and take in the sweeping views of the Pacific Ocean as you stroll along the impossibly picturesque beach. Share stories and memories over a meal with your fellow travellers in the evening as the sun dips below the horizon.

Set off with a local guide on a visit of Manuel Antonio National Park. Enjoy some free time in the afternoon before a farewell dinner in the evening.



Meals included

Breakfast | Dinner



Today's Activities

Manuel Antonio National Park Guided Hike

Manuel Antonio

2h-3h

3km

Pack your sunscreen, camera, hiking shoes and bug repellent and prepare for a great day in Costa Rica's smallest yet biodiverse national park. Manuel Antonio offers four white sand beaches, separated by jagged rock outcrops and tidal pools. Head to the shade of the nearby tropical forest in search of sloths, monkeys, armadillos and iguanas. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands. Learn how the wildlife has adapted to their environment and enjoy your exotic experience.

Free Time

Manuel Antonio

Spend some extra time exploring the park or head to the beach to relax and take a swim.

Today your adventure comes to an end, but the memories made during your time in Costa Rica will live on. Transportation will be provided to the San José airport, where the tour ends upon arrival.

Two shuttles will be provided, one early departure, arriving to the airport around midday and another arriving in the early afternoon. Outbound flights from San José (SJO) should depart 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 G for Good Moment: Mi Cafecito Coffee Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Your OMG Day: Ziplining or Mistico Hanging Bridges, La Fortuna
- Your Wellness Moment: Eco Termales Hot Springs Resort and Dinner, La Fortuna
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- Guided tour of Manuel Antonio National Park
- Farewell dinner
- Departure transfer
- All tips included for activities and meals, except for CEO and portage
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Spot tropical birds and monkeys while kayaking Tortuguero's canals, Soar above the canopy on zip-lines or cross hanging bridges to spot wildlife, Soak in the restorative thermal springs at Tabacon Resort, Hike to the striking blue waters of a waterfall in Volcán Tenorio National Park, Search for monkeys and sloths on a walk through Manuel Antonio National Park, Spend free time relaxing on the beach at Manuel Antonio

What are the main highlights of this trip?

Spot tropical birds and monkeys while kayaking Tortuguero's canals, Soar above the canopy on zip-lines or cross hanging bridges to spot wildlife, Soak in the restorative thermal springs at Tabacon Resort, Hike to the striking blue waters of a waterfall in Volcán Tenorio National Park, Search for monkeys and sloths on a walk through Manuel Antonio National Park, Spend free time relaxing on the beach at Manuel Antonio

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 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 role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO 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 12

What meals are included in this trip?

9 breakfasts, 6 lunches, 7 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, kayak, 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 (7 nts), Jungle Lodge (2 nts).

If I choose to purchase My Own Room, are there any exceptions during the trip?

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

Travel by minibus from Manuel Antonio directly to the San José airport, where the tour ends. Two shuttles will be provided, one early departure, arriving to the airport around midday and another arriving in the early afternoon. Outbound flights from San José (SJO) should depart no earlier than 3pm.

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?

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, 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
- 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

Where 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 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?

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

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!

Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

What are the tipping guidelines for this 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 \$8-10 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?

Tortuguero National Park

- Tortuguero National Park
Guided Boat Tour (75USD per person)
- Turtle Nesting Night Excursion
(Seasonal) (51USD per person)

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 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: 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?

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.

What are the age restrictions for 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.