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Sorry! There are no remaining departures for "Costa Rica Volcanoes & Surfing" (CRVS), [but here are some similar trips](#).



Costa Rica Volcanoes & Surfing

9 days, San José to San José

Trip code CRVS

What's included

- Your G for Good Moment: Life Monteverde Experience, Monteverde
- Your Welcome Moment: Meet Your CEO and Group

- Your Discover Moment: La Fortuna
- Your Hands-On Moment: Stand-Up Paddle and Kayak Combo, Arenal
- Your Discover Moment: Monteverde
- Your Hands-On Moment: Surfing Lesson, Santa Teresa
- Sarapiquí River Rafting
- Guided cloud forest night walk (Monteverde)
- Beach time in Santa Teresa
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing November 1st, 2019 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.

Arrive in San José at any time. Check into our hotel and enjoy the city.

If you arrive early, head into downtown San José to visit a museum, shop or people-watch in the main plaza, a good place to watch San José at its most lively. A mime, juggler, marimba band, magician, or storyteller may be performing for tips, and artisan booths are common, creating a regular arts and crafts fair atmosphere.



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.

Day 2

San José/La Fortuna

Get up early to start your adventure with class II and III rapids on the Sarapiquí River. Continue on to La Fortuna for the night.

Once in La Fortuna you'll find many optional activities available, including mountain biking, caving, horseback riding or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents.

Today's Activities

Private Vehicle

San José - La Fortuna

3h

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

Sarapiquí River Rafting

Sarapiquí

4h

Duck, dodge, and paddle your way down the Sarapiquí River on this class 3 rafting trip. We like to call this section of the river "The Jungle Run" - don't miss the monkeys, iguanas and other amazing Costa Rican wildlife while you fly down the rolling rapids. Try and keep up while your guide directs the rafts and calls out directions... "Paddle Hard!" "Right Paddle!" "Back Paddle!" "Get Down!".

Free Time

La Fortuna

Free day in La Fortuna. Experience the outdoor adventures and amazing wildlife and natural wonders in this area.

Optional Activities - Day 2

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.

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.

Caño Negro Wildlife Refuge Tour

La Fortuna - Caño Negro

65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Venado Caves Exploration

La Fortuna

78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

Arenal Horseback Riding

Arenal

66-68USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. Visit waterfalls and end your journey with a good gallop.

Arenal Volcano Park Hike

Arenal

53USD

Head out to see nature first hand. Break a sweat in the lush humid jungle around the slopes of Arenal Volcano and keep an eye out for monkeys, birds and sloths.

Ecotermals Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermals. 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. Please note the price listed does not include the IVA Tax.

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.

Birdwatching

La Fortuna

Set out on a bird watching adventure with a local expert. Depending on the season, explore around Arenal Volcano and Lake, visit El Silencio Nature Reserve, or Finca Luna Nueva. The area around Arenal is home to more than 350 species of birds. Look for toucans, parrots, Montezuma Oropendolas, colourful tanagers, and parakeets.

Enjoy free time to fully explore the area. Opt to go for a swim in a nearby swimming hole, go kayaking, or get spoiled with a massage.

Get your adrenaline pumping and pre-book the Costa Rica Adrenaline Bundle on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



Optional Activities - Day 3

Gravity Falls Waterfall Jumping

La Fortuna

125USD

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Mountain Biking

La Fortuna

79USD

3h-5h

13-15km

Rent a bike and head off along one of the backroads outside of town. Take the road to San Ramon and turn right on the road toward the waterfall. Or take a guided cycling tour and pick one of three routes of varying difficulty. Please note the price listed does not include the IVA Tax.

Ecotermals Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermas. 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. Please note the price listed does not include the IVA Tax.

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Arenal

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Birdwatching

La Fortuna

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Costa Rica Adrenaline Bundle

La Fortuna

CANYONING (Half-day Arenal)

Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)

Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 – 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Caño Negro Wildlife Refuge Tour

La Fortuna – Caño Negro

65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles,

fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Enjoy both stand-up paddleboarding and kayaking on Lake Arenal this morning before travelling by boat and private vehicle to Monteverde. Enjoy a G for Good farm experience and coffee tour. Take an included guided night walk to learn about nocturnal life in the jungle firsthand.

From La Fortuna, travel by van to the shores of Lake Arenal where you'll try your hand (and your balance) at both kayaking and stand up paddleboarding. Afterwards, board a boat for the half hour boat ride across the lake. When we arrive at Rio Chiquito, we switch to waiting vans to drive the final leg up into the cool, misty mountain air of the Monteverde Cloud Forest.

Today's Activities

ACTIVITY

Zip up your life jacket, grab a paddle and get ready to be wowed by beauty in every direction. Technics and tricks will be taught for both stand up paddle boarding and kayaking, and there will be time allotted to enjoy both. Admire Arenal Volcano as you kayak the blue-green waters of Lake Arenal, Central America's second largest lake. Scan the shores for more than 300 species of birds, listen for howler monkeys and fish for sharp-toothed rainbow bass. Take time to float and soak in the stunning scenery of the rolling hills, secret coves and sky that stretches forever.

Boat

Laguna de Arenal - Río Chiquito

30m

Climb aboard and get your float on.

Private Vehicle

Río Chiquito - Monteverde

2h30m

35km

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

ACTIVITY

Enjoy a visit to Life Monteverde, a coffee cooperative made up of 12 local families, dedicated to educating Costa Rica and the world about sustainable farming and conservation. Your visit here directly benefits Life Monteverde's educational programs, which provide free access to local school groups, and training for Costa Ricans. Walk through the plantations of various tropical plants including bananas and pineapples, and learn about coffee growing and production, as well as various sustainable agriculture techniques like converting animal waste to fuel. Also make sure to taste the delicious coffee before you go!

Guided Cloud Forest Night Walk

Monteverde

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

Enjoy a free day to explore the cloud forest region of Costa Rica. Opt to fly across canopy ziplines, tour a coffee plantation, or go horseback riding in the hills.



Optional Activities - Day 5

Sky Walk

Monteverde

55USD

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

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.

Ziplining

Monteverde

3h-4h

Buckle up your harness, don your helmet, and prepare to launch. Glide along cables suspended high above the cloud forest canopy. Dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you spot a toucans or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

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.

Monteverde Coffee Plantation Tour

Monteverde

40USD

No trip to Costa Rica is complete without visiting a coffee plantation. Head to Café Monteverde and learn how this fair trade coffee goes from crop to cup. Pick ripe berries, watch how the beans are separated from the husk, then observe the drying and roasting process. Sample and buy some of these excellent beans. The Santa Elena coffee co-op prides itself on sustainable practices: it recycles processing water, uses coffee pulp for fertilizer, and sends plant fibers and husks to make paper.

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!

Travel to the best of Costa Rica's Pacific coast. Enjoy an included surf lesson; try it for the first time or fine-tune skills. Afterwards, kick back and enjoy this beach paradise.

Head to the Pacific coast for some much needed beach time and an opportunity to enjoy the waves. Playa Santa Teresa and Malpais are small towns frequented by surfers. Beginners and intermediate surfers alike should take advantage of the two included surf lessons to fine-tune skills.

Cabo Blanco Nature Reserve is located next to Malpais, take a hike to explore the area or check out the snorkelling at Secret Beach.



Today's Activities

ACTIVITY

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

Shared Van

Paquera - Santa Teresa

1h30m

52km

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

Shared Van

Monteverde - Puntarenas

2h

60km

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

Ferry

Puntarenas - Paquera

Get to the next spot on your route aboard a convenient and efficient ferry boat.



Optional Activities - Day 6

Cabo Blanco Boat Ride

Malpais

180-210USD

Costa Rica's first protected area (established in 1963) is located on the southern tip of the Nicoya Peninsula. Breeze through humid tropical forest, past tall spiny cedar trees, and if you are quiet enough, spot white-tailed deer, anteaters, armadillos and howler and capuchin monkeys. Off the coast, look for the guano-covered island of Cabo Blanco (White Cape), home to thousands of seabirds including brown pelicans, frigate birds, terns, and brown boobies.

Snorkelling

Malpais

Grab a snorkel and flippers and explore the underwater world near Malpais. Keep an eye out for a variety of marine life, including manta rays and dolphins.

Swimming

Santa Teresa

Grab your bathing suit and go for a refreshing swim.

Enjoy another included surf lesson, then spend the rest of the day relaxing or taking part in other optional activities in the area.



Meals included

Breakfast



Today's Activities

ACTIVITY

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.



Optional Activities - Day 7

Swimming

Grab your bathing suit and go for a refreshing swim.

Cabo Blanco Boat Ride

Malpais

180-210USD

Costa Rica's first protected area (established in 1963) is located on the southern tip of the Nicoya Peninsula. Breeze through humid tropical forest, past tall spiny cedar trees, and if you are quiet enough, spot white-tailed deer, anteaters, armadillos and howler and capuchin monkeys. Off the coast, look for the guano-covered island of Cabo Blanco (White Cape), home to thousands of seabirds including brown pelicans, frigate birds, terns, and brown boobies.

Day 8

Santa Teresa/San José

Enjoy a morning at the beach, then transfer back to the capital for a final evening with the group.

Squeeze in a morning surf before embarking on our journey back to the capital, San José. Arrive in the evening (approx 9pm) in time to shower and head out for a final night on the town.



Meals included

Breakfast



Today's Activities

Local Bus

Santa Teresa - San José

8h

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

Day 9

San José

Depart at any time.



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: Life Monteverde Experience, Monteverde
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: La Fortuna

- Your Hands-On Moment: Stand-Up Paddle and Kayak Combo, Arenal
- Your Discover Moment: Monteverde
- Your Hands-On Moment: Surfing Lesson, Santa Teresa
- Sarapiquí River Rafting
- Guided cloud forest night walk (Monteverde)
- Beach time in Santa Teresa
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Surf the waves at one of the best breaks in the country, feel the adrenaline of white water rafting on the Sarapiquí River, catch views of Arenal Volcano on a lakeside paddleboarding and kayaking excursion, watch the sunset over the Pacific.

What are the main highlights of this trip?

Surf the waves at one of the best breaks in the country, feel the adrenaline of white water rafting on the Sarapiquí River, catch views of Arenal Volcano on a lakeside paddleboarding and kayaking excursion, watch the sunset over the Pacific.

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?

1) 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.

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

3) Surfboards are included only during surfing classes. Sizes and styles may vary according to availability.

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 16, avg 12

What meals are included in this trip?

2 breakfasts

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. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Public bus, private vehicle, 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?

Hotels (8 nts).

Will I get my own room?

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

What 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?

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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 hotels 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 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.

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. Please note that in Costa Rica, a 23% charge is added on to almost every meal (13% tax, 10% tip). Further tipping for wait staff is appropriate in the case of excellent 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

- Gravity Falls Waterfall Jumping (125USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)
- Venado Caves Exploration (78USD per person)
- Ecotermals Hot Springs (64USD per person)
- Lost Canyon Adventures Canyoning
- Birdwatching
- Mountain Biking (79USD per person)
- Costa Rica Adrenaline Bundle

Arenal

- Arenal Horseback Riding (66-68USD per person)
- Arenal Volcano Park Hike (53USD per person)

Monteverde

- Sky Walk (55USD per person)
- Monteverde Butterfly Garden Visit (20USD per person)
- Ziplining
- Santa Elena Cloud Forest Guided Tour (50USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)
- Monteverde Horseback Riding (45USD per person)
- El Trapiche Tour Monteverde (33USD per person)

Malpais

- Cabo Blanco Boat Ride (180-210USD per group)
- Snorkelling

Santa Teresa

- Swimming
- Swimming

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.

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: 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 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?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

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.