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Sorry! There are no remaining departures for "Cycle Central America" (CNGP), [but here are some similar trips](#).



## **Cycle Central America**

16 days, Granada to Panama City

Trip code CNGP

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Puerto Viejo de Talamanca

- Guided cycling trip from Granada to Masaya Volcano
- Masaya Volcano National Park visit
- G Adventures-supported homestay on Ometepe Island with a local family
- Guided cycling trip around Concepción Volcano (Ometepe)
- Two guided half-day mountain biking excursions from La Fortuna
- Two guided full-day cycling trips in central Costa Rica between Cartago and Turrialba
- Whitewater rafting on the Pacuare River
- Beach time in Puerto Viejo and Bocas del Toro
- Full-day guided cycling tour from Boquete
- Guided mountain biking trip in Soberania NP (Panama City)
- All transport between destinations and to/from included activities

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

**VALIDITY:** Valid for all trips departing June 3rd, 2016 and onwards

# Itinerary



## Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the Tour Details.

**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

## Granada

Arrive at any time.

Arrive in Granada at any time. Granada is approximately one hour from the Managua International Airport, and taxis are readily available to transfer you to the hotel. Check into our hotel and enjoy the city.

Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and the other group members.

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### 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.

Cycle along the backroads from Granada to a nearby picturesque villages, stopping off at a viewpoint overlooking the Laguna de Apoyo crater lake. Get up close and personal with the active Masaya Volcano, then transfer south to cross Lake Nicaragua by ferry to reach Ometepe for a G Adventures-supported homestay with a local family.

Depart Granada at 7:00am for our first journey on two wheels. Head to one of Nicaragua's famous active volcanoes in Volcán Masaya NP.

Cycle along a paved road out of Granada surrounded by the incredible natural beauty of Nicaragua.

Travel south to San Jorge where we board a ferry and cross Lake Nicaragua to arrive at Ometepe Island. This unspoiled island paradise formed out of the lava flowing in between two volcanoes, Maderas and Concepción, is a nature-lover's dream.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Cycling Granada to Masaya

Granada - Masaya

7h

17km

Enjoy getting out on two wheels on the road between Granada and Masaya Volcano National Park. The scenic route is mostly on unpaved backroads and passes through the picturesque villages called the Pueblos Blancos before stopping off at a viewpoint overlooking the Laguna de Apoyo crater lake. Hop on the main highway for the final 5km before arriving to the entrance of Masaya Volcano National Park.

Volcán Masaya National Park Visit

Volcán Masaya

Experience the energy and excitement of getting up close and personal with an active volcano. See the crater spew smoke and gas. Walk in a moonscape of lava rocks and stunted shrubs. Stop by the visitor's centre and learn about the history of Masaya and many other volcanoes in Nicaragua. See lizards, deer and raccoons and find out about the local parakeets and bats who call the crater and nearby caves home.

Private Vehicle

Masaya - San Jorge

1h30m

75km

Travel from Laguna de Apoyo to San Jorge to catch the ferry to Ometepe.

Ferry

San Jorge - Moyogalpa

1h

10km

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

Private Vehicle

Moyogalpa - Isla de Ometepe

Transfer from Moyogalpa dock to homestay

Pueblo Hotel Community Guesthouse Stay

Isla de Ometepe

Stay with a local family by the lake in the small rural village of Los Angeles, on Ometepe Island. Your presence is supporting this community-owned and operated business. While you're here, practice Spanish, enjoy authentically-cooked fresh food and explore the island!

Day 3

## Isla de Ometepe

Enjoy a full-day cycling trip through towns and the countryside around the base of Concepción Volcano, stopping to see pre-Columbian statues before lunch and a swim at a local swimming hole.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Ometepe Cycling

Isla de Ometepe

50km

Cycle along mostly unpaved roads through small villages around the island past fields of plantains, coffee, beans and tobacco, crops that thrive in the fertile volcanic soil. Stop at the town of Altagracia to view pre-Columbian statues next to the main square, then continue by bicycle to Santo Domingo Beach for a lunch break. The final stop of the day is the Ojo de Agua, a beautiful natural swimming hole great for a swim. Hop back on a bicycle and continue to loop around Concepción Volcano, finishing the day where it all began at the homestay.

Pueblo Hotel Community Guesthouse Stay

Isla de Ometepe

Stay with a local family by the lake in the small rural village of Los Angeles, on Ometepe Island. Your presence is supporting this community-owned and operated business. While you're here, practice Spanish, enjoy authentically-cooked fresh food and explore the island!

Day 4

## Isla de Ometepe/La Fortuna

Cross the border into Costa Rica and finish up La Fortuna, near Arenal Volcano.

Our journey takes us onto one of the most iconic roads in all of the Americas. The Pan-American Highway travels from Alaska down to Patagonia, covering the length of the continent, and taking in a huge variety of terrain, the road snakes its way through 23 countries, with a break of just 87km along the way.

Arenal Volcano, once quite active, has been dormant since the beginning of 2011, but still is a dramatic backdrop to the town of La Fortuna.



### Meals included

Breakfast



### Today's Activities

Private Vehicle

Isla de Ometepe - Moyogalpa

15m

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

Ferry

Moyogalpa - San Jorge

1h30m

10km

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

Private Vehicle

San Jorge - Peñas Blancas

1h30m

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

Border Crossing (Nicaragua - Costa Rica)

Peñas Blancas

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Peñas Blancas - La Fortuna

4h

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

Day 5

## La Fortuna

Enjoy a half-day bike ride around Lake Arenal to El Castillo, then relax or explore the La Fortuna area in the afternoon.

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### Meals included

Breakfast

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### Today's Activities

Lake Arenal to El Castillo Bike Tour

This mountain bike ride takes us along Lake Arenal at the base Arenal Volcano through rural farmland along a gravel road with the volcano visible during all of the ride. It's possible to see some wildlife if you're lucky, but you're more likely to see friendly Costa Rican farmers waving to you as you pass by. Stop for a picnic on the shore of Lake Arenal where it's possible to swim. Finish at the small town of El Castillo, which is surrounded by rainforest.

Free Time

La Fortuna

Get out there and explore more of the La Fortuna area.

Day 6

## La Fortuna/Cartago

Enjoy a morning mountain biking tour then transfer to Cartago, Costa Rica's first ever capital city.

Cartago served as the capital until 1823, and was given the title 'Very Noble, Very Loyal' by the Spanish Parliament. Opt to take a stroll around town to visit the ferrocarril (train line), Basilica and the ruins of Santiago the Apostle's Church. The city lies at the base of the inactive Irazu Volcano, an incredible backdrop to this serene setting.

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### Meals included

Breakfast

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### Today's Activities

Half-day Mountain Biking tour near Arenal

La Fortuna

Set out from La Fortuna on mountain bikes along backroads on a challenging ride. Ride past fields of cassava, banana, papaya and other crops with mountains jutting out in the distance on all sides and Arenal Volcano looming nearby.

Private Vehicle

La Fortuna - Cartago

4h30m

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

Day 7

## Cartago/Orosí

Set off on road bicycles through the Costa Rican countryside, passing by fields of chayote squash, coffee plants, and cycling up and down rolling hills, finishing at the small town of Orosí.

Situated in a river valley and surrounded by coffee plantations, Orosí offers thermal water springs and the magnificent colonial church built in 1739. Finish the day with a traditional Costa Rican “casado” dinner.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Cartago - Paraíso

30m

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

Cycling Cartago to Orosí

Paraíso - Orosí

30km

Cycle along a hilly route on a road bicycle past the Cachi Dam and along the Orosí River Valley until reaching the small town of Orosí, in the middle of a big coffee growing region.

Day 8

## Orosí/Turrialba

Continue cycling along the scenic Orosi and Reventazon River Valleys, past coffee and sugar cane plantations to the Turrialba area. Upon arrival, opt to walk to a small waterfall or take a trip into town.

Spend the night at a lodge overlooking the valley outside of the town of Turrialba.

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### Meals included

Breakfast | Dinner

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### Today's Activities

Cycling Orosi to Turrialba

Orosí - Turrialba

54km

Leave Orosi and pedal 54km (30 mi) to Turrialba. There are lots of big hills and valleys -- so be prepared for a challenge. Feel the burn and smile anyway as you suck in the fresh mountain air and ride past rivers, coffee farms, sugar cane fields and lush tropical forests. In the afternoon, arrive (finally) at our hotel and drink in the spectacular views of Turrialba and the valley below.

Day 9

## Turrialba/Puerto Viejo de Talamanca

Raft along the Pacuare River, stopping for a riverside picnic lunch before continuing down river to the Caribbean lowlands.

Stop for a great riverside picnic lunch and continue rafting all the way to the Caribbean lowlands. After rafting, drive to Puerto Viejo de Talamanca and explore town or walk along the beach.

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### Meals included

Breakfast | Lunch

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### Today's Activities

Pacuare River Rafting

4h-5h

Experience the full explosion of excitement which is the thrill of white water rafting. Buckle up a life jacket, strap on a helmet and get ready to paddle Pacuare River's class III & IV rapids. Take direction from the expert guides and then enjoy the green jungle scenery as you dip and dodge the boulders and gullies of the rushing river. This is nature at its most natural!

Day 10

## Puerto Viejo de Talamanca

Enjoy free time in to relax on the beach, rent a bike and explore the coast, or visit the Manzanillo Wildlife Refuge to look for monkeys and other wildlife.

Ride or walk the quiet beaches south of Puerto Viejo all the way to the Manzanillo-Gandoca Refuge. Cycle, swim, surf or hike in the rainforest or simply relax on the beach and enjoy the laid-back vibe of this Caribbean village.



### Meals included

Breakfast



### Optional Activities - Day 10

Bike Rental

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

Surfing Lesson

60USD

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.

Gandoca Manzanillo National Wildlife Refuge Hike

Puerto Viejo de Talamanca

65USD

Beginning at the Cocles River south of Puerto Viejo, the Gandoca Manzanillo Wildlife Refuge extends through beach communities, jungle, marshland, coves and coast all the way to the Sixaola River and the border with Panama. Begin in Manzanillo and wind your way through plantations of cacao, strangler fig and almond trees, look for capuchin and howler monkeys, sloths and raccoons. White sand beaches lead into aquamarine water, filled with 35 species of coral and tropical fish, sea turtles, lobsters and sting rays. Wear light clothing, walking shoes, and bring lots of water and insect repellent.

Kayak in Puerto Viejo

Puerto Viejo de Talamanca

60USD

Punta Uva is known as one of the world's best 'fun fest' beaches. You decide! Grab a paddle and hop into a kayak for a relaxing trip along a river. Spot a zoo full of wildlife, including monkeys (howler, whiteface, spider), turtles, spiders, sloths, lizards, iguanas, and birds, as well as several medicinal plants and trees, such as the big fig tree, indio desnudo, bread fruit, ylang ylang and more.

Cross the border to Panama and hop on a water taxi to the Caribbean islands of Bocas del Toro for some serious rest and relaxation.

The Archipelago of Bocas del Toro is made up of six islands, only two of which have roads and services for tourists. Cycling here is a great choice because the island is almost entirely flat. The entire trip around the island is 32km (20 mi).

If you prefer not to cycle, there are plenty of other options for you to consider. Snorkel, take a boat trip between the islands, or simply choose to relax on the beach.



## Today's Activities

Private Vehicle

Puerto Viejo de Talamanca - Sixaola

1h30m

70km

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

Border Crossing (Costa Rica - Panama)

Sixaola - Guabito

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Local Bus

Guabito - Almirante

1h30m

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

Boat

Almirante - Bocas del Toro

30m-45m

Climb aboard and get your float on.

Enjoy free time here to cycle around the islands or snorkel in the clear blue sea.



## Today's Activities

Free Time

Bocas del Toro

In the islands, there are no planned cycling trips so that there is ample time to take advantage of the other activities available. Sunbathe on one of the many beaches, hop on a boat to explore other islands nearby, snorkel around coral reefs, spot dolphins in the clear waters, go scuba diving or surfing. If you want to keep cycling, you can rent a bike in town and pedal around Isla Colon.



## Optional Activities - Day 12

Cycling Bocas del Toro

Bocas del Toro

Hop on your bike and pedal around Isla Colon, a popular form of transport on the island.

Island Hopping

Bocas del Toro

Hop on a boat and spend time at some of the nine islands that make up the Bocas del Toro archipelago. Look skyward to see the birds of Bird Island, head to Starfish Beach to see stunning starfish in the shallow water, swim with dolphins in Dolphin Bay and visit a Caribbean indigenous village on Bastimentos. Lots to explore, so get hopping!

Sailing Snorkelling Tour

Bocas del Toro

45USD

1h-8h

Set out on the calm waters around Bocas del Toro and sail to Dolphin Bay, enjoy seeing Bottle Nose Dolphins play in the waves. Head to Mangrove Reef, Isla San Cristobal for some snorkelling in the diverse reefs in the area. After you've had enough of discovering urchins, anemones, and swimming with schools of tiny fish, enjoy a simple but yummy lunch on the boat on route to The Garden, Isla Solarte. Enjoy even more snorkelling around parrot fish and other sea creatures before heading back to the island.

Day 13

## Bocas del Toro/Boquete

Ferry back to the mainland and transfer across the isthmus to the highlands of Boquete.

It's a long day of travel before arriving at the impressive mountain retreat of Boquete.

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### Today's Activities

Shared Van

Bocas del Toro - Boquete

8h

340km

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

Day 14

## Boquete

Set off on a full day of cycling through the highlands of Boquete.

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### Today's Activities

Boquete Cycling

Boquete

35km

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

Day 15

## Boquete/Panama City

Watch the Panamanian countryside fly by on a travel day to Panama City.

It's a full day of travelling today to get to Panama City, the country's capital. After arriving, the evening is free to explore the city before our final day of cycling.

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### Today's Activities

Private Vehicle

Boquete - Panama City

6h-7h

480km

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

Transfer to Soberania National Park for a mountain bike tour along jungle trails in the Panama Canal zone. The trip ends after returning to Panama City this afternoon.

Leave Panama City and head first for Summit Park, a 250-acre park teeming with Panamanian flora and fauna. Our ride continues to Soberania NP, close to the Panama Canal, popular with bird watchers.

The tour ends in Panama City in the late afternoon.



## Meals included

Lunch



## Today's Activities

Soberania National Park Mountain Biking

Panama City

30km

Grab a mountain bike and hit the jungle trails of Soberania NP, a humid tropical forest located along the the Panama Canal. Keep your eyes peeled for all sorts of birds and animals living in the canopy.

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Puerto Viejo de Talamanca
- Guided cycling trip from Granada to Masaya Volcano
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- Beach time in Puerto Viejo and Bocas del Toro
- Full-day guided cycling tour from Boquete
- Guided mountain biking trip in Soberania NP (Panama City)
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Cycle in Nicaragua Costa Rica and Panama, Pedal around the active Concepción Volcano on Ometepe Island, Cycle along mountain roads and coffee farms between colonial Costa Rican towns, Go white water rafting on the Pacuare River, Chill on Caribbean beaches, ride through the jungle in Panama's Soberanía National Park

## Itinerary Notes

More information about the equipment that we use for this trip, and any specifics about the route or itinerary can be found in the 'Important Notes' section of the Tour Details.

## What are the main highlights of this trip?

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

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## **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.

## **Are there Itinerary notes?**

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## **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.

Cycling Grading – Moderate

- Some degree of experience required
- Mixture of road cycling and off road
- Occasional long days in the saddle or multiple ascents and descents
- Good fitness and skill level recommended
- Cycle usually between 35-70 km per day.

Helmets are provided but you are welcome to bring your own if you would prefer.

Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag( usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

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

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.

## **How large will the group be?**

Max 16, avg 12

## **What meals are included in this trip?**

9 breakfasts, 4 lunches, 3 dinners

## **What are the modes of transportation on my trip?**

Public bus, bike, raft, walking

## **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 (13 nts), homestay (2 nts).

## **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?

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 (\*\*or National Geographic Journeys) in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures (\*\*or National Geographic Journeys) sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO 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.

## 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 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. 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 be on my packing list?

## Cycling:

- Bicycle pedals (optional)
- Bicycle saddle cover (optional)
- Bicycle saddle (optional)
- Biking gloves
- Cycling clothing (cycling shorts and cycling jersey)
- Cycling shoes
- Handlebar bag (optional) (For easy access to small personal items.)
- Personal cycling gear

## Documents:

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

## Essentials:

- 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 are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## What should I know about currency, credit cards, and exchanging money while on this tour?

The currency in Nicaragua is the Cordoba (NIO). The currency in Costa Rica is the Colon (CRC) and in Panama, the Balboa (PAB).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in each country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 50USD (20USD notes are ideal).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Do I need to pay a departure tax?

Nicaragua exit tax: \$2USD

Costa Rica exit tax: 8USD

Panama entrance tax: \$3USD

Panama airport exit tax: \$40USD (if not already included in flight)

## Should I be tipping on my trip?

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

Also 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 \$20-25 USD per person, per week can be used.

## What activities are optional on this trip?

### Puerto Viejo de Talamanca

- Bike Rental
- Surfing Lesson (60USD per person)
- Gandoca Manzanillo National Wildlife Refuge Hike (65USD per person)
- Kayak in Puerto Viejo (60USD per person)

### Bocas del Toro

- Cycling Bocas del Toro
- Island Hopping
- Sailing Snorkelling Tour (45USD 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 sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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/](http://www.gadventures.com/travel-resources/safety/)

## What are the trip specific safety considerations?

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 a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## 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.

## 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/](http://www.gadventures.com/newsletters/)

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

## 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.