



JOURNEYS: EXPLORE COSTA RICA

14 days, San José to San José

Trip code CRENG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Sea Turtle Conservancy Experience, Tortuguero
- Your Journeys Highlight Moment: Tortilla Making and Home Dinner, La Fortuna
- Your Journeys Highlight Moment: Monteverde Institute Lecture & Reforestation Project
- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Discover Moment: Manuel Antonio
- Arrival transfer
- Boat tour and wildlife viewing in Tortuguero National Park
- Guided nature walk in the Santa Elena Cloud Forest Reserve
- Guided excursion to Manuel Antonio National Park
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing July 10th, 2015 - December 31st, 2016

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. Arrival transfer included.

If you arrive early enough, you'll have time to head into the city to visit a museum or the main plaza in the city center.

The plaza is a good place to people-watch. A mime, juggler, marimba band, magician, or storyteller may be performing for whatever is collected when the hat is passed. Artisan booths are common, creating a regular arts and crafts fair atmosphere.

Costa Rica has one of the most diverse ecosystems in the world and is a top destination for nature lovers. As such, there is a lot of rain, regardless of the season, allowing for its lush green rain forests and cloud forest, in which flora and fauna thrive. Please come prepared for the possibility of wet weather and variations in temperature.

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.

Private Vehicle Juan Santamaría International Airport – San José

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

Day 2

SAN JOSÉ/TORTUGUERO

Travel to Tortuguero National Park and enjoy guided boat trips and wildlife viewing along canals and the coastal jungle. After, relax at our secluded lodge or take an optional night boat excursion.

Enjoy a delicious Costa Rican breakfast en route as we transfer by road then boat through the famous canals of Tortuguero. This tropical eco-paradise is home to countless bird and animal species, and you will have many opportunities to view and photograph wildlife.

The tropical rainforest gives way to prime secluded beaches, ideal nesting grounds for green turtles (nesting July through October), loggerhead, hawksbill, and leatherback turtles (nesting March through June). We cannot guarantee you will see turtles, but that odds are fairly good from July through October.

In Tortuguero National Park we stay in a remote jungle lodge that is only reachable by boat. Rooms are simple, with ensuite, electricity and hot water, but due to this remote location there can sometimes be interruptions to services. There is no A/C but each room has large-screened windows and ceiling fans to catch the breeze off the Caribbean Sea. While at the lodge during your downtime, you can enjoy the pool, bar or beach. The stunning location, wildlife and natural beauty of the location more than makes up for a few minor inconveniences.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

San José - Tortuguero

4h-5h

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

Motorized Canoe

Tortuguero

1h30m

Climb in and move swiftly through the water to the next stop.



Optional Activities - Day 2

Tortuguero National Park Guided Night Boat Tour

Tortuguero National Park

Travel the canals by night to learn about the incredible biological diversity of the area. Different animals are more active at night and this is the best time for caiman spotting.

Day 3

TORTUGUERO

Enjoy a guided boat trip and jungle walk. Search for caiman, monkeys (spider, howler, and white-faced capuchin), sloths, and basilisk lizards. Also visit the Sea Turtle Conservancy, a non-profit organization co-founded by Archie Carr, a National Geographic grantee. Learn about the research and conservation initiatives that have been instrumental in saving the Caribbean green turtle from extinction.

There's plenty of opportunity to see a variety of birds, monkeys, and other wildlife. In your downtime, relax at the secluded lodge on a hammock or at the pool or beach. You also have the option to take a kayaking excursion.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Tortuguero National Park Guided Boat Tour

Tortuguero National Park

2h

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

Guided Jungle Walk

Tortuguero – Tortuguero National Park

1h

1km

Take a guided walk along the trails surrounding the lodge to learn more about the flora and fauna of the jungle. Learn about the delicate ecosystem and get a close-up view of some of the frogs and insects that play an important part in nature's cycle.

Duration: About 1hr depending on weather conditions

Distance: 1.5km

ACTIVITY

Visit and meet one of the researchers at the Sea Turtle Conservancy program, a non-profit organization where we learn about the research and conservation initiatives that have been instrumental in saving the Caribbean green turtle from extinction. Learn about the four species of sea turtles found in Tortuguero and discuss the main activities at the station including track surveys, biometric data collection and tagging, satellite tracking, nest excavations, environmental education and outreach. We also discuss raising awareness and protection for sea turtles across the globe. The Conservancy was co-founded by Archie Carr, a National Geographic grantee, for his studies in green sea turtle ecology.

Free Time **Tortuguero**

Relax at the pool or take a walk along the beach.



Optional Activities - Day 3

Tortuguero Canopy zipline **Tortuguero National Park**

Soar above the coastal rainforest on a zip line adventure. Tortuguero Canopy has eleven platforms, seven zip lines, and four hanging bridges.

Turtle Nesting Night Excursion (Seasonal) **Tortuguero National Park - Tortuguero** **51USD**

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

Guided Kayak Excursion **Tortuguero** **60USD**

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

Day 4

TORTUGUERO/LA FORTUNA

Depart early and visit a G Adventures-supported coffee cooperative. Take a tour of the co-op and dig into a local lunch. Arrive in La Fortuna in the evening and relax at the pool as you take in views of the surrounding jungle and volcanoes.

Please also note that the town of La Fortuna is fairly small with shopping and some great restaurants, but most of the upgraded accommodations in this area are located outside of the main town centre - to take better advantage of the natural beauty and stunning landscapes of the area. Taxis are readily available to take you into town and back and can cost approx. \$10USD each way.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

Boat **Tortugero** 1h30m-2h

Climb aboard and get your float on.

Private Vehicle **Tortugero - La Fortuna** 6h-7h 200km

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

ACTIVITY

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

Day 5

LA FORTUNA

Explore La Fortuna with numerous optional activities. In the evening, visit a local home and learn the art of tortilla making. Once the tortillas are ready, dig into a tasty “casado” – a typical Costa Rican dish that’s made with black beans, plantains, and your very own tortillas.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

ACTIVITY

Learn the art of tortilla making from Doña Mara in her family home. Grind the corn, mix the “masa” (dough) into balls, flatten into circles, and then cook them up on a wood-burning stove. Relax with a fresh tropical fruit juice, get to know the family, and hear about the history of tortillas. Afterwards, dig into a tasty “casado” – a typical Costa Rican dish including black beans and plantains – complete with your own hand-made tortillas.



Optional Activities - Day 5

Hot Springs

Arenal Volcano

42-84USD

Relax in the shadow of the Arenal Volcano immersed in therapeutic waters heated by the earth’s magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature’s thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise.

Day 6

LA FORTUNA

Free day in La Fortuna. Options include rafting, waterfall rappelling, soaking in local hot springs, or taking a boat tour of the Caño Negro Wildlife Refuge.



Meals included

Breakfast



Optional Activities - Day 6

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.

Hanging Bridges **Arenal** **75USD** 1h30m-2h 3km

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

Kayaking **La Fortuna** **65USD**

Zip up your life jacket, grab a paddle, and get ready to be wowed by beauty in every direction. 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.

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.

Hot Springs

Arenal Volcano

42-84USD

Relax in the shadow of the Arenal Volcano immersed in therapeutic waters heated by the earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise.

Day 7

LA FORTUNA/MONTEVERDE

From La Fortuna, we make our way by road and boat up to the misty mountain air of the Monteverde cloud forest region. Spend two days exploring the town and nearby Forest Reserve, truly a bird lover's paradise.

The town of Monteverde is fairly small with shopping and some great restaurants, but most of the upgraded accommodations in this area are located outside of the main town centre - to take better advantage of the natural beauty and stunning landscapes of the area. Taxis are readily available to take you into town and back and can cost approx. \$10USD each way.

Accommodations tend to be a bit more simple here, with fewer amenities. Its important to remember that the cloud forest sits at a higher elevation and offers a cooler but humid climate - which is why hotels in this area do not have A/C. It can also feel damp in rooms which is unavoidable in such a climate.



Meals included

Breakfast



TODAY'S ACTIVITIES

Shared Van **La Fortuna - Arenal** 1h

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

Boat **Arenal** 1h

Climb aboard and get your float on.

Private Vehicle **Arenal - Monteverde** 2h

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

Day 8

MONTEVERDE

Enjoy a nature hike in the Santa Elena Cloud Forest Reserve. You'll also have some free time after to zipline, walk along hanging bridges, or explore the town.



Meals included

Breakfast



TODAY'S ACTIVITIES

Santa Elena Cloud Forest Guided Tour

Monteverde - Santa Elena

2h

2km

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.

Day 9

MONTEVERDE

Visit the Monteverde Institute, which has served as the base for numerous National Geographic-funded explorers and researchers studying the famed canopy of the Monteverde Cloud Forest. Enjoy a lecture by one of the researchers before playing an active role in this project, visiting the National Geographic-sponsored research plot and planting trees, assisting in the nurseries, or collecting data.

Enjoy free time to explore all that Monteverde has to offer. Saddle up and go horseback riding, zip line through the jungle canopy, wobble bravely over suspension bridges, or visit the butterfly garden and take close-up photos.



Meals included

Breakfast | Lunch



TODAY'S ACTIVITIES

ACTIVITY

The Monteverde Institute has served as the base for numerous National Geographic-funded explorers and researchers studying the famed canopy of the Monteverde Cloud Forest. Enjoy a lecture by one of the researchers outlining the various projects National Geographic has sponsored including new discoveries, insect and bird studies, and the reforestation of tropical regions. After, play an active role in this project, visiting the National Geographic-sponsored research plot and getting your hands dirty by either planting trees to restore habitat, assisting in tree care in the nurseries, or collecting data to provide information that will aid the success of tropical reforestation programs.



Optional Activities - Day 9

Hanging Bridges Monteverde

Monteverde

56-60USD

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

Monteverde Butterfly Garden Visit

Monteverde

20USD

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

Monteverde 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.

Day 10

MONTEVERDE/MANUEL ANTONIO

Drive to Manuel Antonio. Enjoy the laid-back atmosphere of the Pacific coast with options to surf, go horseback riding, or visit nearby picturesque beaches.

The white-sand beaches and warm Pacific waters are the ideal atmosphere to relax at the end of your adventure. If you opt to chill out at the beach, be sure to walk out into the sea on the incredible natural sand formation that is shaped like a whale's tale when the tide goes out.

Hotels in Manuel Antonio are not located on the beach, they are scattered along the cliffside road, overlooking the stunning coast line and lush jungle. The beach, National Park, markets, shops and restaurants are easily accessible by frequent public bus (safe and easy to use) or taxi.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Monteverde - Manuel Antonio

6h

267km

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



Optional Activities - Day 10

Surfing

Manuel Antonio National Park

55-75USD

1h-5h

Slather on the sunscreen, strap on a leash, pull on a rash guard, and get ready to hit the waves.

Experience the surf at the beaches near Quepos and Manuel Antonio with their left, right, and well-shaped beach breaks. Take a lesson, learn tips and techniques, then hang ten like a local.

Whale and Dolphin Watching

Manuel Antonio

65-80USD

Take to the open seas in search of spotted dolphins and migrating humpback whales. Costa Rica's warm waters create ideal conditions to grow plankton - the primary food source for these delightful creatures. Keep your eyes peeled for sea turtles and manta rays as well. Navigate small islands, past

jagged cliffs and big boulders, the nesting grounds of marine birds such as pelicans, ibises, and boobies.

Boogie Boarding **Manuel Antonio National Park** **8USD** 1h-3h

Throw on your bathing suit and head to beaches near Quepos and Manuel Antonio. Rent a boogie board and spend the day bodysurfing the waves. Hang out with the locals and enjoy some saltwater fun in the sun.

Day 11

MANUEL ANTONIO

Take an included day trip to Manuel Antonio National Park. After, enjoy free time at the beach.



Meals included

Breakfast



TODAY'S ACTIVITIES

Manuel Antonio National Park Visit **Manuel Antonio** 5h 3km

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

Today's walking distance within the park is 3km and will take about 2-3 hours.

Day 12

MANUEL ANTONIO

Free time to explore Manuel Antonio and the National Park with options to surf, go horseback riding, or visit nearby beaches.



Meals included

Breakfast



Optional Activities - Day 12

Kayaking

Manuel Antonio National Park

70USD

Choose to kayak the calm waters of the mangroves or paddle the waves of the Pacific. In the Damas Island estuary, the ocean meets fresh water rivers and creates a protected home for birds, snakes, crocodiles, and white face monkeys. For the more adventurous, opt for an open-seat ocean kayak and paddle along the shoreline and nearby islands, keeping an eye out for frigates, boobies, and jumping fish. Minimum age: 6-8 depending on tour type.

Surfing

Manuel Antonio National Park

55-75USD

1h-5h

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

Hiking

Manuel Antonio National Park

Pack your sunscreen, snack, and hiking shoes. Head out for a great day in Costa Rica's smallest national park. Manuel Antonio offers four white-sand beaches, separated by jagged rock outcrops and tidal pools. Hike on shaded trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

Horseback Riding

Manuel Antonio

69USD

Throw on some long pants, grab the reins, and hop up on a well-trained horse. Trail ride through the tropical forest and rivers and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. End your horseback journey with the opportunity to swim under a beautiful waterfall.

Snorkelling

Manuel Antonio

Book a special boat trip or simply rent a mask and fins on Playa Espadilla, just north of the entrance to Manuel Antonio's national park. Explore the reefs and volcanic rock formations in the warm salt water. Float amongst schools of tropical fish. Look for crabs and clams. Don't forget your sunscreen or, better yet, wear a t-shirt so you don't burn your back!

Day 13

MANUEL ANTONIO/SAN JOSÉ

Return to San José for an optional farewell dinner with the group.



Meals included

Breakfast



TODAY'S ACTIVITIES

Private Vehicle

Manuel Antonio - San José

5h

190km

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

Day 14

SAN JOSÉ

Depart at any time.

Departure day, depart at any time.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Day

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

What's included

- Your Journeys Highlight Moment: Sea Turtle Conservancy Experience, Tortuguero
- Your Journeys Highlight Moment: Tortilla Making and Home Dinner, La Fortuna
- Your Journeys Highlight Moment: Monteverde Institute Lecture & Reforestation Project
- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Discover Moment: Manuel Antonio
- Arrival transfer
- Boat tour and wildlife viewing in Tortuguero National Park
- Guided nature walk in the Santa Elena Cloud Forest Reserve
- Guided excursion to Manuel Antonio National Park
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Hear a lecture from a researcher at the Monteverde Institute, learn how to make tortillas during a visit to a local family home, spot wildlife while cruising the canals of Tortuguero, enjoy spectacular volcano views while soaking in hot springs, learn all about sea turtles with an expert from the Sea Turtle Conservancy

What are the main highlights of this trip?

Hear a lecture from a researcher at the Monteverde Institute, learn how to make tortillas during a visit to a local family home, spot wildlife while cruising the canals of Tortuguero, enjoy spectacular volcano views while soaking in hot springs, learn all about sea turtles with an expert from the Sea Turtle Conservancy

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.

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

1. PROOF OF DEPARTURE

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. WEATHER

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

3. EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

4. ACCOMMODATION NOTE:

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

What is the role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders 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?

13 breakfasts, 4 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is 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 Expedition Leader will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, shuttle van, boat, 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 - 11 nts, rustic jungle lodge - 2 nts.

Will I get my own room?

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

What kind of accommodation can I expect on this trip?

Hotels vary greatly throughout Central America and even within Costa Rica depending on the location. We do our best to pick comfortable accommodations, but in popular locations options can be limited and we often use various different hotel depending on seasonality. It also is important to remember that hot water shortages and power outages can be fairly common, even in upgraded hotels. We appreciate your patience and understanding that these occurrences are outside of our control.

In Tortuguero National Park we stay in a remote jungle Lodge that is only reachable by boat. Rooms are simple, with ensuite, electricity and hotel water, but due to this remote location, there can sometimes be interruptions to services. There is no A/C but each room has large-screened windows and ceiling fans to catch the breeze off the Caribbean Sea. While at the lodge during your downtime, you can enjoy the pool, bar or beach. The stunning location, wildlife and natural beauty of the location more than makes up for a few minor inconveniences.

What are the joining instructions?

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

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

From the customs checkpoint please continue to the airport exit doors and outside there will be a National Geographic Journeys representative waiting there with a National Geographic Journeys sign.

In case you don't see the sign, don't panic and continue walking through the airport exit doors (Meet and Greet), which is designated for transportation suppliers. If for any reason you still don't see your driver, please stay at the designated waiting area by the bronze statue of a woman inside a sphere, located directly in front of the exit doors, and contact us at the following numbers:

- Monday to Sunday from 8 am to 5 pm: +506 4001 8474 (ext 4)
- Monday to Sunday from 5 pm to 8 am: +51 997 582 712

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader (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. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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 information should I be aware of as the itinerary draws to a close?

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

Are there any additional packing suggestions I should consider?

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

Smart Dress:

- Smart outfit (For evenings out)

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 Costa Rica is the Colon (CRC).

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.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

How much emergency money should I bring on this trip?

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

Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

Should I be tipping on my trip?

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

Tipping of your National Geographic Expedition Leader is very much appreciated. The amount is entirely a personal preference; however as a guideline \$8-10 USD per person, per day is our recommendation in the region. However, if you felt your Expedition Leader did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Tortuguero National Park

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

Tortuguero

- Guided Kayak Excursion (60USD per person)

Arenal Volcano

- Hot Springs (42-84USD per person)

La Fortuna

- Lost Canyon Adventures Canyoning
- Kayaking (65USD per person)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

Arenal

- Hanging Bridges (75USD per person)

Monteverde

- Hanging Bridges Monteverde (56-60USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)
- Monteverde Butterfly Garden Visit (20USD per person)
- Monteverde Horseback Riding (45USD per person)

Manuel Antonio National Park

- Surfing (55-75USD per person)
- Boogie Boarding (8USD per person)
- Kayaking (70USD per person)
- Hiking

Manuel Antonio

- Whale and Dolphin Watching (65-80USD per person)
- Horseback Riding (69USD per person)
- Snorkelling

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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

Your Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 are the trip specific safety considerations?

Like any city where tourism is on the increase, crime also tends to increase and while San José is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewellery.

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 Expedition Leaders 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 Expedition Leader, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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

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

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

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.