



Costa Rica: Wildlife, National Parks & Hidden Gems of the Northwest

14 days, San José to Playa Flamingo

Trip code CRQP

What's included

- 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: Quepos
- Guided cloud forest night walk (Monteverde)
- Entrance fee to Manuel Antonio National Park
- Rio Celeste visit and short hike
- Night walk on the trails near the lodge in Rincon de la Vieja
- Entrance and guided hike in Rincon de la Vieja National Park
- Orientation walk in Playa Flamingo
- Free time in the rainforest area and Playa Flamingo
- 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 24th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

San José

Arrive at any time.

There are no activities planned until an evening welcome meeting.



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



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.

Drive to Sarapiquí to visit the G Adventures-supported Mi Cafecito Community Coffee Plantation. On the way to the project, make a scenic stop at the iconic La Paz Waterfall. This breathtaking viewpoint is the perfect place to admire Costa Rica's natural beauty. Proceed to the G for Good project to learn about the impact this project has had on the community and sample some of the products they sell. Continue on to the Arenal region and take advantage of a free afternoon and a full free day tomorrow to experience the adventure activities and natural wonders of the area.

La Fortuna is an excellent base for adventure. Opt to hike the area's nature trails, swim in chilly La Fortuna waterfall or go canyoning.



Meals included

Lunch



Accommodation

Hotel Eco Arenal (or similar)

Hotel



Today's Activities

Private Vehicle

San José – La Fortuna

4h

150km

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

La Paz Waterfall

Alajuela

Watch crystal-clear waters plunge 37 meters (121 feet) into a lush tropical canyon, surrounded by dense tropical vegetation, creating one of Costa Rica's most iconic natural landmarks. Capture unforgettable photos and take in the breathtaking scenery during this short stop.

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.



Optional Activities - Day 2

Whitewater Rafting

La Fortuna

61-86USD

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement and enjoy! Minimum age: 8-12 depending on rapid class.

Stand Up Paddle (Lesson and Tour)

La Fortuna

65USD

Grab a long wide board and show those surfer dudes how it's done without waves on Lake Arenal with the volcano looming above. Tour picks up from the hotel and includes a tour of the west-end of the Lake while you're getting the hang of the paddle board. Enjoy the amazing view, with chances to spot wild birds like Great Blue Herons or even Howler Monkeys. Learn more about the area while exploring the lake and snack on some tropical fruit before heading back to the hotel. Please note the price listed does not include the IVA Tax.

Lost Canyon Adventures Canyoning

La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 8.

Free day in La Fortuna. Experience the outdoor adventures, amazing wildlife and natural wonders in this area. There are enough activities here to keep you busy all day long. In the evening opt to soak in one of the many hot springs in the area to cap off an adventurous day.

Spend the day getting your adrenaline pumping, viewing local wildlife, marvelling at the Arenal Volcano and getting to know more about Costa Rica in La Fortuna. There are enough activities here to keep you busy all day long.



Accommodation

Hotel Eco Arenal (or similar)

Hotel



Optional Activities - Day 3

Stand-up Paddle Board on Lake Arenal

La Fortuna

2None

Paddle across the waters of Lake Arenal on a guided stand-up paddle board excursion in the beautiful El Fósforo area. As you glide beneath views of the volcano and take in the scenic shoreline, keep an eye out for kingfishers, herons, toucans, and the occasional monkey. Throughout the experience, your naturalist guide will give insight on the lake, the volcano, and any wildlife you might be lucky enough to spot. Transportation is included.

Gravity Falls Waterfall Jumping

La Fortuna

125USD

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Strapped securely in your harness, descend deep into the canyon, get soaked and feel completely alive. Trek through rivers, wobble across a hanging bridge and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 12.

La Fortuna Waterfall Swim

La Fortuna

20USD

Take a walk, taxi, or horse just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Please note the price listed does not include the IVA Tax.

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.

Whitewater Rafting

La Fortuna

61-86USD

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement and enjoy! Minimum age: 8-12 depending on rapid class.

Hot Springs Soak

La Fortuna

42-84USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by 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.

Costa Rica Adrenaline Bundle

La Fortuna

CANYONING (Half-day Arenal)

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

ZIPLINING (Half-day Monteverde)

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

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

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

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.

Stand Up Paddle (Lesson and Tour)

La Fortuna

65USD

Grab a long wide board and show those surfer dudes how it's done without waves on Lake Arenal with the volcano looming above. Tour picks up from the hotel and includes a tour of the west-end of the Lake while you're getting the hang of the paddle board. Enjoy the amazing view, with chances to spot wild birds like Great Blue Herons or even Howler Monkeys. Learn more about the area while exploring the lake and snack on some tropical fruit before heading back to the hotel. Please note the price listed does not include the IVA Tax.

Travel by van and boat through the stunning Costa Rican scenery up into the cloud forest. Take an included guided night walk to learn about nocturnal life in the jungle firsthand.

Travel across Lake Arenal into the mountains and on to Monteverde Cloud Forest.

Arrive to spend time enjoying this nature-lover's paradise.



Accommodation

Hotel Historias Lodge (or similar)

Lodge



Today's Activities

Shared Van

La Fortuna – Laguna de Arenal

30m

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

Boat

Laguna de Arenal

45m

Climb aboard and get your float on.

Shared Van

Arenal – Monteverde

2h

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

Guided Cloud Forest Night Walk

Monteverde

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

Enjoy a free day to explore the cloud forest region of Costa Rica. Opt to fly across canopy ziplines, walk across suspended bridges through the forest canopy, or go horseback riding in the hills.



Accommodation

Hotel Historias Lodge (or similar)

Lodge



Optional Activities - Day 5

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.

CASEM Coop Visit

Monteverde

CASEM—the Cooperative of Artisans Santa Elena Monteverde—is an inspiring example of female empowerment and teamwork. By focusing on providing women artisans with the opportunity to gain economic independence and develop new skills, this G for Good Project helps improve the quality of life for its members and strengthens the community. Through the marketing of their products, CASEM Coop not only supports its 90 artisan members, but also promotes the culture and traditions of the Monteverde region. Stop by the restaurant on your way out to try some delicious local food!

Santa Elena Cloud Forest Guided Tour

Monteverde - Santa Elena

50USD

2-3km

Pull on your poncho and boots. It's time to head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan and Jane as you imagine swinging from the giant vines. Walk along 2 to 3km (about 1.5 mi) of trails at a leisurely pace, watch for wildlife, and trek to the top of the observation tower. Be sure to stop and listen, too. Hear the haunting call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the forest and sustaining the quality of local schools through payment of your park fees.

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.

Ziplining

Monteverde

3h-4h

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

Monteverde Horseback Riding

Monteverde

45USD

2h30m-3h

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths, and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

El Trapiche Tour Monteverde

Monteverde

33USD

2h-3h

Step back in time into El Trapiche (the sugar mill), home of three generations of Costa Rican farmers. Explore plantations of sugar cane, coffee, bananas and cacao. Start with a walk through the farm, learn about coffee and cocoa harvesting processes, ride a Costa Rican ox cart, and finally make artisanal sugar cane candy and liquor. Finish the tour with a fragrant cup of coffee made from beans grown right here on the farm!

Travel to Quepos, just outside Manuel Antonio National Park. Opt to visit the park or relax on the beach in this fun surf town. Enjoy a night out and perhaps learn how to dance salsa.

Travel to the Pacific Coast. Enjoy Quepos. Opt to swim, fish, kayak, surf or take a sailing trip.



Accommodation

Hotel Le Priss (or similar)

Hotel



Today's Activities

Private Vehicle

Monteverde – Quepos

5h

220km

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

Free Time

Quepos

Enjoy free time to play in the waves, explore Quepos, or dance the night away.



Optional Activities - Day 6

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.

Fishing

Quepos

Cast a line and (depending on the season) hope to hook a marlin, sailfish, tuna or dorado (mahi mahi). Fishing in Quepos, north of Manuel Antonio, is Costa Rica's most popular spot for blue water sport fishing.

Sailing

Manuel Antonio National Park

Slap on some sunscreen and hop aboard as we set sail along the rugged Pacific Coast of Manuel Antonio National Park on a catamaran. Bask in the beauty of the white-sand beaches and small islands that accent the shoreline. Keep watch for dolphins, rays, and migrating whales. Hop into the warm water and snorkel with more than 50 species of colourful tropical fish.

Day 7

Quepos

Enjoy an included entrance into Manuel Antonio National Park. Then, take advantage of free time to explore. Opt to swim in the Pacific. Or choose to kayak through mangroves and relax on the beach.



Accommodation

Hotel Le Priss (or similar)

Hotel



Today's Activities

Manuel Antonio National Park Visit

Manuel Antonio

5h

3km

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



Optional Activities - Day 7

Kayaking

Manuel Antonio National Park

70USD

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

Whitewater Rafting Manuel Antonio

Manuel Antonio

75-98USD

What better way to get from A to B than taking the natural route along a scenic and exciting river? Buckle up your life jacket, grab a paddle and head off to raft some Class II - IV rapids. Minimum age: 6-15 depending on rapid class.

Opt to chill at the beach or sail the Pacific in the morning before the journey by private vehicle back to the capital.

Pre-book the Manuel Antonio Catamaran Tour on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



Today's Activities

Free Time

Quepos

Enjoy a final morning at the beach. Do as much or as little as you'd like.

Private Vehicle

Quepos – San José

3h

166km

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



Optional Activities - Day 8

Manuel Antonio Catamaran Tour

Manuel Antonio

Cruise along the Pacific Coast of Costa Rica aboard a 100 ft catamaran, taking in the impressive scenery and lush jungle that has made Manuel Antonio famous. Keep your eyes peeled for playful dolphins who call these waters home before stopping to snorkel, swim, or ride one of the boat's water slides into the ocean. Grab a drink or just sit and watch the gorgeous views of the lush coastline go by.

After an early departure from San Jose, the group will travel to the famed ethereal blue waters of Rio Celeste. Set off on a CEO-led walk through the area with views of the river along the route before an included lunch. Continue onwards to the Rincon de la Vieja area where you will have dinner at the lodge restaurant.



Meals included

Lunch | Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Private Vehicle

San José – Parque Nacional Volcan Tenorio

3h30m

Sit back and scan the scenery from a private vehicle between San José and Parque Nacional Volcan Tenorio, where Rio Celeste is located.

Rio Celeste Visit & Walk

Parque Nacional Volcan Tenorio – Rincón de la Vieja Volcano National Park

2h

North of Lake Arenal lies another spectacular protected area called Volcán Tenorio National Park. We'll set off on foot from the main entrance and hike along jungle trails and down a series of stairways to the brilliantly blue Rio Celeste Waterfall. Take in the scenery and watch for wildlife like monkeys and birds in the canopy above before hiking out on the same trail.

Private Vehicle

Parque Nacional Volcan Tenorio – Rincón de la Vieja Volcano National Park

2h30m

Sit back and scan the scenery from the comfort of a private vehicle from the area where Rio Celeste is to the lodge in the Rincon de la Vieja area.

Rincón de la Vieja Area

Enjoy a full free day in the Rincon de la Vieja area with an abundance of optional activities to choose from. Between hiking, bird watching, or spa treatments and a soak in the hot springs, your day can be as leisurely or busy as you'd like. Reunite at the end of the day for a group dinner at the lodge restaurant before a guided night walk on the property to learn about the resident nocturnal wildlife.

Choose to pre-book the Jungle Waterslide for a fun adventure through the jungle.



Meals included

Breakfast | Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Free Time

Rincón de la Vieja Volcano National Park

The area is an outdoor lover's paradise! Enjoy access to the lodge's amenities. Opt to swim in the pool, walk along the nearby trails, or partake in other activities on offer like, learning about the growing and artisanal process of sugarcane, or attending a Chorotega workshop, a ceramics unique to Central America—and representative of the region's Indigenous history. Other possibilities are, hiking to the nearby Salitral Waterfall, trying the onsite waterslide through the jungle, or focus on wellness with optional spa and thermal bath experiences. You have all day!

Night Walk

Buena Vista

1h

Enjoy a walk on the trails of the lodge's property. Experience the richness of the tropical rainforest's nocturnal noises and wildlife. Walk along as your CEO points out flora and fauna, and you search for mother nature's nightly secrets. Listen to birds still singing and insects buzzing. Surrounded by the thick darkness of trees towering above you, this will be an entirely different experience than the daylight hours.



Optional Activities - Day 10

Hike on trails in the area

Rincón de la Vieja Volcano National Park

30m-1h

Hike through the wonderful and dense rainforest along nearby trails and gain a true immersion into the natural landscape.

Ziplining - Rincon de la Vieja

Rincón de la Vieja Volcano National Park

Fly over the trees on 7 cables crossing the dense forest below and take in views of the Rincon de la Vieja volcano. Choose to ride on more extreme segments if you wish, and on the Tarzan Swing jump from a 50m high platform to swing through the jungle.

Please note the weight limit on this activity is 200lbs (91kg).

Jungle Waterslide

Rincón de la Vieja Volcano National Park

30m-1h

Throw on a bathing suit and store any of your personal items in the lockers and restroom area at the base of the slide. Then, once you have received your helmet and tube, and listened to a few safety briefings, you will be on your way. Walk through the lush forest with your tube for about 8 minutes to reach the launch point. Then climb on your tube and plunge down a 425m water slide through the

heart of the tropical jungle. Feel the excitement as you reach full speed, winding down on the longest jungle waterslide in Costa Rica.

Enjoy breakfast at the lodge before transferring to Rincón de la Vieja National Park where you will embark on a hike in the area to gain a full sense of the tropical and volcanic landscape, while searching for resident wildlife. Travel back to the hotel in the afternoon for free time on the property. Activity options range from ziplining, hiking in the area, and various cultural experiences.



Meals included

Breakfast | Dinner



Accommodation

Hotel Buena Vista del Rincon (or similar)

Hotel



Today's Activities

Rincón de la Vieja Hiking

Rincón de la Vieja Volcano National Park

2h-3h

3km

Set off on a 3.2km (2 mile) hike on the Las Pailas trail that cuts through tropical rainforest and weaves through various volcanic activity. The trail begins in an open area with few trees, where you will hear about the legend of the nearby volcano. Be on the lookout for volcanic bubbling mud, small craters, and see if you can smell sulfuric fumes. The rest of the trail is surrounded by dense vegetation and will provide possible opportunities to see wildlife.

Difficulty: Moderate

Duration: Between 2-3hrs

Distance: 3.5km (2.5 miles) total. It is a loop trail.

Free Time

Rincón de la Vieja Volcano National Park

Take advantage of a free afternoon back at the lodge to partake in outdoor activities. Opt to zipline or hike in the area. It's the perfect way to gain a real sense of this volcanic and tropical rainforest climate.



Optional Activities - Day 11

Hike on trails in the area

Rincón de la Vieja Volcano National Park

30m-1h

Hike through the wonderful and dense rainforest along nearby trails and gain a true immersion into the natural landscape.

Ziplining - Rincon de la Vieja

Rincón de la Vieja Volcano National Park

Fly over the trees on 7 cables crossing the dense forest below and take in views of the Rincon de la Vieja. volcano. Choose to ride on more extreme segments if you wish, and on the Tarzan Swing jump from a 50m high platform to swing through the jungle.

Please note the weight limit on this activity is 200lbs (91kg).

After breakfast at the lodge the group will travel to Playa Flamingo on Costa Rica's northern Pacific coast. Enjoy a CEO-led orientation walk upon arrival to get to know this uniquely set up town, whose central area has remained a pristine beach protected by a large mangrove forest. Then, spend a free evening exploring on your own.



Meals included

Breakfast



Accommodation

Hotel Casas del Toro (or similar)

Hotel



Today's Activities

Private Vehicle

Rincón de la Vieja Volcano National Park – Playa Flamingo

2h

82km

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

Playa Flamingo Orientation Walk

Playa Flamingo

1h

Enjoy a CEO-led orientation walk through the small beach town of Playa Flamingo. This popular local destination boasts fine white sand, clear blue waters, lagoons, and a variety of more secluded beaches with rocks reaching into the sea. Become acquainted with the layout as you walk through main area.

Free Time

Playa Flamingo

Spend a free late afternoon and evening in Playa Flamingo. Go to the beach, visit some of the local shops, or find a nearby restaurant to try out for dinner.

Spend a full free day in paradise. Opt to prebook a Catamaran excursion to get out onto the water for a whole new view of the Playa Flamingo area. Or choose to enjoy the beach on your own with swimming and sunbathing.



Accommodation

Hotel Casas del Toro (or similar)

Hotel



Today's Activities

Free Time

Playa Flamingo

The whole day is yours in Playa Flamingo. Choose to spend it out on the water by pre-booking a catamaran experience, or choose to lie on a fluffy white-sand beach with mangroves gently rustling in the distance. From beach town vibes to secluded lagoons this place is a true taste of Costa Rica's northwestern coastline.



Optional Activities - Day 13

Playa Flamingo Catamaran

Playa Flamingo

Hop aboard a catamaran departing from the Flamingo Marina and cruise along five miles of stunning coastline to a nearby beach. Here the boat will anchor and you will be able to enjoy time for snorkelling, kayaking, and swimming. As you partake in the water activities your crew will be preparing a delicious buffet lunch to be had aboard the boat in this pristine setting. Afterwards, the catamaran will continue sailing and the group will have the opportunity to try and spot dolphins, tropical fish, and possibly a few whales.

Depart at any time.

Please note that while your tour ends in Playa Flamingo, there are taxis/shuttle services available to the Liberia airport. These services depart from the town of Potrero which is 10 minutes from your Finish Point Hotel. It takes one hour to get to the airport in Liberia from Potrero.



Today's Activities

Departure Day

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

What's included

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- Free time in the rainforest area and Playa Flamingo
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Search for the elusive quetzal bird in the cloud forest, Learn about sugarcane and coffee production at a local plantation, Enjoy entrance into and free time in Manuel Antonio National Park, Visit the sky-blue coloured Rio Celeste in Parque Nacional Volcan Tenorio, Hike along the jungle trails in the wildlife-rich Rincon de la Vieja National Park, Spend a few days on the lovely beaches of Costa Rica's northern pacific coast

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?

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

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

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

3. 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 group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

What is the maximum and typical number of participants on this tour?

Max 16.

What meals are included in this trip?

3 breakfasts, 2 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 CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, boat, shared van, walking.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (13 nts).

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

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

What are the joining instructions?

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

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

If you have paid in advance for an arrival transfer, from the customs checkpoint please continue to the airport exit doors and outside there will be a G Adventures representative waiting there with a G Adventures sign.

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

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

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

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

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

What should I do if I can't find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

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

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

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

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

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

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.

The Departure public shuttles operate as per below (to Liberia Airport) - please ensure you have enough time to make your departure flight.

Departure: 07:50 - Arrival: 09:20

Departure: 14:00 - Arrival: 15:30

Alternatively, your CEO will be able to assist booking a private taxi for your departure - please speak to your CEO at the Welcome Meeting.

What are the packing guidelines and luggage restrictions?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying and handling your own luggage.

What should I pack for this trip?

Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

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

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

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

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

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

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards 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

What emergency funds do I need access to on this trip?

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

Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

What are the tipping guidelines for this trip?

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.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

La Fortuna

- Whitewater Rafting (61-86USD per person)
- Stand-up Paddle Board on Lake Arenal (2 per person)
- Hot Springs Soak (42-84USD per person)
- Stand Up Paddle (Lesson and Tour) (65USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Costa Rica Adrenaline Bundle
- Lost Canyon Adventures Canyoning
- La Fortuna Waterfall Swim (20USD per person)

Arenal

- Hanging Bridges (75USD per person)

Monteverde

- Monteverde Butterfly Garden Visit (20USD per person)
- Hanging Bridges Monteverde (56-60USD per person)
- El Trapiche Tour Monteverde (33USD per person)
- CASEM Coop Visit
- Ziplining
- Santa Elena Cloud Forest Guided Tour (50USD per person)
- Monteverde Horseback Riding (45USD per person)

Manuel Antonio National Park

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

Quepos

- Fishing

Manuel Antonio

- Whitewater Rafting Manuel Antonio (75-98USD per person)
- Manuel Antonio Catamaran Tour

Rincón de la Vieja Volcano National Park

- Hike on trails in the area
- Ziplining - Rincon de la Vieja
- Jungle Waterslide

Are there any health considerations I should know before travelling?

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

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

What general safety tips and free-time guidelines should I follow?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the mandatory group rules regarding laws and behaviour?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

What are the mandatory travel insurance requirements for this trip?

Travel insurance 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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

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

What are the age restrictions for this trip?

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.

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