

EXPEDITIONS



SIGNATURE: COSTA RICA'S MONTEVERDE, ARENAL & GUANACASTE

9 days, San José to Guanacaste

Trip code CRSLNS

WHAT'S INCLUDED

- Your G for Good Moment: Mi Cafecito Coffee Experience, Alajuela
- Your Welcome Moment: Meet Your Expedition Leader and Group, Bajos del Toro
- Your Local Living Moment: Home Made Tortilla Lunch with a Local Family, Bajos del Toro
- Signature Moment: "The World of Insects" at La Selva Biological Station, Sarapiquí
- Your Foodie Moment: El Fogón de Chela Cooking Class, La Fortuna
- Signature Moment: Monteverde Institute Visit, Monteverde
- Arrival transfer
- Naturalist Guided Walking Tour in Bajos del Toro
- Arenal Volcano Lecture
- Arenal Walk and Guided Tour
- Private Canopy Tour in Monteverde
- Naturalist Guided Tour in Santa Elena Reserve
- Visit to Las Pailas Geothermal Project I & II
- Santa Maria Wind Project
- Picnic Lunch at Rio Negro Waterfalls
- Tamarindo Estuary Excursion
- Free time in Bajos del Toro, La Fortuna, Monteverde, and Guanacaste
- Departure transfer
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing October 21st, 2025 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/BAJOS DEL TORO

Welcome to Costa Rica. Your expedition begins upon arrival at San José Airport, where you will be met and whisked away from the city toward the cool, mist-shrouded peaks of the Bajos del Toro region. Check into your comfortable lodge, surrounded by the sounds of the cloud forest. In the evening, gather with your National Geographic Expedition Leader and fellow travellers. An engaging presentation from a National Geographic Expedition Expert sets the scene for the biodiversity you will encounter, followed by a welcome dinner.



Meals included

Dinner



ACCOMMODATION

Hotel El Silencio Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

San José - Bajos del Toro

2h

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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. There will be an included welcome dinner after the meeting.

Day 2

BAJOS DEL TORO

Immerse yourself in the cloud forest silence on a morning walk to a dramatic waterfall. Guided by a naturalist, scan the moss-draped trees for birdlife while feeling the cool spray of the cascade. Later, connect with local traditions at a family home—feel the texture of the masa as you learn to shape corn tortillas by hand, then share a rustic lunch with your hosts. Enjoy a free afternoon to explore the lodge trails before an evening talk on the geology of the Arenal Volcano.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Hotel El Silencio Lodge (or similar) Hotel



TODAY'S ACTIVITIES

Naturalist Guided Walking Tour Bajos del Toro 2h30m

Depart with a Naturalist guide on a walking tour to waterfalls in Bajos del Toro, keeping eyes peeled for birds, insects, snakes, frogs, and plenty of additional flora and fauna as you make your way towards the waterfalls. Learn how El Silencio Lodge got its name, and take a moment in the forest to sit in silence and allow the sounds and smells of nature to sink in. Use this brief pause to wash away the tensions and anxieties of travelling to Costa Rica, and refresh yourself as you begin this relaxing and enlightening discovery of this peaceful place. Enjoy free time at the falls, listening to the rush of water and sounds of nature to cleanse your mind for the adventure to come.

ACTIVITY

Gather at the home of a local family headed by Doña Olga. Join Doña Olga and some of her family to try your hand at making home made corn tortillas. Cook them the traditional way and then sample them with some traditional Costa Rican side dishes. Join the host family for a local lunch where you can share a meal together alongside a welcoming community of Ticos.

Free Time Bajos del Toro

Enjoy the peace and tranquility the lodge provides by resting or reading. There are also activities on site, such as sound bathing, a spa and walking trails on the property.

Day 3

BAJOS DEL TORO/LA FORTUNA

Travel to La Selva Biological Station for a behind-the-scenes moment with a resident anthropologist, go beyond the visitor trails to inspect insect traps and observe real-time biodiversity monitoring. Continue to Mi Cafecito Coffee Cooperative to witness the transformation of the coffee bean, understanding its vital role in the local economy. Arrive in La Fortuna and settle into your hotel, ending the day with a soak in natural hot springs heated by the earth's volcanic core.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Tabacón Thermal Resort & Spa (or similar) Hotel



TODAY'S ACTIVITIES

ACTIVITY

The Organization for Tropical Studies invites you to experience “Science Behind the Scenes at La Selva Research Station” – a guided visit led by a resident anthropologist and taxonomist offering an insider's look at how tropical biodiversity research happens at one of the world's leading field stations. Discover the fascinating diversity of tropical insects through our Insect Collection and learn about innovative monitoring systems such as the Automated Monitoring of Insects project. Observe insect traps and hear how this data helps track biodiversity changes, with a short walk in the forest to connect research with field observation.

Private Vehicle Bajos del Toro - Sarapiquí 1h30m 59km

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

ACTIVITY

Mi Cafecito Coffee Cooperative seeks to transport the essence of Costa Rican coffee through a sensory, educational, and emotional experience, with a focus on connection with local producers, cultural impact, and sustainability. Experience a live demonstration to understand the coffee-making process – from cherries to roasting – as well as a tasting featuring different varieties of coffee, as well as different brewing methods.

Private Vehicle Alajuela - La Fortuna 1h30m 80km

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

Day 4

LA FORTUNA

Trace the path of ancient eruptions on a guided hike through Arenal Volcano National Park. Walking over solidified lava flows, your guide reveals how the forest has reclaimed the rock, offering spectacular views of the volcano's perfect cone. Spend the afternoon at leisure, perhaps returning to the thermal waters. As night falls, follow the scent of woodsmoke to a hands-on cooking class at a woman-owned restaurant, preparing a traditional dinner over an open flame.



Meals included

Breakfast | Dinner



ACCOMMODATION

Tabacón Thermal Resort & Spa (or similar) Hotel



TODAY'S ACTIVITIES

Arenal Walk and Guided Tour La Fortuna 2h

Begin your tour in the northwest area of the volcano, which was the area with the most volcanic activity during the last period of eruptions. Walk along trails that pass through a regenerating forest and cross over a large block of petrified lava formed by past eruptions, with steep slopes and sandy soils. It is possible to observe a great variety of plants, wildlife, and magnificent rock formations. In addition to the volcanic landscape, the place offers a wonderful view of Lake Arenal.

During the tour, your experienced guides will provide you with interesting and educational information about the history of the volcano, lithological cycles, forest formation processes, and general volcanology.

Free Time La Fortuna

Choose to explore downtown La Fortuna for lunch, or return to the hotel to take advantage of the hot springs on property.

Private Vehicle La Fortuna 30m 20km

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

ACTIVITY

At El Fogón de Chela, you'll be welcomed in true tico style – with a refreshing drink and a genuine smile. Then, you'll choose which traditional dishes to prepare from the family recipe book, filled with stories and flavors passed down through generations. As you cook over the warmth of the wood fire, share anecdotes, laughter, and feel the true spirit of Costa Rican cuisine. It's not just about learning recipes, but about living a genuine experience full of aromas, textures, and emotions. At the end, enjoy together what you've prepared, accompanied by natural juices and the charm of the countryside.

Private Vehicle **La Fortuna** 30m 20km

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

Day 5

LA FORTUNA/MONTEVERDE

Navigate the waters of Lake Arenal by private boat, watching the landscape shift from volcanic lowlands to the rolling green hills of the divide, before ascending into the cool air of the Monteverde cloud forest. Visit the Monteverde Institute, a research and educational organization supported by National Geographic. Learn how they balance community growth with conservation, including a fascinating look at the impact of artificial light on nocturnal wildlife.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Monteverde Lodge and Gardens (or similar) Hotel



TODAY'S ACTIVITIES

Boat Laguna de Arenal 1h

Board a private boat to cross Arenal Lake toward the Monteverde side. There is very little wake, so sit back and enjoy the peaceful ride.

Private Vehicle Laguna de Arenal - Monteverde 2h 32km

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

ACTIVITY

The Monteverde Institute promotes social, ecological and economic sustainability by integrating community initiatives with education, research and conservation. During this visit, you will be at the intersection of wildlife conservation and research, innovation, and community.

Artificial light at night (ALAN) affects wildlife, human health and night sky visibility – learn about these issues with a presentation summarizing relevant research, and collaborative local and national initiatives to address them. From intentional design and product selection to retrofitting existing lighting, discover existing and proposed solutions, and offer your ideas! After some local coffee and refreshments, you'll contribute to local efforts to monitor effects of ALAN in the biology lab, create affordable solutions in the Community Innovation Lab (e.g. streetlight shades), or promote astrotourism as a form of community tourism from our Center for Community Initiatives. By participating in this activity, you are contributing to the search for solutions to sustainability challenges in Monteverde and around the world.

Day 6

MONTEVERDE

Enjoy exclusive early-access to the canopy on a private, morning tour of the hanging bridges, experiencing the forest's tranquility before it opens to the general public. Suspended high above the forest floor, watch the mist clear and listen for the waking calls of howler monkeys. Continue the search for wildlife in the Santa Elena Cloud Forest Reserve, treading softly on fern-lined trails in hopes of spotting the brilliant emerald plumage of the resplendent quetzal. Enjoy a free afternoon before dinner at a local restaurant.



Meals included

Breakfast | Dinner



ACCOMMODATION

Monteverde Lodge and Gardens (or similar) Hotel



TODAY'S ACTIVITIES

Private Canopy Tour Monteverde 1h45m

Join a Naturalist guide on a private tour of the hanging bridges of Treetopia Monteverde. Enter the hanging bridges before the crowds and witness the forest come alive as it wakes up and greets the day. With luck, you may hear the famous bell bird with its distinct call. The private experience on these famous bridges gives you the chance to truly absorb the size and scope of this unique cloud forest environment. Your later visit to the Santa Elena Reserve will be dedicated to spotting specific creatures at a closer distance.

Naturalist Guided Tour in Santa Elena Reserve Santa Elena 1h

Named one of the 25 most magical forests in the world, Santa Elena Reserve and the cloud forest region of Monteverde is home to over 200 species of birds. Additionally its host to a stunning array of diverse flora: orchids, bromeliads, ficus, monkey tail ferns and much more. Join a Naturalist guide to attempt to spot the incredibly elusive Quetzal. The males, in particular, with their striking long green tails and iconic tuft of green feathers atop their heads are often a once-in-a-lifetime spot for many avid birders.

Free Time Monteverde

Enjoy a free afternoon to rest or take in additional sites in Monteverde, like the cheese factory, bat jungle, or frog pond.

Day 7

MONTEVERDE TO GUANACASTE

Leave the clouds behind and descend toward the dry tropical forests of Guanacaste. Stop in Rincón de la Vieja National Park to witness clean energy in action at a geothermal project, surrounded by the hissing steam of volcanic vents. Keep an eye out for wildlife adapting to this rugged and lush terrain. Pause at the Rio Negro Waterfalls for a gourmet picnic lunch in the shade of the canyon before completing the drive to your hotel on the Pacific coast.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

JW Marriot Guanacaste (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle **Bagaces - Guanacaste** 2h30m 104km

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

Private Vehicle **Monteverde - Rincón de la Vieja Volcano National Park** 3h 130km

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

Santa Maria Wind Project **Bagaces** 45m

Learn about Costa Rica's focus on wind power generation, witnessing the massive wind turbines from an observation point. Hear from an expert about the environmental impact the wind project is having on the country's energy grid.

Picnic Lunch at Rio Negro Waterfalls **Bagaces**

Enjoy a picnic lunch surrounded by nature, with the falls as your background.

Las Pailas Geothermal Energy Site Visit **Bagaces** 30m

Follow a guide through the geothermal plant, which harnesses the power of the Rincón de la Vieja volcano, to learn about the history of the project and its contribution to Costa Rica's national energy system. Hear about its environmental impact, mitigation measures, and carbon offset strategies.

Day 8

GUANACASTE

Venture into the mangroves of Las Baulas National Marine Park on a guided boat excursion. Drift quietly through the Tamarindo Estuary, scanning the tangled roots for crocodiles and watching for iguanas and squirrel monkeys in the branches above. Spend the afternoon relaxing by the pool or walking the beach. In the evening, regroup for a final expert talk summarizing the week's discoveries, followed by a celebratory farewell dinner with your travel companions.



Meals included

Breakfast | Dinner



ACCOMMODATION

JW Marriot Guanacaste (or similar) Hotel



TODAY'S ACTIVITIES

Tamarindo Estuary Excursion **Tamarindo** 2h

Embark on a fully guided excursion within the Marino las Baulas National Park at the Tamarindo Estuary. The estuary and its brackish water provides food, shelter and breeding grounds for diverse wildlife. You will have the opportunity to observe different types of birds such as Blue Herons, Tricolored Herons, and Night Herons, in addition to Hawks and Fishing Eagles. While on board the boat, travel through the estuary and observe the American Crocodile, Iguanas, Squirrels and learn about the mangrove ecosystem. During the excursion, you can also disembark for a short walk to observe the Howler Monkey, the Guanacaste Tree (National Tree of Costa Rica), the Ceiba Tree (National Tree of Guatemala), and The Thorny Cedar (one of the most expensive wood materials).

Free Time **Guanacaste**

Have lunch at your leisure, with plenty of time to enjoy the beach or pool this afternoon.

Your expedition to Costa Rica concludes today. After a final breakfast overlooking the Pacific, transfers are provided to the Liberia airport at any time during the day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Pinilla - Daniel Oduber Quirós International Airport

1h45m

83km

You will be met at your hotel and transferred to the airport at the end of your adventure.

What's included

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What are the main highlights of this trip?

Go behind the scenes at a leading research station to track tropical insects with experts, Trace the journey of coffee from bean to cup at a sustainable community-run cooperative, Meet researchers at the Monteverde Institute to learn how they protect the cloud forest, Walk the hanging bridges of Monteverde before the crowds watching the forest wake up, Visit a local family home to learn the art of making traditional corn tortillas by hand

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

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

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

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

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. 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 group leader like?

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders 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. 22, avg. 16.

What meals are included in this trip?

8 breakfasts, 4 lunches, 8 dinners

What are the modes of transportation on my trip?

Private vehicle, motorized boat, walking.

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement.

Where will we stay during the trip?

Hotels (4 nts), Lodges (4 nts).

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 Signature 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 Expedition Leader waiting there with a Signature Journeys sign.

In case you don't see the sign, don't panic continue walking to the Malinche Restaurant. If for any reason you still don't see your driver, please wait outside of the restaurant 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

Upon arrival to your Joining Hotel in Bajos del Toro 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!

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, 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 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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?

After a final breakfast overlooking the Pacific, transfers are provided to the Liberia airport at any time during the day.

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

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.)

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

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!

Should I be tipping on my trip?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

In addition, please note that tipping is not required or expected for the Expedition Expert.

What activities are optional on this trip?

- No optional activities

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. 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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it 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 and 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 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 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. Read more about travel safety for ways to further enhance your personal safety while traveling.

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my 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.

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 National Geographic Signature Specialist 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.