

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

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 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. The rest of the day is yours to explore the trails surrounding the lodge, visit the organic garden or just relax in your room's private jacuzzi.



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 entomologist, 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 entomologist 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 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

- 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

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

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

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

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

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 role of the group leader during this trip?

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

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?

To review the specific details of your starting property, please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

A seamless arrival transfer is included for guests landing on the first day of the itinerary, or up to three days prior if your pre-trip accommodations were arranged directly through G Adventures at our starting property. To maintain the exceptional quality and continuity of your experience, all scheduled services must run consecutively.

Upon arriving at the starting property in Bajos del Toro, where check-in begins typically by 3:00PM, please look for a dedicated notice from your National Geographic Expedition Leader at the reception desk. This message will outline the specific details for our evening welcome reception and meeting—typically held between 5:00 p.m. and 7:00 p.m.—where you will gather with your Expedition Leader, Expedition Expert, and fellow travellers to look ahead at the days to come. Should you arrive later in the evening and miss this initial gathering, your Expedition Leader will leave a comprehensive briefing note for you at reception detailing the next morning's schedule.

Please note that the joining day of the itinerary can vary, please refer to your specific itinerary for further details.

What happens if I experience problems when arriving?

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

Who should I contact in case of an emergency?

Should you require urgent assistance during your travels, your first point of contact should be our local representative or regional office. If your call is not answered immediately, please leave a detailed message with your contact information so our team can return your call and assist you as quickly as possible. The numbers can be found below.

EMERGENCY CONTACT NUMBERS

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

After hours emergency number: +51 997 582 712

In addition, a dedicated toll-free line is available for guests within North America, connecting you directly to our global operations team during regular business hours. For support outside of standard hours, an emergency mobile line is actively monitored day and night to ensure you are never out of reach. In the rare event that your call is not answered immediately, please leave a detailed message along with your contact information so our team can return your call and assist you as swiftly as possible.

Toll-free (North America only): 1-800-465-5600

From the United Kingdom: 0870 080 1756

International (Outside North America and the UK): +1 416 260 0999

Emergency Mobile: (416) 305-6139

Your included arrival transfer has been meticulously arranged based on the flight details you provided. If you experience a flight schedule change or cancellation within 48 hours of your scheduled arrival, please contact our emergency number immediately with your updated details. Prompt notification ensures we can adjust your transfer; otherwise, you will need to arrange your own transportation to the starting property. Upon arrival, if your transfer representative does not connect with you within 30 minutes of exiting the arrivals area, please take a local taxi directly to the starting property.

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. You will be met at your hotel property and transferred to the Liberia airport at any time during the day. Please refer to your individual itinerary for more details.

Are there any additional packing suggestions I should consider?

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

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?

Securing the necessary visas and travel documentation is an essential step in preparing for your upcoming expedition, and remains the responsibility of each individual traveller. Entry requirements fluctuate depending on your nationality and destination; while we strive to provide the most current information, immigration regulations change frequently. We strongly advise verifying all entry protocols directly with the relevant embassy or consulate well in advance of your departure. Please also ensure your passport remains valid for at least six months beyond your scheduled departure date from the country.

For tailored details specific to your nationality and destination, please consult our dedicated pre-departure resource page at

[here](#)

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

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD \$200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

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

Should I be tipping on my trip?

To ensure a seamless and elevated experience throughout your National Geographic Signature departure, gratuities have been fully taken care of for all included meals, activities, and luggage portorage.

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portorage. 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-\$12 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

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

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

Is travel insurance required for my trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of \$200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact 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?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of \$100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of \$100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

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.