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Sorry! There are no remaining departures for "TailorMade Costa Rica: Natural Wonders" (CRATM), [but here are some similar trips](#).



## **TailorMade Costa Rica: Natural Wonders**

13 days, San José to San José

Trip code CRATM

### **What's included**

- Your G for Good Moment: Cafe Monteverde Experience, Monteverde
- Your Wellness Moment: Hot Springs, La Fortuna

- Guided cloud forest night walk (Monteverde)
- Jungle lodge stay
- Nature trail walk with swim (Sarapiquí)
- Free time in Quepos, Monteverde, La Fortuna, Tortuguero, and Puerto Viejo
- 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 March 14th, 2019 and onwards

## Itinerary

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**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. Your arrival transfer is included.

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### Today's Activities

Airport Transfer

Juan Santamaría International Airport – San José

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

Day 2

## San José/Quepos

Travel to the Pacific Coast town of Quepos, just outside Manuel Antonio National Park.

Spend the afternoon in Manuel Antonio National Park. The park offers excellent hiking, spectacular views, and abundant wildlife viewing. The park boasts beautiful white-sand beaches and the warm turquoise water. Hike, swim and see the wildlife that makes this park so special. Opt to go on a night out and perhaps learn how to salsa.

The small town of Quepos is on the Pacific Coast and this region of Costa Rica is a great place to relax and enjoy the sun and nearby sea. A short distance away, Manuel Antonio National Park offers beautiful white-sand beaches and warm turquoise water, ideal for swimming, fishing, kayaking, boogie boarding, sailing or surfing.



### Meals included

Breakfast



### Today's Activities

Manuel Antonio National Park Tour

Manuel Antonio

Pack your sunscreen, snack, 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, snorkel, surf, and sunbathe. When you're all beached out, head to the shade of the nearby hiking trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

Private Vehicle

San José - Quepos

3h-4h

166km

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

In the morning, set sail with a Manuel Antonio Catamaran Tour. Soak in the sun from a 100ft catamaran, with an included snorkel excursion. Spend the rest the day relaxing on the beach, hiking, learning to hang 10, kayaking, fishing, or horseback riding.



## Meals included

Breakfast | Lunch



## Today's Activities

Manuel Antonio Catamaran Tour

Manuel Antonio

Cruise along the Pacific Coast of Costa Rica aboard a 100ft 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. If you're wanting to relax and experience what the locals call Pura Vida (pure life), then look no further.



## Optional Activities - Day 3

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.

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.

Hiking

Manuel Antonio National Park

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

Horseback Riding

Uvita

35-45USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. Visit waterfalls and end your journey jogging your horse along the beach.

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.

Travel through the stunning Costa Rican scenery up into mountains and on to Monteverde Cloud Forest. Stop at Life Monteverde, a coffee cooperative for coffee tastings, and a tour of their farm to learn about sustainable agriculture. In the afternoon, take time to venture out and explore the mountainous town of Monteverde. In the evening, take an included guided night walk to learn about nocturnal life in the jungle firsthand.

Ascend to the Monteverde cloud forest region. Spend a couple of days exploring the town and a cloud forest reserve, truly a bird lover's paradise. This unique community has several cooperatives worth visiting.



## Meals included

Breakfast



## Today's Activities

### ACTIVITY

Enjoy a visit to Life Monteverde, a coffee cooperative made up of 12 local families, dedicated to educating Costa Rica and the world about sustainable farming and conservation. Your visit here directly benefits Life Monteverde's educational programs, which provide free access to local school groups, and training for Costa Ricans. Walk through the plantations of various tropical plants including bananas and pineapples, and learn about coffee growing and production, as well as various sustainable agriculture techniques like converting animal waste to fuel. Also make sure to taste the delicious coffee before you go!

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!

Private Vehicle

Quepos - Monteverde

4h-4h

190km

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

In the morning, explore the cloud forest in a totally new light with a guided tour of the Santa Elena Cloud Forest. In the afternoon, continue to take in the best of Monteverde from a bird's eye view flying across the the canopy on a series of ziplines.

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## Meals included

Breakfast

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## Today's Activities

Santa Elena Cloud Forest Guided Tour

Monteverde

2h-3h

5km

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 5-6km (7 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.

Ziplining in Monteverde

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.

Day 6

## Monteverde/La Fortuna

Travel by bus and boat across Lake Arenal through the stunning Costa Rican scenery from Monteverde to La Fortuna.

Upon arrival into La Fortuna, get right in the swing of things with an afternoon of canyoning past waterfalls in the jungle. In the evening and chill at the pool as you take in views of the surrounding jungle and volcanoes.



### Meals included

Breakfast | Lunch



### Today's Activities

Lost Canyon Adventures Canyoning

La Fortuna

4h

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!

Private Vehicle

Monteverde - La Fortuna

4h-5h

90km

Descend from the cloud forests of Monteverde to the shimmering Lake Arenal. Board a boat to view the volcano, then continue on to La Fortuna once across the lake.

Take in the sights of the river with a day of adrenaline packed white water rafting on the Sarapiquí River. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents. In the evening, relax in the soothing waters of the local hot springs.

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## Meals included

Breakfast | Lunch

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## Today's Activities

Whitewater Rafting

Arenal - La Fortuna

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!

### ACTIVITY

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

Day 8

## La Fortuna/Tortuguero

In the morning, transfer by road then boat through the famous canals of Tortuguero. This tropical eco-paradise is home to countless bird and animal species, and you will have many opportunities to view and photograph wildlife. This unique village has walking paths that extend into the national park, a fantastic place to see wildlife even when turtles aren't in season.

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



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

La Fortuna - Guápiles

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



### Optional Activities - Day 8

Guided Kayak Excursion

Tortuguero

60USD

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

Tortuguero National Park Guided Night Boat Tour

Tortuguero National Park

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

Turtle Nesting Night Excursion (Seasonal)

Tortuguero National Park - Tortuguero

51USD

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

Day 9

## Tortuguero

On your second day, take a guided boat tour through the canals and view the wildlife. Search for caiman, monkeys (spider, howler, and white-faced capuchin), sloths, and basilisk lizards. In the afternoon, opt to wander through the town.



### Meals included

Breakfast | Lunch | Dinner

Day 10

## Tortuguero/Puerto Viejo de Talamanca

After a morning boat ride back to the mainland, head to the picturesque village of Puerto Viejo de Talamanca, with spectacular scenery en route. This seaside town is perfect for relaxing. Upon arrival check out the beach and the sea creatures with an afternoon of snorkeling.

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### Meals included

Breakfast | Lunch

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### Today's Activities

Snorkel and Hike Cahuita NP

Puerto Viejo de Talamanca

5h17m-6h

Cahuita is a tiny village and is famous for beautiful white sandy beaches and its National Park. Start off with a hike through the park to see an extensive variety of flora and fauna throughout this protected area and learn the unique history for Cahuita from your guide. Break at some of the various beaches and coral reefs throughout the park to snorkel and see the abundant marine life here. Tropical fruits and water are provided for some snacks along the way!

Private Vehicle

Tortuguero - Puerto Viejo de Talamanca

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

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### Optional Activities - Day 10

Bike Rental

Puerto Viejo de Talamanca

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

In the morning head to one of Puerto Viejo de Talamanca's 14 kms of incomparable white- and black-sand beaches. Surrounded by exotic tropical vegetation, test your balance and coordination with an included surf lesson. The warm turquoise water is ideal for swimming, fishing, kayaking, boogie boarding, and surfing. In the afternoon head into Gandoca Manzanillo National Wildlife Refuge for a hike.

Don't forget to try some fantastic Afro-Caribbean cuisine.



## Meals included

Breakfast



## Today's Activities

Gandoca Manzanillo National Wildlife Refuge Hike

Puerto Viejo de Talamanca

4h-5h

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

Surf Lesson - Puerto Viejo

Puerto Viejo de Talamanca

Hit the beach and get ready to hang ten with a surf lesson from trained surf instructors. Spend some time in the water getting friendly with the waves, practice paddling, then pop up to balance on the wider, softer beginner boards.



## Optional Activities - Day 11

Bike Rental

Puerto Viejo de Talamanca

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

Day 12

## Puerto Viejo de Talamanca/San José

Enjoy a free morning in Puerto Viejo and soak up the sun on the Caribbean. In the afternoon, start the journey by private transfer back to the capital.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Puerto Viejo de Talamanca – San José

4h30m-5h

410km

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

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Day 13

## San José

Depart at any time. Your departure transfer is included.

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### Meals included

Breakfast

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### Today's Activities

Airport Transfer

San José – Juan Santamaría International Airport

You will be picked up at your hotel and transferred to the airport.

## What's included

- Your G for Good Moment: Cafe Monteverde Experience, Monteverde
- Your Wellness Moment: Hot Springs, La Fortuna
- Guided cloud forest night walk (Monteverde)
- Jungle lodge stay
- Nature trail walk with swim (Sarapiquí)
- Free time in Quepos, Monteverde, La Fortuna, Tortuguero, and Puerto Viejo
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Join a naturalist guide on a cloud forest night walk, Relax in the hot springs of the Arenal Volcano, Catch some waves with a surf lesson in Puerto Viejo

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Join a naturalist guide on a cloud forest night walk, Relax in the hot springs of the Arenal Volcano, Catch some waves with a surf lesson in Puerto Viejo

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

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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.

## Is there an 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.

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

1. Please note that these Trip Details are based on the sample itinerary that was used to create your customized tour, meaning that some things listed here may no longer apply, including the service level, physical grading, and inclusions. For the specifics related to your particular personalized tour please refer to your tour vouchers or consult with your Private Travel GCO or travel agent.

2. 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.

3. The access to Sarapiquí rainforest is difficult and can seem extreme for those who are not mentally prepared for the experience. The tractor ride to get to the rainforest is an extreme adventure. Thus it's not recommended for pregnant women or people with serious back problems. Also, all trails are natural, with uneven and sometimes slippery footing, so it's not recommended for people with difficulty walking on uneven terrain. The lodge is rustic and most likely multi-share.

### 4. ACCOMMODATION NOTE:

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

## What meals are included in this trip?

12 breakfasts, 6 lunches, 2 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 affordable.

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

Private vehicle, tractor, public bus, boat, walking.

## **Where will we stay during the trip?**

Hotels (11 nts), jungle lodge (2 nts, multi-share).

## **What is the joining hotel?**

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

## **What are the joining instructions?**

On your TailorMade trip, you will be met by a G Adventures Representative on Day 1 with more information about your tour. They will also be able to answer any questions you may have. If you have an arrival transfer, please meet your transfer representative in the arrivals area; they will be holding a G Adventures sign.

## **What happens if I experience problems when arriving?**

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

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

If you have purchased an arrival 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. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What should I take on my trip?

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 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.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please bring two pairs of long socks (knee high) to wear with rubber boots.  
Note: A head lamp (for the stay at rustic jungle lodge in Sarapiquí Rainforest) is highly recommended.

## When can I do my laundry on this trip?

Laundry facilities are available at almost every stop on the trip. If you would prefer to do your own laundry, we suggest you bring non-polluting/biodegradable soap. Please note that it may be difficult for your clothes to dry quickly due to the high humidity of Costa Rica.

## What 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](#)

## How much spending money do I need for my trip?

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 with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

Please be advised that during the first week of this trip, it may be difficult to exchange travellers' cheques and visit functioning ATMs, so it is advisable to withdraw enough cash to last for the first week while you are in San Jose prior to leaving. There are ATMs along the way on Days 2 and 3, but these have been known to malfunction. As of Day 7, there are plenty of ATMs for cash withdrawal.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn US dollar 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](http://www.xe.com)

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

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

## Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

## Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Please note that in Costa Rica, a 23% charge is added on to almost every meal (13% tax, 10% tip). Further tipping for wait staff is appropriate in the case of excellent 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.

## What activities are optional on this trip?

### Manuel Antonio National Park

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

### Quepos

- Fishing

### Uvita

- Horseback Riding (35-45USD per person)

### Tortuguero

- Guided Kayak Excursion (60USD per person)

### Tortuguero National Park

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

### Puerto Viejo de Talamanca

- Bike Rental

## **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. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

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

## **What are the trip specific safety considerations?**

Please note: Like any city where tourism is on the increase, crime also tends to increase and while San José is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewelry. Puerto Viejo has a fairly big drug trade, be very cautious at night and bring a buddy with you.

## 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 yourself and those around you at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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

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

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

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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