



Trek Hidden Costa Rica

12 days, San José to San José

Trip code CRAC

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Bread Making, Piedras Blancas

- Your Foodie Moment: Chocolate Making, Piedras Blancas
- Hiking excursion to Piedras Blancas (4 days)
- Whitewater rafting on the Savegre River
- Trapiche demonstration
- Ballena Marine National Park visit
- Manuel Antonio National Park Entrance
- Free time in Esquipulas and Uvita
- 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 September 19th, 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

Arrive at any time.

There are no planned activities during the day, so check into the hotel and explore the city. As it is located in the central highlands, San José enjoys a moderate climate.

Amid the hustle and bustle, San José has beautiful parks, museums and the ornate Costa Rica National Theatre downtown. Enjoy the view of the surrounding mountains from the downtown streets.

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



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

San José/San Isidro

Travel by local bus over the highest mountain pass in the country. Arrive in the valley of San Isidro de El General and take a walk in the main plaza.

Spend the day visiting some shops and stock up before the next day's trek into the jungle. Located near three rivers and Costa Rica's highest mountain, Mt Chirripó, this region is well-known but few travelers stay to find out why.

Please note it will be necessary to repack your bags according to the packing list provided for our excursion to Piedras Blancas as it is an early departure on the morning of Day 3.



Accommodation

San Isidro Hotel (or similar)

Hotel



Today's Activities

Local Bus

San José - San Isidro

3h-4h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

San Isidro

A free afternoon allows you the chance to explore the main square, located around three kilometres from the hotel, and get geared up for tomorrow's hiking adventure.

San Isidro/Piedras Blancas

Embark on a three-day, three-night excursion with a locally owned and operated adventure company to the community of Piedras Blancas, found in the heart of the Zona de los Santos region.

The journey is always half the fun! Travel in the back of a pickup truck through lush green landscapes and end in the small town of Brujo. Enjoy a 4-hour hike to a jungle homestay while spotting tropical fauna and plenty of wildlife along the way.

We will be welcomed with open arms and a much needed home-cooked meal at a local family home. The night will be spent eating, sharing stories of the day's trek, and playing cards with the family members around the stove.



Meals included

Lunch | Dinner



Accommodation

Lopez Homestay (or similar)

Hotel



Today's Activities

Pickup Truck

San Isidro - Brujo

2h

Hop into the back and ride along to the next destination.

Jungle Trekking to Piedras Blancas

Brujo - Piedras Blancas

6h

Ready for a challenge? Gear up and head off for a six-hour trek through the jungle. Local English-speaking guides will point out flora and fauna and spot birds and wildlife in the thick forest canopy. Trek up, down, and around rocks and roots. During rainy season (May-Nov), bring walking sticks to support you in the slippery mud.

Save your energy for 'la cuesta roja' (the red hill) -- 20-30 minutes of an uphill slog. The payoff? Howler monkeys and toucans as travel companions.

Experience life in a remote community in and around a local family farm.

Wake up with the sun today and get ready for loads of activities. Enjoy a delicious traditional Costa Rican breakfast to start the day off right. In small groups, make 'dulce' (candy) at the family's traditional 'trapiche' (sugar cane mill). Cool off in the river that flows right by the house while the sugar simmers over the fire and lunch is being prepared.

Hike one hour to another household and stay the night. While there, local guides and members of the family will explain how to make fresh cheese and breads, play card games and enjoy tasty traditional Tico cooking. Once the evening winds down, head to bed for a well-deserved rest.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Granados Homestay (or similar)

Hotel



Today's Activities

Sugarcane Candy Making

Piedras Blancas

Roll up your sleeves and get ready for a nice arm workout! Using the traditional 'trapiche', a mill made of wooden rollers that helps draw out juices from the sugarcane, work those muscles to feed through the homegrown sugarcane and extract the sweet sugar. Let the sugar simmer over the fire and take a much-deserved break to cool down in the river and explore a 100-foot waterfall nearby. Towel off and get ready for lunch and try some of the sweet candy your hard work went into for a tasty treat afterwards.

ACTIVITY

Enter a traditional community kitchen and get to know the techniques and practises involved in making local style bread as well as getting to sample the results of the the hard work at the stove.



Optional Activities - Day 4

Swimming

Piedras Blancas

Harness your inner Tarzan and Jane and plunge into the river with lush forest all around.

Day 5

Piedras Blancas

Travel across the Savegre River to the next homestay with an included medicinal plant walk.

Start the day with a delicious home-cooked breakfast and fortify for the two-hour hike through the rainforest to tonight's home stay retreat. Enjoy the sights and sounds of the rushing waterfall directly in front of the dining area. Watch wildlife and hummingbirds up close. Reward yourself homemade chocolate made from cocoa beans collected right from the garden.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Fonseca Homestay (or similar)

Hotel



Today's Activities

Hike to a local family home stay

Piedras Blancas

2h

Hike through the rainforest for two hours to reach the home of tonight's host family. Stop along the way to bird-watch, learn about unique plants and breathe in the pure jungle air.

ACTIVITY

There are few things more delicious in the world than chocolate. See this coveted treat produced from bean to bar. From the nearby cacao plant to your mouth, enjoy the tasty benefits of 'eating local'.

Day 6

Piedras Blancas/Esquipulas

Walk through the jungle from the homestay and raft the Savegre River. Then, relax at the end of the day at camp and enjoy an included dinner.

Today is a full, action-packed day. Set your alarm for an early morning start and a two-hour hike back to Brujo where we jump into rafts and head off on the Savegre River.

Paddle toward the Pacific coast, then take a van to Esquipulas. Spend the rest of the day relaxing at camp before an included dinner.

Bags are taken to our overnight stop in Esquipulas, while the activities continue with a rafting excursion.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Esquipulas Rainforest Camping (or similar)

Campground



Today's Activities

Hiking

Piedras Blancas - Brujo

2h

Wave 'adios' to your home stay host family and trek for two hours back through the jungle to the town of Brujo.

Savegre River Whitewater Rafting

Brujo

4h

What better way to get from A to B than taking the natural route along a scenic and exciting river? Buckle up your life jacket, grab a paddle and head off to raft the Class II - IV rapids of the Savegre River. Its water is considered some of the cleanest in all of the Americas. Enjoy a natural high!

Private Vehicle

Savegre - Esquipulas

1h30m

33km

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

Day 7

Manuel Antonio

Enjoy a day trip to explore beautiful Manuel Antonio Park. In the afternoon the group will transfer back to Esquipulas for a relaxing evening and included dinner.



Meals included

Breakfast | Dinner



Accommodation

Esquipulas Rainforest Camping (or similar)

Campground



Today's Activities

Private Vehicle

Esquipulas - Manuel Antonio

1h

26km

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

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.

Free Time

Manuel Antonio

There's plenty to see and do in the area, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like a guided visit to Manuel Antonio National Park, mangrove kayaking, and surfing. Your CEO has more ideas if you need them. Just ask!

Private Vehicle

Manuel Antonio - Esquipulas

1h

26km

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



Optional Activities - Day 7

Kayaking

Manuel Antonio National Park

70USD

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

Whitewater Rafting Manuel Antonio

Manuel Antonio

75-98USD

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

Day 8

Quepos

Enjoy a free day in the area for optional activities. Be as active or relaxed as you'd like.

A free day for exploring the area, there are a number of activities to choose from depending on the group's interest and energy levels.



Meals included

Breakfast



Accommodation

Esquipulas Rainforest Camping (or similar)

Campground



Today's Activities

Free Time

Esquipulas

Enjoy a full day to explore the area at your own pace.



Optional Activities - Day 8

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.

Day 9

Esquipulas/Uvita

Enjoy a morning at your leisure before travelling to beautiful seaside Uvita. Opt to surf, whale-watch, horseback-ride or kick back and relax.

After a slow morning, hop in a private van and enjoy the ride to Uvita, a small beach town on the southwestern Pacific coast.

Take some much deserved time to rest and relax.



Meals included

Breakfast



Accommodation

Hotel Luz De Luna (or similar)

Hotel



Today's Activities

Free Time

Uvita

Get out and explore the atmosphere of Uvita on your own.

Private Vehicle

Esquipulas - Uvita

3h

75km

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

Day 10

Uvita

Spend the morning swimming, relaxing, and watching humpback whales off the coast of Ballena Marine National Park, before enjoying free time in Uvita.

This is a perfect day for some quality hammock time. Still need to move? There's lots to do. Take a surf lesson, horseback ride, snorkel, SCUBA dive or take a trip to nearby Caño Island.



Accommodation

Hotel Luz De Luna (or similar)

Hotel



Today's Activities

Ballena Marine National Park Visit

Uvita

Ballena Marine National Park is set along a 15km stretch of coastline on the Pacific, with incredible water for snorkelling and swimming. With the largest coral reef on the Pacific Coast in Central America, this is the perfect spot to grab some fins or enjoy time to relax on the beach. This park also has prime humpback whale viewing as they migrate through the region between Dec and April.

Free Time

Uvita

Unwind on the beach or try one of the many activities available in Uvita.



Optional Activities - Day 10

Caño Island Visit

Isla del Caño

120-140USD

Book a full day-trip to the protected marine reserve of Caño Island – popular with snorkellers, divers and anyone who appreciates beautiful beaches and trails that wind through mountainous untamed forests. Located 16km (10 mi) offshore from the Osa Peninsula, spend time hiking, beachcombing or just enjoying nature. Snorkel or scuba the clear waters, and see more than 100 species of fish, including barracuda, eels, white tip reef sharks, bottlenose dolphins, humpback whales, and rays.

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.

Scuba Diving

Uvita

180USD

Set off by boat, admire the rugged coastline, and in 15 minutes, arrive at Marino Ballena National Park. Suit up in scuba gear and explore the diverse underwater world. See a large variety of reef fish as well as underwater pinnacles and coral covered in sea fans.

Snorkelling

Uvita

Rent a mask and fins and head underwater to check out the marine life under thriving in the warm waters off this southern Pacific coast. Take a half-day trip to Marino Ballena National Park, watch for whales, dolphins and sea turtles, then jump overboard and see a spectacular variety of fish.

Day 11

Uvita/San José

Transfer back to the capital for a final evening with the group.



Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel



Today's Activities

Local Bus

Uvita - San José

5h

Climb aboard, grab a seat, and enjoy the ride.

Depart at any time.

Depart from San José at any time.

What's included

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- Your Foodie Moment: Bread Making, Piedras Blancas
- Your Foodie Moment: Chocolate Making, Piedras Blancas
- Hiking excursion to Piedras Blancas (4 days)
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What are the main highlights of this trip?

Trek into a remote community to live with the locals, Explore the Costa Rican jungle, Make your own sugarcane candy, Whitewater raft on the Savegre River

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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?

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.

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

Chief Experience Officer (CEO) throughout, local guides

How large will the group be?

Max 16, avg 10.

What meals are included in this trip?

6 breakfasts, 4 lunches, 5 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Local bus, pickup truck, private vehicle, raft, hiking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (5 nts), Jungle Homestay (3 nts), Camping (3 nts).

What kind of accommodation can I expect on this trip?

You will be provided with a sleeping mat and sleeping bag for the cave camping so it is not required you bring your own. You will need to prepare a day bag for this overnight as your main luggage will be stored safely while you hike up to the cave. It's very important to bring plastic bags or dry bags for waterproofing your items.

What are the joining instructions?

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

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

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

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

Monday to Sunday from 8 am to 5 pm: +506 4001 8474 (ext 4)

Monday to Sunday from 5 pm to 8 am: +51 997 582 712

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

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

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

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

Are there any additional packing suggestions I should consider?

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

What should be on my packing list?

Costa Rica Water Activities:

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

Documents:

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

Essentials:

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

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.)

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please bring a day pack large enough to fit two days worth of clothing.

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.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Costa Rica.

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

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

How much emergency money should I bring on this trip?

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

Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

Should I be tipping on my trip?

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

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$6-10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Piedras Blancas

- Swimming

Manuel Antonio National Park

- Kayaking (70USD per person)

Manuel Antonio

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

Quepos

- Fishing

Isla del Caño

- Caño Island Visit (120-140USD per person)

Uvita

- Horseback Riding (35-45USD per person)
- Scuba Diving (180USD per person)
- Snorkelling

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

Petty theft, bag snatching and muggings have been on the rise in San Jose. Though not common, there are certain precautions you should take when visiting the city. Although the cities visited on our tours are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions, as they are the safest and easiest way to avoid any issues one might encounter on the streets after dark. In addition, always leave your passport (It's better to carry a photocopy of it instead), credit cards and money that you won't be using in the hotel. Many of the hotels we use have safety deposit boxes in the room, or a general one at reception, this is always the safest method of storing your valuables. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc

. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organized from reception of your hotel. Also, take the address of the hotel with you.

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

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

Swimming, including snorkeling, is always at your own risk.

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

www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

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

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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