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Volcano Adventure & Panama Highlights

28 days, Antigua Guatemala to Panama City

Trip code CGAP

What's included

- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class, Antigua Guatemala
- Your Discover Moment: Roatán
- Your Discover Moment: Granada
- Your Discover Moment: La Fortuna
- Your Discover Moment: Boquete
- Copán guided tour
- Beach time in Roatán and San Juan del Sur
- León orientation walk
- Granada orientation walk
- Santa Elena Cloud Forest Reserve guided tour (Monteverde)
- Boat tour of Bocas del Toro
- Panama Canal visit
- Miraflores Locks and museum visit
- Free time in Ometepe and Bocas del Toro
- Internal flights
- 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 30th, 2016 - December 31st, 2017

Itinerary



Itinerary Notes

Due to recent political protests, we have rerouted this itinerary to avoid Nicaragua for all departures through Dec 31, 2019. See the full itinerary for details of the changes.

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

Antigua Guatemala

Arrive at any time.

There are no planned activities until an evening welcome meeting.

Modern Antigua is a peaceful colonial city that is a pleasure to explore. Enjoy the beautiful architecture of this UNESCO World Heritage Site.



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

Antigua Guatemala

Master the art of Latin American cuisine at a cooking class. Opt to take salsa lessons, attend a chocolate-making workshop, visit one of the local coffee or macadamia nut plantations, or soak up the culture of this colonial town's many museums and cafés.

Take a mountain bike ride out into the countryside or explore the fascinating markets, shops and museums within the city. Walk through quiet cobblestoned streets past rebuilt stucco homes with heavy, beautifully carved wooden entrances.



Meals included

Lunch



Today's Activities

ACTIVITY

Learn the tips and tricks of making traditional Latin American cuisine at a five-course cooking class. After, enjoy your creations for a delicious meal.

Free Time

Antigua Guatemala

Explore Antigua and the surrounding area.



Optional Activities - Day 2

Elizabeth Bell Walking Tour

Antigua Guatemala

25USD

1h30m-2h30m

Meet your guide at the fountain in the Central Plaza and take a leisurely walk along the cobblestone streets of this UNESCO World Heritage Site. The tour focuses on the Antigua's history, culture and restoration efforts (a bylaw, for example, stipulates buildings must only be painted certain colours in order to maintain the Spanish colonial character of the exteriors). Visit the City Hall Palace, Palace of the Captain's General, the main cathedral and many of Antigua's other attractions. Learn about jade and the valuable role it played in Maya culture. Shop for jewelry, pottery, textiles and wooden carvings.

Finca Valhalla Visit

Antigua Guatemala

5-10USD

1h30m-3h

20-25km

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free

facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

ChocoMuseo Tour and Workshop

Antigua Guatemala

24USD

1h30m-2h

Enjoy a chocolate workshop and museum tour to learn about the process "from bean to bar" and the history of this tasty crop. In this 1.5-hour workshop, make your own bar to take home and enjoy tastings of the varieties of chocolate drinks made on site. Who knew history could be so sweet?

Massage

Antigua Guatemala

30-60USD

30m-2h

Relax and enjoy a Mayan massage. You're on vacation!

Finca Filidelfia Coffee Tour

Antigua Guatemala

25USD

2h-3h

1-2km

Travel a short 10-minute ride outside of Antigua to the Finca Filadelfia coffee plantation. Walk through the plant nursery, explore the rows of coffee plants, pick a coffee "cherry" (each one has two beans inside), then discover the various stages that go into making the perfect cup of quality coffee. The farm also has a restaurant and zipline for those who opt to fly above the canopy to spot the very best beans.

Day 3

Antigua Guatemala/Copán

Cross into Honduras and head for the town of Copán.



Today's Activities

Private Vehicle

Antigua Guatemala - Copán

8h-9h

280km

Stop along the way to cross the border and have lunch.

Border Crossing (Guatemala-Honduras)

El Florido

1h-1h30m

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Enjoy a guided tour of the Mayan ruins of Copán and opt to soak in hot springs.



Today's Activities

Entrance - Copan Ruins

Copán

2h-3h

Step back in time more than a 1,000 years to discover the ancient Mayan site of Copán. Walk across grassy plazas and examine intricately carved stone stelae (tall monuments) depicting various gods and rulers. Admire the artistry and scale of the temples, ball court and well-preserved hieroglyphic stairway and understand why this is a UNESCO World Heritage Site. Be sure to visit the museum to see Mayan artifacts and a life-sized replica of the Rosalila Temple.

Free Time

Copán

Get out and explore.



Optional Activities - Day 4

Horseback Riding

Copán

25USD

Enjoy rural Honduras by horseback. Ride through the Copán Valley and along the river. Head up into the hills to meet local farmers. Keep your eyes peeled for exotic birds and wildlife. Who knows, you may even spot an ancient Maya artifact on your journey.

Luna Jaguar Hot Springs Visit

Copán

50USD

Take a scenic drive through the back roads of Copán Ruinas to hot springs at Luna Jaguar. Take a relaxing soak in one of the pools, surrounded by the jungle. If all that lounging around has worked up your appetite, opt to enjoy a barbeque lunch on site.

Full travel day from Copán to Roatán.

Head to the diving haven of Roatán, set amongst what is part of the second-largest barrier reef in the world. This Caribbean island is famous for its marine treasures.

Crystal blue waters invite swimming, diving, snorkelling, or simply relaxing on the white-sand beaches of the Bay Islands.



Today's Activities

Local Bus

Copán - San Pedro Sula

4h-4h30m

174km

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

Local Bus

San Pedro Sula - La Ceiba

4h-4h30m

193km

The bus will make a quick stop to purchase food and use the toilets.

Ferry

La Ceiba - Roatán

1h30m-2h

75km

The large ferry has two floors with an air-conditioned cabin and an open air area towards the back.

Private Vehicle

Roatán

45m-1h30m

17km

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

Days 6-7

Roatán

Enjoy free time on this island paradise. Opt to rent a bike, snorkel, scuba dive, or just relax.

The beaches of the western end are some of the most beautiful in the world, with clear turquoise water, powdery white sand and swaying coconut palms. While many people spend their days immersed in the warm, blue Caribbean waters, enjoying excellent fresh seafood, you may also opt to venture into the hilly interior by scooter.

The botanical gardens offer relaxed walking amongst exotic plants and racing 'Jesus lizards', a species of lizard that runs on its hind legs. In nearby Sandy Bay, the Institute for Marine Sciences is definitely worth a visit.



Optional Activities - Days 6-7

Scooter Rental

Roatán

25-40USD

What better way to explore than on the seat of a scooter? Zip around and see more.

Snorkelling

Roatán

5-25USD

Snorkelling is a must-do activity here on the island, considered a world class destination for those seeking warm clear waters and lots to look at. Head to West Bay Beach and set off in search of seahorses, stingrays, and sea turtles. Ask about the submarine submerged near Half Moon Bay - now home to a large eel and some lobsters.

Scuba Diving

Roatán

Roatán offers some of best diving in the Caribbean. Find a dive shop and prepare for a memorable day of coral and caverns, wrecks and walls, all sorts of great-looking fish. Part of the second largest reef in the world, the waters around the island are home to 95% of all the marine species in the Caribbean. Swim with turtles, moray eels, jaw fish and octopus. Bring your underwater camera and make memories that will last a lifetime.

Carambola Botanical Gardens Visit

Roatán

10-20USD

Visit the Carambola Botanical Gardens and step into a wonder of nature. Walk over bridge and along pathways past colourful flowering plants, orchids, ferns, fruit and nut trees, including the popular 'Chocolate Tree'. Besides the plants, you'll likely meet some of the local wildlife, including red Guatusa rabbits, Green and Black Iguanas, and very cool green and blue Anoli lizards.

Day 8

Roatán/León

Travel by van and plane to Nicaragua and finish in the colonial city of León.

León was the former capital from the colonial period until 1857, and still the centre of much of the country's cultural and intellectual activity. Opt to visit Central America's largest cathedral or explore the history-filled streets.



Today's Activities

Private Vehicle

Roatán

45m-1h30m

17km

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

Plane

Roatán - San Salvador

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Plane

San Salvador - Managua

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Managua - León

2h

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

Day 9

León

Spend a full day exploring the area. Opt to horseback around a crater lake, hike a volcano, or hit the beach.

There is always something interesting to do in León, whether it be a city tour, kayaking around Juan Venado Island, or a trip to the nearby beaches of Poneloya and Las Peñitas.

If you'd prefer to just wander through the streets, you'll find several politically-charged murals depicting Nicaragua's turbulent history and several good museums in the area, including one dedicated to the heroes and martyrs of the Sandinista movement.

Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Free Time

León

With so much to see and do, don't waste a minute.

Optional Activities - Day 9

Kayak Isla Juan Venado

León

40-55USD

4h30m-5h

Kayak the mangrove forest and discover the diverse ecosystem around Juan Venado Island. Bring your binoculars to spot birds, and look for the tell-tale tails of crocodiles and iguanas. Hop out to take a swim or just stroll along the beach.

Isla Juan Venado Visit

León

55USD

5h-5h30m

Hop into the boat and motor off through the mangroves along the shores of Juan Venado Island. Cruise the waterways to see egrets and other birds, crocodiles, crabs, iguanas and more. Through local guides, learn about the different types of mangrove forests, then take a swim at one of the nearby beaches. This is sure to be a day you won't forget!

Horseback Riding Asososca Crater Lake

León

35-40USD

5h30m-6h

Put on some long pants and travel by horse through a unique landscape accented by volcanic peaks and craters. Check out the huge round hole on the slope of El Hoyo, enjoy the view of Momotombo on the horizon, then go for a swim in the Asososca Crater Lagoon.

City Tour

León

25USD

Head out into the city with a knowledgeable local guide to learn more about the history and culture of this colonial city.

Flor de Caña Factory Visit

León

35-40USD

Head to the distillery to learn more about the production and history of this potent liquor. Flor De Caña has won countless international awards and is regarded as one of the best rums in Latin America. White, dark, young and aged, sample them all!

Telica Twilight Tour

León

40-65USD

7h-8h

Hike up Telica Volcano in the afternoon to enjoy the sunset and views. This volcano is so active, nothing grows on its slopes. At nightfall, hike the last section up to the crater to see the glowing orange-red lava. Afterwards, hike in the dark back down to the transport.

Momotombo Volcano Visit

León

9h-10h

Momotombo is one of the most impressive volcanoes in Nicaragua. Resting on the banks of Lake Managua, it is 1,297m (4,255 ft) above sea level and one of the most difficult to climb. During the hike, there will be a chance to see amazing crater and views of Momotombito Island, Monte Gala lagoon, Xolotlán Lake, and much more.

Day 10

León/Granada

Journey on to Granada. Enjoy an orientation walk on arrival to get a feel for this colonial city.

Nicaragua boasts both incredibly friendly people and impressive natural beauty. Granada's colonial charm is complimented by the surrounding active volcanoes and lakes, making day trips a fun and easy option. Hike, cruise, or just explore the city's markets and museums.



Today's Activities

Free Time

Granada

There are so many options, just start exploring.

Private Vehicle

León - Granada

2h

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

Enjoy free time to explore. Opt to kayak the isletas, rent a bike, take a city tour, or head to Laguna de Apoyo for a swim.



Optional Activities - Day 11

Hiking

Granada

Take a trip up the steep slopes of the Mombacho Volcano, 10km (6 mi) from Granada, past coffee plantations and cloud forest. Bring a sweater for the cool, windy weather. Trek along marked trails, past cloud-kissed plants and abundant wildlife, to see fumaroles, craters and possibly a view (although the summit is often cloud-covered). Look down and try to spot the Mombacho salamander.

City Tour

Granada

20USD

Head out for a guided tour of the charming colonial city of Granada. Visit churches, museums and parks and learn more about the history and culture of the city.

Laguna de Apoyo Visit

Granada

35USD

Travel less than half an hour from Granada to the picturesque Laguna de Apoyo. The warm clean waters of this lake are said to have healing properties; this former volcano crater is nature's giant bathtub, filled by natural springs and rain water from the past 20,000 or so years. Hike the forested trails in the surrounding hills. See hummingbirds, monkeys, and toucans. Slip into the mild waters and enjoy a peaceful swim. How many people can boast they swam in a volcano?

Mombacho Volcano Trails Hike

Volcán Mombacho

35USD

4h30m-5h

Board a truck at the base of Mombacho Volcano and slowly make your way up the steep road. Hike the muddy paths at the top of Mombacho Volcano. At the windy summit, see four dormant craters, all covered in dense cloud forest. On a rare clear day, capture views of Granada, las Isletas, Laguna de Apoyo, and Lake Nicaragua beyond.

Kayaking

Granada

25-35USD

Grab a paddle, put on a lifejacket and set off to explore by kayak.

Masaya Volcano Day Excursion

Granada

40USD

Experience the energy and excitement of getting up close and personal with an active volcano. See the crater spew smoke and gas. Walk in a moonscape of lava rocks and stunted shrubs. Stop by the visitor's centre and learn about the history of Masaya and many other volcanoes in Nicaragua. Next, stop at the Masaya Artesan Market filled with ceramics, woodcrafts, hammocks, cigars and leather works. Take in the view at the Laguna de Apoyo lookout and wrap up the tour in San Juan de Oriente, a local pottery and ceramics workshop.

Travel to Ometepe Island and get to know local friends during a two-night stay at a community guesthouse. Try the cuisine, test out some Spanish skills and even opt to climb a volcano or visit the local swimming hole.

Cross Lake Nicaragua by ferry to arrive at Ometepe Island. The group will be split up amongst different families within this small community. Enjoy local meals and getting to know your host family.

During your stay, if you enjoy a challenge, hike Madera Volcano. If you want to take it a little slower, check out the pre-Columbian petroglyphs, try out the Tarzan swing at a nearby jungle swimming hole, or enjoy the beach.



Meals included

Dinner



Today's Activities

Local Bus

Granada - Rivas

1h15m-1h45m

70km

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

Local Bus

Rivas - San Jorge

15m-30m

5km

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

Ferry

San Jorge - Moyogalpa

1h

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Moyogalpa - Los Angeles

15m-30m

6km

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

ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.



Optional Activities - Day 12

Swimming

Isla de Ometepe

Free

Swim the cool waters of Lake Nicaragua, also known as Mar Dulce (Sweet Sea). Fed by more than 40 rivers, it's the largest lake in Central America and the tenth largest freshwater lake in the world. Also check out local swimming holes fed by underground springs and enriched with therapeutic minerals to both relax and invigorate the senses.

Day 13

Isla de Ometepe

Enjoy a free day to explore.

Opt to climb Volcano Concepcion or Volcano Maderas, take a cultural tour, visit the beach at Santo Domingo, or visit el Ojo de Agua for a refreshing swim and lunch.



Meals included

Breakfast | Dinner



Today's Activities

Free Time

Isla de Ometepe

Don't waste a minute—get out and explore.

ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.



Optional Activities - Day 13

Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour

Isla de Ometepe

45USD

3h-4h

There's something special about coming across a boulder in a field, now covered in moss, and engraved in circles or images made by someone who lived in the area thousands of years ago. Discover Ometepe's pre-Columbian petroglyphs (rock carvings) and stone statues, along with pieces of ancient ceramic urns and utensils. Learn the history and significance of these artifacts dating back to 1000 BC. Includes a stop at hot springs and the beach.

Hiking Maderas Volcano

Isla de Ometepe

45USD

8h-9h

Prepare to spend the day (4 hr each way) hiking the dormant Maderas Volcano (1,400m/4,573 ft). Walk past coffee plantations, then up a steep trail through cloud forest. It gets damp and muddy, so watch your step. At the summit, hike down into the crater and swim in the cool, refreshing lagoon. How many people can say they have floated in the bowels of a volcano?

Hike Concepción Volcano

Isla de Ometepe

45USD

10h-12h

The steep terrain of this active volcano make Concepción the most difficult climb in all of Nicaragua. Plan on a round trip duration of 10-12 hours of sweaty, muddy, humid and windy climbing. Bring lots of water and food. The rewards can include breathtaking views of the isthmus of Ometepe, Maderas Volcano, Chontales, and Costa Rica to the south, as well as vegetation unique to this volcano.

Swimming

Isla de Ometepe

Free

Swim the cool waters of Lake Nicaragua, also known as Mar Dulce (Sweet Sea). Fed by more than 40 rivers, it's the largest lake in Central America and the tenth largest freshwater lake in the world. Also check out local swimming holes fed by underground springs and enriched with therapeutic minerals to both relax and invigorate the senses.

Travel to San Juan del Sur and get ready to relax on the beach. Opt to take a surf lesson or go fishing.

Journey to low-key San Juan del Sur for some serious relaxation by the sea. Set on a stunning horseshoe shaped cove, this fishing village is the perfect place to combine two of Nicaragua's best features - its beautiful beaches and its award-winning Flor de Caña rum!

Do as much or as little as you want. Take surf lessons, try your luck at fishing, go ziplining on the hills above San Juan del Sur, or just lounge on the beach.

A short boat or taxi ride away, the deserted beaches of Playa Maderas and Majagual to the north and Playa Remanso to the south are calling out to be explored.

In the evenings take advantage of the relaxed seaside nightlife with the friendly locals.



Meals included

Breakfast



Today's Activities

Private Vehicle

Los Ángeles - Moyogalpa

15m-30m

6km

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

Ferry

Moyogalpa - San Jorge

1h30m

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Local Bus

San Jorge - Rivas

15m-30m

5km

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

Local Bus

Rivas - San Juan del Sur

1h-1h15m

30km

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

Free Time

San Juan del Sur

Spend the afternoon relaxing on the beach, or checking out the town - the choice is yours!



Optional Activities - Day 14

Sunset Cruise

San Juan del Sur

35USD

2h30m-3h

Take a cruise along the Pacific coastline. As soon as you leave, the music starts and the bar is open with your choice of soft drink, beer, local rum– unlimited for the 2 hr journey. Enjoy panoramic sunsets and keep your eyes open for local marine wildlife such as dolphins and whales. Try some trolling– anything you catch you can keep for dinner.

Night Fishing

San Juan del Sur

35USD

4h-4h30m

Try something new and go after some delightfully delicious pargo (snapper) while fishing under the stars and moonlight. The boat is equipped with submersible lights, full night lights and a soothing stereo system. Don't forget your cold beers and friends.

Ziplining

San Juan del Sur

30USD

1h15m-1h30m

There is one word for Da' Flying Frog. Amazing. Feel like you are in Tarzan's back yard, especially in the rainy season. Zip to 17 platforms over 2.5 km (1.5 mi) of pure jungle scenery. Enjoy the view of the valley and San Juan del Sur bay. Best of all there are two cables and an excellent crew for your safety.

Enjoy free time for optional activities or relaxing on the beach.



Today's Activities

Free Time

San Juan del Sur

The day is yours— get exploring or get relaxing.



Optional Activities - Day 15

Snorkelling

San Juan del Sur

35USD

3h30m-4h

Enjoy the beautiful underwater world just outside of San Juan del Sur Bay.

Horseback Riding

San Juan del Sur

30USD

1h-3h

Head out for a few hours or a full-day adventure by horseback. Experience the great outdoors surrounded by mountains and beaches. Opt to visit Finca Palermo, Playa Hermosa Surf Camp, or Rancho Chilamate.

Surf Lesson

San Juan del Sur

35USD

2h30m-3h

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

Night Fishing

San Juan del Sur

35USD

4h-4h30m

Try something new and go after some delightfully delicious pargo (snapper) while fishing under the stars and moonlight. The boat is equipped with submersible lights, full night lights and a soothing stereo system. Don't forget your cold beers and friends.

Sunset Cruise

San Juan del Sur

35USD

2h30m-3h

Take a cruise along the Pacific coastline. As soon as you leave, the music starts and the bar is open with your choice of soft drink, beer, local rum— unlimited for the 2 hr journey. Enjoy panoramic sunsets and keep your eyes open for local marine wildlife such as dolphins and whales. Try some trolling— anything you catch you can keep for dinner.

Whale Watching and Dolphin Spotting Tour

San Juan del Sur

40USD

3h30m-4h

Humpback whales visit every year from January to late March or early April and are magnificent creatures to spot. Head out on a cruise to try to capture these beautiful animals, with your camera, of course. You may also see dolphins swimming nearby.

Turtle Tour

San Juan del Sur

35USD

4h-4h30m

This is a must-do experience. Go with a local guide to the reserve of La Flor where the Olive Ridley turtles return year after year to lay their eggs. If you are lucky, you may also see the newborn hatchlings make a dash to the safety of the sea.

Ziplining

San Juan del Sur

30USD

1h15m-1h30m

There is one word for Da' Flying Frog. Amazing. Feel like you are in Tarzan's back yard, especially in the rainy season. Zip to 17 platforms over 2.5 km (1.5 mi) of pure jungle scenery. Enjoy the view of the valley and San Juan del Sur bay. Best of all there are two cables and an excellent crew for your safety.

Fishing

San Juan del Sur

300-525USD

4h30m-8h

Experience the ultimate in sport fishing comfort as you cast for mackerel, jack, black and white tunas, and snapper. If you are in search of sailfish, marlin, and dorado, head out 32-48km (20-30 mi) on the all-day charter.

Playa Hermosa Visit

San Juan del Sur

12USD

2h-8h

Located 12km (7.5 mi) south of San Juan Del Sur, Playa Hermosa is one of the safest and most beautiful beaches in southern Nicaragua. Voted as the #1 beach by Nicaragua Surf Report and home to Survivor Nicaragua, you may never want to leave this white sand beach. Surf, swim, and keep your eye out for baby turtles.

Day 16

San Juan del Sur/Monteverde

Travel to Costa Rica and into the misty cloud forests of Monteverde.



Today's Activities

Local Bus

San Juan del Sur - Peñas Blancas

30m-45m

20km

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

Border Crossing (Nicaragua - Costa Rica)

Peñas Blancas

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Peñas Blancas - Monteverde

4h30m-5h30m

209km

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

Day 17

Monteverde

Enjoy a guided visit to the Santa Elena Cloud Forest Reserve. Opt to fly across canopy ziplines or tour a coffee plantation.

Optional activities here include sky walks (suspension bridges amid foliage), butterfly garden, and a canopy zip-line tour.



Today's Activities

Santa Elena Cloud Forest Guided Tour

Monteverde - Santa Elena

2h

2km

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

Free Time

Monteverde

Don't waste a minute, get exploring.



Optional Activities - Day 17

Sky Walk

Monteverde

55USD

Get up high to see the tree tops of Monteverde's Cloud Forest from a bird's eye view. Cross a series of suspension bridges to discover the early ropes and pulleys that early biologists required to glimpse – a lush, green vista accented by bromeliads, vines, and orchids. Wonder at this wet canopy, home to thousands of species of birds, small animals, amphibians and insects (making up 90% of all the organisms in the forest).

Monteverde Butterfly Garden Visit

Monteverde

20USD

Get close to butterflies, bump into giant bugs, and make friends with hairy eight-legged spiders in this collection of gardens nestled in the mountains of Monteverde. Observe caterpillars, take prize-worthy photos of the iridescent blue morpho butterfly, and check out the leaf-cutter ant colony. The nature centre is home to 30 species of butterfly, a whole bunch of insects, and more.

Ziplining

Monteverde

3h-4h

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

Monteverde Coffee Plantation Tour

Monteverde

40USD

No trip to Costa Rica is complete without visiting a coffee plantation. Head to Café Monteverde and learn how this fair trade coffee goes from crop to cup. Pick ripe berries, watch how the beans are separated from the husk, then observe the drying and roasting process. Sample and buy some of these excellent beans. The Santa Elena coffee co-op prides itself on sustainable practices: it recycles processing water, uses coffee pulp for fertilizer, and sends plant fibers and husks to make paper.

Day 18

Monteverde/La Fortuna

Take in the scenic journey to La Fortuna, then enjoy free time to explore. Consider visiting local hot springs for relaxation.

Travel to La Fortuna, located at the foot of Arenal Volcano. La Fortuna is an excellent base for adventure. Opt to take a hike around the base of the volcano, hike the area's nature trails, swim in the chilly La Fortuna waterfall or join a canopy tour and catch a bird's eye view of the forest greenery.

Other optional activities include mountain biking, caving, horseback riding or a tour of the Caño Negro Wildlife Refuge. Like much of Costa Rica, the area is a birders' paradise, with over 600 species as permanent residents.



Today's Activities

Shared Van

Monteverde - Laguna de Arenal

3h30m

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

Boat

Laguna de Arenal

45m

Climb aboard and get your float on.

Shared Van

Laguna de Arenal - La Fortuna

30m-45m

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

Free Time

La Fortuna

There are tons of optional activities to choose from in La Fortuna. Take your pick!



Optional Activities - Day 18

La Fortuna Waterfall Swim

La Fortuna

20USD

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

Ecotermals Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermals. 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. Please note the price listed does not include the IVA Tax.

Venado Caves Exploration

La Fortuna

78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

Horseback Riding

66-68USD

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 with a good gallop.

Hanging Bridges

Arenal

75USD

1h30m-2h

3km

Come join the monkeys and perhaps spot a sloth lazing in the treetops of this protected rainforest that's set in the shadows of the Arenal Volcano. Trek 3km (2 mi) of winding trails up, down, across, and over 16 different bridges. One of higher suspended bridges overlooks a gorgeous gorge and 60m (37 mi) waterfall. Look up and down to spot birds, snakes, frogs, lizards, howler monkeys, and more. Don't forget to bring binoculars, bug spray, and a long lens as you reach new heights in the canopy of Costa Rica. Please note the price listed does not include the IVA Tax.

Canopy Tour

La Fortuna

Join a canopy tour (zipline) and catch a bird's-eye view of the forest greenery as you speed through the jungle on cables.

Enjoy free time in La Fortuna for optionals such as waterfall rappelling, whitewater rafting, or hiking.

Opt to go canyoning, whitewater rafting, hiking, caving, horseback riding, paddleboarding, kayaking, or visit a wildlife refuge. There are so many activities to choose from while in the area.



Optional Activities - Day 19

La Fortuna Waterfall Swim

La Fortuna

20USD

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

Arenal Volcano Park Hike

Arenal

53USD

Head out to see nature first hand. Break a sweat in the lush humid jungle around the slopes of Arenal Volcano and keep an eye out for monkeys, birds and sloths.

Birdwatching

La Fortuna

Set out on a bird watching adventure with a local expert. Depending on the season, explore around Arenal Volcano and Lake, visit El Silencio Nature Reserve, or Finca Luna Nueva. The area around Arenal is home to more than 350 species of birds. Look for toucans, parrots, Montezuma Oropendolas, colourful tanagers, and parakeets.

Venado Caves Exploration

La Fortuna

78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

Canopy Tour

La Fortuna

Join a canopy tour (zipline) and catch a bird's-eye view of the forest greenery as you speed through the jungle on cables.

Horseback Riding

La Fortuna

59USD

Enjoy Fortuna's fantastic wilderness on one of two different horseback riding options. Ride around the base of Arenal volcano or take a scenic trip to La Fortuna waterfall, passing through Maleuku village with opportunities to take a dip in the emerald green pool. Spot toucans, bellbirds and parrots as you ride private mountain trails through primary and secondary forest. Meet monkeys, see sloths, and possibly hear the rumble of the volcano. Take photos, inhale the pure air and let your horse lead you on this memorable meander.

Mountain Biking

La Fortuna

79USD

Rent a bike and head off on a side road along the edge of the Arenal Volcano National Park (toward the town of El Castillo). Bump your way along rough roads, breathe in the clean air, and soak in the spectacular scenery.

Whitewater Rafting

La Fortuna

61-86USD

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids of the Toro or Balsa Rivers 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!

Caño Negro Wildlife Refuge Tour

La Fortuna - Caño Negro

65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Day 20

La Fortuna/San José

Travel to San José, and opt for a night out with the group.



Today's Activities

Private Vehicle

La Fortuna - San José

3h-3h30m

195km

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

Day 21

San José/Panama City

Hop on a flight to Panama City and explore the most cosmopolitan city in Central America.

Panama City seamlessly blends a modern urban metropolis with history and colonial architecture. Spend time exploring Old Panama City, admiring sleek skyscrapers, or escape to nearby sandy beaches. Opt to join new members of the group for an evening welcome meeting.



Today's Activities

Plane

San José - Panama City

1h-1h30m

500km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.



Optional Activities - Day 21

Optional Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

In the morning, visit the Panama Canal including the Miraflores Locks and on-site museum. Fly to David and travel north to Boquete where a plethora of outdoor options await, including numerous hikes and whitewater rafting, or opt for a tour of a coffee plantation.

Travel to the mountain retreat of Boquete. Nestled in a green mountain valley, this is an outdoor lover's paradise.



Today's Activities

Panama Canal Visit

Panama City

2h-3h

Visit the Panama Canal, including the Miraflores Locks and on-site museum. The Panama Canal is considered to be one of the greatest engineering wonders of the world. It extends 77km (48 mi) over a series of lakes and locks and connects the Atlantic (via the Caribbean Sea) to the Pacific Ocean. Discover the dramatic history of its construction, beginning with the French in the late 1800's, the official completion by the US in 1914, and what's happened since. Witness a freighter, sailboat, or maybe even a submarine, transit through a lock. It's an experience not to be missed.

Plane

Panama City – David

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Local Bus

David – Boquete

45m

42km

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

Use a free day to enjoy numerous hikes or whitewater rafting. Opt for a tour of a coffee plantation.



Optional Activities - Day 23

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Hiking

Boquete

40-85USD

1h-8h

3-10km

Choose from a variety of hiking tours, from low-impact routes through botanical gardens or challenging full-day trips to see waterfalls and unforgettable wildlife. Options include the Quetzal Trail (one of the most scenic hikes in Panama) or Baru Volcano.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Day 24

Boquete/Bocas del Toro

Travel by bus and boat to arrive at the archipelago of Bocas del Toro. The islands are mostly covered in rainforest and have spectacular beaches. There are plenty of opportunities to snorkel, scuba dive, or just relax on the beach.

The islands of Bocas del Toro offer much wildlife found only in this region, making it a unique place to explore. The islands are mostly covered in rainforest, and have spectacular beaches perfect for sunbathing, swimming, snorkelling or diving.



Today's Activities

Local Bus

Boquete - Almirante

4h-5h

175km

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

Boat

Almirante - Bocas del Toro

30m-45m

Climb aboard and get your float on.

Day 25

Bocas del Toro

Take a boat tour of the area then spend free time exploring the islands, snorkelling, swimming, or just lounging in paradise.



Today's Activities

Bocas del Toro Boat Tour

Bocas del Toro

7h-8h

In this full day excursion, explore the Bocas del Toro Archipelago by boat and discover this Caribbean paradise. One of the world's biodiversity hot spots, see dolphins and sloths in their natural habitat, go snorkelling in crystal clear water surrounded by colourful fish, fly underwater on an 'Anfibia board', and explore the uninhabited island of Cayo Zapatilla. Lunch is not included, but there are many great seafood options from restaurants over the water on Cayo Coral.

Free Time

Bocas del Toro

Make the most of your time in paradise.

Day 26

Bocas del Toro

Spend another day exploring the archipelago.



Today's Activities

Free Time

Bocas del Toro

Get out and explore.



Optional Activities - Day 26

Red Frog Beach Visit

Bocas del Toro

13USD

3h-8h

Take a water taxi to Isla Bastimentos for a relaxing day soaking up the sun. Keep an eye out for wildlife during a short walk through the jungle before arriving at the stunning Red Frog Beach. With restaurants, a volleyball court, and a bar, this is the perfect place to chill out Bocas style!

Surf Lesson

Bocas del Toro

45USD

Always dreamed of learning to hang ten? Grab a board and hit the waves during a two-hour surf lesson. With options for all experience levels, you'll be up riding the swells in no time.

Isla Bastimentos Canopy Tour

Isla Bastimentos

55USD

Ever wanted to feel like Tarzan and Jane? Reach speeds of over 65 kph on seven different zip lines through the jungle canopy, some up to 1000 ft long! Keep the adrenaline pumping on a swaying sky bridge, vertical rappel, and optional treetop obstacle course. After, opt to chill out on Red Frog Beach before heading back to the mainland.

Starfish Beach Visit

Bocas del Toro

5-40USD

3h-8h

Starfish beach is known for the hundreds of starfish that spend the day in the shallow, calm water of this isolated cove. You can reach the beach by boat, shuttle, bike or 4x4 – once you arrive, grab a drink and see how many starfish you can spot while swimming in some of the calmest waters of Bocas.

Day 27

Bocas del Toro/Panama City

Travel to David and fly back to the capital for the last evening.



Today's Activities

Boat

Bocas del Toro - Almirante

30m-45m

Climb aboard and get your float on.

Local Bus

Almirante - David

4h-5h

175km

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

Plane

David - Panama City

45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 28

Panama City

Depart at any time.

What's included

- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class, Antigua Guatemala
- Your Discover Moment: Roatán
- Your Discover Moment: Granada
- Your Discover Moment: La Fortuna
- Your Discover Moment: Boquete
- Copán guided tour
- Beach time in Roatán and San Juan del Sur
- León orientation walk

- Granada orientation walk
- Santa Elena Cloud Forest Reserve guided tour (Monteverde)
- Boat tour of Bocas del Toro
- Panama Canal visit
- Miraflores Locks and museum visit
- Free time in Ometepe and Bocas del Toro
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Hike through the mist of a cloud forest, explore the Mayan ruins of Copán, chill on the beaches of Caribbean islands, take in the crisp air of the lush green highlands in Boquete, explore the Panama Canal.

Itinerary Notes

Due to recent political protests, we have rerouted this itinerary to avoid Nicaragua for all departures through Dec 31, 2019. See the full itinerary for details of the changes.

What are the main highlights of this trip?

Hike through the mist of a cloud forest, explore the Mayan ruins of Copán, chill on the beaches of Caribbean islands, take in the crisp air of the lush green highlands in Boquete, explore the Panama Canal.

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

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.

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.

Are there Itinerary notes?

Due to recent political protests, we have rerouted this itinerary to avoid Nicaragua for all departures through Dec 31, 2019. See the full itinerary for details of the changes.

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

1. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from \$1 to \$13 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.

2. Antigua's nearest airport is approximately 1 hr away in Guatemala City.

3. 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.

4. The max luggage allowance on domestic flights within Panama is 1 checked bag (14 kg) and 1 carry on (4 kg) per person. Any additional baggage is subject to fees of \$3USD per kilo.

5. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering Nicaragua if you have travelled to certain countries with Yellow Fever risk prior to arriving. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

6. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

What is the group leader like?

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

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

2 breakfasts, 1 lunch, 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 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 group leader will be able to suggest favourite restaurants during your trip. 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, private vehicle, ferry, plane, boat, walking.

Are local flights included in the cost of the trip?

From Roatan we will board our internal flight to Managua via San Salvador, in order to continue our adventure to León. Occasionally, due to flight availability, the order of the flight segment may be switched with the ferry segment. We also fly from San Jose to Panama City on Day 21.

Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (25 nts), community guesthouse (2 nts, shared facilities).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Day 12 (homestay).

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?

The best way to get to the arrival point hotel is via taxi from the airport – there are fixed rates at the airport counter. It is a 1 hour drive from Guatemala City (where the international airport is located) to Antigua, where the joining point hotel is located.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

**Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!

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 trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, 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 G Adventures during a situation of dire need, it is best to first call our local office in San José, Costa Rica. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so that we may return your call and assist you as soon as possible.

G Adventures San José, Costa Rica,

Open Monday to Friday, 9am to 6pm local time (GMT -6).

Tel: Int. Dialing Code +506 4001 8474.

Costa Rica Emergency Cell Phone: +51 997 582 712 (after office hours).

If you are unable for any reason to contact our local office in Costa Rica, we have a toll-free line within North America (or our regular direct line), which will connect you directly with our Toronto office.

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

Calls from UK: 0344 272 0000

Calls from Australia: 1 300 796 618

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

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

Warm Weather:

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

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.

What are the visas and entry requirements for my trip?

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

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

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

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

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

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

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 50USD (or equivalent).

GUATEMALA ATMs: Please note that daily withdrawal limits in this country are extremely low, currently set at 1000 quetzales - less than 140 USD. It is advisable to arrive with enough cash, if your daily needs exceed this amount.

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?

Guatemala entrance tax: 10Q (\$1.25USD)

Guatemala exit tax: 10Q (\$1.25USD)

Honduras entrance tax: \$3USD

Honduras exit tax: \$3USD

Nicaragua entrance tax: \$13USD

Nicaragua exit tax: \$2USD

Costa Rica entrance tax: free

Costa Rica airport exit tax: \$28USD

Panama airport exit tax: \$40USD (if not already included in flight)

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 tour leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Tour Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

- OPTIONAL ACTIVITIES ON TOUR All prices are per person, in USD amounts and are subject to change as services are provided by third party operators.

Antigua:

- City tour \$20 Bicycle tour \$40
Coffee /Macadamia nut
Plantation tour \$20 Massage
\$25

Copan:

- Copan Museum \$5 Horseback riding \$25 Bird park \$10 Ride to/from hot springs \$20

Roatan:

- Intro Open water course \$300
One tank dive \$30 Two tank dive \$60 Snorkel rental \$5 - \$10
Moped Rental \$40 Boat tours \$10 -\$20 Bicycle rentals \$12
Fishing \$60 Kayaking \$10

Leon:

- Leon Viejo Entrance \$25 (10 Cordobas fee for video footage)
Ruben Dario museum Free – donations appreciated
Cordobas City tour \$15
Transport to Las Peñitas beach \$10 Boat tour of Juan Venado Reserve \$25

Granada:

- Las Isletas boat tour \$15 Las Isletas kayaking tour \$30 Visit to Laguna de Apoyo crater lake & Mirador Caterina \$15 Taxi to/from Masaya market \$20 Tour of Mombacho Volcano \$25 Canopy tour on Mombacho Volcano \$25 Horse carriage ride around the city \$10

Ometepe:

- Climb Volcan Concepcion with a guide \$25 Climb Volcan Madera with a guide \$25 Bike Rentals \$12 Scooter or ATV rental \$40 Ojo de Agua spring \$2 Island tour including petroglyphs & Charco Verde \$25 Horseback riding \$20 (4 hours)

San Juan del Sur:

- Surfboard rental \$20 day Surf lesson, board rental, transport to beach \$40 Shuttle to Beaches \$10 Bike rental \$5 day Sunset boat cruise \$40 All day sailboat trip \$90 Snorkel rental \$10 day Diving (2 tank dives) \$60 Fishing trips \$30 Night fishing \$30 Sea turtle nesting trip (seasonal) \$30 Horseback riding \$20 Canopy tour \$20

Monteverde:

- Ziplining \$45 Hanging bridges \$25 Horseback riding (\$25 for 1 ½ hours, \$30 for 2 hours, \$45 for 3 hours) Butterfly garden \$12 Trapiche Tour \$30 Coffee tour \$25 Frog Pond \$12 Serpentarium \$10 ATV \$50 for a single, \$75 for a double Night Walk \$22 Orchid Garden \$10 Cheese Factory \$10 Bat Jungle \$10

La Fortuna/ Arenal:

- Rafting Class III and IV (Full day - 7 hours) \$75 (includes fruit on the river and lunch) Rafting Class II and III (half day - 4.5 hours) \$65 (includes fruit on the river and lunch) Canyoning/ Rappelling tour \$75 (includes breakfast or lunch depending on tour time - 4 hours) Mambo Combo (Rafting II and III with Canyoning) \$139.50 (8 hours) Venado Cave Spelunking \$55 (4 hours) Stand up Paddle \$65 (4 hours) Mountain biking \$59 (4 hours) Caño Negro Reserve \$55 (8 hours) Volcano walk/ viewpoint/dinner and entrance to hot springs \$45 (incl. transportation) Viewpoint/ dinner/entrance to hot springs \$36 (incl. transportation) Hot springs only \$20 Hot springs with dinner \$25 Cerro Chato Extreme Hike (6 hours) \$59 Safari float \$45 (4 hours) Horse trip to waterfall \$42 (4 hours) Bike Rental \$15/day Volunteer Program at Proyecto Asis (feeding animals, playing with animals, baby monkey, and some physical work, includes snack) \$59 (4 hours)

San José:

- Adventure Combo (Canopy & Horseback Riding) (L) \$107
Adventure Combo (Canopy & Rafting) (L) \$107
Combo Tour (Doka - Poas - Cataratas) (B,L) \$96
La Paz Waterfall Gardens (Late departure) \$75
Manuel Antonio National Park (Tues,Thurs,Sat and Sun)(B)(L) \$99
Poas Volcano (Half Day) \$46
San Jose City Tour \$39
The Best of the Pacific (Punta Leona) (B)(L) \$115
Rafting Class IV Pacuare (B)(L) \$99
Irazu, Orosi and Lankaster Gardens(L) \$81
RAM LUNA (Show and Dinner) \$69

Panama City:

- Tour of the city and canal \$50
Self guided tour of same approx \$15 (for transportation, locks entrance, museum)
General Entrance to Canal + museum \$12
Panama Viejo \$7
Taboga Island Ferry \$14 (return trip)
Visit to Emberà village and waterfall \$50

Bocas del Toro:

- Snorkel trips \$20-\$45 (depends on location and operator)
Boat taxi to Red Frog Beach \$10
return, \$3 entrance

Boquete:

- White water rafting \$75-\$95 (full day) Naturalist tour \$35 per person Kotowa Coffee factory tour \$23 Horseback Riding \$25 Hiking trips range from \$0 to \$120, depending on necessity of transportation and/or guide

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. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your 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. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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 are the trip specific safety considerations?

Like any city where tourism is on the increase, crime also tends to increase and while San José and Panama City are not noticeably dangerous cities, 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 jewellery.

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: 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 CEO, who will take note of your insurance details. 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 customerservice@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/

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.