



## **Wellness Costa Rica**

8 days, San José to San José

Trip code CRSSW

### **What's included**

- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group

- Your Wellness Moment: Stand-up Paddleboard Class on Lake Arenal, La Fortuna
- Your Wellness Moment: Hot Springs Soak, La Fortuna
- Your Wellness Moment: Volcanic Mud Bath and Hot Springs, Rincón de la Vieja Volcano National Park
- Arrival transfer
- 5 regional yoga classes
- Surf lesson
- Free time for rest and meditation
- All transport between destinations and to/from included activities

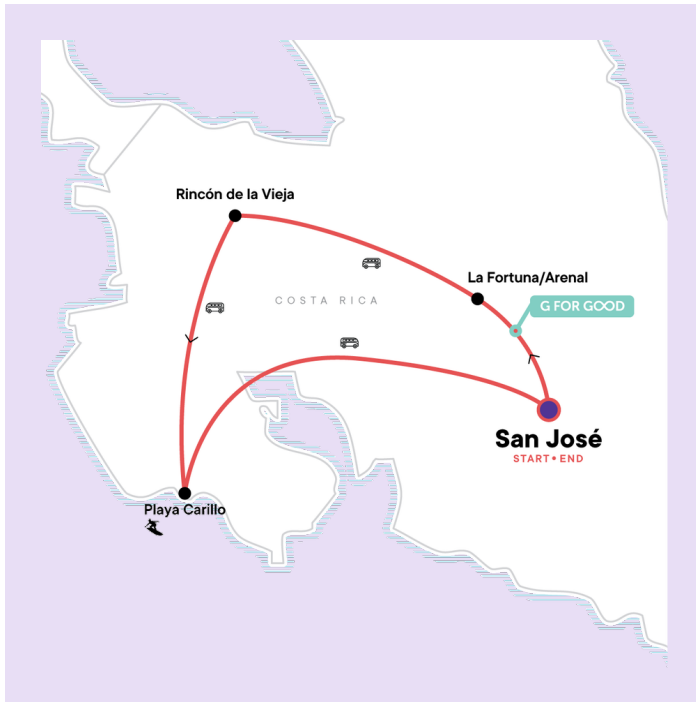
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 June 18th, 2018 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 and meet your included transfer to the hotel. This evening, meet the group and CEO for a welcome meeting. Take this opportunity to set your intention for the trip ahead.

---



### Accommodation

Hotel Radisson San Jose (or similar)

Hotel

---



### Today's Activities

Arrival Transfer

Juan Santamaría International Airport - San José

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

#### 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/La Fortuna

Drive to Sarapiquí to visit the G Adventures-supported Mi Cafecito Community Coffee Plantation. Learn about the impact this project has had on the community and sample some of the products they sell. Continue on to La Fortuna, an outdoor paradise and the adventure capital of Costa Rica. Join the group for the first included yoga session on the hotel grounds overlooking Arenal Volcano.



### Meals included

Breakfast | Lunch



### Accommodation

Magic Mountain (or similar)

Hotel



### Today's Activities

Private Vehicle

San José - La Fortuna

4h

150km

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

#### ACTIVITY

Find out where your cup of java comes from. Visit the Mi Cafecito coffee cooperative in San Miguel de Sarapiquí, see shade-grown coffee plants, learn about everything from harvesting, to husking, drying, and roasting the beans before enjoying the best part - a fresh cup! Enjoy a typical lunch of plantains, beans, and freshly caught tilapia fish. Feel good about all this eating and drinking knowing that you are supporting a G Adventures for Good project that helps 200 farmers and their families.

La Fortuna Yoga Class

La Fortuna

Join the group for the first included yoga class. Led by a teacher from a local studio with a stunning backdrop of Arenal Volcano, the tranquil setting sets the mood for the week to come.

Day 3

## La Fortuna

Visit nearby Lake Arenal this morning for a stand-up paddleboard (SUP) class. Enjoy free time in the afternoon to take part in optional activities around La Fortuna – opt to go canyoning, hiking, or use the time for rest and meditation. In the evening, visit nearby hot springs for a relaxing soak in the thermal waters.

---



### Meals included

Breakfast | Dinner

---



### Accommodation

Magic Mountain (or similar)

Hotel

---



### Today's Activities

#### ACTIVITY

Head to nearby Lake Arenal for an included stand-up paddleboard class. If this is your first time on a SUP, the instructor will help you get set up before starting the class. Afterwards, take part in a yoga class back on the hotel grounds on a yoga deck (el salto).

Free Time

La Fortuna

Experience the outdoor adventures, amazing wildlife and natural wonders in this area.

#### ACTIVITY

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise.

---



### Optional Activities - Day 3

### 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.

### Lost Canyon Adventures Canyoning

La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 8.

### 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.

Day 4

## La Fortuna/Rincón de la Vieja Volcano National Park

Travel to the Guanacaste province and head to Rincón de la Vieja National Park. Join an afternoon yoga session on the way to the eco-lodge before free time to relax or explore the great outdoors.

Home to two volcanoes, Rincón de la Vieja is the epitome of Costa Rica: lush jungle, extensive flora and fauna, bubbling mud pools next to volcanic thermal waters, and an escape from the hustle and bustle of everyday life.



### Meals included

Breakfast | Dinner



### Accommodation

Hotel Hacienda Guachipelin (or similar)

Hotel



### Today's Activities

Private Vehicle

La Fortuna – Rincón de la Vieja Volcano National Park

3h30m-4h30m

150km

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

Rincón de la Vieja Yoga Class

Rincón de la Vieja Volcano National Park

Enjoy another rejuvenating yoga class on the way to the hotel before arriving in Rincón de la Vieja.

Day 5

## Rincón de la Vieja Volcano National Park

Enjoy a day of exploring Rincón de la Vieja National Park. Start by taking a short hike to one of the volcanic mud pools in the area. After a rejuvenating exfoliation with the volcanic mud, rinse off at nearby thermal pools. This afternoon is free to explore the park, or spend time enjoying the lodge.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Hotel Hacienda Guachipelin (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Visit natural hot springs which give rise to very hot mountain streams; sulfuric ponds filled with bubbling mud. Dare to step in and get muddy. Soak in the hot, therapeutic waters and feel invigorated and alive.

Free Time

Rincón de la Vieja Volcano National Park

Opt to hike one of many trails in the park, go ziplining, or tubing along the Rio Negro.



### Optional Activities - Day 5

Canyon Canopy Tour

Rincón de la Vieja Volcano National Park

50USD

1h30m-2h

Enjoy a zipline tour that has you flying through the trees on ziplines, rappelling, rock climbing, and cross hanging bridges over a narrow river canyon. Explore the White River Canyon with 7 zip line cables, 1 hanging bridge, 2 Tarzan swings, a controlled 20m (65 ft) rappel, natural rock climbing wall, and via ferrata traverses and climbs.

Rio Negro Hot Springs

Rincón de la Vieja Volcano National Park

20USD

Enjoy the beautiful and relaxing volcanic hot springs bubbling up in the Rio Negro (“Black River”), heated naturally by the Rincon de la Vieja Volcano – the largest and most active volcano in Guanacaste, Costa Rica.

Surrounded by thick forest, the crystal clear river flows through 10 man-made pools. Heated volcanic clay is available, too. After it dries, wash it off with a cool shower or jump in the river before soaking again in the hot pools.

Simbiosis Spa and Hot Springs

Rincón de la Vieja Volcano National Park

35None

A visit to the Simbiosis Spa & Hot Springs is a relaxing option for a more private hot springs experience. There, enjoy volcanic mud baths, volcanic clay, hot springs pools in the forest, a sauna, massages, and body treatments.

Day 6

## Rincón de la Vieja Volcano National Park/Playa Carrillo

Travel to Playa Carrillo on the Nicoya Peninsula, a laidback beach town on the Pacific Coast. Take part in a sunset yoga class near Playa Carrillo to really relax and tap into the laid-back vibes on the Nicoya Peninsula.

Known for being less busy than other beaches along the coast, Playa Carrillo is perfect for rest and relaxation as there are few distractions and minimal noise. The beach itself has no buildings, hotels or restaurants, and is considered one of the most beautiful beaches in Costa Rica.



### Meals included

Breakfast



### Accommodation

Hotel Nammbu (or similar)

Hotel



### Today's Activities

Private Vehicle

Rincón de la Vieja Volcano National Park – Playa Carrillo

4h-5h

200km

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

Playa Carrillo Sunset Yoga Class

Playa Carrillo

Enjoy an evening yoga class on the hotel grounds near the idyllic crescent bay of Playa Carrillo. The sunsets here are guaranteed to impress!

Day 7

## Playa Carrillo

Head to the beach to learn how to hang 10 at an included surf lesson. Take the rest of the day to do beach activities, meditation, or reflect on the journey of the past week. In the evening, take part in a sunset yoga class and enjoy the ocean breeze.

---



### Meals included

Breakfast

---



### Accommodation

Hotel Nammbu (or similar)

Hotel

---



### Today's Activities

Surf Lesson

Sámara

Slather on the sunscreen, strap on a leash, pull on a rash guard and get ready to hit the waves. Take a lesson, learn tips and techniques, then hang ten like a local.

Free Time

Playa Carrillo

Enjoy free time this afternoon to relax on the beach or back at the hotel.

Playa Carrillo Sunset Yoga Class

Playa Carrillo

Enjoy an evening yoga class on the hotel grounds near the idyllic crescent bay of Playa Carrillo. The sunsets here are guaranteed to impress!

---



### Optional Activities - Day 7

Ocean Kayak and Snorkel

Sámara

73USD

Enjoy the natural beauty of the Pacific Ocean by kayaking to a tropical island where you can snorkel amongst the marine life.

Stand-up Paddleboarding

Sámara

61USD

Try your hand at Standup Paddleboarding on the Pacific Coast. You'll have a guide to offer instructions and support as you paddle across the bay to the to Chora Island. There you will have an opportunity to swim, spot iguanas, enjoy fresh tropical fruit, or just relax.

Day 8

## Playa Carrillo/San José

Bid farewell to the coast and travel back to San José. Trip ends on arrival at San José Airport.

Please note, your tour ends on arrival to the airport in San José. Please do not book departing flights prior to 5pm.



### Meals included

Breakfast



### Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

Private Vehicle

Playa Carrillo - San José

4h-5h

250km

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

## What's included

- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Meet Your CEO and Group

- Your Wellness Moment: Stand-up Paddleboard Class on Lake Arenal, La Fortuna
- Your Wellness Moment: Hot Springs Soak, La Fortuna
- Your Wellness Moment: Volcanic Mud Bath and Hot Springs, Rincón de la Vieja Volcano National Park
- Arrival transfer
- 5 regional yoga classes
- Surf lesson
- Free time for rest and meditation
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Relax during a yoga class with the stunning Arenal Volcano as your tranquil backdrop, Breathe in pure rainforest air hiking near La Fortuna, Escape the city in Rincón de la Vieja National Park, Bask in a rejuvenating volcanic mud exfoliation, Balance yourself during a surf lesson

## What are the main highlights of this trip?

Relax during a yoga class with the stunning Arenal Volcano as your tranquil backdrop, Breathe in pure rainforest air hiking near La Fortuna, Escape the city in Rincón de la Vieja National Park, Bask in a rejuvenating volcanic mud exfoliation, Balance yourself during a surf lesson

## 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.

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

### **1. PROOF OF DEPARTURE**

Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.

### **2. WEATHER**

Be prepared for rain and lower temperatures during the winter season (June-November), especially in Costa Rica's central valley.

## **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?**

7 breakfasts, 2 lunches, 3 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. Please refer to the meals included and budget information for included meals and meal budgets.

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

Private vehicle, walking.

## **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 (5 nts), eco-lodge (2 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What kind of accommodation can I expect on this trip?**

Please also note that La Fortuna, Rincon de la Vieja and Playa Carrillo have fairly small centres with shopping and some great restaurants, but most of the upgraded accommodations in these areas are located outside of the main town/city centre to take better advantage of the natural beauty of these areas.

## What are the joining instructions?

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

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

From the customs checkpoint please continue to the airport exit doors and outside there will be a 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.

**\*\*Please note, the arrival transfer included occurs on Day 1 of the tour. If you plan to arrive prior to Day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.**

## 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 CEO (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 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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Tour ends on arrival at San José Airport.

## Are there any additional packing suggestions I should consider?

We recommend the use of a duffel bag, soft rolling bag or backpack (whatever you find easiest to carry). A good size daypack is also essential. You will be responsible for carrying and handling your own luggage.

Please note, yoga mats are not available for rent on this tour. We recommend you bring your own, or you can purchase one when you arrive in San Jose.

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### **Warm Weather:**

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

### **Wellness:**

- Flip flops or comfortable shoes (required)
- Yoga clothes or comfortable clothing (required)
- Journal
- Small travel towel (required)
- Yoga mat (required)
- Water Bottle
- Face towel
- Yoga props

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

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so 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 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

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

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

## Do I need to pay a departure tax?

Costa Rica airport exit tax: \$29USD

## Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Please note that in Costa Rica, a 23% charge is added on to almost every meal (13% tax, 10% tip). Further tipping for wait staff is appropriate in the case of excellent service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; 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?

### La Fortuna

- La Fortuna Waterfall Swim  
(20USD per person)
- Lost Canyon Adventures  
Canyoning

### Arenal

- Hanging Bridges (75USD per person)

### Rincón de la Vieja Volcano National Park

- Canyon Canopy Tour (50USD per person)
- Rio Negro Hot Springs (20USD per person)
- Simbiosis Spa and Hot Springs (35 per person)

### Sámara

- Ocean Kayak and Snorkel  
(73USD per person)
- Stand-up Paddleboarding  
(61USD per person)

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

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

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

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/](http://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 is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or 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?

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/](http://www.gadventures.com/newsletters/)

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

## 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.