

Back Roads of Central America: Craters & Community Guesthouses - CRSG

18 days: San José to Antigua Guatemala

What's Included

- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Big Night Out Moment: Granada
- Your Discover Moment: Granada
- Orientation walk around Granada and Antigua
- Beach time in Poneloya
- Free time in La Fortuna, Monteverde, Ometepe, and Granada
- 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 November 1st, 2019 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. Tonight, explore the La California barrio with your fellow travellers. Stop in at one of the many bars to get to know your group over a few drinks. Cheers to new friends and new adventures!

Arrive at any time. Check into our hotel and enjoy the city. Please try to arrive before 6pm for an important group meeting where you can meet the CEO (Chief Experience Officer) and the other group members.

Amid the hustle and bustle of this busy capital, San José has beautiful parks, museums and an ornate National Theatre. Enjoy the view of the surrounding lush mountains from the downtown streets, head to the central plaza, shop for souvenirs and pass the time people-watching.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

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.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2 San José/La Fortuna

Options abound—soak in Arenal's hot springs or get the adrenaline pumping with whitewater rafting or waterfall rappelling.

La Fortuna, the town near the Arenal Volcano, is an excellent base for adventure. Hike the area's nature trails, swim in chilly La Fortuna waterfall, or join a canopy tour and catch a bird's eye view of the forest greenery. Take an unforgettable night hike around the foot of the volcano, accompanied by a soundtrack of monkeys and the rumblings of the volcano.

Other optional activities include: full-day Class III & IV white water rafting on the Balsa or Toro Rivers, 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.

After a long day of exploring, the Baldi Hot Springs might just be the answer for your tired muscles. Soak in one of the natural thermal baths and hope the clouds part long enough for a glimpse of Arenal's slopes.

Local Bus

San José – La Fortuna 3h-5h 150km

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

Optional Activities - Day 2

La Fortuna Waterfall Swim

La Fortuna

20USD per person

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.

Baldi Hot Springs

Arenal 3h-5h

64USD per person

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Baldi Hot Springs Hotel and Spa. 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.

Day 3 La Fortuna

Free day to get the adrenaline pumping with rafting and other outdoor pursuits or one of many other optional activities.

Your Discover Moment

La Fortuna Full Day

There's plenty to see and do in La Fortuna, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like canyoneering, whitewater rafting, and paddleboarding. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 3

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.

Lost Canyon Adventures Canyoning

Arenal – Monteverde

99USD per person

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.

Horseback Riding

66-68USD per person

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.

Mountain Biking

Arenal 3h-5h 13-15km

79USD per person

Rent a bike and head off along one of the backroads outside of town. Take the road to San Ramon and turn right on the road toward the waterfall. Or take a guided cycling tour and pick one of three routes of varying difficulty. Please note the price listed does not include the IVA Tax.

La Fortuna Waterfall Swim

La Fortuna

20USD per person

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Whitewater Rafting

Arenal

61-86USD per person

Pull on your bathing suit and water shoes, don a helmet and prepare to get wet and wild. Guided by expert leaders, paddle through Class II-IV rapids as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement and enjoy! Minimum age: 8-12 depending on rapid class.

Caño Negro Wildlife Refuge Tour

Arenal – Caño Negro

65USD per person

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.

Venado Caves Exploration

La Fortuna

78USD per person

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.

Day 4 La Fortuna/Monte Verde

Travel from La Fortuna to Monte Verde by boat and van and enjoy gorgeous scenery along the way.

Costa Rica is a natural gem because of its breathtaking flora and fauna. Travelling into the cool cloud forest of Monte Verde, appreciate how lush ecosystems truly are works of art. Take time to bird watch, ride a horse, mountain bike, or zip line over the forest canopy.

Shared Van

La Fortuna – Laguna de Arenal 30m

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

Arenal – Monte Verde 2h

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

Day 5 Monte Verde

Opt to visit a cloud forest reserve, fly through the jungle canopy via zipline or tour a coffee plantation.

Your Discover Moment

Monte Verde Full Day

There's plenty to see and do in Monte Verde, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like ziplining, visiting the hanging bridges, and horseback riding. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 5

Ziplining

Monteverde 3h-4h

60USD per person

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 toucan or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

Santa Elena Cloud Forest Visit

Monteverde

25-50USD per person

Pull on your poncho and boots and head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan as you imagine swinging from the forest's giant vines, trudge along 12 km of trails, watch for wildlife and trek to the top of the observation tower. Be sure to stop and listen too. Hear the haunting hollow call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the preserve and sustaining the quality of local schools through payment of your park fees.

Monteverde Coffee Plantation Tour

Monteverde

40USD per person

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 6 Monteverde/Isla de Ometepe

Get to know local friends during a two-night community guesthouse stay on Ometepe Island. Test out some language skills, opt to climb a volcano, or visit the local swimming hole.

From the town of San Jorge, we cross Lake Nicaragua by ferry to arrive at Ometepe Island. The group will be split up amongst different families who will host you in their homes. Breakfast and dinner will be provided in the home.

Explore the island, pass plantain plantations and other small villages, to get a chance to see how rural Nicaraguans live. Enjoy a challenge? Hike Concepción Volcano. If not, check out the pre-Columbian petroglyphs, try the Tarzan swing at a nearby jungle swimming hole, or enjoy the beach.

Private Vehicle

Monteverde – Peñas Blancas 4h-5h 190km

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

Border Crossing (Costa Rica - Nicaragua)

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.

Local Bus

Peñas Blancas – Rivas 1h

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.

Your G for Good Moment: Puesta del Sol Community Guesthouse Stay

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.

Meals included: Dinner**Day 7 Isla de Ometepe**

Full day on the island to spend time with your hosts and enjoy optional activities such as hiking and swimming.

Free Time

Isla de Ometepe Full Day

Enjoy beautiful Ometepe with a free day to do whatever you'd like from hiking to swimming to simply relaxing.

Your G for Good Moment: Puesta del Sol Community Guesthouse Stay

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 7**Hike Concepción Volcano**

Isla de Ometepe 10h-12h

45USD per person

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.

Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour

Isla de Ometepe 3h-4h

45USD per person

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.

Meals included: Breakfast | Dinner**Day 8 Isla de Ometepe/Granada**

See Granada's colourful colonial buildings on an orientation walk. Enjoy a Big Night Out with the group.

Nicaragua has flourished in the past few years and boasts both incredibly friendly people as well as impressive natural beauty. Granada's colonial charm is complimented by the surrounding active volcanoes and lakes, making day trips a fun and easy option.

Walking is probably the easiest way to see all the sights of Granada, your Chief Experience Officer will give you an initial orientation walk in the city, after which you will have plenty of time to explore in more depth.

Private Vehicle

Isla de Ometepe - Moyogalpa 15m

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 - Granada 2h 75km

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

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.

Your Big Night Out Moment:

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Meals included: Breakfast

Day 9 Granada

Take advantage of a free day to explore Granada or kayak the isletas in Lake Nicaragua.

For a relaxing afternoon, spend a couple of hours in a boat touring some of the 350+ "Isletas" or little islands found near Granada in Lake Nicaragua.

Other optional activities include visiting the nearby extinct Mombacho Volcano, now shrouded in vegetation. Granada is located on the shores of Lake Nicaragua and has a long park ideal for strolling. The nearby markets of Masaya house vendors selling great Nicaraguan handicrafts such as hammocks, pottery, and paintings.

Your Discover Moment

Granada Full Day

There's plenty to see and do in Granada, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like hiking a volcano, visiting Laguna de Apoyo, and kayaking in Lake Nicaragua. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 9

Mombacho Volcano Trails Hike

Volcán Mombacho 4h30m-5h

35USD per group

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.

Masaya Volcano Day Excursion

Granada

40USD per person

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.

Day 10 Granada/Poneloya

Arrive in the afternoon to relax on a remote northern beach on Nicaragua's Pacific coast. Surfing, swimming and beach lounging await.

Our accommodation is in a large, multi-share mixed-gender beach lodge dorm right on the beach with an attached bar and restaurant. There's not much on our stretch of beach, but that's part of the beauty of Nicaragua's northern Pacific coast.

Private Vehicle

Granada - Poneloya 4h150km

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

Optional Activities - Day 10

Surfing

Poneloya

20USD per person

Get ready to ride the waves. Rent a board or take a private lesson to help improve your ability to hang ten.

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 11 Poneloya

Spend your day enjoying the coast. Opt to explore the city of Leon or hit the beach.

Free Time

Poneloya Full Day

Enjoy the beach or explore further inland.

Optional Activities - Day 11

Surfing

Poneloya

20USD per person

Get ready to ride the waves. Rent a board or take a private lesson to help improve your ability to hang ten.

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 12 Poneloya/Cerro Verde

After a long day of travel via bus, boat, and private vehicle, arrive to El Salvador's Cerro Verde National Park, home of the famous trio of volcanos, Cerro Verde, Izalco, and Santa Ana.

Walking

Poneloya – Río Telica30m

Lace up your shoes and get to the next stop under your own power.

Boat

Río Telica15m

Climb aboard and get your float on.

Private Vehicle

Río Telica – Potosí4h

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

Border Crossing (Nicaragua - El Salvador)

Potosí – La Unión

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

Boat

Potosí – La Unión3h

Climb aboard and get your float on.

Private Vehicle

La Unión – Cerro Verde4h

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

Day 13 Cerro Verde

Spend a free day in Cerro Verde at leisure. Opt to hike up to the edge of Santa Ana's Volcano crater for some more spectacular views. Or choose to take a dip in Lake Coatepeque, there are many ways to keep busy in one of El Salvador's most beautiful national parks.

Free Time

Cerro Verde Full Day

Here's the chance to explore Cerro Verde and soak in the views of this lush green national park on a free day.

Optional Activities - Day 13

Santa Ana Volcano Hike

Cerro Verde

Take a hike up to the edge of Santa Ana's Volcano crater. Once at the top, relax for a while to enjoy the views of the sulfur green lagoon inside the crater, along with the surrounding Coatepeque Lake and the Pacific Ocean with a provided lunch in hand. On a clear day, even the ships on the Pacific Ocean can be seen!

Day 14 Cerro Verde/Suchitoto

In the morning enjoy a guided tour in Cerro Verde National Park taking in the lush surroundings. Travel to El Salvador's colonial town of Suchitoto. Don't forget to try the delicious pupusas, a local Salvadorian specialty.

Private Vehicle

Cerro Verde – Suchitoto 2h30m

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

Cerro Verde National Park Visit

Cerro Verde 1h30m

Visit Cerro National Park which is home to three volcanos - Cerro Verde, Izalco, and Santa Ana. Take the "Una Ventana a la Naturaleza" (A Window to Nature) walking path around Cerro Verde's crater, stopping at different view points to take in all the beauty this park has to offer.

Day 15 Suchitoto/Copán

Watch diverse landscapes pass by as we travel through 3 countries in one day en route to Copán.

Private Vehicle

Suchitoto – Copán 6h215km

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

Border Crossing (El Salvador - Guatemala)

Anguiatú – Ermita

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

Border Crossing (Guatemala-Honduras)

El Florido

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

Day 16 Copán

Enjoy a free day in Copán. Opt to visit the Mayan ruins of Copán or explore the colonial highland town on horseback and check out some lesser known Mayan sites along the way, or journey to some local hot springs for a relaxing soak.

Free Time

Copán Full Day

Explore the ruins, poke around in local shops, or explore Copán's surroundings on a free day.

Optional Activities - Day 16**Copán Ruins Guided Tour**

Copán 2h-3h

25USD per person

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.

Horseback Riding

Copán

25USD per person

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 per person

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.

Day 17 Copán/Antigua Guatemala

Cross into Guatemala. Enjoy an orientation walk to explore the colonial city of Antigua.

After a long travel day arrive to Antigua, where you can stretch your legs during an orientation walk with your CEO. Enjoy the beautiful Spanish colonial architecture of this UNESCO World Heritage Site.

This tour arrives to Antigua in the early evening. If you are interested in exploring the city and its nearby attractions, it is recommended you book additional post-trip accommodation nights.

Private Vehicle

Copán – Antigua Guatemala 8h200km

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

Border Crossing (Honduras - Guatemala)

El Florido

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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.

Day 18 Antigua Guatemala

Depart at any time.

There is much to see and do in this picturesque town. If you have time, opt to extend your trip to explore more of Guatemala.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's Included

Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your First Night Out Moment: Connect With New Friends

Your Discover Moment: La Fortuna

Your Discover Moment: Monteverde

Your Big Night Out Moment: Granada

Your Discover Moment: Granada. Orientation walk around Granada and Antigua. Beach time in Poneloya.

Free time in La Fortuna, Monteverde, Ometepe, and Granada. All transport between destinations and to/from included activities.

Highlights

Connect with local hosts in a G Adventures-supported community guesthouse project, laugh with the locals during a chicken bus journey, bliss out on a remote stretch of Nicaraguan beach, stroll through Antigua's colonial streets, explore Mayan ruins.

Dossier Disclaimer

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

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.

Important Notes

1. 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. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from \$1 to \$10 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.
3. 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.
4. This tour arrives to Antigua early evening on Day 16. If you are interested in exploring the city and its nearby attractions, it is recommended you book additional post-trip accommodation nights.
5. YELLOW FEVER
It may be required to show a Yellow Fever certificate upon entering Costa Rica and 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.

Group Leader Description

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.

Group Size Notes

Max 18, avg 14.

Meals Included

2 breakfasts, 2 dinners

Meals

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. Please refer to the meals included and budget information for included meals and meal budgets.

Transport

Public bus, boat, private vehicle, taxi, walking.

Solo Travellers

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.

Accommodation

Simple hotels/hostels (13 nts, most multi-share), beach hostel (2 nts, multi-share), community guesthouse (2 nts).

About Accommodation

Accommodation will be varied throughout your adventure. Some nights we use multi-share accommodation, on a single-sex basis (typically 4-6 people per room). We have specifically chosen unique accommodations to give local flavour to your trip.

Couples: Please note that due to the variety of accommodation used in Central America, couples will be split into separate rooms when we use multi-share hostels. Pending availability, couples may be able to pay extra while on tour to have their own room in some destinations.

We will be travelling through countries where cold water showers are the accepted norm. In keeping with our authentic tours, most of our hotels will not have hot water showers.

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.

Joining Instructions

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.

Arrival Complications

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.

Emergency Contact

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

AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What to Take

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

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)
- 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
- 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:

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

Warm Weather:

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

Laundry

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.

Visas and Entry Requirements

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](#)

Spending Money

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.

Money Exchange

The currency in Costa Rica is the Colon (CRC), in Honduras the Lempira (HNL), in El Salvador the US Dollar (USD), in Guatemala the Quetzal (GTQ).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

Emergency Fund

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!

Departure Tax

Honduras entrance tax: \$3USD
Guatemala entrance tax: 10Q (\$1.25USD)

Tipping

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

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 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.

Optional Activities

La Fortuna

- La Fortuna Waterfall Swim (20USD per person)
- Birdwatching
- Horseback Riding (66-68USD per person)
- Venado Caves Exploration (78USD per person)

Arenal

- Baldi Hot Springs (64USD per person)
- Lost Canyon Adventures Canyoning (99USD per person)
- Mountain Biking (79USD per person)
- Whitewater Rafting (61-86USD per person)
- Caño Negro Wildlife Refuge Tour (65USD per person)

Monteverde

- Ziplining (60USD per person)
- Santa Elena Cloud Forest Visit (25-50USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)

Isla de Ometepe

- Hike Concepción Volcano (45USD per person)
- Swimming (Free)
- Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour (45USD per person)

Volcán Mombacho

- Mombacho Volcano Trails Hike (35USD per group)

Granada

- Masaya Volcano Day Excursion (40USD per person)
- Swimming

Poneloya

- Surfing (20USD per person)

Cerro Verde

- Santa Ana Volcano Hike

Copán

- Copán Ruins Guided Tour (25USD per person)
- Horseback Riding (25USD per person)
- Luna Jaguar Hot Springs Visit (50USD per person)

Health

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.

Safety and Security

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/

Trip Specific Safety

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.

A Couple of Rules

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.

Travel Insurance

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.

Planeterra Foundation - the non-profit partner of G Adventures

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](http://PlaneterraFoundation.org).

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.

Feedback

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

Newsletter

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.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

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.