

## Costa Rica Active Adventure - CRSM

13 days: San José to San José

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Discover Moment: La Fortuna
- Your Hands-On Moment: Surfing Lesson
- Your Discover Moment: Puerto Viejo de Talamanca
- Overnight Pacuare River rafting trip
- Guided hike (Pacuare River)
- Guided cycling excursion (La Fortuna)
- Bike ride (Puerto Viejo)
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing January 1st, 2017 and onwards

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

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#### Day 1 San José

Arrive at any time.

There are no planned activities during the day, so check in to the hotel and explore the city. If you arrive early enough, you'll have time to explore the city.

#### **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.

#### **Accommodation**

##### **Hotel Fleur de Lys (or similar)**

Hotel

#### Day 2 San José/Monte Verde

Drive through Costa Rica's beautiful countryside to Monte Verde to explore the verdant cloud forest and enjoy the surrounding area.

Today's ride can be a bumpy ride on some unpaved roads, but the views along the way are spectacular. Opt to prebook the Monte Verde Guided Night Walk for a spectacular evening introduction to this magnificent place.

#### **Private Vehicle**

San José - Monte Verde 4h Morning

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

## **Optional Activities - Day 2**

### **Guided Cloud Forest Night Walk**

Monteverde

Join a naturalist guide for a 1.5-2 hour tour in the cloud forest after dark. Learn more about the habits of the area's nocturnal wildlife including mammals, birds, insects, reptiles, and amphibians, and keep your eyes and ears open on this slow-paced walk. You never know what you might see – it depends on the day and your luck!

## **Accommodation**

### **Hotel Historias Lodge (or similar)**

Lodge

## **Day 3 Monteverde**

Enjoy a free day for optional activities in and around Monteverde like ziplining, horseback riding, or touring the cloud forest.

Your CEO will let you know about all the activities available and help you pick the best option for you.

Get your adrenaline pumping and pre-book the Costa Rica Adrenaline Bundle on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

## **Free Time**

Monteverde

Spend free time in Monteverde exploring the cloud forest or visiting nearby attractions.

## **Optional Activities - Day 3**

### **Monteverde Horseback Riding**

Monteverde 2h30m-3h

45USD per person

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths, and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

### **Hanging Bridges Monteverde**

Monteverde

47USD per person

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

### **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.

### **El Trapiche Tour Monteverde**

Monteverde 2h-3h

33USD per person

Step back in time into El Trapiche (the sugar mill), home of three generations of Costa Rican farmers. Explore plantations of sugar cane, coffee, bananas and cacao. Start with a walk through the farm, learn about coffee and cocoa harvesting processes, ride a Costa Rican ox cart, and finally make artisanal sugar cane candy and liquor. Finish the tour with a fragrant cup of coffee made from beans grown right here on the farm!

### **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.

### **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 toucans or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

### **Costa Rica Adrenaline Bundle**

La Fortuna

149USD per person

CANYONING (Half-day Arenal)

Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)

Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 - 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

### **Accommodation**

**Hotel Historias Lodge (or similar)**

Lodge

### **Day 4 Monteverde/La Fortuna**

Travel through rolling hills and across a lake to La Fortuna, where there is free time to explore.

The town of La Fortuna lies near the base of the Arenal Volcano and is a perfect launch pad to go wild and let the adrenaline flow with a range of adventure sports.

### **Shared Van**

Monteverde - Laguna de Arenal 3h30m

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

### **Boat**

Laguna de Arenal 45m

Climb aboard and get your float on.

### **Shared Van**

Laguna de Arenal - La Fortuna 30m-45m

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

### **Free Time**

La Fortuna Afternoon

Free afternoon in La Fortuna. Experience the outdoor adventures, amazing wildlife and natural wonders in this area.

### **Optional Activities - Day 4**

#### **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.

### **Accommodation**

**Arenal Rabfer Hotel (or similar)**

Hotel

### **Day 5 La Fortuna**

Enjoy a free day in La Fortuna. Opt to go whitewater rafting, waterfall rappelling, paddleboarding or one of the many other optionals this region has to offer. Spend another day getting your adrenaline pumping, viewing local wildlife, marveling at the Arenal Volcano and getting to know more about La Fortuna's Costa Rica.

## **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 5**

### **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.

### **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.

### **Kayak Lake Arenal**

La Fortuna

65USD per person

Zip up your life jacket, grab a paddle and get ready to be wowed by beauty in every direction. Admire Arenal Volcano as you kayak the blue-green waters of Lake Arenal, Central America's second largest lake. Scan the shores for more than 300 species of birds, listen for howler monkeys and fish for sharp-toothed rainbow bass. Take time to float and soak in the stunning scenery of the rolling hills, secret coves and sky that stretches forever.

### **Gravity Falls Waterfall Jumping**

Arenal

125USD 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. Strapped securely in your harness, descend deep into the canyon, get soaked and feel completely alive. Trek through rivers, wobble across a hanging bridge 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: 12.

### **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.

### **Stand Up Paddle (Lesson and Tour)**

Arenal

65USD per person

Grab a long wide board and show those surfer dudes how it's done without waves on Lake Arenal with the volcano looming above. Tour picks up from the hotel and includes a tour of the west-end of the Lake while you're getting the hang of the paddle board. Enjoy the amazing view, with chances to spot wild birds like Great Blue Herons or even Howler Monkeys. Learn more about the area while exploring the lake and snack on some tropical fruit before heading back to the hotel. Please note the price listed does not include the IVA Tax.

## **Accommodation**

### **Arenal Rabfer Hotel (or similar)**

Hotel

## **Day 6 La Fortuna**

Cycle the area around La Fortuna on a guided half-day biking tour. At night, opt to relax and soak in hot springs at the base of Arenal Volcano.

Please note it will be necessary to repack your bags according to the rafting packing list provided for the Pacuare River trip as it is an early departure tomorrow.

### **Arenal Cycling Trip**

Arenal3h

Ride on a mixture of rocky dirt and paved roads through small towns, past farms and with mountains in the distance. Total distance is approximately 15 kilometers.

### **Optional Activities - Day 6**

#### **Los Lagos Hot Springs**

Arenal – La Fortuna

41USD per person

The natural hot springs at the Los Lagos Hotel, Spa & Resort are fed directly from pristine rainforest springs. Soak in the healing pools, feel your muscles relax as you luxuriate in the warm water heated by the Arenal Volcano. Enjoy the tropical jungle setting and let your senses soar.

### **Accommodation**

#### **Arenal Rabfer Hotel (or similar)**

Hotel

### **Day 7 La Fortuna/Pacuare**

Enjoy a two-day guided rafting expedition along the Pacuare River, stopping at times to explore on foot, then stay the night in rustic cabins built along the river.

In the morning, transfer from La Fortuna to the put-in point for rafting on the Pacuare River. On this first day, stop down river for a short hike to explore waterfalls, and scenic, hidden canyons. In the evening, stay at a jungle lodge on the banks of the Pacuare River in a scenic, but remote location.

Our accommodation is in a rustic lodge which has multi-share dormitory-style rooms, with shared bathroom facilities.

### **Private Vehicle**

La Fortuna – Rio Pacuare5h

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

### **Pacuare Guided Rafting Expedition - Day 1**

Rio Pacuare2h Afternoon

Raft down class III-IV rapids on the Pacuare River toward our remote jungle lodge. Explore the surrounding rainforest and waterfalls on a network of hiking trails and enjoy the beauty and tranquility of the untouched natural environment. Continue paddling past waterfalls and through canyons. Stop for the first of two nights for a well-deserved rest.

### **Meals included: Breakfast | Lunch | Dinner**

#### **Accommodation**

#### **Ave Sol Sanctuary Lodge (or similar)**

Hotel

### **Day 8 Pacuare**

Get off the river for the day to explore the jungle by foot.

### **Pacuare Rainforest Guided Hike**

Rio Pacuare

Explore the surrounding rainforest on foot. Hike with local guides to see waterfalls, swim in small streams and learn about the natural environment that is home to the Cabecar indigenous peoples. Relax in a hammock and enjoy the sounds of tropical birds calling above the roar of the rushing river.

### **Meals included: Breakfast | Lunch | Dinner**

#### **Accommodation**

#### **Ave Sol Sanctuary Lodge (or similar)**

Hotel

### **Day 9 Pacuare/Puerto Viejo de Talamanca**

Continue down river to the take-out point, then travel to the Caribbean coastal town of Puerto Viejo.

### **Pacuare Guided Rafting Expedition - Day 2**

Rio Pacuare4h Morning

Get back on the river for a final morning of rafting Pacuare's class III-IV rapids. Take a long look, jump out for a swim, then paddle to the put out point and head back to base camp.

### **Private Vehicle**

Rio Pacuare – Puerto Viejo de Talamanca2h

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

**Free Time**

Puerto Viejo de Talamanca Afternoon

Take some time by the shore of the Caribbean Sea in Puerto Viejo. There's plenty of activities to enjoy, or take the time simply to relax.

**Meals included: Breakfast | Lunch****Accommodation****Hotel Maritza (or similar)**

Hotel

**Day 10 Puerto Viejo de Talamanca**

The Caribbean is famous for its sun, sand and surf. Hop on a bike and take a ride to the beach, then pull on a rash guard, grab a big board and get ready to hang ten like a local with an included surf lesson.

The picturesque village of Puerto Viejo de Talamanca is known for its incomparable white- and black-sand beaches surrounded by exotic tropical vegetation. Rent a bike or hire a boat to Manzanillo. Try snorkelling or take it easy and explore La Isla Botanical Gardens.

**Biking Puerto Viejo**

Puerto Viejo de Talamanca

This morning, jump on a bike and take a ride around to a nearby beach with your CEO. You'll be out exploring and enjoying the scenery all day around Puerto Viejo.

Start time: 9 AM

End time: 5 PM

**Your Hands-On Moment: Surfing Lesson**

Morning

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

**Free Time**

Puerto Viejo de Talamanca Afternoon

Free time to enjoy the beach and laid-back Afro-Caribbean town of Puerto Viejo. Don't worry, be happy.

**Optional Activities - Day 10****Snorkelling**

Puerto Viejo de Talamanca

Grab a mask and snorkel and head out to explore the marine life off the coast. Check out the beaches of Punta Uva (Grape Point) and Manzanillo for some of the country's best snorkelling. See coral, fish, octopus, sea turtles and harmless nurse sharks.

**Finca la Isla Botanical Garden Visit**

Puerto Viejo de Talamanca

Just outside the town is a tropical farm, part of which is set aside as a botanical garden. Finca la Isla is a working farm and botanical garden built from the remains of an abandoned cacao plantation. Sample homemade natural chocolate, drink tropical fruit drinks, learn about the production of black pepper and nutmeg, as well as ornamental plants. Shoot some colourful photos and be careful where you walk. Visitors are guaranteed to see the red poison dart frog, along with other frogs, reptiles, toucans and birds.

**Accommodation****Hotel Maritza (or similar)**

Hotel

**Day 11 Puerto Viejo de Talamanca**

Enjoy free time in Puerto Viejo and soak up the sun on the Caribbean. The warm turquoise water is ideal for swimming, fishing, kayaking, boogie boarding, and surfing. Opt to take a boat trip, snorkel the nearby reefs, or cycle down the coast.

**Your Discover Moment**

Puerto Viejo de Talamanca Full Day

There's plenty to see and do in Puerto Viejo, 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 snorkelling, biking, and hiking in the Gandoca Manzanillo Wildlife Refuge. Your CEO has more ideas if you need them. Just ask!

**Optional Activities - Day 11****Snorkelling**

Puerto Viejo de Talamanca

Grab a mask and snorkel and head out to explore the marine life off the coast. Check out the beaches of Punta Uva (Grape Point) and Manzanillo for some of the country's best snorkelling. See coral, fish, octopus, sea turtles and harmless nurse sharks.

### **Kayak in Puerto Viejo**

Puerto Viejo de Talamanca

60USD per person

Punta Uva is known as one of the world's best 'fun fest' beaches. You decide! Grab a paddle and hop into a kayak for a relaxing trip along a river. Spot a zoo full of wildlife, including monkeys (howler, whiteface, spider), turtles, spiders, sloths, lizards, iguanas, and birds, as well as several medicinal plants and trees, such as the big fig tree, indio desnudo, bread fruit, ylang ylang and more.

### **Finca la Isla Botanical Garden Visit**

Puerto Viejo de Talamanca

Just outside the town is a tropical farm, part of which is set aside as a botanical garden. Finca la Isla is a working farm and botanical garden built from the remains of an abandoned cacao plantation. Sample homemade natural chocolate, drink tropical fruit drinks, learn about the production of black pepper and nutmeg, as well as ornamental plants. Shoot some colourful photos and be careful where you walk. Visitors are guaranteed to see the red poison dart frog, along with other frogs, reptiles, toucans and birds.

### **Gandoca Manzanillo National Wildlife Refuge Hike**

Puerto Viejo de Talamanca

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

### **Bike Rental**

Puerto Viejo de Talamanca

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

### **Accommodation**

**Hotel Maritza (or similar)**

Hotel

### **Day 12 Puerto Viejo de Talamanca/San José**

Return to San José and take advantage of a final day to shop for souvenirs (coffee anyone?).

### **Local Bus**

Puerto Viejo de Talamanca – San José 5h-5h30m 217km

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

### **Accommodation**

**Hotel Fleur de Lys (or similar)**

Hotel

### **Day 13 San José**

Depart at any time.

### **Departure Day**

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

## **What's Included**

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

Your Discover Moment: La Fortuna

Your Hands-On Moment: Surfing Lesson

Your Discover Moment: Puerto Viejo de Talamanca. Overnight Pacuare River rafting trip. Guided hike (Pacuare River). Guided cycling excursion (La Fortuna). Bike ride (Puerto Viejo). All transport between destinations and to/from included activities.

## **Highlights**

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Paddle through world-class rapids on the Pacuare River, mountain bike in the shadow of Arenal Volcano, chill out to the sounds of crashing Caribbean waves, stand up on a surfboard in Puerto Viejo.

## **Dossier Disclaimer**

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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.

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## **Itinerary Disclaimer**

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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**

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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.

You should NOT participate in rafting if you fall into any of the following categories - pregnant, have had major surgery in the last 6 months or major injury e.g. spine or neck problems.

## **Group Leader Description**

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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**

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Max 16, avg 12

## **Meals Included**

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3 breakfasts, 3 lunches, 2 dinners

## **Meals**

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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.

## **Transport**

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Public bus, private vehicle, bicycle, boat, raft, hiking.

## **Solo Travellers**

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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

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Hotels (10 nts), jungle lodge (2 nts).

## Rooming and "My Own Room" Exceptions

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 7 and 8 on the Pacuare rafting expedition.

## About Accommodation

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Our accommodation for the Pacuare Rafting Expedition is in a rustic lodge which has multi-share dormitory-style rooms, with shared bathroom facilities.

## Joining Instructions

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

If you paid for an arrival transfer, please follow the instructions below:

From the customs checkpoint, it is a short 30-second walk to the airport exit doors, Outside the airport doors, you will find people waiting for arriving passengers, this area is really congested and chaotic, and the G representative will be waiting there with a sign of G Adventures.

In case you don't see the sign, don't panic continue walking to the Malinche Restaurant. If for any reason you still don't see your driver, please wait outside of the restaurant and contact us at the following numbers:

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

## Arrival Complications

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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

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

### AIRPORT TRANSFER

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

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

## EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712 WhatsApp Available)

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

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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

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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 (optional)

Optional Items:

- Swimwear

Warm Weather:

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

## Laundry

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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

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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

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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

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The currency in Costa Rica is the Colon (CRC).

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

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

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

## Emergency Fund

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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

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Costa Rica airport exit tax: \$29USD

## **Tipping**

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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**

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### Monteverde

- Guided Cloud Forest Night Walk
- Monteverde Horseback Riding (45USD per person)
- Hanging Bridges Monteverde (47USD per person)
- Santa Elena Cloud Forest Visit (25-50USD per person)
- El Trapiche Tour Monteverde (33USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)
- Ziplining (60USD per person)

### La Fortuna

- Costa Rica Adrenaline Bundle (149USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Kayak Lake Arenal (65USD per person)

### Arenal

- Lost Canyon Adventures Canyoning (99USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Caño Negro Wildlife Refuge Tour (65USD per person)
- Stand Up Paddle (Lesson and Tour) (65USD per person)
- Los Lagos Hot Springs (41USD per person)

### Puerto Viejo de Talamanca

- Snorkelling
- Finca la Isla Botanical Garden Visit
- Kayak in Puerto Viejo (60USD per person)
- Gandoca Manzanillo National Wildlife Refuge Hike
- Bike Rental

## **Health**

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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**

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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/)

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## **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.

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## **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.

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## **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.

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## **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](#).

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

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

## Newsletter

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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.

## Minimum Age

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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.

## International Flights

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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.