

Basic Costa Rica: Coastlines & Cloud Forests - CRCR

14 days: San José to San José

What's Included

- Your G for Good Moment: Coope San Juan Homestay, Cantón de San Carlos
- Your G for Good Moment: Life Monteverde Experience, Monteverde
- 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
- Beach time in Puerto Viejo and Santa Teresa
- Free time in La Fortuna and Monteverde
- 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 15th, 2022 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 in San Jose at any time. There are no planned activities so check into our hotel and enjoy 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.

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.

Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel

Day 2 San José/Puerto Viejo de Talamanca

Travel to the Caribbean coast and enjoy the tropical seascape.

We begin with an incredible bus ride over the mountains to the Caribbean coast. The picturesque village of Puerto Viejo de Talamanca's white and black sand beaches are surrounded by exotic tropical vegetation.

Local Bus

San José – Puerto Viejo de Talamanca 5h210km
Climb aboard, grab a seat, and enjoy the ride.

Free Time

Puerto Viejo de Talamanca
Free time to explore paradise.

Optional Activities - Day 2**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.

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 Cabinas Guarana (or similar)**

Hotel

Days 3-4 Puerto Viejo de Talamanca

Opt to rent a bike, relax on the beach or hike in Manzanillo National Wildlife Refuge.

Free Time

Puerto Viejo de Talamanca
Free time to explore paradise.

Optional Activities - Days 3-4**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.

Boogie Boarding

Puerto Viejo de Talamanca
Rent a boogie board and enjoy playing in the surf.

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
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Bike Rental

Puerto Viejo de Talamanca
Rent a bike from a local shop and head out to explore.

Accommodation**Hotel Cabinas Guarana (or similar)**

Hotel

Day 5 Puerto Viejo de Talamanca/San Carlos

Travel north up the Caribbean coastline before heading inland through varied landscapes. Stop at Coope San Juan for a homestay in the local community and cooperative that includes lunch, dinner, and an activity with the community.

Your G for Good Moment: Coope San Juan Homestay

Immerse yourself in local farming culture by staying with a family in the Coope San Juan community in the rainforest of northern Costa Rica. Your presence is supporting this community-owned and operated business. While you're here, practice Spanish, enjoy authentically-cooked fresh food, bike along jungle trails, and try your hand at fishing.

Private Vehicle

Puerto Viejo de Talamanca – San Carlos 5h-6h 272km

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

Meals included: Dinner**Accommodation****Coope San Juan Homestay (or similar)**

Homestay

Day 6 San Carlos/La Fortuna

After breakfast in San Carlos the group will travel to La Fortuna. Check out this beautiful area at the base of Arenal Volcano. Options abound—soak in Arenal's hot springs or get the adrenaline pumping with whitewater rafting or waterfall rappelling.

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.

Private Vehicle

San Carlos – La Fortuna

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

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 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.

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.

Arenal Horseback Riding

Arenal

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.

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.

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.

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.

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.

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.

Meals included: Breakfast

Accommodation

Poshpacker Arenal (or similar)

Hostel

Day 7 La Fortuna

Enjoy an entire free day in La Fortuna. Opt to go whitewater rafting, 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, you can choose to take a relaxing soak at Baldi Hot Springs.

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 7

Stand-Up Paddle and Kayak Combo

Arenal

59USD per person

Zip up your life jacket, grab a paddle and get ready to be wowed by beauty in every direction. Technics and tricks will be taught for both stand up paddle boarding and kayaking, and there will be time allotted to enjoy both. 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.

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.

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Arenal 3h-5h

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Costa Rica Adrenaline Bundle

La Fortuna

149USD per person

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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

Poshpacker Arenal (or similar)

Hostel

Day 8 La Fortuna/Monte Verde

Travel from La Fortuna to Monte Verde and into the cool mountain air of the area. Stop at Life Monte Verde, a coffee cooperative for coffee tastings, and a tour of their farm to learn about sustainable agriculture. In the afternoon, take time to venture out and explore the mountainous town of Monte Verde.

From the central valley, ascend to the Monte Verde cloud forest region. Spend a couple of days exploring the town and a cloud forest reserve, truly a bird lover's paradise. This unique community has several cooperatives worth visiting including artist collectives and a cheese factory.

Local guides are extremely knowledgeable about the area and passionate about conservation of this precious ecosystem.

Optional activities include a walk along suspension bridges through dense forest, a coffee tour, or an adrenaline-filled zipline above the cloud forest on one of the many famous canopy tours.

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.

Your G for Good Moment: Life Monte Verde Experience

Enjoy a visit to Life Monte Verde, a coffee cooperative made up of 12 local families, dedicated to educating Costa Rica and the world about sustainable farming and conservation. Your visit here directly benefits Life Monte Verde's educational programs, which provide free access to local school groups, and training for Costa Ricans. Walk through the plantations of various tropical plants including bananas and pineapples, and learn about coffee growing and production, as well as various sustainable agriculture techniques like converting animal waste to fuel. Also make sure to taste the delicious coffee before you go!

Accommodation

Hotel Manakin (or similar)

Hotel

Day 9 Monte Verde

Free day to enjoy; opt to tour the cloud forest or visit 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 9

Sky Walk

Monte Verde

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

Monte Verde Butterfly Garden Visit

Monte Verde

20USD per person

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

El Trapiche Tour Monte Verde

Monte Verde 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.

Santa Elena Cloud Forest Guided Tour

Monteverde – Santa Elena 2-3km

50USD per person

Pull on your poncho and boots. It's time to head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan and Jane as you imagine swinging from the giant vines. Walk along 5 to 6km (about 3.5 mi) of trails at a leisurely pace, watch for wildlife, and trek to the top of the observation tower. Be sure to stop and listen, too. Hear the haunting call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the forest and sustaining the quality of local schools through payment of your park fees.

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.

Accommodation

Hotel Manakin (or similar)

Hotel

Day 10 Monteverde / Southern Nicoya Peninsula

Travel to the Pacific coast of the southern Nicoya Peninsula and enjoy the laid-back beach town vibes of Santa Teresa or Montezuma.

Shared Van

Monteverde – Puntarenas 2h60km

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

Ferry

Puntarenas – Paquera

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

Shared Van

Paquera – Santa Teresa 1h30m52km

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

Optional Activities - Day 10

Swimming

Santa Teresa

Grab your bathing suit and go for a refreshing swim.

Accommodation

Selina Santa Teresa (or similar)

Hostel

Days 11-12 Santa Teresa / Montezuma

Surf or swim the waves, practice yoga on the beach or chill out in the laid-back beach towns of the area.

Fill your days with as much or as little as you like. Start off with an early yoga class or sleep in before setting off to explore nearby beaches in search of a perfect, tranquil spot for a day of relaxing along the beautiful Pacific coast.

Take a day trip to the beautiful Isla Tortuga, where you can snorkel along a volcanic rock reef or check out the nearby surf havens of Mal Pais and Santa Teresa. Adrenaline junkies can take their pick of activities as

well - ziplining, boogie boarding, horseback riding or scuba diving are all options. On the other hand, if relaxation is what you seek, opt for a yoga class or take a leisurely hike to search for orchids.

Want to learn how to surf in Costa Rica? Pre-book the Santa Teresa Surf Lesson on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

Free Time

Santa Teresa

Get out and explore the southern part of the Nicoya Peninsula.

Optional Activities - Days 11-12

Snorkelling

Malpais

Grab a snorkel and flippers and explore the underwater world near Malpais. Keep an eye out for a variety of marine life, including manta rays and dolphins.

Santa Teresa Surf Lesson

Santa Teresa

Grab a board and start riding waves with a surf lesson on the beach. Start off by learning the basics: getting up and staying on the board. Once you're ready, take your new skills out into the water and put them to the test. After your surf lesson, relax on the beach and enjoy some lunch while watching the waves.

Swimming

Santa Teresa

Grab your bathing suit and go for a refreshing swim.

Tortuga Island Snorkelling Tour

Santa Teresa

85USD per person

Start off with a 45 minute boat ride along the coast with breathtaking views of the Pacific Ocean on the right and the beautiful landscape of the Nicoya Peninsula on the left. Be on the lookout for dolphins, manta rays, turtles, or if you are lucky humpback & pilot whales.

The boat will anchor near Tortuga Island next to some of the best spots for snorkelling. The volcanic rock reef is surrounded by crystalline waters and home of Angelfish, Porcupinefish, Morays, Needlefish, Spotted Eagle Rays, and many more tropical beauties that will make it for you an extraordinary snorkel experience.

Enjoy lunch on board after snorkelling.

After lunch, the afternoon will be yours to enjoy. Opt to go for a hike, a swim, rent a kayak, a banana boat, take a little "siesta", or just chill at the beach. Then, travel back on the boat to Montezuma town.

Accommodation

Selina Santa Teresa (or similar)

Hostel

Day 13 Southern Nicoya Peninsula / San José

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

Return to San José for some last-minute shopping and a final night on the town.

Local Bus

Santa Teresa – San José 8h

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

Accommodation

Boutique Hotel Casa Las Orquideas (or similar)

Hotel

Day 14 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

Your G for Good Moment: Coope San Juan Homestay, Cantón de San Carlos

Your G for Good Moment: Life Monteverde Experience, Monteverde

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. Beach time in Puerto Viejo and Santa Teresa. Free time in La Fortuna and Monteverde. All transport between destinations and to/from included activities.

Highlights

Chill out on the Caribbean and Pacific coasts, cruise across Lake Arenal with beautiful views of Arenal Volcano, explore the misty cloud forest

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

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.

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

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

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

1 breakfast, 1 dinner

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. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Local bus, boat, taxi, private vehicle, 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 (3 nts), hostels (9 nts, multi-share), local homestay (1 nt).

About Accommodation

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

Joining Instructions

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

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 5 pm: +506 4001 8474 (ext 4)
- Monday to Sunday from 5 pm to 8 am: +51 997 582 712

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

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

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What 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 (optional)

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

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 dollar cash, travellers cheques 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.

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

Costa Rica airport exit tax: \$29USD

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

Puerto Viejo de Talamanca

- Snorkelling
- Gandoca Manzanillo National Wildlife Refuge Hike
- Bike Rental
- Boogie Boarding
- Finca la Isla Botanical Garden Visit

La Fortuna

- Costa Rica Adrenaline Bundle (149USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Venado Caves Exploration (78USD per person)

Arenal

- Arenal Horseback Riding (66-68USD per person)
- Baldi Hot Springs (64USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Mountain Biking (79USD per person)
- Whitewater Rafting (61-86USD per person)
- Caño Negro Wildlife Refuge Tour (65USD per person)
- Lost Canyon Adventures Canyoning (99USD per person)
- Stand-Up Paddle and Kayak Combo (59USD per person)

Monteverde

- Sky Walk
- Monteverde Butterfly Garden Visit (20USD per person)
- El Trapiche Tour Monteverde (33USD per person)
- Monteverde Coffee Plantation Tour (40USD per person)
- Santa Elena Cloud Forest Guided Tour (50USD per person)
- Ziplining (60USD per person)

Santa Teresa

- Swimming
- Santa Teresa Surf Lesson
- Tortuga Island Snorkelling Tour (85USD per person)

Malpais

- Snorkelling

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.

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/

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](#).

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.