

Volcano Adventure & Panama Highlights - CGAP

28 days: Antigua Guatemala to Panama City

What's Included

- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Foodie Moment: Cooking Class, Antigua Guatemala
- Your Discover Moment: Roatán
- Your Discover Moment: La Fortuna
- Your Discover Moment: Manuel Antonio
- Your Discover Moment: Boquete
- Copán guided tour
- Beach time in Roatán and Manuel Antonio
- Guided cloud forest night walk (Monteverde)
- Free time in La Fortuna, Monteverde and Bocas del Toro
- Panama Canal visit
- Miraflores Locks and museum visit
- Internal flights
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing September 24th, 2018 and onwards

Itinerary Notes

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

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 Antigua Guatemala

Arrive at any time.

There are no planned activities until an evening welcome meeting.

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

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.

Day 2 Antigua Guatemala

Enjoy a free day to explore Antigua. Opt to relax with a massage or soak up the culture in one of many cafés. Master the art of Latin American cuisine at a cooking class.

Your Foodie Moment: Cooking Class

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

Free Time

Antigua Guatemala Half Day

Get out and explore this beautiful colonial city.

Optional Activities - Day 2

Finca Valhalla Visit

Antigua Guatemala 1h30m-3h 20-25km

5-10USD per person

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

Cycling

Antigua Guatemala 1h-5h

30-50USD per person

Get off the beaten track and discover the treasures of Guatemala. Enjoy an adventurous ride with incredible views ranging from wide open fields, volcanoes, local villages, and coffee plantations. There are full-day and half-day tours that vary in difficulty level. Have your CEO make a reservation.

Acatenango Volcano Climb

Antigua Guatemala 10h-12h

50-89USD per person

Interested in a major physical challenge? Spend the day hiking the active Acatenango Volcano located to the west of Antigua. Bring lots of water, your camera and hope for clear skies to see a spectacular view of neighbouring Fuego and possibly even Pacaya beyond. Make no mistake, this is a very challenging climb but well worth it.

Salsa Lesson

Antigua Guatemala

10USD per person

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two-three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Massage

Antigua Guatemala 30m-2h

30-60USD per person

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

Finca Filadelfia Coffee Tour

Antigua Guatemala 2h-3h 1-2km

25USD per person

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

Meals included: Dinner

Day 3 Antigua Guatemala/Panajachel

Journey to Panajachel, Guatemala, a beautiful town on Lake Atitlán that is surrounded by spectacular volcanoes and small villages. Opt to explore the town on arrival.

Private Vehicle

Antigua Guatemala - Panajachel 3h-4h

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

Day 4 Panajachel/San Juan La Laguna

Take a boat tour around Lake Atitlán to local indigenous villages and visit a G Adventures-supported Mayan community project.

Your G for Good Moment: Posadas Mayas Homestay

Submerge yourself in Mayan culture during this home stay run by a Planeterra community tourism project. Set on the northwest shore of Lake Atitlán, arrive by boat to the laid-back village of San Juan La Laguna and immediately feel at home. Meet your host family, stash your stuff, then set off to explore the area. Admire the paintings of local artists, watch weavers who use traditional techniques to dye wool, go for a hike and admire the view across the lake. Feel good knowing you are supporting local families eager to benefit from tourism in their community.

Boat

Panajachel – San Juan La Laguna 30m-45m 25km
Climb aboard and get your float on.

Meals included: Dinner

Day 5 San Juan La Laguna/Antigua Guatemala

Return to Antigua and enjoy a free afternoon. Opt to take salsa lessons, attend a chocolate-making workshop, visit one of the local coffee or macadamia nut plantations, or soak up the culture of this colonial town's many museums and cafés.

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

Free Time

Antigua Guatemala Afternoon
Opt to check out more of the city with a little free time.

Private Vehicle

Panajachel – Antigua Guatemala 3h-4h
Settle in and scan the scenery from the convenience of a private vehicle.

Boat

San Juan La Laguna – Panajachel 30m-45m 25km
Climb aboard and get your float on.

Optional Activities - Day 5

Finca Valhalla Visit

Antigua Guatemala 1h 30m-3h 20-25km
5-10USD per person

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

ChocoMuseo Tour and Workshop

Antigua Guatemala 1h 30m-2h
24USD per person

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

Elizabeth Bell Walking Tour

Antigua Guatemala 1h 30m-2h 30m
25USD per person

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

Salsa Lesson

Antigua Guatemala
10USD per person

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two-three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Massage

Antigua Guatemala 30m-2h

30-60USD per person
Relax and enjoy a Mayan massage. You're on vacation!

Meals included: Breakfast

Day 6 Antigua Guatemala/Rio Dulce

Travel across Guatemala to Rio Dulce.

Take the road past areas of dense jungle and arrive at Río Dulce, a small town on Lake Izabal, and a port stop for boaters around the globe on their way to/from Livingston and the Caribbean coast.

Depending on the departure you are booked onto, the order you visit Rio Dulce and Lake Atitlán (Panajachel & San Juan La Laguna) may be reverse. All inclusions will be offered regardless of the order you visit the two locations.

Private Vehicle

Antigua Guatemala - Rio Dulce 6h30m-7h30m 318km

Settle in and scan the scenery from the convenience of a private vehicle during this long travel day.

Day 7 Rio Dulce

Opt to visit the coastal town of Livingston by boat, or go for a swim in a natural hot waterfall.

There are plenty of opportunities for R & R. Aside from boating on Lake Izabal, there are optional tours in the area to view protected manatees. You may opt to horseback ride through a rubber plantation, explore San Felipe fort, take the morning monkey kayak tour, relax in the thermal springs, or hike through the jungle-strewn trails in the Chocón-Machacas Natural Reserve area.

Free Time

Rio Dulce Full Day

Enjoy a free day in this beautiful area of southern Guatemala.

Optional Activities - Day 7

San Felipe Fort Visit

Rio Dulce

5USD per person

The Castillo de San Felipe de Lara is a Spanish colonial fort at the entrance to Lake Izabal in eastern Guatemala. Built originally in 1644, the fort was purposely located at the narrowest point on the river so they could try to protect themselves against (often British) pirates. Tour the grounds, cross the moat and head up to one of the watch towers and imagine firing a canon at your enemy across the river.

Chocón-Machacas Nature Reserve Hike

Livingston

Step into nature at its most natural. The Chocón-Machacas Nature Reserve in Guatemala's north-central region of the Río Dulce is an aquatic ecosystem formed by the confluence of the Chocón and Machacas rivers, which in turn connect with lakes, creeks, and canals. Bring your binoculars and spot a variety of birds, reptiles and fish. Explore on foot and by boat. If you're lucky, you may get to see the endangered manatee, Guatemala's largest mammal.

Scenic Boat Ride to Livingston

Rio Dulce - Livingston 5h-6h30m 55km

30USD per person

Take a boat down the Rio Dulce toward the Caribbean Sea passing through El Golfete and El Canyon before arriving to Livingston. Float past mangroves and lily pads and the Boquerón Canyon, where a sheer limestone cliff rises 122m (400 ft) out of the river, covered in vines, trees and moss. Arrive at the small fishing village of Livingston known for its unique Afro-Caribbean Garifuna population, with their unique art, music and delicious coconut seafood soup, "tapado".

Horseback Riding Rio Dulce

Rio Dulce

30USD per person

Pull on some pants, spray the insect repellent and set off to explore Guatemala's countryside by horseback. Hacienda Tijax is in Fronteras, Izabal close to the bridge that crosses the Rio Dulce. Trail ride through the reserve's lush landscape, past a plantation of rubber trees (where you can observe the tapping process), and stop at the Shaman tower. Climb up to see the stunning view and spot the suspension bridges hanging over natural waterfalls.

Natural Hot Waterfall Visit

Rio Dulce 3h-5h 30-50km

35USD per person

Finca el Paraiso contains a unique volcanic vein that heats spring water and dumps it into a colder river below. Refresh and relax as you bathe in these therapeutic thermal waters and swim in the river below. Arrive by boat or overland.

Sunrise Monkey Kayak

Rio Dulce 2h-3h 5-10km

20USD per person

Set your alarm very early and set off on a sweet soulful paddle along the Rio Dulce. Kayak to the base of the Boquerón Canyon with its sheer cliff face, covered in a green mass of moss, vines, and trees. Enjoy a striking sunrise, sit back, and listen to the jungle as it wakes up – howler monkeys, birds and the slap of the paddle on the water provide the soundtrack to this memorable morning.

Day 8 Rio Dulce/Copán

Cross into Honduras and head for the town of Copán.

Private Vehicle

Rio Dulce – Copán 3h-4h 160km

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

Border Crossing (Guatemala-Honduras)

El Florido 1h-1h30m

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

Day 9 Copán

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

Free Time

Copán Afternoon

Get out and explore.

Copán Ruins Guided Tour

Copán 2h-3h

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

Optional Activities - Day 9

Horseback Riding

Copán

25USD per person

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

Luna Jaguar Hot Springs Visit

Copán

50USD per person

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

Day 10 Copán/Roatán

Full travel day from Copán to Roatán.

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

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

Ferry

La Ceiba – Roatán 1h30m-2h 75km

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

Local Bus

San Pedro Sula – La Ceiba 4h-4h30m 193km

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

Private Vehicle

Roatán 45m-1h30m 17km

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

Local Bus

Copán – San Pedro Sula 4h-4h30m 174km

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

Days 11-12 Roatán

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

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

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

Your Discover Moment

Roatán Full Day

There's plenty to see and do in Roatán, 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, scuba diving, and swimming. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Days 11-12

Scooter Rental

Roatán

25-40USD per person

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

Snorkelling

Roatán

5-25USD per person

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

Scuba Diving

Roatán

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

Carambola Botanical Gardens Visit

Roatán

10-20USD per person

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

Day 13 Roatán/La Fortuna

Travel by van and plane to Costa Rica and finish in La Fortuna, home to Arenal volcano.

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

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

Private Vehicle

San José – La Fortuna 3h

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

Plane

San Salvador – San José 1h30m-2h

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

Plane

Roatán – San Salvador

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

Days 14-15 La Fortuna

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

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

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 - Days 14-15**Arenal Volcano Park Hike**

Arenal

53USD per person

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

Mountain Biking

La Fortuna

79USD per person

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

Canopy Tour

La Fortuna

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

Horseback Riding

La Fortuna

59USD per person

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

Birdwatching

La Fortuna

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

Whitewater Rafting

La Fortuna

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 of the Toro or Balsa Rivers as you raft past spectacular scenery. Feel the burn, work up a sweat, then cool off in the pure river water. Experience the energy and excitement, and enjoy!

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.

Caño Negro Wildlife Refuge Tour

Arenal – Caño Negro

65USD per person

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

Venado Caves Exploration

La Fortuna

78USD per person

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

Day 16 La Fortuna/Monte Verde

Travel into the misty cloud forests of Monte Verde. Enjoy a free afternoon to explore. Later, take an included guided night walk to learn about nocturnal life in the cloud forest firsthand.

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.

Guided Cloud Forest Night Walk

Monte Verde Evening

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!

Shared Van

Arenal – Monte Verde 2h

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

Day 17 Monte Verde

Enjoy a free day to explore the cloud forest region of Costa Rica. Opt to fly across canopy ziplines or tour a coffee plantation.

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

Free Time

Monte Verde Afternoon

Don't waste a minute, get exploring.

Optional Activities - Day 17

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.

Sky Walk

Monte Verde

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

Monteverde 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 5-6km

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.

Day 18 Monteverde/Manuel Antonio

Travel to Quepos, just outside Manuel Antonio National Park. Opt to visit the park or relax on the beach in this fun surf town. Enjoy a night out and perhaps learn how to salsa.

Travel to the Pacific Coast. Enjoy Quepos or opt to visit Manuel Antonio National Park. The park offers excellent hiking, spectacular views, and abundant wildlife viewing. The park boasts beautiful white-sand beaches and the warm turquoise water. Opt to swim, fish, kayak, surf or take a sailing trip.

Free Time

Manuel Antonio Afternoon

Enjoy free time to play in the waves, explore Manuel Antonio National Park, or dance the night away.

Private Vehicle

Monteverde – Quepos 5h 220km

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

Day 19 Manuel Antonio

Enjoy a free day to visit Manuel Antonio National Park, sail, snorkel or surf in the Pacific. Opt to kayak through mangroves or relax on the beach.

Your Discover Moment

Manuel Antonio Full Day

There's plenty to see and do in Manuel Antonio, 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 visiting Manuel Antonio National Park, mangrove kayaking, and surfing. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 19

Sailing

Manuel Antonio National Park

Slap on some sunscreen and hop aboard as we set sail along the rugged Pacific Coast of Manuel Antonio National Park on a catamaran. Bask in the beauty of the white-sand beaches and small islands that accent the shoreline. Keep watch for dolphins, rays, and migrating whales. Hop into the warm water and snorkel with more than 50 species of colourful tropical fish.

Surfing

Manuel Antonio National Park 1h-5h

55-75USD per person

Slather on the sunscreen, strap on a leash, pull on a rash guard, and get ready to hit the waves. Experience the surf at the beaches near Quepos and Manuel Antonio with their left, right, and well-shaped beach breaks. Take a lesson, learn tips and techniques, then hang ten like a local.

Manuel Antonio National Park Guided Hike

Manuel Antonio

45USD per person

Pack your sunscreen, camera, hiking shoes and bug repellent and prepare for a great day in Costa Rica's smallest yet biodiverse national park. Manuel Antonio offers four white sand beaches, separated by jagged rock outcrops and tidal pools. Head to the shade of the nearby tropical forest in search of sloths, monkeys, armadillos and iguanas. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands. Learn how the wildlife has adapted to their environment and enjoy your exotic experience.

Whitewater Rafting Manuel Antonio

Manuel Antonio

75-98USD per person

What better way to get from A to B than taking the natural route along a scenic and exciting river? Buckle up your life jacket, grab a paddle and head off to raft some Class II - IV rapids. Minimum age: 6-15 depending on rapid class.

Manuel Antonio Catamaran Tour

Manuel Antonio

87USD per person

Cruise along the Pacific Coast of Costa Rica aboard a 100 ft catamaran, taking in the impressive scenery and lush jungle that has made Manuel Antonio famous. Keep your eyes peeled for playful dolphins who call these waters home before stopping to snorkel, swim, or ride one of the boat's water slides into the ocean. Grab a drink or just sit and watch the gorgeous views of the lush coastline go by.

Kayaking

Manuel Antonio National Park

70USD per person

Choose to kayak the calm waters of the mangroves or paddle the waves of the Pacific. In the Damas Island estuary, the ocean meets fresh water rivers and creates a protected home for birds, snakes, crocodiles, and white face monkeys. For the more adventurous, opt for an open-seat ocean kayak and paddle along the shoreline and nearby islands, keeping an eye out for frigates, boobies, and jumping fish. Minimum age: 6-8 depending on tour type.

Day 20 Manuel Antonio/San José

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

Private Vehicle

Manuel Antonio – San José 5h190km

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

Day 21 San José/Panama City

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

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

Plane

San José – Panama City 1h-1h30m 500km

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

Optional Activities - Day 21

Optional Welcome Meeting for Travellers on Combos

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

Day 22 Panama City/Bocas del Toro

Catch a flight to the archipelago of Bocas del Toro. The islands are mostly covered in rainforest and have spectacular beaches. There are plenty of opportunities to snorkel, scuba dive, or just relax on the beach.

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

Plane

Panama City – Bocas del Toro

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

Day 23 Bocas del Toro

Enjoy free time to explore these beautiful islands. Opt to take a boat tour of the area, go snorkelling, take a swim, or just lounge in paradise.

Free Time

Bocas del Toro Full Day

Make the most of your time in paradise.

Optional Activities - Day 23

Bioluminescence Tour

Bocas del Toro

25USD per person

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

Bocas del Toro Boat Tour

Bocas del Toro 7h-8h

50USD per person

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

Red Frog Beach Visit

Bocas del Toro 3h-8h

13USD per person

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

Surf Lesson

Bocas del Toro

45USD per person

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

Isla Bastimentos Canopy Tour

Isla Bastimentos

55USD per person

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

Starfish Beach Visit

Bocas del Toro 3h-8h

5-40USD per person

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

Colón Expedition

Bocas del Toro

40USD per person

Enjoy a day out exploring Bocas del Toro's main island, Isla Colón. Playa Estrella (Starfish Beach) is known for its calm waters, swim and splash in the water while trying to spot some starfish. Relax on the sandy shore or snorkel some of the best reefs in Bocas del Toro. Move on to Isla Pajaros (Bird Island) and admire the lush vegetation that veils the entire island in a blanket of green.

Bat Cave Tour

Bocas del Toro

35USD per person

Explore a cave with an expert guide to get up close with bats. Learn more about some of the different species that call Bocas del Toro home.

Isla Bastimentos Tour

Bocas del Toro

60USD per person

Zapatilla Adventure

Bocas del Toro

45USD per person

Jungle Cacao Tour

Bocas del Toro

35USD per person

Take part in a walk through the jungle with an expert guide to learn the technique of creating 100% pure chocolate.

Sunset Snorkelling Tour

Bocas del Toro

25USD per person

Experience a Caribbean sunset on the ocean while relaxing on the boat, a SUP board, or experience it as you bob in and out of the water while snorkelling. Once the sun goes down, watch Bocas del Toro light up along the shore with a rum punch or beverage of choice in hand and cheers to a beautiful night in paradise.

Day 24 Bocas del Toro

Spend another day exploring the archipelago.

Free Time

Bocas del Toro Full Day

Get out and explore.

Optional Activities - Day 24

Red Frog Beach Visit

Bocas del Toro 3h-8h

13USD per person

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Zapatilla Adventure

Bocas del Toro
45USD per person

Jungle Cacao Tour

Bocas del Toro
35USD per person

Take part in a walk through the jungle with an expert guide to learn the technique of creating 100% pure chocolate.

Day 25 Bocas del Toro/Boquete

Travel to Boquete where a plethora of outdoor options await, including numerous hikes, whitewater rafting, or visiting a coffee plantation.

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

Boat

Bocas del Toro - Almirante 30m-45m
Climb aboard and get your float on.

Local Bus

Almirante - Boquete 4h-5h 175km
Climb aboard, grab a seat, and enjoy the ride.

Day 26 Boquete

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

Your Discover Moment

Boquete Full Day

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

Optional Activities - Day 26

Whitewater Rafting

Boquete
65USD per person

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

Hiking

Boquete 1h-8h 3-10km

40-85USD per person

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

Coffee Plantation Tour

Boquete

30USD per person

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

Lost Waterfall Hike

Boquete

38USD per person

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Horseback Riding

Boquete

40USD per person

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the scenic town of Boquete, home to the Barú Volcano National Park.

Day 27 Boquete/Panama City

Travel to David and catch a morning flight to Panama City. Upon arrival, visit the Panama Canal including the Miraflores Locks and on-site museum. Enjoy a final evening with the group.

Local Bus

Boquete - David 45m 42km

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

Plane

David - Panama City 45m

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

Panama Canal Visit

Panama City 2h-3h

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

Day 28 Panama City

Depart at any time.

What's Included

Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna

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

Your Foodie Moment: Cooking Class, Antigua Guatemala

Your Discover Moment: Roatán

Your Discover Moment: La Fortuna

Your Discover Moment: Manuel Antonio

Your Discover Moment: Boquete. Copán guided tour. Beach time in Roatán and Manuel Antonio. Guided cloud forest night walk (Monteverde). Free time in La Fortuna, Monteverde and Bocas del Toro. Panama Canal visit. Miraflores Locks and museum visit. Internal flights. All transport between destinations and to/from included activities.

Highlights

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Itinerary Notes

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

Important Notes

1. As this trip crosses national borders, please be prepared to pay some border fees for certain countries ranging from \$1 to \$13 USD. Please check with your local embassy or consulate for up-to-date visa requirements, or see your travel agent.
2. Antigua's nearest airport is approximately 1 hr away in Guatemala City.
3. Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.
4. The max luggage allowance on domestic flights within Panama is 1 checked bag (14 kg) and 1 carry on (4 kg) per person. Any additional baggage is subject to fees of \$3USD per kilo.
5. YELLOW FEVER
It may be required to show a Yellow Fever certificate upon entering Nicaragua if you have travelled to certain countries with Yellow Fever risk prior to arriving. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.
6. COMBO TRIP
Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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 16, avg 12

Meals Included

1 breakfast, 2 dinners

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group leader will be able to suggest favourite restaurants during your trip. Please refer to the meals included and budget information for included meals and meal budgets.

Transport

Local bus, private vehicle, ferry, plane, boat, walking.

Local Flights

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

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

Hotels (26 nts), homestay (1 nt, shared facilities).

Rooming and "My Own Room" Exceptions

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

Joining Hotel

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

Joining Instructions

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

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

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

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

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

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 trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact G Adventures during a situation of dire need, it is best to first call our local office in San José, Costa Rica. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so that we may return your call and assist you as soon as possible.

G Adventures San José, Costa Rica,
Open Monday to Friday, 9am to 6pm local time (GMT -6).
Tel: Int. Dialing Code +506 4001 8474.

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

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Australia: 1 300 796 618
Outside North America, Australia and the UK: +1 416 260 0999

Packing List

Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans

- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

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

Warm Weather:

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

Laundry

Laundry facilities are available at almost every stop on the trip. If you would prefer to do your own laundry, we suggest you bring non-polluting/biodegradable soap.

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 dollars cash and cards with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 50USD (or equivalent).

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

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

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

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

Nicaragua entrance tax: \$13USD
Nicaragua exit tax: \$2USD

Costa Rica entrance tax: free
Costa Rica airport exit tax: \$28USD

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

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

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

Optional Activities

Antigua Guatemala

- Finca Valhalla Visit (5-10USD per person)
- Cycling (30-50USD per person)
- Acatenango Volcano Climb (50-89USD per person)
- Salsa Lesson (10USD per person)
- Massage (30-60USD per person)
- Finca Filidelfia Coffee Tour (25USD per person)
- ChocoMuseo Tour and Workshop (24USD per person)
- Elizabeth Bell Walking Tour (25USD per person)

Rio Dulce

- San Felipe Fort Visit (5USD per person)
- Scenic Boat Ride to Livingston (30USD per person)
- Horseback Riding Rio Dulce (30USD per person)
- Natural Hot Waterfall Visit (35USD per person)
- Sunrise Monkey Kayak (20USD per person)

Lívingston

- Chocón-Machacas Nature Reserve Hike

Copán

- Horseback Riding (25USD per person)
- Luna Jaguar Hot Springs Visit (50USD per person)

Roatán

- Scooter Rental (25-40USD per person)
- Snorkelling (5-25USD per person)
- Scuba Diving
- Carambola Botanical Gardens Visit (10-20USD per person)

Arenal

- Arenal Volcano Park Hike (53USD per person)
- Caño Negro Wildlife Refuge Tour (65USD per person)

La Fortuna

- Mountain Biking (79USD per person)
- Canopy Tour
- Horseback Riding (59USD per person)
- Birdwatching
- Whitewater Rafting (61-86USD per person)
- La Fortuna Waterfall Swim (20USD per person)
- Venado Caves Exploration (78USD per person)

Monteverde

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

Manuel Antonio National Park

- Sailing
- Surfing (55-75USD per person)
- Kayaking (70USD per person)

Manuel Antonio

- Manuel Antonio National Park Guided Hike (45USD per person)
- Whitewater Rafting Manuel Antonio (75-98USD per person)
- Manuel Antonio Catamaran Tour (87USD per person)

San José

- Optional Welcome Meeting for Travellers on Combos

Bocas del Toro

- Bioluminescence Tour (25USD per person)
- Bocas del Toro Boat Tour (50USD per person)
- Red Frog Beach Visit (13USD per person)
- Surf Lesson (45USD per person)
- Starfish Beach Visit (5-40USD per person)
- Colón Expedition (40USD per person)
- Bat Cave Tour (35USD per person)
- Isla Bastimentos Tour (60USD per person)
- Zapatilla Adventure (45USD per person)
- Jungle Cacao Tour (35USD per person)
- Sunset Snorkelling Tour (25USD per person)

Isla Bastimentos

- Isla Bastimentos Canopy Tour (55USD per person)

Boquete

- Whitewater Rafting (65USD per person)
- Hiking (40-85USD per person)
- Coffee Plantation Tour (30USD per person)
- Lost Waterfall Hike (38USD per person)
- Horseback Riding (40USD per person)

Health

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Like any city where tourism is on the increase, crime also tends to increase and while San José and Panama City are not noticeably dangerous cities, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewellery.

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 customerservice@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

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

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.