

## Costa Rica & Panama Quest - CRPQ

16 days: San José to Panama City

### What's Included

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- Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Wellness Moment: Hot Springs, Arenal Volcano
- Your Discover Moment: La Fortuna
- Your Discover Moment: Monteverde
- Your Discover Moment: Quepos
- Your Discover Moment: Boquete
- Guided cloud forest night walk (Monteverde)
- Free time in La Fortuna, Monteverde, and Quepos
- Beach time in 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 June 11th, 2018 and onwards

### Itinerary

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

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#### Day 1 San José

Arrive at any time.

There are no activities planned until an evening welcome meeting.

#### **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 San José/La Fortuna

Drive to Sarapiquí to visit the G Adventures-supported Mi Cafecito Community Coffee Plantation. Learn about the impact this project has had on the community and sample some of the products they sell. Continue on to the Arenal region and take advantage of a free afternoon and a full free day tomorrow to experience the adventure activities and natural wonders of the area. Enjoy an included relaxing soak in the local hot springs.

La Fortuna is an excellent base for adventure. Opt to hike the area's nature trails, swim in chilly La Fortuna waterfall or go canyoning.

### **Private Vehicle**

San José – La Fortuna 4h150km

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

### **Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour**

Morning

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

### **Your Wellness Moment: Hot Springs**

Relax in the shadow of the Arenal Volcano immersed in therapeutic waters heated by the earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise.

### **Optional Activities - Day 2**

#### **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.

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

Arenal

65USD per person

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

#### **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.

### **Meals included: Lunch**

### **Day 3 La Fortuna**

Free day in La Fortuna. Experience the outdoor adventures, amazing wildlife and natural wonders in this area. There are enough activities here to keep you busy all day long.

Spend the day getting your adrenaline pumping, viewing local wildlife, marvelling at the Arenal Volcano and getting to know more about Costa Rica in La Fortuna. There are enough activities here to keep you busy all day long.

### **Your Discover Moment**

La Fortuna Full Day

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

### **Optional Activities - Day 3**

#### **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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### **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.

### **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.

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

Arenal

65USD per person

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

### **Hanging Bridges**

Arenal 1h30m-2h 3km

75USD per person

Come join the monkeys and perhaps spot a sloth lazing in the treetops of this protected rainforest that's set in the shadows of the Arenal Volcano. Trek 3km (2 mi) of winding trails up, down, across, and over 16 different bridges. One of higher suspended bridges overlooks a gorgeous gorge and 60m (37 mi) waterfall. Look up and down to spot birds, snakes, frogs, lizards, howler monkeys, and more. Don't forget to bring binoculars, bug spray, and a long lens as you reach new heights in the canopy of Costa Rica. Please note the price listed does not include the IVA Tax.

### **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.

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

Travel by van and boat through the stunning Costa Rican scenery up into the cloud forest. Take an included guided night walk to learn about nocturnal life in the jungle firsthand.

Travel across Lake Arenal into the mountains and on to Monteverde Cloud Forest.

Arrive to spend time enjoying this nature-lover's paradise.

**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 – Monteverde 2h

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

**Guided Cloud Forest Night Walk**

Monteverde

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

**Day 5 Monteverde**

Enjoy a free day to explore the cloud forest region of Costa Rica. Opt to fly across canopy ziplines, walk across suspended bridges through the forest canopy, or go horseback riding in the hills.

**Your Discover Moment**

Monteverde Full Day

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

**Optional Activities - Day 5****Monteverde Horseback Riding**

Monteverde 2h30m-3h

45USD per person

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

**Monteverde Butterfly Garden Visit**

Monteverde

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 Monteverde. 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.

**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.

**Hanging Bridges Monteverde**

Monteverde

47USD per person

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

**El Trapiche Tour Monteverde**

Monteverde 2h-3h

33USD per person

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

### **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.

### **Day 6 Monteverde/Quepos**

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.

### **Private Vehicle**

Monteverde – Quepos 5h 220km

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

### **Free Time**

Quepos Afternoon

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

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

#### **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.

#### **Fishing**

Quepos

Cast a line and (depending on the season) hope to hook a marlin, sailfish, tuna or dorado (mahi mahi).

Fishing in Quepos, north of Manuel Antonio, is Costa Rica's most popular spot for blue water sport fishing.

#### **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.

#### **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.

### **Manuel Antonio National Park Visit**

Manuel Antonio

16-50USD per person

Pack your sunscreen, snack, beach shoes, and prepare for a great day in Costa Rica's smallest yet no less stunning national park. Manuel Antonio offers four white-sand beaches, separated by jagged rock outcrops and tidal pools. Swim, snorkel, surf, and sunbathe. When you're all beached out, head to the shade of the nearby hiking trails to search for sloths, monkeys, and armadillos. Climb to the lookout to capture views of the pristine Pacific Ocean and the area's off-shore islands.

## Day 7 Quepos

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.

Pre-book the Manuel Antonio Catamaran Tour on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

### Your Discover Moment

Quepos Full Day

There's plenty to see and do in Quepos, 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 7

#### 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.

#### 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.

#### 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 8 Quepos/San José

Opt to chill at the beach in the morning before the journey by private vehicle back to the capital.

### Free Time

Quepos

Enjoy a final morning at the beach. Do as much or as little as you'd like.

### Private Vehicle

Quepos - San José 3h 166km

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

## Day 9 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 9**

##### **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 10 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 11 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 11**

##### **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 12 Bocas del Toro**

Spend another day exploring the archipelago.

### **Free Time**

Bocas del Toro Full Day

Get out and explore.

### **Optional Activities - Day 12**

#### **Red Frog Beach Visit**

Bocas del Toro 3h-8h

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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 13 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 14 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 14**

##### **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 15 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 16 Panama City

Depart at any time.

## What's Included

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Your G for Good Moment: Mi Cafecito Coffee Cooperative Tour, Sarapiquí

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

Your Wellness Moment: Hot Springs, Arenal Volcano

Your Discover Moment: La Fortuna

Your Discover Moment: Monteverde

Your Discover Moment: Quepos

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

## Highlights

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Soak in the thermal hot springs of Arenal Volcano, watch the sunset over the Pacific, learn about coffee production and support a local community, stare out into the crystal-blue Caribbean waters in Bocas del Toro, take in the crisp air of the lush green highlands in Boquete, explore the Panama Canal.

## Dossier Disclaimer

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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

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

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

## Important Notes

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

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

3. 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.

### 4. 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

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All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## Group Size Notes

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Max 16, avg 12

## Meals Included

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1 lunch

## Meals

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

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Private vehicle, plane, boat, local bus, walking.

## Local Flights

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If required all local flights are included in the cost of your tours unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Solo Travellers

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We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotels (15 nts).

## My Own Room

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

## Joining Hotel

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

## Joining Instructions

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

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

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

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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

### AIRPORT TRANSFER

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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What to Take

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

## Packing List

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### Costa Rica Water Activities:

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

### Documents:

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

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)

- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/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

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your

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

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

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

## **Emergency Fund**

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

## **Departure Tax**

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Costa Rica airport exit tax: \$29USD

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

## **Tipping**

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

Also at the end of each trip if you felt your G Adventures Chief Experience Officer 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**

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### Arenal

- Lost Canyon Adventures Canyoning (99USD per person)
- Stand Up Paddle (Lesson and Tour) (65USD per person)
- Whitewater Rafting (61-86USD per person)
- Gravity Falls Waterfall Jumping (125USD per person)
- Hanging Bridges (75USD per person)

### La Fortuna

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

### Monteverde

- Monteverde Horseback Riding (45USD per person)
- Monteverde Butterfly Garden Visit (20USD per person)
- Ziplining (60USD per person)
- Hanging Bridges Monteverde (47USD per person)
- El Trapiche Tour Monteverde (33USD per person)
- Santa Elena Cloud Forest Guided Tour (50USD per person)

### Manuel Antonio National Park

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

### Quepos

- Fishing

### Manuel Antonio

- Manuel Antonio National Park Visit (16-50USD per person)
- 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

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

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

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.



## A Couple of Rules

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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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## Travel Insurance

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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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## Feedback

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

## Newsletter

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

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

## Minimum Age

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

# International Flights

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.