

Panama Experience: Cloud Forests & Canals - CRSP

14 days: San José to Panama City

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Puerto Viejo de Talamanca
- Your Discover Moment: Boquete
- Your Discover Moment: Panama City
- Beach time in Bocas del Toro and Santa Catalina
- Panama City stay
- Biking Puerto Viejo
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing November 1st, 2019 and onwards

Itinerary

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

Day 1 San José

Arrive at any time. Tonight, explore the La California barrio with your fellow travellers. Stop in at one of the many bars to get to know your group over a few drinks. Cheers to new friends and new adventures!

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

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

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

Day 2 San José/Puerto Viejo de Talamanca

Travel to Costa Rica's Caribbean coast to the picturesque village of Puerto Viejo de Talamanca. Enjoy 14km (8.7 mi) of incomparable white and black sand beaches, all surrounded by exotic tropical vegetation.

There are several optional activities available: rent a bike or hire a boat to Manzanillo, hike to Monkey Point through the Gandoca - Manzanillo National Wildlife Refuge, or try snorkelling. Feeling lazy? Take it easy and explore La Isla Botanical Gardens.

Local Bus

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

Optional Activities - Day 2

Snorkelling

Puerto Viejo de Talamanca

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

Finca la Isla Botanical Garden Visit

Puerto Viejo de Talamanca

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

Bike Rental

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

Day 3 Puerto Viejo de Talamanca

Hop on a bike and ride to the beach with our CEO. Opt to rent a boogie board if the waves are calling, dance the night away to reggae and calypso, taste flavourful Afro-Caribbean cuisine, and succumb to the natural beauty of this tropical paradise.

Biking Puerto Viejo

Puerto Viejo de Talamanca

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

Start time: 9 AM

End time: 5 PM

Your Discover Moment

Puerto Viejo de Talamanca Full Day

There's plenty to see and do in Puerto Viejo, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like snorkelling, biking, and hiking in the Gandoca Manzanillo Wildlife Refuge. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 3

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Gandoca Manzanillo National Wildlife Refuge Hike

Puerto Viejo de Talamanca

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

Surf Lesson

Puerto Viejo de Talamanca

65USD per person

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

Day 4 Puerto Viejo de Talamanca/Bocas del Toro

Crossing into Panama, travel by bus, foot, then a boat to arrive to the Archipelago of Bocas del Toro, which means the bull's mouth. Enjoy free time while here to snorkel, scuba dive, or just relax on the beach.

Local Bus

Puerto Viejo de Talamanca – Sixaola 1h30m 70km

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

Border Crossing (Costa Rica - Panama)

Sixaola – Guabito

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

Local Bus

Guabito – Changuinola 30m

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

Local Bus

Changuinola – Almirante 1h

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

Boat

Almirante – Bocas del Toro 30m-45m

Climb aboard and get your float on.

Days 5-6 Bocas del Toro

Enjoy free time to snorkel the blue Caribbean waters or look for red frogs at—where else?—Red Frog Beach.

Free Time

Bocas del Toro Full Day

Get out and explore beautiful Bocas del Toro.

Optional Activities - Days 5-6

Island Hopping

Bocas del Toro

Hop on a boat and spend time at some of the nine islands that make up the Bocas del Toro archipelago.

Look skyward to see the birds of Bird Island, head to Starfish Beach to see stunning starfish in the shallow water, swim with dolphins in Dolphin Bay and visit a Caribbean indigenous village on Bastimentos. Lots to explore, so get hopping!

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.

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.

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.

Isla Bastimentos Tour

Bocas del Toro

60USD per person

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.

Zapatilla Adventure

Bocas del Toro

45USD per person

Sailing Snorkelling Tour

Bocas del Toro 1h-8h

45USD per person

Set out on the calm waters around Bocas del Toro and sail to Dolphin Bay, enjoy seeing Bottle Nose

Dolphins play in the waves. Head to Mangrove Reef, Isla San Cristobal for some snorkelling in the diverse reefs in the area. After you've had enough of discovering urchins, anemones, and swimming with schools of tiny fish, enjoy a simple but yummy lunch on the boat on route to The Garden, Isla Solarte. Enjoy even more snorkelling around parrot fish and other sea creatures before heading back to the island.

Day 7 Bocas del Toro/Boquete

Back on the mainland, settle in for a long day of travel before arriving at the mountain town of Boquete. A plethora of outdoor options await, including hiking, whitewater rafting and touring a coffee plantation.

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 8 Boquete

Opt to go whitewater rafting, tour a coffee plantation, or hike through the cloud forest.

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 8

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.

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.

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!

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.

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 9 Boquete/Santa Catalina

Enjoy a free morning in Boquete to soak up final moments in this lush remote town. After lunch, travel to the Pacific Coast for a couple more beach days. Santa Catalina has easy access to two black-sand beaches and is a great home base for fishing, snorkelling, boat trips, diving and surfing, as well as exploring numerous nature trails in the area.

Private Vehicle

Boquete - Santa Catalina 4h275km

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

Days 10-11 Santa Catalina

Enjoy a couple lazy or adventurous days at the beach. This small, friendly, and laid-back town on the Pacific coast is the perfect place to wind down. Look up and see flocks of parrots as they soar the skies above the hills around Santa Catalina. Opt to hang 10 with a surfing lesson or explore beautiful Coiba National Park, part of the nation's largest marine park, described as a cross between the Galapagos and Cocos Islands.

Free Time

Santa Catalina Full Day

Do as much or as little as you'd like during a free day.

Optional Activities - Days 10-11

Coiba Island Marine Park Visit

Isla de Coiba

70USD per person

Take a boat to Coiba, the largest island in Central America Island, and visit this Panamanian marine park. Snorkel, swim, and learn more about the biodiversity of this beautiful area off the Pacific Coast.

Coiba National Park Snorkelling Tour

Santa Catalina

80USD per person

Known for its diverse marine life, Coiba National Park is a haven for snorkelers. Strap on a mask and grab some flippers and explore an underwater world filled fish and corals of all colours of the rainbow.

Santa Catalina Surfing Lesson

Santa Catalina

60USD per person

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

Day 12 Santa Catalina/Panama City

Leave the beach and travel to Panama's capital. Filled with colonial architecture and cobblestone streets line with cafes and bars. Opt to spend a night on the town with the group.

Private Vehicle

Santa Catalina - Panama City 6h375km

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

Day 13 Panama City

Enjoy a free day to explore this iconic city. Opt to visit the Panama Canal and Casco Viejo, a World Heritage Site. In the heart of old town, check out its plazas, murals and ancient cathedrals by day. At night check out the restaurant and nightlife scene from a rooftop bar or sidewalk cafe.

Your Discover Moment

Panama City Full Day

The country's capital is a modern, bustling city, thanks to the enormous trade and commerce that passes through each year. There are plenty of other reasons to visit the Panama City aside from the world-famous canal. Panama La Vieja (Old Panama) has some great old buildings, as well as some interesting museums that document the history of the region and the building of the canal.

Optional Activities - Day 13

Panama Canal Visit

Panama City 2h-3h

25USD per person

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 14 Panama City

Depart at any time.

Departure Day

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

What's Included

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

Your First Night Out Moment: Connect With New Friends

Your Discover Moment: Puerto Viejo de Talamanca

Your Discover Moment: Boquete

Your Discover Moment: Panama City. Beach time in Bocas del Toro and Santa Catalina. Panama City stay.

Biking Puerto Viejo. All transport between destinations and to/from included activities.

Highlights

Listen to reggae rhythms wafting through the Caribbean air, stare out at the crystal-blue ocean, walk through lush greenery in the highlands, kick back in a hammock on the Pacific Coast, marvel at ships passing through the Panama Canal.

Dossier Disclaimer

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Itinerary Disclaimer

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

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

Important Notes

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

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.

Group Leader Description

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

Group Size Notes

Max 18, avg 14.

Meals Included

No meals included

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. 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 all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

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

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotels (2 nts), hostels (11 nts, multi-share).

About Accommodation

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

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

Joining Hotel

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

Joining Instructions

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

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

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

Arrival Complications

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

Emergency Contact

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

AIRPORT TRANSFER

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What to Take

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

Packing List

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

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

Visas and Entry Requirements

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

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

Spending Money

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

Money Exchange

The currency in Panama is the Balboa (PAB).

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

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

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

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

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 (20USD notes are ideal).

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

Emergency Fund

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

Departure Tax

Costa Rica exit tax: 8USD

Panama entrance tax: 3USD

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 CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5- 7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

Optional Activities

Puerto Viejo de Talamanca

- Snorkelling
- Finca la Isla Botanical Garden Visit
- Gandoca Manzanillo National Wildlife Refuge Hike
- Surf Lesson (65USD per person)

San José

- Bike Rental

Bocas del Toro

- Island Hopping
- Jungle Cacao Tour (35USD per person)
- Sunset Snorkelling Tour (25USD per person)
- Scuba Diving (55-250USD per person)
- Bat Cave Tour (35USD per person)
- Colón Expedition (40USD per person)
- Isla Bastimentos Tour (60USD per person)
- Bioluminescence Tour (25USD per person)
- Zapatilla Adventure (45USD per person)
- Sailing Snorkelling Tour (45USD per person)

Boquete

- Coffee Plantation Tour (30USD per person)
- Hiking (40-85USD per person)
- Lost Waterfall Hike (38USD per person)

- Whitewater Rafting (65USD per person)
- Horseback Riding (40USD per person)

Isla de Coiba

- Coiba Island Marine Park Visit (70USD per person)

Santa Catalina

- Coiba National Park Snorkelling Tour (80USD per person)
- Scuba Diving (150-200USD per person)
- Santa Catalina Surfing Lesson (60USD per person)

Panama City

- Panama Canal Visit (25USD per person)

Health

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

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

Safety and Security

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

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

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

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

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

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

Trip Specific Safety

Like any city where tourism is on the increase, crime also tends to increase and while San José 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 customersolutions@gadventures.com and we will send it on to you.

Newsletter

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

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

Minimum Age

Minimum age of 18 years for this trip.

International Flights

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