

Episches Costa Rica: Krater, Regenwälder & Surfen - CRSTHW

11 days: San José nach Tamarindo

What's Included

- Dein G-for-Good-Moment: Besuch der Kaffee-Kooperative Mi Cafecito, Sarapiquí
- Dein Welcome-Moment: Anreise und Begrüßungstreffen
- Visit to Poás Volcano
- Tortilla-making lesson and typical lunch at Mi Cafecito community project
- Zip-lining in Monteverde
- Hike to Rio Celeste Waterfall in Volcán Tenorio National Park
- Walk to a waterfall and swim in Poza Los Coyotes
- Excursion to Playa Guiones from Nosara
- Pottery demonstration in Guaitil
- Surf Lesson at Tamarindo
- Orientation walks in La Fortuna, Monteverde, and Liberia
- All transport between destinations and to/from included activities

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

VALIDITY: Gültig für alle Reiseternine nach Mai 26th, 2023

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.

Tag 1 San José

Ankunft zu jeder Zeit möglich. Mach es dir im Hostel gemütlich oder erkunde ein wenig die Stadt, bevor du am Abend die anderen Roamies triffst. Später geht es mit dem CEO und deinen neuen Freunden ins Viertel San Pedro zum Essen und Trinken in einem der angesagten Lokale. Lasst die Party steigen!"

Dein Welcome-Moment: Anreise und Begrüßungstreffen

Deine Gelegenheit, den CEO und deine Mitreisenden zu treffen und mehr über deine Reise zu erfahren. Entscheiden dich für ein anschließendes Essen mit der Gruppe vor Ort. Bitte beachte den Aushang in der Lobby (oder frag an der Rezeption) nach der offiziellen Zeit und dem Ort für das Treffen mit der Gruppe.

Unterbringung

Hostelworld Costa Rica Backpackers (oder Ähnliche)

Hostel

Tag 2 San Jose nach La Fortuna

Auf dem Weg nach La Fortuna warten heute einige Highlights. Es beginnt mit einem Stopp beim aktiven Vulkan Poás mit epischen Aussichten und Fotomotiven am Krater. Danach geht es zu einem gemeinschaftlichen Kaffeeprojekt, wo du eine Tasse trinken und mehr über die Kaffeeproduktion erfahren kannst. Hunger? Lass dir ein typisches Mittagessen mit frisch gefangenem Tilapia von der örtlichen Fischzucht, Kochbananen und dem obligatorischen Reis mit Bohnen schmecken. Danach lernt ihr, wie man Tortillas macht. Wer kriegt die schönsten hin? Am Nachmittag Ankunft in La Fortuna, wo du Zeit hast, im Hostel einzuchecken und an der Bar einen Drink zu nehmen. Vielleicht gönnst du dir abends ein Bad in einer der vielen Thermalquellen hier. Das hast du schließlich verdient, oder?

Privatfahrzeug

San José – Poas National Park 50km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Vulkan Poas

Alajuela

Visit Poás Volcano National Park and try to catch a glimpse through the clouds of the volcano's elusive main crater. This impressive and active stratovolcano has erupted 40 times since 1828 and boasts incredible views no matter what direction you're looking. Take your time and walk around the area for incredible photo opportunities and views across the crater.

Privatfahrzeug

Poas National Park – Sarapiquí 70km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Dein G-for-Good-Moment: Besuch der Kaffee-Kooperative Mi Cafecito

Erfahre hier, woher dein Espresso kommt. Besuche die „Mi Cafecito“ Kaffee-Kooperative in San Miguel de Sarapiquí und erfahre alles über die Kaffeeproduktion, von der Ernte bis zum Schälen, Trocknen und Rösten der Bohnen, bevor wir zum besten Teil kommen – köstlichen Kaffee genießen! Lass dir ein typisches Mittagessen mit Kochbananen, Bohnen und frisch gefangenem Tilapia schmecken. Und du kannst all diese Köstlichkeiten in der guten Gewissheit genießen, dass du damit ein G Adventures For Good Projekt und die 200 teilnehmenden Bauern und ihre Familien unterstützt.

Privatfahrzeug

Sarapiquí – La Fortuna 100km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

La Fortuna Orientation Walk

La Fortuna

Breathe in the fresh air and get your bearings in this scenic place.

Optionale Aktivitäten - Tag 2

Bad in den heißen Quellen

La Fortuna

42-84USD pro Person

Genieße nach einem erlebnisreichen Tag ein entspannendes Bad im hinabfallenden Wasser der heißen Quellen von Tabacon Resort. Entspann dich im Schatten des Vulkans Arenal im heilenden Wasser, das von Magma erhitzt wird und heilende Mineralien und Salze enthält. Verjünger deine Muskeln, entgifte deine Zellen und stimule alle Sinne in dieser Natur-Therme. Atme die reine Regenwaldluft ein und bestaune die mystische Umgebung dieser paradiesischen Wasserbecken.

Inbegriffene Mahlzeiten: Frühstück | Mittagessen

Unterbringung

Arenal Poshpucker (oder Ähnliche)

Hostel

Tag 3 La Fortuna

Bereit für Abenteuer? In La Fortuna kannst du so viel tun, dass wir dir einen ganzen Tag geben, an dem du machen kannst, was du willst. Gern geschehen. Vielleicht hast du ja Lust auf aktive Abenteuer wie das Abseilen an einem Wasserfall, Rafting oder Stand Up Paddling am Arenal-See. Natürlich ist es auch immer verlockend, einfach mit Freunden und einem kühlen Getränk im Hostel abzuhängen. Was sagst du? Eine Kombination von beidem? Klingt perfekt!

Optionale Aktivitäten - Tag 3

Wandern in Ladakh

La Fortuna

20USD pro Person

Begib dich zu Fuß, mit dem Taxi oder auf einem Pferd zum Wasserfall bei La Fortuna. Nachdem du den Eintritt bezahlt hast, kannst du die groben Stufen (über 500 an der Zahl!) zum Fuß des Wasserfalls hinaufsteigen. Hier stürzt das Wasser 65 m tief an der Wand des inaktiven Vulkans Cerro Chato hinab. Setze dich auf einen Felsen, spüre den Sprühregen des Wasserfalls, halte Ausschau nach den schillernd blauen Morpho-Schmetterlingen und tauche dann in das erfrischend kühle Wasser ein.

Wasserfall-Sprung an den Gravity Falls

Arenal

125USD pro Person

Halt dich gut fest und bereite dich darauf vor, dich von tosenden Wasserfällen abzuseilen. Bei diesem Dschungelabenteuer geben sich Angst und Spaß die Hand, nachdem du erst mal deine Zurückhaltung abgelegt hast und dich in die Natur stürzt. Du wirst völlig durchnässt und dich dabei völlig lebendig fühlen. Durchwandere Flüsse, über eine wackelige Hängebrücke und halte dabei Ausschau nach exotischen Vögeln und Tieren. Stürz dich hinein in das Abenteuer!

Wildwasser-Rafting

Arenal

61-86USD pro Person

Zieh deine Badesachen und Wasserschuhe an, setz dir einen Helm auf und bereite dich auf ein nasses und wildes Vergnügen vor. Von erfahrenen Guides begleitet, paddelst du durch Stromschnellen der Klasse II-IV, vorbei an einer spektakulären Landschaft. Spür das Brennen in deinen Muskeln, gerate ins Schwitzen und kühle dich anschließend im klaren Wasser des Flusses ab. Spür die Energie und genieße den Nervekitzel!

Stehpaddeln (Unterricht und Tour)

Arenal

65USD pro Person

Schnapp dir ein langes, breites Brett, begib dich auf den Arenal-See, der thronende Vulkan in Hintergrund, und zeig den Surfern, wie es ohne Wellen gemacht wird. Lass dich vom Hotel abholen und begib dich auf eine Tour am westlichen Ende des Sees, während du lernst, das Stehpaddeln zu meistern. Genieße die wunderbare Aussicht und halte Ausschau nach Vögeln wie dem großen blauen Reiher oder sogar Brüllaffen. Erfahre während deiner Erkundung des Sees mehr über die Gegend und genieße tropische Früchte bevor du zum Hotel zurückkehrst.

Canyoning im Lost Canyon

Arenal - Monteverde

99USD pro Person

Halt dich gut fest und bereite dich darauf vor, dich von tosenden Wasserfällen abzuseilen. Bei diesem Dschungelabenteuer geben sich Angst und Spaß die Hand, nachdem du erstmal deine Zurückhaltung abgelegt hast und dich in die Natur stürzt. Sicher in deine Gurte geschnallt, seilst du dich völlig durchnässt tief in die Schlucht hinab und wirst dich dabei völlig lebendig fühlen. Durchwandere Flüsse, über eine wackelige Hängebrücke und halte dabei Ausschau nach exotischen Vögeln und Tieren. Stürz dich hinein in das Abenteuer!

Hängebrücken

Arenal 1h30m-2h 3km

75USD pro Person

Gesell dich zu den Affen und halte Ausschau nach Faultieren, die faul in den Baumwipfeln des geschützten Regenwaldes im Schatten des Vulkans Arenal wohnen. Wandere 3 km auf kurvigen Wegen bergauf, bergab und über 16 verschiedene Brücken, einige von ihnen hoch oben in den Baumwipfeln, und genieße die Aussicht auf eine wunderschöne Schlucht und einen 60 m hohen Wasserfall. Halte in alle Richtungen, über und unter dir, Aussicht nach Vögeln, Schlangen, Frösche, Eidechsen, Brüllaffen und mehr. Vergiss nicht, ein Fernglas, Insektenspray und ein Nahaufnahmeobjektiv einzupacken und erklimme in den Baumwipfeln Costa Ricas neue Höhen.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Arenal Poshpacker (oder Ähnliche)

Hostel

Tag 4 La Fortuna nach Monteverde

Wenn du gern mit verschiedenen Verkehrsmitteln unterwegs bist, wirst du den heutigen Tag lieben. Zuerst geht es mit dem Bus von La Fortuna zum Arenal-See, dann mit dem Boot über den See und schließlich wieder mit dem Bus in den Nebelwald von Monteverde. Dabei warten jede Menge fantastische Landschaften, also halt die Kamera bereit! Aber das war noch nicht alles: In Monteverde brechen wir in den Wald auf und flitzen an Ziplines durch die Baumkronen. Was für ein Adrenalinkick!

Mitfahren im Minibus

La Fortuna - Laguna de Arenal 30m

Steig ein und lerne auf dem Weg zu deinem nächsten Stopp deinen Sitznachbarn kennen.

Boot

Laguna de Arenal 45m

Alle an Bord und Leinen los.

Mitfahren im Minibus

Arenal - Monteverde 2h

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

Zipline durch die Baumwipfel

Monteverde

Schnall dir die Gurte an, setz deinen Helm auf und bereite dich auf den Abflug vor. An Drahtseilen gleitest du hoch über den Baumwipfeln des Nebelwaldes. Wenn du es wagst loszulassen, saust du am Drahtseil bei Spitzengeschwindigkeiten durch die atemberaubende Landschaft. Du wirst deine Ängste vergessen, wenn du einen Toukan oder exotische Orchideen erblickst, während du auf einer der längsten Ziplines der Welt entlang saust.

Monteverde Orientation Walk

Monteverde

Get to know this prime destination for ecotourism and take in the scenery of lush rainforests and an impressive array of flora and fauna. Located in the heart of the Cordillera de Tilaran mountain range Monteverde is famous for its Cloud Forest Reserve.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hostelworld Quetzal Inn Monteverde (oder Ähnliche)

Hotel

Tag 5 Monteverde

Heute kannst du so viel oder so wenig tun, wie du willst. Alles ist okay! Vielleicht willst du auf den Hängebrücken in den Baumkronen nach Vögeln und anderen Tieren Ausschau halten, einen Ausritt machen, einen Schmetterlingsgarten besuchen oder einfach im Hostel mit einem lokalen Craftbier ein wenig chillen.

Optionale Aktivitäten - Tag 5

Schmetterlingsgarten Monteverde

Monteverde

20USD pro Person

In diesen Gärten in den Bergen Monteverdes kannst du zahlreiche Schmetterlinge hautnah bewundern, riesigen Käfern begegnen und Freundschaft mit haarigen achtbeinigen Spinnen schließen. Entdecke Raupen, schieße spektakuläre Schnappschüsse des strahlenden Blauen Morphofalters und beobachte eine Kolonie von Blattschneiderameisen. Dieses Naturzentrum beherbergt 30 Schmetterlingsarten, jede Menge Insekten und darüber hinaus auch noch Kapuzineraffen, Nasenbären, Sägerackern und weitere Tiere.

Führung durch den Nebelwald von Santa Elena

Monteverde - Santa Elena 5-6km

50USD pro Person

Zieh dir deinen Poncho und deine Stiefel an und begib dich in den wolkenverhangenen Nebelwald, vorbei an übergroßen Farnen und exotischen Orchideen. Entfessele den inneren Tarzan oder die Jane in dir und stell dir vor, wie du an den riesigen Lianen durch den Wald schwingst. Erkunde die 12 km langen Wanderwege, halte Ausschau nach Wildtieren und steig auf einen Aussichtsturm. Vergiss nicht, zwischendurch anzuhalten und zu lauschen. Lausche dem eindringlichen Ruf des Bellbird erhasche vielleicht einen Blick auf einen brillant grün und rot strahlenden Quetzal. Durch deine Parkgebühren unterstützt du die Erhaltung des Schutzgebiets und die Qualität der lokalen Schulen.

Monteverde Hängebrücken

Monteverde

47USD pro Person

Erlebe die Baumkronen des Nebelwaldes in Monteverde von der Vogelperspektive und aus nächster Nähe, wenn du über eine Reihe von Hängebrücken spazierst und siehst, wofür Biologen einst Seile und Flaschenzüge benötigten - ein üppig grüner Wald, durchsetzt von Bromeliaceen, Lianen und Orchideen. Bewundere das feuchte Baumkronendach, das 90 % aller Lebewesen im Wald beherbergt, darunter tausende Arten von Vögeln, kleinen Säugetieren, Amphibien und Insekten.

Monteverde Reiten

Monteverde 2h30m-3h

45USD pro Person

Erkunde die Wildnis von Monteverde im Sattel eines Pferdes. Beobachte beim Reiten durch Primär- und Sekundärwald Tukane, Glockenvögel und Papageien, sowie Affen und Faultiere. Mit etwas Glück lichten sich die Wolken und du kannst einen Blick auf den Golf von Nicoya werfen. Mache Fotos, fülle deine Lungen und lass dich von deinem Pferd auf einen unvergesslichen Ausflug durch das nebelverhangene Monteverde führen.

El Trapiche Tour

Monteverde 2h-3h

33USD pro Person

Besuche El Trapiche (Zuckerfabrik), die Heimat von drei Generationen costaricanischer Landwirte und begib dich zurück in die Vergangenheit. Erkunde Plantagen mit Zuckerrohr, Kaffee, Bananen und Kakao.

Unternimm einen Spaziergang durch die Farm, erfahre mehr über die Ernte von Kaffee und Kakao, fahre in einem costaricanischen Ochsenkarren und stelle zum Abschluss dein eigenes Zuckerkonfekt und eigenen Schnaps her. Beende die Tour mit einer duftenden Tasse Kaffee aus Bohnen, die direkt hier auf der Farm angebaut werden!

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hostelworld Quetzal Inn Monteverde (oder Ähnliche)

Hotel

Tag 6 Monteverde nach Liberia

Du willst noch mehr großartige Landschaften und Vulkane sehen? Okay, kein Problem. Im Privatwagen geht es in den Volcán-Tenorio-Nationalpark, wo wir durch den Dschungel zu einem strahlend blauen Teich und Wasserfall am Rio Celeste wandern. Halte dabei die Augen offen nach Vögeln und anderen Tieren! Am Nachmittag geht es nach Liberia, wo du nach dem Einchecken im Hostel einen entspannten Abend verbringen kannst, bevor es am nächsten Tag weitergeht zur Nicoya-Halbinsel.

Privatfahrzeug

Monteverde – Parque Nacional Volcan Tenorio 125km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Hike to Rio Celeste Waterfall

Parque Nacional Volcan Tenorio 5-6km

North of Lake Arenal lies another spectacular protected area called Volcán Tenorio National Park. We'll set off on foot from the main entrance and hike along jungle trails and down a series of stairways to the brilliantly blue Rio Celeste Waterfall. Take in the scenery and watch for wildlife like monkeys and birds in the canopy above before hiking out on the same trail.

Privatfahrzeug

Parque Nacional Volcan Tenorio – Liberia 100km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Liberia Orientation Walk

Liberia

Find your bearings and get to know Liberia, the capital of the northwestern province of Guanacaste in Costa Rica.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Hotel Bramadero (oder Ähnliche)

Hotel

Tag 7 Liberia nach Nosara

Check a hidden gem off those travel lists today as the group heads for Poza Los Coyotes. This lesser known spot in Costa Rica allows for living out those jungle fantasies while you swim and explore the trails around the incredibly turquoise waters of the area's natural pools. Choose to go all in during your time there and rent an inflatable tube to float through the caves and in the natural pools. Or take a short stroll to see a waterfall and canyon. Next, continue down the Nicoya Peninsula to the laid-back beach town of Nosara to settle into the hostel. Take the rest of the afternoon to explore or get your beach on if you're feeling it. Is it beer o'clock yet?

Privatfahrzeug

Liberia – Cañas Dulces 30m 17km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Visit to Poza Los Coyotes

Cañas Dulces 1h-1h30m

Poza Los Coyotes is a firm favorite with the locals, but it has only been open to the public since 2020. During the group's visit here you can swim and explore the trails in the area. The uniquely colored water comes from the Rincón de la Vieja and when the weather permits it turns a mesmerizing turquoise color. The dazzlingly blue shade comes from the water's high mineral content. There are options to rent inflatable tubes and float down through the caves and natural pools, the perfect way to relax and enjoy this unique, hidden gem just 20 minutes from Liberia.

Privatfahrzeug

Cañas Dulces – Nosara 3h-3h15m 138km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Travel 506 Hostel (oder Ähnliche)

Hostel

Tag 8 Nosara

We only have one thing actually planned today but it's a good one. Hop in the van for a visit to one of the most picturesque beaches in all of Costa Rica; Playa Guiones. Think of this beach as the love child between a three-mile stretch of flat sand and incredible surf waves. You'll miss out on the big crowds some of the other beaches are known for in the area, and be able to both surf and swim in the warm waters. This is the kind of beach where you can goof around on a boogie board and also read a book, the vibes fit all your needs. Envision our day trip here as a secret paradise no one knew they needed. Afterwards, enjoy the rest of the day back in Nosara hanging out at the hostel with friends and a cold beverage, or watching the sunset with your toes in the sand.

Privatfahrzeug

Nosara

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Playa Guiones Visit

Nosara

Spend part of today exploring one of the most picturesque beaches in all of Costa Rica. Idyllic white sands stretching for three miles and some of the best waves a surfer will see along this stretch of coastline. Activities available are surfing, bike riding during low-tide, and swimming. It's the perfect place to stretch out on a towel, read a book, play some frisbee, and relax in the warm sun.

Optionale Aktivitäten - Tag 8

Swimming at Playa Guiones

Nosara

Hop in the warm waters of Playa Guiones and swim for as long as you like. The waves break farther away from shore so you will be able to enjoy relatively calm waters as you float around and enjoy the views of surfers catching some action.

Surfing at Playa Guiones

Nosara

Catch a wave during our trip to Playa Guiones. This beach near Nosara is home to some of the best waves along this stretch of coastline. From boogie boarding to surfing there's an opportunity for everyone to experience the epic waves.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Travel 506 Hostel (oder Ähnliche)

Hostel

Tag 9 Nosara nach Tamarindo

Ok ok, we know the beaches in Nosara are great, but today we will leave the sand behind and head north along the coast to Guaitil, a small village famous for their Chorotega style pottery products. It will be like learning a new hobby that also gives you a deep appreciation for family traditions and creating something beautiful using the natural environment. What's not to love about that? Learn what's up from the owner of a small shop, and see how the pottery is made. Choose to grab some lunch and walk through the showrooms to see some of the finished products before we carry on to our hostel in Tamarindo for more beach vibes and great nightlife.

Privatfahrzeug

Nosara - Guaitil 1h30m-1h45m 45km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Visit to Guaitil Pottery Shop

Guaitil

Guaitil is a beautiful, quaint town nestled in the hills southeast of the town of Santa Cruz. The town is quiet and peaceful and the atmosphere makes you feel as if you are stepping back in time. The pottery is made by hand with ingredients solely from the earth through a process that has been handed down through generations for thousands of years. Learn what's up from Jesus, the owner of a small pottery shop and see how the pottery is made. Learn from Jesus, the owner of a small pottery shop, and see first-hand how the Chorotega-style pottery is made and maybe pick up some souvenirs before you go.

Privatfahrzeug

Guaitil - Tamarindo 1h30m-2h55km

Mach's dir bequem und genieße die Landschaft vom komfortablen Privatfahrzeug aus.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Selina Tamarindo (oder Ähnliche)

Hostel

Tag 10 Tamarindo

Ab in die Wellen! Heute Vormittag steht eine inbegriffene Surfstunde an und am Rest des Tages kannst du machen, was du willst. Fühlst du dich aktiv? Dann kannst du Ziplining, eine Kajaktour im nahen Nationalpark oder auch einen Schnorchelausflug machen. Bekommst du nicht genug vom Strand? Dann bleib einfach hier und genieße Sand und Meer. Lust auf was anders? Im Hostel mit Freunden zu chillen, ist immer eine gute Alternative.

Surf Lesson - Tamarindo

Tamarindo

Hit the beach and get ready to hang ten with a surf lesson from trained surf instructors. Spend some time in the water getting friendly with the waves, practice paddling, then pop up to balance on the wider, softer beginner boards.

Inbegriffene Mahlzeiten: Frühstück

Unterbringung

Selina Tamarindo (oder Ähnliche)

Hostel

Tag 11 Tamarindo

Abreise zu jeder Zeit möglich. Du kannst natürlich auch noch einige Nächte am Strand dranhängen.

Inbegriffene Mahlzeiten: Frühstück

What's Included

Dein G-for-Good-Moment: Besuch der Kaffee-Kooperative Mi Cafecito, Sarapiquí

Dein Welcome-Moment: Anreise und Begrüßungstreffen. Visit to Poás Volcano. Tortilla-making lesson and typical lunch at Mi Cafecito community project. Zip-lining in Monteverde. Hike to Rio Celeste Waterfall in Volcán Tenorio National Park. Walk to a waterfall and swim in Poza Los Coyotes. Excursion to Playa Guiones from Nosara. Pottery demonstration in Guaitil. Surf Lesson at Tamarindo. Orientation walks in La Fortuna, Monteverde, and Liberia. All transport between destinations and to/from included activities.

Highlights

Sieh den aktiven Krater des Vulkans Poás, erfahre mehr über die Kaffeeproduktion und unterstütze eine lokale Gemeinde, flitze an der Zipline durch das Blätterdach im Nebelwald in Monteverde, wandere durch den Dschungel zum herrlich blauen Wasserfall am Rio Celeste, wandere und schwimme bei einem Wasserfall im Diria-Nationalpark, mach einen Ausflug zu einem nur bei Ebbe zugänglichen rosaroten Strand, besuche die Strände an der Küste der Nicoya-Halbinsel, surfe in Tamarindo, nutze freie Zeit für optionale Aktivitäten oder zum Abhängen in den Hostels

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

COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

Group Leader Description

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

Group Size Notes

Max 24, avg 16

Meals Included

10 Frühstück, 1 Mittagessen

Meals

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

Transport

Private vehicle, boat.

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

Hostels (9 nts), Hotel (1 nt)

About Accommodation

Accommodation will be primarily in multi-share hostels (typically 6-8 people per room), with a choice of mixed gender and female-only dorms as well as available upgrades to twin-share rooms (same gender).

Some rooming exceptions may apply due to the unique nature of the itineraries and of the hostels themselves, which have been specifically chosen to give local flavour to your trip. Please see the full itinerary description and the Rooming Exception section below for any specific exceptions to the rooming that may apply to this tour.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, 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

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

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:

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

- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- 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)
- Sun hat/bandana
- Swimwear

Laundry

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

Visas and Entry Requirements

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

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

Spending Money

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

Money Exchange

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

Emergency Fund

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

Departure Tax

Costa Rica airport exit tax: \$29USD

Tipping

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

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

Optional Activities

La Fortuna

- Bad in den heißen Quellen (42-84USD pro Person)
- Wandern in Ladakh (20USD pro Person)

Arenal

- Wasserfall-Sprung an den Gravity Falls (125USD pro Person)
- Wildwasser-Rafting (61-86USD pro Person)
- Stehpaddeln (Unterricht und Tour) (65USD pro Person)
- Canyoning im Lost Canyon (99USD pro Person)
- Hängebrücken (75USD pro Person)

Monteverde

- Schmetterlingsgarten Monteverde (20USD pro Person)
- Führung durch den Nebelwald von Santa Elena (50USD pro Person)
- Monteverde Hängebrücken (47USD pro Person)
- Monteverde Reiten (45USD pro Person)
- El Trapiche Tour (33USD pro Person)

Nosara

- Swimming at Playa Guiones
- Surfing at Playa Guiones

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 rating for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

Petty theft, bag snatching and muggings have been on the rise in San Jose. Though not common, there are certain precautions you should take when visiting the city. Although the cities visited on our tours are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions, as they are the safest and easiest way to avoid any issues one might encounter on the streets after dark. In addition, always leave your passport (It's better to carry a photocopy of it instead),

credit cards and money that you won't be using in the hotel. Many of the hotels we use have safety deposit boxes in the room, or a general one at reception, this is always the safest method of storing your valuables. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc . A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organized from reception of your hotel. Also, take the address of the hotel with you.

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

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

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

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

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

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 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

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

Mindestalter für diese Reise sind 18 Jahre.

International Flights

Check-in-Zeiten und Freigepäck/Einschränkungen können je nach Fluggesellschaft variieren und sich jederzeit ändern. Für die aktuellsten Informationen zu deinem Flug wende dich bitte an deine Fluggesellschaft. Wir empfehlen Online-Check-in, um mögliche Verzögerungen am Flughafen zu vermeiden.