

Comfort Itinerary Version (TMCR2)

TOUR DURATION 16



Tour Essentials

Accommodation:

Included Meals: 14 breakfasts, 2

lunches, 0 dinners

Transport:

Countries: Costa Rica

Tailormade Active Costa Rica

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

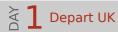
Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.



Depart the UK for San Jose, arriving the same day. On arrival, transfer to your hotel.

Drive to Puerto Viejo

Today you collect your rental car and set out for Puerto Viejo. Located on the Caribbean coast just down the road from Cahuita National Park, Puerto Viejo is a lovely, laid-back town with a distinctly Afro-Caribbean feel. This afternoon is free for you to explore at your leisure or enjoy the local beaches.

Snorkelling and hiking in Cahuita National Park

Cahuita National Park, to the north of Puerto Viejo, has some of the most scenic landscapes in Costa Rica. An area of protected beaches and lowlands, this is an important nesting ground for sea turtles. Its offshore reefs include 35 species of coral, 44 different types of crustaceans and over 120 species of fish, while its coastal forests are home to sloths, mantled howlers and a staggering diversity of birds. This morning you have a snorkelling and hiking tour in the park. After lunch the rest of the afternoon is free, you may wish to hike to a nearby waterfall or explore the small town of Puerto Viejo to discover its mixture of cultures, delicious meals and welcoming people.

Free day in Puerto Viejo

Today has been left free. You may choose to take a bird watching tour, have some surfing lessons or just relax on the beautiful Caribbean beaches.







5 Transfer to Sarapiqui

Set off from Puerto Viejo for Sarapiqui. Situated at the base of the Cordillera Central Mountains, the incredible biodiversity of Sarapiqui provides a haven for the endangered green macaw. You may choose to take a night walk, river safari, or canopy tour of Tirimbina Reserve - contact our Tailormade Regional Specialist to add an excursion to your itinerary.

Sarapiqui River cruise, drive to La Fortuna

This morning you have a riverboat cruise along the Sarapiqui River where you may see monkeys, sloths, crocodiles, toucans, hummingbirds, woodpeckers and much more. This afternoon transfer to the charming town of La Fortuna, your base for exploring Arenal Volcano, just four miles away. On a clear day, the majestic volcano can be seen looming over this peaceful town.

7 Activities in Arenal National Park

Enjoy a half-day kayaking trip on Lake Arenal; with a backdrop of rolling hills and the magnificent volcano, the scenery is perfect here. This afternoon is free, you may wish to trek on one of the many walking trails leading to beautiful waterfalls or opt for a relaxing spa treatment with the volcanic mud!

Representation of the Rincon de la Vieja

Today you depart La Fortuna for the rugged peaks of the Cordillera de Guanacaste, Costa Rica's great central volcanic massif. The afternoon is free, and with many options available you may wish to take a canopy tour, go horse-riding, have a guided walk of the area or take a dip in the volcanic mud pools.

$rac{4}{5}$ Visit Rincon de la Vieja National Park

Today you have a guided visit to explore Rincon de la Vieja National Park. The largest of five volcanic peaks, Rincon de la Vieja, dominates a lush area of fertile farmland. As well as volcanic craters the national park is also made up of rich, tropical rainforests, home to Baird's tapir, two-toed sloth, armadillo, and may species of lizard.

₹ 1 () Drive to Manuel Antonio

Leaving the national park behind, you transfer south to Manuel Antonio. This afternoon has been left free to relax on the white sandy beaches or enjoy snorkelling in the warm azure waters.

₹ 11 Free day in Manuel Antonio

Manuel Antonio National Park is a charming combination of rain forest, beaches and coral reefs where toucans, monkeys, racoons, iguanas and much more, can be seen. You have a free today, you may chose to relax on the beach or by your hotel's pool; ask your Tailormade Regional Specialist if you would like a guided tour in the park to help you spot the wildlife or why not book a boat trip to go snorkelling around the coast?

₹ 1 7 Transfer to Dominical

Taking the short distance south, you arrive in Dominical your base for exploring Marino Ballena National Park, named after the humpback whales that migrate here every year. This afternoon is free to enjoy walks in the park.

$\gtrsim 13$ Horse riding to Nauyaca Waterfalls

Today you set out on horseback to Nauyaca Waterfalls. These majestic falls are one of the southern regions' main attractions as they are simply stunning. The easy ride will take you to the base of the falls where you can enjoy and refreshing dip before heading back to your hotel.

Transfer back to San Jose

Drive from Dominical to San Jose where you will drop off your rental car.

Poas Volcano National Park, and depart San Jose

This morning you have your last trip to view one of the many volcanoes in Costa Rica. Poas Volcano National Park has many good walking trails and picturesque sulphuric green crater filled lakes, and you may be able to spot hummingbirds, tanagers, flycatchers, toucanets. This afternoon transfer to the airport for your flight

Arrive UK

Your flight arrives back in the UK this morning

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 2 lunches,0 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Foreign Exchange

Costa Rica

ATM Availability: ATMs are widely available though can be temperamental. Generally accept Cirrus and Maestro, Visa or Mastercard. Credit Card Acceptance: In major restaurants.

Travellers Cheques: Travellers Cheques are not always easy to exchange. US\$ Travellers cheques can usually be changed on Days 1, 5 and 11.

Local Currency: Costa Rican Colon.

Recommended Currency for Exchange: US Dollars are legal tender in Costa Rica and they are accepted in most restaurants, hotels and shops. It is advisable to carry approximately US\$200-300 cash of your total spending money, in mixed denominations. Please note that US \$100 bills are often not accepted. (Pound Sterling is also not readily exchanged.)

Where to Exchange: San Jose and major towns.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on 'Land Only' arrangements should make their own way to the joining point. Please refer to separate 'Joining Instructions' for time and place of rendezvous with tour leader

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Vaccinations & Protection

Costa Rica

Visa and vaccination requirements are subject to change and should be confirmed before departure. Nothing compulsory, but we recommend protection against malaria, typhoid, infectious hepatitis and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare

Preparing for your Tour

Climate

Costa Rica

Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page. Costa Rica has a tropical climate with high temperature humidity and rainfall. The average temperature is 21°C in the highlands and variable in the lowlands. The rainy season is from May to November and the summer from December to April, but it does still tend to rain, usually in short bursts. Bear in mind that Costa Rica has 12 microclimates and weather can vary significantly in one day.

General Information

Food

The prices for meals and drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive. The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Costa Rica

Lunch £: 10.00 Dinner £: 13.00

Drink

Costa Rica

Bottle of Beer £: 1.80

Water £: 1.30

Country details

Costa Rica

Population: 4,608,426

EXPLORE The Adventure Travel Experts available online 24/7

Size of Country: 51,100 sq km Major Language: Spanish

Religion: Christian, Roman Catholic Time Difference to GMT: -6

Electric Supply & Plugs

Costa Rica

2 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years experience, we are passionate about what we do.
- Pioneering small group adventures & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to - and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

The Travel Foundation

Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk

Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk

For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/



Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% nonrefundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2013 and 31st December 2014.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2 itinerary versions are applicable to tours departing in 2. 3/ itinerary versions are applicable to tours departing from 1st January to 31st December 3.

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