

# EXPLORE!

## TRIP NOTES



Comfort (TMCR1)



TRIP DURATION  
**14**  
DAYS



**Tour Type:** Tailormade

**Trip Code:** TMCR1

### Trip Essentials

**Accommodation:** 2 nights Hotel  
2 nights Premium Lodge  
3 nights Lodge  
3 nights Premium Hotel

**Included Meals:** 12 breakfasts, 4 lunches, 3 dinners

**Transport:**

**Countries:** Costa Rica

**EXPLORE!** Share your experiences with us



## Tailormade Highlights of 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 adventure.

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 trip 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.

### DAY 1 Depart UK

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

Overnight: **Hotel**



 **Included Meals:** None

## DAY 2 Volcan Poas National Park


Explore Volcan Poas National Park where the smoking volcano rises majestically from the beautiful tropical rainforest. Lake Botos fills an extinct crater at the end of one trail, and is home to many cloud forest birds including hummingbirds, tanagers, flycatchers and toucanets. You will continue to Doka Estate for a coffee tour, with the possibility to see the coffee process and taste some different roasts. The estate is also home to a butterfly garden, plus bonsai tree and orchid gardens. After lunch on the estate, your journey continues to Grecia, home to an interesting church, made entirely of sheet-metal. Before heading back to San Jose you also have a short stop in Sarchi, famous for its ornate paintings which adorn ox carts and furniture.

Overnight: **Hotel**

 **Included Meals:** Breakfast, Lunch


## DAY 3 Drive and boat to Tortuguero

This morning you drive through extensive banana plantations to Cano Blanco where you'll board your boat and travel through the jungle waterways to Tortuguero. After settling in at your lodge and enjoying lunch you'll visit the local village and the Caribbean Conservation Center to learn more about the protection of sea turtles. Depending on the time of year, this evening you may have the opportunity of seeing the sea turtles at the beach.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 4 In Tortuguero National Park

After breakfast you'll have a guided walk along the jungle trails where you may see some of the area's smaller animals and insects. You'll have some free time before touring the canals of Tortuguero National Park where you may see river turtles, spectacled caiman, southern river otters, and spider, howler and Capuchin monkeys. Tortuguero is also home to dozens of species of birds such as kingfishers, parrots and parakeets, hawks and eagles, and over 50 species of freshwater fish including rainbow bass and grouper. If you are lucky you might spot an endangered West Indian Manatee.


 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 5 Transfer to Arenal

Depart Tortuguero this morning and 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.

Overnight: **Premium Lodge**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch

## DAY 6 Arenal Volcano Hike and Hot Springs

This morning has been left free to explore at your leisure. This afternoon hike a short distance in the national park and, subject to cloud conditions, you will be rewarded with fabulous views of Arenal volcano, while the sun sets around you. En route back to the town you will stop at the thermal baths for a rejuvenating soak and dinner.

Overnight: **Premium Lodge**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Dinner

## DAY 7 Drive to Monteverde

This morning you transfer to the dam on Lake Arenal, where you board your boat for a picturesque ride to Rio Chiquita. From here you have a bus journey to Monteverde. These forests, which are shrouded by mist and low-lying clouds throughout much of the year, were originally a Quaker settlement in the 1950s, and became a protected reserve in 1972. The rest of the day has been left free and you may choose to visit the coffee plantations or Santa Elena town

Overnight: **Lodge**

 **Included Meals:** Breakfast

## DAY 8 Canopy Tour in Selvatura Park

An exhilarating half-day canopy tour takes you across 15 cables and 18 platforms, on one of Costa Rica's longest canopy tours, allowing great views of the forest from tree-top height! Your guide will point out the many different types of flora and birdlife. You are then free to explore at your leisure, why not visit the hummingbird gardens, butterfly or reptile houses?

Overnight: **Lodge**



**Included Meals:** Breakfast

## DAY 9 Free day

With so many options available, today has been left free for you to do as much or as little as you like. You may wish to take a treetop walkway tour, mountain bike ride, horseback trek, or a guided hike through the national park in search of the rare but resplendent quetzal, the best viewing months are March and April, the breeding months.

Overnight: **Lodge**



**Included Meals:** Breakfast

## DAY 10 Drive to Manuel Antonio

Leaving the cloud forest behind, you transfer to Quepos for Manuel Antonio National Park.

Overnight: **Premium Hotel**



**Included Meals:** Breakfast

## DAY 11 Free day in Manuel Antonio

Manuel Antonio National Park is a charming combination of rain forest, beaches and coral reefs. Today has been left free to relax on the white sandy beaches or enjoy snorkelling in the warm azure waters. The sunsets from this coast are spectacular and have to be seen to be believed!

Overnight: **Premium Hotel**



**Included Meals:** Breakfast

## DAY 12 Hike in Manuel Antonio

This morning, you'll explore Manuel Antonio National Park, famed for its beautiful beaches and rich wildlife. During your time in the park, you may see white-faced capuchin monkeys, coatimundi (part of the racoon family) and the tiny squirrel monkeys. This is also one of the best places in Costa Rica to see sloths. The majority of a sloth's diet comes from buds and leaves. As leaves provide little energy, sloths move only when necessary and even then very slowly so they are easy to spot. The remainder of the day can be spent relaxing on the white sandy beaches, enjoying a swim in the warm azure waters. The sunsets from this coast are spectacular and have to be seen to be believed.

Overnight: **Premium Hotel**



**Included Meals:** Breakfast

## DAY 13 Transfer to San Jose

Leaving the beauty of Manuel Antonio behind you will transfer back to San Jose in time for your flight home.



**Included Meals:** Breakfast

## Accommodation and Meals

### Food & Drink

Included meals: 12 breakfasts, 4 lunches, 3 dinners included in the price of this trip. 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 Trip

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

### Food

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 £:** 13.00

**Dinner £:** 13.00

### Drink

The prices for 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.

#### Costa Rica

**Bottle of Beer £:** 1.80

**Water £:** 1.30

## Foreign Exchange

#### Costa Rica

**ATM Availability:** Available in Major towns. Always have some cash as back-up as they are not always reliable

**Credit Card Acceptance:** Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

**Travellers Cheques:** Travellers Cheques can be awkward or expensive to change

**Local Currency:** Costa Rican Colon.

**Recommended Currency for Exchange:** Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange. USD can be used in some places in Costa Rica

**Where to Exchange:** Your Tour Leader will advise you on arrival.

## Joining your Trip

### 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

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

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## 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 booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

**EXPLORE!**  
The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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### Travel Aware

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 [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

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### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

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### Vaccinations & Protection

#### Costa Rica

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. 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 provider.

## Preparing for your Trip

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### 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

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### Country details

#### Costa Rica

**Population:** 4,608,426

**Size of Country:** 51,100 sq km

**Major Language:** Spanish

**Religion:** Christian, Roman Catholic

**Time Difference to GMT:** -6

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### 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, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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, 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.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

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, 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: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## 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.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable 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 2016 and 31st December 2017.

### Trip 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: 1 itinerary versions are applicable to tours departing in 1. 2/ itinerary versions are applicable to tours departing from 1st January to 31st December 2.

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