

# EXPLORE!

## TRIP NOTES



### Family Active Nicaragua (FNI 2017)



TRIPDURATION  
**15**  
DAYS



**Tour Style:** Classic  
**Accommodation**  
**Grade:** Standard

**Tour Type:** Small Groups

**Trip Code:** FNI

#### Trip Highlights - Family Active Nicaragua

- ✓ Volcanoes - Climb to the top of Cerro Negro Volcano, an active volcano.
- ✓ Sandy beaches - Swim and surf at Playa Los Cordones
- ✓ Lakes - Kayak amongst the tropical islands Las Isletas on Lake Nicaragua.
- ✓ Ometepe - Stay on Ometepe, a laid-back volcanic island
- ✓ Cloud forest - Learn about the life of the cloud forest and zip wire through the trees at Mombacho Volcano
- ✓ Wildlife - Look for crocodiles, monkeys and exotic birds

#### Trip Essentials

**Accommodation:** 9 nights Standard Hotel  
2 nights Simple Lodge  
3 nights Premium Hotel

**Included Meals:** 14 breakfasts, 8 lunches, 4 dinners

**Start Point:** Join trip: Managua  
**End Point:** Trip ends: Managua  
**Transport:** Bus, Boat, Bicycle, Ferry

**Countries:** Nicaragua  
**Minimum Age:** From 6 years



## Family Active Nicaragua

From zip-wiring through tree-top canopies to climbing an active volcano, Nicaragua is a wonderful destination for a family adventure. We search for crocodiles in mangrove-lined forests, track monkeys in Chocoyero El Brujo National Park and kayak on Lake Nicaragua. We also visit a local kids charity, surf some waves and stay on a volcanic island before relaxing on the golden beaches of the Pacific coast. **TRIPLE ROOMS**

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

### Why Book this trip

Nicaragua offers an amazing and unusual family destination that you will remember for a long time. Lots of activities and adventures, coupled with wildlife exploration, this family adventure is a good choice for those who enjoy discovering new destinations.



### 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.

### Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.



## 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.

### DAY 1 Join tour Managua

We join the tour in Managua

Overnight: **Standard Hotel**

**Swimming Pool Available** 

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 **Included Meals:** None

## DAY 2 Drive to Leon via the Reserve Juan Venado; afternoon boat tour

Leaving Managua behind, we head first to Mirador Tiscapa, which overlooks a volcanic crater lake that is more than 10,000 years old. Before the revolution, the hill was home to the old presidential palace and it provides some superb views down across the city. We follow the Pacific coast to our lunch stop and continue on to the Natural Reserve Isla Juan Venado, located just to the south of the golden beaches of Las Peñitas. A boat trip takes us out to the island reserve, a haven for caymans, iguanas, crocodiles and birds. It is also a favoured nesting area for the Olive Ridley sea turtles, which come here between August and December each year to lay their eggs. We drive in the afternoon to the old colonial capital of Leon, which lies in the shadow of the Cordillera de los Maribios Mountains.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Lunch

## DAY 3 Morning climb on an active volcano and then visit San Jacinto fumaroles

After breakfast this morning we climb the youngest volcano in Central America, the basal-tic cinder cone of Cerro Negro (Black Hill). Occupying part of the Cordillera de los Maribios mountain range to the east of the city, it rises to a height of 728 metres. We climb its gravelly slopes to the summit allowing views of the stunning panoramas across the surrounding landscapes. On the descent you can run, jump or roll down the sandy ash! Returning to León there will then be time for a short siesta, before visiting the Volcanic fumaroles at San Jacinto.


Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 4 Drive to Playa Los Cardones with afternoon surfing lesson

We will start this morning with a visit to CIMAC - an educational park where we can see the four ecosystems of Nicaragua. We follow this visit with a short tour of the city. Still considered the intellectual centre of Nicaragua, the old buildings, with their wrought iron balconies and the arched colonnades along with narrow streets, all give the city a certain elegant serenity that seems to be frozen in time. The city's huge cathedral is believed to be the largest in Central America and a climb up to its roof affords some spectacular views across the city and out towards the volcanoes in the distance. We also visit the entertaining and illuminating Museum of Legends and Traditions located in a once infamous prison, today the cells are occupied with mannequins that illustrate some 14 different myths and legends. After this we will continue to Playa Los Cardones. Arriving around midday we check into our lodge, after which the rest of the afternoon is free to enjoy some included surfing lessons with a qualified instructor. The area of water closest to the lodge is ideal for those with little or no experience of surfing and each lesson last about an hour, with children between 6 and 11 being given individual instruction.


Overnight: **Simple Lodge**

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

## DAY 5 Visit a school in At Playa Los Cardones

After breakfast we pay a visit to a local school and meet the local children to learn how they live - education in Nicaragua is free, with elementary education also being compulsory, although it is difficult to enforce in the rural communities as many children have to work. Please note: this activity will not be possible during their school holidays, which run from the beginning of December until the end of January. Back at our lodge, we visit a turtle hatchery, where we may be lucky enough to watch a baby turtle being born. These shores are a haven for Olive Ridley turtles, who come here every year to nest along the Pacific coastline. The rest of the afternoon is free to hit the beach again, or perhaps enjoy some more surfing (optional).

Overnight: **Simple Lodge**

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

## DAY 6 Drive to San Jorge, ferry to Ometepe Island

We head inland this morning towards the expansive shores of Lake Nicaragua and the island of Ometepe. We drive to the town of Rivas for lunch, we then continue the short distance to San Jorge, where we take the ferry across to the island. Ometepe is made up of two volcanoes connected by an isthmus - its name comes from the Nahuatl language and means 'two hills'. The perfect cone of the Concepción volcano soars from the depths of Lake Nicaragua to 1610m, only just dwarfing the neighbouring Maderas volcano at 1394m. On arrival to the island we transfer to Charco Verde for the next two nights. We take the time to stop off at some famous pre-Colombian petroglyphs that were left behind by the island's previous inhabitants countless centuries ago.


Overnight: **Standard Hotel**

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

## DAY 7 On Ometepe Island - visit Charco Verde farm and swim

This morning we start our day with a short walk from Charco Verde around the Lagoon. On the walk we will hopefully get the opportunity to see some reserves bird life such as the great egret, cormorants, woodpeckers and night herons. Following this we will transfer to the foot of the Maderas volcano to Finca Magdalena, where we will have a brief stop at the famous pre-Colombian petroglyphs that were left behind by the island's previous inhabitants countless centuries ago a popular place known for its organic farming processes. Finca Magdalena, is home to the Cooperativa Carlos Díaz Cajina, an agricultural cooperative, which consists of 24 members and their families all living and working close by and one of the residence will show us how the local produce is made including organic coffee, beans and vegetables. After this visit we will head to Playa Santo Domingo where we will have lunch before heading to 'Ojo de Agua' a natural water pool where we can swim and relax for the rest of the afternoon.

Overnight: **Standard Hotel**

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

## DAY 8 Drive to Granada via the Mombacho Volcano and a canopy tour on zip-wire

Heading back to the ferry port on the outskirts of San Jose del Sur, we cross back to the mainland this morning, from where we drive to the Mombacho Volcano, one of the most distinctive landmarks anywhere in the country. We drive to the top, snaking our way up a steep slope and past fields of coffee plants as we make our way up in to the cloud forest. The views from up here can be spectacular and we might even catch a glimpse of Granada and Las Isletas far below. After learning something about the unique flora and fauna of the cloud forest you have a chance to glide through the lush forest on a canopy tour, zipping through the trees on a wire harness as the base of the volcanic craters. After this adrenaline filled adventure we then journey north, towards the lovely city of Granada.

Overnight: **Premium Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch

## DAY 9 Discover Granada by horse cart and visit Masaya market plus see a volcano

Atmospheric Granada is a colonial gem, situated at the foot of Mombacho volcano on the north-west shore of Lake Nicaragua. Founded in 1524, it was the first colonial city in Nicaragua and its magnificent setting, set off by baroque and renaissance buildings, is a pure visual delight. We plan a city tour on foot this morning and by traditional horse carriage, visiting some of the city's most beautiful colonial buildings and learning more of its fascinating history. Granada is the perfect city to explore on foot, wandering the narrow lanes and alleyways and discovering its hidden delights amongst the lush greenery and historic buildings. After lunch we visit the popular Masaya market, a major centre for arts and crafts, where you can throw yourself into the hustle and bustle and barter from everything from baskets and pottery to jewellery and leather work. Later we visit the tranquil setting of the Masaya Volcano National Park, where you can peer into the bowels of this smoking, belching giant before returning to Granada for our second evening.

Overnight: **Premium Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch

## DAY 10 Cycle to Puerto Asese and kayak around Las Isletas

Puerto Asese lies just 6 kilometres from Granada, making it an ideal destination this morning to head to on bikes. From here we take to the waters of Lake Nicaragua in kayaks, spending the morning paddling through some of the myriad of islands and inlets that pepper this coastline. Beautifully lush, these 365 tropical islets that occupy this vast expanse of water are a magnet for the local birdlife and we'll have time to linger and enjoy this most tranquil of settings before taking lunch on one of the islands. On our return to Granada we will visit the Chocolate Museum in Granada where we can see some of the famous cacao beans being turned into a range of organic chocolate. The Museum is located in a wonderful 5-patio mansion in the historic centre. You will participate in a workshop where you will learn the history of the Cacao bean and its use as well as all the processes required to make chocolate from the fermented organic cacao beans. You will learn how to roast, winnow and grind the beans as well as how to refine chocolate liquor. Finally you will have the opportunity to mould your own handmade Nicaraguan chocolate bar that you can take home with you.

Overnight: **Premium Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast, Lunch

## DAY 11 Fly to the Caribbean and Corn Island

Transferring to Managua Airport this morning we fly east, across rainforests and the Caribbean to the remote landscapes of Corn Island. On arrival we will check in to our hotel, after which the rest of the day is free to enjoy at your leisure. Corn Island is blessed with three miles of white sandy beach and its crystal clear waters present a slice of turquoise paradise, so we can recommend an

afternoon dip in the Caribbean. Please note that there is a weight limit of 11kg per person on the flight to Corn Island and you can leave any excess luggage on the mainland where you can collect it on your return.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 12 On Corn Island; swimming and relaxing

Lying 70 km off Nicaragua's mainland, Corn Island was once a British Protectorate and English is still widely spoken amongst the local people. Completely different from anywhere else in Nicaragua, the Caribbean islands and coast are largely inhabited by a mix of Creole people of mixed black heritage and Spanish speaking Mestizos, making it a fascinating mix of cultures and traditions. With two days to explore and play, the island is very much yours to enjoy.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 13 On Corn Island with time to relax on the sandy beaches

You can take a walk around the island, sit under a coconut palm tree or snorkel amongst tropical fish on the reef. Nearby Little Corn Island and its palm fringed beach is easily accessible by boat, so why not take a trip across to explore. In the evenings you can try some fresh lobster or prawns at one of the local restaurants and just sit back and enjoy the laid-back charm of the Caribbean.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 14 Fly to Managua with afternoon visit a Natural Reserve

This morning we take the flight back to Managua, and spend the afternoon visiting the Chocoyo-El Brujo Natural Reserve - a protected area where we will hopefully have a chance to see monkeys and several species of birds. These dry tropical forests are home to monkey and a vast array of birds, including the wonderfully brilliant green parakeets. Later this afternoon we drive to our hotel close to the airport.

Overnight: **Standard Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 15 Tour ends Managua

Our tour ends this morning in Managua.

 **Included Meals:** Breakfast

## Ability to swim required

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.

## Accommodation and Meals

### Food & Drink

Included meals: 14 breakfasts, 8 lunches, 4 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.

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## 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.

### Nicaragua

**Lunch £:** 8.00 - 10.00

**Dinner £:** 10.00 - 12.00

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## 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.

### Nicaragua

**Bottle of Beer £:** 2.00

**Water £:** 0.80

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## International Departure Taxes

There is an entry tax to Nicaragua of 10USD

## Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

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## Optional Excursions

Playa Los Cardones - Stand up paddling US\$23; Boogie boarding US\$6 for ½ day ; Bike hire US\$ 41

Corn Island - Half day snorkel US\$30; Trip to Little Corn Island inc. snorkel US\$95

Please make sure you have cash prior to your visit to Corn Island as there are no reliable ATMs on the island

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## Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

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## Tipping - Local Crew

Local Crew: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 25 for tipping. 10% is expected and often added in restaurants.

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## Foreign Exchange

### Nicaragua

**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:** Cordoba

**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 Nicaragua.

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

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## 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.

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### 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>.

## 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.

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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

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

### 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.

### 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.

### Visa Information

Nicaragua: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>  
Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Lone Parents

### Nicaragua

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Nicaraguan embassy for further information on exactly what may be required.

## Vaccinations & Protection

### Nicaragua

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 certificate 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

### Climate

#### Nicaragua

Tropical, with little seasonal variation in temperature. The heavy rainy season is May to October but it can rain at any time along the Caribbean coast of Rio San Juan. There are 3 main climactic zones, the hot tropical lowlands and the cooler hill region, which has a larger range of daily temperature.

### Clothing

Around Managua you will need loose-fitting comfortable, hot-weather clothes (100% cotton is recommended). You should bring lightweight long trousers and a lightweight long-sleeved shirt to wear in the jungle to protect against insects. Also pack a fleece for evenings in the jungle. Bring a waterproof jacket as it can rain at any time in the rainforest area. Don't forget your swimming costume.

### Equipment

A water bottle, sunhat, sunscreen, sun hat and insect repellent. A torch (preferably a head torch), mask and snorkel and perhaps a lycra vest or top for surfing. Also you may wish to consider bringing pens, markers, notebooks or simple English books and games for the school visit. An umbrella and light waterproof may also be useful.

### Footwear

Lightweight walking boots plus comfortable trainers and sandals for travelling and relaxing. Water sandals may be useful.



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## Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

## General Information

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### Country details

#### Nicaragua

**Population:** 5,891,199

**Size of Country:** 130,373 sq km

**Major Language:** Spanish

**Religion:** Roman Catholic

**Time Difference to GMT:** -6

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### Electric Supply & Plugs

#### Nicaragua

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.

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### 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.

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### 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.

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## 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.

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### **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

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### **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.

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### **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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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