

# EXPLORE!



**Tailormade Costa Rican Cloud Forests and Beaches**  
11 days

Costa Rica - Trip code TMCR2

## Tailormade Costa Rican Cloud Forests and Beaches Holidays

### Volcanoes, cloud forest and beaches

This 11 day holiday takes you to the slopes of Arenal Volcano where you can unwind in the natural hot springs. Continue to Monteverde Cloud Forest where canopy walkways allow you to get right up into the tree-tops, look out for hummingbirds zipping by and the beautiful quetzal, one of the best places to spot this rare bird. The journey ends on the Nicoya Peninsula where it's time to relax on the pristine beaches, the perfect end to your Costa Rica holiday.

### Enriching tailormade journeys – for you

This bespoke journey features some of our favourite activity spots in Costa Rica. You can choose to take our destination experts' recommendations and travel just as you see the itinerary here, or contact us to add your own special touches; maybe add a cycling trip around the base of Arenal Volcano, visit Poas Volcano and coffee plantation near San Jose or perhaps go at your own pace on a self-drive holiday. We're here to design your perfect holiday.

Call us on 01252 883 184.

## Trip highlights

### ACCOMMODATION GRADE:

#### Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

#### TRIP PACE:

##### Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Arrive in San Jose

Depart the UK for San Jose, arriving the same day. On arrival you will be transferred to your hotel.



**Accommodation: Park Inn, San Jose** (or similar)



Standard Hotel



Swimming pool available



None

### DAY 2 - Drive to La Fortuna

This morning you depart Costa Rica's capital for La Fortuna. The base for exploring Arenal Volcano is just four miles from the national park and on a clear day, the majestic volcano can be seen looming over this peaceful town. This afternoon has been left free. You may wish to walk to La Fortuna waterfall (optional), a steep descend takes you to a pool where you can enjoy a refreshing swim. The trail follows the 60m high waterfall through the jungle, home to toucans, monkeys and hummingbirds.



**Accommodation: Arenal Paraiso** (or similar)



Standard Hotel



Swimming pool available



Breakfast

### DAY 3 - Arenal Volcano hike and hot springs

With lots of optional activities available in the area, this morning has been left free for you 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.



**Accommodation: Arenal Paraiso** (or similar)



Standard Hotel



Swimming pool available



Breakfast Dinner

## DAY 4 - Journey 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. Perched on the Continental Divide between the Pacific and the Caribbean, it is thought that there has been indigenous habitation in Monteverde since 3000 BC. However, the turning point in its recent history came in 1950, when a group of pacifist Quakers from Alabama moved here to avoid subscription in the Korean War. They sought a lifestyle in a country in which they could embrace their peaceful beliefs and continue to cultivate their dairy farms. These families went on to establish the community of Monteverde and some of its famed cloudforest reserves. After your journey, the rest of the day has been left free, you may choose to visit the coffee plantations or Santa Elena town.



**Accommodation: Trapp Family Lodge** (or similar)



Standard Hotel



Breakfast

## DAY 5 - Canopy tour in Selvatura Park

This morning an exciting canopy tour takes you along nearly two miles of trails and bridges, 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?



**Accommodation: Trapp Family Lodge** (or similar)



Standard Hotel



Breakfast

## DAY 6 - Free day in Monteverde

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 resplendent quetzal, the best viewing months are March and April, the breeding months.



**Accommodation: Trapp Family Lodge** (or similar)



Standard Hotel



Breakfast

## DAY 7 - Journey to Nicoya Peninsula

This morning you depart La Fortuna and head to the coast, crossing the Gulf of Nicoya by ferry you then have a short transfer to your hotel in Tambor. Spend the afternoon relaxing on the beach or by the pool.



**Accommodation: Tango Mar Hotel** (or similar)



Standard Hotel



Swimming pool available



Breakfast

## DAY 8 - Free day

Today is free to relax. Perhaps you may wish to take a boat trip out to Tortuga Islands where you can swim in the clear water, home to shoals of colourful fish or hike up to the island's viewpoint. Contact your Tailormade Regional Specialist to add this to your itinerary.



**Accommodation: Tango Mar Hotel** (or similar)



Standard Hotel



Swimming pool available



Breakfast

## DAY 9 - Free day

Your last day at the beach can be spent relaxing, swimming or enjoying some of the activities available within your resort. To the north of Tambor is the Curu Wildlife Reserve or to the south is Cabo Blanco Nature Reserve, you may like to spend your last day exploring some of the fantastic wildlife-rich areas Costa Rica has to offer.



**Accommodation: Tango Mar Hotel** (or similar)



Standard Hotel



Swimming pool available



Breakfast

## DAY 10 - Journey back to San Jose

Today you depart the Nicoya Peninsula and travel by ferry and road, back to San Jose.



**Accommodation: Park Inn, San Jose** (or similar)



Standard Hotel



Swimming pool available



Breakfast

## DAY 11 - Depart San Jose

Today you depart San Jose on your flight back to the UK.



Breakfast

## Tailormade Expert



Meet Sarah Slocomb,  
Regional Specialist for Costa Rica

Call on **01252 883 184**.

## What's included?



### Included meals

Breakfast: 10  
Dinner: 1



### Transport

Private car  
Boat  
Shared car



### Trip staff

Local guides  
Driver(s)



### Accommodation

10 nights standard hotel

# Trip information

## Country information

### Holidays to Costa Rica

#### Climate

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.

#### Time difference to GMT

-6

#### Plugs

2 Pin Flat

#### Religion

Christian, Roman Catholic

#### Language

Spanish

## Budgeting and packing

### Country Information

#### Holidays to Costa Rica

##### Food and drink

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.

##### Lunch price

£13

##### Dinner price

£13

##### Beer price

£1.8

##### Water price

£1.3

##### Foreign Exchange

##### 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.

**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

## Transport, Accommodation & Meals

### Accommodation notes

**Booking a Single Room**

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

**Premium**

On premium level tailor-made tours you will stay at comfortable mid-range hotels, chosen for their location, ambiance or local character. Your rooms will be clean and well-appointed, with en suite bathrooms and air-conditioning or heating as necessary. Standard level hotels normally have restaurants, bars and often other amenities such as a swimming pool and gardens, offering a good level of comfort at a reasonable price.

**Park Inn, San Jose**

The Park Inn by Radisson is a large and modern option for a stay in San Jose. Rooms are spacious, fitted with all mod-cons required for a comfortable stay. The hotel has an onsite gym, pool and restaurant.

**Arenal Paraiso**

Situated in front of Arenal Volcano, the hotel offers excellent views from the balcony of every room as well as an array of activities in the vicinity. This large hotel is surrounded by lush gardens where guests will find a good-size swimming pool with a wet bar. The hotel also has a first class spa, sauna and two restaurants.

**Trapp Family Lodge**

Located just a few minutes walk from Monteverde Cloud Forest Reserve, the Trapp Family Lodge offers comfortable accommodation within wooden chalet-style rooms. Large picture windows allow guests to enjoy the views either from the room or the family restaurant.

**Tango Mar Hotel**

Tango Mar Hotel is located within 150 acres of land between the jungle and the Gulf of Nicoya. The property has manicured gardens and a secluded beachfront, swimming pool and wet bar, plus a tennis court. The property offers a range of rooms from Tiki suites and beach front rooms, to luxury villas. All rooms are modern, light and airy with air-conditioning, TV and coffee making facilities.

## Essential information

### FCO Advice

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 click [here](#).

For more information from Explore about travel advice, click [here](#)

**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.

## Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### 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 below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### 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 [click here](#)

## 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.

[Read more information about what travel insurance is required.](#)

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### 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 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.

## Holidays to Costa Rica

### Vaccinations

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.

