

EXPLORE!



DISCOUNTED

Central American Highlights

COSTA RICA, EL SALVADOR, GUATEMALA, HONDURAS, NICARAGUA - TRIP CODE CAQ

DISCOVERY

Why book this trip?

This trip crosses four Central American countries in just two weeks, taking in rich wildlife, rainforests and volcanoes, as well as sacred Maya sites, revolutionary cities and local indigenous villages. From the avid people-watcher to the wildlife spotter and mountain lover, this trip will capture the imagination of all.

- **Departures in April 2019 do not include Nicaragua** - click on your preferred travel dates to read the correct itinerary for your trip.
- **Volcanoes** - Active and dormant volcanoes pepper this region. Discover the impressive cones overlooking the picture perfect city of Antigua, Guatemala, and see lava bubbling in Nicaragua's Masaya volcano
- **Land of the Maya** - Take in the sights and smells of the indigenous market at Chichicastenango and the villages around Lake Atitlan, where the modern day Maya culture still thrives

- **Suchitoto** - Enjoy the charms of this pretty colonial town beside the shores of Lake Suchitlan, and take the opportunity to learn the art of pupusa-making - an El Salvadorean speciality

					
INCLUDED MEALS Breakfast: 5	TRIP STAFF Explore Tour Leader Boat Crew Driver(s) Local Guide(s)	TRANSPORT Bus Boat	ACCOMMODATION 1 nights standard camping 9 nights standard hotel 4 nights premium hotel 1 nights simple hotel	TRIP PACE: Full on	GROUP SIZE: 12 - 18

Itinerary

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

DAY 1 - Join tour in San Jose (Costa Rica)

We join our tour in San Jose, Costa Rica's capital. Founded in 1738 and set in a fertile valley blanketed in a lush abundance of coffee and sugar cane plantations, the city is one of the youngest and most cosmopolitan capitals in Central America.



ACCOMMODATION:
Villa Tournon (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Drive to Arenal and walk in the National Park

A drive north out of the city this morning, past fertile farmlands rich with a diversity of tropical crops, brings us within sight of Arenal, Costa Rica's most iconic volcanic cone. This classic cone rises to 1,633m and is covered by a tangled mass of vegetation on one side whilst the other is starkly barren and scarred by lava flows. Our accommodation for tonight is in La Fortuna. The town was renamed after the 1968 eruption, when it was seen as being 'fortunate' that its location, on the volcano's eastern side, saved it from decimation. Majestically set in a huge area of national park, we will take a walk on the volcano's flanks where your leader will point out interesting flora and fauna and provide more information about the science and history of the volcano.

We recommend an evening bathe in the nearby thermal baths this evening (optional).



ACCOMMODATION:
Hotel Arenal Country Inn (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Travel to Cano Negro National Wildlife Refuge

This morning, we head to the Cano Negro National Wildlife Refuge, where we'll have the option to take a boat trip along the Rio Frio, in search of monkeys, sloth, iguana and caiman in the company of a local naturalist guide. Cano Negro lies in the centre of a flight path for millions of migrating bird species, making it an ideal stopping off point for glossy ibis, green backed herons, Nicaraguan grackle and roseate spoonbills. This evening we will do a night walk through the forest to see what creatures we come across. Giant moths, spiders, snakes and various types of frog are all to be seen here.



ACCOMMODATION:
Hotel De Campo Cano Negro (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Head to Sarapiquí; free time for activities including rafting

After a restful night in tranquil Cano Negro, we head towards the Sarapiquí region for something a little more active. A magnet for adventure-seekers, Sarapiquí is famed for its rich natural diversity. It is also the home of the endangered Green Macaw.

A short 2 hour drive brings us to Pozo Azul, a hub for adventure where we are free to enjoy any number of optional excursions. You may choose to hike, horse ride, or 'fly' through the jungle canopy on a zip-wire, some 20-30 metres above the rainforest floor. Costa Rica has been rated as one of the best whitewater rafting destinations in the world and this morning also provides an opportunity to tackle the foaming torrents of the Sarapiquí River. Classified as a Grade III river, the Sarapiquí is fringed by lush vegetation that provides an ideal refuge for toucans, monkeys, parrots and all manner of birdlife. This makes it the perfect setting in which to combine exhilarating rafting with a stunning natural backdrop. All safety equipment will be provided and the excursions are run by professional and trained guides.

Tonight, we will camp among the flora and fauna of this rainforest setting. Our accommodation is in fixed tents with en suite facilities.



ACCOMMODATION:
Pozo Azul Tent Suites (or similar)

Grade: Standard Camping



SINGLE ROOM AVAILABLE





MEALS PROVIDED: NONE

DAY 5 - Fly to El Salvador and drive to Suchitoto

We're heading to San Jose airport this morning for our 1.5 hour flight to San Salvador, El Salvador, arriving in the afternoon. This good-looking city has an abundance of wide boulevards, pedestrianised areas and colonial buildings studded around leafy green plazas, all underneath the looming presence of the volcano El Boqueron. We'll visit the main sights including the National Palace and the majestic Metropolitan Cathedral (entrances are not included within the visit, although can be paid for locally, time-permitting), before jumping into our vehicle for the drive to Suchitoto. Nestled between the mountains and Suchitlan Lake, this charming colonial town, with its cobblestone streets and pretty houses, is a little slice of El Salvador at its timeless best. The town was once at the heart of the country's indigo trade. Today, as a rapidly developing centre for art and culture, Suchitoto is filled with craft shops and a rich vein of historic and cultural highlights, making it a wonderful place to explore and spend the next two nights.



ACCOMMODATION:
Hotel Almendros de San Lorenzo (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 6 - In Suchitoto, optional boat trip on the lake

Today has been left free for you to spend as you wish. In the morning you may take a boat trip out onto the lake, where over 200 bird species have been recorded, including hawks and falcons. In the afternoon, options include paying a visit to the nearby Cascada Los Tercios - a 30 metre-high waterfall which flows over an impressive cliff of tightly packed hexagonal basalt rocks, or making pupusas, the typical food of El Salvador. These corn or rice 'tortillas' are stuffed with cheese, refried beans, meat, herbs and vegetables, before being grilled on a hot plate. They are sold throughout the country and are part of the staple diet of any self-respecting Salvadorean.



ACCOMMODATION:

Hotel Almendros de San Lorenzo (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Journey to Copan (Honduras) and visit the site

After an early start at around 5-6am, we have 2 border crossings, passing into Honduras before crossing another border into Guatemala. Just over the border, we arrive at a viewpoint over the town of Esquipulas, where we'll learn some of the history of the 'Black Christ' - a figure of Christ on the cross carved out of black wood, that hangs on the cross in Esquipulas' church. It's not unusual to see a black figure of Jesus in Central American churches, but this particular carving, dating back to the 16th century, is credited with numerous miracle workings, and is the reason for hundreds of pilgrimages to the church each year. Setting off again after a short stop, we cross into Honduras for a final time and make our way to the UNESCO site of Copan, which we visit this afternoon with a local guide.

Everyone familiar with Catherwood's incredible drawings (which first appeared in John Stephens' 1841 narrative - 'Incidents of Travel in Central America and Yucatan') will recognise scenes and objects from this marvellous site. Stephens actually bought the entire site for US\$ 50 from a local farmer! The Great Plaza is one of the most amazing achievements of the Classic Maya period (AD 750) and contains the greatest collection of Maya sculpture anywhere in Meso- America. The famous Hieroglyphic Stairway is composed of 2500 individual glyphs; its sides flanked by serpentine birds and snakes. After our visit, we make our way to the hotel in Copan Ruinas, a lovely village of adobe buildings very close to the ruins themselves.



ACCOMMODATION:

Hotel Plaza Copan (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Drive to Rio Dulce; optional boat trip

This morning we take our 3 hour journey to Rio Dulce, a small peaceful town situated on the banks of the river of the same name. Arriving in the afternoon, we have the option to explore Rio Dulce by boat. The river squeezes through an impressive gorge of towering cliffs covered in a mass of jungle creepers with Egrets, pelicans and cormorants lining the shores. The town of Rio Dulce is equally fascinating to explore and people watch, as fishermen and boatmen come and go down the river.



ACCOMMODATION:
Hacienda Tijax (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 9 - Head to Flores; free afternoon for optional activities

From the town of Rio Dulce we will continue by bus to Flores, a quaint and peaceful town situated on a small island in the tranquil Lake Peten Itza and joined to the mainland by a causeway. The setting is perfect for its proximity to Tikal, possibly the greatest of all the Maya cities, located in the heart of the Peten jungle. We have a free afternoon, which we might like to spend wandering around the tranquil streets with our Explore Leader, exploring the nooks and crannies of the island. Alternatively, there is zip wiring or high walks on the hanging bridges available in Ixpanajul Nature Reserve.



ACCOMMODATION:
Maya International (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 10 - Guided tour of Tikal

The ruins of Tikal can easily be compared with the masterpieces of Egypt and Greece. Initially settled about 600 BC, Tikal was abandoned by its rulers around AD 890 and totally deserted a hundred years later, overgrown by the jungle. Rediscovered in 1848, the ruins comprise many great temples and pyramids. The city covers an area of more than 16 square kilometres with temples, palaces, causeways, ballcourts, spacious plazas, and hundreds of other architectural ruins - a superb example of sophisticated Mayan engineering. We will have an early start to get into the site for a guided tour. The site is so large we leave you free time to explore at your own pace this afternoon. Those with a good head for heights could climb one of the pyramids which pierce the jungle canopy for splendid views over the whole area. We return to Flores later this afternoon.



ACCOMMODATION:
Maya International (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 11 - Visit the Candelaria Caves before travelling to Coban

Leaving Flores behind we head south into the southern mountains for a drive through varied mountainous scenery. We drive to Sayaxche where we cross the river by ferry before continuing to the Candelaria Caves, an extensive system of limestone caverns that holds great significance in Maya history. We make a tour of the caves before continuing onto our hotel in Coban.



ACCOMMODATION:
Park Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 12 - Walk in the Biotopo del Quetzal and head to Guatemala City

Driving south to Guatemala's sprawling capital, Guatemala City, we make a stop en route at the Biotopo del Quetzal Reserve, a fantastic stop for birdwatching. We'll walk through the cloudforest, and if we are lucky we may see the elusive quetzal - sacred to the ancients of Central America, with the plumed serpent god Quetzalcoatl being a supreme deity in the Maya religion. Killing a quetzal was punishable by death and the 2ft long iridescent green tail feathers were worth more than gold. Today the resplendent quetzal is the Guatemalan national bird. On arrival later in the capital city, we'll have a brief tour, by bus.



ACCOMMODATION:
Hotel Pan American (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Travel to Panajachel on the shores of Lake Atitlan; boat trip to lakeside villages

Our journey through Maya history continues to the town of Panajachel on the shores of Lake Atitlan, which will be our base for the night. An old volcanic caldera, Lake Atitlan is considered to be one of the most spectacular lakes in the Americas and is certainly the deepest in Central America. Encircled by the volcanoes of Toliman, Atitlan and San Pedro, the lake's fertile shores are sprinkled with small communities of farmers and fishermen who still uphold the traditions of their Maya ancestors.

Panajachel itself is an old Spanish settlement which has attracted visitors to this charming setting for years. Today, it is one of the region's most popular tourist spots, filled with galleries, handicraft shops and cafes, and is a good place to start our exploration of the area.

This afternoon, we head out by boat to explore two of the many Mayan villages surrounding the lake. Santiago Atitlan lies at the base of the volcanic peaks of Toliman and Atitlan, and is home to the Tzutujil Maya people. The Tzutujil can trace their ancestry back to the post-classic period of the Maya (around 900-1500 AD). They still wear a traditional form of dress, with the women in particular sporting colourful blouses with embroidered geometric and bird designs. This is a busy village with lots of visitors and locals going about their business. Our second stop, on our return to Panajachel, is to the quieter island of San Antonio and the textile and ceramic co-operatives found there.

Returning to Panajachel by boat, we have the remainder of the evening to explore the town and enjoy dinner in one of its many excellent restaurants.



ACCOMMODATION:
Hotel Posada K'amol Bey (or similar)



Grade: Simple Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 14 - Drive to Antigua via Chichicastenango Market

This morning, we head out by boat to explore one of the many Mayan villages surrounding the lake. Santiago Atitlan lies at the base of the volcanic peaks of Toliman and Atitlan, and is home to the Tzutujil Maya people. The Tzutujil can trace their ancestry back to the post-classic period of the Maya (around 900-1500 AD). They still wear a traditional form of dress, with the women in particular sporting colourful blouses with embroidered geometric and bird designs.

Our journey continues by land to the bustling town of Chichcastenango. Steeped in Mayan culture, the town is famed for its market, where you can buy everything, from chickens and copal, to pigs and pottery. The best way to enjoy the market is to throw yourself into the melee and haggle with the traders, or escape to the beautifully colourful cemetery located just a short walk from the market.

Later, we travel on to our final destination of the trip - Antigua de Guatemala, where we will spend two nights. Famed for its well-preserved Spanish Mudejar-influenced architecture, this graceful colonial city was founded early in the 16th century. Set in a beautiful valley between the volcanoes of Agua, Fuego and Acatenango, its cobbled streets and pastel-coloured buildings make it one of the most charming and picturesque cities in Central America. Despite the damage caused by a series of earthquakes and floods over the centuries, Antigua's colonial heritage has seen it designated a UNESCO World Heritage Site.



ACCOMMODATION:
Villa Colonial (or similar)



Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 15 - Walking tour of Antigua, free afternoon to explore

This morning's walking tour takes us to some of the spectacular colonial churches for which the city is famed, including those of San Francisco, Santa Clara, La Merced and Las Capuchinas. Some of the churches have museums and ruins attached which you can choose to enter later in the afternoon. The city is also famous for its jade, not only green but the rarer black and lilac, and we will visit a museum explaining more about this industry.

This afternoon has been left free for you to continue exploring at your own pace. You may choose to do a short hike up Cerro de la Cruz for panoramic views of the city, or enjoy a bit of bargain hunting in what is regarded as one of the best cities for shopping in Central America. There is everything here, from high-end jewellery to street vendors selling locally-produced crafts and textiles. Alternatively, try the choco-museum for a Mayan hot chocolate, which comes with pure chocolate, hot milk, honey and chili powder to mix to your personal taste.



ACCOMMODATION:
Villa Colonial (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 16 - Tour ends Antigua (Guatemala)

Our tour ends this morning in Antigua.



MEALS PROVIDED: NONE

Trip information

Country information

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	Plugs	Religion	Language
-6	2 Pin Flat	Christian, Roman Catholic	Spanish

El Salvador

Climate

Has a tropical climate with wet and dry seasons. The Pacific lowlands are hot; the central plateau and mountain areas are more moderate. The rainy season extends from May to October. Rainfall during this season generally comes from low pressure over the Pacific and usually falls in heavy afternoon thunderstorms. From November through April, El Salvador is dry and hot.

Time difference to GMT	Plugs	Religion	Language
-6	2 Pin Flat	Roman Catholic	Castilian

Guatemala

Climate

In the high plains (1524m-1981m) the climate is temperate all year round. In lower areas the climate is semi-tropical. The mountains can be cool especially at night. In general, the dry season in Guatemala lasts from Nov - April. From May to October there are often fine mornings and clear evenings but afternoon rains tend to be heavy. The Peten lowlands tend to be rainy all year round though less so from February to April.

Time difference to GMT	Plugs	Religion	Language
-6	2 Pin Flat	Catholic and Protestant	Spanish

Honduras

Climate

Climate change varies depending upon altitude. Mid range temperatures reach about 28°C. Rainfall is low to moderate with May to October being the wettest season. Temperature ranges in the lower reaches of the slopes and along the coast are more constant, with less rainfall.

Time difference to GMT	Plugs	Religion	Language
-6	2 Pin Flat	Roman Catholic and Protestant	Spanish

Nicaragua

Climate

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.

Time difference to GMT	Plugs	Religion	Language
-6	2 Pin Flat	Roman Catholic	Spanish

Budgeting and packing

Optional 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.

Antigua - Coffee Finca - US\$ 25; Jade workshop US\$48

Copan - Macaw mountain US\$ 15, Horse riding US\$ 25, Hot Springs - USD\$ 35

Suchitoto - Indigo Dye Museum US\$ 25; Lake Suchitlan US\$ 25 (based on 4 people), Cookery classes USD\$ 12 per person (minimum 5 people)

Leon - Las Penitas and Juan Venado Reserve US\$ 45; Iguana farm US\$ 25; Cerro Negro Hike US\$ 30

Granada - Boat to Las Isletas US\$ 25 based on 4 sharing, Kayak US\$ 35, Canopy/zip lining US\$ 40

San Juan del Sur - Surf lessons US\$ 35hr. Board hire US\$ 10 per half day

Cano Negro - Boat trip US\$ 30 pp; Night walk US\$ 20pp (minimum 6 people)

Pozo Azul - Nature walk US\$ 27, Canopy/zip lining US\$ 56, Rafting US\$ 58 Snake garden US\$ 30

Clothing

Lightweight clothing is essential though a warmer sweater is advisable for cooler evenings in the highlands. A waterproof is essential. The jungle lowlands are hot and muggy, and it can rain at any time of year. Long trousers and long-sleeved shirts are recommended on jungle walks.

Footwear

Comfortable walking boots or shoes and trainers or sandals.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a day bag. Remember, you are expected to carry your own luggage - don't overload yourself. Sleeping bags are not required.

Equipment

Bring a torch, water bottle, insect repellent, high factor sunscreen, beach towel, and a waterproof bag for your camera. Binoculars are very useful for bird and animal spotting. An umbrella can be useful in short downpours.

Tipping

Explore leader

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

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\$ 50 for tipping.

International Departure Taxes

Please allow US\$30 for border crossings

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	Dinner price	Beer price	Water price
£13	£13	£3	£1.3

Foreign Exchange

Local currency

Costa Rican Colon

Recommended Currency For Exchange

Local currency in Costa Rica is the Colon. You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the Colon is approximately 790 CRC to the British Pound. Please check on line for up to date information We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in Colones. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

El Salvador

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	Dinner price	Beer price	Water price
£8	£12	£1.2	£1.7

Foreign Exchange

Local currency

US Dollar

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.

Where To Exchange

Most major towns. Your Tour Leader will advise you on arrival. Exchanges at border.

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

Guatemala

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.

Dinner price	Beer price	Water price
£8.00 - 10.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency

Quetzal

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.

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

Honduras

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	Dinner price	Beer price	Water price
£7	£10	£1.75	£2

Foreign Exchange

Local currency

Lempira

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.

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

Nicaragua

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.

Dinner price	Beer price	Water price
£10.00 - 12.00	£2	£0.8

Foreign Exchange

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.

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

Transport Information

Bus, Boat

Accommodation notes

During this trip you will be spending one night in a fixed camp in Costa Rica. These tents are very large, walk-in tents with two large single beds in each, a fan, bedside table and lamp and duvets. Each tent has ensuite toilet and shower 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.

Price Guarantee

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](#)

Visa and Passport Information

El Salvador: Citizens of the UK and most EU citizens do not require a visa. Nationals of Canada, Greece, Portugal and USA must buy a tourist card (current cost 10USD) on arrival, this is valid for 30 day from entry.

Costa Rica: Citizens from the UK, US, Canada and most EU countries do not require a visa for a stay up to 90 days. Citizen of Australia, New Zealand and the Republic of Ireland do not require a visa for stays up to 30 days.

Honduras: Citizens from UK, New Zealand, Australia, New Zealand and most EU national do not require a visa.

Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Other nationalities should consult the relevant consulate.

All visa information is subject to change. 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 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

El Salvador

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Guatemala

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 -

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Honduras

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Nicaragua

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. All travellers coming to Nicaragua from the following countries (even if only in transit) must present an international certificate of vaccination: Argentina, Bolivia, Brazil, Peru, Colombia, Ecuador, French Guyana, Panamá, Paraguay and Venezuela. From the African Continent, all countries are included except Democratic Republic of Congo, Tanzania, Sao Tomé and Príncipe and Somalia. This list is regularly updated please check NaTHNaC for the most up to date list. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.



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