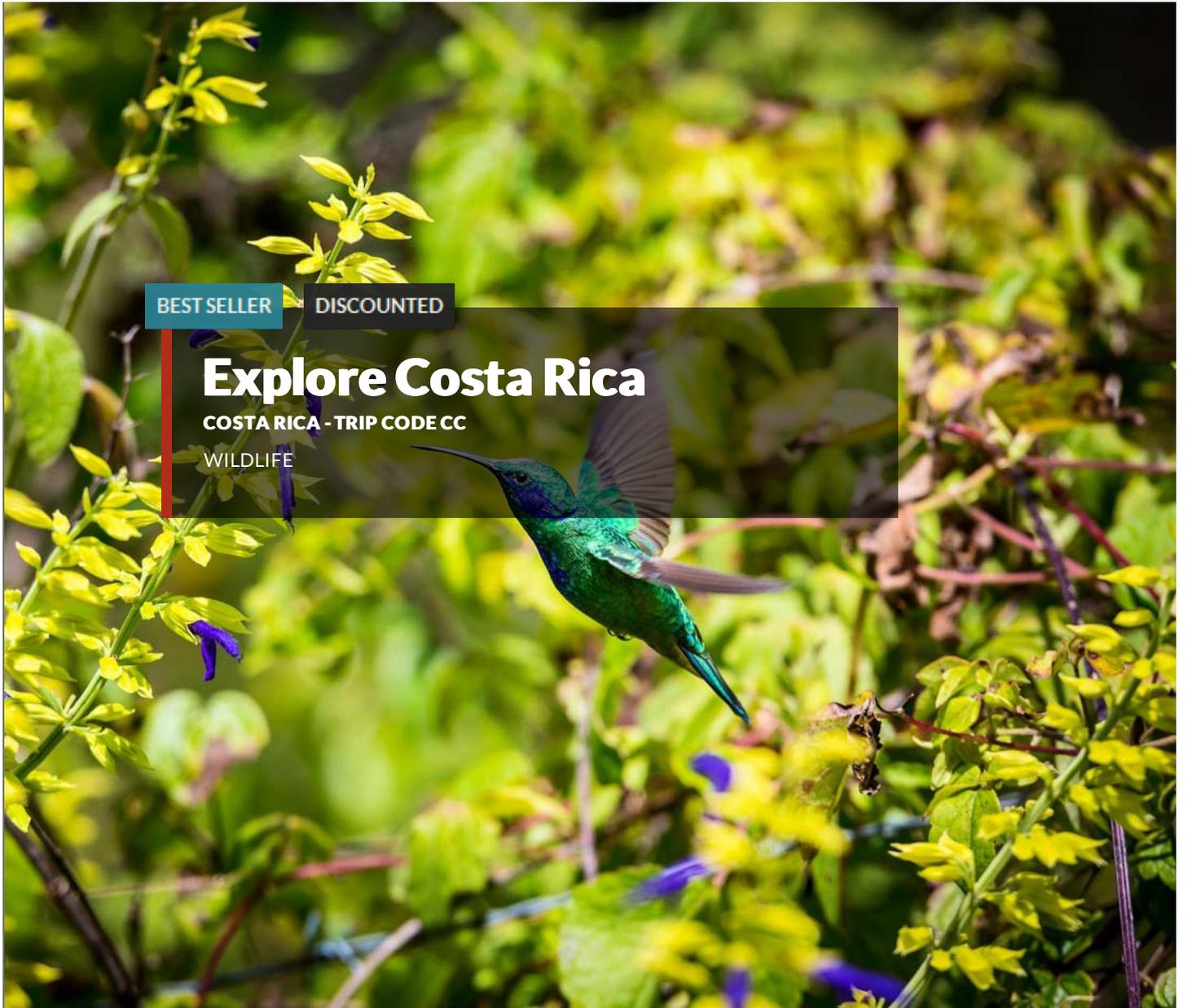


# EXPLORE!



## Why book this trip?

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For a tiny country, Costa Rica packs a huge wildlife punch. Containing 5% of the world's biodiversity, its thick forests teem with life, from brightly coloured toucans to slow-moving sloths. With adventure and beautiful beaches to boot, this two-week trip won't disappoint.

- **There are different itineraries available in 2020** - please click on the date you want, to choose the correct itinerary.
- **Tortuguero** - Cruise the jungle waterways and explore the rainforest of this 'mini Amazon'
- **Adventure** - Whitewater raft, fly through the canopy on a zip wire or hike on volcanoes
- **Manuel Antonio** - Share the stunning white-sand beaches with sun-bathing iguanas and capuchin monkeys



**INCLUDED MEALS**  
Breakfast: 14  
Lunch: 4  
Dinner: 3



**TRIP STAFF**  
Explore Tour  
Leader / Driver  
Boat Crew



**TRANSPORT**  
Bus  
Boat



**ACCOMMODATION**  
8 nights standard  
hotel  
6 nights standard  
lodge



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 16

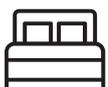
## Itinerary

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

### DAY 1 - Join tour in San Jose

After arriving in San Jose, we will check-in to our conveniently-located hotel which will be our base for the next two nights.

San Jose lies in a fertile valley at an altitude of 1150 metres. Coffee and sugar cane are big industries here and coffee is even planted between new buildings and along the roadside on the outskirts of the city.



**ACCOMMODATION:**  
Autentico Hotel (or similar)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**

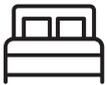


## DAY 2 - Visit the Poas Volcano; try out traditional oxcart painting

This morning, an hour's drive will take us to the Poas Volcano National Park, where the smoke from one of Costa Rica's most active volcanos rises majestically from the tropical rainforest. At almost a mile in diameter, the main crater is one of the largest in the world. Due to recent volcanic activity, time at the crater viewpoint is restricted to 20 minutes. If activity increases again the authorities may choose to close the park, and in that case you'll visit the Doka coffee estate, including a tasting session of Costa Rica's finest export.

After our visit to Poas, we'll continue onto the town of Sarchi, well known throughout Costa Rica for its beautiful and intricate arts and crafts. It is famous for producing colourful and decorative oxcarts, which are a huge part of Costa Rican culture today, and even considered one of Costa Rica's national symbols. We're going to meet one of the town's hard-working artisans and learn to paint a traditional oxcart with some of the patterns and designs familiar to the area.

In the late afternoon we return to San Jose - you may like to take a taxi out to the gastronomic area around the Barrio Escalante, where craft beer pubs and quirky restaurants are a growing trend.



ACCOMMODATION:  
Autentico Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Drive to San Gerardo de Dota and the Savegre Cloud Forest

This morning we drive south out of San Jose, down to the wild cloud forest of Savegre, famously one of the best places in Costa Rica for sightings of the elusive Resplendent Quetzal. The peace of the region is an outstanding introduction to Costa Rica's natural beauty. Hikers will enjoy the forest trails and the journey through the alpine-like hills, while nature lovers visit for its biodiversity - the area around San Gerardo de Dota contains around 200 species of bird and countless plant types including various orchid species.

This afternoon we explore the trails around our lodge, perhaps crossing the path of the river that runs

through the lodge, as we delve into the surrounding cloud forest.



ACCOMMODATION:  
Trogon Lodge (or similar)



Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Early morning search for quetzal; free day to explore the forest**

We have an early start to get out into the trails surrounding our lodge this morning, in the search for the quetzal. The males of the species are vivid, with a red breast, green crest and the iconic long green tail that dangles from the branches. Despite the bright colours, they are very effective at camouflage and are surprisingly difficult to pick out among the greens of the trees. Binoculars are a useful addition to your kit here, as our Explore Leader will be diligently attempting to find us one of these famous birds.

After returning to the lodge for breakfast, we have the rest of the day free to spend as we wish. There are enough walks and trails around the lodge to spend a day here easily. The forest is rich in flora and fauna, and the mountainous cloudforest landscapes are perfect for keen photographers to make the most of.



ACCOMMODATION:  
Trogon Lodge (or similar)



Grade: Standard Lodge



SINGLE ROOM AVAILABLE



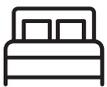
MEALS PROVIDED: BREAKFAST

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## **DAY 5 - Travel to rural Turrialba; free afternoon and evening meal at a traditional finca (farm)**

The fertile land around Turrialba makes it an important agricultural region for coffee, sugar and Macadamia nuts, as well as dairy production, with its cheese being famous throughout the country. Our journey takes approximately three hours, and we'll arrive in the afternoon leaving us at our leisure to explore the area. You may choose to visit CATIE (Centro Agronomico Tropical de Investigacion y Ensenanza) Research Centre. Recognised throughout the world as an important agronomic station, its environmental development projects seek to protect natural resources. The botanic garden is a special place to relax, surrounded by the calls of birds, the whisper of the giant Guanacaste tree and the imposing Ceiba.

This evening, we will be visiting a typical 'finca' (farm), for a traditional meal - the local cheese will certainly be on the menu!



**ACCOMMODATION:**  
Guayabo Lodge (or similar)



**Grade: Standard Lodge**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST AND DINNER**

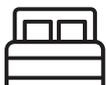
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## **DAY 6 - Whitewater rafting through the forest-covered Pacuare River**

One of Costa Rica's most scenic rivers, the Pacuare is a perfect place for both rafting aficionados and enthusiastic newcomers. Calm stretches between the class III-IV rapids allow time to appreciate the passage through rainforest-topped canyons and tumbling waterfalls. Macaws and blue morpho butterflies wheel past as we raft through the steep, green walls of the canyon.

The first section of the canyon is mainly II-III rapids, giving us chance to test the skills that our experienced rafting guides will teach us, gaining confidence as we go. We then move into the III-IV rapids. You don't need previous rafting experience, as our guides will give us all the knowledge necessary. This river is not difficult to raft, but provides a lot of rapids in a short stretch of water, giving us the perfect mix of adventure and fun. It can be rafted year-round, but is of course subject to weather and river conditions. If the water levels on the Pacuare are low, there is another section of the river called 'Finca de la Cruz' that we will raft instead - this is a four mile stretch of Class III rapids again interspersed with calm sections, creeks and waterfalls.

We'll have lunch on the river before finish in the trip in the early afternoon and returning to our hotel, giving us the evening free to relax.



ACCOMMODATION:  
Guayabo Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST AND LUNCH

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### **DAY 7 - Journey by bus and boat to Tortuguero National Park**

This morning, our drive to Cano Blanco takes us through extensive banana plantations. From Cano Blanco, a boat will take us to our spectacular lodge in the Tortuguero National Park, where we will spend the next two nights. As we travel through a fascinating network of jungle waterways, it is easy to understand why this area is often described as a 'mini Amazon'. Its complex canal system and narrow lagoons link small isolated settlements and are rich in fish, including rainbow bass and grouper. They also support an abundance of birds, such as heron, stork and kingfisher as well as 60 species of mammal with howler and spider monkeys in the treetops.

Upon arrival at our lodge, we will take a short walking tour of the car-less village of Tortuguero. Our lodge is in an idyllic setting, perched on a small slither of land between the Caribbean Sea and the waterway.



ACCOMMODATION:  
La Baula Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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## DAY 8 - Full day to explore the park searching for wildlife

Today we will be exploring some of this spectacular national park. To kick off our day, there is the option of a bird watching trip by boat at dawn, where we have the opportunity to spot some of Costa Rica's spectacular birdlife. Water birds such as herons, egrets and kingfishers are among the birds that may be spotted, although other species of birds such as toucans may be found in the area.

Later this morning we will go on a nature walk to understand more about the area's unique ecosystem. This afternoon, we will take to the waterways for further exploration. On our travels, we may come across the howler monkey, aptly named by the way it noisily protects its territory. Much shyer animals in this area include ocelots, tapir and the incredibly elusive jaguar.

Throughout the year, you may be lucky enough to see different species of turtle nesting close to our lodge. The best time to see this spectacle is between June and September when over five-thousand green turtles come ashore to nest on Tortuguero's beaches. At this time of year, there is the option of an evening turtle walk in the company of experienced guides.



ACCOMMODATION:  
La Baula Lodge (or similar)



**Grade: Standard Lodge**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH AND DINNER

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## DAY 9 - Drive to Sarapiquí; Visit La Tirimbina for a chocolate tour and night walk in the forest

Leaving our lodge this morning, we travel by boat back to Cano Blanco, before heading on to Puerto Viejo Sarapiquí.

After lunch, we plan to visit La Tirimbina for a chocolate tour. This two and a half hour tour will open the secrets and wonders of one of mankind's favourite foods: chocolate. Originally from Central America, this plant has an extraordinary history; it was one of the most important products for the Mayan and Aztec cultures. The discovery of America led to the introduction of chocolate in Europe, transforming it into the product we all know today.

We start by taking a short hike over a suspension bridge and through a forest to a former cacao-growing plot, learning about the cacao tree along the way. Upon arrival at the plot, the artisanal process by which

cacao fruit is transformed into chocolate will be demonstrated. There is ample opportunity to taste different kinds of chocolate, prepared on the spot in the traditional way.

This evening we will have a night walk in the Selva Verde Rainforest, in search of nocturnal species such as snakes and tarantulas.



ACCOMMODATION:  
Selva Verde Lodge (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST AND LUNCH

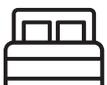
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## **DAY 10 - Walk in the Selva Verde Rainforest Reserve; drive to Arenal**

The lodge has many onsite trails in secondary rainforest, leading right into the Selva Verde Reserve. This morning we will take a short walk on some of the trails, through a tropical paradise of towering almendro trees and keel billed toucans.

Later on, we drive to Arenal, skirting around the great central volcanic massif, passing through fertile farmlands that are rich with tropical crops. Arenal is a classic conical volcano, famous for its nightly eruptions until finally going quiet in 2010. We will be exploring the national park on foot, taking a walk on the flanks of the volcano, which are covered by a tangled mass of vegetation on one side and starkly barren on the other. Our leader will point out interesting flora and fauna and provide more information about the science and history of the volcano, before taking us to a viewpoint for a closer view.

Our accommodation for the next two nights is in La Fortuna. The town was renamed after a huge 1968 eruption that decimated the small towns around the volcano's western flanks, when it was seen as being 'fortunate' that it was located on the eastern side of the volcano.



ACCOMMODATION:  
Hotel San Bosco Inn (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



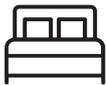
MEALS PROVIDED: BREAKFAST

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### **DAY 11 - Free day around La Fortuna; optional sloth tour**

Today has been left free to explore the Arenal area as you choose. There are local treks to waterfalls and along lava trails whilst those keen to relax can enjoy spa treatments with volcanic mud. For wildlife lovers there is the option to join a wildlife spotting tour, seeking the famous sloth, the poisonous blue jeans dart frog and the multi-coloured toucan among other species.

Your Tour Leader will be able to provide information on all the options.



ACCOMMODATION:  
Hotel San Bosco Inn (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

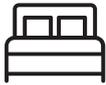


MEALS PROVIDED: BREAKFAST

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### **DAY 12 - Drive south to Manuel Antonio National Park**

Leaving the volcano behind us this morning, we descend to the Pacific Coast, enjoying staggering views over the Gulf and Peninsula of Nicoya. Heading south, we pause at Carara Biological Reserve, famed for the scarlet macaws and abundant birdlife which populate this transitional forest. Finally, we continue along the Pacific Coast to Manuel Antonio National Park, where we will spend the next three nights.



ACCOMMODATION:  
El Faro Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



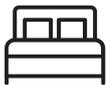
MEALS PROVIDED: BREAKFAST

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### DAY 13 - Explore Manuel Antonio's wildlife and beaches

This morning, we explore the Manuel Antonio National Park, famed for its beautiful beaches and rich wildlife. During our time in the park, we are likely to see white-faced capuchin monkeys, coatimundi (part of the raccoon family) and the tiny squirrel monkeys. This is also one of the best places in Costa Rica to see sloths. The majority of a sloth's diet comes from buds and leaves. As leaves provide little energy, sloths move only when necessary and even then very slowly so they are easy to spot.

The remainder of the day can be spent relaxing on the white sandy beaches, enjoying a swim in the warm azure waters. The sunsets from this coast are spectacular and have to be seen to be believed.



ACCOMMODATION:  
El Faro Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE

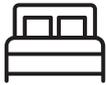


MEALS PROVIDED: BREAKFAST

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### DAY 14 - Free day in Manuel Antonio; relax on the beach, snorkel or revisit the park

Today is free to relax in Manuel Antonio. You could choose to revisit the park, or relax on the beaches around the town of Manuel Antonio. There are also lots of other activities on offer if beach time isn't for you, including rafting or snorkelling trips.



ACCOMMODATION:  
El Faro Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 15 - Travel back to San Jose International Airport where the trip ends

This morning we will drive back to San Jose Airport (approximately 4 hours), where our trip ends.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### 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

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## 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.

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 trip notes were originally issued but may change at any time due to currency fluctuations.

Turrialba - White water rafting grade II-III or III-IV US\$ 85; Finca visit local farm and dinner US\$ 20; Catie US\$ 26 (inc. guide) plus lunch US\$ 8

Tortuguero - Turtle watching (in season June - September) US\$ 40; Bird/wildlife watching tour US\$ 25, Spa US\$ 35-60

Arenal - Hot springs US\$ 40 (US\$ 62 with dinner) plus transport; Waterfall walk US\$ 15; Half day Safari float US\$ 60; White Water Rafting grade II or III US\$85 - grade III-IV US\$99;

Monteverde - Canopy bridges US\$ 50; Night walk in Reserve US\$ 22; Canopy zip wires US\$ 50-81;

Canopy and Bridges US\$ 80-120; Butterfly garden ents US\$15 with transport US\$ 45 ; Orchid gardens US\$ 10; Santa Elena ents US\$14 with transport US\$85

Manuel Antonio - Isla Damas Boat trip US\$70; Catamaran and Sunset tour US\$85; White water rafting Grade III US\$98

### Clothing

Lightweight clothing is essential in midsummer though a warmer jumper is advisable for cooler evenings in the highlands (Monteverde can be very cool at night). A good waterproof is essential, and you could consider waterproof trousers. 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. Please be aware there is a reasonably priced / fast laundry in La Fortuna / Arenal.

### Footwear

Lightweight trail/walking boots for jungle walks, comfortable shoes/trainers and sandals. In the rainy season waterproof boots are recommended.

### Luggage

20kg

### Luggage: On tour

One main piece of luggage and a daysac. Remember, you are expected to carry your own baggage - don't overload yourself.

## Equipment

We recommend a sunhat, sunscreen, a small umbrella, a torch, insect repellent, a travel adaptor and a water bottle. Binoculars are essential for bird and animal spotting, and, for those interested, we also recommend bringing snorkelling equipment for your time at Manuel Antonio National Park.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

### 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, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 40, approx. 23'450 Colones for group tipping

For all non-included services and meals on your trip please tip independently at your discretion.

## 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 (CRC)

#### Recommended Currency For Exchange

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 CRC is approximately CRC 800 to the British Pound. USD are accepted in some shops / restaurants. 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. Please check on line for up to date information

#### 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

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, Boat

### **Accommodation notes**

Accommodation and service levels in Costa Rica are in general of a good standard as they are used to catering for the North American Market. Almost every hotel we stay in has air conditioning or fans. We try to avoid the use of the large chain hotels and try to use a mix of jungle and mountain lodges as well as small family run hotels. They all have private facilities. Several of our Costa Rica hotels are found on the outskirts of town - these have better facilities and larger grounds and we will have transport on hand to take us into town for evenings.

Our San Jose hotel has modern facilities and in a great location with all the city centre attractions easily reached on foot. We then continue through the volcanic lands where we stay in a small family run hotel at the foot of the Turrialba. From here we continue to the Caribbean coast where we stay in a lodge in cabins with en-suite facilities, the lodge is within the national park on the banks of the river delta from where we will roam the tributaries on small boats searching for birds and animals. In Arenal we stay at a small, locally-owned hotel in the town centre with idyllic views of the volcano. In Monteverde we stay in a comfortable hotel on the outskirts of town. Finally we head to Manuel Antonio, a coastal location where we stay in cabins with en-suite rooms and fans, there is a pool here however the Pacific Ocean is nearby.

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## **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**

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.

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 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.

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.



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