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Valid for departures: From January 1, 2018 to January 1, 2021



## Natural Highlights of Costa Rica Trip Notes

**Ways to Travel:** Guided Group, Tailor Made Adventures  
**Destinations:** Costa Rica  
**Programmes:** Wildlife

Trip Code:  
**WUA**



**10 Days** Flight Inclusive  
**8 Days** Land only  
**Min age:** 16

### Trip Overview

A tropical paradise bursting with wildlife; Christopher Columbus was right to christen Costa Rica the 'Rich Coast' when he discovered it in 1502. Home to 6% of the world's plant and animal species, many endemic, the country's rich biodiversity is extremely colourful. Over 850 bird species have been recorded here - far more than found anywhere in North America, Europe and Australia. A cornucopia of exotic flora and fauna, Costa Rica is a nature lover's delight.

### At a Glance

- Travel by air-conditioned bus and boat
- 7 nights in comfortable hotels and lodges
- All breakfasts, 4 lunches and 2 dinners included
- Green turtle nesting season: July to October
- Countries visited: Costa Rica

### Trip Highlights

- Visit multiple wildlife habitats in one week: verdant rainforest, lush mangroves, lava fields and serene cloud forests
- Abundant wildlife viewing with sightings of monkeys, birds and sloths expected
- Discover the tranquil waterways of Tortuguero, an important nesting site for Green turtles
- Comfortable eco-friendly lodges and hotels throughout
- Two boat trips included at Tortuguero and a boat safari in the Cano Negro Wildlife Refuge

### Is This Trip for You?

This trip has been graded 1 (Leisurely) with a safari rating of 3.

Driving distances are not very long and most of the roads that we travel on are of good quality. However, the road which leads to the river on the way to and from Tortuguero and the road into and out of Monteverde have poor surfaces and this can result in slow driving times, particularly following heavy rain. There are several included and optional walks on the itinerary which occasionally involve walking on rough paths. These are suitable for most levels of fitness. During times of heavy rain, trails can be muddy and slippery and extra care should be taken. Many of the areas visited on the trip are hot and humid and there is the chance of heavy rain year-round - this is why Costa Rica is so green!

Please note that in the region of Tortuguero the sea has very strong rip currents and is not suitable for swimming from the beach.

Following a review of all our trips we have categorised this trip as not suitable for full wheelchair users, but it may be suitable for other persons of reduced mobility. Please contact customer services to discuss the trip and your personal condition.

**Adult min age:** 16  
**Min group size:** 4  
**Max group size:** 16

### Itinerary

**Land Only**

**Start City:** San Jose  
**End City:** San Jose

**Flight Inclusive**

**Start City:** London  
**End City:** London

**Land Only Itinerary**

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**Day 1****Start San Jose.**

The group flight usually arrives into San Jose this evening. Land Only clients should aim to arrive at the hotel this afternoon/evening. Free transfers are available for all clients. This evening is the perfect opportunity to meet your guide and get to know your fellow travellers.

Accommodation: Park Inn hotel (or similar)

**Comfortable Hotel**

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**Day 2****To Tortuguero N.P.**

Our adventure begins early this morning, leaving San Jose behind as we travel to the north-east of Costa Rica to Tortuguero National Park. Accessible only by boat or light aircraft, Tortuguero's vast network of waterways, canals and swamps is remarkably tranquil, unspoilt and devoid of noise pollution. On reaching the pier we board a small motorboat for the one hour fifteen minute journey to our lodge, which is nestled in the heart of the main lagoon. Our afternoon is spent in Tortuguero village, where it's possible to visit the Sea Turtle Museum (a donation will be requested at the entrance). Tortuguero is probably most famous as a nesting site for the endangered Green turtle, which can be seen arriving onto the beach to lay eggs from late July to October (as part of an optional excursion). Hawksbill, Loggerhead and Giant Leatherback turtles also nest in this region, and during November to January baby turtles start to hatch and make their way towards the ocean. Today's travel time will be in the region of five to six hours including a break for breakfast.

Accommodation: Pachira Lodge (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast, Lunch, Dinner

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**Day 3****Boat tour around Tortuguero waterways.**

An early morning boat trip enables us to discover the extraordinary flora and fauna of Tortuguero, passing serenely along the waterways. At this time of day wildlife is usually at its most active and with the help of our expert guide we are likely to encounter monkeys, caiman, iguanas, butterflies and many of the 300+ bird species recorded here. We return to the lodge for a hearty breakfast by the river. This afternoon we return to the waterways for a second boat trip along a different canal. Alternatively, the lodge is a tranquil spot to relax this afternoon if you want to take some time out to enjoy the facilities or follow a short walking trail through the forest.

Accommodation: Pachira Lodge (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast, Lunch, Dinner

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**Day 4****To La Fortuna, near Arenal.**

Leave Tortuguero the same way we arrived by taking a small boat to the pier. Our bus will be at the pier waiting to drive us to the region of Arenal, passing huge banana, pineapple and sugar cane plantations on the way. Arenal was Costa Rica's most active volcano until fairly recently, when it entered a resting phase and can no longer be seen spitting ash, smoke or lava. However there is still a lot of geothermal activity in the area and you'll have the opportunity to visit one of the excellent hot springs this evening. Alternatively have a go on the Sky Tram / Sky Trek, departing at 3pm. In clear weather there are great views of the volcano from our overnight base, the nearby town of La Fortuna. Today's travelling time is around five and a half hours including a lunch stop.

Accommodation: Lomas del Volcán Hotel or San Bosco or Arenal Montechiari (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast, Lunch

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**Day 5****Boat tour of Cano Negro Wildlife Refuge.**

Caño Negro Wildlife Refuge and the Frio River combine to create a humid area that is very biodiverse and harbours a great variety of resident and migratory birds, three different species of monkey, iguanas, sloths, turtles and caimans. We transfer approximately 1.5 hours to the village of Los Chiles, found close to the Nicaraguan border. From here we board a boat for our river adventure, which lasts around 2.5 hours and passes through tropical rainforest and pastures until we arrive at the marshlands. The Olivaceous cormorant makes its nests in the area and Wood storks and jabiru (the largest bird in Central America and much endangered) can also be seen. Along the river we may also see Howler monkeys, Three-toed sloths, caimans, lizards, and turtles.

Accommodation: Lomas del Volcán Hotel or San Bosco or Arenal Montechiari (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast, Lunch

**Day 6****To Monteverde in the Tilaran Mountains; nocturnal wildlife walk.**

From Arenal we travel to the Tilaran Mountain Range in the Central Highlands for our first taste of a Costa Rican cloud forest. The journey provides breathtaking views of the Gulf of Nicoya and the islands below as we ascend the hills towards Monteverde, a forest-cloaked region whose name literally means 'Green Mountain'. The high altitude supports a complex eco-system where plants thrive, particularly orchids of which there are some 400+ different varieties here. Today's drive is around four hours- the last 40km of road is gravel and can be bumpy, particularly following heavy rain. In the afternoon it's possible to join an optional coffee tour to learn about the importance of this crop to the socio-economic development of the country.

This evening we set off on a night walk in Monteverde Wildlife Refuge. Situated within primary cloud forest, this reserve is committed to the preservation of native flora and fauna. Taking a nocturnal walk allows for a completely new perspective on the forest, which our guides will bring to life for us!

Accommodation: Ficus Hotel or MTV Country Lodge (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast

**Day 7****Visit Monteverde Cloud Forest Reserve; to San Jose.**

Monteverde Cloud Forest Reserve is a favourite destination for birdwatchers and wildlife enthusiasts. A walk through the reserve will reveal huge old growth trees covered in moss whilst the surrounding mist permeates the atmosphere. The reserve's geographic, topographic and climatic conditions have allowed for a surprising biodiversity to thrive. There are four ecological "Life Zones" that harbour different ecosystems for hundreds of species - mammals, birds, butterflies, amphibians, reptiles, insects and arachnids. We can also find a variety of mosses, vines, other plants and trees typical of the cloud forest. One of the trails of the reserve leads to a lookout point right at the top of the continental divide where, on clear days, you can be privy to the breathtaking view of both of Costa Rica's coasts: the Caribbean and the Pacific. These forests are also one of the few remaining habitats of the endangered Resplendant Quetzal. Following today's activity we transfer to San Jose.

Accommodation: Park Inn Hotel (or similar)

**Comfortable Hotel**

**Meals included:** Breakfast

**Day 8****End San Jose.**

The trip comes to an end today after breakfast, and it's time to bid Costa Rica and the rest of the group goodbye. Free transfers to San Jose airport are available to all clients today.

**Meals included:** Breakfast

**Post-trip Extensions****Tamarindo Beach Extension Costa Rica**

Extend your stay in Costa Rica with a few nights of rest and relaxation at Tamarindo on the Pacific Coast. Once a sleepy fishing village, Tamarindo was discovered by surfers in the late 1980's and has steadily grown its reputation as one of Costa Rica's best beach destinations. Located in Guanacaste Province, known for its good weather and predictable sunshine, Tamarindo has a great mix of facilities and retains an authentic laid-back atmosphere. The town has accommodation catering to all budgets, from high-end boutique hotels to smaller, comfortable and characterful properties. Its big draw is the long expanse of beach, with a curved bay backed by palm trees, cafes and restaurants. The waves are strong and loved by surfers, with swimmers mostly staying to the shallow surf breaking on the shore. Facing west, the sunsets in Tamarindo are dramatic and not to be missed! There are plenty of excursions that can be organised locally if you want to discover the surrounding area. Or simply sit back and soak up the laid-back beach life, which is a real contrast from the other areas you will have visited in Costa Rica.

We have hand-picked a selection of properties in Tamarindo and selected transport options to suit all budgets and group sizes - all that's left for you to decide is how long you want to go for, and we'll do the rest!

**ACCOMMODATION:**

Please note that rates shown below are per room (not per person) and all hotels include breakfast

**Capitan Suizo Hotel:** This beachfront boutique hotel is set in a privileged location to the south of the bay, with rooms surrounded by tropical gardens. Thoughtfully designed accommodation with excellent dining options, wonderful service and a friendly team waiting to welcome you. Just away from the main town, it has a lovely pool area and private loungers on the beach. *Prices from £245 per room per night for a Superior Room.*

**Cala Luna Boutique Hotel:** This luxurious hotel is nestled in native trees and lush vegetation, just a short walk from the beach of Playa Langosta which is around the headland from Tamarindo's main beach. Consistently rated as one of the Top 10 hotels in Costa Rica by Trip Advisor! Elegant accommodation and surroundings with every need catered for, this is pure R&R. *Prices from £225 per room per night for a Deluxe Room.*

**Tamarindo Diria Hotel:** Located right in the middle of the beach, this is one of Tamarindo's original hotels and has the most spectacular palm tree-lined view from its pool/dining areas. It is split into different areas, with the majority of rooms located away from the beachfront. *Prices from £145 per room per night for a Standard Room.*

**Wyndham Esplendor Hotel:** One of the best infinity pools we've seen with extensive views across Tamarindo bay, thanks to it's hillside location above Tamarindo. Elegant rooms and facilities, but a fair walk from the beach and Tamarindo town - there is a free shuttle transfer provided at set times. *Prices from £140 per room per night for an Ocean View Room.*

**Arco Iris Hotel:** A great option for value, with comfortable rooms surrounded by lush tropical gardens. A tranquil location set back from the street, around 500 metres to the beach. *Prices from £100 per room per night for a Bungalow Room.*

**Pasatiempo Hotel:** A small, intimate property with real character and comfortable rooms. We think Pasatiempo is a hidden gem and it is our preferred choice if you are looking for great value and don't mind being located a short 5 minute walk to the beach. There are some great restaurants and shops nearby. *Prices from £90 per room per night for a Standard Room or £95 per room per night for a Deluxe Room.*

#### How to reach Tamarindo?

There are three options to reach Tamarindo from San Jose, depending on your budget and how much time you have:

**Shuttle bus:** This is the most economical way to reach Tamarindo, particularly for solo travellers. The shuttle bus system is easy, safe and reliable and will drop you directly at your hotel. Shuttles usually pick up from hotels in San Jose at 7:15am or 2:30pm. From Tamarindo the departure times back to San Jose are usually 8am or 2pm. The journey takes approximately 4-5 hours. You can also leave or return by shuttle directly from the airport - please specify at the time of booking and double check timings with your sales consultant as schedules may change depending on the season. *Prices from £45 per person, each way.*

**Private transfer:** If you would prefer to travel in your own vehicle (seating up to 6 people), or need transfers timed perfectly with your international flights, we recommend a private transfer for the journey. You can either take this as a return or for just one leg of the journey. By private transfer the journey takes approximately 4 hours. *Prices from £280 for a private transfer seating up to 6 people, each way.*

**Flight:** Perfect if you are short of time, you can take an internal flight from San Jose to Tamarindo Airstrip. During high season (Dec-Apr) there are usually 4 flights during the day in each direction. Outside of high season there are usually 2 flights in each direction. Flights usually take under 1 hour. With this service we will also arrange a vehicle transfer between your Tamarindo hotel and the airstrip. Luggage weight and size restrictions apply (30lbs, 114cm). *Prices from £170 per person, one way.*

There is also the option to arrange your return flights from Liberia airport, around 1 hour 30 minutes from Tamarindo, with a private transfer to Tamarindo. Please speak to your Sales Consultant to discuss this option.

We recommend visiting Tamarindo for at least 3 nights. Please speak to your Sales Consultant for more details, to check hotel availability or to make a reservation. You may need additional hotel nights in San Jose depending on the end date of your trip and your flight schedule. Also please note that some hotels in Tamarindo are not available in September.

## Accommodation

### Hotels & Eco-lodges

7 nights in comfortable hotels and eco-lodges, all with en suite facilities and some with swimming pools. Where possible we use family run establishments: wooden lodges set in tropical gardens with eco-credentials.

Optional single supplement, see Dates & Prices.

*Where a single supplement is available, paying for a single only guarantees a room for single use. It does not always mean a twin or double room will be provided for sole occupancy.*

Single supplement from \$697.00 AUD

## Food & Transport

### Eating & Drinking

All breakfasts, 4 lunches and 2 dinners are included.

In the itinerary we state which meals are included on which day. Hotel breakfasts are normally buffet style, and lunches and dinners at Tortuguero are also buffet style. Vegetarians are well catered for but please inform us before departure of any special dietary requests.

Costa Rican specialities include 'Gallo Pinto', a black bean and rice dish considered to be a staple part of the local diet. Soups and stews are also common, and fresh fruit is abundant and will no doubt be one of the highlights of your time in the tropics.

### Transportation

We travel in a private, air-conditioned minibus suitable for the size of our group: usually a 16 seater Coaster minibus. Boats are also used in Tortuguero. There is a shared transfer to Tortuguero on Day 2 of the itinerary in a larger coach.

## Weather & Seasonality

### Weather Information

Costa Rica is located 10° north of the equator and has a tropical climate. The average temperature range is 10°C - 13°C in the highlands, and from 22°C - 26°C in the lowlands. There is a rainy season from May to November when there are daily downpours, though these are usually quite short and there is still plenty of bright sunshine, so midsummer is not necessarily a bad time to go. December to April is the driest time of the year but you should still expect some rain.

## Weather Charts

## Joining Instructions

### Travelling flight inclusive from London: 10 days

The group flight from London is an overnight flight departing on Day 1 of the itinerary.

### Flights from London

We normally use the scheduled services of Avianca. As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

### Travelling land only: 8 days starting in San Jose and ending in San Jose

Your trip normally starts at our accommodation in San Jose in the evening of Day 1 of the land only itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

**Please note:** some clients booked on this holiday prior to August 2019 may have direct flights into and out of San Jose with British Airways, these are daytime flights and for anyone booked on these the flight inclusive holiday duration will be 9 days (not the 10 stated above).

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check the airline's website for the latest information prior to your departure. The usual, standard check-in baggage weight allowance is 20kg.

In the unlikely event of any of your luggage being misplaced or damaged, a Property Irregularity Report (PIR) must be filed with the appropriate airline if you subsequently wish to make a claim against the airline or on your travel insurance. This must be done at the airport where your baggage arrived, or should have arrived.

### Regional Flights

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. **Please ask about flights from local or regional airports. (/au/regionaldepartures)**

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check-in time) of 1 hour at Gatwick, and 1.5 hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

### Free Transfers

Exodus offers FREE airport arrival and departure transfers on any flight for this trip, for both Land Only and Flight Inclusive clients. Unless specified otherwise, the transfer will be to the Exodus start (or pre-tour) hotel and from the end (or post-tour) hotel, and will be on the date on which the tour starts/ends; transfers to other hotels in the same city and/or on different dates may attract an extra charge. Transfers may be shared with other Exodus customers on the same flight, or on a flight with similar arrival times. All those taking advantage of the free airport transfers must provide full flight details for both arrival and departure in advance.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

**Location start:** San Jose

**Location end:** San Jose

## What to Take

### Essential Equipment

Sunglasses, sunhat, sunscreen, waterproof poncho or waterproofs, warm sweater (for cloud forest), short trousers, weatherproof shoes.

### Water Included

Plastic bottles are a big issue in many countries where recycling isn't yet widely available; they often end up in landfill sites or get burnt, both processes are harmful to the environment and we would like to reduce our impact here. For your trip we provide an alternative to single-use plastic bottles in order to reduce the amount of plastic used. This means that safe drinking water will be available throughout so all you need to do is bring a bottle to re-fill along the way. Please add this to your packing list!

If while packing you find a spare bit of space in your bag please be sure to check out our partner 'Pack for a Purpose' to identify items that are needed locally by schools and medical clinics. Your Tour Leader can assist with donating the items. <http://www.packforapurpose.org> (<http://www.packforapurpose.org>)

### Optional Equipment

Swimming gear, umbrella, camera with telephoto lens, binoculars, torch, small daypack for walks, insect repellent. Dark clothes will be required for the optional turtle nesting excursion (seasonal). We also recommend bringing a re-usable fabric tote bag so that you can avoid using unnecessary plastic bags whilst in Costa Rica.

Please note that when travelling to/from Tortuguero there is a luggage limit on the boats and you will be allowed one regular size suitcase/bag and one carry-on size bag. Technically there is also a weight limit of 25 lbs but in practice we find that this isn't enforced.

## Practical Information

### Passport

#### Costa Rica

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

#### Costa Rica

Holders of British, US, Canadian, Australian, New Zealand and most EU passports can enter Costa Rica for a stay of 90 days without a visa. Proof of onward travel may be required when entering Costa Rica - we suggest you take a print out of your flight details in case officials ask to see them. All passengers flying via the USA will have to clear immigration during transit. Prior to travel you must apply for an Electronic Travel Authority (USD14) under the Visa Waiver Programme. Please see [here \(/au/usvisa\)](#) for more information. The same applies to travel via Canada which also requires an Electronic Travel Authority. If you are not a UK citizen please check with your local U.S. Embassy.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

If you are travelling via the USA and are eligible to transit under the Visa Waiver Programme (most British and western European citizens with a machine readable passport are), you are now required to register in advance for an Electronic Travel Authority (ETA). There is a US\$14 charge for the ETA, which is only payable online with a credit card. Please see our website [www.exodus.co.uk/usvisa](http://www.exodus.co.uk/usvisa) ([http://www.exodus.co.uk/usvisa?\\_\\_hstc=173457148.54af21c7415c562c45136efa0f63971f.1561705245580.1565838996419.1565845226376.9&\\_\\_hssc=173457148.4.1565845226376&\\_\\_hsfp=4287412680](http://www.exodus.co.uk/usvisa?__hstc=173457148.54af21c7415c562c45136efa0f63971f.1561705245580.1565838996419.1565845226376.9&__hssc=173457148.4.1565845226376&__hsfp=4287412680)) for further information. All other nonresidents passing through the US must get a visa in advance. Check with your local embassy or consulate for more details on how to obtain a visa.

### Vaccination

#### Costa Rica

There are no mandatory vaccination requirements, however, if you have travelled to a country at risk of Yellow Fever prior to arriving in Costa Rica you will be required to have a valid Yellow Fever Certificate with you. Recommended vaccinations are: Hepatitis A.

The risk of malaria is slight but you may wish to consult your GP or travel health clinic for further advice.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Zika fever is a mosquito-borne viral disease and a known risk in places visited on this trip. There is currently no vaccine or prophylaxis available, we therefore strongly recommend you take the usual precautions to avoid mosquito bites.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries> (<https://travelhealthpro.org.uk/countries>)

#### Insurance - are you adequately covered?

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the **Exodus travel insurance policy (/au/insurance)**, this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

### Local Time

**Costa Rica's Timezone:** America/Costa\_Rica CST (GMT -06:00)

### Electricity

**Costa Rica's Electricity:** 120 volts AC, 60Hz.

120 volts AC, 60 Hz

## Money

### Costa Rica's Currency

The national currency of Costa Rica is the Costa Rican Colon (CRC), with an exchange rate at the time of publication of approximately 750 to the UK£ and 576 to the US\$.

It is best to take US dollars to Costa Rica, as sterling is difficult to exchange and the rate can be poor. In practice, US dollars are widely accepted as payment in Costa Rica.

### ATM Availability

ATMs are widely available in Costa Rica, particularly in the main tourist areas (excluding Tortuguero). A flat fee of up to USD3 and a small commission usually applies with debit card withdrawals. MasterCard and Visa are quite widely accepted in the bigger hotels, restaurants and tourist shops, though not, of course, in rural areas. Always check the handling fee when paying by credit card as it can be high. It is certainly much more convenient to carry as much of your money in cash as possible, so long as you are security conscious. We recommend that you bring some small denomination notes (USD1 and USD5 notes) since getting change is often a problem when paying for small items.

### Extra Expenses & Spending Money

US dollars are widely accepted as payment in Costa Rica, however change will likely be given in local currency and the exchange rate will fluctuate. We suggest taking some US dollars with you but then using ATM's to withdraw the rest of your money in local currency whilst you're there.

You should allow extra to cover the cost of meals not included in the price of the holiday. Snack lunches are approximately USD15-18 and evening meals USD25-32 per meal (excluding drinks). Average costs for drinks are USD1-2 for mineral water or soft drinks, USD3-4 for a bottle of beer and USD4-5 for a glass of wine.

### Optional excursions available during this tour:

La Fortuna / Arenal:

Ecotermales hot springs (4 hours) approx USD40.

Sky Tram/Sky Trek (zip-wire): USD84

Sky Walk: USD27

Monteverde:

Sky Walk suspension bridges approx USD27

Don Juan coffee tour USD40

Canopy tour approx USD45

All prices are per person and some excursions require a minimum number of participants. Optional excursions can be paid for by cash, credit or debit card. Please note: participating in some of the optional activities may mean missing included elements of the tour.

### Tipping

Our local staff are paid well and fairly for their work with Exodus. However, it is usual for groups to tip guides and drivers and it would be reasonable for each group member to contribute approx. USD3-5 per day for each staff member for this purpose, although you may wish to tip more if travelling in a small group. Porters at the airport and hotels are normally tipped about USD1 per piece. Occasionally the tour leader will organise a tipping kitty to facilitate these and other tips (such as waiting staff in restaurants) which will be collected in advance at the start of the trip.

## Responsible Tourism

At Exodus we believe in the power of Responsible Travel.

Every time we travel, we are part of a global movement that creates jobs, builds more sustainable societies, encourages cultural understanding and safeguards common natural and cultural heritage. To learn more about what Responsible Travel means to Exodus [click here \(/au/responsible-travel\)](#)...

## Exodus Community

### Join the Exodus online community

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the **Community (/au/community)** you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

## Important Information

### On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 14 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

#### On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the **essential information (/au/about-exodus/essential-information)** in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

This trip includes time by a lake, river or sea, where there may be opportunities to swim. Swimming results in more tourists deaths than any other activity. All customers should always seek local advice before deciding whether to swim, and are requested to treat the sea with extreme caution if they choose to enter the water. Details on how to keep yourself safe while swimming are shown here ([https://www.exodus.co.uk/sites/exod/files/open\\_water\\_safety\\_guide\\_lr.pdf](https://www.exodus.co.uk/sites/exod/files/open_water_safety_guide_lr.pdf))

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#### TRAVEL AWARE -STAY SAFE & HEALTHY ABROAD

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travellaware.campaign.gov.uk/> (<https://travellaware.campaign.gov.uk/>)

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/> (<https://travelhealthpro.org.uk/>)

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our **Travel Safety Advice (/au/travel-safety-advice)** page.



## How to Book

### 1. Check availability

Go online to check availability, or contact us by phone or email.

### 2. Secure your place

You can provisionally hold a place on this trip, usually for between three and seven days.

### 3. Complete your booking and payment

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) ([/au/homepage](http://www.exodus.co.uk)) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

#### TRIP NOTE VALIDITY

These Trip Notes are valid from the "Current as" date on page one. They will occasionally be updated post booking and pre-departure; if there are any updates that significantly impact the inclusions or itinerary bookers will be written to separately. All customers will also receive a link to the most up-to-date version of the Trip Notes with their Final Joining Instructions pre-travel.

Version 1