

## General Trip info

## Map

**Trip Code:** IQVSR

**Trip Length:** 15

**Trip starts in:** San Jose

**Trip ends in:** San Jose

**Meals:** 5 Breakfasts included  
1 Dinners included

**Accommodation:** Hotel (11 nights),Lodge (2 nights),Homestay (1 night)

**Transport:** Private minibus,local bus,boat

## Daily Itinerary

### Day 1

#### San Jose

Hola! Welcome to Costa Rica! Your adventure begins with a Welcome Meeting at 6pm on Day 1. Please look for a note in the hotel lobby or ask the hotel reception where it will take place. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. We'll be happy to book additional accommodation for you (subject to availability). If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details and next of kin information at this meeting, so please ensure you have all these details to provide to your leader. With over half the country's population living within its parameters, San Jose is a bustling city with lively markets, intriguing museums and a dynamic atmosphere. A good place to start exploring is the main plaza, a fantastic place to get comfy and do some people watching. Artisan booths are common here and you never know when there'll be a spontaneous art fair. Have a look at the Gold Museum which has an amazing collection of indigenous gold art. If these cultural gems get you in the mood for a bit of shopping head to the out door market in Plaza de la Cultura or the Central Market where you can buy anything from handicrafts to seafood.

### Day 2

#### Tortuguero National Park

We leave San Jose and descend to the Caribbean lowlands by local bus (approx 4 hours). The final section of our journey to the port at La Pavona is on an unsealed road. Then take a boat to Tortuguero National Park (approx. 1.5 hours). This area has long been associated with the catching of turtle (tortuguero means turtle-catcher). The original indigenous inhabitants used turtles as a sustainable resource, but the arrival of Europeans led to major exploitation. Tortuguero National Park, established in 1970, is now home to 13 of Costa Rica's 16 endangered mammals. Among them are manatees, ocelots and jaguars, as well as over 300 bird species. First and foremost, however, it is the nesting ground of the green turtle, which comes ashore between July and October to lay its eggs on the sandy beaches. Lesser numbers of the critically endangered hawksbill turtle, plus loggerheads, and giant leatherback turtles also nest within the park at different times of year.

## Day 3

### **Tortuguero National Park**

Today your leader will lead you on a walk around the park's main paths. Keep your eyes peeled to spot monkeys, birds, frogs and perhaps a sloth or two.

## Day 4

### **Sarapiquí**

Early in the morning we travel to Sarapiquí in the heart of Costa Rica's banana growing region. First, transfer back to the port by boat (approx 1.5 hours), then continue to Sarapiquí by private minibus (approx 3 hours). On the banks of the Puerto Viejo River and next to the Braulio Carrillo National Park, this budding town is surrounded by virgin forests, and banana and pineapple plantations. Sarapiquí is also known as one of the richest areas in Costa Rica for bird watching. The diversity of lowland bird life is impressive. A biological research station and several nearby forest lodges have made this undisturbed habitat accessible to scientists and travellers.

## Day 5

### **Sarapiquí**

There is plenty of free time to explore the jungle that surrounds the town by mountain bike or on foot, or find a comfy spot to watch the colourful birdlife glide by. Alternatively you may wish to satisfy your sweet tooth on a chocolate tour.

## Day 6

### **Santa Rosa de Pocosol**

Travel by private minibus to Santa Rosa de Pocosol (approx 2 hours) where we spend the night in a homestay. Just down the road is the Juanilama agricultural community where we have the option to get to know the local villagers, help with farm chores or take a cooking lesson. Several villagers have built comfortable rooms for guests next to their homes. All rooms have shared facilities. In order to make the most of this homestay experience, it may take a bit of effort from your side to break the ice first. Learn as many Spanish words as you can and get ready for some serious hand language signals.

## Day 7

### **La Fortuna/Arenal Volcano**

Continue by private minibus to La Fortuna (approx 2 hours). This small town is situated just a few minutes away from Costa Rica's most famous volcano - the majestic Arenal.

## Day 8

### **La Fortuna**

Besides the spectacular views, La Fortuna offers a range of activities such as the 70-metre-high La Fortuna waterfall, stunning lush forest, rare plants, animal watching and watersports on the lake. The volcano's inner workings also mean that the area has a number of thermal springs where hot, lava-heated water gushes to the surface. These springs have been turned into a number of thermal pools and waterfalls, often surrounded by foliage, an ideal chance to relax.

## Day 9

### **Monteverde**

Today take the scenic route to Monteverde (approximately 4 hours in total). Travel by shared minibus to Lake Arenal, which we'll cross by boat. On a clear day you'll see fantastic views of the surrounding area. On the other side of the lake, re-board the minibus and continue on to our destination. Monteverde was founded as an agricultural community in 1951 by a group of North American Quakers; they cleared virgin forest to create verdant pastures ideal for dairy farming. These environmentally aware settlers were conscious of the danger that unrestricted settling and farming could cause to this precious habitat. Consequently they established a small privately-owned wildlife sanctuary, which has since grown to become the internationally-renowned Monteverde Cloudforest Biological Preserve. These forests are similar to rainforests, but instead of relying on rain for essential moisture, adequate water comes from the semi-permanent cloud that covers the region. It is lush and full of wildlife. This is truly a nature lover's paradise. More than 2,000 species of plants, 320 bird species and 100 different types of mammals call Montverde home.

## Day 10 - 11

### **Monteverde**

## Day 12

### **Quepos**

Travel to Quepos by private minibus (approx 5 hours). Located close to the beautiful Pacific beaches and exotic wildlife of Manuel Antonio National Park, Quepos is a laidback town with a vibrant nightlife.

## Day 13

### **Quepos/Manuel Antonio NP**

Spend your time here enjoying all that Manuel Antonio NP has to offer. Head out for a hike along its many trails, keeping one eye on the great views and the other looking for the abundant wildlife. Monkeys, armadillos, sloths and hundreds of birds are among the species you maybe be able to spot. The park also boasts turquoise seas and white sand beaches, perfect for swimming, kayaking, sailing or fishing. It would be easy to spend your whole time here in, or by, the water.

## Day 14

### **San Jose**

Take a local bus back to San Jose (approx 4 hours). The buses in this region of hte country are a little more basic but this is a great opportunity to mix with Costa Ricans and get a feel for local life. Arrive back in time for you to pick up some last minute souvenirs at the city's colourful and vibrant markets. Then we can head out for an optional dinner and a final night on the town sampling the huge variety of nightlife. The perfect way to end our adventure.

## Day 15

### **San Jose**

There are no activities planned for the final day and you are able to depart the accommodation at any time.

# Additional Information

## Included Activities

Tortuguero National Park - Walking tour  
Santa Rosa de Pocosol - Agricultural tour  
Monteverde - Cloud Forest hike  
Manuel Antonio National Park - entrance

## Optional Activities

San Jose - Irazu Volcano, Orosi Valley & Lankester Botanical Garden (full-day tour)  
San Jose - Butterfly farm  
San Jose - National Museum  
San Jose - Gold Museum  
San Jose - Jade Museum  
Turtle watching night tour  
Tortuguero - Sunrise canoe trip around Tortuguero canals  
Sarapiquí - La Selva Biological Station  
Sarapiquí - Bird watching  
Sarapiquí - Chocolate tour at Tirimbina  
Santa Rosa de Pocosol - Cooking class  
Santa Rosa de Pocosol - Soap-making workshop  
Santa Rosa de Pocosol - Waterfall hike  
La Fortuna - Hot springs  
La Fortuna - Arenal hanging bridges  
La Fortuna - La Fortuna Waterfall  
La Fortuna - Cano Negro boat tour  
La Fortuna - Stand up paddle board  
La Fortuna - Tabacon Hot Springs (entrance, dinner and transport)  
Monteverde - Suspension bridges tour  
Monteverde - Zip lining  
Monteverde - Coffee & Chocolate tour  
Monteverde - Night walk  
Monteverde - Butterfly garden and insects farm  
Monteverde - Serpentarium  
Manuel Antonio- Sunset sail  
Manuel Antonio - Mangrove tour by kayak (with lunch)  
Manuel Antonio - Surf/boogie board rental

## **Notes for Costa Rica**

Costa Rica is every outdoor-adventurist's dream, and is packed full of spectacular scenery, incredible wildlife, and fascinating culture. Costa Rica is one of the most bio-diverse countries on Earth, and is home to many iconic animals such as hummingbirds, quetzals, tree frogs, monkeys, sloths and sea turtles. Complimenting this is some of the most wonderful natural scenery, including incredible coastlines, forests, lakes and volcanoes. Costa Rica is also home to some of the best outdoor activities in the world, with a plethora of opportunities for rafting, trekking, canyoning and horse riding.

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries will not need a visa to visit Costa Rica as a tourist for up to 90 days. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it in advance. A valid yellow fever vaccination certificate is required from travellers coming from areas with risk of yellow fever transmission (including transiting through an airport in an area of risk).

## **Important Notes**

The routes, activities and places visited as described in these trip notes are intentions and are meant as a rough guide only.

These trip notes have been compiled to help you prepare for your journey once you have booked. They include the full itinerary and dates, and information about kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

These notes are updated regularly, so please ensure you have an up-to-date version of these trip notes.

The planned route and itinerary is the intention, but exact night stops and inclusions cannot be guaranteed. It occasionally happens that there must be a change to our planned itinerary - this may be for a variety of reasons, such as climatic, road or bureaucratic conditions. By their very nature, adventure travel needs to be approached flexibly and some regions can be unpredictable. Some Imaginative Traveller journeys go through off the beaten track areas, which often have poor infrastructure and less stringent safety standards than we are used to at home.

## **Our Groups**

Our groups are made up of people from around the world and are usually an interesting mix of nationalities and ages. On average there is a pretty even split, males to females and between solo travellers, couples and small groups of friends. We believe that adventure travel should be open to as many people as possible and so although some trips have a minimum age limit, as long as you are fit, healthy and passionate about travel, we are happy to take you. One of the highlights of group travel is the camaraderie and friendships that are formed along the way, and as well as the variety of people that you will meet.

The maximum group size depends on the operator and the style of transport, but will usually be a maximum of 15-16 or up to 21-22 on our overland journeys.

## **Accommodation**

Imaginative Traveller trips are designed for shared accommodation, whether staying in hotels, hostels, homestays or campsites, and therefore do not involve a single supplement. Single travellers will share with people of the same sex for the duration of the trip and those that book together will usually be able to share accommodation.

The type, variety and standard of accommodation will vary greatly depending on what options are available in the region you are travelling; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be twin-share. Hostels, gers and yurts are nearly always multi-share.

Many trips will feature a stay in a local homestay or community tourism initiative, allowing us to experience a slice of local life in the areas we travel through. On our overland trips, we will sometimes camp in campsites ranging from rather basic or even wild camps to those with excellent facilities, including swimming pools, restaurants and bars.

## **Dietary Requirements**

If you have any dietary requirements please tell us at the time of booking and also remind your leader at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible.

## **Health**

You need to be in good physical health in order to participate fully in our trips. When selecting your trip

please make sure you have read through the itinerary carefully and assessed your ability to cope with the style of travel on that trip. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Imaginative Traveller or our partner operators reserve the right to exclude you from all or part of the trip.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

## **Altitude**

Imaginative Traveller offers some trips that travel to above 2,800m altitude above sea level - it is imperative at high altitudes to drink lots of water to stay hydrated, be careful not to get burned by the sun, and try not to exert yourself too much. Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor.

## **Yellow Fever**

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate - please see each country's note above for details. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

## **Malaria and other mosquito-borne diseases**

Some areas we travel to have the risk of contracting malaria. If this applies to your trip, please get expert advice before travelling about types of malaria pills and take them as instructed. Recommended types do change from time to time and from area to area. Consult your GP / travel clinic for the most up-to-date requirements and to find the right option for you. If advised by your doctor to take a course of anti-malarial tablets, please complete the course as instructed as malaria can often manifest itself upon your return home if the course is not followed.

Other mosquito-borne diseases such as Dengue Fever, Chikungunya and Zika are continuing to spread and becoming a bigger problem around the world. Bite prevention is vital to avoid contracting any of these diseases as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus.

The mosquito usually bites between the hours of dusk and dawn and so covering up by wearing long-legged and long-sleeved clothing, preferably light coloured and buttoned at the wrists, can help. Do not sleep without closing windows, use a mosquito net where possible and use mosquito repellent applied directly to your skin or soaked into your clothing.

## **Vaccinations**

Recommended vaccinations and other health protection vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest advice on the region(s) you are planning to travel in so please check with either your doctor or travel clinic in good time before you travel.

We also recommend you check out any specific health advice for the country you are travelling to either via your GP or the following websites: [www.nathnac.org](http://www.nathnac.org) or [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

In the UK, we have been working with Nomad Travel for many years and their website has comprehensive,

up-to-date vaccination and health information. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

## **Activities**

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

## **Insurance**

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip. This can be arranged by Imaginative Traveller through our website or by contacting our team of travel consultants.

If you prefer to arrange your insurance independently, it should have a minimum medical (including repatriation) cover of £2,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000. Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones etc. Please note that Imaginative Traveller and our partner operators are not responsible for your personal effects and are not insured for their loss.

If you prefer to arrange your insurance independently, it should cover you for any activities that you may wish to participate in, such as white-water rafting, trekking, horse-riding, etc. and the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries if applicable (e.g. they have the ability to arrange repatriation from remote areas such as the Sahara or trekking in the Andes). If you are travelling to high altitude (such as embarking on a trek to the summit of Kilimanjaro), please make sure that this is also covered.

Please double check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not suitable with adventure travel to remote areas. Many credit card medical insurance policies are not valid for travelling outside your country of residence or outside the EU.

Please also check the age limits on any policy you wish to take out and make sure that you thoroughly inform the insurance company of any pre-existing conditions.

## **Passports**

Check that your passport will still be valid for 6 months after the end of the trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or emergency passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport please remember to inform us.



## **Pre and Post Trip Accommodation and Transfers**

At Imaginative Traveller we believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? We can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on. Please note our rates do not reflect last minute walk-in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival; however we do have pre paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer, as not all hotels offer this service.

## **Responsible Tourism**

Imaginative Traveller is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We recognise that we are guests of local communities and strive to make them benefit directly from our visit. You can find full details of Imaginative Traveller's responsible tourism policy on our website.

## **Issues on the trip**

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

[customer-relations@imtrav.net](mailto:customer-relations@imtrav.net)

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

## **Feedback**

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.