

CAPTIVATING COSTA RICA



TRIP OVERVIEW

Explore some of the highlights of this incredibly beautiful country on our classic journey incorporating the very best that Costa Rica has to offer. Navigate the mystical waterways of Tortuguero National Park to spot unique wildlife, view the magnificent Arenal volcano, visit the spectacular La Fortuna Waterfall and discover the lush Monteverde Cloud Forest teeming with flora and fauna.

ITINERARY & DETAILS

This document aims to give you all the information that you require for a smooth and comfortable trip to Costa Rica. Please take the time to read this dossier to familiarise yourself with all the aspects of our tour. It includes important information such as flight details, visa requirements and travel insurance.

Your included meal guide:

B = Breakfast, L = Lunch, D = Dinner

DAY 1: UK to San José

Depart London on your scheduled flight to San José. On arrival, you will be met and transferred to your hotel.

DAY 2: San José B/L/D

Today's excursion takes you to Irazu Volcano Park. Walk through tropical rainforests and lush cloud forests, taking in fantastic views of the active volcanic craters and surrounding area and looking out for the abundant wildlife of the area.

DAY 3: San José to Tortuguero B/L/D

Journey to the mystical town of Tortuguero on the Caribbean coast. Continue to the port where a boat will take you to your lodge. Following lunch, explore the charming town before enjoying some free time to relax.

DAY 4: Tortuguero B/L/D

An early start today takes you on a fascinating hike through the rainforest nature trails at your lodge, home to a diverse range of flora and fauna. Following lunch, travel by boat through the maze of canals within national park, for the best chance to spot the wildlife of the rainforest.

DAY 5: Tortuguero Region B/L/D

This morning, travel back through the canals to the port where our ground transportation will take you to the impressive Poas Volcano region. Stop en route to enjoy a typical Costa Rican lunch then continue to your lodge.

DAY 6: Poas Volcano to La Fortuna B/L/D

Drive through rolling coffee plantations and flower farms to Poas Volcano National Park. Embrace the sheer beauty of the famous La Paz Waterfall Gardens in Costa Rica which is also a rescued wildlife preserve with over 100 species of animals including jaguars and white-faced monkeys. After lunch, travel to La Fortuna.

DAY 7: La Fortuna B/L/D

Begin your day with a visit to the beautiful La Fortuna Waterfall. Your guide will lead you down the trail for a swim or a chance to relax and take in the tranquil surroundings. After a stop at the charming town of Fortuna, explore a private 4.5-kilometre path around the base of the volcano and ascend to a lookout point to experience a fantastic view of the Arenal Volcano.

DAY 8: La Fortuna to Monteverde B/L/D

Your tour continues to the Monteverde Cloud Forest, a small community at the top of the Tilarán Mountain Range. You will be served a traditional meal for lunch whilst enjoying a folklore dance presentation. Before arriving at your hotel, you will visit the town of Santa Elena, famous for one of South America's most resplendent birds, the quetzal.

DAY 9: Monteverde B/L/D

Today takes you high above the clouds to the Cloud Forest where an abundance of biodiversity thrives in the humid and moisture-rich environments, creating habitats found nowhere else on earth. Amble along the 1.9-mile-long treetop walkways, providing excellent vistas of the forest below.

DAY 10: Monteverde to San José B/L/D

On arrival back into San José, a city tour will visit some of the residential areas before driving past historical buildings and stopping in the downtown area for lunch at a local restaurant. Finally, the tour will finish at a souvenir centre where you can see a range of wood and leather craft markets.

DAY 11: San José to the UK or Extension B

After breakfast you will be transferred to San José Airport for your return flight to the UK, or continue on to your extension.



ACCOMMODATION DETAILS & MAP

Hotel information

San José (3 nights): 4★ Sleep Inn

3rd Avenue 9 & 11 st, San José, 16551000, Costa Rica.

Contact number: 00506 2521 6500

OR 4★ Park Inn

Address: Ave 6, Street 28 CR-P San José, 10103, Costa Rica

Contact number: 00506 4110 1100

Tortuguero (2 nights): Pachira Lodge

Address: Pachira Lodge, Tortuguero

Contact number: 00506 2257 2242

Poas Volcano (1 night): Buena Vista Hotel

Address: Apdo. 760-4050, Alajuela, Costa Rica

Contact number: 00506 2442 8595

OR Poas Volcano Lodge

Address: Varablanca, Heredia Province, 31698

Contact number: 00506 2482 2194

La Fortuna (2 nights): Arenal Springs

Address: Arenal Camino al Volcan, La Fortuna, Costa Rica

Contact number: 00506 2479 1212

OR Montaña de Fuego

Address: 142, Provincia de Alajuela, San Carlos, Costa Rica

Contact number: 00506 2479 1220

Monteverde (2 nights): El Establo

Address: Puntarenas, Costa Rica

Contact number: 00506 2645 5110



Accommodation

All accommodation is 3★ or 4★ and features an en suite bathroom, air-conditioning/heating and TV. Sunspot Tours has visited and inspected all of the hotels to ensure that they meet the high standards of service which we require for our clients. If the hotels detailed are not available, alternatives will be used of a similar standard.

ON YOUR ARRIVAL

On your arrival in San Jose you will be met by a representative from our local agent in Costa Rica, **Best of Costa Rica**, holding a sign displaying: "Sunspot Tours". The Sunspot Tours/Best of Costa Rica representative will show you to your transfer vehicle. Your guide will be able to answer any queries. However, if you need to contact Best of Costa Rica during your stay the details are:

Best of Costa Rica

Robledal, Uruca, San José. Ave 29A

Contact number: 00506 2290 1302

E-mail: ventas@bestcostaricadm.com

Final confirmation of your hotels will be sent in a document approximately 10 days before you travel.

Meals

Breakfast is always western style and served in the hotel each morning. Lunch and dinner will either be taken at your hotel/lodge or in local restaurants. Pachira Lodge does not feature a TV and air conditioning/heating.

Emergency contact information

Please find below the emergency contact details for **Best of Costa Rica**

Contact details:

24 hour telephone: 00506 8936 1212

24 hour email address: info@bestcostaricadm.com

WHAT YOU NEED FOR YOUR TOUR

Visa and Passport advice - IMPORTANT

A visa is not required for your trip to Costa Rica. Further advice should be sought from the applicable tourist authority for other nationalities and for general queries. We strongly advise you check your destination's Tourist Board or Embassy for the most up-to-date guidelines regarding passport validity.

Insurance

We strongly recommend that you and all members of your party are suitably insured as soon as you book your holiday. It is a condition of booking that you must have suitable travel insurance. It is important that you purchase travel insurance that suitably covers your participation in whatever activities you may undertake at the time that you make your booking. To assist you with this, we have arranged travel insurance in partnership with Holiday Extras. To arrange your travel insurance with Holiday Extras, please call 0800 781 4237 and quote 'WK830' for preferential rates. Please ensure you provide us with the name of your insurer, policy number and their 24 hour emergency contact number as soon as possible. Sunspot Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Tour Guides

This is a fully escorted tour, meaning that you will be met on arrival and will have a guide with you for the duration of your trip, ensuring that you have first-hand knowledge at all times.

Tipping

Tipping is not compulsory and is at your discretion. However it is customary to tip both your driver and guide for good service. If you wish to tip we recommend around US\$5.00 (£3) per person per day for the tour guide and US\$3.00 (£2) per person per day for the driver. You may give the tips to the guide and driver personally at the end of the tour for your convenience. Tips are accepted in any currency.

Health and Vaccinations

It is your responsibility to check any health and vaccination requirements applicable to your booked arrangements. We can only provide general information about this. Health and hygiene facilities and disease risks vary from country to country. You should take health advice about your own needs as early as possible and in good time before your departure. Sources of information include; www.fco.gov.uk, www.travelhealthpro.org.uk, www.hpa.org.uk, your General Practitioner or a specialist clinic.

Physical Accessibility

This tour is accessible to most people with an average level of fitness and normal mobility. It involves full days of sightseeing, often on foot and includes some hiking, trekking, climbing of stairs and getting on and off of coaches and boats. This tour is not suitable for anyone with walking difficulties.

Group Size

The minimum number of travellers in your group will be 10, and the maximum will be 40. If in the unlikely event there are less than 10 people booked on your tour date, we will endeavour to reduce any disruption to your holiday and try to operate your tour with lower passenger numbers. If we are not able to operate your departure date then you may be asked to change to a different date and a full refund will be made available to you should this alternative not be suitable.

Currency Exchange

The currency in Costa Rica is the Costa Rica Colon, known as CRC, but US Dollars are also widely accepted in the major cities. It is preferable if you have smaller denominations. Cash machines will also be available throughout the tour in order to withdraw money in the local currency.

Personal Expenses

You will need to take money with you to cover any personal purchases such as souvenirs, laundry and extra drinks and snacks. Approximately £200-£400 per person will be sufficient for the duration of the tour.

Credit Card Information

As normal practice you will be asked for your credit card details on check-in at the hotel in order to cover any extras incurred during your stay. If you do not have a credit card you may be asked for a cash deposit. American Express, Diners Club, MasterCard and Visa are widely accepted in hotels.

Itinerary Changes

The order of events and sightseeing may vary according to local conditions or for operational purposes. For this reason, we have indicated approximate times only. Your local guide will inform you of any schedule changes as they are informed of them. Some road construction and/or weather conditions may lengthen the driving times. Our intention is to adhere to the day-to-day itinerary as printed; however order of events and sightseeing may vary according to local conditions.

WHAT TO PACK

- Sunscreen, insect repellent and hat
- Waterproof lightweight jacket
- Comfortable walking shoes
- Lightweight clothing (jeans are not recommended)
- Sweater • Swimwear
- Camera and charger
- Small day pack for hikes/treks
- Lightweight/travel towel
- A plug adaptor - the electricity supply is 120 volts and 2 or 3 flat pin plugs
- Binoculars
- Personal first aid kit containing travel pills, rehydration powder, plasters, stomach settlers, antiseptic creams, aspirin etc

FLIGHT INFORMATION

Your flight is to San Jose Airport with British Airways (BA), departing from London Gatwick South Terminal.

IMPORTANT: Final flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.

Baggage Allowance

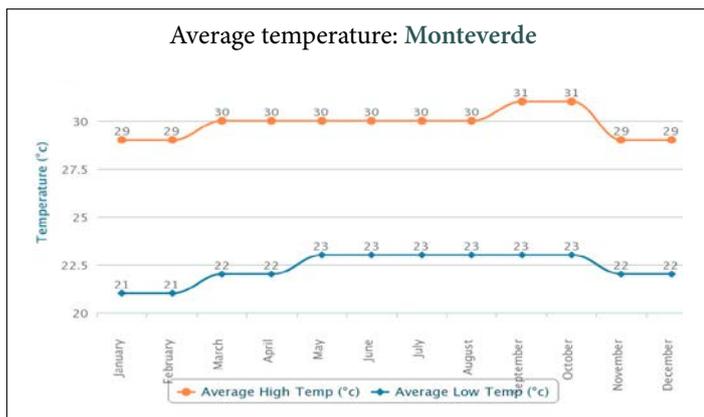
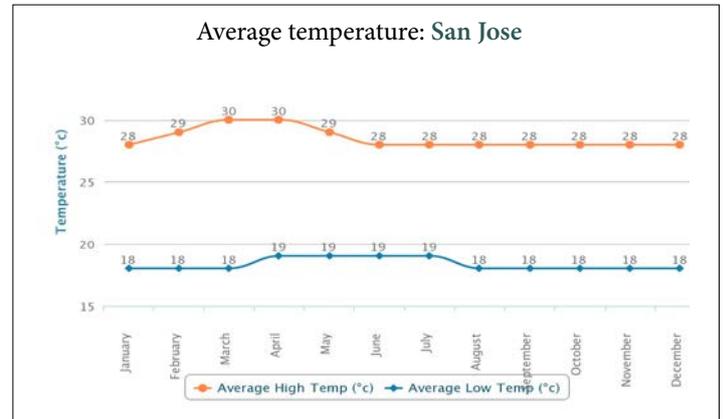
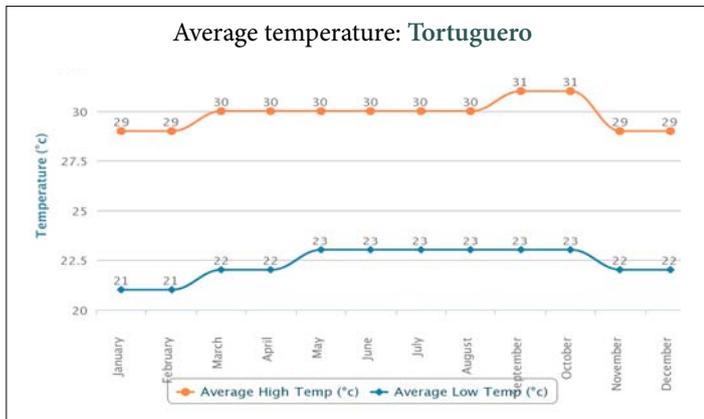
Baggage allowance (per person): Each passenger is entitled to 23kg of hold luggage plus 1 item of hand luggage not exceeding 56cm x 35cm x 22cm in size and one personal item (such as a handbag or laptop case) not exceeding 43cm x 22cm x 25cm. Weight restrictions will be finalised on your E-ticket receipt. Should you wish to take additional luggage you will need to pay extra at check-in. Check-in should be at least 3 hours before departure.

Airport Extras

If you wish to arrange Airport car parking, lounges or accommodation at preferential rates, we recommend you book this in advance with Holiday Extras - Tel. 0871 360 2000, quoting HX313.

WEATHER AND CLIMATE

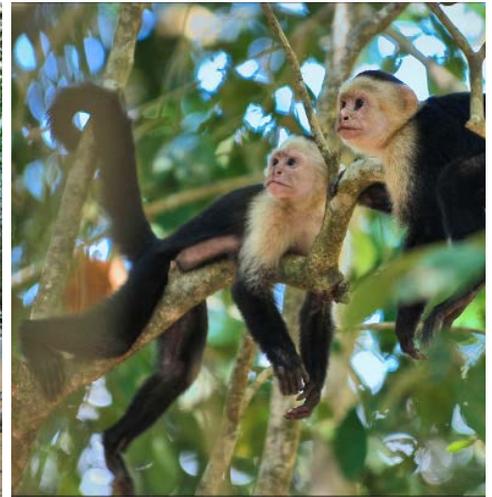
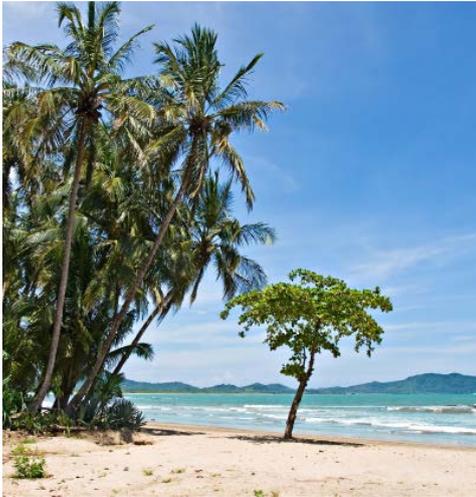
Weather can vary quite considerably throughout the year, so please familiarise yourself with the climate charts below.





MANUEL ANTONIO BEACH STAY EXTENSION

If you have not yet booked this fabulous extension, there is still time to do so. Please contact your local agent



TRIP OVERVIEW

Enjoying beautiful beaches and varied wildlife, Manuel Antonio is one of the most popular regions to in Costa Rica. The region stretches from the town of Quepos along the coast to the National Park. Your add-on offers the chance to explore this stunning area or simply unwind on the unparalleled beaches.

ITINERARY & DETAILS

This document aims to give you all the information which you will require during your extension to Manuel Antonio.

Manuel Antonio

Situated close to the magical national park, Manuel Antonio is one of the most picturesque parts of Costa Rica's coastline, affording stunning views and beautiful beaches. Your stay on the white sandy shores offers the opportunity to take part in some of the various activities on offer in the local area including hiking, guided tours and canopy walks.

Hotel Information (4 nights)

Your stay will take place at one of the following resorts:

5★ El Parador Hotel on Bed & Breakfast

Address: Manuel Antonio Norte, Quepos 6350, Costa Rica,
Contact number: 00506 2777 1414

OR

4★ San Bada on Bed & Breakfast

Address: Manuel Antonio, Quepos, Aguirre.
Contact number: 00506 2777 5333

OR

3★ Punta Leona Hotel on Bed & Breakfast

Address: Punta Leona Garabito, PU, Herradura, Costa Rica.
Contact number: 00506 2231 3131

Any alternative hotels or board basis will have been confirmed at booking. Please speak to our reservations department if you are unsure.

Personal Expenses

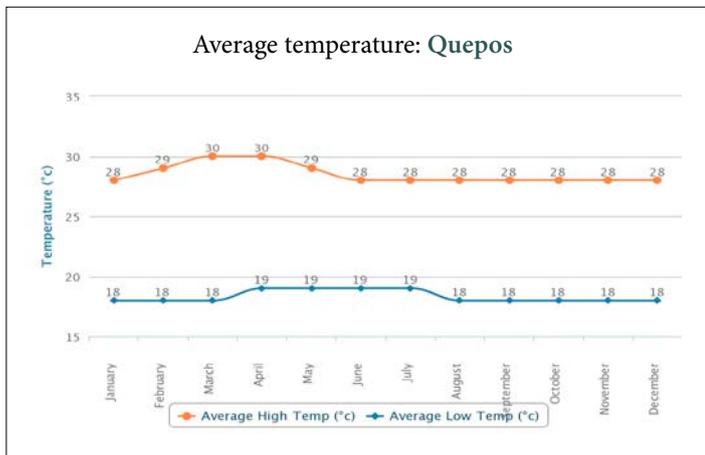
You will need to take money with you to cover any lunches and dinners, as well as personal purchases, such as souvenirs, laundry and drinks.

Tour Guides

Your stay in Manuel Antonio is not escorted by a tour guide. All internal transfers are included.

Please note

This extension takes place after your main tour.



El Parador Hotel

FLIGHT INFORMATION

Please note: Final hotel and flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.