

COAST TO COAST IN COSTA RICA



TRIP OVERVIEW

Explore laidback coastal cities, wildlife-rich national parks and dramatic volcanic landscapes on this tour through the natural wonders of Costa Rica. Spot unique wildlife and colourful underwater reefs in Puerto Viejo, walk among the treetops in the Monteverde Reserve, and journey from smouldering volcanoes to cascading waterfalls in La Fortuna on this breath-taking 15-day tour.

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 Jose D

Depart London on your scheduled direct flight to San Jose where you will be met and transferred to your hotel.

DAY 2: San Jose to Puerto Viejo de Limon B/L/D

This morning, enjoy a sightseeing city tour of Costa Rica's vibrant capital city. Witness the city's main historical landmarks, starting in the eastern part of the city at Democracy Plaza and the National Museum then journeying through the city centre to the parks, museum and stadium to the west. After lunch, travel to Puerto Viejo, a laidback coastal city with a strong Afro-Caribbean influence and stunning stretches of beach.

DAY 3: Puerto Viejo de Limon B/L/D

Experience fantastic snorkelling and scenic nature walks as you take in Costa Rica's famed wildlife and natural reserves. Board a boat and travel to Cahuita National Park where you can snorkel along the 600-acre-long coral reef – a gloriously colourful haven for marine life. Snack on fresh tropical fruit as your boat returns to shore then take a leisurely guided hike through Cahuita's vivid rainforest, enjoying far-reaching ocean views and the chance to spot howler monkeys, sloths, armadillos, toucans and macaws. At the end of your picturesque hiking trail, feast on a Costa Rican-Caribbean lunch before returning to your hotel in Puerto Viejo.

DAY 4: Puerto Viejo de Limon to Sarapiquí B/L/D

After breakfast, transfer to the Sarapiquí tropical rainforest, crossing valleys and mountains dotted with picturesque villages before checking into your lodge nestled in the heart of the rainforest reserve.

DAY 5: Sarapiquí B/L/D

Wake to the singing of birds and the relaxing sounds of the tropical rainforest and enjoy breakfast in your verdant surroundings. Make your way to the Sarapiquí River where you will float down the river in a raft, surrounded by incomparable jungle beauty. Enjoy two hours immersed in the lush tropical rainforest, floating along the Sarapiquí River which lies next to important reserves renowned for their biodiversity. Exotic amphibians, countless tropical birds, otters, fish, sloths, iguanas, and incredible flora will make this experience unforgettable. Disembark and journey to a nearby pineapple plantation where you'll travel into the fields on a specially designed coach pulled by a tractor. Learn about the growth of organic pineapples and other sustainable crops produced here, including yucca, lemon, guanabanas, and peppers. Enjoy delicious smoothies and slices of fresh, organic pineapple as you listen to Costa Rican folktales then return to your lodge.

DAY 6: Sarapiquí to La Fortuna B/L/D

Journey through lush plantations and cattle ranches, finally arriving at your hotel in La Fortuna. Marvel at the fantastic views of the mighty Arenal Volcano which forms a dramatic backdrop and enjoy the remainder of the day to explore this tranquil, mountainous town

DAY 7: La Fortuna B/L/D

Hike through the cool undergrowth of La Fortuna, a scenic 40-minute walk that ends at the site of the thundering La Fortuna Waterfall. Witness the natural beauty of the cascading water as it emerges from dense jungle, falling into the emerald pool at its base. Relax or swim in the refreshingly cool waters before lunch at a nearby restaurant. In the afternoon, follow the lava trails around the base of the Arenal Volcano, formed by the lava flow of the 1968 eruption. The hike provides extraordinary views of the Arenal Volcano and Monteverde mountains, and the chance to spot local flora and fauna and enjoy some birdwatching.

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

Travel to Monteverde, a small community located at the top of the Tilarán Mountain Range that boasts spectacularly diverse cloud forest reserves. On arrival, enjoy a free afternoon to explore the town or relax in your hotel.

DAY 9: Monteverde B/L/D

A full day observing Monteverde's natural beauty starts with a tour along the treetop walkways of Selvatura Park, which stretch over 1.9 miles. Follow the trail into the heart of the cloud forest and witness colourful birds and unique flora then visit the nearby Insect Museum. In the afternoon, gain insight into Costa Rica's greatest agricultural produce. Learn more about the wonderful world of coffee before you participate in a chocolate-making session and taste the region's cacao beans. A sugarcane demonstration follows, allowing you to extract sugarcane juice the traditional way before enjoy a glass of fresh juice and pieces of cane.

DAY 10: Monteverde to Rincon de la Vieja B/L/D

Depart Monteverde and travel to Rincon de la Vieja, home to the majestic Rincón de la Vieja Volcano. Check into your hotel with the remainder of the day at leisure.

DAY 11: Rincon de la Vieja B/L/D

Set out on today's tour of the majestic Rincón de la Vieja National Park, dominated by two active volcanoes. Friendly ranch horses will carry you on a 45-minute to the Las Pailas entrance of the Rincon de la Vieja National Park. Meaning "The Cauldrons" in Spanish, the Las Pailas area shows off the awesome power of the Rincón de la Vieja Volcano, and you'll witness steam and sulphur pouring out of the ground while nearby pools bubble with hot volcanic water. After this unique experience, ride to a nearby canyon then walk along a short trail to the base of the canyon where the picturesque Oropendola Waterfall plunges into a turquoise pool. After a relaxing swim and time at the waterfall, travel back to your hotel on horseback.

DAY 12: Rincon de la Vieja to Punta Leona B/L/D

Journey to Punta Leona, a protected nature reserve located on the gorgeous Central Pacific coast of Costa Rica, where you will enjoy the rest of the day at leisure.

DAY 13: Punta Leona B/L/D

Discover Punta Leona's extraordinary flora and fauna on a morning hike through the reserve. Don't forget your binoculars - over 330 species of birds are resident in the area. Next, immerse yourself in the butterfly gardens where you'll learn about their

peculiar way of living in this ecosystem before viewing a vivid array of butterflies.

DAY 14: Punta Leona B/L/D

Today is free for you to enjoy the beauty and tranquility of Punta Leona's pristine, palm-fringed coastline.

DAY 15: Punta Leona to UK or Extension B/L

Transfer to the airport in San Jose, stopping for lunch along the way. Board your return flight to the UK or continue on to your chosen extension.

ACCOMMODATION DETAILS & MAP

Hotel information

San Jose (1 night) 4★ Sleep Inn

Address: 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

Puerto Viejo de Limon (2 nights) Namuwoki Lodge

Address: Limón Province, Costa Rica
Contact number: 00506 2750 0278

OR Hotel Cariblu

Address: Cariblu Rd 70403, Limón Province, 70403, Costa Rica
Contact number: 00506 4070 1514

Sarapiquí (2 nights) Selva Verde Lodge

Address: 7km De Puerto Viejo De Sarapiquí (Chilamate, S.), Sarapiquí, Costa Rica
Contact number: 00506 2761 1800

OR La Quinta de Sarapiquí

Address: Heredia Province, Sarapiquí, Costa Rica
Contact number: 00506 2761 1052

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

Rincon de La Vieja (2 nights) Hacienda Guachipelin

Address: Rincon de la Vieja, Guanacaste, 01501, Provincia de Guanacaste, Costa Rica. Contact number: 00506 2690 2900

Punta Leona (3 nights) 3★ Punta Leona

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



Accommodation

All accommodation is of a 3★ or 4★ and features an en suite bathroom, air-conditioning and TV. Sunspot Tours has visited and inspected all 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.

Please note: the hotels listed are provided for guidance only and final confirmation of your accommodation will be sent in a document, along with your final flight information, 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. Any dietary requirements and dis-likes should be made known to our reservations staff at the time of booking.

ON YOUR ARRIVAL

On your arrival in Panama City you will be met by a representative from our local agent, **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

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

FLIGHT INFORMATION

Your initial flight is to **San Jose Airport** with **British Airways**, departing from **London Gatwick South Terminal**.

IMPORTANT: Please note that 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 on 0871 360 2000, quoting HX313.

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

WHAT YOU NEED FOR YOUR TOUR

Visas

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.

Health and Vaccinations

It is your responsibility to check any health & 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 sufficient 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.

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.

Physical Accessibility

This tour is accessible to most people with an average level of fitness and normal mobility. It involves moderate days of walking on uneven paths and small hills and getting on and off coaches. This tour is not suitable for anyone with walking difficulties.

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.

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.

Electricity Supply

The electricity supply is 120 volts and 2 or 3 flat pin plugs in Costa Rica.

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

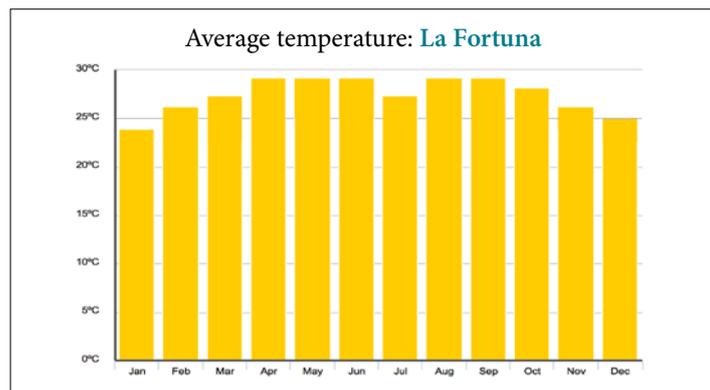
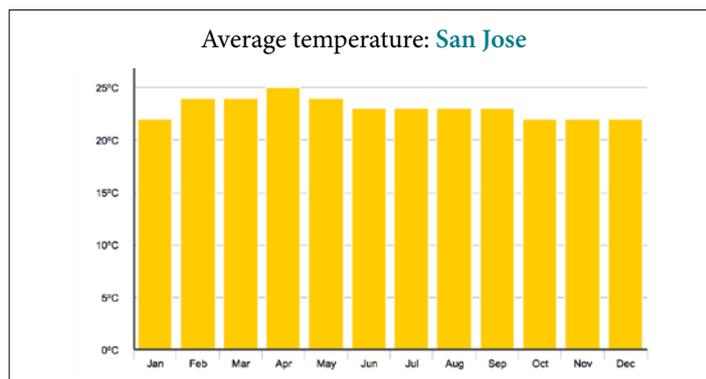
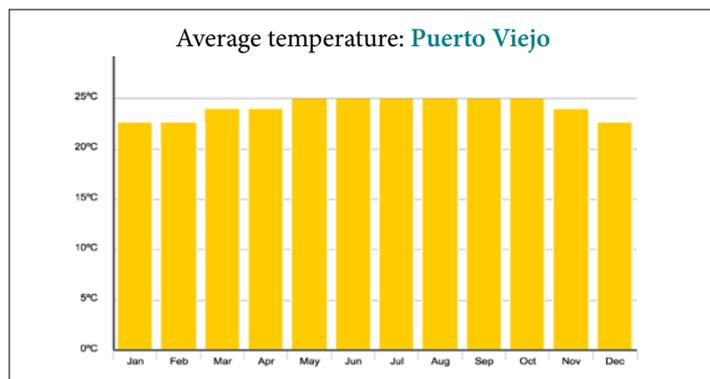
As normal practice you will be asked for your credit card details on check-in at the hotel in order to cover any extras incurred during your stay. If you do not have a credit card you may be asked for a cash deposit. American Express, Diners Club, MasterCard and Visa are widely accepted in hotels.

Itinerary Changes

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 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.

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



El Parador Hotel



TRIP OVERVIEW

Enjoying beautiful beaches and varied wildlife, Manuel Antonio is one of the most popular regions to in Costa Rica. Your add-on offers the chance to explore this picturesque area or simply unwind on its pristine 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:

3 nights for stays 02/11/19 - 30/11/19

4 nights for stays 16/03/19 - 05/10/19

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

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.

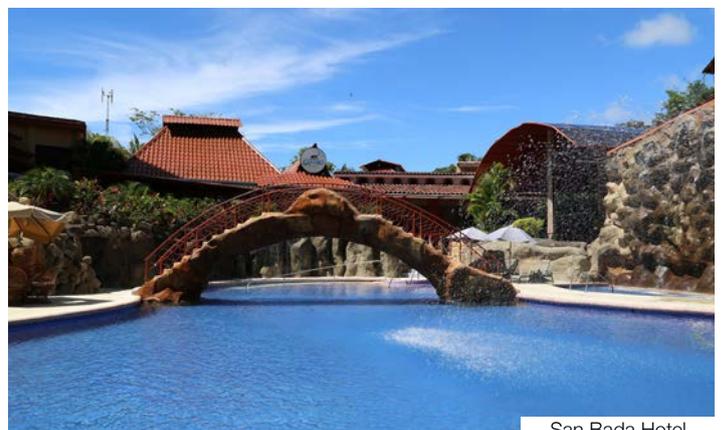
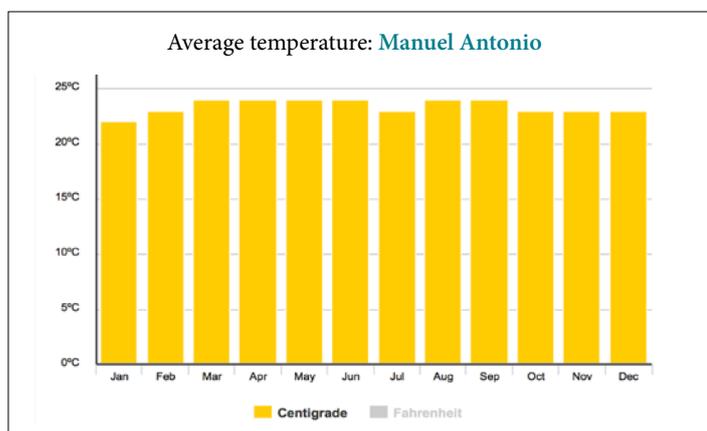
Tour Guides

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.

WEATHER AND CLIMATE



San Bada 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.

PUNTA LEONA 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

The spectacular nature reserve of Punta Leona is set along the extraordinarily beautiful Central Pacific coast of Costa Rica. Enjoy a 3 or 4 night stay in a tranquil, beachfront hotel.

ITINERARY & DETAILS

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

Punta Leona

Enjoy the powder-soft sands of the Punta Leona area. In addition, nearby Carara National Park offers excellent birdwatching opportunities while visitors can also participate in a number of watersports or strike out on a hiking trail through the lush surrounds.

Hotel Information:

3 nights for stays 02/11/19 - 30/11/19

4 nights for stays 16/03/19 - 05/10/19

Your stay will take place at the following resort:

3★ Punta Leona Hotel on Bed & Breakfast

This hotel is ideal for a relaxing, sun-soaked getaway and boasts direct beach access, a spa and swimming pool. Other amenities include mini golf, bar, restaurant, tropical gardens. Comfortable rooms offer an in-room safe, telephone, air conditioning, hair dryer, mini refrigerator and cable TV.

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 Punta Leona is not escorted by a tour guide. All internal transfers are included.

Please note

This extension takes place after your main tour.



Punta Leona Hotel



Punta Leona 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.

TORTUGUERO MINI TOUR EXTENSION

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



TRIP OVERVIEW

Round off your tour with a mini tour of Tortuguero National Park. Tortuguero, which translates to 'Turtle Catcher', is renowned as the breeding ground of the green turtle and offers spectacular coastal scenery in addition to unique flora and fauna.

ITINERARY & DETAILS

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

DAY 15: Punta Leona to San Jose B/L/D

After breakfast transfer to San Jose, stopping for lunch along the way. Upon arrival in San Jose, you will be transferred to your hotel for the evening. Upon arrival at the hotel enjoy a cup of Costa Rican coffee while you watch the daily life of the locals.

DAY 16: San Jose to Tortuguero B/L/D

Early this morning, head to the Tortuguero National Park, journeying through small towns and extensive banana and pineapple plantations on the way. Swapping from car to boat you will travel along rivers and canals into the park which is an excellent opportunity to get an introduction to the unique wildlife and the scenery of the region. Upon arrival, check in to your hotel and after lunch, you'll visit the village of Tortuguero. Later you'll return to the hotel for dinner and your overnight stay.

DAY 17: Tortuguero B/L/D

Following breakfast, you will join a guided walk along the private paths of the hotel. Returning for lunch, you will then take a boat tour through the park's canals. Famed for being the home of five species of sea turtles, along with numerous birds, amphibians and other animals, Tortuguero National Park is a sight to behold. Between July and September, there's also an optional night excursion to see the sea turtles nesting.

DAY 18: Tortuguero B/L/D

This day is yours to spend at leisure in Tortuguero.

DAY 19: Tortuguero to San Jose B/L/D

This morning, we will journey back through the canals to reach the pier where your ground transportation will meet you. Travel back to San Jose for your last night in Costa Rica.

DAY 20: San Jose to the UK B/L

Transfer to the airport for your return flight back to the UK.

Personal Expenses

You will need to take money with you to cover personal purchases, laundry service, souvenirs, drinks plus any meals not included.

Tour Guides

This is a partially escorted tour extension, meaning that you will be escorted by a local, English-speaking guide during excursions.

Please note

This extension takes place after your main tour.

Hotel information

Tortuguero (2 or 3 Nights): 3★ Pachira Lodge

Address: Pachira Lodge, Tortuguero

Contact number: 00506 2257 2242

San Jose (2 Nights): 4★ Sleep Inn

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

Contact number: 00506 2521 6500

The hotels listed are provided for guidance only and final confirmation of your accommodation will be sent in a document, along with your final flight information, approximately 10 days before you travel.

Please note: For extensions falling between 16 March 2019 and 5 October 2019, your stay in Tortuguero will be 2 nights long and the day at leisure in Tortuguero will not apply.



Pachira Lodge

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.