

# Costa Rica Family Adventure

Trip Code: FCW

Version: FCW Costa Rica Family Adventure Holiday



MULTI ACTIVITY



FAMILY



LEISURELY



## HIGHLIGHTS

- Observe exotic and rare wildlife in the renowned Tortuguero National Park on the Caribbean coast
- Take a family-friendly rafting trip or a floating safari on the Rio Sarapiquí
- Explore the rich biodiversity of the canopy layer from incredible hanging bridges
- Learn how chocolate is made on a plantation tour and enjoy a cookery lesson in Monteverde
- Catch some waves or relax on the beach at the paradise bay of Playa Tamarindo

## AT A GLANCE

- 13 days of multi-activity
- **SWIMMING:** At some hotel pools where applicable and in the sea at Tamarindo
- Join at San Jose

## ACCOMMODATIONS & MEALS

- 14 Breakfasts
- 5 Lunches
- 5 Dinners
- 5 nights Hotel with swimming pool
- 3 nights Lodge with swimming pool
- 3 nights Lodge
- 3 nights Ecolodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Pura Vida! A term you will hear again and again in Costa Rica. Literally meaning 'pure life', you will hear it as a greeting and it won't take you long after you arrival into Costa Rica to see it all around. Costa Rica is simply one of the most vibrant, dynamic and sustainable countries on Earth and arguably the most biodiverse too. No wonder its people are said to live the longest, happiest lives.

Famous for its pristine rainforest, endless sandy beaches and a bewildering range of wildlife including howler monkeys, tree frogs, nesting turtles and colourful toucans; it's no wonder that Costa Rica is one of our very favourite family holiday destinations.

We have put together a very special itinerary which showcases the very best wildlife spotting, adventure and beach time that Costa Rica has to offer. Starting off on the Caribbean coast by exploring the wetlands of Tortuguero National Park in silent canoes, we can float along under the canopy whilst our guides point out all kinds of monkeys, reptiles and birds. The lucky may even be able to observe nesting turtles on the beach after dark. After our impressive introduction to Costa Rica's wildlife, we visit a cacao plantation to learn all there is to know about how proper chocolate is made. For those with an adventurous streak, we have lined up an exciting rafting trip on the Rio Sarapiquí. There are a number of sections to choose from to suit your ability and thirst for adventure. An alternative available is a relaxed floating safari where we let the gentle current of the river push us along as we try and outdo each other on who can spot the most amount of wildlife! We continue to travel through Costa Rica to arrive on the slopes of the perfect volcanic cone of Arenal. Here, we explore the trails of the national park and climb to the hanging bridges to get close up and personal to the rainforest canopy layer. We then transfer to the highlands of Monteverde, its mountainous forested slopes shrouded in low-lying cloud and mist. Here, we have a cookery lesson using fresh, locally-grown ingredients and take a night-walk through a reserve, where one can spot sloth, armadillos, tree frogs and many, many other nocturnal creatures. Heading down on to the Nicoya Peninsula, we will walk through the jungle to arrive at a small, remote eco-lodge and spend the next couple of days immersed in the rainforest, awoken in the morning by the other-worldly roar of the howler monkey and the cacophony of tropical birds. After all this adventure, we will be rewarded with a few days soaking up the beach vibes at Playa Tamarindo. Tucked away and relatively hidden, Tamarindo is a mecca for surfers and those looking for a relaxed sand-between-toes experience. Here we can take surf lessons, ride horses or visit local communities. It is also the perfect spot to do nothing other than relax on a lounge and read a book, dipping into the sea to cool off now and again.

This is the definitive family adventure holiday.

## **Is this holiday for you?**

### **Suitable for children from 6yrs old**

There are a number of adventurous activities on this holiday including short walks, a tree-top tour, swimming, boat rides at Tortuguero and white water rafting. The rafting will be adapted to suit the ages and ability of your family; from gentle floating safaris to more exciting, slightly bouncy Grade 2/3 rapids, all under the careful instruction of experienced river guides who are used to working with children. All the trails and night-walks will be accompanied by guides with vast wildlife knowledge to ensure you don't miss a thing. Throughout the holiday we stay in comfortable hotel or lodge accommodation, many which have swimming pools. The lodge in Cerro Escondido has private family bunkrooms that are rustic and basic but this only adds to their charm for those in quest of authentic adventure. Hotels have been chosen for this family friendly comfort and facilities. This holiday is perfect for those who want to be wowed by an unparalleled range of tropical wildlife and experience adventure in a pristine natural environment.

# Itinerary

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## DAY 1

**Meet at the group hotel in San Jose. A single transfer from San Jose Airport is provided.**

Your holiday starts at the group hotel in San Jose. A single timed transfer from San Jose Airport is provided. On arrival we will meet the group and the guide.



### Accommodation

Hotel with swimming pool

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## DAY 2

**River journey to Tortuguero National Park. Walking tour of Tortuguero Village and turtle museum.**

We leave San Jose this morning on our journey east to the Caribbean coast and the renowned Tortuguero National Park. The exciting, intrepid journey takes us first by road and then by boat through rivers, natural canals and rainforest, all teeming with wildlife into the heart of the park. Tortuguero is surrounded by nature and is only accessible by boat or airplane. Tortuguero is named after its golden beaches, key nesting grounds for endangered sea turtles such as hawksbill, leatherback, green and loggerheads. The park has incredible bio-diversity with several different habitats and eco-systems, including rainforest, swamps, beaches and lagoons. After arriving settling into our lodge accommodation, we have a walking tour of Tortuguero Village and visit the Sea Turtle Conservancy Museum.

Meals: **B L D**



### Accommodation

Lodge with swimming pool

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## DAY 3

**Boat and canoe wildlife viewing in the canals of Tortuguero. Possible turtle nesting.**

After breakfast at our lodge, we set off in canoes into the mosaic of canals and deltas that make up the wetlands of the National Park. This is a superbly stealthy way of observing wildlife without disturbing it.

We gently drift along and can expect to see monkeys, caimans, iguanas and hopefully a sloth or two. The bird life is incredible and with 300 different species we are bound to come across some of the more colourful and striking varieties. After lunch, we are taken in a motor boat to explore the Cano Palma; a narrow, palm-filled canal that is separate from the Caribbean Sea by just 200-300 metres of land. If we are lucky, we may be able to spot some of the endangered turtle species on these beaches. We return to the lodge for dinner and overnight.

Leatherback turtles lay their eggs between March and May, and Green turtles between July and October. If you travel in the summer months you might be able to witness the green turtles laying their eggs on the beach at night-time, an incredible great experience. Their eggs incubate in the sand for approximately 2 months, so at Christmas you might see baby turtles hatching and scurrying to the sea - an unforgettable experience.

Meals: **B L D**

**Accommodation**

Lodge with swimming pool

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**DAY 4****Depart Tortuguero by boat and transfer to Sarapiquí. Artisanal chocolate producer tour. Wildlife spotting walk in nature reserve.**

We leave Tortuguero by boat again, navigating along the Rio La Suerte to the town of La Pavona (1hr 30mins). Here we meet our awaiting vehicle and transfer to Puerto Viejo de Sarapiquí, passing many banana and pineapple plantations.

On arrival we visit La Tirimbina Natural Reserve and learn all about the production of one of our favourite foods. The guided tour takes us to a small cacao plantation and we witness the transformation of the cacao pod from harvest, fermentation and drying to today's chocolate. We get to taste different kinds and will learn the story of pre- and post-colonial chocolate. A delicious learning experience!

We then explore the many paths of the reserve with our guide to see who can spot the greatest variety of tropical frogs and birds. In the evening there are optional experiences available, including night-walks and bat watching tours.

Meals: **B D**

**Accommodation**

Lodge

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**DAY 5**

## Floating safari or rafting on the Sarapiquí River. Transfer to Arenal and La Fortuna Village.

This morning we visit the Sarapiquí River, a perfect venue for family friendly aquatic adventures. There are sections of river to suit all ages and abilities, from the gentlest of floating safaris to more exciting whitewater of Grade 2 or 3, but always surrounded by spectacular rainforest and wildlife. Our guide will keep us as a group and decide where best to put us in. Full training and safety equipment is supplied, and we will be accompanied by a great group of experienced and super friendly river guides.

After drying off and some lunch we transfer to La Fortuna, the village at the base of the magnificent Arenal Volcano. Costa Rica's best known volcano is a perfectly symmetrical mountain, built on layers of ash, rock and lava almost 2000m high. We have an optional visit to bathe in the thermal hot springs and have dinner. We check into our accommodation in La Fortuna.

Meals: **B**



**Accommodation**  
Ec lodge

### DAY 6

## Morning to explore the hiking trails and miradors of Arenal National Park. Free afternoon with even more optional adventurous activities on offer.

This morning we explore the many paths, hiking trails and viewpoints that wind their way through the Arenal National Park. We may be rewarded with sightings of deer, coati, hummingbirds, tree frogs and sloth. Birds, insects and howler monkeys will provide the sound track to our morning.

The afternoon is free for us to relax and explore the area in our own time, but there are also many optional activities to choose from, including La Fortuna Waterfall or Spider Monkey Canyon trips.

Meals: **B**



**Accommodation**  
Lodge with swimming pool

### DAY 7

## Hanging bridges treetop tour in Arenal. Transfer to Monteverde and afternoon free to choose from a selection of optional adventures and activities.

This morning we will enjoy a treetop walk in the Arenal National Park, via a network of suspended bridges, rewarding us with a bird's eye perspective over the cloud forest. The canopy is rich and dense in biodiversity and the bridges allow us to unlock its secrets. We will explore the canopy layer accessed by



15 bridges.

After this amazing tour, we set off on our way to Monteverde, circumnavigating the scenic Lake Arenal. This is a long and winding road, and we may break up the journey with a lunch stop at one of the many amazing roadside cafes or bakeries. The main town in Monteverde is Santa Elena, and it is here we stay. Monteverde was founded in 1951 by a group of exiled American Quakers from Alabama, escaping persecution as conscientious objectors. On their arrival, they settled in an area that had once been cleared for dairy farming. Through hard work and dedication to a replanting programme, the commune they founded subsequently led to the creation of a biological preserve that hosts one of the richest ecological systems in the country. The reserve is home to over 100 species of mammals, more than 400 species of birds, including the resplendent quetzal, and 30 local hummingbird species. There are also 120 species of amphibians and reptiles. This is an excellent place for bird spotting and there are several miles of forest trail to explore.

The afternoon is free to explore the local area. There are optional activities available, including a visit to the frog garden to see over 25 different species of frog or, for those seeking the ultimate adrenaline rush, the Extremo Park canopy tour; a collection of 14 zipwires up to 1km in length. We overnight at our hotel here in Monteverde.

Meals: **B**



**Accommodation**  
Lodge

## DAY 8

### **Cookery lesson at a private family-run wildlife sanctuary. Explore the Kinkajou Private Reserve on a night walk.**

This morning, we will head to a small, family-owned and highly eco-conscious wildlife sanctuary where we will receive a warm welcome and a cookery lesson from the owners. The teaching space is a bright and beautiful room with a traditional wood fired stove at its centre, and all manner of plants and flowers dotted about the room, bringing the gardens of this sanctuary into the cooking space. After the last few days of adrenaline and big drives, this laid back morning provides a calming antidote to the prior few days. There is surely no better way to learn of a new country and its culture than by learning about its cuisine and traditions. Our hosts will instruct us collectively through the process of creating a Costa Rican staple dish that will eventually become our own lunch.

As evening falls, we will drive to the renowned Kinkajou Private Reserve to explore the amazing sights and sounds of the forest at night. On a recent visit we saw sloth, olingos, kinkajou, bark scorpions, fireflies, tiny tree frogs, vipers and glass winged butterflies. An intense and exciting torchlit experience not to be missed. We will dine out tonight in one of the many great restaurants in Monteverde, before retiring to our hotel.

Meals: **B L**



**Accommodation**  
Lodge

## DAY 9

### Transfer to Cerro Escondido. Walk to the remote eco-lodge.

We embark on another undulating drive this morning out into the Nicoya Peninsula, a large promontory into the Pacific Ocean full of beach resorts, and inland many lower lying, drier forests. The heat builds, the landscape transforms but still, it teems with wildlife to explore and discover. Just remember to drink plenty of water in the days before, and take plenty on the walk in too.

Packing in a rucksack, what we need for the next two nights (we will need to carry these), we walk for around an hour and a half on a single track path alongside a riverbed through the forest. One section is a stepped ascent up through the trees alongside a waterfall, which we may get chance to visit if the water level allows us easy access. The pools and falls of this river provide space to play and cool off if time allows, whilst also offering the perfect nutrient stores for butterflies to feed on, and there are plenty of varied and beautiful species to spot here. Also keep your eyes peeled for basilisk lizards basking in the dappled sunlight at the waters edge, and tanagers and flycatchers flitting through the trees, catching their next insect meal on the wing.

Eventually we will emerge from the forest to find the remote and idyllic Cerro Escondido Eco Lodge. This eco-lodge was founded by a local environmental NGO and is totally off-grid. Staying here is a very special experience, surrounded by the sights and sounds of the rainforest. The cabins all feature terraces with stunning views across the forest, and hammocks to relax and watch the golden light of dusk shining across the tops of the trees. All meals, with locally produced ingredients, will be served in the communal area of the eco lodge.

Meals: **B L D**



**Accommodation**  
Ecolodge



**Ascent**  
200M



**Time**  
1-2 hours



**Distance**  
3KM

## DAY 10

### Exploring the pristine forests that surround the Cerro Escondido eco lodge.

This morning we will be woken by a dawn chorus of tropical birds and howler monkeys. Whilst staying at Cerro Escondido, our friendly hosts will guide us on a network of paths and trails in this protected region, where we will track and observe the flora and fauna of the region. Our guides will take us to various viewpoints with stunning views across the Gulf of Nicoya and we'll be able to cool off underneath the Velo de Novia waterfall, said to be one of the most beautiful of all waterfalls in Costa Rica. We will return to our eco-lodge for lunch and dinner.



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Meals: **B L D**



**Accommodation**  
Ecolodge

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### DAY 11

#### **Transfer to Tamarindo. Settle in to Pacific beach life and our hillside accommodation overlooking the bay.**

This morning we say a farewell to our hosts and walk back through the forest to meet with our bus. We transfer to Tamarindo. This small resort at the northern end of the Nicoya Peninsula is still relatively off the beaten track, and we will be rewarded with beautiful, white sandy beaches, shaded by towering palm trees. The beach gently shelves into the ocean and is a great spot for paddling and swimming. There are a range of optional activities also available, including surf lessons, horse-trekking and there are small artisan markets on the beach front most days.

Meals: **B**



**Accommodation**  
Hotel with swimming pool

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### DAY 12

#### **Day at leisure at Tamarindo with optional activities available.**

Today will be spent doing exactly as we wish. We can rest and enjoy the beach or take part in any of the optional activities if we still have energy to spare! We mustn't forget to catch the stunning sunset over the Pacific Ocean.

Meals: **B**



**Accommodation**  
Hotel with swimming pool

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### DAY 13

#### **Day at leisure at Tamarindo with optional activities available.**

Today will be spent doing exactly as we wish. We can rest and enjoy the beach or take part in any of the optional activities if we still have energy to spare! We mustn't forget to catch the stunning sunset over the Pacific Ocean.

Meals: **B**

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**Accommodation**

Hotel with swimming pool

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**DAY 14****Transfer from Tamarindo to San Jose.**

After a last swim in the Pacific we set off on the transfer back to San Jose, passing the head of the gulf of Nicoya and the mountain road back into the heart of the country. The journey will take around 3-4 hours.

We should arrive back at the hotel in San Jose with enough time for one final pool swim before our final farewell evening meal.

Meals: **B**

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**Accommodation**

Hotel with swimming pool

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**DAY 15****Departure day. A single transfer to San Jose Airport is provided.**

Your holiday ends after breakfast. A single timed airport transfer is provided.

Meals: **B**

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## Holiday Information

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## What's Included

- A professional and qualified tour leader
- A single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transfers required by the itinerary on private vehicle or boat
- Boat trips in Tortuguero
- National Park entrance fees
- All activities/excursions mentioned except where specified as 'optional'

## What's not Included

- Travel Insurance
- Visas (if applicable)
- Departure Taxes (if applicable)
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

## Joining Arrangements & Transfers

The group will meet at the hotel in San Jose.

A single timed transfer from San Jose Airport to the group hotel is provided. Depending on the departure date of the holiday, this is timed for the British Airways or United Airlines flights from London. The flights depart from the UK in the morning, arriving later the same day (day 1 of the itinerary). Return flights depart in the morning of the last day of the itinerary, arriving in the UK the following morning.

Please note arrival and departure times can vary with departure date - please check before making arrangements. On certain departure dates there are direct British Airways flights.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All breakfasts, 5 lunches and 5 dinners are included. You should budget US\$10 - \$15 per meal not included.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Costa Rican food is generally flavourful but fairly mild (not too spicy). The most popular dish is 'gallo pinto' which is black beans and rice. Main meals are based around beans and rice, and will be accompanied by vegetables or fried plantains, and meat (chicken or beef) or fish. Dessert is usually a selection of fruits. Breakfasts are usually fruit and yogurts and sometimes eggs. Lunch can vary from sandwiches to rice and beans!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this holiday we stay in hotels, lodges and 1 night in a simple lodge in the rainforest. The accommodation has been chosen for its location, suitability for families and sustainability credentials. You will find that much of the accommodation has dining areas which are open at the sides and that you can hear and watch the sounds of the surrounding forest whilst enjoying your meal or drinks.

We stay at a centrally located hotel in San Jose on the first and last nights of the holiday. In Tortuguero, we stay at a lodge which consists of a series of simple wooden cabins among beautiful tropical gardens and adjacent to the canal waterways. Our lodge in Sarapiquí (1 night) is an eco-lodge in the rainforest and part of a rainforest research centre. In Arenal (2 nights), we stay in a hotel with views of the volcano and a swimming pool set in pleasant grounds. In Monteverde (2 nights) we stay in hotel, in an area surrounded by forest with easy access to all the natural wonders and sights. The eco lodge at Cerro Escondido (2 nights) is in a remote location and requires a walk of around 1-2 hours to get there. It is a very special place to immerse yourselves into the jungle for unparalleled wildlife spotting. At Tamarindo (3 nights) we stay at a larger, hillside hotel with a swimming pool overlooking the bay. These descriptions are based on our preferred accommodations, but these are subject to change.

Children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members. If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/multi-bed rooms, possibly with bunk beds for the children. Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

If you wish to extend your holiday at Tamarindo or in San Jose, additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will also be a driver for the vehicle. While rafting there will be one raft for 6 to 8 clients and there will be one experienced river guide for each raft. Other specialist local guides will be used on certain tours and areas.

## Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

## Spending Money

Our Costa Rica family adventure is packed with exciting included activities, but we have added a couple of further options for those wanting to fill their days with action!

Approximately £200-250 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in many of the towns that we will visit. US dollars can be used directly to purchase many goods and services in Costa Rica though not necessarily at the most favourable rate of exchange. Credit cards are useful, especially for the optional activities, and it is also a good idea to carry one in case of emergency.

## Optional Activity Costs:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in USD. Optional activities taken outside the KE holiday are at your own risk. To avoid disappointment please discuss your activity requirements with the guide on arrival in Costa Rica, and then they can be booked for you.

### Sarapiquí:

- Nightwalks in the Tirimbina Nature Reserve: 29 USD per adult, 20 USD per child (plus taxes)
- Morning birdwatching tour: 29 USD per adult, 23 USD per child (plus taxes)
- Bat programme and watching tour: 29 USD per adult, 22 USD per child (plus taxes)

### Arenal:

- Ecotermas : 44 USD per adult/ 26 USD per child
- Additional activities at [Mistico Arenal Hanging Bridges Park](#): various activities available from canyoning (Spider Monkey Canyon), night walks and more.

### Monteverde:

- Extremo Park Canopy Zipline Tour: different options from 55 USD per adult, 40 USD per child
- Frog Gardens: 15 USD per adult, 12 USD per child

### Samara Beach:



- Surf lesson: from 50 USD per person
- Matambu village visit: 40 USD per adult, 25 USD per child (with lunch)

## **Guidance on Tipping**

Tipping is the accepted way of saying 'thank you' to you leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

## **Beat the Jet Lag**

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

## **Baggage Allowance**

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011\* you will have to apply for a visa rather than the Visa Waiver Programme (\* a full and up to date list of countries can be found on the US government website [here](#).)

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

## Visa Costa Rica

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

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 and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

If you are travelling to Limon Province (on the east coast of Costa Rica, including Tortuguero National Park) there is a low Malaria risk. Please consult with your GP whether you require Malaria prophylaxis.

## Currency

The unit of currency in Costa Rica is the Costa Rican colon.

## Climate

Costa Rica has a generally hot and humid climate. The days are warm and generally sunny with temperatures between 20 - 28°C. However, Costa Rica is a tropical country and it can rain anywhere at anytime. The Caribbean coast is usually wetter than the Pacific side of the country and some rain can be expected in the Monteverde Cloud Forest at any time of the year.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Please note that it is now prohibited to enter any national park in Costa Rica with any form of single use plastic, including bottles, plastic bags etc.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You **SHOULD** bring the following items:

- Lightweight hiking boots / Approach shoes / Trainers
- Sandals (to be used in rafting as well)
- Shirts / T-shirts / Tops
- Lightweight trousers

- Shorts / Skirt
- Socks & Underwear
- Fleece jacket or warm jumper
- Lightweight waterproof overtrousers
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Sunglasses

Daypack 20 - 30 litres (Depending on how much of the kids stuff you will be carrying). Note you will need to carry your overnight belongings for a 1 hour walk to the accommodation for the 2 nights at Cerro Escondido.

- Headtorch and spare batteries
- Small towel
- Swimwear
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Sun protection (including lips)
- Antibacterial handwash

Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),

- painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

## The following items are optional:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Umbrella
- Games / books etc
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

It pays to remember when outfitting your family that KE clients are entitled to a 15% discount at Cotswold Outdoor.

All specialist equipment required for the activities provided on the holiday is included.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in San Jose. A single transfer is included from/to San Jose Airport.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to San Jose, Costa Rica. The flights will depart from the UK in the morning, arriving later the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

# Why Choose KE



## Why KE

Our newly-revised family holiday ticks off the renowned national parks and reserves of Tortuguero, Arenal and Monteverde, but also visits the quieter and more relaxed Pacific beaches of the Nicoya Peninsula. We have packed in an awesome range of adventurous activities and wildlife experiences whilst still allowing you some time to experience the best of Costa Rica on your terms.

**Please Note** This document was downloaded on 17/05/2024 and the trip is subject to change