

Wild Costa Rica and Panama

Trip Code: WCP

Version: WCP Wild Costa Rica and Panama



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Discover Tortuguero's incredible tropical wildlife with expert guides
- Explore a unique ecosystem in the cloud forest canopy of Panama's Baru National Park
- Relax on uninhabited idyllic islands scattered off the Pacific Coast
- Visit the famous Panama Canal and watch the locks in operation
- Take a whale-watching cruise and witness turtle-nesting first hand

AT A GLANCE

- 5 days of trekking
- Snorkelling
- Canopy and zipline tours
- Remote island exploration
- Join at San Jose, end Panama City

ACCOMMODATIONS & MEALS

- 13 Breakfasts
- 4 Lunches
- 4 Dinners
- 3 nights Hotel
- 3 nights Ecolodge
- 2 nights Bungalow
- 3 nights Chalet
- 2 nights Hotel with swimming pool

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

Introduction

Costa Rica and Panama are two diminutive countries that pack a punch when it comes to adventure and unparalleled immersion into wild, untamed jungle; mist-shrouded cloud-forest and untouched coastline. Costa Rica is rightly renowned for its incredible biodiversity; but for many Panama remains an enigma, far off the beaten track. This is a region rich in nature and steeped in a fascinating history of conquistadors, marauding British pirates and the tragic human story behind the construction of the Panama Canal. Our adventure starts in San Jose; walking the trails of some of its premier national parks and reserves including the trails of Tirimbina Biological Reserve, the world-famous turtle-nesting beaches of Tortuguero National Park and the protected coral reefs in the Caribbean Sea. Crossing the land border into Panama, we explore pristine cloud-forests dominated by the towering Volcan Baru from a range of hanging bridges suspended high in the canopy. There is also a zip-line tour which enables us to safely fly across the valleys and tree-tops, affording us a unique perspective of the landscape. We continue to the Chiriqui National Marine Park off the Pacific Coast, and by boat explore remote untouched islands and coral reefs. During the whale-watching season we will head to the area renowned for observing these majestic mammals. Flying internally to Panama City, our action-packed adventure nears its end. Before we leave, however, we will walk the atmospheric streets Casco Viejo and visit the impressive Miraflores Locks on the Panama Canal, where we can observe ships passing through the gigantic locks. We stay in a range of comfortable hotels, chalets and eco-lodges, all picked for their character or convenient location.

Is this holiday for you?

We have designed this itinerary for those wanting an adventure featuring the very best that natural Costa Rica and Panama have to offer. This active holiday is packed with easy walking along trails that discover protected wildlife reserves and unique experiences including plantation tours, island-hopping by boat and exploring the Panama Canal. There are two opportunities to explore coral reefs by snorkel, so confidence in the water and an ability to swim would be beneficial. None of the walks are more than a few hours in duration, meaning this is a holiday that unfolds at a relaxed and enjoyable pace.

Itinerary

Version: WCP Wild Costa Rica and Panama

DAY 1

Arrive into San Jose. Transfers to the group hotel are provided.

Meet at the group hotel, where KE Land Only service begin. Transfers for all arrivals on Day 1 of the itinerary, from the international airport to the group hotel, are provided. Meet the group and the leader for a briefing in the evening.

Meals: **D**



Accommodation
Hotel

DAY 2

Walk to the observation points above Poas Volcano. Transfer to Sarapiquí and take a cacao plantation tour at Tirimbina. Explore the reserve's hanging bridges on foot.

This morning, we depart from San Jose to Sarapiquí. On the way, we stop off to explore Poas Volcano National Park. The active volcano here is easily accessible by a short walk, and features one of the largest active craters in the world. The green, sulphuric waters are shrouded in mist making for an atmospheric visit. We can stretch our legs with a scenic walk to the nearby Botos Lagoon. After our brief visit, we continue north to the Tirimbina Biological Reserve where we cross a series of hanging bridges through the rainforest to enjoy a fascinating cacao plantation tour, which takes us through the whole chocolate production process from bean to bar. We check into our rainforest lodge and have the rest of the afternoon to explore the trails of the reserve surrounding the lodge at our leisure. As a reserve dedicated to the conservation of Costa Rica's incredible wildlife, there will be plentiful opportunities for spotting and observing a bewildering array of flora and fauna.

Meals: **B**



Accommodation
Ec lodge



Time
2hrs



Distance
4KM

DAY 3

Transfer to Tortuguero National Park on the Caribbean coast. Walking tour of Tortuguero Village.

We will awake early and transfer eastwards towards the Caribbean coast. After a drive of around 2.5hrs, we arrive at La Pavona Dock where we board shared boats and enjoy a 2hr cruise along the Rio Suerte to our destination, Tortuguero National Park. The reserve here is a network of backwaters featuring canals, lagoons and islands. The area is extraordinarily rich in biodiversity and these natural waterways are perfect for wildlife spotting by canoe. Tortuguero is best known as an important nesting site for turtles; including green sea, leatherback and hawksbill varieties. Depending on the season, it may be possible to observe this incredible spectacle at night. Along the way, we may well spot a range of wildlife from our boat. After arrival into Tortuguero, we check into our eco-lodge and take a walking tour of the village; visiting the church and centre to learn about its Caribbean culture.

Meals: **B L D**

	Accommodation Ecolodge		Time 1hr		Distance 1KM
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DAY 4

Explore the backwaters and natural canals of Tortuguero by boat for wildlife spotting in the morning. Trek to the summit of Cerro Tortuguero.

After breakfast, we take a 2hr wildlife-spotting boat tour of the natural canals and backwaters of the National Park, undoubtedly one of the highlights of this itinerary. The small motorised canoes are by far the best way to observe wildlife in their natural habitat. We will hope to spot turtles, caiman, otters, monkeys (including spider, howler and capuchin) and hundreds of birds (such as toucans, macaws, Amazon kingfishers and egrets). In the afternoon, we take a short boat ride to the foot of Cerro Tortuguero, the remains of an ancient volcano and the reason behind the black volcanic sands. Cerro Tortuguero is a steep and strenuous climb, rewarding us with views across the national park. We return by boat, back to our accommodation at Tortuguero Village.

Meals: **B L D**

	Accommodation Ecolodge		Ascent 150M		Descent 150M		Time 3hrs		Distance 4KM
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DAY 5

Transfer to Puerto Viejo de Talamanca. Orientation walking tour of town and rest of day free to relax and soak up the Caribbean vibes.

We leave Tortuguero early in the morning, departing by boat back to La Pavona Dock. We will be met by our private vehicle and transferred further along the beautiful Caribbean coastline to Puerto Viejo de

Talamanca. This seaside village has a distinctly laid-back vibe, and the centre offers fun and relaxation at its dancehalls and bars. Further out, we will find surf beaches, tropical fruit farms and traditional family homes. We will explore the town on a leader-led orientation walk and there is the option of hiring bicycles to explore the town and surrounding area.

Meals: **B L**

	Accommodation Bungalow		Time 1hr		Distance 1KM
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DAY 6

Take a boat to Cahuita National Park to snorkel off the coral reefs. Walk the nature trails through the national park.

Today we will board a boat and set off across the Cahuita National Park, a protected marine area covering beaches, lowlands and sea. From our boat, we will be able to explore the reef system by snorkelling with a guide. There are many species of coral, shellfish and fish to observe and it may even be possible to spot a turtle swimming by. Returning to Punta Cahuita, we will walk along some of the local nature trails, watching out for monkeys, butterflies, snakes and spiders.

Meals: **B**

	Accommodation Bungalow		Time 2hrs		Distance 3KM
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DAY 7

Cross the border into Panama and undertake a scenic transfer to Boquete.

The journey to Boquete will involve crossing the land border into Panama and a long, scenic drive. Transiting through the border can sometimes take an hour for the formalities, but we will soon be on our way, leaving the tropical humidity of the Caribbean Coast as we slowly gain altitude into the Chiriqui Highlands of Eastern Panama. Here, the mountains are cloaked in cloud-forest and scattered coffee plantations. Boquete is a particularly picturesque highland town, surrounded by beautiful scenery and forests that are home to howler monkeys and the resplendent quetzal. In the evening, we will be treated to dinner before staying the night in Boquete.

Meals: **B D**

	Accommodation Chalet
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DAY 8**Explore the cloud forest's tree-tops by a network of hanging bridges. Coffee plantation tour.**

Today we will explore the crystal-clear creeks, waterfalls and forest reserves surrounding Volcan Baru. We will ascend onto a circuit of 6 hanging bridges that allow us to explore the forest canopy, led by a local guide. This unforgettable experience will afford us a unique perspective on the Panama's flora and fauna. There are many trails on the ground that we will take to explore the area's natural beauty. In the afternoon we will enjoy a plantation tour at one of the coffee farms where we learn all about how the coffee 'cherry' is grown, developed into a coffee bean. We will follow the process through the roasting to discover how this can affect the final taste. An all-important coffee tasting will follow this! This area's most sought-after export is the floral Geisha coffee bean, said to be one of the most expensive in the world. We return to our Boquete hotel to overnight.

Meals: **B L**

	Accommodation Chalet		Ascent 100M		Descent 100M		Time 4hrs		Distance 5KM
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DAY 9**Glide through the landscape on an exciting zip-line canopy tour. Walk along the nature trails in the forest.**

A zip-line canopy tour enables us to fly through ancient mist-shrouded forests, soaring over rivers, waterfalls and valleys. The tour is over 4km in length, along 12 separate zip-lines. Those feeling a little nervous can be reassured by the progressive nature of the zip-lines and the highly experienced guides that will accompany us. There is the option of exploring the forest trails further, should you choose not to undertake the zip-line tour.

Meals: **B**

	Accommodation Chalet
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DAY 10**Transfer to the Pacific Coast and the Chiriqui National Marine Park. Mangrove boat cruise at sunset.**

We set off on a picturesque drive from the Chiriqui Highlands and descend towards the Pacific Coast. Our destination is the idyllic village of Boca Chica. Here, we settle into our comfortable hotel and relax for the rest of the afternoon, perhaps by the pool with a good book. This evening, we have an

introduction to the stunning coastline by way of a very special experience. We will set off on a motorboat and explore the waterways that lay between the islands and mangroves of the National Marine Park. Our guide will help us spot a wide variety of birds, including pelicans, storks and the rare reddish egret and in the mangroves we may spot a range of monkeys. We will return as the sun sets, turning the sky an astonishing hue. If we are lucky, we may be joined by playful dolphins as we speed our way back to our hotel.

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 11**Whale-watching and island hopping boat cruise. Rest of day at leisure.**

We once again depart by boat and this morning set off to explore a string of tiny picture-postcard perfect uninhabited and remote islands. Our boat will gently set us down for a 'wet landing' on the soft, sun-bleached sand and we will have some time to wander in the shade of palms or cool off with a swim. Snorkelling equipment is available for those who would like to undertake some exploration underwater to try to spot tropical fish or the odd sea turtle passing by the Gulf of Chiriqui. During the whale-watching season (between late July and October), we will head to an area where humpback whales can be observed basking and breaching, often with their young calves. This area boasts a high success rate for being able to witness these majestic mammals in their natural habitat. After a fabulous morning of island exploration, we return to our hotel to spend the rest of the day relaxing in our lovely surroundings. Sat outside on the terrace in the evening, you may be able to enjoy the spectacle of the distant islands and mangroves being lit up by lightning, accompanied by the roar of howler monkeys- an unforgettable sensory experience!

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 12**Fly to Panama City. Walking tour of the old quarter of Casco Viejo and visit the fascinating Frank Gehry-designed Bio Musea.**

From Boca Chica, we set off early to transfer to the airport at David for our domestic flight to the vibrant capital, Panama City. Located on the Pacific Ocean, Panama City is like no other Central American city. Soaring glass skyscrapers stand shoulder-to-shoulder over the waterfront whilst the colonial facades of Casco Viejo hints at Panama's rich history. An incredibly strategic position on the natural isthmus led to the city founded in 1519, by the Spanish conquistador Pedro Arias Davila. Being the narrowest point of

the Americas meant that gold and precious jewels seized by the Spanish along the Pacific Coast was transported overland from Panama City to the stronghold of Colon on the Caribbean coast to be whisked away back to Spain. This concentration of wealth flowing through Panama soon drew attention of marauding British seafarers including Sir Francis Drake (who was buried at sea in Panamanian waters!) and the privateer Henry Morgan. We take a walking tour of Casco Viejo (the historic colonial quarter of Panama City) to witness the contrast between the modern gleaming towers and the old churches, crumbling facades and cobbled streets. In the afternoon, we visit the Bio Musea, a museum exhibition focused on the natural history of the isthmus of Panama. Here we learn how this natural rock bridge formed, linking two continents together creating a massive impact on the planet's biodiversity. The architectural wonder of the museum itself is worthy of a visit, designed by Frank Gehry who also created the Guggenheim in Spain.

Meals: **B**



Accommodation
Hotel



Time
2hrs



Distance
3KM

DAY 13

Visit the Panama Canal. Tour of the Miraflores Locks. Rest of day at leisure.

Sometimes known as the 8th wonder of the world, the Panama Canal is one of humankind's greatest engineering feats. The installation of locks at both Panama City and Colon resulted in the deliberate flooding of a wide cross-section of the isthmus with waters that flow from the rainforest. A canal across the Panama was first discussed by the King of Spain in 1534 and it wasn't until the late 19th century that an attempt to construct a canal was made by the French. Stricken by tropical illnesses and accidents, the project was abandoned, ending in scandal after the deaths of an estimated 22,000 men and the loss of countless dollars. The United States took the project up in 1904, completing it in 1914. The first year saw 1,000 ships passed through, having been raised 26 metres above sea-level, avoiding the treacherous 8,000 mile voyage sailing around South America. The number has now increased to around 15,000 ships per year. We will visit the Miraflores Locks, where a fascinating exhibition recounts the inconceivable and tragic human cost of this engineering endeavour. The visitor centre also has a viewing terrace where we can get a bird's eye view of the extraordinary sight of container ships and cruise ships passing through the locks with mere inches to spare. After lunch, we have the rest of the afternoon at leisure to relax and reflect on a unique and diverse adventure.

Meals: **B**



Accommodation
Hotel

DAY 14

Transfer to the international airport for departure flight. Transfers to the airport are included.

After breakfast, we transfer to the international airport in time for our flight home. A transfer from the group hotel to the airport is included.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be 'dry' landings where you step onto a pier and at others you will make 'wet' landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day [Galapagos Islands Adventure](#), for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our [Galapagos Cruises aboard the luxury Monserrat Motor Yacht](#).

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
US\$3,505 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed transfers on arrival and departure
- All land transport required by the itinerary
- The internal flight from David to Panama City
- All accommodation as described
- Meals as described in the Meal Plan
- All activities/excursions/entrance fees mentioned unless specified as 'optional'

What's not Included

- Travel Insurance
- Airport transfers other than group transfers
- Tips
- Miscellaneous expenses - drinks and souvenirs etc.
- Some meals as described in the Meal Plan
- Any additional activities/excursions indicated as optional

Joining Arrangements & Transfers

Transfers from San Jose International Airport to the group hotel are provided for all passengers arriving on Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary, transfers are provided for all passengers to Panama City Airport.

If you wish to arrive or depart on different days we can provide private transfers at an additional cost. Taxis are also readily available.

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

Meal Plan

Included in your holiday price are all breakfasts, 4 lunches and 4 dinners. On the days where we are in locations with a variety of options, the choice is yours. This means you will pay directly for a total of 10 lunches and 9 dinners. We recommend you budget £8-£20 per meal.

Food & Water

The cuisine in Costa Rica and Panama makes the most of the fresh fruits and vegetables that grow in abundance here. Influences stem from a mix of indigenous, Caribbean and Spanish dishes. Breakfasts will nearly always include delicious local fruits such as pineapple, watermelon and papaya; along with eggs and 'gallo pinto' which is the local dish of black beans and rice. Lunch can often be a sandwich for those on the move, but also meat or seafood dishes served with salad. Tamales are an Aztec dish consisting of little morsels of meat and vegetables wrapped up in a cornmeal dough and steamed in plantain leaves. Carnivores will be delighted to discover chicharrones: crispy, fried pork; very much in the style of pork scratchings! Dinners are usually meat- or fish-based with rice and beans and vegetables. More familiar dishes are available too. Dessert is usually a selection of fruits or a small, sweet pudding known as 'tres leches' (a dessert made of milk prepared three ways). Both Costa Rica and Panama are famed for their coffee, and you can also find refreshment with cane-sugar water or fresh tropical fruit-juice. The craft-ale scene is booming in both countries, and there are many micro-breweries producing some lovely beers, and you can find some exquisite sipping rum too.

Accommodation

We will stay in a range of comfortable tourist class hotels across Costa Rica and Panama, which have been selected for their convenient location and/or charm. In San Jose and Panama City, we will stay in centrally located hotels, whilst in Sarapiquí and Tortuguero the group will stay in rustic eco-lodges that allow us to truly feel immersed in the stunning rainforest. In Puerto Viejo, we stay in bungalows situated close to the beautiful Caribbean beach and the Boquete accommodation will be a collection of chalets, nestled in the cloud forest.

A highlight of the holiday will be our hotel in Boca Chica, which offers stunning views across the Chiriqui Gulf, dotted with mangroves and remote, uninhabited, islands that can be accessed by speedboat.

Accommodation is based on twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, 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.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately £500 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 and at borders. Additionally, you will be able to get currency from bank ATMs in many of the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

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. For the internal flight, you are restricted to one piece of checked-in luggage with a limit of 23kg and one piece of carry-on luggage with a limit of 10kg.

General Information

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 passport holders do not require a visa for short stays.

Visa Panama

UK passport holders do not require a visa for short stays. You should carry proof of onward or return travel.

Currency

The unit of currency in Panama is the Balboa, however the US dollar is also a legal currency and this is the easiest currency to use.

Climate

Costa Rica and Panama both have a hot and humid climate. The days are warm and generally sunny with temperatures between 20 - 28°C. However, these are tropical countries and it can rain anywhere at anytime. Rainfall is typically tropical in nature, which means heavy downpours for perhaps an hour, giving way to blue skies and sunshine.

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 before travel, all KE clients visit the official UK Government website at 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 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 directly 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.

Books

Costa Rica Wildlife: A Folding Pocket Guide To Familiar Species - James Kavanagh (2001)

The Path Between The Seas - David McCullough (1999)

Empire Of Blue Water: Captain Morgan's Great Pirate Army... - Stephan Talty (2007)

Hell's Gorge - Matthew Parker (2008)

The Cloud Garden - Tom Hart Dyke and Paul Winder (2004)

Theodore Rex - Edmund Morris (2002)

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Sandals (such as waterproof Tevas)
- Rash-vest or T-shirt to wear under a buoyancy aid during snorkelling
- Socks & underwear
- Trekking trousers
- Shorts (useful for boat landings)
- Baselayer shirts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Lightweight waterproof over trousers
- Sunhat
- Sunglasses
- Daypack 20-30 litres (with rain cover)
- Dry bags
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)

- Water bottles 1 Litre (2 pint) x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent (DEET)
- Small travel towel
- Small padlock

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

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

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles
- Mosquito net (in most establishments the windows have netting, however it is prudent to bring one as well)
- Travel clothes
- Flipflops for casual wear and evenings
- Swimwear
- Binoculars
- Umbrella & poncho
- Gaiters

- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Camera
- Snorkel & Mask – these will be provided but you may have your own you wish to use
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in San Jose, Costa Rica and ending in Panama City, Panama. For clients making their own flight arrangements, San Jose Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details. This tour finishes in Panama City.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to San Jose. Outbound flights will usually depart from the UK in the morning, arriving the same day (day 1 of the Land Only itinerary). Return flights will depart from Panama City usually in the afternoon on the last day of the itinerary, arriving in the UK the following morning. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Why Choose KE

Why KE?

Costa Rica and Panama combine to create a fabulous adventure holiday! Our unique itinerary takes in our favourite easy trails and protected nature reserves. Whether it's wildlife spotting on the turtle-nesting beaches of the Caribbean, traversing through cloudforest treetops on hanging bridges or witnessing one of humankind's most impressive feats of engineering in the Panama Canal; this adventure is packed with unforgettable experiences!

Please Note This document was downloaded on 14/07/2025 and the trip is subject to change