Costa Rica Walks and Wildlife

Trip Code: CWW

Version:

WALK & TREK	GUIDED GROUP	3 LEISURELY



HIGHLIGHTS

- Delve into lush rainforests and explore stunning waterfalls and beaches
- Trek the slopes of Arenal Volcano
- Spend 3 nights on the remote Osa Peninsula and visit the Corcovado National Park
- Walk amongst abundant colourful birdlife, including the elusive quetzal
- Spot incredible wildlife endemic to Costa Rica such as coatis, sloth, tapir and monkeys

AT A GLANCE

- 3 days exploration by boat at Corcovado
- 10 days walking and sightseeing and beach
- Max altitude: 3,400m (road pass)
- Join at San Jose

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Costa Rica is well named the 'jewel of Central America', with its tropical rainforest, active volcanoes, deserted beaches, colourful wildlife, perfect climate and friendly people; experience it all on this exciting wildlife and walking adventure holiday. We begin our amazing adventure in Costa Rica with some scenic walks beneath Volcan Arenal and on Rincon de la Vieja. We have three days to explore the trails and enjoy the mud pools, hot springs, waterfalls and abundent wildlife. Heading south we stop overnight at Los Campesinos Ecolodge, a community conservation project, before embarking on a 3-day trip to the Osa Peninsula, the gateway to the Corcovado National Park. Journeying by boat, we will be on the lookout for dolphins, whales and turtles, explore the remote and biodiverse areas of the Peninsula including snorkelling at El Cano Island. Our wildlife bonanza holiday is rounded off as we go in search of quetzals and other exotic bird species at San Gerardo de Dota and in the El Copal Reserve. This walking and wildlife holiday is designed to take us to the lesser-known places away from the crowds and main stream tourists, yet allows us to experience the best of this remarkable country.

Is this holiday for you?

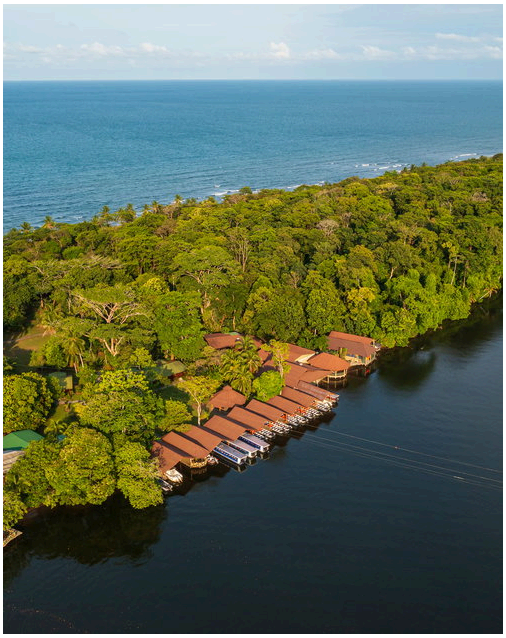
This adventure holiday is designed to provide an insight into the many different elements that define Costa Rica. It is not intended to be a long or continuous walking holiday. Whilst we do reach a maximim alittude of 3,400 metres crossing the highest road pass, none of the hiking is above 1,500 metres on this trip. We have a couple of days with some longer walks (4 to 6 hrs) through the forest with some steeper ascents and long descents. We may also experience some slippery mud underfoot as rain showers are not unusual in Costa Rica. The main focus during these the walks on this trip will be looking for wildlife and observing the different climatic zones and types of rainforest. We spend some time on boats admiring the forest, beaches and islands - so you should not have a fear of water and there will be a number of 'wet' landings on the beach. The holiday has a mix of short and longer walks with wildlife viewing being the main objective, and other activities including snorkelling. The distances and timings for the walks provided in the itinerary are a guideline only and may differ depending on the weather and trails chosen by the guide to maximise your chances of seeing the best wildlife on the day. Some flexibility is required, especially during the rainy season.

Itinerary

Version:

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.



Costa Rica's Tortuguero National Park Extension

Tortuguero National Park is a breath-taking natural wonder, home to lush rainforests, pristine beaches and winding lagoons, it provides an area of exceptional biodiversity.

Its beaches are world-renowned as crucial nesting grounds for endangered sea turtles, including Loggerheads, Hawksbills, Greens, and Leatherbacks. The park also shelters an incredible variety of wildlife, such as jaguars, three-toed sloths, and four species of monkeys. Bird enthusiasts will delight in spotting vibrant kingfishers, toucans, and parrots among the hundreds of bird species found here.

Nestled between the picturesque Tortuguero canals and the Caribbean Sea, Laguna Lodge offers an idyllic retreat just a short walk from Tortuguero town. The lodge features 54 comfortable rooms, each equipped with private facilities, ceiling fans, and serene garden views. Guests can explore the on-site butterfly garden, iguana and frog gardens, take a refreshing dip in the swimming pool, or enjoy a game on the sand volleyball court.

Included in your stay are two guided canal boat tours, offering the chance to explore different waterways teeming with wildlife, as well as a village tour to experience local life, visit the museum, and stroll along the scenic beaches. For those seeking more adventure, optional activities (available at an additional cost) include a night walk, fishing excursions, and the unforgettable opportunity to witness sea turtles nesting under the stars.

Note: Tortuguero is not a beach resort and swimming is not recommended because of strong currents and large waves.

4 days from
US$1,035 per person

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed airport transfers on arrival and departure
- Meals as described in the Meal Plan All land / boat transport required by the itinerary
- All activities/excursions/entrance fees mentioned unless specified as 'optional'
- Entrance fees at the National Parks: Volcan Poas / Volcan Arenal / Volcan Rincon de la Vieja / Isla del Cano and Corcovado
- Visit to the private reserves at Los Campesinos and San Gerardo de Dota

What's not Included

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

Joining Arrangements & Transfers

The group will meet at the hotel in San Jose.

A single group transfer from / to San jose airport is provided.

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

Meal Plan

All meals except for 2 dinners when you are in San Jose are included in the holiday price. You should budget US$15 - $20 per meal for these non-included meals.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Costa Rican food is generally flavourful but fairly mild (not too spicy, unless of course you choose to add the local chilli sauce). Breakfasts include delicious local fruits such as pineapple, watermelon and papaya, as well as bread, eggs and 'gallo pinto' which is the local dish of black beans and rice. Lunch can vary from sandwiches to fish/meat dishes or local tamale (a dish wrapped in banana leaves). Dinners are usually based around beans and rice, and will be accompanied by vegetables or fried plantains, and meat or fish. There are western style dishes available too. Dessert is usually a selection of fruits or a small sweet dish such as 'Tres leches' (a dessert made of milk prepared three ways). On the whole the tap water is safe to drink, there are some exceptions to this so please check with your guide on arrival. Fresh fruit drinks are often served with your meals.

Accommodation

We will spend two nights at a hotel in San Jose in a conveniently located hotel.

In Arenal and Rincon de la Vieja, we will stay in comfortable eco-lodges with great access to Costa Rica's national parks. At Los Campesinos and at El Copal we will stay in traditional and rustic cabins with basic facilities, which offer an authentic community experience. The cabins at El Copal have shared bathroom facilities. For the 3 nights at the lodge on the Osa Peninsula we will stay in en suite rooms. Some of the accommodations that we stay at have swimming pools.

With the exception of our night in El Copal, all accommodation is twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms (not available at Los Campesinos and El Copal) are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Please note that some of our accommodation is 'off-grid', powered by discreet generators for a few hours each evening or by solar energy. Evening meals may even be served by candle light. When the power goes off you will experience the magic of total darkness that can only be found in such a remote area. The ambience and abundance of wildlife surrounding offered by the remote location far outweighs the modest facilities. It is important that you remember to bring a head torch with you.

Group Leader & Support Staff

The group will be accompanied by a professional and qualified tour leader.

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 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

We estimate that US$250-300 should be sufficient to cover your spending requirements including the 2 evening meals which are not included, tips for drivers and trek staff, airport tax (on departure from San Jose, it is possible you will be required to pay US$32 airport tax, occasionally this is included in your airline ticket) and other incidental expenses such as snacks and alcoholic drinks. US dollars can be used directly to purchase most goods and services in Costa Rica. The optional visit to the hot springs at Arenal is approx US$30. It is not necessary to purchase local currency (Colones) outside the country. Credit and bank cards can be used to withdraw cash at ATMs in San Jose or at the airport. Credit cards can also be used at most restaurants in San Jose, and are particularly useful for more expensive souvenirs.

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. For full groups we advise around $40-50 per person total.

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

There is no restriction on the weight of your luggage other than that imposed by your airline. A soft bag with wheels or a trek bag is ideal for this holiday. Lightweight clothing is the order of the day for the majority of this trip and you will have a more comfortable travel experience if you pack as light as possible.

For the overnight at Los Campesinos (day 7) you will need to carry your personal belongings as there will be no access to your main baggage on this night. For the 3 nights on the Osa Peninsula (days 9-12) you should leave the majority of your baggage in Sierpe and take only what you require . You can use your day pack for this, or bring a separate smaller bag. Please note that you may be required to carry your baggage from the beach to the accommodation on arrival. We suggest you pack your items in dry bags. Towels and bedding are provided. For your night in El Copal you may be required to carry your overnight items, however this is only for the final 500m of the walk as the vehicles may not be able to make it up the final hill. Please do not worry about carrying your baggage as there are usually some people around to help if needed.

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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK 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. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Costa Rica

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

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an adventure holiday by getting some additional exercise. The fitter you are, the more enjoyable you will find the experience. Regular hiking in hill country is the best preparation but running, cycling and swimming are also good.

Climate

Costa Rica enjoys sunshine throughout the year, with an average of around 2,000 hours annually. The dry season, or *summer*, runs from December to April, when the sun is at its strongest. During this period, visitors can expect warm, generally sunny days with average temperatures between 20-30°C – ideal for outdoor activities. At higher elevations, such as the crater rims of Poás and Rincón de la Vieja, temperatures are noticeably cooler.

Being a tropical country, rain is possible anywhere at any time. The rainy season, from May to November, brings wetter conditions and higher humidity, but it's also when the landscape is at its most lush and vibrant. Temperatures remain fairly consistent with those of the dry season. Typically, days begin hot and sunny before clouds build in the afternoon, leading to a few hours of rain that usually clear by evening.

Humidity averages between 70% and 80%, and it can make the heat feel more intense. Staying hydrated and wearing loose, breathable clothing is recommended.

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. All other nationalities should check their government websites for relevant information.

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.

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.

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

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 (like tevas suitable to get wet)
- Rash-vest or T-shirt to wear under the life vest 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 overtrousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 35-45 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 (to lock your bag)
- 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 - a certain amount of snorkel and masks are available in Corcovado, but if there is a large group then the equipment will need to be shared.
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTES:

For certain nights you will be required to pack a separate bag with minimal belongings so you may wish to bring a lightweight fold away bag. See baggage allowance for detailed information.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

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

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 the 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 walks and wildlife holiday in Costa Rica is packed with fantastic wildlife spotting opportunities and walks through this stunning country. We use a range of hotels and lodges best suited to give us access to steamy jungles, cool cloud forests and sublime, remote beaches. Guides are selected for their expert wildlife knowledge and will ensure you don't miss a thing!

Please Note This document was downloaded on 22/11/2026 and the trip is subject to change