



## Rainforest & Restful Retreats in Costa Rica Trip Notes

 **Ways to Travel:** Guided Group, Tailor Made Adventures  
 **Destinations:** Costa Rica  
 **Programmes:** Exodus Edits

Trip Code:  
**EUC**



**8 Days** Land only

### Trip Overview

Costa Rica, the crown jewel of Central America, has it all. Biodiversity. Pristine jungles. Superb beaches. There's a flurry of adventure planned on this week-long jaunt. You'll tube the Rio Celeste. Swing through the jungle Tarzan-style. Search out exotic wildlife. Soak in thermal baths. Learn to ride a wave in one of the world's surfing meccas. What's not to love? And it's all possible with just five days annual leave.

### At a Glance

- 7 nights accommodation in comfortable hotels
- Free arrival and departure transfers for everyone

### Is This Trip for You?

- The nature walks occasionally involve walking on rough paths. During times of heavy rain, trails can be muddy and slippery and extra care should be taken
- The trip may not be suitable for those with reduced mobility. However, please contact customer services to discuss the trip and your requirements

**Min group size:** 6

**Max group size:** 16

### Itinerary



## **Land Only**

**Start City:** San Jose

**End City:** Liberia

## **Land Only Itinerary**

---

### **Day 1**

#### **Explore San Jose in your own time**

On arrival at San Jose airport, you'll be met and taken to your hotel, Studio Hotel in Santa Ana. The rest of the day is yours to shake off the flight and venture out to San Jose (or Chepe, as the locals call it) at your own pace.

Accommodation: Studio Hotel or similar

---

### **Day 2**

#### **Experience the vitality of the Rio Celeste on a river tubing adventure**

You'll travel 125 miles this morning, headed to the Celeste River in the Tenorio Volcano National Park. Its rainforest and the magnificently blue river are highlights of Costa Rica's natural phenomena.

Now the adventure begins. Brace yourself: you'll be river tubing, hurtling downstream through Grade I and II rapids, flanked on each side by tropical rainforest. All to a soundtrack of monkey calls and birdsong. It's exhilarating stuff and the perfect intro to this untamed wilderness.

Tonight, you'll stay at Rio Celeste Hideaway, a small eco-friendly resort on the slopes of Tenorio Volcano.

Accommodation: Rio Celeste Hideaway or similar

**Meals included:** Breakfast

---

### **Day 3**

#### **Marvel at the incredible Rio Celeste Waterfall**

After breakfast, you'll venture further into the ecosystem on a four-hour hike in Tenorio Volcano National Park. You'll spot exotic plants and wildlife before you reach the magnificent Rio Celeste waterfall and the place where the river acquires its vivid turquoise colour.

Later, when the sun goes down, you'll follow a forest trail by torchlight to witness some nocturnal species emerging.

Accommodation: Rio Celeste Hideaway or similar

**Meals included:** Breakfast

---

## Day 4

### Rincon de la Vieja

After breakfast, you'll head to Rincon de la Vieja, home to two volcanoes and 32 rivers. Alive with geothermal energy, Rincon de la Vieja effervesces with fumaroles, warm springs and mud pots.

You'll check into Hacienda Guachipelin. The hotel has direct access to a crystal clear river that feeds ten riverbank pools with thermal, mineral-rich water. Soak in the pools, then apply a volcanic mud masque and let it dry before leaping into the cool stream. And repeat. And repeat. And repeat...

Accommodation: Hacienda Guachipelin or similar

**Meals included:** Breakfast

---

## Day 5

### Swing through the tree canopy on a white-knuckle adventure, then hike to the Cauldrons

Carb-load at breakfast. You'll need the energy for a zip line tour, where you'll fly through the trees on zip lines, rappelling, climbing and swinging. You'll cross hanging bridges over a narrow river canyon. Proper exhilarating stuff.

Feet back on solid ground, you'll hike to the aptly named Cauldrons, where steam and sulphur belch from the fumaroles.

Accommodation: Hacienda Guachipelin or similar

**Meals included:** Breakfast

---

## Day 6

### Join pods of dolphins on the Pacific Ocean

After breakfast, you'll head south-west to the paradisiacal coast today. You're bound for Tamarindo on the Nicoya Peninsula, Costa Rica's renowned surf spot.

The afternoon is yours to explore your new digs – the beachfront Tamarindo Diria hotel. Take a swim in one of the pools or take a stroll on the beach. Late afternoon, you'll board a catamaran to explore some of the bays. With a suitably tropical drink in hand, scan the sea for dolphin pods and sea turtles. Perhaps even the odd whale if you're particularly lucky. You'll drop anchor for a snorkel or explore a deserted beach while the crew prepare a BBQ feast.

Accommodation: Tamarindo Diria Hotel or similar

**Meals included:** Breakfast, Dinner

---

## Day 7

### Join the surfers on the waves

Today you'll take to the sapphire waters on either a surfing or SUP lesson. The barrel curls will beckon experienced surfers, but the instructors are there to guide beginners in riding their very first wave. Fancy another watersport instead? A Stand Up Paddleboarding lesson is an alternative choice - a growing phenomenon that's easy to get the hang of.

The rest of the day is yours to enjoy this beachfront utopia before your thoughts turn to packing up ready for your departure tomorrow. Don't miss the final sunset – they're truly out of this world in these parts.

Accommodation: Tamarindo Diria Hotel or similar

**Meals included:** Breakfast

---

## Day 8

### Head to Liberia Airport for your flight home

After a final breakfast, transfers will be arranged to take you to Daniel Oduber International Airport in Liberia for the flight home.

**Meals included:** Breakfast

---

## Accommodation

### Hotels

### **Studio Hotel**

An elegant hotel in Santa Ana, about seven miles from the centre of San Jose. If you're fatigued from your flight, there's a rooftop pool for a few restorative laps before turning in.

### **Rio Celeste Hideaway**

Surrounded by rainforest, this eco-principled hotel is a collection of bungalows. There's a freeform pool for relaxing after jungle adventures.

### **Hacienda Guachipelin**

Comfortable rooms with air conditioning and free Wi-Fi. Perfectly positioned for adventures in the Rincon de la Vieja National Park.

### **Tamarindo Diria Hotel**

A beachfront resort with lagoon-style pools and tropical gardens. Rooms are typically Costa Rican in style, with all the amenities you'd expect from a resort hotel.

*Where a solo room is available, paying for a solo room only guarantees a room for single use. It does not always mean a twin or double room will be provided for solo occupancy.*

*Please note that a member of the group may be allocated a solo room by default if the make-up of the group means there isn't anyone for them to share with. Paying the supplement in advance is the only way to guarantee a solo room.*

*Solo supplements cannot be refunded retrospectively.*

## **Food & Transport**

### **Eating & Drinking**

- All breakfasts and one dinner included
- Vegetarians are well-catered for, but let us know of any special dietary requirements before departure

## **Joining Instructions**

### **Final Joining Instructions**

Full joining instructions, including local emergency numbers, will be sent to you at least 2 weeks before departure. If you don't receive them or need them earlier, please contact our team who will be happy to help.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

## **Transfers Details**

Exodus Edits offers **FREE** airport arrival and departure transfers on any flight for this trip, for both Land Only and Flight Inclusive clients. Unless specified otherwise, the transfer will be to the Exodus Edits start (or pre-tour) hotel and from the end (or post-tour) hotel, and will be on the date on which the tour starts/ends; transfers to other hotels in the same city and/or on different dates may attract an extra charge. Transfers may be shared with other Exodus Edits customers on the same flight, or on a flight with similar arrival times. All those taking advantage of the free airport transfers must provide full flight details for both arrival and departure in advance.

### **Transfer Arrival Time:**

Arrive at San Jose Airport anytime on Day 1 of the itinerary for a free arrival transfer to the Studio Hotel in Santa Ana - if you have booked your own flights you should let us know the timings at least two weeks before your start date so that your transfers can be arranged accordingly.

The suggested flight that we recommend is an indirect flight from London Heathrow with United Airlines, arriving into San Jose at 20:15.

We know that the unexpected can happen. Your plane may get delayed, or things just don't go to plan. If you miss your tour departure, check with the hotel to see if your tour leader has left you a message with details of how to catch up with your group. If not, call our emergency number (you will find it on the final joining instructions) and our team will help you. Don't forget that you are responsible for any extra travelling expenses incurred if you miss your tour departure.

### **Flights**

Remember, flights aren't automatically included in your trip. If you'd like the Exodus Edits team to help you find some good options, give us a call on +44 020 8772 3837.

**Location start:** San Jose  
**Location end:** Liberia Airport

## What to Take

### Essential Equipment

Sunglasses, sunhat, sunscreen, swimming gear, waterproof poncho or waterproofs, sweater, shorts, trousers, hiking boots or weatherproof shoes suitable for walking, rubber soled shoes that can get wet, towel, small daypack for walks, torch, insect repellent, water bottle.

### Optional Equipment

We recommend bringing a re-usable fabric tote bag so that you can avoid using unnecessary plastic bags whilst in Costa Rica.

## Practical Information

### Passport

#### Costa Rica

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for UK passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

#### Costa Rica

Holders of British, US, Canadian, Australian, New Zealand and most EU passports can enter Costa Rica for a stay of 90 days without a visa. Proof of onward travel may be required when entering Costa Rica - we suggest you take a print out of your flight details in case officials ask to see them. All passengers flying via the USA will have to clear immigration during transit. Prior to travel you must apply for an Electronic Travel Authority (USD14) under the Visa Waiver Programme. Please see [here \(/au/usvisa\)](#) for more information. The same applies to travel via Canada which also requires an Electronic Travel Authority. If you are not a UK citizen please check with your local U.S. Embassy.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

If you are travelling via the USA and are eligible to transit under the Visa Waiver Programme (most British and western European citizens with a machine readable passport are), you are now required to register in advance for an Electronic Travel Authority (ESTA). There is a US\$14 charge for the ESTA, which is only payable online with a credit card. Please see our website [www.exodus.co.uk/usvisa](http://www.exodus.co.uk/usvisa) (<http://www.exodus.co.uk/usvisa?hstc=173457148.119b610557631cadbf3a112e97e59b2d.1578961040756.1578961040756.1578961040756.1&hssc=173457148.2.1578966048605&hsfp=401180>) for further information. All other nonresidents passing through the US must get a visa in advance. Check with your local embassy or consulate for more details on how to obtain a visa.

### Vaccination

#### Costa Rica

There are no mandatory vaccination requirements, however, if you have travelled to a country at risk of Yellow Fever prior to arriving in Costa Rica you will be required to have a valid Yellow Fever Certificate with you. Recommended vaccinations are: Hepatitis A.

The risk of malaria is slight but you may wish to consult your GP or travel health clinic for further advice.

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 for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Zika fever is a mosquito-borne viral disease and a known risk in places visited on this trip. There is currently no vaccine or prophylaxis available, we therefore strongly recommend you take the usual precautions to avoid mosquito bites.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information. Please note: vaccinations that are routinely recommended to residents of the UK, North America or Australasia are not considered to form part of the travel health advice, and you should ensure these are kept up to date where necessary.

For additional information please visit: <https://travelhealthpro.org.uk/countries> (<https://travelhealthpro.org.uk/countries>).

### **Insurance - are you adequately covered?**

It is a condition of joining any of our holidays that you must be fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

If you are resident in the UK we strongly recommend the [Exodus travel insurance policy \(/au/insurance\)](#), this is specifically designed to cover all activities on your trip. If arranging your own policy please ensure that you are covered for all activities that are part of the trip, optional activities that you intend to take part in and/or on high altitude itineraries, that you are covered up to the maximum altitude of the trip.

### **Local Time**

**Costa Rica's Timezone:** America/Costa\_Rica CST (GMT -06:00)

### **Electricity**

**Costa Rica's Electricity:** 120 volts AC, 60Hz.

### **Money**

#### **Costa Rica's Currency**

The national currency of Costa Rica is the Costa Rican Colon (CRC), with an exchange rate at the time of publication of approximately 750 to the UK£ and 576 to the US\$.

It is best to take US dollars to Costa Rica, as sterling is difficult to exchange and the rate can be poor. In practice, US dollars are widely accepted as payment in Costa Rica.

#### **ATM Availability**

ATMs are widely available in Costa Rica, particularly in the main tourist areas. A flat fee of up to USD3 and a small commission usually applies with debit card withdrawals. MasterCard and Visa are quite widely accepted in the bigger hotels, restaurants and tourist shops, though not, of course, in rural areas. Always check the handling fee when paying by credit card as it can be high. It is certainly much more convenient to carry as much of your money in cash as possible, so long as you are security conscious. We recommend that you bring some small denomination notes (USD1 and USD5 notes) since getting change is often a problem when paying for small items.

#### **Extra Expenses & Spending Money**

US dollars are widely accepted as payment in Costa Rica, however change will likely be given in local currency and the exchange rate will fluctuate. We suggest taking some US dollars with you but then using ATM's to withdraw the rest of your money in local currency whilst you're there.

You should allow extra to cover the cost of meals not included in the price of the holiday. Snack lunches are approximately USD15-18 and evening meals USD25-32 per meal (excluding drinks). Average costs for drinks are USD1-2 for mineral water or soft drinks, USD3-4 for a bottle of beer and USD4-5 for a glass of wine.

#### **Tipping**

Our local staff are paid well and fairly for their work with Exodus. However, it is usual for groups to tip guides and drivers and it would be reasonable for each group member to contribute approx. USD3-5 per day for each staff member for this purpose, although you may wish to tip more if travelling in a small group. Porters at the airport and hotels are normally tipped about USD1 per piece. Occasionally the tour leader will organise a tipping kitty to facilitate these and other tips (such as waiting staff in restaurants) which will be collected in advance at the start of the trip.

### **Responsible Tourism**

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

Learn more about what sustainable travel means to Exodus Edits [here... \(/au/exodus-edits/sustainable-travel\)](#).

### **Exodus Community**

**Join the Exodus online community**

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the [Community \(/au/community\)](#) you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

## Important Information

### On all guided trips

Although our leaders are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorise them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Although rarely enforced, by booking this trip you agree to section 14 of our Booking Conditions which clearly states that our leaders have the authority to do this. In these circumstances we will ensure anyone sitting out is safely provided for and offered alternative options where possible. Refunds will not be provided for activities missed and customers may be liable for additional costs incurred.

### On all trips

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call the Exodus office and ask to speak to one of the experts on this itinerary.

In an emergency, please contact our 24 hour out of hours service on +44 (0) 844 326 7041.

Every time that you travel abroad you should take the time to read the warnings in the [essential information \(/au/about-exodus/essential-information\)](#) in the brochure.

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

### TRAVEL AWARE – STAY SAFE & HEALTHY ABROAD

The Foreign & Commonwealth Office and the NHS have up-to-date advice on staying safe and healthy abroad. For more on security, local laws, plus passport and visa information, see <https://travelaware.campaign.gov.uk/> (<https://travelaware.campaign.gov.uk/>)

Keep informed of current travel health news by visiting <https://travelhealthpro.org.uk/> (<https://travelhealthpro.org.uk/>)

Advice can change so check regularly for updates.

For all latest travel information about your holiday, please visit our [Travel Safety Advice \(/au/travel-safety-advice\)](#) page.

