



COSTA RICA FOR THE FAMILY OF ADVENTURERS

Join us on this Coast to Coast Adventure! Zip line thru the rainforest, take a boat ride in the middle of the jungle and relax at the pristine Guanacaste Beaches.

This adventure cannot be completed without diving into the warm waters of North Pacific- is one of a kind!

July through late September 2019

Arenal Volcano National Park - Tortuguero - Guanacaste

11 Days / 10 Nights

4 Persons

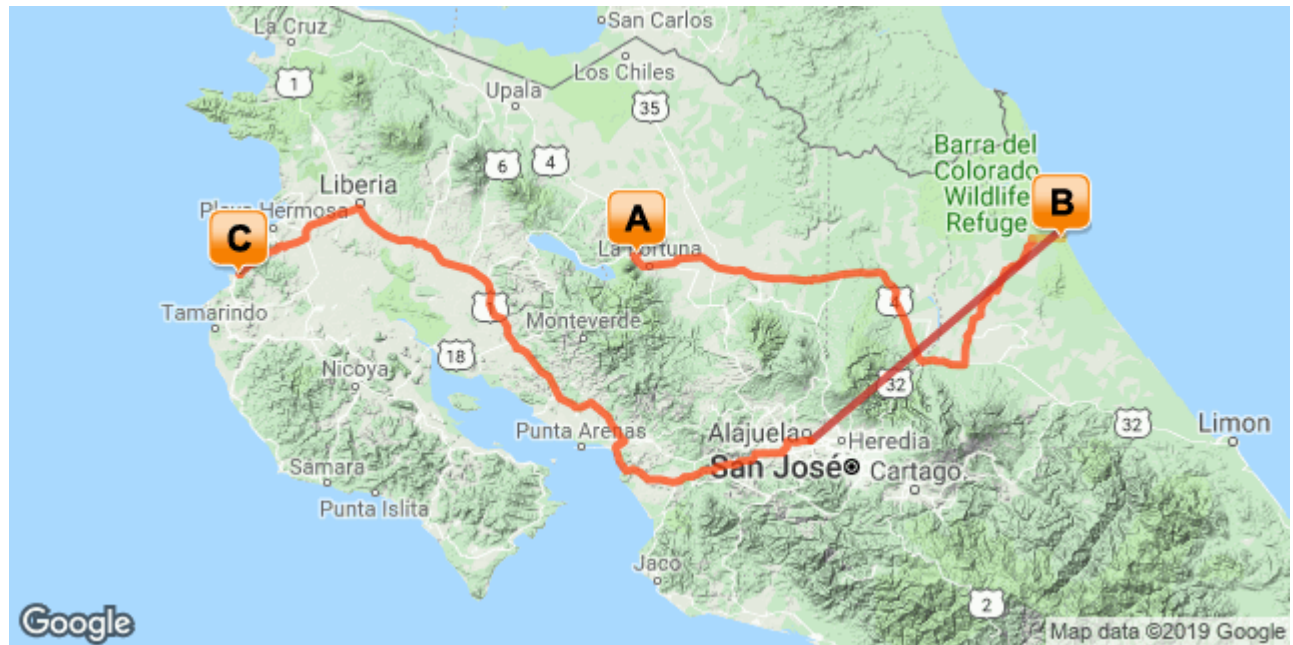
US \$3025.00 per person (Parents) US \$938.00 per person (Kids under 12 yrs)





GUANACASTE

01 July 2019 - 11 July 2019



[Click here to view your Digital Itinerary](#)

Introduction

Accommodation	Destination	Basis	Room Type	Duration
Hotel Arenal Manoa	Arenal Volcano National Park	B&B	1x Superior Room w/ Volcano View	3 Nights
Evergreen Lodge	Tortuguero	FB	1x Standard Room	2 Nights
Bahia Del Sol Beach Front Boutique Hotel	Guanacaste	B&B	1x Family Room	5 Nights

Key

B&B: Bed and Breakfast

FB: Dinner, Bed, Breakfast and Lunch

Included

Arrival meet and greet service. **Private** transfer from the Liberia International Airport to your hotel in Arenal, approx. 3.5 hour transfer.

3 nights' accommodations at Hotel Arenal Manoa in One Superior Room w/ volcano view. (Breakfast included)

Arenal Mundo Aventura Canopy Zip line Half Day tour including transfers, local guide and equipment. ****Group basis****

Day at leisure/ optional tours available at additional fee.

Private early transfer from Guapiles to your hotel in Arenal, approx. 3 hour transfer. Breakfast en route included. Lunch & dinner at Lodge included.

Land and boat transfer from Guápiles to your hotel in Tortuguero. (Hotel guests only)

3 Day/ 2 night package including 2 nights' accommodations and taxes, local guide, land and boat transfers, guided tours and entrance fees of the backwater canals of Tortuguero National Park, donation to the Caribbean Conservation Foundation, walking tour of the village and meals.

2 nights' accommodations at Evergreen Lodge in One Standard Room. (3 Breakfasts, 2 Lunches, 2 Dinners)

Tortuguero National Park tour by boat of the backwater canals including local guide and park entrance fee. (Hotel guests only)

Boat transfer to Tortuguero Airstrip, approx. 10 minute transfer.

Domestic flight from Tortuguero to San Jose, approx. 25 minute flight. Luggage restrictions apply.

Private overland transfer with Bilingual Driver- Host from San José Local Terminal to your hotel in Tamarindo including stop at Las Pumas Cat Zoo. Entrance fee included.

5 nights' accommodations at Hotel Bahia del Sol. Potrero Beach in One Family Suite. (Breakfast included)

Scuba diving/ 2 Tank Tour including transfers, guide, snacks and equipment. **Group basis**

Scuba diving/ 2 Tank Tour including transfers, guide, snacks and equipment. **Group basis**

Days at leisure/ optional tours available at additional fee. (Breakfast included)

Private transfer from your hotel to the International Airport in Liberia, approx.1 hour transfer.

Check in at airport is 3 hours.

Excluded

Airfare to Costa Rica; travel insurance; gratuities; any lodging, tours or meals not specified in the itinerary; extras in hotels (laundry, phone calls, room service, etc.); personal equipment; costs associated with changes to your itinerary for reasons beyond our control.

Day 1: Hotel Arenal Manoa, Arenal Volcano National Park (Mon, 1 July)

Arenal Volcano National Park

The Arenal Volcano erupted violently July 29th 1968 destroying the region west of its base with hot gases, rocks and later, lava flows. Today the volcano steams quietly and heats local rivers that have been developed into popular hot springs and spas. Forest vegetation is quickly returning and covering the massive rock fragments and lava flows, and rain forest wildlife once again flourishes in and around the park,

Day Itinerary

Upon arrival to the Liberia Airport and after clearing customs and immigration, you will be met by one of our transport representatives for transfer to your hotel in Arenal. Transfer will be in a minivan with AC approximately 4 hours plus any stops on the way.

Arenal is one of the most popular destinations in Costa Rica. The volcano, although inactive for the past few years, is a majestic site. This picturesque region offers natural beauty, amazing wildlife and plenty of outdoor activities for visitors including hiking trails, the famous La Fortuna Waterfall, zip-line tours, rafting, canopy bridge walks, waterfall Canyoning, organic farm tours and more. There are also a variety of relaxing hot springs with warm soothing waters heated by the volcano

Consultant Notes

Facing Arenal Volcano, Arenal Manoa has gardens, volcano view rooms and an adjacent farm open to guests. Set in verdant plains 4 miles west of La Fortuna, Arenal Manoa rooms feature panoramic views of nearby Arenal Volcano. Bordered by a small river, this attractive country hotel is set among lush manicured grounds and pastoral scenery including an adjacent dairy farm available for guest visits. The hotel includes a conference room for 150 people. Many area tours can be arranged at the hotel.

General services: 80 Rooms, Restaurants, Pool and Jacuzzi, Wi-Fi, AC, Members of the Costa Rica code of Conduct.

Overnight: Hotel Arenal Manoa

Hotel Arenal Manoa is set in the lush green countryside of La Fortuna and features a spectacular view of the Arenal Volcano. Accommodation is available in comfortable junior suites with modern amenities including air conditioning, satellite TV, and a safety deposit box. Diners may enjoy a meal at the in-house restaurant which serves both local and international cuisine or enjoy a beverage at the poolside bar. The hotel also features a spa which offers a selection of relaxing treatments.



Basis

Bed & Breakfast

Included

Arrival meet and greet service.

Private transfer from the Liberia International Airport to your hotel in Arenal, approx. 3.5 hour transfer.

Excluded

Gratitudes.

Day 2: Hotel Arenal Manoa, Arenal Volcano National Park (Tue, 2 July)

Day Itinerary

This authentic adventure in harmony with the environment is full of adrenaline- Starting with a tractor ride crossing thru the rainforest where you will get to the first of 12 cables of pure adrenaline surrounded by impressive views over canyons, Arenal Volcano, Cerro Chato and Fortuna & Pino Blanco Falls. Tour ends up with a visit to the Maleku Cultural Rescue Centre and the Frog & Butterfly Garden. Tour duration: 3.5hrs. approx.

Includes: Transportation, local guide and equipment.

What to bring: Comfortable clothing, Walking (closed) Shoes, Sunscreen, Long light Pants and bug repellent.

Activities

Morning	Canopy Tour Arenal Mundo Aventura
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Basis

Bed & Breakfast

Included

Breakfast.

Arenal Mundo Aventura Canopy Zip line Half Day tour including transfers, local guide and equipment. ****Group basis****

Excluded

Gratitudes.

Day 3: Hotel Arenal Manoa, Arenal Volcano National Park (Wed, 3 July)

Day Itinerary

Hot Springs

Take advantage of the benefits that our hot springs bring to you. Our waters will relax you, your body will feel revitalized and your overall health will be better.

Consultant Notes

La Saca Restaurant

A rich culinary experience that welcomes you to taste the best kind of flavours with a high-level service that will make your experience an unforgettable one. We also have different types of wines ranging from international ones, Italians, Chileans, Argentinian, Spaniard, French, Australian, etc. We invite you to try our famous flamed dessert of the house "Volcán de almendra"

Hours: daily, 6:30 a.m. to 10:00 p.m.

Alambique Bistro

An exquisite mixture of flavour in a terrace with a beautiful view to the Arenal Volcano. Delicious snacks and a menu with different kinds of pizzas.

Hours: daily, 12:00 p.m. to 10:00 p.m.

Güipipia

Located by the hot spring waters, the "Güipipia" wet bar has snacks and a variety of international beers, also we offer different cocktails with daily discounts (only in our happy hour, from 5:00pm to 6:00pm)

Hours: daily, 2:00 p.m. to 10:00 p.m.

Uyuyui

Located in the main pool, "Uyuyui" wet bar offers refreshing cocktails of the house made with fresh tropical fruits like the "Volcán de Manoa" and "Manoa Pura vida" for your enjoyment only.

Hours: daily, 10:00 a.m. to 6:00 p.m

At Leisure

You have no set engagements at this time.

Basis

Bed & Breakfast

Included

Breakfast.

Day at leisure/ optional tours available at additional fee.

Excluded

Gratitudes.

Day 4: Evergreen Lodge, Tortuguero (Thu, 4 July)

Tortuguero

Bordering the Tortuguero National Park along Costa Rica's beautiful Caribbean Coast, the village of Tortuguero is known for its ecotourism and its extensive network of canals. It is set amidst tropical lowland rainforests, magnificent rivers, and pristine beaches. A definite highlight of the area is taking the unique once in a lifetime opportunity to watch baby green turtles hatch along the shoreline. Visitors can look forward to a wide selection of exciting activities such as: visiting the Tortuguero National Park which is home to over 300 species of bird, a variety of flora and diverse fauna. Other popular activities include: hiking, sport fishing, canal tours, canopy tours, and kayaking. Don't miss the opportunity to visit and explore the nearby Barra del Colorado Wildlife Refuge, the Cariari National Wetlands, and the Turtle Museum at Sea Turtle Conservancy.

Day Itinerary

You will be picked up in Arenal by one of our transport representatives for transfer to Guápiles

Once in the town of Guapiles, you will stop at a local Restaurant for a delicious breakfast. The drive in total will be approximately 3 hours.

At the main port lining the canals you will board a boat for transfer to your hotel in Tortuguero, the boat ride will be approximately 1 hour. Upon arrival lunch will be served at the Lodge. In the afternoon your local guide will take you to the town for a leisurely walk where you will get a taste of local living.

Consultant Notes

Only a five minute boat ride through the jungle canals to the entrance of wildlife-rich Tortugero National Park. This remote area of the Caribbean coast is accessible only by plane or by boat; nevertheless your lodging will be first class.

The infrastructure of this lovely lodge is built to coexist with nature. The rainforest enhances the hotel grounds, which are truly evergreen.

General services: 55 Rooms, Restaurant, Pool and Spa, Hiking Trails, Rainforest Canals, CST Certified, RainforestAlliance Verified

Overnight: Evergreen Lodge

Evergreen Lodge is located in the forests of Tortuguero on Costa Rica's Caribbean coast. Accommodation is available in comfortable guest rooms which feature private bathrooms, hot water, and ceiling fans. The lodge features an in-house restaurant with high ceilings and a design that complements the jungle surrounding it. The restaurant serves authentic Costa Rican style buffet meals and includes a fully equipped bar. The lodge is the perfect location for guests who wish to explore the Tortuguero National Park and its surrounding areas.



Basis

Full Board

Included

Private early transfer from Guapiles to your hotel in Arenal, approx. 3 hour transfer. Breakfast en route included. Lunch & dinner at Lodge included.

Land and boat transfer from Guápiles to your hotel in Tortuguero. (Hotel guests only)

Excluded

Gratitudes.

Day 5: Evergreen Lodge, Tortuguero (Fri, 5 July)

Day Itinerary

Free morning to enjoy the pool, walk a forest trail, or simply relax before lunch. In the afternoon, you will enjoy the Wildlife-rich Tortuguero touring the navigable rain forest canals by boat. This tour will allow you the chance to see a large diversity of bird species, monkeys, sloths, crocodiles, and iguanas. Bring: lightweight clothing, water shoes, sunscreen and protective sun gear, camera, binoculars, insect repellent, a light rain jacket.

Consultant Notes

Tortuguero National Park is known as Costa Rica's "little Amazon". There are no roads - travel is by boat along a series of rivers and canals or by foot on forest paths. The park consists of a network of waterways surrounded by a vast tropical rain forest and is one of the best places to observe wildlife in Costa Rica. Tortuguero is a must for visitors who want to experience the amazing wonders of the tropical rain forest! In Tortuguero visitors will likely see 2 or 3 species of monkeys, iguanas, crested basilisk lizards (they look like miniature dinosaurs!), sloths, lots of water birds, toucans, parrots, parakeets, caiman (cousins of alligators), and possibly crocodiles, as well as colourful tropical forest birds.

Activities

Afternoon	Tortuguero Canals
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Tortuguero Canals

The canals of Tortuguero are a popular attraction in Costa Rica. With rainforests, wildlife, sea turtles, crocodiles and a labyrinth of natural waterways, the region offers an authentic rainforest experience. Visitors can explore the lush flora and abundant fauna of the Caribbean coastal waterways by boat.

Basis

Full Board

Included

Breakfast, lunch & dinner.

Tortuguero National Park tour by boat of the backwater canals including local guide and park entrance fee. (Hotel guests only)

Excluded

Gratitudes.

Day 6: **Bahia Del Sol Beach Front Boutique Hotel, Guanacaste (Sat, 6 July)**

Guanacaste

Set along the spectacular Pacific Coast in north-western Costa Rica, Guanacaste is renowned for its pristine beaches, volcanic landscape, and exotic creatures. This Costa Rican province is considered the quintessential tropical paradise. Guanacaste's landscape features vast open grassland plains scattered with dry tropical forest edged by white-sand beaches. Visitors can spend a lazy day on the endless Playa Blanca Beach, enjoy first-class diving as well as a variety of water sports at the magnificent Playa Hermosa Beach, and visit Santa Rosa National Park, featuring unspoilt indigenous vegetation and inhabited by over 200 bird species. Don't miss the Papagayo Peninsula known for its world-class golf course.

Day Itinerary

Boat transfer service to Tortuguero Local Airstrip.

Meet our Bilingual Driver Host. They are selected for their driving skills, knowledge of the country and orientation towards customer service. He/she is responsible for staying with the vehicle while clients are at restaurants, doing hikes or other tours so that all personal belongings left in the vehicle are safe. This service offers you more flexibility in travel time as you can request stops to photograph gorgeous scenery, view wildlife, visit nice local restaurants, meet local people, or take coffee breaks and stretch when you need it. (Please note that guided nature hikes must be contracted separately.)

Situated in Cañas, Guanacaste, Las Pumas Rescue Centre has been an animal shelter home to injured or abandoned Costa Rican animals since the 1960s. Speckled with bright accent colours and animated animal murals, Las Pumas is mainly focused on rehabilitating Costa Rican jungle cats but also extends a helping hand to other animals, including different types of birds and monkeys.

Consultant Notes

Bahía del Sol Beach offers visitors all the modern amenities, an outdoor pool, Jacuzzi, spa, souvenir store, yoga classes at no cost for all our guests, tours all framed in an impressive tropical scenario that includes lush and tropical gardens with native and exotic species and a wide front facing the beach.

Overnight: Bahia Del Sol Beach Front Boutique Hotel

Bahia Del Sol Beach Front Boutique Hotel is located on Potrero Beach, Guanacaste and overlooks the crystal blue waters of the Pacific Ocean. Accommodation is available in a vast selection of guest rooms and suites which feature modern amenities. These include air conditioning, Wi-Fi, mini-bar, and a flat-screen TV. Guests may enjoy a meal at the Nasu Restaurant which specialises in seafood and international cuisine. The in-house spa offers a selection of luxurious treatments which offer guests the ultimate in relaxation. Yoga classes are available daily at no additional cost to the guest.



Basis

Bed & Breakfast

Included

Boat transfer to Tortuguero Airstrip, approx. 10 minute transfer.

Domestic flight from Tortuguero to San Jose, approx. 25 minute flight. Luggage restrictions apply.

Private overland transfer with Bilingual Driver- Host from San José Local Terminal to your hotel in Tamarindo including stop at Las Pumas Cat Zoo. Entrance fee included.

Excluded

Gratitudes.

Day 7: **Bahia Del Sol Beach Front Boutique Hotel, Guanacaste (Sun, 7 July)**

Day Itinerary

We provide 2 tank dive trips daily Monday-Saturday. We dive mostly at the Catalina Islands, volcanic rock formations approx. 40 mins. boat ride from the shore. Starting at 7.30am at our dive shop in Flamingo, for paperwork and equipment fittings, returning to shore around midday.

The temperature in the North Pacific coast of Costa Rica ranges between 16-30°C/60-86°F depending on the time of year. Visibility can change on a daily basis.

Our rocky underwater terrain is home to a huge variety of marine life, some seasonal. We can see white tip reef sharks, giant manta rays, stingrays, eagle rays, jewel and green morays, nudibranchs, angel and butterfly fish and schools of damsels, jacks, grunts and spadefish.

Our dive times are based on 40min max. Bottom time and depth 18m/60ft.

Consultant Notes

Included

All diving equipment is included as well as dive guides for groups of up to 4-5 divers. Also included is transportation and refreshments (water, iced tea, fruit and cookies).

What to bring

Please bring your scuba diving licence, towels, cameras (plenty of dry space is available on board), Credit card or cash for payment, cash for tips or extra services (see below), sunscreen and/or a sunhat.

Other important information

- Please ensure that you leave sufficient time between diving and flying!
- Proof of certification is required. You must show your dive licence to staff at the store when completing paperwork. Lack of proof may require additional cost and training.

Activities

Morning	Scuba Diving/ 2 Tank
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Basis

Bed & Breakfast

Included

Breakfast.

Scuba Diving/ 2 Tank Tour including transfers, guide, snacks and equipment. **Group basis**

Excluded

Gratitudes.

Day 8: Bahia Del Sol Beach Front Boutique Hotel, Guanacaste (Mon, 8 July)

Day Itinerary

We provide 2 tank dive trips daily Monday-Saturday. We dive mostly at the Catalina Islands, volcanic rock formations approx. 40 mins. boat ride from the shore. Starting at 7.30am at our dive shop in Flamingo, for paperwork and equipment fittings, returning to shore around midday.

The temperature in the North Pacific coast of Costa Rica ranges between 16-30°C/60-86°F depending on the time of year. Visibility can change on a daily basis.

Our rocky underwater terrain is home to a huge variety of marine life, some seasonal. We can see white tip reef sharks, giant manta rays, stingrays, eagle rays, jewel and green morays, nudibranchs, angel and butterfly fish and schools of damsels, jacks, grunts and spadefish.

Our dive times are based on 40min max. Bottom time and depth 18m/60ft.

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All diving equipment is included as well as dive guides for groups of up to 4-5 divers. Also included is transportation and refreshments (water, iced tea, fruit and cookies).

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Other important information

- Please ensure that you leave sufficient time between diving and flying!
- Proof of certification is required. You must show your dive licence to staff at the store when completing paperwork. Lack of proof may require additional cost and training.

Activities

Morning	Scuba Diving/ 2 Tank
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Basis

Bed & Breakfast

Included

Breakfast.

Scuba Diving/ 2 Tank Tour including transfers, guide, snacks and equipment. ****Group basis****

Excluded

Gratitudes.

Day 9-10: Bahia Del Sol Beach Front Boutique Hotel, Guanacaste (Tue, 9 July to Wed, 10 July)

Consultant Notes

Nasu Restaurant

THE BEST OF TRADITIONAL AND GOURMET CUISINE IN FRONT OF THE OCEAN

Nasu Restaurant at Bahía del Sol specializes in international cuisine, offering creative tropical gourmet dishes. Guests could choose between traditional Costa Rican cooking with original local products or the most sophisticated international creations, served with a tropical touch. Enjoy a nice ambiance at our elegant open air restaurant while admiring spectacular views and the peaceful sound of waves crashing in the shore...

Come and enjoy our breakfast, lunch and dinner options every day from

6:30 a.m. to 10:00 p.m.

Basis

Bed & Breakfast

Included

Days at leisure/ optional tours available at additional fee. (Breakfast included)

Excluded

Gratitudes.

Day 11: End of Itinerary (Thu, 11 July)

Day Itinerary

Pick up at your hotel for a departure transfer to the San Jose International Airport for your international flight. Check in 3 hours prior to your scheduled flight time.

Basis

Bed & Breakfast

Included

Private transfer from your hotel to the International Airport in Liberia, approx.1 hour transfer.

Check in at airport is 3 hours.

Excluded

Gratitudes.

Transport

Flight Information

Date	Flight	Airline	Departure Airport	Time	Arrival Airport	Time	Class	Ref
6 Jul	Scheduled		Tortuguero Airport [TTQ]		Juan Santamaria International Airport [SJO]			

Transfers

Date	Company	Pick Up	Drop Off	Time	Vehicle
1 Jul		Daniel Oduber International Airport [LIR]	Hotel Arenal Manoa		Transfer
4 Jul		Hotel Arenal Manoa	Guapiles		Transfer
4 Jul		Guapiles	La Pavona Dock		Transfer
6 Jul		Juan Santamaria International Airport [SJO]	Las Pumas Rescue Center		Transfer
6 Jul		Las Pumas Rescue Center	Bahia Del Sol Beach Front Boutique Hotel		Transfer
11 Jul		Bahia Del Sol Beach Front Boutique Hotel	Daniel Oduber International Airport [LIR]		Transfer

Voyage Information

Date	Boat	Agency	Departure Port	Time	Arrival Port	Time	Class	Ref
4 Jul	Cruise		La Pavona Dock		Evergreen Lodge			
6 Jul	Cruise		Evergreen Lodge		Tortuguero Airport [TTQ]			

Urgent Contact Numbers

Company Name	Telephone	Email Address	Contact Person
Costa Rica Sun Tours	(506) 2296-7757	dmatarrita@crsuntours.com	Daisy Matarrita

Service Provider Directory

Service Provider	Ref. Number	Telephone	Address
Bahia Del Sol Beach Front Boutique Hotel		+506 2654 5339	Playa Potrero, Guanacaste Costa Rica
Evergreen Lodge		+506 2222 6841	San José, Costa Rica
Hotel Arenal Manoa		+506 2479 1111	La Fortuna Alajuela, Costa Rica
Las Pumas Rescue Center		+506 2669 6019	4.5 km from Cañas, on the way to Liberia on the Interamerican Highway, Guanacaste, Costa Rica.

Travel Information



Visitors to the Republic of Costa Rica will find that despite its small size, the country has an incredible number of attractions and activities to offer. Five per cent of the world's biodiversity can be found within Costa Rica's borders and great efforts have been made to preserve this rich resource; protected national parks make up almost 25% of the land – more than any other country in the world. From fishing and surfing to white water rafting and exploring volcanic regions, Costa Rica is the perfect playground for nature lovers and adventures seekers alike.

Banking and Currency

Currency

Costa Rican Colón (CRC; symbol ₡) = 100 centimes. Notes are in denominations of ₡50,000, 20,000, 10,000, 5,000, 2,000 and 1,000. Coins are in denominations of ₡500, 100, 50, 25, 20, 10 and 5. US dollars are also widely accepted.

The import and export of local and foreign currency is limited to US\$10,000. Amounts above this must be declared upon arrival.

Currency exchange facilities are available at banks and bureaux de change. Some hotels may also change money. Additionally, small stores will allow visitors to pay for goods in US dollars (small notes US\$20.00, US\$10.00) and receive change in colones. We highly advice not to exchange currency at the airports bureaux de change, they always give you a very low exchange rate; try to use always banks or hotel cashiers.

Banking

Banking hours: State banks Mon-Fri 09h00-15h00. Private banks Mon-Fri 08h00-16h00.

Diners Club, MasterCard and Visa credit cards are all accepted; American Express slightly less so. Many banks will only process MasterCard for cash credits. Cash may be the only form of payment in smaller towns and rural areas but many places will take US dollars, giving change in colones.

ATMs are common throughout the cities and small towns. They will usually accept foreign cards but in some regions only Visa cards are accepted. Occasionally, paying with credit cards may not be possible for technical reasons. Bringing a good supply of US dollars in cash is advised, as many things such as entrance fees to national parks or meals at restaurants, can be paid for with US dollars.

Although travellers can avoid additional exchange rate charges by taking traveller's cheques in US dollars, fewer and fewer businesses in Costa Rica are willing to accept them, and it is better to use the ATM.

Travel, Transport and Getting Around

SANSA (www.flysansa.com) operates services between San José and provincial towns and tourist resorts, including Tortuguero, Tamarindo, Quepos and Golfito. A number of companies also provide internal charter flights using different plane sizes. Much of Costa Rica is riddled with challenging roads, so if you can afford to fly then it will make your life a lot more comfortable.

Costa Ricans drive on the right side of the road. The quality of the roads in Costa Rica is, for the most part, not great. Stretches of the Pan-American Highway leading to and from the major cities tend to be okay, but the rest is a mix of dust, gravel, potholes and perilously mountainous roads. Be very careful driving – especially if you're in a hired car and want to get your deposit back – and if you're a nervous driver then consider public transport instead. You must be over 21 to hire a car, and though an international driver's license is safest, you are likely to be able to use a full license from your own country. You will need a credit card for the deposit, which will cost at least as much as the car hire but which you will hopefully get back.

There are many different car hire companies in Costa Rica, predominantly in San José and at the main airport, but it is advisable to either book a car through a local travel agency or to be exceptionally careful to note and confirm any damage or scratches to the vehicle before you drive off. Also ensure that the vehicle comes with a spare tyre – a decent one! – and a jack, because Costa Rica's roads are such that you may well need one.

A speed limit of 80kph (55mph) is enforced on most highways. However, Costa Ricans are notoriously dangerous drivers who pay little heed to speed limits and traffic regulations. Be careful going through towns, as the speed limit drops. If you speed or drink drive the Costa Rican police can fine you heavily, so it is suggested that you don't do anything to antagonise them and, if you are pulled over, be extremely nice. Never try and bribe them. Use of seat belts is mandatory.

Taxis are numerous and inexpensive in San José. The taxis are coloured red (except those serving the Juan Santamaría International Airport, which are orange). Taxis are usually metered, but few drivers use the meters as they figure they can extract more money from tourists by not doing so. Make sure they put it on and that it hasn't already been running, or ask your hotel concierge how much a fare should be, and negotiate with the driver to an agreed amount before setting off.

Public transport via road in Costa Rica ranges from the large coach companies such as the Tica Bus (www.ticabus.com) and Transnica (506 2223 4242; <http://transnica.com>), which are comfortable and air-conditioned, to tiny little shuttle buses in the Nicoya Peninsula, where they pack you in and jolt you around for hours. Bus travel, however long and potentially frustrating, is inexpensive and often quite fun.

Train lines are now limited to two commuter routes: from Heredia to San José, travelling only at peak times and taking half an hour; and from Pavas via San José and San Pedro to Curridabat, running only hourly in the morning and evening.

Food, Drink and Cuisine Advice

Costa Rica is not a major foodie destination, but what it lacks in sophistication it makes up for in choice.

The Caribbean coast tends to be more influenced by the island nations. Jamaican-style jerk chicken is a staple; rice and beans (gallo pinto) are ubiquitous, but more likely to be prepared with coconut milk; and curry spices feature heavily as ingredients, creating dishes with a very distinct flavour from their counterparts on the Pacific coast.

The Costa Rican diet is fairly healthy with low use of dairy or high-fat dishes. Fresh fruits and vegetables make up a high proportion of meals, while pork, chicken and beef are the most popular meats. Seafood is available throughout the country, particularly in coastal regions, with sea bass being the most common fish on menus.

Mains water is normally heavily chlorinated and, whilst relatively safe to drink, may cause mild abdominal upsets. Drinking water outside main cities and towns may be contaminated and sterilisation is advisable. Bottled water is available and is advised for the duration of the stay, especially for those who are liable to sensitive stomachs. Milk is pasteurised and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat.

Climate and Weather

In the Central Valley, where the main centres of population are located, the average temperature is 22°C (72°F) and the region enjoys a spring-like climate year round. In the coastal areas, the temperature is much hotter and humid, while the Pacific Northwest can be extremely hot and dry. The rainy season starts in May and finishes in November, although there are distinct regional variations. June and July are the wettest months, particularly on the Caribbean side, but the season can run from May until December. The 'warm' dry season is December to May, though temperature differences between summer and winter are slight. March is the height of the dry season, and the humidity is lower at this time, making this a popular time for visitors.

Clothing and Dress Recommendations

Lightweight cotton and linen clothing is recommended for most of the year with warmer clothes for cooler evenings. Waterproofing is necessary during the rainy season. Loose-fitting clothing is best. Wear neutral browns and greens for birding and wildlife viewing. Always bring mosquito repellent for both day and night.

Electricity and Plug Standards

Electric sockets in the Republic of Costa Rica are Type B (NEMA 5-15) and/or Type A (NEMA 1-15). If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for all three types.

Electrical sockets supply electricity at 120 volts AC / 60 Hz frequency. If you're plugging in an appliance that was built for 220-240 volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need. If your appliance isn't compatible with 120 volts, a voltage converter will be necessary.

Terms and Conditions

Itinerary Terms and Conditions

<https://www.crsuntours.com/terms-and-conditions/>

Please note:

- All persons entering Costa Rica must have a passport valid for 6 months past the date of entry.
- Baggage limit per person for flights within Costa Rica: Sansa: 40 lbs (18 kg); charter flights: 25 lbs (12 kg).
- Any changes or cancellations made to these services while in Costa Rica are at the traveler's expense.
- No refunds will be given for unused services as per our terms and conditions.
- Costa Rica Sun Tours terms and conditions apply.
- Travellers are encouraged to take out travel insurance.