



OAG Overseas Costa Rica



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Costa Rica Adventure 9 days/ 8 nights

About Your Trip

Start Location

San Jose, Costa Rica

Finish Location

San Jose, Costa Rica

Accommodation

7 nights Hotel

1 night Homestay

Rooming Requirements

Twin Share / Single

Included Meals

Breakfast (8)

Lunch (2)

Dinner (2)

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we operate trips in any destination, our itineraries undergo a comprehensive risk assessment and audit.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Costa Rica Adventure Itinerary.

Day 1: 18th March 2026

San Jose

Meals Included: Dinner

Welcome to subtropical San Jose! Meet your leader and fellow travellers at a welcome meeting at 6pm at the hotel. If you arrive early there is plenty to see in this bustling city, and as the streets are laid out in a grid pattern it's relatively easy to navigate too. Check out a few of the optional activities below, just note that as these activities are not included, they may incur an extra charge. The Spirogyra Butterfly Garden, for example, is the perfect way to introduce kids (and adults) of all ages to Costa Rican biodiversity while getting some respite from the clamour of the city. After the meeting tonight, perhaps get a taste of 'Tico' food (and get to know the other families and your tour leader) with an optional dinner as a group.

Arrival Transfer

- Included on a group basis (The transportation service will be waiting for you for a maximum of two hours to take you to the hotel. If you do not use the reserved transfer, you will need to arrange your own transportation. In case of any issues, please contact the emergency number +506 4600 6000, available 24/7)

Included Activities

- Welcome meeting
- San Jose Welcome Dinner

Special Information

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information for each member of your family. If you are going to be late, please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

Accommodation

Colonial Hotel or similar (Standard room)

Day 2: 19th March 2026**Santa Rosa de Pocosol****Meals Included: Breakfast**

Fuel up on breakfast and get some books or classic car games ready for the 3-hour drive to Santa Rosa de Pocosol. The tiny agricultural community of Juanilama (pop. approximately 200) in the Santa Rosa de Pocosol area is predominantly dedicated to milk production and raising cattle. It's the perfect place to experience life in small-town Costa Rica – you'll even be staying with a local family!

Settle in and get to know your hosts before going on an agricultural tour. During the tour you will learn how to plant vegetables as well as gather some produce to be used in tonight's cooking class. You will have some free time to wander around the community before coming together to create a meal with the produce collected earlier. Vamos a comer (Let's eat)!

Included Activities

- Santa Rosa de Pocosol - Home-cooked Meal
- Santa Rosa de Pocosol - Homestay experience
- Leader-led Informal Spanish Lesson

Accommodation

- Juanilama Homestay (Standard room)

Day 3: 20th March 2026**La Fortuna****Meals Included: Breakfast**

This morning, your journey in Costa Rica will continue with private transportation to La Fortuna, during which the passengers will have the opportunity to enjoy some stunning views along the way.

Enjoy a visit to the magnificent La Fortuna Waterfall, where you can stand in awe of the cascading waters and take in the breathtaking beauty of the surrounding rainforest. After exploring the waterfall, embark on a journey to Arenal 1968 Volcano View and Lava Trails. Here, you will have the opportunity to witness the remnants of past volcanic activity and marvel at the panoramic views of the Arenal volcano.

As the afternoon progresses, unwind and relax at the Ecotermas Hot Springs, surrounded by lush tropical vegetation. This tranquil setting provides the perfect end to a day filled with adventure and natural wonders in La Fortuna.

Included Activities

- La Fortuna - La Fortuna Waterfall visit
- La Fortuna - Ecotermas Hot Springs & Dinner

Accommodation

- Arenal Rabfer Hotel or similar (Standard room)

Day 4: 21st March 2026**Monteverde****Meals Included: Breakfast**

Today you'll take the scenic route to Monteverde (approximately 4 hours in total). Travel by minibus to Lake Arenal, then cross the water by boat. On the other side of the lake, re-board a minibus and continue to our destination.

Monteverde was founded as an agricultural community in 1951 by a group of North American Quakers – they cleared forest to create verdant pastures ideal for dairy farming. These environmentally aware settlers were conscious of the danger that unrestricted settling and farming could cause to this precious habitat. Consequently, they established a small, privately-owned wildlife sanctuary, which has since grown to become the internationally renowned Monteverde Cloud Forest Biological Preserve. Perhaps start your exploration with a tour of the suspension bridges that hang in the trees, or head to the Serpentarium to see some crawly critters. More than 2000 species of plants, 320 bird species and 100 different types of mammals call Montverde home.

Included Activities

- Monteverde - Cloud Forest Entrance

Accommodation

- Historias Lodge Hotel or similar (Standard room)

Day 5: 22nd March 2026**Monteverde****Meals Included: Breakfast**

Today enjoy a free day at leisure! Speak to your Intrepid tour leader about some optional activities in the area.

Accommodation

- Historias Lodge Hotel or similar (Standard room)

Day 6: 23rd March 2026**Quepos/ Manuel Antonio****Meals Included: Breakfast, Lunch**

Travel through the mountains to Quepos by private minibus (around 5 hours). Located close to the beautiful Pacific beaches and exotic wildlife of Manuel Antonio National Park, Quepos is a laidback town with a vibrant nightlife.

This afternoon, you'll get the chance to meet three generations of Costa Ricans and tuck into a traditional cooking class and lunch with them in their home. Prior to the pandemic, the family ran one of the most popular restaurants in Quepos for almost 20 years. Now, you're lucky to learn the secret flavours and spices of their traditional dishes and get to know the whole family. Once the sun goes down, why not grab a spot at a waterfront restaurant and sink your teeth into some fresh seafood with your travel crew – this is the life!

Included Activities

- Manuel Antonio – Cooking Class & Lunch

Accommodation

- El Faro Beach Hotel or similar (Standard room)

Day 7: 24th March 2026**Quepos/ Manuel Antonio****Meals Included: Breakfast, Lunch**

Spend your time enjoying all that Manuel Antonio National Park has to offer. Perhaps head out for a hike along one of the many trails on offer, keeping one eye on the great views and the other looking for the abundant wildlife. Monkeys, armadillos, sloths and hundreds of birds are among the species you maybe be able to spot. The park also boasts turquoise seas and white-sand beaches – perfect for swimming, kayaking, sailing and fishing. It would be easy to spend your whole time here in, or by, the water.

Included Activities

- Manuel Antonio National Park - Tour with a Naturalist Guide

Accommodation

- El Faro Beach Hotel or similar (Standard room)

Special Information

Visitor numbers to Manuel Antonio have been reduced from 3000 per day to 1000. This means it is more difficult to secure entrance tickets for both tour groups and individual visitors. Over school holidays and peak travel season, it is especially difficult. We do our best to secure entrance tickets, but it is possible that on occasion demand will be too high. In these instances, we will include a visit to Carara National Park, home to a variety of animals including crocodiles, monkeys, and two-toed sloths.

Day 8: 25th March 2026**San Jose****Meals Included: Breakfast, Dinner**

The tourist transfers from Manuel Antonio to San José is a comfortable and relaxing way to travel between Costa Rica's Pacific coast and the capital city. The journey, which takes approximately 3 to 4 hours, is done in a tourist vehicle with air conditioning, making it ideal for enjoying the trip at any time of year. Along the way, you can admire landscapes ranging from beaches and mangroves to African palm plantations, colorful coastal towns, and majestic, vegetation-covered mountains. The route also passes through rural areas where you can observe the daily life of local communities, adding a cultural touch to the experience.

This type of transfer combines comfort, safety, and the opportunity to take in Costa Rica's natural and cultural diversity before arriving in San José.

Included Activities

- Farewell Dinner

Accommodation

- Colonial Hotel or similar (Standard room)

Day 9: 26th March 2026**San Jose/ Airport****Meals Included: Breakfast**

With no further activities planned after breakfast, you will take the departure transfer to leave at the indicated time after checking out. If you'd like to extend your stay in Costa Rica, just reach out to your booking agent.

Departure Transfer

- Included on a group basis

Important Information

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

In the case of a genuine crisis or emergency, please contact our local office:

Intrepid local operator : Available for phone call on +506 4113 9300

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

INSECT-BORNE DISEASES

The risk of contracting insect-borne diseases increases in the wet season (April - November). To protect yourself, use insect repellent, wear long, loose, light coloured clothes and seek medical advice if you experience fever, headaches, a rash or muscle pain.

ZIKA VIRUS

Zika virus is present in Costa Rica. We recommend that you discuss your travel plans with your doctor prior to departure if you are currently pregnant or trying to conceive.

OTHER HEALTH RISKS

Protect yourself from other illnesses by only drinking boiled or bottled water, avoiding ice cubes, don't swim in freshwater sources, ensure your vaccinations are up to date and avoid direct contact with dogs and other animals.

YELLOW FEVER

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home. It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in this region. Your group leader or local representative will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule, our groups tend to eat dinner together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

DIETARY REQUIREMENTS

Please let us know your diet requirements before your trip starts.

Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stalls, markets, etc. More restrictive diet requirements (vegans, coeliac, gluten intolerance, fructose intolerance, lactose intolerance, etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

For those on strict Kosher or Halal diets, we understand your dietary requirements are important, however, sometimes due to cultural and language differences these are not always easy to convey when you are travelling. Your guide will do their best to assist you in translating your needs when eating out, but please be aware that these diets are almost unheard of in much of the continent and the best they may be able to accommodate is no pork and shellfish. If this will be a concern for you you may need to consider opting for vegetarian or vegan meals for the included meals in your itinerary. We recommend researching kosher or halal options in your destination country prior to travel to see if you are able to buy snacks once there, otherwise consider bringing some from home.

Accommodation

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

COSTA RICA

The official currency of Costa Rica is the Costa Rican Colón (CRC). You can pay with major credit and debit cards at many hotels, restaurants and stores. You can use major credit cards and some debit cards to withdraw colones from ATMs. US dollars are widely accepted except for taxi fares (so if you arrive by plane please ensure you get some local currency at the airport before taking a taxi).

Costa Rica is the most expensive country in Central America, particularly compared with its neighbouring countries Nicaragua and Panama. Expect meals, souvenirs and optional activities to cost as much as they would in western countries. That said, Costa Rica has done a great job of looking after its natural wonders yet maximising their potential as tourist attractions. So, while optional activities are pricey, you can expect a high standard of service, well-maintained gear, clear paths and signage and well trained local guides that allow you to make the most of every activity.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

BUDGET FOR MEALS NOT INCLUDED

Please budget for additional meals and expenses while on your trip. Our suggestion is based on past traveller feedback but you may choose to spend more or less.

ENTRY AND EXIT FEES

The below country specific information was correct at time of writing, however please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information.

COSTA RICA

There is no entry fee. If you exit Costa Rica overland, there is a US\$7 departure tax. If you exit Costa Rica by air, departure tax typically included in the cost of your ticket.

TIPPING

If you're happy with the service you receive, providing a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many destinations. Please note we recommend that any tips are given directly to the intended recipient by a member of your group, rather than collected and passed on by the group leader.

The recommended tipping amounts are listed in USD for the relatability of universal travellers. We do however recommend that you tip in the local currency - Hold on to your smaller notes and coins to make tipping easier. The following amounts are per person suggestions based on local considerations and feedback from our past travellers:

RESTAURANTS

Local markets and basic restaurants - round your bill up to the nearest US\$5. More up-market restaurants we suggest 10% of your bill.

LOCAL GUIDES

Throughout your trip you may at times have a local guide. We suggest US\$3-5 per passenger per day.

DRIVERS

You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We suggest US\$3-6 per day for drivers.

YOUR GROUP LEADER OR LOCAL REPRESENTATIVE

You may consider tipping your group leader or local representative for outstanding service throughout your trip. The amount is entirely a personal preference however as a guideline 4-7 USD or EUR per person (in a currency relevant to your destination), per day can be used. Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your group leader or local representative on your trip.

COMMISSIONS

Intrepid understands that the receipt of commissions in exchange for recommending particular shops or services is ingrained in the culture of the tourism industry. For this reason, we have established a centralised fund for contributions from recommended suppliers so these can be collected and distributed back into the business. Actively managing the receipt of commissions helps us maintain the level of quality you expect on one of our trips. Travel is always an adventure so Intrepid cannot explicitly guarantee the quality of a product but we aim to provide the best value trips in the market. Please let us know via the feedback form completed after your trip if we are successfully meeting - or exceeding - this objective.

Packing

Most travellers prefer to take a small to medium wheeled suitcase, which is a great size for the packing capacity in our private vehicles. Whatever you take, be mindful that you will need to be able to carry your own luggage, handle it at airports, take in/out of accommodation and perhaps even walk short distances. Generally speaking, we recommend you pack as lightly as possible. You'll also need a day pack/bag for activities and day trips. In terms of weight, airlines generally allow a maximum of 15-20kg for check in luggage and a maximum of 5kg for carry on. Other than the items and clothing you always need on a trip, below we have listed packing suggestions specific for this trip:

ESSENTIAL

- Warm as well as light clothing. Central America is often assumed to have hot weather, but it can get cold in the countryside, mountains and at night in the winter so we suggest you check the expected temperatures en route and bring clothing that you can layer
- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings
- Sun protection - hat, sunscreen, sunglasses

RECOMMENDED

- Soft and/or hard copies of all important documents e.g. air tickets, passport, vaccination certificate, travel insurance etc. and keep the hard copies separate from the originals. While not valid, a copy makes it very much easier to obtain replacements if necessary
- Water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments
- Electrical adapter plug (view <http://www.kropla.com>)
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes and Band-Aids.
- Watch/Alarm clock or phone that can be used for both
- Swimwear

- Travel beach towel
- Tissues &/or toilet paper &/or wet wipes
- Insect repellent
- Camera with spare memory card, charger &/or batteries

OPTIONAL

- Ear plugs to guard against a potential snoring room-mate
- Phrase book

VALUABLES

Please try to avoid bringing unnecessary valuables, and use your safe if available. It's also a good idea to purchase a money belt or pouch that is easily hidden.

LAUNDRY

Laundry is available at many hotels and towns during this trip, although you might need to wait for a two-night stop in order to make sure you get it back in time. While laundry at hotels is usually charged by the item, laundromats usually charge by the kilo, which is generally inexpensive (about USD 2 per kilo).

Phone and internet access

WhatsApp is a popular way to communicate in Latin America. We recommended downloading WhatsApp prior to departure to communicate by text with your group leader or local representative and group members during the tour. Once downloaded, please validate your phone number before leaving home as you will not be able to do this once you arrive unless you have international roaming enabled. Connections for making phone calls through WhatsApp are not reliable, so please do not use this app to make calls to our emergency phone line.

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the

activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

COSTA RICA

CRIME

Travellers have been the target of crime in Costa Rica, with main targets being popular tourists sites, airports, bus stations and public transport. Petty crime such as pickpocketing and bag snatching is common in downtown San Jose and in popular tourist areas. To protect yourself from crime, plan to arrive and depart the country in daylight hours, be alert to drink spiking and only use officially registered taxis. Credit card fraud is a risk as is counterfeit Costa Rican and US currency from street exchanges. Keep your card in view when making purchases and only change money at banks or official exchanges. Your leader can advise on the best ways to withdraw or exchange money on tour.

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MONEY WITHDRAWAL

In order to avoid fraud and theft, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

LOCAL LODGINGS

On this trip you will be staying in some restored houses and local lodges - these are one of the charms of this journey, but their staircases, balconies and passages etc may not always comply with western safety standards. Please do not expect elevators in these properties as they are preserved to their original state.

SEAT BELTS

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

FIRE PRECAUTIONS

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

WATER SAFETY

Please take care when taking part in any activities in the ocean, river or open water, where waves and currents can be unpredictable. It's expected that anyone taking part in water activities is able to swim and have experience in open water. All swimmers should seek local advice before entering the water.

A couple of rules

We like to think our Intrepid travellers are all connected by a love of adventure and passion for seeing the world in a different way. We've laid down a few non-negotiable rules to ensure everyone feels connected, comfortable and safe on our trips.

We ask that you respect your fellow travellers, group leader or local representative, and local people and places we visit in all circumstances. We don't tolerate any forms of violence and expect that you follow the local laws, customs and regulations in any destination we travel to. Any behaviour contrary to the above, including any behaviour that prevents our staff from performing their duty of care or continuing the itinerary as planned, may result in travellers being removed from the trip.

If you consume alcohol while travelling, we encourage responsible drinking and expect you to abide by local alcohol laws.

To ensure the well-being of everyone on the trip, all decisions made by group leaders or local representatives and ground staff are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip. By travelling with us, you agree to comply with these rules and the laws and customs of all countries visited. If something is concerning you during your travels with us, please speak to your group leader or local representative immediately. Alternatively, contact us on the emergency contact number detailed in your Essential Trip Information's Problems and Emergency Contact section.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

Love wildlife? Us too. We believe nature should be protected, respected and never exploited for our entertainment. That's why we design all of our wildlife trips and experiences to meet the standards set out in our animal welfare guidelines (<https://www.intrepidtravel.com/en/animal-welfare>), created in collaboration with World Animal Protection. This ensures that the unforgettable animal encounters our travellers rave about are conducted responsibly, with the utmost respect for all creatures.

What does that mean for you? Well, we never ride, feed or handle wild animals for a start. Take a closer look at our animal welfare policy (https://www.intrepidtravel.com/sites/intrepid/files/Intrepid_Travel_Animal_Welfare_Policy.pdf) to learn more about how we champion responsible, cruelty-free experiences on our trips, and see how you can help make a difference when you travel with our animal-friendly travel tips (<https://www.intrepidtravel.com/en/how-be-better-traveller-wildlife>).

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip supports Eden Reforestation Projects, who are tackling climate change by restoring forests across the world; they also hire locally and create job opportunities within communities. Donations support restoration across planting sites in 10 countries, including Kenya and Nepal. Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation.

To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/eden-reforestation-projects>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.