

Costa Rica & Panama Tour 15 Days

San Jose 5nts, Tortuguero 2nts, Arenal 2nts, Panama 4nts, Panama 1nts

Itinerary Brief:

Fast flowing rivers give way to calm jungle rivers as the water reaches the lowlands. Dense tropical jungles touching white sand beaches, which are etched with inlets, peninsulas and bays.

Daywise Itinerary:

Day 01 DEPART FOR SAN JOSE, COSTA RICA - COSTA RICA

On arrival at San Jose airport, transfer to the hotel for two nights. The rest of the day is at leisure to relax and get over your flight.

[X] Breakfast [Y] Lunch on flight [Y] Indian Dinner

Day 02 SAN JOSE CITY TOUR

Have a city tour of San Jose, capital and the largest city in Costa Rica. On this tour, visit the magnificent Opera House, completed in 1894 at the height of Costa Rica's coffee and banana wealth. Its stone exterior is eye-catching and its interior will take your breath away. Just stepping into the lobby with its Italian pink marble and gold trim makes you think you've stepped across the ocean to Europe. Other sites include the University of Costa Rica, beautiful La Sabana Park. We visit the national Museum of pre-Columbian art, this gives you an insight into the heritage of Costa Rica. It features a stunning gold, jade, stone and pottery collection and holds the largest pre-Columbian gold collection in Latin America.

[Y] Breakfast [Y] Indian Lunch [Y] Indian Dinner

Day 03 SAN JOSE - TORTUGUERO NATIONAL PARK

Leave San Jose early in the morning to Tortuguero National park, passing picturesque Caribbean villages and lush banana plantations along the way, also visit cress Braulio Carrillo National Park, terrain of rugged mountains, rushing rivers, dormant volcanoes, deep canyons and rain forest. Board a comfortable boat starting the adventure through rivers and canals and arrive at Tortuguero. Have once in-a-lifetime experience at this unique place surrounded by a great variety of flora and fauna. After lunch, visit the Caribbean Research Centre museum, the beach area, and the small and picturesque village of Tortuguero.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 04 TORTUGUERO NATIONAL PARK BOAT SAFARI

Embark on a discovery of this park of swamps, lagoons, canals, rivers, and rain forest - begins with a guided jungle walk followed by an afternoon boat "safari" along Tortuguero's canals. Enjoy a delicious lunch at the lodge and take your time to enjoy our private trails or relax at the pool.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 05 PINEAPPLE FARM - ARENAL REGION

Today, depart to the Arenal region. On the way to the northern plains stop Organic Paradis, an Organic Pineapple Farm. Finca Corsicana, on the Caribbean slope in Llano Grande de la Virgen de Sarapiquí, delivers a delightful behind-the-scenes tour of the "only farm in the world that produces certified organic pineapple". The tour begins with a brief introduction at the plantation's open-air cafeteria. Board a brightly painted tram and follow a red dirt road toward the fields. The local guide clicks on his microphone and begins with a history of the pineapple from its origins in Brazil to present-day consumption around the world. On his second voyage to the new world and the island of Guadalupe, Columbus brought back the natural treasure to Europe, where it became known as the fruit of kings, both for its golden fruit and royal green crown. After lunch, drive to the Arenal Region and check in for the next 2 nights. The late afternoon is free to explore around or relax. Arenal Manoa is a beautiful place to rest, relax and enjoy the marvellous view of Arenal Volcano. If weather allows, the Arenal's impressive eruptions at night, when the lava streams and incandescent rock explosions resemble an unforgettable fireworks display.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 06 HANGING BRIDGES - NATURAL HOT SPRINGS



This morning depart to the Hanging Bridges, a nature walk from a different altitude. The tourist will be able to appreciate the natural beauties of the majestic environment, thanks to the imposing and huge hanging bridges with the beautiful trails that make an easier access to it and offer great security. The doors of our tropical paradise are already open for all nature lovers and adventurers. Arenal Hanging Bridges wants to offer to all the visitors a contact with the natural surroundings in a responsible and sustainable way. It has complied with all the permissions, evaluations and certifications required for the protection of the private reserve and all the living organisms that live in there. Return to the hotel for lunch. After a short time to relax at the hotel, departure to Ecotermales, a cozy and exclusive local family owned venue with natural hot spring pools of different degrees where visitors can relax.

[Y] Breakfast [Y] Lunch [Y] Dinner



Day 07 ARENAL - CENTRAL VALLEY - SAN JOSE

Drive to San Jose, en route you visit The Botanical Orchid Garden. Enjoy the permanent orchid flower exhibition. They have an exclusive greenhouse suited perfectly to display the great variety of hybrids and species. Throughout the year, flowering is varied and continuous. January, February, and March are the months with the highest peak in flowers. During this time, you can appreciate flowered species from various countries. One example of this is the "Guaria Morada" Costa Rica's national flower. Other types of orchids, such as hybrids can bloom up to four times a year; this means that no matter the season, you will always find surprising orchid flowers in the garden.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 08 POAS - VOLCANO DAY TRIP

Visit the Poas National park. The Poas Volcano is one of the world's largest geysers with an awesome crater, over 1.5Km in width. The volcano is active, but completely safe for viewing. This tour begins with a beautiful drive through the lush coffee plantations and flower farms of the area. In addition to the volcano, the Poas National Park is a 9.884-acre reserve with rich tropical vegetation and animal life. The tour includes a hike through the surrounding forest that is teeming with typical plant life and exotic birds. The hike concludes at a restful, emerald green tropical lagoon.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 09 COSTA RICA COFFEE TOUR

Today visit Espiritu Santo Coffee Tour located in Naranjo, this is a perfect opportunity to understand and learn about one of the most important industries in Costa Rica. The coffee farm is surrounded by 640 acres of a prime coffee plantation, where the secrets of a real coffee cup are carefully held. Espiritu Santo Coffee Tour represents the most remarkable and pure coffee tradition and history in Costa Rica. Later, stop at Sarchi, national handicraft town for local Costarican handicrafts like leather goods, ceramics and colourful woodwork, or shop for gold and silver jewellery, made with semi-precious stones, which makes a great gift for someone special, or an excellent way to treat yourself.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner

Day 10 COSTA RICA - PANAMA CITY, PANAMA

Take a flight to Panama City, Panama. The country well known of its Panama Canal, allowing the passage from the Caribbean Sea to the Pacific Ocean. Upon arrival at Tocumen International Airport and clearing the customs and immigration transferred to Panama City and check into the hotel for the next 4 nights.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner

Day 11 PANAMA - CITY TOUR

Today, visit The Ruins of Old Panama named Cultural Patrimony by UNESCO because it was the first city founded over the Pacific coast, continue onto the Colonial zone of "San Felipe" in the Colonial Panama (Casco Antiguo), where the San Jose church and its golden altar, and other 6 churches that show the catholic faith in Panama are located. Under the Italian, French, and Spanish balconies you can see local residents' descendants' of the Spanish colonial mix. Visit the Square of France, the Simon Bolivar Square, the Independence Square and the cathedral. Then visit the Panamal Canal, the Miraflores Locks and its Visitor Center to see the impressive engineer work since 1900. Later proceed to Causeway Amador which joins 4 small islands with firm land creating a beautiful way - a silent witness of the transportation of gold, silver and other products that came from the Spanish towns in South America. Visit "Mi Pueblito", an open museum that shows the interior traditions.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner

Day 12 COLON - PORTOBELLO

Early morning, transfer to the train station and board a train travelling parallel to the canal in the

middle of the Soberania National Park to the station in Colon. Visit the Portobelo Forts founded in 1597 which is considered the most important and rich fortification of the colonial time. Here they had the market fairs until 1756 and was the point of departure from the Caribbean Sea to Europe, especially Spain, see the canons that still show the importance of their defence. The church, "San Felipe de Portobelo" is the centre of the devotees of the Black Christ. Today Portobelo has more than 3000 habitants' descendants of the slaves that allows the visitors to appreciate the culture and, in the summer, the traditional music in the central square. Later we visit Free Zone, where you can buy gold and silver items, perfumes. Continue on a panoramic view of the city, founded on 1853, with a population of black race and culture, pass by the Washington Walkway and The Central Ave. Which is considered the longest avenue of Latin America by the Guinness Records.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner



Day 13 CHAGRES NATIONAL PARK

Today head to north to the Alajuela's Lake till you get to the Chagres National Park, which is very important to the Panama Canal. From here, take a canoe to visit the communities of the Choco or Embera Indians, who established themselves during the "60"s in the Chagres National Park. Here see their dances, their gardens and medical plants; get explanation how their houses are made. In the community you can buy beautiful handicrafts and make yourself a natural tattoo that will last approximately 8 days, continue onto visit the waterfall and making your way through a natural walkway to enjoy the fresh water.

[Y] Breakfast [Y] Lunch [Y] Indian Dinner

Day 14 BAHAI & HINDU TEMPLE - UK

Today visit the Bahai Temple. There are only 7 Bahai temples in the world, one of which is located here in Panama City, continue to visit the only Hindu temple in Panama City, atop a hill, with magnificent views all around. Later in the afternoon, visit the famous Playa Bonita Summit Golf Resort for our farewell lunch and depending on the time, indulge for shopping in a mall or local handicrafts shops. Later in the evening, transfer to the airport (depending on your flight time) for your flight for onwards destination.

[Y] Breakfast [Y] Lunch [Y] Dinner on flight

Day 15 ARRIVAL

Return with the Happy Memories of the Tour!!!

Departures:

2023 Tour Departures:	
November	21
2024 Tour Departures:	
February	06
March	05

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April	02
July	02
November	19
2025 Tour Departures:	
February	04
March	04
April	01

Tour Cost:

Departures: 21/11/2023, 06/02/2024, 05/03/2024, 02/04/2024, 02/07/2024, 19/11/2024

Title: From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,999.00	4,300.00	Twin Room
Per Adult	4,999.00	4,300.00	Double Room
Per Adult	4,999.00	4,300.00	Triple Room
Child 2-11 yrs	3,999.00	3,440.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,799.00	3,240.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	1,959.00	1,120.00	Infant
Per Adult	5,739.00	5,040.00	Single Room

Departures: 04/02/2025, 04/03/2025, 01/04/2025

Title: From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	5,200.00	4,300.00	Twin Room
Per Adult	5,200.00	4,300.00	Double Room
Per Adult	5,200.00	4,300.00	Triple Room
Child 2-11 yrs	4,160.00	3,440.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,960.00	3,240.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	2,120.00	1,120.00	Infant
Per Adult	5,940.00	5,040.00	Single Room

Accommodation:

City	Nights	With Flight From UK	Hotel Rating	Without Flight	Hotel Rating
San Jose	5nts	Hotel Presidente or Similar	4 Star	Hotel Presidente or Similar	4 Star
Tortuguero	2nts	Laguna Lodge or Similar	4 Star	Laguna Lodge or Similar	4 Star
Arenal	2nts	Arenal Manoa & Hot Springs Resort or Similar	4 Star	Arenal Manoa & Hot Springs Resort or Similar	4 Star
Panama	4nts	Best Western Plus Zen or Similar	4 Star	Best Western Plus Zen or Similar	4 Star

Travel Mode:

From	Via	To	By
UK		San Jose	Flight
San Jose	Tortuguero	Arenal	Coach
Arenal		San Jose	Coach
San Jose		Panama City	Flight
Panama City		UK	Flight

Inclusions:

- * All nights in 3* / 4* star hotels with breakfast
- * Meal plans as indicated in the itinerary
- * Entrances to sightseeing's and excursions as per the itinerary
- * Tips to guides and drivers included
- * All transportation in executive coaches, cruise liners, trains and some places in A/C Cars
- * Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)
- * Services of local tour guides
- * Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport

Exclusions:

- * Travel insurance
- * Visa charges
- * Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc..
- * Any cost of beverages, alcohols with the set meals.
- * Other services not listed in inclusive item & the itinerary

Cancellation Policy:

- * More than 56 days prior to departure date 50% of Total Holiday Cost for International Flight Tours
- * 55 - 42 days prior to departure date 75% of Total Holiday Cost for International Flight Tours
- * 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours

Terms & Conditions :

- * Please refer to the full Terms and Conditions on our website

FAQ :

Can I join the tour from any part of the world?

A: Yes, you can fly to San Jose (Costa Rica), our first point in the tour preferably a day earlier. Please do inquire in the office to arrange your logistics for both arrival and departure.

Weather & Essential to carry

Q. How can I check the local weather?

A: You can check the local weather to your destinations here: www.accuweather.com

Q. What is the best time to travel?

A: Every effort has been made to select date where the weather is moderate to ensure your best experience of Costa Rica & Panama. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

Q. What clothes shall I wear or pack?

A: During the lovely summer months, it is advisable to wear light garments during the day but keep an all-weather jacket or sweater in your hand luggage throughout the tour as can get chilly.

A: We suggest waterproof jacket and pair of sunglasses.

A: During the holiday most of the dressing is casual attire. Should you independently wish to visit Casino or Nightclub, evening wear is required.

Q. What kind of footwear will I need on the trip?

A: We suggest trainers, walking shoes, sandals, chappals or similar.

Passport; Immigration & Visa

Q. Do I need to carry a passport?

A: Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

For UK Resident: www.gov.uk/foreign-travel-advice

For USA Resident: travel.state.gov/content/travel.html

Q. How long should the passport be valid?

A: Please ensure you have a passport that is valid for at least 6 months from the date of completing your tour.

Q. What are the Visa Requirements?

A: You are responsible to ensure that you have correct documentation.

British passport holders: Do **NOT** require a visa to travel to Costa Rica & Panama (visa updates to follow) or contact the office.

Non-British passport holders: Please do check with the Costa Rica & Panama Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

Q. What happens to me if I am stopped at custom and immigration?

A: Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

Money Matters

Q. What is the currency used?

A: On this tour you will be travelling to Costa Rica & Panama.

Costa Rica: The currency is Costa Rican Colon (CRC).

Panama: The currency is Panamanian Balboa (PAB).

American Dollars (USD) is widely used throughout these countries.

Q. Can I use my Credit/Debit cards there?

A: We recommend that you take a credit or debit card on holiday with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or MasterCard are accepted by many restaurants, shops and hotels.

Most countries are using chip and pin. In cases where chip and pin not used, please be cautious when handing your debit/credit card.

Q. Are ATM machines available?

A: Major cities will have cash/ATM machines where cash can be withdrawn with your credit or debit card, though this might incur a fee charged by your card provider. Advise your bank which countries you are visiting prior to travel so that you do not run the risk of your card being refused and subsequent expensive phone calls to unlock it.

Q. Where can I exchange my money?

A: Money can be exchanged at Airports, Banks, Exchange Bureaus and at the hotels. You may also need your passport for identification, please be aware that locally exchange rate may vary.

Health (Medication); Welfare & Travel Insurance

Q. Do I need any vaccinations?

A: For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

or contact your medical doctor for recent updates.

Q. Should I bring all my medication with me?

A: Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

Q. Do I need to declare any special medical condition and requirements prior to booking the tour?

A: Should you have pre - existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

Q. What happens if I am unwell during the tour?

A: Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager/Local guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing. Strongly recommend to have personal travel insurance to cover these mishaps.

Q. What happens if an accident occurs while on the tour?

A: Should you be involved in an accident (minor or major), please contact your Tour Manager/Local guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

Q. What should I do if there is an incident?

A: Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your Tour Manager/Local guide/hotel reception for immediate assistance.

Q. Do you facilitate clients with disability?

A: Sonatours does not provide special tours for the disabled. Our coaches do not have wheelchair access. It is possible to bring along a folding type of wheelchair which may be kept in the baggage hold of the coach. The driver will load and unload the wheelchair from the coach for the passenger however they will need to be physically fit enough to be able to embark and disembark the coach on their own. On the tour it is also essential that a capable person is accompanying such a passenger on the tour to push their wheelchair.

Q. What happens if I have lost or left something in the hotel?

A: Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

A: You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft, you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

Q. Do I need travel insurance?

A: We strongly recommend you travel with Travel/Medical Insurance from your country of residence. Kindly ensure you get the correct insurance for the tour.

Q. Can Sonatours provide travel insurance?

A: There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

Accommodation & Transport

Q. How are rooms allocated?

A: Each hotel checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room allocations.

Q. Can you guarantee rooms together?

A: Room allocation is done by the hotels. Rooms together only be requested but not guaranteed.

Q. What facilities are there in the room?

A: Facilities vary from Hotel to Hotel and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

Q. Will the room have walk in shower?

A: Not all hotel rooms have walking showers.

Q. Does my room have Tea & Coffee making facilities?

A: Please note that not all hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

Q. Is smoking allowed in the hotels/rooms?

A: Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please check with the hotel reception.

Q. Is WIFI freely available?

A: Most hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the rooms.

Q. Do all rooms have air-condition?

A: Most hotels rooms in Costa Rica & Panama offer air-conditioners or fans.

Q. Will all hotels have lifts?

A: Most of the hotels worldwide will have lifts. However, at some places Heritage Hotels or Resorts are used In such cases lifts cannot be guaranteed.

Q. What time do I need to be at the airport?

A: All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary



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confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel. Details will be sent to you at a later date. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.

Q. Are flights upgrades available?

A: On long haul flight tours upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

Q. Can I select my seats on the airplane?

A: International and Internal flight booking are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

Q. What are the luggage requirements on the airplane?

A: International Flights: Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

Internal Flights: Different airlines will have different requirements on the weight allowance. It can range 15-20kgs for your main luggage and 5kg for hand luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

Q. What other transport is there in this tour?

A: In this tour we have following Internal flights:
Costa Rica to Panama.

Q. What type of coach will I be travelling in?

A: We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & are fully air-conditioned or air-cooled – all with reclining seats. Coaches in Costa Rica & Panama do not have emergency WC facilities. Frequent comfort stops are being made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it is a vast-rural landscape or an urban city center. On a touring holiday there are some long journeys which are unavoidable especially what travelling from city to city.

Q. Can I select my seats on the coach?

A: We have a strict seat rotation policy when travelling by coaches on all our international tours.

Q. What is the smoking and alcohol policy while travelling by coach?

A: There is a strict policy of "no smoking, no alcohol and no smelly food" on all our coaches. We do, however, make plenty of comfort stops.

Food Matters

Q. Can I request my flight meal and is it guaranteed?

A: Meal request should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled. Please be advised that complimentary meals are not available on the internal flights.

Q. What meal options are available to me while on tour?

A: Sonatours can cater for a range of Asian Vegetarian (e.g. Jain, Swaminarayan) as well as Asian Non-Vegetarian (Halal). Kindly advise your meal preference/allergies at the time of your booking. In areas where Indian is not available local cuisine will be provided.

Q. Where will I have my daily meals?

A: On all tours breakfast is at the hotel and dinners is at various restaurants or hotels.

Q. Should I carry dry snacks?

A: Dry snacks can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging.

Q. What is the cost of a local meal?

A: On an average local meal costs about £15-£20 per person per meal. This estimated price varies from city to city and country to country.

Miscellaneous

Q. Will I travel with people from other countries?

A: Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you'll have the opportunity to meet and travel with people from all over the globe.



Q. Is there a tour director on the tour?

A: Escorted tours are accompanied by professional Tour Director/Local guides throughout the tour. This itinerary includes flights.

It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience.

Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilities the tour director to contact you should the needs arise while on the tour.

If minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides services of local tour guides to make sure you will get an unforgettable experience.

Q. How many people will be on my trip?

A: Average group size are between 15 to 50 passengers but it may vary from departures to departures.

Q. Are tips included?

A: On all our group tours, only tips for the driver are included. However, should you wish to tip separately to driver and tour manager, you are welcome to do so at your discretion.

Q. When does my day start?

A: The day usually starts between 8 & 9am. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

Q. How much walking is involved per day for the duration of the tour?

A: This tour involves a substantial amount of walking (normally 4 to 5 hours a day, not all at one stretch).

Q. Will I have free time?

A: Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

Q. Do I need to get a local SIM card?

A: Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance

Q. Should I bring any electric outlet adapter and charger for my electronics?

A: Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

Costa Rica & Panama: Electricity supply is 110 to 120 Volts; uses type A-2 parallel flat pins.