

Costa Rica Walks and Wildlife

Trip Code: CWW

Version:



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Delve into lush rainforests and explore stunning waterfalls and beaches
- Trek the slopes of Arenal Volcano & visit Corcovado National Park by boat
- Walk amongst abundant colourful birdlife, including the elusive quetzal
- Spot incredible wildlife endemic to Costa Rica such as coatis, sloth and tapir

AT A GLANCE

- 3 days exploration by boat at Corcovado
- 10 days walking and sightseeing and beach
- Max altitude: 3400m
- Join at San Jose

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

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

Is this holiday for you?

This adventure holiday is designed to provide an insight into the many different elements that define Costa Rica. It is not intended to be a long or continuous walking holiday. We have a couple of days of 6 hour walks, which will be through the forest, and we may experience slippery mud underfoot as rain showers are not unusual in Costa Rica. The main focus during these walks will be looking for wildlife and observing the different climatic zones and types of rainforest. We spend some time on boats admiring the forest, beaches and islands - so you should not have a fear of water! The majority of the holiday is leisurely, with a number of short and longer walks and other activities. We have one night where we have to carry our own belongings to the rustic forest lodge, our main baggage will go with the vehicle.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Costa Rica's Tortuguero National Park Extension

Tortuguero National Park includes rainforest, beaches, lagoons and swamps. The beaches are nesting grounds for endangered sea turtles, including the Loggerheads, Hawksbill, Green and Leatherbacks. The park is also home to jaguars, three-toed sloths and 4 species of monkey. There are also hundreds of birds like the colourful kingfishers, toucans and parrots. Note: Tortuguero is not a beach resort and swimming is not recommended because of strong currents and large waves. You will be joining other individual travellers for this extension.

Holiday Information

What's Included

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

What's not Included

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

Joining Arrangements & Transfers

The group will meet at the hotel in San Jose.

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

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

Meal Plan

All meals except for 2 dinners when you are in San Jose are included in the holiday price. You should budget US\$10 - \$15 per meal for these non-included meals.

Food & Water

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

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

Accommodation

We will spend two nights in San Jose, our first in a hotel near the airport and our last in a centrally located hotel.

In Arenal and Rincon de la Vieja, we will stay in comfortable eco-lodges with great access to Costa Rica's national parks.

At Los Campesinos and at El Copal we will stay in traditional and rustic cabins with basic facilities, which offer an authentic community experience. The cabins at El Copal have dormitory style rooms with shared bathroom facilities.

In Corcovado, we stay for 3 nights in a simple lodge/cabins with en suite toilet and showers. The cabins are just 100m from the beach. Some of the lodges and hotels have swimming pools.

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

Please note that some of our accommodation is 'off-grid', powered by discreet generators for a few hours each evening or by solar energy. When the power goes off you will experience the magic of total darkness that can only be found in such a remote area. The ambience and abundance of wildlife surrounding offered by the remote location far outweighs the modest facilities.

Group Leader & Support Staff

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

Altitude

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

Spending Money

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

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group. For full groups we advise around \$40-50 per person total.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

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

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

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Visa Costa Rica

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

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Preparing for your Holiday

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

Climate

The months that we have chosen to run this trip usually offer stable weather conditions in Costa Rica. The days are warm and generally sunny with average temperatures between 20 - 30°C. At the high points of the trip, on the crater rim of Poas and Rincon de al Vieja the temperatures will be cooler. Costa Rica is a tropical country and it can rain anywhere at anytime, however there are 2 main seasons. The wet season is generally May to early December, and the dry season during the rest of the year. When it rains it can get humid and muddy very quickly.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Please note that it is now prohibited to enter any national park in Costa Rica with any form of single use plastic, including bottles, plastic bags etc.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking boots
- Sandals (like tevas suitable to get wet)
- Rash-vest or T-shirt to wear under the life vest during snorkelling

- Socks & underwear
- Trekking trousers
- Shorts (useful for boat landings)
- Baselayer shirts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Lightweight waterproof overtrousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 35-45 litres (with rain cover)
- Dry bags
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (2 pint) x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent (DEET)
- Small travel towel
- Small padlock (to lock your bag)
- Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles
- Mosquito net (in most establishments the windows have netting, however it is prudent to bring one as well)
- Travel clothes
- Flipflops for casual wear and evenings
- Swimwear
- Binoculars
- Umbrella & poncho
- Gaiters
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Snorkel & Mask - a certain amount of snorkel and masks are available in Corcovado, but if there is a large group then the equipment will need to be shared.
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTES:

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

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

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

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to San Jose, Costa Rica. The flights will depart from the UK in the morning, arriving the later the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE

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

Please Note This document was downloaded on 02/01/2025 and the trip is subject to change