

### COSTA RICA ACTIVE ADVENTURE



#### overview

##### HIGHLIGHTS OF THE TRIP

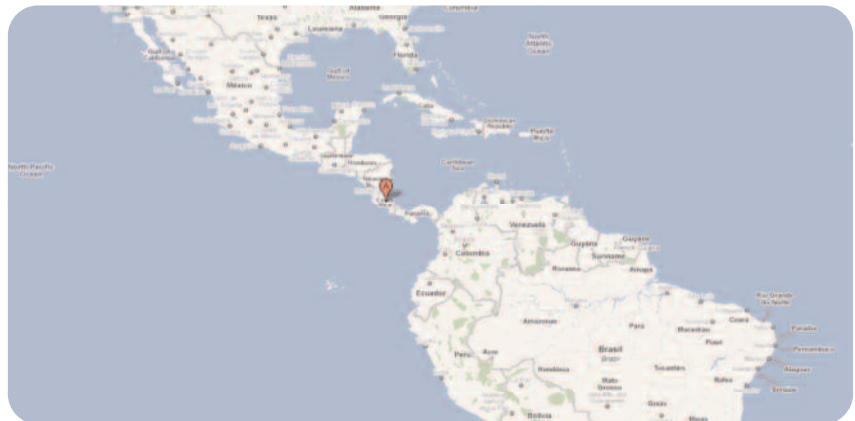
- The unique mix of wildlife you will encounter
- Some fantastic accommodation
- The completely unique experience of rainforest canyoning
- The walk on an active volcano
- Learning about the fascinating culture of this wonderful country
- Meeting some local children and participating in a tree planting project



#### MAP

##### WHERE YOU ARE GOING

If there is another country of Costa Rica's size that offers as much in terms of activities, wildlife, diversity of landscapes and the friendliness of its people we would certainly like to hear about it - to be honest, we don't think such a place exists!



**12 DAYS, 11 NIGHTS**

### AGENDA

#### DAY ONE: ARRIVAL AND INTRODUCTION

You will be met at San Jose Airport to complete the short transfer to your hotel. En route you will be briefed about the following day's activities and in the evening you are free to relax.

#### DAY TWO: SAN JOSE AND COFFEE TOUR

This morning you will be picked up from the hotel for a sightseeing tour of San José before a visit to a coffee estate to learn more about this fascinating industry. Costa Rica produces 2.8 million bags of coffee annually and you will be able to witness the process from bean to cup. This evening a welcome meal will be served in a famous local restaurant serving traditional Costa Rican cuisine. The view point from the restaurant over the city is unbeatable.

**Suggested Kit:** T-Shirts, shorts, walking shoes, light waterproof jacket, sun cream and camera.

#### DAY THREE: RAINFOREST BOAT TRIP AND TORTUGUERO

Please Note: There is a luggage limit of 25lbs per person on the boat trip to Tortuguero. Extra luggage will be stored securely by representatives.

It is an early start this morning for a 3 hour boat journey to the Tortuguero National Park. Along the route you will be able to see a range of different flora and fauna. This afternoon there will be a visit to a local conservation centre to learn about this wonderful environment and the local traditions and culture before some free time to explore or relax around the swimming pool.

This area is an extremely important location for green turtle nesting and during the nesting season (July to September) it is possible to book a night tour directly with the lodge (payable locally) to observe this fascinating natural occurrence.

**Suggested Kit:** T-Shirts, shorts, 1 long pair of trousers, walking shoes, beach sandals, light waterproof jacket, insect repellent, sun cream, hat, swim wear, camera, and binoculars.

Turtle Watching Trips can be arranged at the lodge for approximately \$25.00 per person. The trips take place at night in either an 8pm-10pm slot or 10pm-12am. Guests have no control over which slot they are allocated or which areas they may visit with their guide as these are determined by a lottery each day. You must make your reservations for the trips on the day you wish to participate before 3pm at the hotel reception

The turtle nesting seasons are as follows:

Leatherback Turtles: Nesting Season March to July (Peak: April and May)

Green Turtle: July to November (Peak: September)

### AGENDA

#### DAY FOUR: RAINFOREST EXPLORATION DAY

This morning your adventure starts with a kayak tour through the Tortuguero Canals. Your guide will then lead you on a rainforest hike and then a boat trip at twilight. Using these three different methods of travel allows you to experience the rainforest from different perspectives and you will encounter different species of wildlife and plants in their natural environment. Many of the animals in the forest become much more active at twilight so the boat trip is planned for this time to maximise your chances of seeing as many animals as possible.

**Suggested Kit:** Extra layer of clothes, sun cream, hat, waterproof, camera, binoculars. Walking boots, waterproof, sun cream, hat, camera and binoculars.

#### DAY FIVE: TORTUGUERO TO SARAPIQUI

This morning you will leave your lodge and travel inland to Sarapiquí. You will stop for lunch en route at a local restaurant and will arrive at the lodge at around 3pm. The afternoon will be free to relax before dinner is served this evening.

#### DAY SIX: ADRENALINE DAY

Today includes some really exciting activities in some truly beautiful surroundings. The activities which can be included are white water rafting, horse riding and mountain biking and we cannot recommend the treetop canopy tour highly enough! This is a fantastic activity and provides a whole new perspective on the forest below. The ride ends with a spectacular 900ft zip wire line across the Sarapiquí River. Today is always a highlight of the trip for our families and is topped off by spending the night in the unique tented accommodation.

**Suggested Kit:** Synthetic shorts and t-shirts, sandals or old trainers, and a waterproof camera. Long trousers, t-shirt, trainers, and insect repellent.

#### DAY SEVEN: VOLCANO WALK

Today you will transfer to the impressive Arenal Volcano for a guided hike. You will be able to check into your luxury hotel and relax for a few hours before meeting your guide to set out on this fascinating walk. The degree of activity from the volcano varies but at its most active there can be magnificent displays of flowing red hot lava and incandescent rocks flying through the air. The land around the volcano has lush, tropical vegetation which you will explore during the walk.

**Suggested Kit:** Waterproof, walking boots, camera, insect repellent and sun cream.

#### DAY EIGHT: RAINFOREST CANYONING

After a morning free to relax, your guide will meet you at the hotel for a 30 minute drive into the rugged mountainous terrain near the volcano. Then you will take 4x4 vehicles across some bumpy back roads to get to the start point for the canyoning adventure. This location allows

### AGENDA

for some of the most exciting canyoning we have encountered anywhere. After full tuition you will complete a series of six waterfalls ranging in size from 150 - 200 foot descent.

**Suggested Kit:** Synthetic shorts and t-shirt, waterproof camera, and walking sandals or old trainers.

#### DAY NINE: VOLUNTEERING AND CULTURAL DAY

This morning you will visit Eco Centre Danaus which is a biological reserve specialising in educating the local community and visitors about conservation. After a short presentation the group will choose a tree sapling to take with you for later.

Your next visit is to a traditional country estate in the rural surroundings of the Arenal Volcano. Here you will learn to cook a traditional Costa Rican dish. From here you will travel to a local school to meet some of the native children and join their replanting project with the tree you chose earlier in the day.

**Suggested Kit:** Comfortable clothes and shoes, camera, sun cream and hat.

#### DAY TEN: ARENAL TO GUANACASTE AND LASPUMAS RESCUE CENTRE

From central Costa Rica you will travel back to the Pacific Coast for a few more days relaxing on the pristine beaches.

En route you will visit Las Pumas Rescue Centre which is a fantastic centre focused on protecting animals whose habitats have been destroyed by deforestation. This is a great way to learn more about some of the native wildlife in this area and the positive steps being taken to protect it. The animals here are in wonderful condition and it is an incredible experience to get so close to these majestic creatures. The drive will last approximately four hours and you will arrive in the late afternoon with free time to relax on the beach.

#### DAY ELEVEN AND TWELVE - LIE BACK, RELAX & ENJOY

We have left these last two days free to relax and enjoy this beautiful area. If you want to arrange additional activities (bookable and payable locally) please ask your local guide. Alternatively, simply enjoy the hotel swimming pool and the post-card perfect beaches in this area. This area is also popular for scuba diving and it is possible to arrange this at the hotel (payable locally).

#### DAY THIRTEEN: ADIOS COSTA RICA!

This morning you will be transferred back to Liberia Airport to meet your flight home. Alternatively we can arrange an extension in Costa Rica if you wish. Please contact us for more information.

**Please Note:** These itineraries are subject to change, please confirm your timetable with the activity providers on arrival at the resort.

# TRIP DOSSIER

SUMMER HOLIDAYS

## IMPORTANT INFO

### GROUP SIZE AND GUIDES

The approximate group size for this programme will range between 4-20 people.

Your guides for the week are all thoroughly qualified, highly experienced outdoor enthusiasts who are all always highly knowledgeable about the area in which they live and the activities they instruct. The feedback from clients is fantastic every year.

### HOW TO GET THERE

Flights are not included in this holiday however if you would like us to source and book flights for you under our ATOL protection we would be happy to do so. Please contact us for a quotation.

### BOOKING YOUR OWN FLIGHTS CANCELLATION DISCLAIMER

If you have chosen to book your own flights we will write to you once your trip is 'guaranteed to run'. In other words, once it has reached the minimum number of bookings necessary for us to operate the holiday. When the trip is 'guaranteed to run' you will be free to make your flight arrangements. Before you book your flights you should check whether airport transfers are included in your trip. If they are then please phone our office for airport transfer times.

Once your flights are booked, please send us a copy of your detailed flight itinerary.

Please be aware that most of the cheaper airline tickets available for sale on the internet or from low cost carriers are non-refundable in the case of cancellation. For this reason we strongly advise you check the rules of the ticket when you make a flight booking and check the limitations of any cancellation insurance policy you have. We cannot be held liable, in the unlikely eventuality that we should be forced to cancel your trip, for losses incurred relating to any flight booking you have made yourself.

### ATOL PROTECTION

If you book a flight inclusive holiday with us then everything on your invoice from flights to accommodation, activities to meals is fully covered under our ATOL Licence No 6865.

In the highly unlikely event of our financial failure (please be assured that we are very happy with our current position and forward bookings are strong) then all elements of your holiday are covered. If you are abroad, the Civil Aviation Authority (CAA) will arrange for your repatriation and if you are yet to travel you will be fully reimbursed, again by the CAA.

Two of our staff have previously worked for the CAA's ATOL Licencing so are pretty knowledgeable in this area. If you do have any questions then please contact either Alistair McLean or Kate McLean (yes, they met while working for ATOL and subsequently fell in love and married) on 01670 789 991.

# TRIP DOSSIER

SUMMER HOLIDAYS

## Useful info

### SUGGESTED GENERAL KIT LIST

Your guides will provide you with a suggested kit list per day but you should come prepared for all weather conditions.

The list below is not a comprehensive packing list simply a guide line of suggestions that you might find useful on the trip.

#### Item check:

Rucksack with plastic bag liner per family, for lunches and spare clothes  
 Reasonably strong pair of walking boots or trainers  
 Waterproof jacket and trousers (just in case)  
 Sweatshirt or fleece top  
 Comfortable lightweight trousers or shorts for land based activities (not jeans)  
 Casual clothing for evenings  
 Swimming gear and beach towels for water based activities  
 Sunhat, sunglasses with cord attached and sun block  
 Large water bottle (min. 1 litre) per person  
 Old clothes and trainers (no open-toed shoes) for getting wet during some of the activities (especially for canoeing and canyoning)  
 Insect repellent and sting relief cream  
 Camera – a disposable waterproof type is useful for water based activities  
 Please note that all safety equipment (helmets, life-jackets, harnesses, wetsuits etc) is provided on this trip.  
 Small torch

### SUGGESTED GENERAL PACKING LIST

#### Item check:

Passport Glasses/Contact Lenses  
 Air Tickets  
 Toiletries  
 Car Hire Voucher and full driving licence (for driver)  
 Driving Instructions, Map  
 Small Sewing Kit  
 Trip Dossier and Itinerary  
 Sweets & snacks for the journey  
 Insurance Documents  
 Notebook, diary, pen  
 Money, Travellers Cheques, Credit Card, Guide Book  
 Money Security Belt  
 Games, books, toys for your kids



# TRIP DOSSIER

SUMMER HOLIDAYS

## Useful info

### SUN PROTECTION

Please be safe in the sun. Wear protective clothing (ideally tops and trousers made of tightly woven fabrics that you can't see through when held up to light) and a hat that shades the face, neck and ears when out in the sun. Use a high factor sunscreen and remember to reapply after swimming. You should also bear in mind that you are just as likely to get burnt up a mountain as on a beach. **Please also ensure that you carry a minimum of 1 litre of water per person per day.**

### CLIMATE / TEMPERATURE

The Costa Rican climate varies depending upon elevation, location, and season with a little change in temperature from month to month. While the coastal plains are tropical, the mountain regions tend to be cool, and the Central Plateau has a spring-like climate year-round, (average daily temperature 75 F or 25 C). December through April is the dry season, and most of the rainfall occurs from May to November - mainly in the afternoons.

### TIPPING GUIDELINES

At your discretion you may wish to tip your guides at the end of your stay as a gesture of appreciation for their efforts during your holiday. A 10% service charge and 13% sales tax are always included in restaurant bills. An additional 10% tip is suggested. Taxi drivers do not expect a tip. Porters should receive \$3 or \$4 depending on the hotel, and chambermaids \$2 per day.

### PARENTAL SUPERVISION

Our family holidays are designed to be just that, family holidays. During activities, our guides are there to provide advice, tuition and supervision but we must stress that you are responsible for the child or children in your care. We do not employ qualified child minders and you should not put our guides or other group members in a position where they are responsible for the care of your child or children.

### BOOKING ACTIVITIES LOCALLY

In almost all of our destinations you can book and pay for additional activities locally. Our guides will normally discuss the options available at your welcome meeting. Please note that we cannot be held responsible for any injury or loss that occurs through any activities that are booked in your destination. If you intend to go hill walking in any part of Costa Rica you should ensure that you are well prepared and equipped to cope both with the terrain, high temperatures and a lack of shade in summer.

### Useful info

#### HEALTH CARE INFO

Medical care in Costa Rica is of a high standard. Only emergency medical treatment is available without charge for visitors.

Dengue Fever is endemic to Latin America and the Caribbean and can occur throughout the year. San Jose and the Central Valley can be particularly affected, and some cases have been reported recently. There is no vaccine or immunisation to prevent dengue fever and you should take usual precautions to avoid mosquito bites.

There is currently a severe outbreak of Dengue Fever throughout the country, with Guanacaste, the Pacific coast and parts of the Central Valley including San Jose being the most affected. The southern peninsula of Osa has also seen a recent sharp increase in cases reported. So far, over 20,000 cases have been reported with one confirmed death, with people aged between 20-30 being the most affected.

Malaria is also common in Costa Rica, especially in areas close to banana growing areas. Areas near the border with Panama are particularly affected.

In the 2010 Report on the Global AIDS Epidemic the UNAIDS/WHO Working Group estimated that around 9,600 adults aged 15 or over in Costa Rica were living with HIV; the prevalence percentage was estimated at around 0.3% of the adult population compared to the prevalence percentage in adults in the UK of around 0.2%. You should exercise normal precautions to avoid exposure to HIV/AIDS. For more general information on how to do this see HIV and AIDS.

Seek medical advice before travelling to Costa Rica and ensure that all appropriate vaccinations are up-to-date. For further information on vaccination requirements, health outbreaks and general disease protection and prevention you should visit the websites of the National Travel Health Network and Centre (NaTHNaC) and NHS Scotland's Fit for Travel or call NHS Direct on 0845 46 47.

#### CARD FRAUD

We recommend that you tell your bank or card issuer where you're going abroad and what dates you will be travelling. This avoids the embarrassment of having your card refused because your bank thinks you could be a fraudster yourself! Give the bank or card issuer your contact details so that they can call you if they spot an unusual transaction.

### Useful info

#### CURRENCY AND FOREIGN EXCHANGE

The local currency in Costa Rica is the Colon. US Dollars are widely accepted in tourist areas and most prices for souvenirs are marked in dollars and change will be given in Colones. In smaller establishments you should expect to pay in Colones. Most major UK debit and credit cards are accepted in hotels.

There are a number of cash points in San Jose, Arenal and Tamarindo. Traveller's cheques in dollars can be exchanged at banks and some hotels with the presentation of a valid passport.

#### CARIBBEAN CONSERVATION CORPORATION (CCC)

US\$1 per person is payable upon arrival at the CCC in Tortuguero.

#### TRAVEL SAFETY

The safety of our clients is of paramount importance at all times in terms of activity participation and destination. We always follow the advice of the Foreign and Commonwealth Office and should they advise against travel for any reason you will be contacted with a view to making alternative arrangements. We monitor this advice on a daily basis and you can access the up to date advice at [www.fco.gov.uk](http://www.fco.gov.uk).

#### TRAVEL INSURANCE

We strongly recommend that you obtain comprehensive travel and medical insurance before traveling. You should check any exclusions and that your policy covers you for the activities you want to undertake.

For more information on Travel Insurance please see our website – [www.activitiesabroad.com](http://www.activitiesabroad.com) under the 'preparing for your trip' section.

#### MEDICAL HISTORY AND ADVICE

It is vitally important that you advise us prior to departure of any medical or dietary condition relating to any member of your party so that we may notify our local staff before you arrive. We recommend only drinking bottled water from bottles with unbroken seals and be vigilant about the use of ice in drinks and ice cream.

### Useful info

#### LOCAL LAWS AND CUSTOMS

You should not get involved with drugs of any kind in any way as drug trafficking is dealt with severely. Despite what people may say, the authorities are well trained and perceptive. The minimum sentence is eight years imprisonment.

#### AIRPORT INFORMATION

Flights are not included in this holiday. The programme begins at Juan Santa Maria Airport in San Jose and departs from Liberia Airport. If you would like us to provide you with a quotation for flights please do not hesitate to contact the office on 01670 789 991.

#### PASSPORTS AND VISAS

**Passport validity:** Your passport will need to be valid for at least six months after your entry into Costa Rica.

**Visas:** Please see separate document for comprehensive Visa Information.

#### YELLOW FEVER REQUIREMENTS

All visitors to Costa Rica arriving from any of the following countries (Colombia, Brazil, Venezuela, Peru, Ecuador, Bolivia, French Guyana, Angola, Democratic Republic of the Congo, Gabon, Cameroon, Nigeria, Benin, Ghana, Burkina Faso, Liberia, Sierra Leone, Guinea, Gambia and Sudan) are now required to produce an International Certificate of Vaccination or Prophylaxis documenting yellow fever vaccination before entry to Costa Rica will be granted. Certificates are valid 10 days after the date of vaccination.

#### NATURAL DISASTERS

##### Hurricanes/Floodings

The rainy season in Costa Rica normally runs from May to November, coinciding with the hurricane season in the Caribbean. Flooding can occur and heavy rains or hurricanes can cause landslides (though roads are normally cleared quickly). Heavy rainfall and strong winds were experienced over parts of the country following Tropical Storm Alma in May 2008, resulting in four fatalities and damage to many homes and road.

You should monitor local and international weather updates from the World Meteorological Organisation and the US National Hurricane Centre.

### Useful info

#### Earthquakes and volcanic eruptions

There is the possibility in Costa Rica of earthquakes and volcanic eruptions. An earthquake of magnitude 6.1 struck central Costa Rica, on 8 January 2009. The epicenter was in Alajuela Province, 37km north of the city of San Jose. On 11 March 2009 there were 3 earthquakes measuring between 5.2 and 6.0 just off the Pacific coast near Golfito.

#### LOCAL TRAVEL

If you are visiting jungle areas you should be accompanied by experienced local guides. If visiting volcanoes please pay strict attention to notices prohibiting entry to dangerous areas. When there is the danger of eruptions the national park is closed to visitors until the danger has passed.

Emergency Contact Numbers:

Police Emergency - 911

Ambulance - 911 or 128

Fire Service - 911 or 118

Police Investigative Service - 911 or 2221-5337

#### SEA AND RIVER SAFETY

##### Swimming

You should take special care when swimming from all beaches in Costa Rica but especially on the Atlantic coast. Rip tides are very common. There are normally no lifeguards. You should seek reliable local advice. You should also be aware that there has been a considerable increase in the number of crocodiles seen along the Pacific Coast near the beaches popular with surfers (from Playa Azul down to Playa Esterillos) and there have been two reported attacks in September 2008.

##### Sea and River Travel

Safety features on small boats are not always of a good standard. If you plan white water rafting, you should arrange this with an established company.

#### CRIME

There has been a continuing increase in crime against tourists over the past few years in Costa Rica. Opportunistic theft of personal belongings, passports and travel documents is the main problem. However, there has also been an increase in incidents of violent crime against tourists. Gang muggings and armed robberies can occur even in daylight on busy streets. You can reduce the risk of becoming a victim:

- Do not wear jewellery or carry large amounts of cash. Avoid street money-changers. And avoid stopping in poorly lit or low-populated areas to make telephone calls or seek directions.

### Useful info

- Watch your belongings carefully at all times and in all places.
- Be particularly careful of your belongings when staying in hostels and hotels. It is important that you lock valuable belongings, passports and travel documents in hotel safes where possible. You should only leave your belongings in a safe for which you retain control of the key. Keep the key on your person.
- You should be vigilant when using buses. Theft of bags from overhead compartments inside buses is a common problem and efficiently carried out. Thieves have simple but effective ways of distracting a target.
- Be particularly watchful of your valuables at the beach and in popular tourist destinations.
- Avoid leaving unattended drinks in bars and places of entertainment. There have been reports of "spiked" drinks resulting in assault and theft.
- Only take official taxis. Avoid using unofficial taxis - 'taxi piratas' - as several violent incidents involving tourists have been reported. Official taxis are red with a triangular sticker and plastic box on the roof with the name and number of the taxi company. Where possible use radio-dispatched taxis. When getting into a taxi, ensure that the driver's identification number, name and photograph are clearly visible on the dashboard, and ensure that the driver indicates the meter.

Personal attacks, including rape and other sexual offences, are still infrequent in Costa Rica, but there has been increasing occurrences in the last couple of years. You are advised to maintain at least the same level of personal security awareness as in the UK. We strongly advise lone visitors, in particular, never to accept lifts from strangers or passing acquaintances at any time.

Theft of, and from, cars is common. Be particularly careful about leaving your valuables in hire cars and avoid leaving your belongings visible from outside the car. It is a good idea to park in paid car parks, which have an attendant watching your vehicle. Otherwise, park in well-lit or busy areas. Use the car alarm, if fitted. There have been incidents where slashed tyres have given thieves the opportunity to "assist" in changing tyres, while an accomplice steals from the car. There has also been an increase in armed attacks on tourists leaving the airport in hire cars.

There has also been an increase in the number of short-term and opportunistic kidnapping, called "express kidnapping", occurring in Costa Rica. Victims are normally selected at random and are forced at gunpoint to withdraw money from ATMs. Once the ransom is paid the victim is usually quickly released.

# TRIP DOSSIER

SUMMER HOLIDAYS

## Useful info

### GENERAL IDEA OF LOCAL COSTS FOR DRINKS ETC

There are a range of bars, restaurants and cafe's across the hotels surrounding area for you to explore and enjoy as you travel around Costa Rica. Prices are similar to those in the UK.

### TOURIST BOARD DETAILS

The official website of the Costa Rica tourist Board is: <http://www.visitcostarica.com>

### LOCAL TIME AND DIFFERENCE

Costa Rica's time zone is GMT - 6.00hrs, so if you are in the UK count 6 hours back.

### USEFUL WORDS AND PHRASES IN NATIVE LANGUAGE

#### English

Yes  
No  
Please  
Thank You  
Good Morning  
Good Afternoon  
Good Night  
Hello / Hi  
Goodbye  
Do you speak English?  
I don't understand  
Milk  
Coffee  
Sugar  
Water  
Watermelon  
Pineapple  
Orange  
Banana  
Bread  
Wine  
Chicken  
Fish  
The bill please  
Beer

#### Spanish

Si  
No  
Por favor  
Gracias  
Buenas dias  
Beunas tardes  
Buenas noches  
Hola  
Adios  
Habla ingles?  
No entiendo  
Leche  
Café  
Azucar  
Agua  
Sandia  
Piña  
Naranja  
Platano-Banano  
Pan  
Vino  
Pollo  
Pescado  
La cuenta, por favor  
Cerveza

# TRIP DOSSIER

## SUMMER HOLIDAYS

### ACCOMMODATION

For your holiday in Costa Rica we have chosen comfortable, environmentally friendly hotels or lodges to ensure that after your activities, you return to welcoming accommodation.

On nights 1 and 2 you will be located in a full service 4 star resort located just outside San José. The rooms are extremely comfortable and the outdoor pool and jacuzzis are a perfect way to unwind after your flight.

You will then move onto the Tortuguero National Park to stay in a luxurious jungle lodge for nights 3 and 4. Spending the night in the jungle is a real 'must do' experience and here we have found the most comfortable option. The rooms are all ensuite with hot water and ceiling fans. The lodge also has a wonderful outdoor swimming pool.

The following two nights, 5 and 6, will be a truly memorable experience. This is not the most luxurious accommodation on the tour but these tented suites are a real opportunity to get close to nature in this idyllic setting but with more than a few creature comforts.

Nights 7, 8 and 9 will be spent in an elegant hotel close to the Arenal volcano. The hotel was designed to offer each room a fantastic view of the volcano and sometimes you can see lava flowing at night! Facilities for both families and adults are wonderful and include: a restaurant with a superb reputation, outdoor swimming pool, hot springs, jacuzzi and luxurious spa.

Your final hotel of the holiday is a unique beach front property in Playa Hermosa. It is a boutique style hotel which was specifically built to be extremely environmentally friendly. The rooms are set on the beach with private terrace area and jacuzzi. They are surrounded by lush gardens and you are just a few steps away from one of the most beautiful beaches in Costa Rica, Playa Hermosa.

For full details and pictures of the accommodation please visit our website: [www.activitiesabroad.com](http://www.activitiesabroad.com)



### LOCAL FOOD

#### LOCAL FOOD – OUR OPINION

##### **Soda**

A basic Costa Rican café serving 'comida típica' (traditional food)

##### **Casado**

A meal that contains some combination of black beans, rice, plantain, salad meat or fish. Served across Costa Rica in Sodas.

##### **Boca**

A small snack

##### **Ensalada Salad**

Gallo Pinto Rice and beans, the national dish. This is black beans and rice cooked together some onion and broth.

##### **Patacones**

Thinly sliced plantain deep fried. Very Caribbean.

##### **Salsa Lizano Costa Rican ketchup.**

Lizano is served everywhere and can be bought in the duty free shops at the airport. Delicious sauce served with rice and flavoured with tamarind.

##### **Cerviche**

Raw seafood marinated in lemon/lime and with onion.

##### **Tamarindo Tamarind.**

This is a sour fruit but seriously refreshing and common in Costa Rica.

##### **Guaro**

The Costa Rican Ouzo. Made from distilled cane juice it can be mixed with cola or juice to make a long drink. Be careful!!

##### **Cerveza**

Beer. The most common is Imperial. Costing between \$1 and \$3 depending on where you are drinking it.

##### **Vino Wine.**

Costa Rica isn't famed for it's wines so imports from Chile and Argentina are the best.

##### **Agua Water.**

Drinkable in San Jose and many other areas but available bottled everywhere.

### RESPONSIBLE TRAVEL

#### RESPONSIBLE TOURISM POLICY IN COSTA RICA

This family activity holiday is designed to showcase the best of Costa Rica's activities and landscapes whilst positively benefiting the local communities which we visit.

Our Costa Rican partner was the first tour operator in Costa Rica to win the Certificate of Sustainable Tourism. They put a great deal of emphasis on using hotels and suppliers with well implemented policies regarding sustainability and the environment.

Throughout this holiday we use smaller, family run accommodation and local activity providers. These establishments provide vital employment in rural areas of Costa Rica where young people may otherwise be forced into urban areas to find work.

Throughout the trip we encourage our clients to eat in local restaurants and purchase goods from local suppliers thus stimulating the economy of the areas we visit. We also encourage the learning of some basic Spanish to allow for a better cultural exchange.

This holiday also incorporates a visit to the Caribbean Conservation Corporation where clients will learn about the plight of the endangered Sea Turtles that nest along the Caribbean coast.

We also include a day of volunteering at an Eco Centre in Arenal where guests will aid with the reforestation projects and interact with the local community.

We hope that families will return from this thrilling holiday with a true sense of having experienced the real Costa Rica. We always ensure that all litter is removed from any of our activity sites, we strongly encourage group transfers to reduce traffic volumes and we make our clients aware of their obligation to the environment.

We always offset our air travel emissions and would encourage you to do the same.

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#### Please Note:

The information given in this trip dossier covers the average range of conditions likely to be found on this trip. Please refer to the foreign office website for more up to date information on your chosen destination. Abnormal conditions or events beyond our control can prevail at any time, therefore all holidays can be subject to unexpected changes. In order to enjoy and be safe in all activities you should be prepared to be flexible where necessary.