

COSTA RICA, BETWEEN VOLCANOES AND OCEANS

Costa Rica has one of the largest biodiversities on the planet. Thanks to the creation of many natural parks, this treasure was preserved in its great diversity. From nature reserves to active volcanoes, between the Caribbean and the Pacific, this trip allows you to discover most of the country's parks, from the tamest to the wildest off the established trails. Your guide Huwans, a specialist in flora and fauna, will unveil the country's riches of green gold throughout the trails. Our trip begins with the discovery of Poas Volcano and its beautiful crater lake. Then, after a short rest in Arenal Volcano, we will travel down San Juan River on the Nicaraguan border to join the Caribbean coast and Tortuguero National Park. We are going to meet the indigenous Bribri at the foot of the Talamanca Mountain Range. Later, before arriving to the Pacific coast and Corcovado National Park, the wildest park in the country, we will cross the country, passing by the foot of Turrialba Volcano whose sides are planted with coffee trees. After resting under the coconut trees in Manuel Antonio National Park, accompanied by white-face monkeys and toucans, we will continue our trip towards the Nicoya Peninsula, and then to the North to explore Rincon de la Vieja Volcano and Celeste River, whose turquoise waters snake through the jungle in Tenorio Volcano National Park. Finally, we will end our trip in style by visiting Monteverde Reserve and its cloud forest. This three-week trip has a high concentration of nature and you will not lose anything Costa Rica has to offer.

All the biodiversity of the country of green gold

With a dozen parks and nature reserves visited during this trip with the same amount of ecosystems to discover: tropical dry forest, rainforest or cloud forests, active volcanoes and green mountain ranges, mangroves and coral beaches, etc. From the most famous parks, such as Manuel Antonio and Monteverde, to the wildest, such as Corcovado or Barra Honda. A multitude of animals to observe and rich and exuberant flora to discover. We will discover these parks on foot and by boat, often with a novel approach, such as the trip down San Juan River to go to Tortuguero, or Sierpe River to the Pacific to go to Corcovado. You can also enjoy the tree canopy with a trip on the hanging bridges in the forest at the foot of Arenal Volcano.

 Region	Arenal and the North La Côte Caraïbes La Côte Pacifique
 Activity	Rando & Multi-Activités
 Duration	21 days
 Group	2 to 15 people
 Code	UCOC3
 Price	From €3,767
 Level	3/5
 Comfort	3/5
 Language(s)	French

ITINERARY

Day 1 JUAN SANTAMARIA AIRPORT- ALAJUELA

In the afternoon, settling into our accommodation and welcome, our local team is in charge.

Transportation: 30 minutes-1 hour by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: Lunch and dinner.

Day 2 POAS VOLCANO NATIONAL PARK - LA FORTUNA - HOT SPRINGS



We will leave after breakfast and the tour presentation. We will visit Poas Volcano National Park where we will have the opportunity to see its crater with blue water and fumaroles, Botos Lake and maybe the endemic squirrels. We will finish the tour by visiting the small ecological museum before taking the bus to Arenal Volcano. We will end the day with a relaxing bath in the hot springs.

Transportation: 3-4 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

Hike duration: 1-2 hours

Day 3 HANGING BRIDGES - ARENAL VOLCANO NATIONAL PARK - SARAPIQUI



This morning is dedicated to visiting the tropical rain forest. In the morning, we will use the hanging bridges trail to discover the tree tops and enjoy the impressive sight of Arenal Volcano. We will end the visit to this national park by walking through its trails covered in volcanic ash. Departure heading to Puerto Viejo de Sarapiquí, whose forests are a refuge for tapirs, sloths, coatis and various species of monkeys. Settling into the hotel close to the agricultural plantations (banana, cocoa, and pineapple).

Transportation: 2-3 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

Hike duration: 3-4 hours

Day 4 TRIP DOWN SAN JUAN RIVER - TORTUGUERO



Early in the morning, we will board a motorboat from Sarapiquí's river port. We will travel on Sarapiquí River and later, we will travel down San Juan River on the Nicaraguan border towards Tortuguero. During this tour, we will be able to observe the local flora and fauna. Arrival to the village in Tortuguero located between the Caribbean Sea and the jungle, at the end of the afternoon.

NOTE: For your comfort, we recommend that you leave your main luggage on the bus and travel with a small backpack that has the things you need for 2 days/2 nights in order to travel light to Tortuguero (your luggage will be

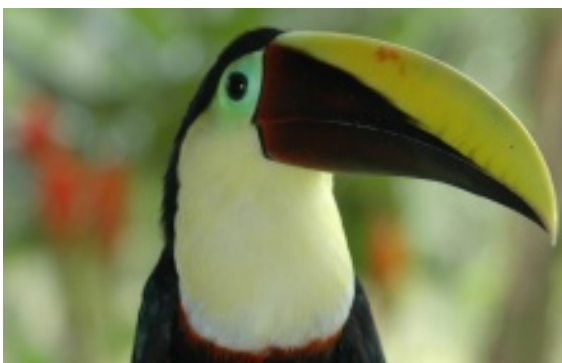
waiting on the minibus on the morning of day 6).

Transportation: 6-7 hours by canvas boat.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

Day 5 **TORTUGUERO NATIONAL PARK**



In the morning, we are going to explore Tortuguero's channels by boat. This large aquatic national park consists of channels and lagoons in the middle of an impressive jungle. Through this unique and extraordinary network of rivers and swamps, we can discover crocodiles, toucans, turtles, monkeys (howlers among others), parrots, sloths, iguanas, colorful birds... In the afternoon, you can enjoy exploring the park's trail on your own. Note: in the season (from the end of July until the beginning of November), there is the opportunity to assist with turtle nesting at night (Option to pay directly on site 25 USD).

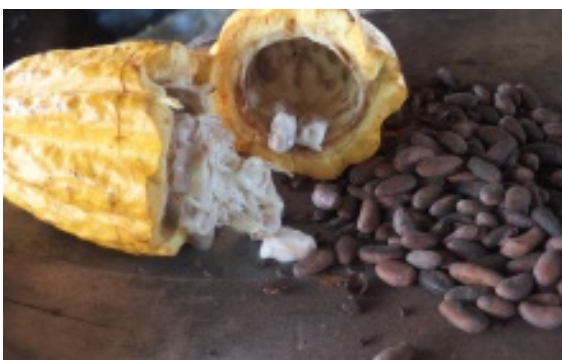
Transportation: No.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

Hike duration: 1-2 hours

Day 6 **YORKIN, MEETING WITH INDIGENOUS BRIBRI**



We take the motorboat towards the landing stage in La Pavona where we will find ourselves with our vehicle that will take us to a Bribri community between the Talamanca Mountain Range and the souther Caribbean coast. We will go along the coast and meet with our Bribri guide in the village of Bambú. The adventure begins with a trip on the Yorkín River on a motorized canoe on the border between Costa Rica and Panama. We will arrive to the landing stage in Yorkín and continue on foot to the village where we will be received with refreshments prepared by the indigenous community "indigenous" being the term locally preferred to "Indian"). We will be invited to travel through the surrounding trails between cocoa, banana and

medicinal plant plantations. We will see a demonstration on traditionally preparing chocolate! Dinner and accommodation in the Bribri community.

NOTE: For this part, you will also have to leave your large bag in the minibus and bring that necessary for spending the night. Your luggage will be waiting on the minibus the following day.

Transportation: 1-2 hours by public boat, 4-5 hours by bus and 30 minutes-1 hour in motorized canoe.

Accommodation: Bribri community.

Meal(s) at the client's expense: No.

Hike duration: 30 minutes-1 hour

Day 7 SOUTHERN CARIBBEAN



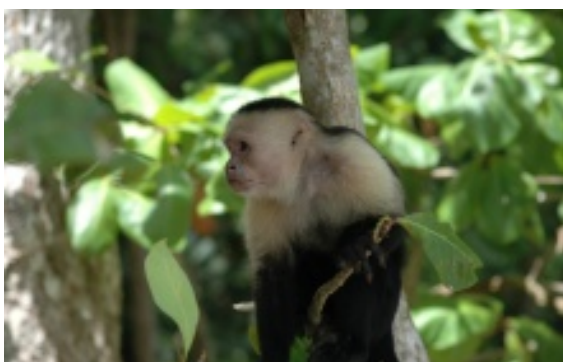
We will spend the morning in the community and then after lunch, we will travel down the river in canoes to find our vehicle, which will take us to the Caribbean coast. We will arrive to our accommodation on the Caribbean coast (Cahuita and Puerto Viejo de Talamanca, according to the departures) with their colorful villages trapped between the sea and the mountains that owe their charm to their inhabitants who live in colorful, wooden houses, some of which are suspended over stilts. At the end of the afternoon, you are free to go to a nearby beach or tour around the village.

Transportation: 30 minutes-1 boat and 1-2 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: Dinner.

Day 8 CAHUITA NATIONAL PARK - TURRIALBA



Departure for the discovery of Cahuita National Park. We will visit its trail along the coast, as well as enjoy a relaxing moment and swim in the Caribbean Sea. As well as observing medicinal plants, we may see sloths, monkeys, agoutis, toucans... Departure to Turrialba Valley, whose surroundings are known for their fresh air and the active volcano. Accommodation on a farm (small farm) belonging to the Fuentes Durán family, an enchanting and cozy guest house with a beautiful view of Turrialba Volcano.

NOTE: the guest house can be replaced exceptionally for one night in the hotel (small structure) according to departures.

Transportation: 3-4 hours by bus.

Accommodation: Guest house.

Meal(s) at the client's expense: No.

Hike duration: 2-3 hours.

Day 9 BALAICA - COFFEE TOUR



Departure to Biological Corridor Balaica: the inhabitants of the different communities joined together to protect this passage between Tapantí National Park and Barbilla National Park. After an explanation of the history and objectives of the project given by your local guide, we will begin to walk through the Costa Rican fields. While we enjoy the views of Turrialba and Irazu Volcanos, we will find local farmers working in the sugar cane fields, we will observe toucans flying over us or sloths suspended in the trees. They await us for the visit to Monteclaro Farm, a coffee plantation, during which we are going to learn everything from the seed to the mug. After visiting the plantation, we will discover the roasting techniques before

enjoying a good cup of coffee.

Transportation: 30 minutes-1 hour by bus.

Accommodation: Guest house.

Meal(s) at the client's expense: No.

Hike duration: 3-4 hours

Day 10 SIERPE - OSA PENINSULA



Early departure to the Osa Peninsula through the Panamerican Highway, passing through the cities of San Isidro de El General and Palmar Norte. Welcome in Sierpe and we will continue the trip by boat, over the Sierpe River, which begins on the south side of Talamanca and leads to the Pacific. We will continue to Drake Bay, the name of Sir Francis Drake, English explorer that anchored his Golden Hind in March, 1579. Accommodation in our simple, family lodge on the edge of the ocean where Capuchin monkeys and red macaws have established their residence. The setting is beautiful. NOTE: For your comfort, like in Tortuguero and Yorkín, we recommend that you leave your main luggage on the bus and travel with a small backpack

that has the things you need for 2 days/2 nights in order to travel light to Corcovado (your luggage will be waiting on the minibus on the morning of day 12).

Transportation: 5-6 hours by bus 1-2 hours by boat.

Accommodation: Country house

Meal(s) at the client's expense: No.

📍 Day 11 **CORCOVADO NATIONAL PARK**



Day dedicated to exploring Corcovado National Park, which is considered the jewel of tropical rainforests. By boat and on foot we will tour the largest tropical rainforest on the American Pacific coast between crystal-clear waterfalls and pools on the trails in San Pedrillo.

We will have the opportunity to observe a great variety of birds, including red macaws. Here we will also have the best opportunity to see jaguars and tapirs, especially on the beach when the sun sets. Return to the lodge.

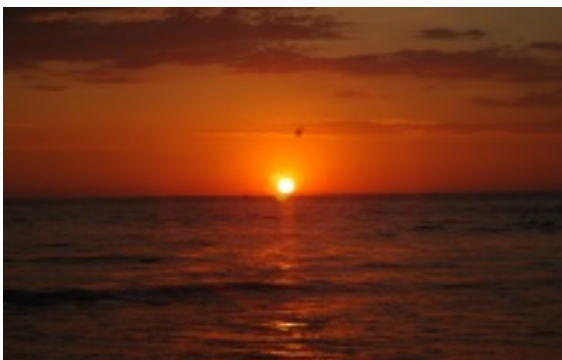
Transportation: 1-2 hours by boat.

Accommodation: Lodge.

Meal(s) at the client's expense: No.

Hike duration: 3-4 hours.

📍 Day 12 **SIERPE - MANUEL ANTONIO**



Departure in the morning by boat to the small port in Sierpe and boat trip through the mangroves and the Pacific Ocean during low tide. You may be able to see many crocodiles.

We will take the vehicle and continue the route along the coast before arriving to Manuel Antonio, a beautiful park that received its name from a Spanish conqueror.

The region is also a popular place for sports fishing and palm oil production. Accommodation in the hotel and the end of the day is free to enjoy the beach.

Transportation: 1-2 hours by boat 3-4 hours by bus

Accommodation: Hotel.

Meal(s) at the client's expense: Lunch and dinner.

📍 Day 13 **MANUEL ANTONIO NATIONAL PARK- LA ENSENADA**



We will begin the day by visiting Manuel Antonio National Park. First, we will walk in search of many inhabitants (sloths, monkeys, toucans, raccoons...) before enjoying this beautiful bay's beach. On the way to the next part, we will make a short stop on the bridge over Tarcoles River to see the gigantic crocodiles.

Transportation: 4-5 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: Lunch.

Hike duration: 1-2 hours.

📍 Day 14 **NICOYA GULF MANGROVE - LA ENSEÑADA RESERVE- BIJAGUA**

After exploring the Nicoya Gulf Mangrove by boat, we will leave by foot through the lodge trails. Between dry forest and mangroves, it is the ideal place to observe many species of birds. After lunch, departure to the Guanacaste Mountain Range and the Tenorio Volcano area. Accommodation in our lodge in Bijagua.

Transportation: 2-3 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

Hike duration: 1-2 hours.

📍 Day 15 **TENORIO VOLCANO NATIONAL PARK AND CELESTE RIVER - RINCÓN DE LA VIEJA**



Departure for a hike in the heart of Tenorio Volcano National Park on one of the most beautiful trails between jungle, waterfalls and natural hot springs. We are going to discover Celeste River, known for its surreal turquoise color (which intensifies with the reflection of light rays) due to its mineral waters that contrast with the intense green of the tropical vegetation. Thirty six km long, Celeste River begins with the convergence of two rivers, and crosses volcanic hot springs and sulphur springs before forming a beautiful waterfall. Departure to the

Rincon de la Vieja Volcano region and accommodation in our lodge.

Transportation: 2-3 hours by bus.

Accommodation: Lodge.

Meal(s) at the client's expense: No.

Hike duration: 3-4 hours.

📍 Day 16 **TENORIO VOLCANO NATIONAL PARK**



Visit Rincon de la Vieja Volcano National Park, a volcanic massif composed of 9 craters that offers a varied landscape and an important source of energy (hydroelectric and geothermal). During this trip, we hope to see, among others, coatis, spider monkeys, and toledos dancing to court their female... You have the afternoon free to relax in the lodge or choose of the optional activities in the region.

NOTE 1: Due to Rincon de la Vieja Volcano's activity, the climb to the top is currently prohibited.

NOTE 2: Rincon de la Vieja Park is closed on Mondays. If this day falls on a Monday, we will adapt the program so you do not miss anything. Moreover, the park trails are currently being reconstructed.

Transportation: 1-2 hours by bus

Accommodation: Lodge.

Meal(s) at the client's expense: No.

Hike duration: 3-4 hours.

Day 17 **HORIZONTES FOREST STATION- PAPAGAYO GULF**



Departure to Papagayo Gulf where we will discover the dry tropical forest of Horizontes Forest Station. A very contrasting environment to those that you have seen before, but not less spectacular regarding the flora and fauna (deer, eagles, trogons, monkeys...). This station was created to recover seeds and protect vegetation from fire. After lunch, you will have time to relax on one of the marvellous, famous North Pacific beaches.

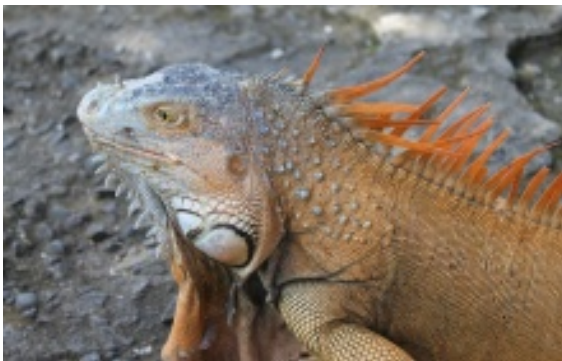
Transportation: 3-4 hours by bus.

Accommodation: Lodge.

Meal(s) at the client's expense: No.

Hike duration: 2-3 hours.

Day 18 **CULTURAL FOCUS ON THE CHOROTEGA NATIVES - BARRA HONDA**



You will arrive to Barra Honda after a stop in San Vicente to discover the technique of Chorotega ceramics. We are going to go in the forest to recover the raw material necessary to later create your own piece under the direction of your host. We will return to the route after lunch. Arrival to Barra Honda and accommodation in Don Luis and Doña Estella's guest house, which is simple, but authentic and warm.

Transportation: 1-2 hours by bus

Accommodation: House.

Meal(s) at the client's expense: No.

Day 19 **BARRA HONDA NATIONAL PARK - MONTEVERDE**



Departure to our hike in Barra Honda National Park, which is famous for its limestone caves that are unique in Costa Rica. For the more adventurous, it is possible (optional in facilities) to descend down into the lower part of the cave, which is the most impressive! "Gruta Terciopelo": 17 meters deep and descending to a safe level with a harness. The tour continues to the Nicoya Peninsula viewpoint. In the afternoon, we will leave for the Monteverde region, whose reserve offers meadow landscapes of the Alps in the heart of the Tilaran Mountain Range. Known worldwide for its tropical cloud forest that helped to promote Costa Rica's reputation in ecotourism, Monteverde

has extraordinary vegetation and fauna. End of day, with the possibility of doing various optional activities available in the area (night hikes, hanging bridges, zipline...).

Transportation: 2-3 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: No.

📍 Day 20 **SANTA ELENA RESERVE - SAN JOSÉ**



After having experienced the tropical dry forest and the tropical rainforest, the ochre savannah in the north, the mangroves and many other ecosystems, we are going to visit the cloud forest in Monteverde. Maybe there we will have the opportunity to see a Quetzal, a legendary bird in the Native American culture. Finally, we will return to San Jose, the capital. End of guide services.

Transportation: 3-4 hours by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: Dinner.

Hike duration: 3-4 hours.

📍 Day 21 **SAN JOSE - JUAN SANTAMARIA AIRPORT**

Depending on the hour of your transfer to the airport (arrive to the airport 3 hours before your flight), you can choose to visit the city: Gold Museum, Jade Museum, National Museum, Central Market, Artisan alley...

Transportation: 30 minutes-1 hour by bus.

Accommodation: Hotel.

Meal(s) at the client's expense: Lunch and dinner.

PROGRAM MODIFICATION

Depending on the climate and operating conditions, your guide reserves the right to modify the tour for your safety and comfort.

IMPORTANT: The program can be modified for certain departure dates (when there are two groups at the same time). This trip offers the best conditions to observe abundant wildlife, but these animals are wild and obviously, we cannot guarantee that every animal in the program will be seen..

VOLCANO INFORMATION IN COSTA RICA: Depending on the activity of the volcanoes, it is possible that access to craters are temporarily closed for security purposes. They open and close depending on the volcano's activity and it is rarely possible to know beforehand if access will be open or closed. Currently, Turrialba, Tenorio, Rincon de la Vieja, and Poas are experiencing significant activity and may be closed. Sometimes we can enter the parks without being able to go to the crater, but in some cases,

the parks close completely. However, Arenal Volcano is very calm at this time (contrary to what is written in some guidebooks that are not updated, lava flows are not currently visible). Irazu Volcano: we currently do not offer this volcano in the program because it requires a long trip in a vehicle and its acid lake became not so spectacular and the top is always in the clouds.

DATES & PRICES

Departures for French-speaking groups:

No departure for now

Trip code: UCOC3

Terms and conditions

Inscription

Booking a trip with Altaï Costa Rica implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Facturation

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Costa Rica reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Annulation

If for any reason you have to cancel your trip, Altaï Costa Rica require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed fares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date we receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Modification du contrat

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Costa Rica may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Prix et révision des prix

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Costa Rica reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we

include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Cession du contrat

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

PRACTICAL INFO

Staff

Our organized group trips include a French-speaking guide who is familiar with the country, and a local driver. We can also provide guide and/or driver services to independent travelers. Tourist sites usually offer Spanish and English-speaking guides. French-speaking tourist guides are hired for various days and not periodically.

Food

Consider bringing products from your region to share in the camp at night.

Food: the daily Costa Rican cuisine is unchanging and simple, but good. A solid breakfast, a picnic at noon during the hikes and dinner is eaten in restaurants or where our hosts live.

Drinks: "ticos" drink little water, but a lot of fruit juices, which often substitute dessert at dinner. You can buy bottled water if you would like.

Accommodation

The hotels that we choose are small and sufficiently comfortable. Simpler, more eco-friendly accommodations are found in the heart of vegetation.

Transportation

Comfortable minibus, boat and motor boat.

VEHICLE RENTALS

Remember to bring an original copy of your driver's license and your credit card. We recommend that you drive during the day because the highways are not always well lit and the sun rises and sets early (5-6 hours). Park your vehicle in the parking lot or in the space provided for such purpose. Do not leave anything valuable in the vehicle, or at least not in sight. In case of accident, you must not move the vehicle or leave. If someone is injured, call 911 and follow the instructions given by your vehicle rental agent. We also always recommend to take pictures.

Budget & exchange

The exchange rate is very unstable. The exchange rate is around 530 colones = 1 dollar = 0.90 Euros. Almost everything can be paid in colones or dollars, but in general, bills of more than \$20 are not accepted. For daily purchases (for example, drinks, souvenirs, etc.), we recommend that you pay with colones. You will be able to get colones upon your arrival in the airport exchange bureaus, at ATMs (Visa/Mastercard) that are found in the country's main cities, or by simply paying in supermarkets with dollars as change is given in colones. When leaving the country, you will have to pay a departure tax. It is equivalent to approximately \$29 (payable with credit card, or cash in dollars or colones). For food, anticipate spending between 5 and 15 Euros.

Tips

This is common practice and not mandatory, depending on your satisfaction. They must adapt to the country's living conditions and the length of your trip. This is a gesture of appreciation related to the benefit received. On the other hand, in certain institutions, prices do not include taxes (13%) or services (10%).

Traveling in groups:

with a guide and/or driver: At the end of your trip, it is customary to give your guide and the local team a tip. Typically, for proper service, this is from \$3 to \$6 USD a day per participant, in other words, between \$45 and \$90 USD for 15-day trip and between \$60 and \$120 USD for a 20-day trip. You may also give a small gift to the local team at the end of your stay.

Independent travel:

If you are satisfied with the restaurant service, you can leave between ₺500 and ₺1000 CRC (or, \$1 to \$2). If regarding a local guide during an activity, anticipate \$3 to \$6 USD a day per participant.

Vital equipment

Adapting to the climate:

- Mosquito Repellent
- Sun block
- Water resistant
- Hat and sunglasses
- Sweater for cold nights
- Light cotton clothing (t-shirts, shorts)
- 2 or 3 long-sleeved shirts and light pants to protect against mosquitoes
- Bathing suit
- Shoes to work, preferably with a higher top for hiking
- Comfortable sandals for the rest of the day (or even for the bus trip) for better versatility, choose those that support your feet and resist water (for water activities or a rainy day)
- Trekking poles are recommended
- Water bottle (minimum 1 liter)
- Pocket knife - Pocket flashlight or headlamp with batteries and bulbs
- Power adaptor (flat American outlet for round European-style plugs)
- First aid kit

Helpful equipment

- Binoculars.
- Rubber boots, useful for outings in the rainy season (optional).

Luggage

It is better to use a flexible travel bag with a lateral closure and a drawstring, or possibly a large backpack. There is a 15-kg weight limit for each person. You will also need a backpack (minimum of 35L) to store your daily belongings. It is possible to wash clothes halfway through, so pack your belongings accordingly.

As a precautionary measure, remember to bring sufficient things to survive the first few days in your carry-on luggage just in case your luggage does not arrive at the same time as you. This is not common, but it is better to be prepared for any possibility. We recommend that you bring, among others, underclothes, two t-shirts, walking shoes and sandals.

Do not forget to put any sharp or liquid object in your checked luggage because they are prohibited in the cabin.

Small first aid kit:

- Disinfectant gel or hand wipes
- Tissue paper
- Local, non-alcoholic antiseptic
- Contact solution or one-dose contact antiseptic
- One dose of saline solution
- Box of different size adhesive drapes
- Box of hydrocolloid dressings for blisters (Compeed)

- Box of sterile compresses
- Adhesive tape
- Expandable strips
- Compression wrap (sprains and support)
- Anti-itch cream
- Ointment or spray for surface burns and/or sunburns
- Ointment for bumps and bruises and/or a tube of 9CH homeopathic arnica
- Water purification tablets (Alta or Aquatabs Micropur).

Kit to keep in main luggage:

- Pain reliever and antipyretic (for fever), for example, acetaminophen
- Antihistamines (for allergies)
- Medicine for indigestion
- Antispasmodic (for abdominal pain)
- Anti-nausea medicine (for motion sickness)
- Intestinal antiseptic
- Anti-diarrheal medicine
- Water solution for oral rehydration in case of severe diarrhea
- Antiemetics (for nausea and vomiting)
- Anti-inflammatory gel
- Wide-specter antibiotic treatment (with medical prescription)
- Cold and sore throat treatment (pills)
- Thermometer
- Scissors
- Tweezers
- Liquid mosquito repellent with refills.

Passport

POLICE PROCEDURES

The information given is only reference for French citizens. You may be subject to changes without notification on behalf of the corresponding authority. Therefore, it is advisable to verify them in the month before departure.

PASSPORT:

Passports are valid 6 months after the return date. Upon registering, we ask that you send us your passport information (Last name - Name - Birth date - Passport number - Date of issue and date of expiration). We need this information to book your domestic flights or make entry requests in certain places.

CAUTION:

- It is imperative that you give us the valid information of the passport you are going to take. If you need to renew your passport, wait until you receive the new one to give us the information. Otherwise, it could be denied in certain places.
- All children, regardless of age, must have an individual passport. Children registered on their parent's passport (even with a biometric passport) must obtain a visa.
- In certain cases, you may have to use a US airline, which have layovers in the United States of America and must comply with current regulations if transiting a US airport.

How do you know if your passport is valid to transit through the US?

- Former passport reference (vertical page with the picture): invalid.
- Machine-readable passport (horizontal page that contains the picture and 2 lines of code under the picture): valid if it has been issued before October 25, 2005.
- Passports issued between 26/10/2005 and 26/10/2006: valid if they are machine readable with digital pictures printed on the identification pages (the picture should not be pasted).
- Electronic and biometric passports (horizontal page containing the picture and the electronic chip symbol on the cover under

the word "PASSPORT"): valid.

Travel Authorization Form to the US.

A visa is only necessary if you are going to cross through the United States and your passport does not allow it.

Since January 2009, every passenger that travels or has a layover in the United States of America must have previously completed the ESTA application form on the following website: <https://esta.cbp.dhs.gov/in> order to receive a travel authorization under the visa waiver program. This authorization is valid for 2 years or until the passport expires. Adults and children (regardless of age) are subject to this procedure. The form can be completed up until at least 72 hours before departure, but it is recommended to do this as soon as the trip is planned. From now on, this service costs approximately 14 USD. Correctly enter the address <https://esta.cbp.dhs.gov/> since other unofficial sites exist on the web and charge more for the service.

Keep in mind that the software program established by the ESTA system does not determine if passports are valid to travel to the US within the framework of the Visa Waiver Program. The ESTA system is limited to register passport information provided by the traveler. It is the traveler's sole responsibility to verify if their passport complies with the required characteristics (Source: U.S. Embassy in France).

The name entered on the ESTA form must be the same that is indicated on the plane ticket (of course) and on your passport. If the name that is used on the ESTA form is different from that on the plane ticket, boarding will be denied by the airline.

MANDATORY VACCINATIONS

Even though no vaccination is necessary, you should ensure that common vaccinations given in western countries (tetanus, diphtheria, polio, typhoid fever) are up to date. Vaccinations against hepatitis A and B are also recommended. If you have traveled to South America or Africa less than a week prior, it is necessary to be vaccinated against yellow fever.

Contact details of the Costa Rican Embassy and Consulate:

Costa Rican Embassy in France

Address: 4, Plaza Rapp 75007 Paris, France,

Tel: (33) 1 4 578 9696 o (33) 1 4 578 5096

Fax: (+33) 1 4 578 9966

Internet: <http://www.ambassade-costarica.org>

E-mail: embcr-fr@rree.go.cr o concr-fr@rree.go.cr

Contact details of the French Embassy and Consulate:

French Embassy in Costa Rica

Address: Curridabat, Mitsubishi agency, 200 meters to the south and 25 meters to the west 10177-1000 Costa Rica.

Tel: (506) 22 34 41 67

Fax: (506) 22 34 41 95

Internet: <http://www.ambassade-costarica.org>

E-mail: ambafrcr@gmail.com

Health information & recommendations

PHARMACY

Our guides have a first aid kit that includes: local antiseptics, bandages, compresses, gauze, double -skin bandages, and Elastoplast strips. We recommend to bring a small first aid kit with you for "minor every day injuries," and a second, more complete kit to leave in your main luggage. In case of special treatment, please notify the guide upon your arrival.

RECOMMENDATIONS

There are no mandatory vaccination. However, ensure that your routine vaccinations are up to date: tetanus, diphtheria, polio and typhoid fever. Malaria. The country is classified as zone 1. The risk of transmission through a mosquito bite is low. It is advised to protect yourself by applying repellent. We do not recommend the use of preventative treatments if it is not necessary. As a

matter of fact, as well as the adverse effects they cause our body, they can cause resistance to plagues, and then the local population is unprotected from the disease. However, we recommend that you follow your doctor's advice.

DENGUE:

Dengue fever exists in Costa Rica. The occurrence increases during the rainy season. It is recommended that travelers protect themselves against mosquito bites.

YELLOW FEVER:

Very little risk, but the vaccination against yellow fever, which is not mandatory, is valid for 10 years and can be considered. In case of special treatment, let your guide know upon your arrival.

HYGIENE:

Take basic hygiene measures into account, such as washing your hands regularly, especially before eating. The water is drinkable in nearly the entire country, but bacterial and chemical contamination risks exist, especially in the capital and its suburbs. It is recommended to drink bottled water. It is not recommended to eat seafood and certain shellfish on the Pacific coast (The Nicoya Peninsula and Puntarenas province) because of the "red tide" that makes them inapt for eating, especially from November to May.

VIRUSES TRANSMITTED BY MOSQUITOS

Applying repellent is recommended to protect yourselves. We do not recommend the use of preventative treatments if it is not necessary. As a matter of fact, as well as the adverse effects they cause our body, they can cause resistance to plagues, and then the local population is unprotected from the disease. However, we recommend that you follow your doctor's advice.

For more information, please visit: <http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/costa-rica-12301/>

Weather

The tropical climate is hot and humid: the average temperature is around 23°C in San Jose, 31°C on the coast and in the north, and hardly cooler at night and during the year. In altitude, temperatures lower a little and the humidity remains the same, and it may be cold at: 3,000 m from 5 to 15°C. There are 2 seasons in Costa Rica: rainy from May to November (quick, but torrential rains), dry from December to April (sun and clear skies). In short, Costa Rica can be traveled throughout the year without any problems, even if it rains frequently. The country, unlike certain neighboring countries in the Caribbean, is not affected by hurricanes.

Each period of the year has its advantages, however, Costa Rica is known for its diversity and variable, sometimes capricious climate.

- From January to April: sun, wind and drought on the Pacific side (in some areas there is not one drop of rain for 4 or 5 months). The peaks of the dry season are in March and April, but it is less serious on the Caribbean side where it rains regularly all year.
- From April to May is "spring" and the rainy season begins.
- From June to July is "Indian summer" throughout the entire country (rainfall subsides).
- From August to October, there are beautiful periods of sun on the Caribbean coast (unlike the rainy Pacific).
- From October to December, there are cold fronts in the Caribbean (sunny periods interrupted by rain). The end of the rain and the return of the dry season in the Pacific is announced by the trade winds.

Nature also has its calendar of events that are often discreet and sometimes spectacular: the presence of humpback whales between July and August on the Pacific side, nesting sea turtles on the Caribbean or Pacific beaches, great concentration of sea birds, simultaneous blooming of trees, mass migrations of birds of prey, butterflies...

Electricity

110 V, 60 Hz, flat American outlet. Be aware that your appliances designed for 220V will charge a lot slower using 110V. For

pictures and videos, anticipate getting your memory card and battery supplies before your departure.

Local time

GMT -6

During summer, Costa Rica is 8 hours behind France. When it is 18:00 pm in Paris, it is 10:00 am in San Jose. During winter, Costa Rica is 7 hours behind France. When it is 18:00 pm in Paris, it is 11:00 am in San Jose.

MAP

