

# TROPICAL HIKE FROM TORTUGUERO TO CORCOVADO

For those who love hiking through nature! This trip to Costa Rica is our selection of excursions among the most beautiful in the country. Inescapable parks, such as Tortuguero, Arenal Volcano or Monteverde Reserve, to the most private and wild, such as Cerro Chato, or parks, such as Corcovado and Quetzales. An active discovery (sometimes a little challenging!) of Costa Rica whose incredible biodiversity will surprise you. Our trip begins on the Caribbean coast and the aquatic environment of Tortuguero National Park. We will then discover the Arenal Volcano area and hike the slopes of Cerro Chato's forest. We will arrive to Monteverde Reserve to discover the tree tops from the hanging bridges. The adventure continues on the Pacific coast! We begin at Esterillos Beach and then later, there is a hike (and a plunge!) in Manuel Antonio National Park. We will arrive to the Osa Peninsula and its surprising Corcovado National Park that we will cross on foot. We end our trip on the Pacific with a day to scuba dive around Caño Island. Last excursion before returning to the capital: Los Quetzales National Park with the hope of seeing this magnificent bird, which is sacred to the Mayans.

 Region	Arenal and the North La Côte Caraïbes La Côte Pacifique
 Activity	Trek & Hiking
 Duration	14 days
 Group	5 to 10 people
 Code	UCOTC
 Price	From €2,691
 Level	4/5
 Comfort	2/5
 Language(s)	French

## ITINERARY

### Day 1 JUAN SANTAMARIA AIRPORT- SAN JOSÉ



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

NOTE: anticipated departure, prepare your small bag for Tortuguero this night (See day 2 note).

*Transportation: 30 minutes-1 hour by bus.*

*Accommodation: Hotel.*

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

### Day 2 LA PAVONA - TORTUGUERO



We will head towards the northern part of the Caribbean to go to the pier in La Pavona (or Caño Blanco depending on the water level) and take the boat to the village in Tortuguero. We will settle into a welcoming place before going to explore this part of the world. Even though this wild site is frequently visited, it does not lose its authenticity. The main road in the village exhibits many handmade products. In the midst of this vast originality, some of the best artisans of the country can be found. You can visit the small educational center with information about turtles and the ecology of the area, take a walk along the shore (no swimming), and have a cold drink on a café terrace with river views.

NOTE: For your comfort, we recommend that you leave your main luggage on the van 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 bus on the morning of day 4).

*Transportation: 4-5 hours by bus and 1-2 hours by public boat*

*Accommodation: Hotel.*

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

### Day 3 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, with your guide, you will discover crocodiles, toucans, turtles, howler monkeys, monkeys, 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 4 **LA PAVONA - LA FORTUNA**



We will return the opposite direction to return to the bus and continue our route to Arenal Volcano, located in La Fortuna.

*Transportation: 1-2 hours by public boat and 4-5 hours by bus.*

*Accommodation: Hotel.*

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

📍 Day 5 **CERRO CHATO**



Departure to the hike Cerro Chato's slopes, Arenal Volcano's "little brother". The hike begins close to Arenal National Park's entrance with volcano views and a steep trail through the jungle. It will take us to the top where we will be able to see Cerro Chato's lake in the crater (if the weather is favorable). This hike ends close to La Fortuna Waterfall Reserve. We will have a picnic on the lake formed in the crater of this old volcano. NOTE: In the afternoon, it is possible to go to the hot springs, optional (you can have dinner in the hotel).

*Transportation: 30 minutes-1 hour by bus.*

*Accommodation: Hotel.*

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

*Hike duration: 5-6 hours*

📍 Day 6 **MONTEVERDE - HANGING BRIDGES**



After breakfast, we will see each other in Monteverde. We will take the road surrounding Arenal Lake that covers a large part of the water and electricity need in the country. Arrival to Monteverde. This city as we know it today was founded by a group of Quakers attracted by unarmed Costa Rican politics in the 50's. Go and discover the hanging bridges trail where you can admire the cloud forest from a different angle. At the end of the day, it is possible to do one of the various optional activities available in the area (night hikes, hanging bridges, zipline...).

*Transportation: 3-4 hours by bus.*

*Accommodation: Hotel.*

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

*Hike duration: 2-3 hours*

📍 Day 7 **MONTEVERDE RESERVE - ESTERILLOS BEACH**



We begin the day with a hike in Monteverde's cloud forest. Unique with its natural and/or scarce diverse endemic species, is and important are for scientific research. After lunch, we will leave to go to Esterillos on the central Pacific coast. This beach is maybe not ideal for swimming, but more for surfers. However, it is an enchanting and exotic panorama, an ideal stop before arriving to the Osa Peninsula. On the way, we will stop on the famous Tarcoles Bridge where we, without a doubt, will see enormous crocodiles.

*Transportation: 3-4 hours by bus.*

*Accommodation: Hotel.*

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

*Hike duration: 2-3 hours*

#### 📍 Day 8 **PARQUE NACIONAL MANUEL ANTONIO - GOLFO DULCE**



We will continue our descent along the Pacific coast towards the Osa Peninsula. On the way, we will stop to explore the trails and beaches in Manuel Antonio National Park. This is a well-designed and much frequented site, but observing wildlife is easy and the beaches are idyllic. After the lively city of Manuel Antonio, we get back on the road towards the Osa Peninsula and get accommodated on the relaxing coast of Golfo Dulce. It is common to see dolphins and whales during the summer. At night, we may be able to play with the luminous plankton. Night in the small Alvaro lodge.

NOTE: in the afternoon, prepare a backpack for Corcovado National Park.

Your main luggage will remain on the bus (which we will receive back on day

12) and you should take a backpack with your belongings for 3 days/3 nights (it is not possible to transport your belongings in the park, there are no transporters nor mules).

*Transportation: 4-5 hours by bus.*

*Accommodation: Hotel.*

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

*Hike duration: 1-2 hours*

#### 📍 Day 9 **CORCOVADO NATIONAL PARK: TREK IN SIRENA**



Early departure for a beautiful and long day of hiking in the heart of Corcovado National Park, which is considered the jewel of the tropical reserves. We will traverse the largest rainforest on the American Pacific coast. We will have the opportunity to observe a large variety of birds, such as red macaws. It is also here where we will have the best opportunity to see jaguars and tapirs, especially on the beaches at sunset. This day of hiking will take you to the entrance to Los Patos (or Carate depending on the weather), to La Sirena station. At the end of the day, accommodation in the shelter (the accommodation is rustic, the wash rooms are basic, but the site is formidable).

NOTE: difficult excursion, approximately 20 km, humid heat.

*Transportation: 1-2 hours tractor o truck/pick-up.*

*Accommodation: Tent.*

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

*Hike duration: 6-7 hours*

#### 📍 Day 10 **CORCOVADO NATIONAL PARK - LA SIRENA - DRAKE BAY**



We will make sure your enjoyment lasts and we will continue exploring the trails in the heart of Corcovado in the La Sirena sector. After lunch, departure by boat to arrive to the next part of the trip, Drake Bay. Another small, welcoming accommodation that gives you life's delights in the purest way (Pura Vida) surrounded by tropical vegetation. End of the day on the Pacific.

*Transportation: 1-2 hours by boat.*

*Accommodation: Lodge.*

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

*Duration: 3-4 hours*

#### 📍 Day 11 **SNORKELLING AROUND CAÑO ISLAND**



A day in the water snorkelling with a mask (supplied) around Caño Island. This biological reserve, right outside of our lodge, was an island for resupplying fresh water, such as Sir Francis Drake, an English privateer who give his name to the bay. During this sea excursion, we will have the opportunity to enjoy a different type of wildlife: turtles, dolphins, manta rays, colorful fish and more. The end of the day is free to do as you wish in the lodge.

*Transportation: 1-2 hours by boat.*

*Accommodation: Lodge.*

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

#### 📍 Day 12 **SIERPE - LOS QUETZALES NATIONAL PARK - DOTA**



Departure in boat on the sea. We will pass the estuary and travel up Sierpe River, passing a beautiful mangrove area before meeting our driver in Sierpe village. Returning to civilization, we will take the road towards Dota. If time allows, we will make a short stop in the park that hosts the mysterious pre-Columbian spheres. Arrival at the end of the afternoon, we will find ourselves between cloud forest and moorland (more than 3000 m), an excellent habitat for the legendary Quetzal. This bird was worshipped by most of the indigenous cultures: its long, colorful feathers that it exhibits during mating season adorn the hats of the great leaders. Hike in Los Quetzales National Park.

*Transportation: 1-2 hours by boat and 3-4 hours by bus.*

*Accommodation: Lodge.*

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

*Hike duration: 2-3 hours*

#### 📍 Day 13 **VISIT TO FAMILY FARM - CARTAGO - SAN JOSÉ**



We will continue our trip towards the capital. On the way, we will a farm and have lunch (farm that produces organic fruit and vegetables) and stop to visit the Cartago Basilica. Free afternoon in San Jose (Gold Museum, Jade Museum, National Museum, Central Market, Artisan alley...).

*Transportation: 3-4 hours by bus.*

*Accommodation: Hotel.*

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

#### Day 14 **SAN JOSÉ - 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: UCOTC**

### *Terms and conditions*

#### *Booking conditions*

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 35% 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.

#### *Invoice procedure*

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Costa Rica reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### *Cancellation policy*

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.

#### *Changes to travel contract*

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.

#### *Pricing*

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.

### ***Contract transfer***

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.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Costa Rica as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

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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

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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

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

### Transportation

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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

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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

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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***

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#### **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***

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

### ***Luggage***

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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

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**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](mailto:embcr-fr@rree.go.cr) o [concr-fr@rree.go.cr](mailto: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](mailto:ambafrcr@gmail.com)

## **Health information & recommendations**

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### **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**

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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**

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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

