

# COSTA RICA GROUP EXPEDITION 2019 - Q&A Presentation







## Where does it take Place?



Where does it take place?

**Itinerary** 

Climate

Accommodation

**Additional Excursions** 

**Documents and Flights** 

**Any Questions** 





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#### Costa Rica – Itinerary

Day 1: Arrival / Overnight Esparza Collection, Esparza accommodation, Dinner. Travel: 1hr 10mins.

Days 2 – 7: Turtle Conservation

**Day 7:** Braulio Carrillo National Park, driving through park. Lunch. Rainforest Adventure: Aerial Tram above the jungle, guided nature tour (butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds)

**Day 8:** Monteverde Cloud Forest Reserve - La Ventana, views of Pacific and Atlantic. Lunch. Lecture & Natural History Tour

Day 9: To Playa Uvita, Marino Ballena National Park for 08:45. Search for Humpback Whales and two species of resident dolphins. Possibly also see Bryde's Whales, Pilot whales, False Killer whales and other marine life. Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife of the Ballena Marine Park. View the caverns of Ventanas Beach.

Day 10: Manuel Antonio National Park. Talk on conservation and guided tour. Either hostel in San Jose with farewell meal, or last night in Esparza with farewell meal, depending on flight times

Day 11: Toucan Rescue Ranch. Introductory talk about sloths and conservation. Tour of the ranch, where you will meet sloths, toucans, and other birds and mammals.

**Day 12:** Maritime Park Puntarenas. Talk on conservation, and tour of facilities. Lunch. Macaw and wild bird Sanctuary - interactive workshop and tour.

Day 13: Carara - Crocodile boat tour on River Tarcoles and the mangroves. See crocodiles, birds and monkeys up close. Lunch. Horse Riding along the beach.

Day 14: Flights

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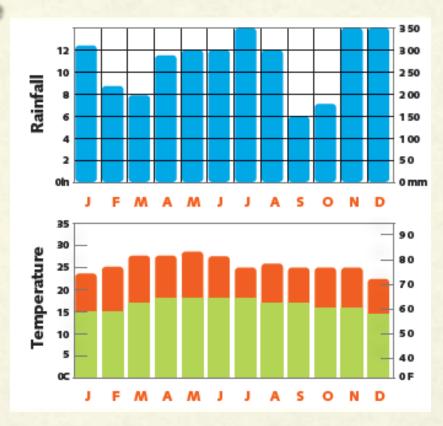
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### Climate



Be prepared for rain and Mid - High temperatures during the time you are there.

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## Your Accommodation & Lifestyle









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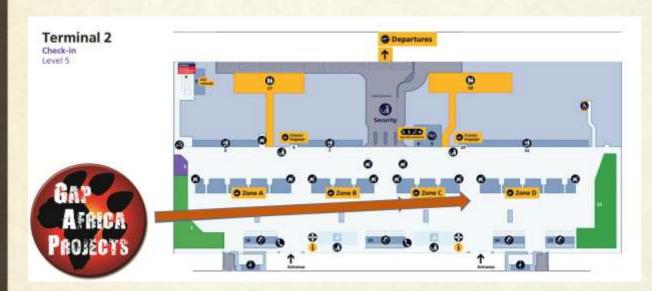


## 7:

## Departure from London Heathrow Sunday 7<sup>th</sup> April 2019

LHR BOG Dep: 22:40

Group Meeting Point London Heathrow Terminal 2 – 19:40



Checked Baggage Allowance: 23KG

Hand Baggage Allowance: 8KG

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## Arrival to Bogota / San Jose Monday 8th April 2019

LHR BOG AV121 Arr 03:50 T1

Connect to onwards flight via Connections

BOG SJO AV697 Dep 06:10 T1 Arr 07:30 TM

Meet and Greet at SJO Arrivals Hall Transfer to Esparza Accommodation

Meal Services – Free In-Flight Entertainment



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## Departure from San Jose Sunday 21st April 2019

SJO BOG AV691 Dep 16:05 TM Arr 19:20 T1

Baggage Checked through to LHR

BOG LHR AV120 Dep 22:55 T1

Monday 22<sup>nd</sup> April 2019

BOG LHR Arr 15:35 +1 T2

## **Important Information:**

San Jose Departure Tax of USD29
Proof of return journey required for immigration at SJO
Backpack is advised – Full kit list available online

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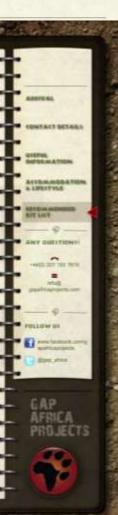




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## **Documents and Flights**

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## Vaccinations – travelhealthpro.org.uk

The vaccines in this section are recommended for most information on these vaccines can be found by clicking or alphabetically.	
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# Thank You for your Attention

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**"是我们是一个人的时间,这个人** 

### Zika and Extra Precautions

Cases of Zika virus have been reported in 2016. You should follow the advice of the <u>National</u> <u>Travel Health Network and Centre</u>, particularly if you're pregnant or planning to become pregnant. Seek advice from a health professional if you have any further questions or concerns.

#### Prevention:

People travelling in these areas (and any others that may have mosquito-borne diseases) can protect themselves from bites in a number of ways:

Wear long-sleeved tops and long pants

Use insect repellents containing DEET or picaridin. Insect repellents containing DEET and Picaridin are safe for pregnant and breastfeeding women and children over 2 months of age when used as directed.

Use permethrin-treated clothing and gear (such as boots, pants, socks and tents)
Use bed nets as necessary

#### **Symptoms:**

Once exposed, people (adults and children) often exhibit no symptoms at all, however in some cases they can experience:

Fever

Rash

Headaches

Joint pain

Muscle / bone pain

Conjunctivitis

In around 80% of cases, no medical treatment is required. It is believed that the virus stays in the blood for around seven days once the person is symptomatic.

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