



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.

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: Las Hornillas, Miravalles Volcano. Tractor ride and walk that passes 4 waterfalls, crosses 3 hanging bridges and traverses primary forest. Lunch. Fumaroles and hot springs. The active crater of Volcan Miravalles. Mud baths, 3 pools and sauna.

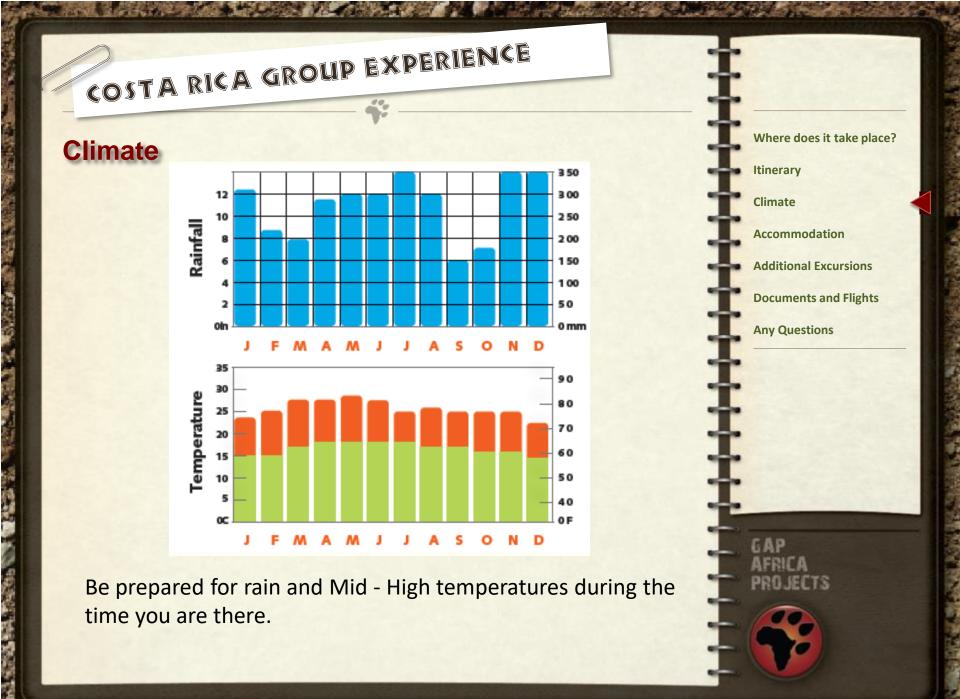
Day 14: Carara - Crocodile boat tour on River Tarcoles and the mangroves. See crocodiles, birds and monkeys up close. Lunch. Horse Riding along the beach.

Day 15: Flights

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Where does it take place? Itinerary Climate Accommodation Additional Excursions **Documents and Flights Any Questions** GAP





COSTA RICA GROUP EXPERIENCE Where does it take place? **Departure from London Gatwick** Itinerary Wednesday 20th May 2020 Climate LGW SJO BA2237 Dep: 11:00 Accommodation Group Meeting Point London Gatwick South Terminal – 08:00 Additional Excursions Gatwick **Documents and Flights** Check-in level 2 **Any Questions** A FRICA PROJECTS Exit to hort stay car park Car renta Coach statio Hilton Hote Smoking area Lifts to Train stati platforms 1-6 Exit from Train station GAP Exit to ong & short stay car park Coach station Hilton Hotel Checked Baggage Allowance: 23KG Hand Baggage Allowance: 23KG

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BRITISH AIRWAYS

Arrival to San Jose Wednesday 20th May 2020

LGW SJO BA2237 Arr 15:10 Teminal M

Meet and Greet at SJO Arrivals Hall Transfer to Esparza Accommodation

Meal Services – Included In-Flight Entertainment

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Departure from San Jose Wednesday 3rd June 2020

SJO LGW BA2236 Dep 17:00 Terminal M

Thursday 4th June 2020

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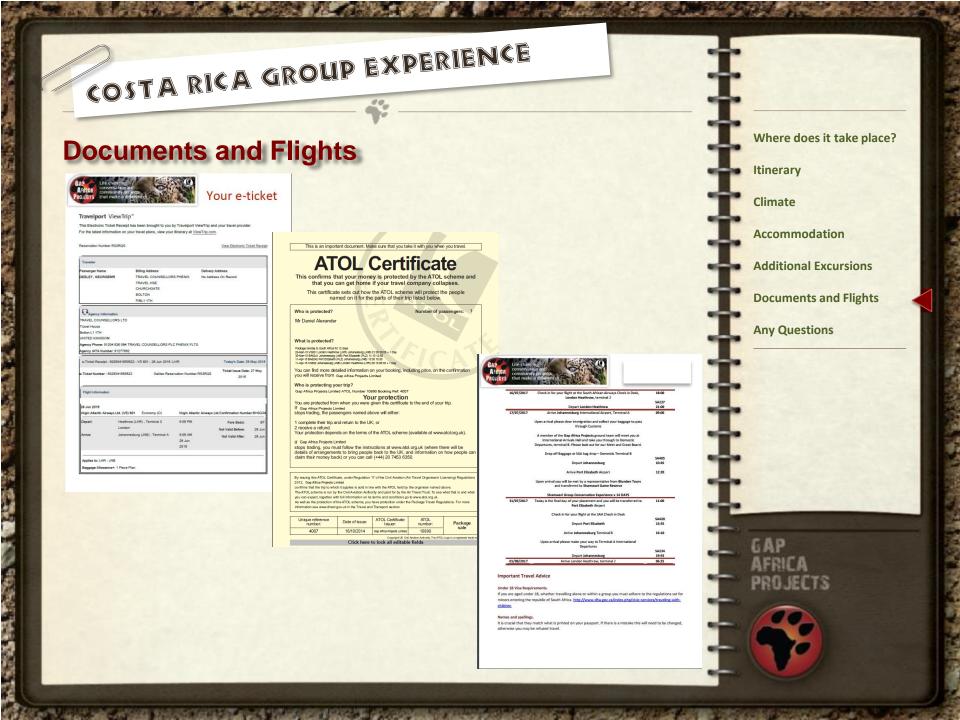
SJO LGW BA2236 Arr 10:35 South Terminal

Important Information:

Proof of return journey required for immigration at SJO Backpack is advised – Full kit list available online







Vaccinations – travelhealthpro.org.uk

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COSTA RICA GROUP EXPERIENCE

The vaccines in this section are recommended for most travellers visiting this country. Information on these vaccines can be found by clicking on the blue arrow. Vaccines are listed alphabetically.

Hepatitis A	•
Tetanus	-

Some Travellers

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The vaccines in this section are recommended for some travellers visiting this country. Information on when these vaccines should be considered can be found by clicking on the arrow. Vaccines are listed alphabetically.

Rabies		•
Typhoid		•
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Thank You for your Attention

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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:

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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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