



PROJECT PRESENTATION



Costa Rica Group Expedition



GLOBAL reach. **ADVENTURE** for all. **PROJECTS** to inspire.

ABOUT US:



GAP Africa Projects

- We are a specialised travel company that offers academic trips and volunteering opportunities for groups and individual travellers, in a number of locations worldwide
- We pride ourselves on curating experiences which are personalised to your needs and requirements
- Our first project travelled in 2012
- Full ATOL Bonding
- Working with over 55 Colleges and Universities around the UK
- A small dedicated team in the UK and South Africa.





**SOUTH
AMERICA**

ABOUT COSTA RICA

Project Overview and
Location



ABOUT COSTA RICA



Your Conservation Field Trip Explained

- A unique conservation experience – based Costa Rica
- Experience Turtle Conservation Efforts on the Caribbean Coast
- Opportunity to visit various Rainforests and National Parks
- Experience one of the greatest biodiverse countries on earth
- Project Activities include:
 - Turtle Conservation
 - National Park Visits
 - Wildlife Centres and Rehabilitation
 - Eco System Conservation
 - Marine Conservation & Whale Watching
- All-inclusive experience
- A true wilderness adventure!



Caribbean coast

-  Accommodation
-  National Park visiting sites
-  Animal sanctuary / aquarium

ABOUT COSTA RICA

SOUTH AMERICA

Your Programme Itinerary

A full 14-night conservation programme split between two main centres

- ❖ Day 1 – Arrival and Orientation. Overnight at Esparza.
- ❖ Days 2 to 6 – Turtle Conservation Research at the remote Pacuare Reserve
- ❖ Day 7 to 14 – Visiting National Parks
 - Braulio Carrillo National Park
 - Monteverde Cloud Forest Reserve
 - Manuel Antonio National Park
 - Boruca
 - Playa Uvita & Marino Ballena National Park
 - Las Hornillas & Miravalles volcano –Parque Nacional Carara
 - Parque Marino del Pacifico
 - Natuwa Wildlife Sanctuary
- ❖ Day 15 – Flight Home





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ABOUT THE PROJECT

Our conservation work
in more detail



YOUR PROJECT



Pacuare Turtle conservation programme

- 1700 acres of tropical forest with 6km of coastline
- One of the most important nesting sites for Leatherback, Green Sea and Hawksbill turtles
- 750,000 hatchlings have been released into the sea
- 2500+ species of fauna
- 3 primate species
 - White Faced Monkey
 - Howler Monkey
 - Spider Monkey
- 252 bird species
- 32 mammal species including Jaguar and Ocelot



YOUR PROJECT



Pacuare Turtle conservation programme

- Night beach patrols
- Collecting biometric data from nesting turtles
- Relocating of nests
- Nest Monitoring
- Day/night hatchery duties
- Beach cleaning
- Hatchling liberation
- Basic construction work, building hatcheries for example
- General maintenance
- Maintenance of volunteer accommodation
- Reforestation work – collecting/sorting of seeds, planting saplings



YOUR PROJECT



Helping to Construct Turtle Hatchery

During your time at the project, it may be required to build new hatcheries or maintain existing ones.

As a volunteer, you will assist the research team with this task.



YOUR PROJECT



Night Patrols of the Beach

Patrols are led by an experienced patrol leader walking a sector of the beach searching for nesting females. Once a turtle is encountered the leader, with the aid of the volunteers, will collect information; the length and width of the turtle, nest location and its dimensions and the number of eggs laid.

The eggs will be carefully removed by the group leader and relocated to the hatchery. Turtles are sensitive to light, if any light is to be used on the beach only red light is permitted.



YOUR PROJECT



Nest Patrols and Taking Biometric Data

During a hatchery shift you will need to check for baby turtles that have left the nest and need to be placed on the beach so they return to the water, monitor the hatchery for any potential threats to the nest e.g. crabs.

Assist with the relocation of eggs found on patrol, recording data on the number of eggs, their original location and where they are relocated to.



YOUR PROJECT



Releasing Baby Turtles

At certain times of the year, groups will have the privilege to assist the research team in releasing baby turtles from the hatcheries back to the ocean.



YOUR PROJECT



Pacuare Reserve



YOUR PROJECT



Braulio Carrillo National Park

Braulio Carrillo National Park protects 117,300 acres of rainforest.

Rainforest Adventure: Aerial Tram above the jungle.

Guided nature tour of butterfly garden, terrarium (snakes, frogs, turtles), orchid garden, hummingbirds.

500 Species of bird, 150 Species of mammal.



YOUR PROJECT



Monteverde Cloud Forest Reserve

The cloud forest protects 35,000 acres of rainforest.

There are over 100 species of mammals, 400 species of birds, and 1,200 species of amphibians and reptiles

2.5% of the world biodiversity can be found within its bounds.

Over 8 miles of trails to be explored.

Lecture on Natural History and Conservation.



YOUR PROJECT



Marino Ballena National Park

Over 5,000 hectares of protected marine area created as safe haven for humpback whale migration.

Visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife.

View the caverns of Ventanas Beach.

Marine tour to search for Humpback Whales and two species of resident dolphins.



YOUR PROJECT



Manuel Antonio National Park

Smallest National Park in Costa Rica at just 682 hectares.

Talk on conservation and guided tour of the park.

Lots of activities to explore during your free time.



YOUR PROJECT



Toucan Rescue Ranch

Hands on work at the toucan rescue ranch.

Introductory talk on sloth conservation.

Tour of ranch to meet sloths, toucans, birds and other mammals.



YOUR PROJECT



Maritime Park Puntarenas

Marine park focused on coastal, marine education.

Marine animal rehabilitation and rescue centre.

Guided tour and educational talk on the work carried out at the centre.

They work to protect 13,000 hectares of ocean and 9 miles of coastline.



YOUR PROJECT



Las Hornillas, Miravalles Volcano

Guided tour of Volcano and Waterfalls.

Opportunity to experience hot springs, mud baths and sauna created by the live volcanic crater.



YOUR PROJECT



Carara National Park & River Tarcoles

Boat tour on the River Tarcoles and the mangroves.

Opportunity to see crocodiles, birds and monkeys up close.

Horse riding on the beach.

Souvenir Shopping.





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ADDITIONAL ACTIVITIES



ADDITIONAL ACTIVITIES



Activities/Excursions (own cost and optional)

There will be time, where you'll be able to do some additional activities at your **own cost**. These are **optional**.

All activities are booked and paid for by **cash or card** at the project.

More information will be given closer to the time. N.B Your travel insurance **must** cover you for any additional activities you choose to do.





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LIFESTYLE & ACCOMMODATION

Life in Costa Rica



ACCOMMODATION & LIFESTYLE



Esparza & Pacuare Turtle Project

The Hotel Las Palmas in Esparza has shared rooms, a large garden with swimming pool and sports activities. Wi-Fi coverage and hydroelectricity are both excellent.

Accommodation at the turtle project is in shared beach huts, these are basic, clean and comfortable. There are small lockers available for personal valuables such as passports - you will need to bring a padlock. Electricity is generated via solar and has to be rationed, so can be sporadic.



ACCOMMODATION & LIFESTYLE



Cascada Verde - Uvita

Cascada Verde is a family hostel located in the jungle above Uvita, Costa Rica's Marino Ballena National Park.

The hostel has spacious private rooms and shared dormitories with charming rustic-style décor. Each one offers free Wi-Fi and most of them have a garden view. The tropical treehouse style building features hammocks, plenty of comfy furniture and two large terraces.



ACCOMMODATION & LIFESTYLE



Meals

At Esparza, breakfasts and some dinners will be provided at the hotel. For meals not included at Esparza, a variety of restaurants in the vicinity offer different choices. Budget approximately \$15-\$20 per meal, including a drink for meals out.

Whilst at Pacuare Turtle Project, you will have three meals a day provided. Generally, this will be local food – rice and beans! Please be aware that there is no shop at the Turtle Centre so ensure you have bought any snacks/drinks before arriving.

If the project includes a stay at Cascada Verde hostel, this will include dinner and breakfast. You can prepare lunch in the fully equipped communal kitchen.

It is important that you advise us of any dietary requirements, be they preferences, allergies or intolerances so we can advise the project to enable us to ensure that you are adequately catered for.

Costa Rica is not as well developed for food intolerances as the UK, so prior notice is essential.

**The inclusion of meals TBC as part of the itinerary*





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USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List



WHAT'S INCLUDED



What is included?

- Flights
- Transfer to/from project
- Accommodation
- Three meals per day **at Pacuare**
- Meals as specified on itinerary (*see sample itinerary for days with meal listings*)
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24 hour in country support

NOT Included

- Personal Travel Insurance *
- Selected meals
- Any activities not specified as part of the project
- Visas/travel documents
- Tips

* We recommend you take out insurance as soon as your booking is confirmed

<https://www.true traveller.com/?tag=4480>



WHAT'S INCLUDED



Dates & key deadlines

2026 Proposed travel dates are:

Depart UK: 26th July 2026 | Arrive Costa Rica: 26th July 2026

Depart Costa Rica: 9th August 2026 | Arrive UK: 9th or 10th August 2026 (flight depending)

Trip cost:

£3215.00 estimate* Based on a group of 11 travelers (confirmed once flights have been held)

Key deadlines are:

- Deposit of £300 to confirm placement by 02/09/2025
- Instalment payment of £1422.50 due by 05/04/2026
- Balance payment due £1422.50 due by 31/05/2026
- E-tickets will be issued 2 weeks prior to departure and emailed to travellers



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Individual Participants Costa Rica 2026

Costa Rica Turtle Conservation and Adventure Tour

Welcome to the individual participant webpage

This is the group's personalised webpage for your 2026 trip to Costa Rica. All of the general documentation relevant to the trip is available to download. The details and documents associated with your trip will be updated as your booking progresses.

Please note that your E-ticket documents, invoices and anything else specific to you, will be emailed to you directly and will not appear on this page.



<https://gapafricaprojects.com/26-cra-4724-ind/>



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