

# A Week in Costa Rica: San José, Arenal & Guanacaste

Pre-departure information for your tour



## Passport, visa & entry requirements

- In order to enter Costa Rica, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- We recommend having at least one blank passport page for entry stamps.
- There is no visa required for U.S. or Canadian citizens.
- If you are not a U.S. or Canadian citizen, you must contact your destination country's consulate for your specific entry requirements.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to [goaheadtours.com/entry-requirements](https://goaheadtours.com/entry-requirements) and searching the code COR.

## Tour pacing & mobility

- You will walk for at least 2 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.
- Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- You should feel comfortable managing your own baggage at times, as well as getting in and out of boats.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical restrictions, please contact our Customer Experience Team.

## Transportation & arrival information

- Round-trip flights booked through Go Ahead

Tours arrive in San José and depart from Liberia. A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.

- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go Ahead Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- A river cruise in Palo Verde National Park is included in the price of your tour.
- All other included transportation on this tour is by private motor coach.

## Baggage allowance

- Please note that our travelers are limited to one checked bag and one carry-on bag per person due to storage limitations on motor coaches and other transfers, which may include train connections or flights.
- Contact your airline(s) for baggage size and weight restrictions for your flights, which may include on-tour flights in addition to your round-trip flights to and from tour. Please note that your included on-tour flights may have more restrictive baggage limits.
- Some airlines may impose additional charges if you choose to check any baggage or exceed baggage size and weight restrictions. Be advised that you are responsible for any baggage fees incurred on all flights.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

## Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered. Comfortable, casual clothing and a sturdy pair of walking shoes are a must for sightseeing.
- A lightweight jacket is recommended, as the temperatures will change with the elevation throughout your tour.
- A sun hat, sunglasses, and rain gear will help you stay comfortable in all types of weather.

You may also wish to pack a swimsuit.

- A small bottle of hand sanitizer may be helpful when other facilities are not readily available while on the road.
- Binoculars are handy for a closer look at local wildlife and scenery.
- You may want to pack dressier attire if you plan to visit a high-end restaurant or attend a special performance.

## Health

- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Center for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).
- Take proper care with sun exposure, as the sun can be especially strong in some of the regions on this tour.
- There are inherent risks associated with snorkeling and other water sports, particularly for those with pre-existing medical conditions. Discuss your planned activities with your doctor or healthcare provider for the best advice on participation.
- Drink bottled water only. Refrain from ingesting tap water, including when brushing your teeth.
- Avoid eating fresh fruits and vegetables unless they're cooked or washed in clean water and peeled.
- Travelers prone to seasickness should note that this tour includes boat rides.
- If you have medication that you take daily, be sure you have enough for each day of the tour and any possible delays encountered.
- If you have dietary restrictions and/or food allergies please notify Go Ahead Tours at least 30 days prior to your departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to [goaheadtours.com/entry-requirements](https://goaheadtours.com/entry-requirements) and searching the code COR.

## Cuisine

- Costa Rican cuisine is based on staples like

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rice, black beans, and corn with beef, chicken, or fish. Fresh, locally grown fruit includes bananas, mangoes, pineapples, and avocados. Traditional desserts include custards, puddings, and simple cakes. Locally grown coffee is served strong and black, but hot milk is often available if you ask.

## Electricity & air conditioning

- Costa Rica operates on 120 volts and uses Types A or B plugs. As these are the same as the plugs used in the U.S. and Canada, a voltage adapter is not needed.
- The strength of the air conditioning in some hotels in this region may not be as strong or as cool as what you might be used to in the U.S. or Canada. When air conditioning is available, it is usually regulated seasonally and controlled centrally by the hotel.
- Your hotels may provide hairdryers, irons, and other small appliances. However, these amenities cannot be guaranteed.

## Connectivity

- Wi-Fi is available in most hotels, though some charges may apply. In more remote locations, internet access may be limited and is not guaranteed.
- There is no Wi-Fi on any of the motor coaches
- Please contact your mobile service provider for information on roaming charges.

## Time zones

- Costa Rica is six hours behind Greenwich Mean Time (GMT) and one hour behind Eastern Time (ET). Costa Rica does not observe Daylight Saving Time.
- When it's noon in New York City, it's 11am in Costa Rica from November through March and 10am from April through October.

## Currency

- You will use the Costa Rican colón on tour.
- Better rates of exchange are usually available overseas, although it's worth ordering some currency from your local bank to use when you first arrive.

- We strongly advise that you take debit/bank cards and credit cards, which can be used to withdraw cash at local banks as needed.
- You can use most debit/credit cards at ATMs on the international networks Cirrus and Plus, but make sure to check with your home bank about withdrawal fees.
- Inform your bank and credit card company of your travel plans so that they won't confuse your international purchases for fraudulent charges.
- International banks and businesses primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.

## Tipping

- At the conclusion of your tour, it's customary to offer your Tour Director and driver a gratuity in local currency. Please keep current exchange rates in mind.
- We recommend tipping the equivalent of \$7USD to \$10USD per person per day for your Tour Director and the equivalent of \$3USD per person per day for your driver.
- If applicable, we also recommend the equivalent of \$2USD per local guide.
- Tips can only be paid in cash.

## Purchasing excursions on tour

- Most optional excursions will be available for purchase while you are on tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for excursions.
- Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged.
- Some optional excursions may only be purchased in advance. See page four of your tour itinerary for more information.