

Grand Tour of Costa Rica: From the Caribbean to the Pacific

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 at least six months beyond the date of reentry.
- We recommend having at least one blank passport page for entry stamps.
- Neither U.S. nor Canadian citizens need a visa to visit Costa Rica. If you aren't a citizen of either country, contact the Costa Rican consulate for 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 and searching the code CRG.

Tour pacing & mobility

- You'll walk for about 2.5 hours daily across moderately uneven terrain, including paved roads, unpaved trails, and muddy paths, with some hills.
- You 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 they 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. When you first arrive, a representative from Go Ahead Tours will meet you at the airport and take you to your

hotel. If you don't see them, please remain in the arrival lounge: They might be escorting one of your fellow travelers.

- Transfers to and from the airport at your destination are included for travelers who've purchased their flights through Go Ahead Tours. Travelers who purchased their own flights may request airport transfers with Go Ahead Tours for an additional cost.
- 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, ferries, flights, and other modes of transportation.
- Contact your airline(s) for the luggage restrictions for your itinerary. Please note that on-tour flights may have tighter size and weight limits than your round-trip airfare to and from tour.
- Some airlines may impose additional charges if you choose to check any bags or exceed their size and weight restrictions. Be advised: You're responsible for any luggage 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 to accommodate varying temperatures, as well as a light jacket.
- A sun hat, sunglasses, and rain gear will help you stay comfortable in all types of weather, and a sturdy pair of walking shoes or sneakers will let you get the most out of sightseeing. You may also wish to pack a swimsuit.
- A small bottle of hand sanitizer may prove handy if facilities aren't available while on the road.
- If you'd like to take a closer look at the local wildlife, bring a pair of binoculars.
- 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 healthcare provider, or visit the Centers for Disease Control and Prevention's website at cdc.gov, for the latest updates and entry requirements.
- Be wary of sun overexposure: Its rays can shine especially bright in some of the regions you'll visit on this tour.
- There are inherent risks associated with snorkeling and other water sports, particularly for those with pre-existing medical conditions. If you have health concerns, discuss any planned activities with your doctor or healthcare provider. They'll provide the best advice on whether to participate.
- Avoid drinking tap water, even while brushing your teeth. For daily hydration, opt for bottled water.
- Avoid eating fresh fruits and vegetables unless they've been washed and peeled, or cooked in clean water.
- 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, as well as any possible delays you may encounter.
- If you have any dietary restrictions or food allergies, please notify Go Ahead Tours at least 30 days prior to your departure by logging into 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 and searching the code CRG.

Cuisine

- Costa Rican cuisine makes great use of staple foods like rice, black beans, and corn, often pairing them with beef, chicken, or fish. Fresh, locally grown fruit—like bananas, mangoes, and pineapples—abound, serving as a delicious snack or dessert. Other traditional sweets include custards, puddings, and simple cakes. And if you'd like

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a cup of local coffee, note that it's typically served strong and black. (However, most places will serve it with hot milk if you ask.)

Electricity & air conditioning

- Costa Rica operates on 120 volts and uses Type A or B plugs. Since the country uses the same standard as the U.S. and Canada, you don't need to pack an adapter.
- The strength of the air conditioning in some hotels is often not as strong or as cool as what you might be used to in the U.S. or Canada. When air conditioning is available, it's 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 can't be 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 doesn't observe Daylight Saving Time. When it's noon in New York City, it's 11am in Costa Rica from November through March. From April through October, it's 10am.

Currency

- You will use the Costa Rican colón on this tour.
- Better exchange rates are usually available overseas, but it's worth ordering some currency from your local bank to use when you first arrive.
- We strongly advise that you take debit and credit cards, which can be used to withdraw cash at local banks as needed. You can also

use most 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 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 \$10–\$12USD 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're on tour.
- Your Tour Director will only accept cash (in USD only), Visa, or MasterCard as payment for optional 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 it to be charged.
- Some optional excursions may only be purchased in advance. See the last page of your tour itinerary for more information.
- International travel is, by nature, unpredictable. We must therefore reserve the right to change this itinerary, without advance notice, to meet local conditions at the time of travel. Thank you for your understanding. Please refer to our website for Terms & Conditions, dates, and prices.