Costa Rica Family Adventure

Trip Code: FCW

Version:

MULTI ACTIVITY	FAMILY	LEISURELY
MA		2



HIGHLIGHTS

- Observe exotic and rare wildlife in the renowned Tortuguero National Park on the Caribbean coast
- Take a family-friendly rafting trip or a floating safari on the Rio Sarapiqui
- Explore the rich biodiversity of the canopy layer from incredible hanging bridges
- Learn how chocolate is made on a plantation tour and enjoy a cookery lesson in Monteverde
- Catch some waves or relax on the beach at the paradise bay of Playa Tamarindo

AT A GLANCE

- 13 days of multi-activity
- SWIMMING: At some hotel pools where applicable and in the sea at Tamarindo
- Join at San Jose

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Pura Vida! A term you will hear again and again in Costa Rica. Literally meaning 'pure life', you will hear it as a greeting and it won't take you long after you arrival into Costa Rica to see it all around. Costa Rica is simply one of the most vibrant, dynamic and sustainable countries on Earth and arguably the most biodiverse too. No wonder its people are said to live the longest, happiest lives.

Famous for its pristine rainforest, endless sandy beaches and a bewildering range of wildlife including howler monkeys, tree frogs, nesting turtles and colourful toucans; it's no wonder that Costa Rica is one of our very favourite family holiday destinations.

We have put together a very special itinerary which showcases the very best wildlife spotting, adventure and beach time that Costa Rica has to offer. Starting off on the Caribbean coast by exploring the wetlands of Tortuguero National Park in silent canoes, we can float along under the canopy whilst our guides point out all kinds of monkeys, reptiles and birds. The lucky may even be able to observe nesting turtles on the beach after dark. After our impressive introduction to Costa Rica's wildlife, we visit a cacao plantation to learn all there is to know about how proper chocolate is made. For those with an adventurous streak, we have lined up an exciting rafting trip on the Rio Sarapiqui. There are a number of sections to choose from to suit your ability and thirst for adventure. An alternative available is a relaxed floating safari where we let the gentle current of the river push us along as we try and outdo each other on who can spot the most amount of wildlife! We continue to travel through Costa Rica to arrive on the slopes of the perfect volcanic cone of Arenal. Here, we explore the trails of the national park and climb to the hanging bridges to get close up and personal to the rainforest canopy layer. We then transfer to the highlands of Monteverde, its mountainous forested slopes shrouded in low-lying cloud and mist. Here, we have a cookery lesson using fresh, locally-grown ingredients and take a night-walk through a reserve, where one can spot sloth, armadillos, tree frogs and many, many other nocturnal creatures. Heading down on to the Nicoya Peninsula, we will walk through the jungle to arrive at a small, remote eco-lodge and spend the next couple of days immersed in the rainforest, awoken in the morning by the other-worldly roar of the howler monkey and the cacophony of tropical birds. After all this adventure, we will be rewarded with a few days soaking up the beach vibes at Playa Tamarindo. Tucked away and relatively hidden, Tamarindo is a mecca for surfers and those looking for a relaxed sand-between-toes experience. Here we can take surf lessons, ride horses or visit local communities. It is also the perfect spot to do nothing other than relax on a lounger and read a book, dipping into the sea to cool off now and again. This is the definitive family adventure holiday.

Is this holiday for you?

Suitable for children from 6yrs old

There are a number of adventurous activities on this holiday including short walks, a tree-top tour, swimming, boat rides at Tortuguero and white water rafting. The rafting will adapted to suit the ages and ability of your family; from gentle floating safaris to more exciting, slightly bouncy Grade 2/3 rapids, all under the careful instruction of experienced river guides who are used to working with children. All the trails and night-walks will be accompanied by guides with vast wildlife knowledge to ensure you don't miss a thing. Throughout the holiday we stay in comfortable hotel or lodge accommodation, many which have swimming pools. The lodge in Cerro Escondido private family bunkrooms that are rustic and basic but this only adds to their charm for those in quest of authentic adventure. Hotels have been chosen for this family friendly comfort and facilities. This holiday is perfect for those who want to be wowed by an unparalled range of tropical wildlife and experience adventure in a pristine natural environment.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transfers required by the itinerary on private vehicle or boat
- Boat trips in Tortuguero
- National Park entrance fees
- All activities/excursions mentioned except where specified as 'optional'

What's not Included

- Travel Insurance
- Visas (if applicable)
- Departure Taxes (if applicable)
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in San Jose.

A single timed transfer from San Jose Airport to the group hotel is provided. Depending on the departure date of the holiday, this is timed for the British Airways or United Airlines flights from London. The flights depart from the UK in the morning, arriving later the same day (day 1 of the itinerary). Return flights depart in the morning of the last day of the itinerary, arriving in the UK the following morning.

Please note arrival and departure times can vary with departure date - please check before making arrangements. On certain departure dates there are direct British Airways flights.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 5 lunches and 5 dinners are included. You should budget US$10 - $15 per meal not included.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Costa Rican food is generally flavourful but fairly mild (not too spicy). The most popular dish is ‘gallo pinto’ which is black beans and rice. Main meals are based around beans and rice, and will be accompanied by vegetables or fried plantains, and meat (chicken or beef) or fish. Dessert is usually a selection of fruits. Breakfasts are usually fruit and yogurts and sometimes eggs. Lunch can vary from sandwiches to rice and beans!

Accommodation

During this holiday we stay in hotels, lodges and 1 night in a simple lodge in the rainforest. The accommodation has chosen for its location, suitability for families and sustainability credentials. You will find that much of the accommodation has dining areas which are open at the sides and that you can hear and watch the sounds of the surround forest whilst enjoying your meal or drinks.

We stay at a centrally located hotel in San Jose on the first and last nights of the holiday. In Tortuguero, we stay at a lodge which consists of a series of simple wooden cabins among beautiful tropical gardens and adjacent to the canal waterways. Our lodge in Sarapiqui (1 night) is an eco-lodge in the rainforest and part of a rainforest research centre. In Arenal (2 nights), we stay in a hotel with views of the volcano and a swimming pool set in pleasant grounds. In Monteverde (2 nights) we stay in hotel, in an area surrounded by forest with easy access to all the natural wonders and sights. The eco lodge at Cerro Escondido (2 nights) is in a remote location and requires a walk of around 1-2 hours to get there. It is a very special place to immerse yourselves into the jungle for unparalleled wildlife spotting. At Tamarindo (3 nights) we stay at a larger, hillside hotel with a swimming pool overlooking the bay. These descriptions are based on our preferred accommodations, but these are subject to change.

Children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members. If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/multi-bed rooms, possibly with bunk beds for the children. Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

If you wish to extend your holiday at Tamarindo or in San Jose, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. There will also be a driver for the vehicle. While rafting there will be one raft for 6 to 8 clients and there will be one experienced river guide for each raft. Other specialist local guides will be used on certain tours and areas.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may ‘feel’ the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Our Costa Rica family adventure is packed with exciting included activities, but we have added a couple of further options for those wanting to fill their days with action!

Approximately £200-250 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in many of the towns that we will visit. US dollars can be used directly to purchase many goods and services in Costa Rica though not necessarily at the most favourable rate of exchange. Credit cards are useful, especially for the optional activities, and it is also a good idea to carry one in case of emergency.

Optional Activity Costs:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in USD. Optional activities taken outside the KE holiday are at your own risk. To avoid disappointment please discuss your activity requirements with the guide on arrival in Costa Rica, and then they can be booked for you.

Sarapiqui:

- Nightwalks in the Tirimbina Nature Reserve: 29 USD per adult, 20 USD per child (plus taxes)
- Morning birdwatching tour: 29 USD per adult, 23 USD per child (plus taxes)
- Bat programme and watching tour: 29 USD per adult, 22 USD per child (plus taxes)

Arenal:

- Ecotermales : 44 USD per adult/ 26 USD per child
- Additional activities at Mistico Arenal Hanging Bridges Park: various activities available from canyoning (Spider Monkey Canyon), night walks and more.

Monteverde:

- Extremo Park Canopy Zipline Tour: different options from 55 USD per adult, 40 USD per child
- Frog Gardens: 15 USD per adult, 12 USD per child

Samara Beach:

- Surf lesson: from 50 USD per person
- Matambu village visit: 40 USD per adult, 25 USD per child (with lunch)

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to you leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Costa Rica

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

If you are travelling to Limon Province (on the east coast of Costa Rica, including Tortuguero National Park) there is a low Malaria risk. Please consult with your GP whether you require Malaria prophylaxis.

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Costa Rica is the Costa Rican colon.

Climate

Costa Rica has a generally hot and humid climate. The days are warm and generally sunny with temperatures between 20 - 28°C. However, Costa Rica is a tropical country and it can rain anywhere at anytime. The Caribbean coast is usually wetter than the Pacific side of the country and some rain can be expected in the Monteverde Cloud Forest at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Please note that it is now prohibited to enter any national park in Costa Rica with any form of single use plastic, including bottles, plastic bags etc.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Lightweight hiking boots / Approach shoes / Trainers
- Sandals (to be used in rafting as well)
- Shirts / T-shirts / Tops
- Lightweight trousers
- Shorts / Skirt
- Socks & Underwear
- Fleece jacket or warm jumper
- Lightweight waterproof overtrousers
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Daypack 20 - 30 litres (Depending on how much of the kids stuff you will be carrying). Note you will need to carry your overnight belongings for a 1 hour walk to the accommodation for the 2 nights at Cerro Escondido.
- Headtorch and spare batteries
- Small towel
- Swimwear
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets

- Washbag and toiletries
- Sun protection (including lips)
- Antibacterial handwash
- Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Umbrella
- Games / books etc
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

It pays to remember when outfitting your family that KE clients are entitled to a 15% discount at Cotswold Outdoor.

All specialist equipment required for the activities provided on the holiday is included.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in San Jose. A single transfer is included from/to San Jose Airport.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to San Jose, Costa Rica. The flights will depart from the UK in the morning, arriving later the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE

Our newly-revised family holiday ticks off the renowned national parks and reserves of Tortuguero, Arenal and Monteverde, but also visits the quieter and more relaxed Pacific beaches of the Nicoya Peninsula. We have packed in an awesome range of adventurous activities and wildlife experiences whilst still allowing you some time to experience the best of Costa Rica on your terms.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change