

Accessibility Trip Planning Guide

Chosen Collective Consulting

The Chosen Collective Consulting Team wants to work with you to ensure all guests can participate in the trip in a way that is considerate and designed to their needs. In this document, we listed the information for all hotels, businesses, and restaurants where we will be traveling as a group. Additionally, we have included a few tips and ways to prepare for your trip— we believe that being informed, communicative, and prepared will help us in knowing how to provide accommodations. If any of the activities or venues are of concern to you, please contact the Chosen Collective team at info.chosenconsulting@gmail.com. Note, this document will be updated as we correspond with our partners in Costa Rica and receive the most updated information about facilities and accommodations.

At the Airport in the U.S. and Costa Rica

Common accessibility considerations to prepare for while at the airport and on the flight include: long periods of standing and walking, TSA screening procedures, luggage and flight check in assistance, allergies, service animals, and personal mobility aids. We've included a non-exhaustive list of tips and resources in preparation for your trip.

1. **Review the U.S. [Travel Security Administration's \(TSA\) website on traveling with disabilities and medical conditions](#).** Prepare any documents you may need documenting your accessibility needs and familiarize yourself with processes that you may encounter at the airport. Additionally, TSA has a designated office entitled [TSA CARES](#) (contact info listed on website) that offers assistance with accommodations and accessibility questions. Their contact information is listed below. TSA recommends that passengers with disabilities fill out a TSA Notification Card that you may conveniently hand to TSA during the screening at the security gate. [Email TSA Cares \(form\)](#)
2. **Inform your airline of your travel needs.** You can do this while booking your ticket and writing in any special considerations or by calling your airline directly. Some examples of why you'd need to call the airline include: requesting wheelchair access, assistance with luggage and flight check in, informing the airline of your service animal, and any other questions you may have.
3. **On the flight:** If you have any questions, needs, or concerns while on the flight, you should remind the flight staff when you arrive at your gate and when you board the plane. For example, if you have severe allergies, need physical assistance to get into your chair, or need to board early, please make sure you communicate these needs.
4. **Consider connecting flights:** While searching for tickets, make sure to account for travel time and delays between gates. This can be a stressful process, so we recommend that you book a direct flight, if possible, or work with the Chosen Collective team to book your flight for you. If you have one or several connecting flights prior to arriving in Costa Rica, you do not have to worry about your checked luggage until you arrive in the country. However, you will need to transport any carry-ons to your next gate. If you require

physical assistance between gates, please make sure to contact your airline before your trip to request.

5. **Customs in Costa Rica:** The customs and immigration line can be quite long in Costa Rica. Again, prepare to be standing and walking for long periods of time with your carry-ons and your checked luggage. Additionally, you will need basic Spanish skills to help you navigate through the airport. There will be English speakers, but it is best to be prepared with some basic and travel-related Spanish. After exiting the plane, you will head directly to the customs line where they will check your (1) passport, (2) travel insurance, and (3) ask questions about your travel and accommodations. The wait time can vary from 30 mins to 3 hours. Again, please work with your airline and/or the airport to coordinate any physical transportation needs from the gate and throughout the airport. After completing the customs process, you will pick up your luggage from baggage claim, then go through another security checkpoint where your luggage will be scanned. You will need to load all of your luggage– including checked and carry-ons onto a conveyer belt to be scanned. If you need assistance, ask one of the airport aids to help load your materials. After this step, you will proceed to the exit and our guide, Jorge, will pick you up in our bus!

Transportation/Bus:

Our transportation provider is [506 Expeditions](#) and our guide will be Jorge. We have worked with Tío Jorge before and he is always willing to accommodate and provide assistance throughout the trip. During the trip, we will be traveling on a minibus that can fit up to 30 people. To enter the bus, there are 3 steps with a handrail on the side and will have a wheelchair lift. If you have any specific needs and arrangements can be made by contacting the Collective team at info.chosenconsulting@gmail.com. Our guide, Tío Jorge, and our Chosen Collective team are happy to provide physical assistance to help you enter and exit the bus. [The bus will look similarly to this picture.](#)

Hotels:

[Casa Roland San Jose:](#) The hotel is 3 stories and does not have elevator access. There are two rooms in the hotel that are wheelchair accessible– located conveniently on the first floor near the front desk. The bathrooms also include a pull down chair, safety bar, and handheld showerhead. If you require a particular type of room, please let the Chosen Collective team know when making your deposit.

[Shawandha Lodge](#) The hotel is one story. There are a mix of rooms that have no stairs and some that have stairs– please indicate what kind of room you need by letting the Chosen Collective team know.

[Umami Resort & Spa, Puerto Viejo:](#) The hotel is two stories with rooms on both the first and second floor. Rooms on the first floor can easily access the pool/terrace area, front desk, and

other amenities. If you require a particular type of room, please let the Chosen Collective team know when making your deposit.

Excursions:

Cahuita National Park & Beach: Includes wheelchair accessible ramp through park leading to the beach. There is some steep incline at the entrance, but the park pathway is mostly flat with a small incline. The first beach is approximately .3 miles from parking– to get to this area, we will need to walk on a boardwalk. There are other beaches in the national park that have a longer walk, if this is something you would like to do.

Black Sand Beach: The beach is right off the road, but you will need to walk through a small patch of concrete, then grass, in order to get to the beach. We will drop off our guests at each destination as close to the beach as possible.

Manzanillo Beach: The beach is right off the road, but you will need to walk through a small patch of concrete, then grass, in order to get to the beach. We will drop off our guests at each destination as close to the beach as possible.

Cacao Trails Tayku: The Cacao tour is 2 hours long and covers approximately 1 mile of ground. The land is flat without hills or inclines. There are no paved paths in the outdoor section of the trails, so there will be rocky and muddy areas.

Restaurants:

[Maxi's in Manzanillo](#): This is a 2 floor building with a main dining area on the 2nd floor, but dining is also available on the 1st floor. The building has approximately 15 steps and does not have an elevator.

[Mirador Tiquicia](#): This space is built fully wheelchair accessible with options for both ramps and stairs. The bathroom does not have an automatic door. The restaurant is located on the top of a large hill with a nice view. If you have concerns about the location, please let us know.