



Costa Rica Rios 2011/2012

Welcome to the Best Adventure Trip

Day 1 - Arrival

Arriving in Paradise

Your Costa Rica Rios guide will greet you at the Juan Santamaria International airport in San Jose, Costa Rica (SJO) upon your arrival. After leaving the airport, we begin the journey to the Turrialba B&B and our headquarters in Turrialba, about a two hour drive through orchards, small towns and beautiful coffee fields.

Welcome to Your Home Away From Home

Upon arrival in Turrialba you will settle into your home away from home: comfortable accommodations with tropical courtyard, Volcano view balcony and relaxing hammock area. This evening you will enjoy a delicious and authentic Costa Rican meal prepared by our Chef. This will be a great opportunity to practice your high school Spanish, as you enjoy your head guide's company at dinner. The remainder of the evening is spent getting to know your fellow adventurers for the week while playing Bola Negra, the Costa Rican version of pool around our locally made table.

Day 2 - Kayaking

Learn the Basics of River Kayaking

After a filling breakfast, and local Turrialba coffee, you are outfitted with river gear and prepare for your first day on the water. Using a unique practice site on a local river, you will become familiar with the kayak and raft equipment, basic strokes and maneuvers. After some paddling instruction we proceed down the Rio Pejibaye. The Pejibaye is a gentle class II/III river, perfect for learning. Most of the group is outfitted with inflatable kayaks. More proficient kayakers may choose to use hard-shell kayaks, while others may help paddle an inflatable raft. You will practice moving-water maneuvering skills while keeping your eyes open for glimpses of Costa Rica's many beautiful birds and butterflies.

Week of Adventures

Day 3 - Mountain Biking

The Crater Summit

For today's mountain biking adventure you select your bike in our Bodega (the warehouse) and your guides will adjust the K2 ZED 4.0 bikes to provide optimum comfort and performance for your journey down Volcan Irazú and through the cloud forest. The summit of Irazú is at 11,259 feet and offers spectacular views of the region and the volcano crater. Prepare for an unforgettable mountain bike experience as you descend 9,200 feet to the town of Turrialba.

Descending the Volcano

Your route takes you through the National Park's lush cloud forest to the shoulder of Turrialba Volcano and passes through small villages and hillsides laden with ferns and bromeliads. We take lunch in a valley between Irazú and Turrialba Volcanoes with a grand view of surrounding volcanos. After a nice rest, we continue down into the valley and cruise back to the Bed and Breakfast in time for a shower and filling dinner.

Day 4 - Overnight Tropical Rafting

Paddling Down a Tropical River

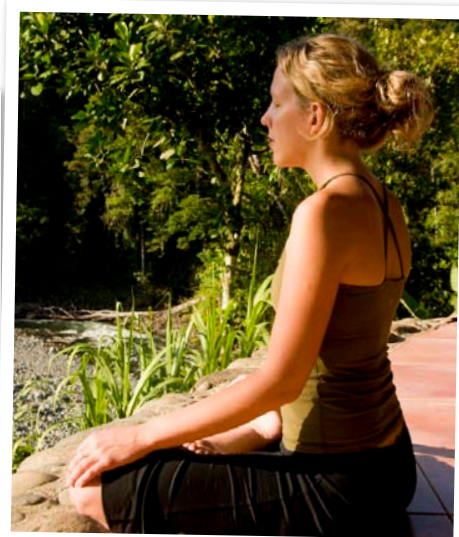
After enjoying another great breakfast, you are outfitted for the awesome three day and two night rafting trip on the world famous Lower Pacuare River. Today, enjoy 8 miles of challenging whitewater, and participate in river side stops to hike up to secluded pools below tributary waterfalls. Throughout the morning there will be many opportunities for swimming or relaxing next to the river.

The Pacuare River Camp

After some great hikes and wonderful rapids, the group arrives at our remote campsite. The Pacuare River Camp is equipped with a full kitchen, showers, bathrooms, fully enclosed cabins, and the best vantage point of the beautiful river and jungle. After settling in to camp you are free to practice in a kayak, swim, explore the jungle or just sit back in a hammock and relax. Tonight's dinner is prepared by your river guides, which consists of Costa Rican rice & beans, tropical fruit, vegetables and jungle chicken.



Week of Adventures



Day 5 - Zip Lines and Canopy Tour

Tarzan Would be Jealous

This morning we rise from our jungle lodging and enjoy a wonderful start of the day along the Pacuare River, observing and listening to the many species of birds. After breakfast, your guides prepare you to experience an adrenaline packed day in a rain forest canopy tour. The group will harness up to experience the excitement of crossing the jungle canopy on zip lines, rappels down trees, and walking above the jungle floor on a suspension bridge. The afternoon is available to rest and relax in hammocks, spot birds and wildlife, swim in waterfalls or hike near by the Pacuare River Camp.



Day 6 - Challenging Rapids & The Beach

Jungle Wake-up Call

Those who enjoy the early morning will especially like a morning hike through the dense rain forest surrounding our campsite. Our rafting trip continues down the most challenging section of the Pacuare as class IV drops seem to be around every corner. The spectacular river canyon and virgin rainforest create vertical walls of green, broken by waterfalls and hanging vines.

Experience Reggae Night

Our afternoon takeout allows time for a quick shower and change into dry clothes before we continue our journey to the Caribbean Coast. You will enjoy a relaxing evening stroll along the beach, a spot of souvenir shopping, a large dinner and perhaps a beach side Caribbean dance club before calling it a night.

Week of Adventures

Day 7 - Surf, Sun and Beach

Hang Ten

The white sand beach and clear blue ocean give us many choices today. Take an early morning hike along the beach and through the tropical jungle to spot howler monkeys, sloths or birds. After breakfast, you can receive surfing instruction from one of our guides using our soft top long boards, boogie boards or inflatable sit-on-top kayaks. We take a break and enjoy a delicious picnic lunch on the beach at Cahuita National Park. After lunch we head out on a boat for a snorkeling tour. Tropical fish and coastal reefs await any snorkelers in the group or you can hike along the beach spotting wildlife in the jungle setting. Later we pack up and begin our journey through the flat Caribbean terrain, and up through the eastern slopes of the central mountains to Turrialba where we will spend the night back at the Bed and Breakfast.



Day 8 - Departure

Saying Goodbye

We enjoy a great breakfast sharing our experiences. We say our goodbyes at the airport and we start making plans for your return to Costa Rica!

** Costa Rica Rios does its very best to adhere to the specific itinerary listed above, but activities and locations may be subject to change due to a number of reasons beyond our control (i.e. weather, water levels and safety conditions).

Why Join Costa Rica Rios?

1. Superior Local Knowledge

We live, explore, have fun and operate in Costa Rica 365 days a year. This ensures a worry free vacation with maximum time enjoying your trip.

2. The Best Adventure Trip in Costa Rica

This trip is the most adventurous way to experience the beauty and nature of tropical Costa Rica. We created this adventure so everyday is action packed with new activities and experiences.

3. The Best Resources and Guides

You will use only the best equipment available, and your guides are professionals, who live and work full time to share Costa Rica's nature and adventures with you.

Week of Adventures Itinerary

Day 1 - Airport Pickup

Day 2 - Beginner Kayaking

Day 3 - Mountain Biking

Day 4 - Whitewater Rafting, Pacuare Camp

Day 5 - Canopy, Zip Lines, Rappel, Pacuare Camp

Day 6 - Whitewater Rafting & Beach

Day 7 - Surfing & Snorkeling

Day 8 - Airport Drop-off

Activity Level

Six to seven hours of guided and moderate adventure activity per day. No experience with any activities is required to join, but experience with mountain biking over uneven terrain and regular exercise prior to the trip will greatly increase the amount of fun you will have.

Week of Adventures

The Details

Price

\$1,799 per person - Double Occupancy, All Inclusive
(\$300 for Single Supplement)

High Season Christmas and Easter Week

\$1,999 per person (Sat. Dec 24, 2011 - Sat. Dec 31, 2011 & Sat. Dec 31, 2011 - Sat. Jan 7, 2012)
Double Occupancy, All Inclusive
(\$350 for High Season - Single Supplement)

Single Supplement

If you are traveling alone we will arrange shared accommodations with an appropriate roommate. If you prefer single accommodations during the 7 nights, you have the option of paying the single supplement fee to guarantee a single room during the week.

Included in the Trip Price

All inclusive with Costa Rica Rios means from the moment you step out of the San Jose airport and meet your guides, all of your worldly needs are met, so you can focus on having fun in paradise. Bed and breakfast lodging, freshly prepared meals, private transportation, quality equipment, and professional staff will exceed your expectations

- Experienced guides and staff always available
- All adventure activities and equipment
- All trip accommodations (7 nights)
- All meals (20 meals)
- Airport Pick-up and Drop-off
- All ground transportation
- Entrance fees and permits

What is not included?

International airfare to San Jose - Costa Rica, alcoholic beverages, travel insurance, optional guide gratuities, airport departure tax (\$26 USD payable in cash or credit), and items of personal needs (snacks, laundry, souvenirs, etc.).

How to sign up

Call us at: **1 888 434-0776 or (920) 434-7485** outside the U.S., or from the UK **0800 612-8717** and reserve your space with your credit card. We require a 50% deposit, and a 50% balance payment when you arrive in Costa Rica. Please call us toll free for more specific information you need or email us at: info@costaricarios.com. Also visit our website for video highlights, photo slideshows and more information at: www.CostaRicaRios.com.

Week of Adventures

Packing Tips

Upon registering for a Week of Adventures, we will mail you a Welcome Packet, filled with information to help prepare you for your travels to Costa Rica. Below is a brief overview of the items you will need in Costa Rica.

It is essential to pack appropriate gear and accessories. Please follow the guidelines below. Packing light and efficient is also necessary for this travel itinerary.

Packing for your Week of Adventures trip is fairly easy since Costa Rica enjoys a very consistent tropical climate. The average daytime temperature in Turrialba is 82° and along the coast the temperature varies from 80 to the 90's. During the dry season (December through April), sunny blue skies and warm days are common. Throughout the rainy or green season (May through November), the typical pattern is sunny and hot in the morning and a shower in the late afternoon.

Essential Gear List

Official Documents

Valid Passport
Airline Tickets

Cash

ATM machines in Turrialba accept Visa check/debit and credit cards (Master Card rarely works with local ATMs).

Traveler Checks may be used to pay any Costa Rica Rios trip balance. Traveler Checks can be exchanged in local banks for Costa Rican currency.

Luggage

One suitcase or duffel bag suitable to hold all your gear.

2 small day-packs for hikes and excursions.

Footwear

One pair of comfortable shoes or sandals for relaxing in the evenings

Lightweight trail shoes for hikes and day excursions

Water sandals with heel strap for rafting, kayaking and canyoning

Cycling Clothing

Padded cycling shorts
Cycling jacket or windbreaker
Cycling Gloves

Clothing

Hiking shorts – quick drying
Mid-weight fleece shirt
T-shirts - quick drying
Long-sleeve shirt for evenings or additional sun/insect coverage
Lightweight pants – quick drying
Underwear
Socks
Swimsuit
Beach Towel

Outerwear

Lightweight rain jacket or cycling jacket

Headwear

Sun hat, visor or bandana

City Clothes

Bring a few lightweight, easily washable items for evenings and your flight back home

Accessories

Personal first-aid kit with small sewing kit
Toiletry kit
Sunscreen and lip protection
Sunglasses with neck strap
Insect repellent containing at least 30% Deet
Headlamp or small flashlight

Optional Accessories

Camera
Binoculars
Reading and writing materials
Any items to donate to the local orphanage (Spanish language books, clothes, shoes, soccer balls or games).

Additional Ideas and Suggestions:

If you enjoy using your own equipment we invite you to bring it with you. Additionally, if you enjoy cycling with clipless pedals and shoes feel free to bring them with you and we'll swap them the night before our ride.

Ready to join? Call toll free US (888) 434-0776 or UK 0800 612-8718 or internationally +1 (920) 434-7485

www.CostaRicaRios.com