



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 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, Flor. This will be a great opportunity to practice your high school Spanish, as you enjoy Tico company with 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 handmade table.

Day 2 - Canyoning/Ziplines

Kick Start the Week with Fun

After breakfast, you will be picked up from the Bed & Breakfast and taken to the Canyoning course. You will get to experience the thrill of rappelling and descending cliffs and waterfalls within the beautiful Puente Vigas Canyon. The Canyoning site is located in Calle Chirracá, a small, modest, yet lush place near the town of Turrialba. You will rappel down four waterfalls, zip line down four canopy cables, descending down two tall trees and walking across a 132 foot hanging bridge - all giving you an unforgettable adrenaline rush! This tour takes approximately 3 to 4 hours and includes a delicious lunch. The afternoon is free for you to explore the quiet and friendly town of Turrialba. When the paddlers return to our Bed & Breakfast you will have time to unwind with them and join them for a hearty home cooked dinner.



Costa Rica Rios 2010/2011

Welcome to the Best Paddler's Partners Trip

Day 3 - Relaxing at the Sarapiquí

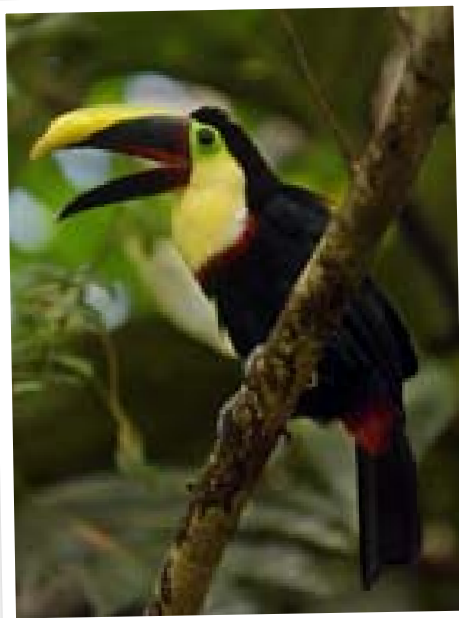
Seeing a Little More of Costa Rica

We will hit the road just after an early breakfast and travel to the Sarapiquí Region, located on the north side of the Caribbean slope. The Sarapiquí is often referred to as the "Jewel of Costa Rica" with clear water, deep pools and excellent white-water. After sharing lunch with the paddlers you will join a boat ride down calm rivers to do some wildlife spotting. The area is blessed with amazing flora and fauna and you will have a great chance of seeing toucans and other tropical birds. Tonight the paddlers will join you at the hotel in time for dinner.

Day 4 - Rainforest Hike, Sarapiquí

Filling up on Knowledge

Hike the trails of a Rainforest Reserve for 2-3 hours with a trained naturalist guide to help uncover and interpret the secrets of the tropical rainforest. Discover wildlife hideouts, learn rainforest natural history, and hike some of the more remote trails of the Reserve. By joining this hike you will be contributing to Tirimbina Rainforest Center. TRC is an internationally recognized, non-profit organization created to conserve the tropical rainforests of Costa Rica; provide environmental education to the local community, students and ecotourists; and accommodate scientific research. Located within the rainforest and river environments of Sarapiquí County, TRC is a Private Wildlife Refuge which protects 345 hectares (852.5 acres) of mid-elevation (pre-montane) forest through which 9km (5½ mi.) of trails pass. One third of the forest is used for ecotourism and environmental education, keeping the majority of the Reserve naturally intact. TRC's conservation education efforts and beautiful natural rainforest have made it a primary tropical science research center as well as a popular ecotourism travel destination. After your morning hike, you will join up with the paddlers for lunch and then we will return to Turrialba in time for a home-cooked Costa Rican dinner.





Day 5 - Bird Watching or Archaeology?

Early Bird and Days Gone By...

Start the day with a very Early Morning Bird Mist Netting Tour at CATIE – 5:30am-10am, followed by a late breakfast. This CATIE tour accompanies BMP scientists during their regularly scheduled mist-net monitoring of 6 different landuses on the CATIE Campus. You will learn about the BMP and see the birds in the hand as measurements are made. Staff will explain banding procedures and regional efforts to protect avian biodiversity in agricultural landscapes. CATIE is an acronym in Spanish for the Center of Investigation and Education of Tropical Agriculture.

In the afternoon you will visit Guayabo National Monument. This is Costa Rica's most important archaeological site and is currently under investigation in an effort to unearth its secrets. Archaeologists are still unclear about the prehistory and significance of the site. It seems to have been inhabited perhaps as far back as 1000BC and abandoned around 1400AD before the Spanish Conquistadors arrived. It is an interesting site with stone roads, aqueducts, mounds, tombs, retaining walls and petroglyphs. The guides there have a wealth of knowledge of the culture, history, flora and fauna.

Day 6 - Lower Pacuare (Day 1)

Rafting to Our Jungle Hide Out

This 24 kilometer (17 miles) class III/IV section is your paddling gem today. This is the most popular run on the Pacuare, often said to be one of the top five whitewater river sections in the world. We will put-in a bit higher than other groups and enjoy an additional 4 kilometers of whitewater and rapids as we raft alongside the kayakers to our riverside Jungle Lodge. To spend a night along the shores of the Pacuare river is an experience every person should enjoy at least once in their lives. We light the camp with candles and prepare delicious tropical cuisine in our kitchen with all amenities. The camp is complete with flush toilets, showers, raised platform cabins with real beds and fully landscaped grounds. The whitewater on the first day is class II and III, fun surf waves and rolling rapids are abundant.



Day 7 - Lower Pacuare (Day 2)

World Class Rafting Experience

After our delicious breakfast we launch and begin preparing for the action downstream. There are about 3 kilometers of warm-up rapids before we enter Huacas canyon and the first of several class IV rapids. The river then opens up as we raft mostly class III whitewater until Cimarrones, a steep and technical class IV drop. There are still 5 more kilometers of whitewater action before we arrive in the Caribbean flatland town of Siquirres where we take out. You will experience all these thrilling class III and IV rapids in a guided raft. We then return to Turrialba for an evening goodbye fiesta at our headquarters.



Day 8 - Departure

Saying Goodbye

We enjoy a great breakfast sharing our experiences. We say our good-byes 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, road and safety conditions).



Dates 2010 - 2011

Sat. Oct. 23, 2010 - Sat. Oct. 30, 2010

Sat. Nov. 20, 2010-Sat. Nov. 27, 2010

Sat. Dec. 04, 2010-Sat. Dec. 11, 2010

Sun. Jan. 02, 2011-Sat. Jan. 08, 2011***

Sat. Jan. 15, 2011-Sat. Jan. 22, 2011

Sat. Jan. 29, 2011-Sat. Feb. 05, 2011*

Sat. Feb. 05, 2011-Sat. Feb. 12, 2011

Sat. Feb. 19, 2011-Sat. Feb. 26, 2011

***Jan 2 - 8, 2011 is a 7 Day trip

*Jan 29, 2011 WoR Supports Idaho Rivers United (www.idahorivers.org)

Price

\$1599 per person Double Occupancy, All Inclusive
(International airfare to Costa Rica additional)

Single Supplement

\$300 - 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.

What does all inclusive mean?

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 Costa Rica Rios staff will exceed your expectations

- Experienced Costa Rica Rios guides always available
- All adventure activities and equipment
- All trip accommodations
- All meals
- Airport Pick-up and Drop-off
- Private 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: US **1-888-434-0776** or UK **0800 612-8718** and reserve your space with your credit card. Guests from outside the U.S and UK. can call: **++1 920 434-7485**. Our office phone number in Costa Rica is: **(506) 556-9617**.

Question?

Please call us toll free for more specific information you have or email us at: info@costaricarios.com. Also visit our website for photo slideshows and more tour information at: www.CostaRicaRios.com.

What you can expect from Costa Rica Rios

Since 1995, Costa Rica Rios has specialized in fun, personalized, and high quality year round adventure tours. CRR is an adventure tour operator located in Turrialba, Costa Rica. Utilizing our privately owned B&B, equipment and vehicles, CRR staff strives to increase our guest's sense of adventure, awe of nature, and expectation of professional service. With every client, we will reveal the natural wonders and excitement of Costa Rica and by the end of our time together you'll be part of the family.

Packing Tips

For a more enjoyable experience in Costa Rica and during your *Week of Rivers* trip, it is essential to pack appropriate gear and accessories. Packing light and efficient is also necessary for this travel itinerary.

Fortunately Costa Rica enjoys a very consistent tropical climate. The average daytime temperature in Turrialba is 82° (27° Celsius) and along the coast the temperature varies from 70 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 afternoon. Water temperatures hover around 70-75° (21-23° Celsius) year-round, making paddling pleasant in a splash or shorty top.

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.

Paddling Equipment

Please note - Costa Rica Rios will provide all paddling equipment, however we've found that guests are most comfortable in their own gear. We invite you to bring any of your personal gear with you.

Luggage

One suitcase or duffel bag suitable to hold all your gear

A small daypack 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

Clothing

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

Outerwear

Lightweight rain 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 and strap
Insect repellent
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)



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