

# WEEK OF RIVERS supporting Grand Rapids Whitewater Project!

The Ultimate Whitewater Vacation



## Costa Rica Rios February 2-9, 2013

Helping you help your whitewater

This week will help raise funds and awareness for the Grand Rapids Whitewater Project

### *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, Lucy. 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 paddlers for the week while playing Bola Negra, the Costa Rican version of pool around our locally crafted table. (Accommodation to be confirmed).

### *Day 2 - Pejibaye*

#### **Settling In**

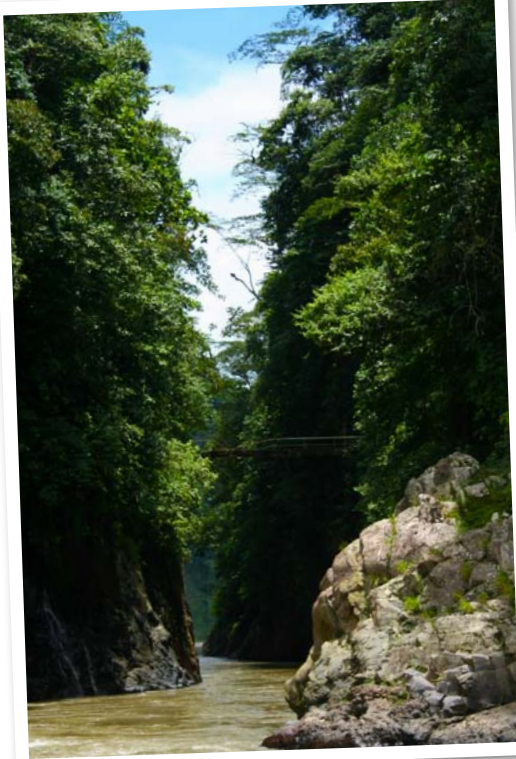
After breakfast, we outfit you with your reserved paddling gear from our wide selection. We start out at the Rio Pejibaye, a calm jungle river with clear water and spectacular scenery. This river is an excellent introduction to Costa Rican whitewater with two distinct sections. The Lower Pejibaye is class II/III with fun surf waves and deep pools for practice. The Upper Pejibaye or Taos section is class III/IV with creek like features and steeper rapids. Both are equally scenic and allow plenty of time to get warmed up for the upcoming week. When we return to the Bed & Breakfast we kick-off the week with dinner and discuss all the activities planned for the upcoming week.



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

[www.CostaRicaRios.com](http://www.CostaRicaRios.com)

## Week of Rivers Kayak



### *Day 3 - Sarapiquí*

#### **All Warmed Up**

We will hit the road just after an early breakfast and travel to the Sarapiquí River, 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 whitewater. There are 3 distinct sections on this river that we paddle, generally the more difficult whitewater is located upstream while the lower sections provide fantastic opportunities to practice and improve in the warm tropical water and sunshine. Paddlers sometimes have a difficult time with this section of river because they are so distracted by the beautiful scenery. Tonight we will lodge in the town of Puerto Viejo Sarapiquí, close to the river, enjoying a tropical setting and the use of a swimming pool.

### *Day 4 - Rio Sarapiquí*

#### **Rio Sarapiquí**

The second day on the Sarapiquí, we put in upstream at La Virgen or San Miguel section. These sections have much to offer paddlers of all ability levels. There are some exciting class III+ rapids and class IV rapids on the San Miguel section, and some fun play waves to practice your moves.

Make sure you have had your morning coffee before getting on the river. This section will very much depend on water levels!!!



### *Day 5 - Lower Pacuare (Day 1)*

#### **Our Jungle Hide Out**

This 24 kilometer (17 miles) class III/IV section is your paddling gem for the next couple of days. This is the most popular run on the Pacuare, often said to be one of the top five 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 paddle 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 your guides prepare delicious tropical cuisine in the kitchen with all amenities. The camp is complete with flush toilets, showers, raised platform cabinas with real beds and fully landscaped grounds. The whitewater on the first day is class II and III, fun surf waves and rolling rapids abound.



## Week of Rivers Kayak



### *Day 6 - Optional Zipline/Canopy, Hiking, Waterfalls etc*

#### **Tarzan Would be Jealous (\$55 additional cost for Zipline/Canopy tour)**

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 Lodge.

### *Day 7 - Lower Pacuare (Day 2)*

#### **World Class 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 play and paddle 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. Class II/III paddlers will experience all these thrilling class III and IV rapids in a guided raft or shredder. 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).

# Week of Rivers Kayak

## *The Details*

### **Price**

\$1650 per person Double Occupancy, All Inclusive

\$55 Add-on Zipline/Canopy Tour - optional

\$100 Trip Video/DVD - optional

### **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 (\$28 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) 2556-8664**.

### **Question?**

Please call us toll free for more specific information you have or email us at: [weekofadventures@gmail.com](mailto:weekofadventures@gmail.com). Also visit our website for photo slideshows and more tour information at: [www.CostaRicaRios.com](http://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.

# Week of Rivers Kayak

## *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/Mastercard check/debit and credit cards.

### **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.

Paddle – CRR provides Werner, Mitchell, Lighting and Carlisle kayak paddles of varying lengths. If you require something different please bring your personal paddle.

Helmet – CRR will provide Cascade helmets with ear coverage.

PFD – CRR will provide S/M and L / XL Extrasport Retroglide Sabre PFD's

## *Required Paddling Equipment*

Synthetic base layers such as polypropylene or a long sleeve surfing rash guard

Splash or shorty top

Nose plugs and ear plugs (if you use them at home)

Swim Suit

Any personal outfitting foam to customize your kayak/canoe beyond basic adjustments.

### **Luggage**

One suitcase or duffel bag suitable to hold all your gear

A small daypack for hikes and overnight 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

## Week of Rivers Kayak

### 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).

### Additional Ideas and Suggestions:

Costa Rica Rios provides high quality, whitewater helmets, splash jackets, kayak and raft equipment. If you enjoy using your own equipment we invite you to bring it with you.



### *Week of Rivers Itinerary*

Day 1 - Airport Pickup  
Day 2 - Rio Pejibaye  
Day 3 - Rio Sarapiquí  
Day 4 - Rio Sarapiquí  
Day 5 - Day 1 Lower Pacuare  
Day 6 - Optional Zipline/Hiking Adventure Day  
Day 7 - Day 2 Lower Pacuare  
Day 8 - Airport Drop Off