

# WEEK OF RIVERS - Non-Paddler's Option

The Ultimate Whitewater Vacation



## Costa Rica Rios 2012/2013

Welcome to the Best Paddler's Partners 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 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 adventurers for the week while playing Bola Negra, the Costa Rican version of pool around our locally handmade table.



### *Day 2 - Botany or Archaeology?*

#### **Tempt your taste buds...**

Start the day with an informative botany tour at the CATIE university complex. The expert botanist will show and explain many of the tropical plants used locally for food or medicine. He will give you samples of different edible species to try and you will be enthralled by his phenomenal knowledge. CATIE is an acronym in Spanish for the Center of Investigation and Education of Tropical Agriculture.

#### **Days Gone By...**

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.

## Week of Rivers - Non-Paddlers Option



### *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 whitewater. 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. If the group is looking for something a little more exciting you can have the afternoon for rafting alongside the paddlers. 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.



## Week of Rivers - Non-Paddlers Option



### *Day 5 - 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 abound.



### *Day 6 - 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 Lodge

### *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.



## Week of Rivers - Non-Paddlers Option

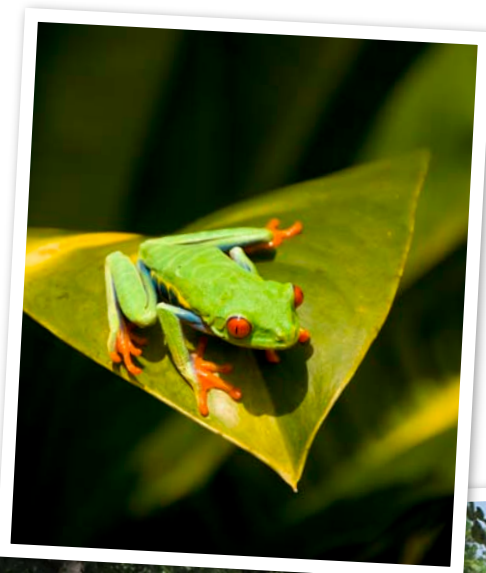
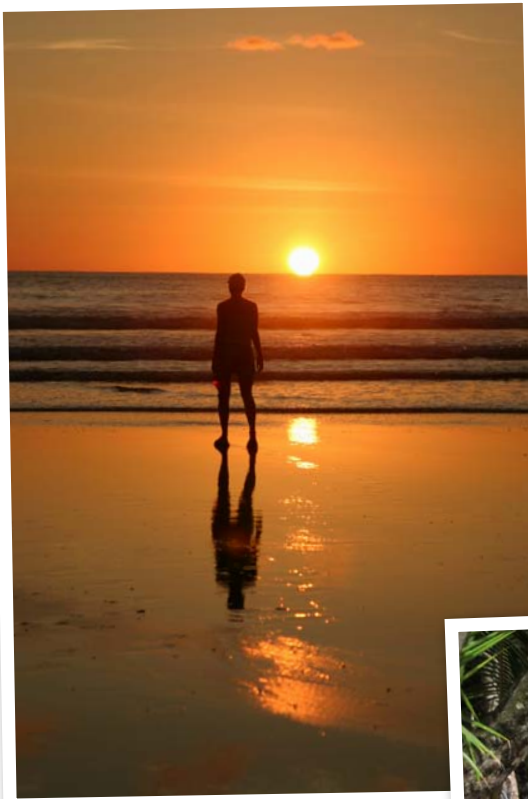


### *Day 8 - Departure*

#### **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 - Non-Paddlers Option

### *The Details*

#### **Price**

\$1650 per person Double Occupancy, All Inclusive

#### **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.

## *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)