

# Costa Rica Caribbean Multisport Tour

**A 10-day, Inn & Ecolodge-based Hiking, Tree Climbing, Zip Line, Hot Springs, and Horseback Riding Adventure, with options for Sea Kayaking, Snorkeling and Waterfall Rappelling**

*So you think you've seen Costa Rica? Think again! This trip takes us well off-the-beaten tourist path to explore the best true adventure destinations that this amazing country has to offer. Costa Rica, arguably the world's greatest nature/eco-adventure destination, offers far too much diversity to catch all in one go. But if you only have one visit, then make this one it!*

*Experience hiking, a zipline canopy tour and a relaxing natural hot springs dip near Costa Rica's most active volcano – Arenal! If you're lucky, you might even catch a glimpse of the spewing lava from this natural wonder. Then, hike to the Caribbean side of the country and experience "tree climbing", horseback riding to an eco-lodge and an intense waterfall hike and rappel. In addition, travel to the south Caribbean beach of Puerto Viejo in the province of Limon, where we experience the local Afro-Carib culture with a community visit, hike through the beautiful Cahuita National Park and Gondoca Manzanillo Wildlife Refug, and still have time for beach activities such as swimming, snorkeling and optional sea kayaking. Throughout, stay at local, charming accommodations and ecolodges that characterize native taste and comfort – our premier signature!*



**Day 1. Arrival San Jose, Costa Rica, Parque del Lago**  
(506-257-8787 / private baths)  
<http://www.parquedelago.com>

Welcome to Costa Rica! A representative from our local tour operator, Horizontes Nature Tours, will meet you upon arrival at Juan Santamaría International Airport outside the main terminal. You then transfer to our deluxe hotel in San Jose, conveniently located near downtown, and allow you a bit of time to relax and get acquainted with your new surroundings.

**Day 2. Welcome Orientation, Transfer to Arenal, Arenal Sky Tram Zipline, Volcano Lodge** (506-2479-1717 / 1-800-649-5913 private bath)  
<http://www.volcanolodge.com>

After breakfast, meet your guide and have a welcome orientation. We then immediately escape the

hustle and bustle of the big city with a transfer to the renowned (active!) Arenal Volcano and surrounding tropical forest reserve. After lunch en route, this afternoon we experience the famous Sky Tram, including an adrenaline packed zipline canopy tour through this beautiful montane forest. Our tour, consisting of multiple cables with exciting traverses, is set in the heart of the cloud forest reserve, and is one of the best canopy tours in Costa Rica. With special harness and pulley equipment, slide along ziplines above and through the forest canopy from one platform to another, and experience what it's like to fly – complete with views of Arenal if it's clear out! You will never forget the thrill and fun of the Sky Tram experience, with plenty of secure and comfortable adventure. If the thrills of Sky Tram just aren't your thing, enjoy a more leisurely hike around the Sky Adventures Complex or simply enjoy the aerial tram to see the forest from a birds-eye.

On top of that, we spend a couple of nights here at the Volcano Lodge. Set high on a ridge facing Costa Rica's most active and spectacular volcano, the Volcano Lodge offers the adventurous traveler a unique, once-in-a-lifetime experience. Rolling, impeccably landscaped grounds include tree ferns and other plants typical of the humid tropical forest. On the grounds are an inviting crystalline pool and an outdoor, warm-water Jacuzzi where you can soak your cares away. Rooms are refreshingly comfortable and famous guests include Howler monkeys, toucans and tanagers, to name a few. The rippling river La Palma skirts the hotel, and the sound of water flowing over rocks lulls you to sleep at night. (Meals: B,L,D)

- Transfer to Arenal [4+ hours]
- Sky Tram (Ziplines), [3 hours]

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### Day 3. Arenal Hike Cerro Chato to La Fortuna, Volcano Lodge

This morning, we begin our hiking journey to the summit of Cerro Chato, a great observation point on flanks of the Arenal Volcano. We trek through a dense primary forest and are welcomed on the top by a stunning crystal-clear lagoon. We are rewarded with sensational views of the San Carlos Valley as well as the active Arenal Volcano.

At the trail's end will begin our 475 step descent to the bottom of the La Fortuna Waterfall. Spilling 50 feet out of the forest to a turquoise pool below, La Fortuna Waterfall is a spectacular sight to behold. At the bottom you can swim in several refreshing pools before making our way back to the Hidalgo Family Hot Springs for a warm soak in thermal waters and enjoy a delicious dinner in intimate surroundings. (B, L, D)

- Cerro Chato & La Fortuna Waterfall hike [strenuous hiking on primitive trails, 4 - 6.5 hours, 5-6 miles, 1200 ft elevation gain & loss] **Note: alternate hike for group sizes with less than 4 guests**
- Hidalgo Family Hot Springs

### Day 4. Arenal – Sarapiquí Transfer, Rafting Sarapiquí River, Centro Neotropico Sarapiquí (506-761-1004 / <http://www.sarapiquis.org/frameset.htm> private bath) for all 2010 and 2011 departures except for the 3/12/11 departure which will be at **Sueno Azul Resort** (011-506-2764-1000 / <http://www.suenoazulresort.com/> private baths)

Today we descend the Atlantic slopes to the lowland rainforests of Sarapiquí. This region is in Costa Rica's northern zone and is perhaps most famous for its beautiful free-flowing river, which has its origins in clear mountain streams. Time to experience the Costa Rican feeling of "pura vida"—the *pure life*—as you frolic on the river, spot the flash of the blue morpho butterfly and see an abundance of birds. We'll enjoy whitewater rafting on the Class II-III Sarapiquí River, which can be mellow with lower water levels. Adventuresome beginners and experienced rafters alike will enjoy this stunning rainforest river, an excellent choice for a first rafting trip in Costa Rica. Along the way, witness lush vegetation and a thick canopy along the narrow, winding river that is home to toucans, cormorants, kingfishers, howler monkeys, hummingbirds and much more. Enjoy going through fun (but not too crazy!) rapids, interspersed with tranquil pools, and all set amidst a stunning tropical forest backdrop.

This afternoon enjoy the nature trails of the Selva Verde Lodge (at an additional cost), set amidst the Sarapiquí region of Costa Rica, famous for pineapples, nature and some of the world's leading conservancy efforts. Located near the Sarapiquí River, our charming River Lodge rises above the rainforest floor on elevated platforms, affording you a unique view of the surrounding flora and fauna. Dinner at the Lodge. (B, L, D)

- Arenal – Sarapiquí Transfer [2 hours]

- Rafting Sarapiquí River [Class II-III; 2 hours]

### Day 5. Sarapiquí – Selva Bananito (Limon) Transfer, Tree Climbing, Horseback Riding, Optional Activities Selva Bananito Lodge (506-253-8118 / private baths) <http://www.selvabananito.com>

This morning we depart to Selva Bananito Lodge and Preserve, which is located in the mountain range of the Caribbean side of Costa Rica. As our luggage is transported via 4-wheel drive vehicle, we hop on horses to enter the property via scenic roads and trails

After lunch al fresco at the main lodge, we try a new activity - an intro to tree climbing! Learn the ropes of how to climb a 30 meter "broccoli" tree using a secure system of harnesses and ascenders. Climb like an inch worm in this full-body activity that allows you to get a bird's eye view of the Lodge and nearby pastures. Pace yourself during your vertical ascent, then stop and hang out under the treetop for an unparalleled view (Requires no previous tree climbing experience and good physical condition.)

Our home away from home for the next couple of days, Selva Bananito Lodge and Preserve is located at the foot of Cerro Muchilla (Muchilla Mountain) which is part of an eastern outcropping of Costa Rica's southernmost mountain range, the Cordillera de Talamanca, much of which belongs to the enormous Costa Rican/Panamanian La Amistad Biosphere Reserve. This protected zone consists of a core -La Amistad International Park- and several surrounding wildlife and Indian reserves (which also act as wildlife reserves), adding up to a total of about one million hectares (2.2 million acres) of uninterrupted, protected land. This "green belt," which spans southern Costa Rica from east to west, remains the least explored territory in the country, its biological wealth scarcely studied.

Enjoy a peaceful and relaxing time here, as each cabin stands on stilts, in traditional Caribbean style and completely in tune with the surrounding environment (and with exceptional views!). Don't expect electrical outlets here, you won't even miss it in this prime example of Costa Rican quality and comfortable simplicity. (B, L, D)

- Sarapiquí - Selva Bananito transfer [3 hours]
- Horseback ride to Lodge [2 hours]
- Tree Climbing [2 hours]
- Other options: short hikes around hotel property

### Day 6. River Hike and Optional Waterfall Rappel, Selva Bananito Lodge

Today is one of our more physically demanding portions of our tour, as we take an unforgettable journey up the Bananito riverbed and into the surrounding rainforest (weather pending). While hiking upstream we make over 60 river crossings, learn about the various micro-climates, and jump in the plentiful river pools. Visit a 600 year-old mahogany tree and learn more about rainforest ecology. After rappelling down our 80-foot

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waterfall (optional), our guides provide a delicious trailside lunch. This is an adrenaline-packed expedition for the true adventure seekers, including an option to canyoneer / rapel through the waterfall. Or choose to take a swim in the river instead. The rest of the day is at your leisure.

Alternatively, for a mellower hike, or if the weather deters us from the above, we enjoy a shorter natural history hike through other gorgeous portions of primary rainforest within the Selva Bananito Preserve. (B, L, D)

- Bananito River Hike [6 – 8 hours, 12 kilometers round trip 300-350 feet elevation gain/loss] **Note:** This hike requires good physical condition and the ability to walk on uneven and partly very steep terrain. We recommend hiking shoes with good grip but can also supply rubber boots.
- Canyoneering/Rapelling Option; No previous rappelling experience required]
- Easier option or if Bananito Riverbed hike is cancelled due to rain or unsure weather conditions: Natural history hike through Selva Bananito Preserve [3 hrs.] or Horseback riding [3-4 miles]

#### **Day 7 Selva Bananito - Puerto Viejo Transfer, Hike Cahuita National Park, Optional Beach Activities, Caribblue Hotel (<http://www.caribblue.com> / 506-2750-0035 / private baths)**

This morning we transfer to the Cahuita National Park, on the Caribbean coastline in one of the most beautiful and scenic regions in Costa Rica. If we are lucky, we experience white-faced and howler monkeys frolicking near the white sand beaches fringed with endless coconut trees, a calm sea of transparent waters and the coral reefs just offshore.

This afternoon, there will be plenty of options for free/beach time, or to explore this coastal region with optional activities such as surfing, sea kayaking, snorkeling, canopy tour, horseback riding, etc. This is a unique part of Costa Rica, where you'll have a chance to experience the local Afro-Carib culture and get in touch with this Caribbean people through visiting town.

For the next two nights, we relax in the comfort of hardwood bungalows at Caribblue Hotel, a Caribbean resort nestled just steps away from the pristine beaches of Playa Cocles and a lush natural jungle. (B, L, D)

- Selva Bananito – Cahuita transfer [2 hours]
- Cahuita National Park [2-3 hours, 7 kms]
- Optional Activities [half day, some at extra cost up to \$50]

#### **Day 8. Hike Gondoca Manzanillo Wildlife Refuge, Optional Beach Activities, Caribblue Hotel)**

This morning we take a short drive to begin our hike in the beautiful Gandoca Manzanillo Wildlife Refuge. Protected by 5,013ha/12,382ac of land and 4,436ha/10,957ac of adjacent sea, the Refuge rewards us with discoveries of unique jungle species during a mix of jungle and beach hiking. A variety of habitats are protected in this refuge, including rainforest and the only

red mangrove swamp found in Costa Rica. Hiking trails lead to beaches lined with coconut palms and are separated by rocky headlands.

Later this afternoon and tonight we have another opportunity to experience more of the surrounding activities and culture. (B, L, D)

- Wildlife Refuge Hike [2-3hours; 5-8 km, sea level most of the time]
- Optional Activities [half day, some at extra cost up to \$50]

#### **Day 9. Puerto Viejo de Limón – San Jose, Parque del Lago**

This morning take your time and enjoy a bit of last minute beach activities or relaxation along the Caribbean coast. At mid-day, we begin our return back to San Jose and enjoy a farewell dinner

- San Jose Transfer [4-5 hrs.]

#### **Day 10. Airport Transfer, Trip Conclusion**

This morning we provide a local transfer to the San Jose International Airport for your flight back to the US, and say “hasta luego”, until we meet again on another incredible The World Outdoors Adventure!

### **Osa Peninsula Extension:**

#### **Day 1. Domestic Airport Transfer, Scenic Flight to Osa Peninsula, Transfer to Lapa Rios Rainforest Ecolodge ([www.laparos.com](http://www.laparos.com) 506 - 735-5130 / private bath) or Casa Corcovado ([www.casacorcovado.com](http://www.casacorcovado.com) / 506-256-3181 / private bath)**

After breakfast at the hotel, transfer to the local airport to take a scenic flight to Puerto Jimenez via San Jose (Lapa Rios) or Palma Sur (Corcovado) and the world-renowned Osa Peninsula. The Osa Peninsula and associated Corcovado National Park offers the wildest, most remote and intact natural treasure in Costa Rica, if not throughout Central America.

Upon arrival a transport from the hotel will take you to Lapa Rios Rainforest Ecolodge. Lapa Rios, reputedly the best ecolodge in the Osa Peninsula, was built with views, comfort and environmental sensitivity in mind. Set in a private nature reserve spread over 1,000 acres of Central America's last remaining lowland tropical rainforest, Lapa Rios overlooks the pristine point where the Golfo Dulce meets the wild Pacific Ocean, making it the destination that matches every one's idea of paradise. Hotel Activities (Meals: B, L, D)

Alternatively, Casa Corcovado is a superb jungle lodge on the Drake Bay side of the Osa Peninsula (closest to Corcovado National Park!). You'll fly to the town of Palmar Sur, then take a ground transfer (about 45 minutes) to Sierpe and board the boat for about 90 minutes to the hotel. En route, cross the Sierpe mouth, an exciting part of the adventure itself! Casa Corcovado Jungle Lodge, tucked away in the trees and cooled by the Pacific Ocean, is a 170 acre private reserve bordering Corcovado National Park. Carefully designed and built

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by an American naturalist with over twenty-five years of local experience. This unique lodge offers accommodations constructed with the highest concern for conservation in harmony with the landscape and the environment. Casa Corcovado Jungle Lodge provides the ideal base for your in-depth rainforest and ocean experience

- Flight and hotel transfer, hotel activities
- Note: this portion of the tour is arranged through the resort, including daily activities, so there will not be an additional outfitter guide.

### **Days 2-3. Osa Peninsula Activities, Lapa Rios Rainforest Ecolodge or Casa Corcovado**

Today experience the best that the Osa Peninsula has to offer with a full day of optional activity (or

inactivity!). Options are focused around the rainforest and the nearby Ocean. Rainforest hikes, bird watching, ocean kayaking, horseback riding, diving, catch and release sport fishing and surfing are some of the activities offered. Or, get a relaxing massage, participate in yoga classes, relax at the pool with a tropical cocktail or just take a nap in a hammock and maybe observe the birds, monkeys and other animals that come by. Tours to the nearby Corcovado National Park are also available. (B, L, D)

- Optional Activities [Additional Cost. Pay Hotel Directly]

### **Day 4. Flight to San Jose, Transfer to Airport, Trip Conclusion**

## **Tour Details**

**Trip Type:** Inn and Ecolodge

**Trip Length:** 10 days/9 nights

**2011 Departure Dates:** March 12-21 (singles), May 21-30, July 23-August 1, October 8-17

**Price:** \$2798 (additional \$800 per person for total group size of less than 3)

**Single Supplement:** \$650

**Osa Peninsula, Lapa Rios or Casa Corcovado Extension:** Call for quote

**Group Size:** Minimum 2 – Maximum 15

**Trip Rating:** Moderately Easy

**Activities:** hike (3 days), zip line canopy tour (1/2 day), rafting (1/2 day), tree climbing (1/2 day), horseback ride (1/2 day), beach time/optional activities (two 1/2 days), hot springs (evening)

**Gateway City:** San Jose, Costa Rica

**Gateway City Transfer:** Airport transfers on the day before first day and the last day of the tour are included in trip costs. Please notify us 60 days prior to departure of your flight arrival and departure times.

**Meeting Time & Place:** You will be picked up at Juan Santamaria International Airport upon your arrival. If your flight is delayed or you need to contact us or our tour operator in Costa Rica, use the [Emergency Contact Information](#) below.

**Trip Conclusion:** A transfer will be provided to San Jose International Airport on Day 10 as required.

**Trip Fees Include:** Nine nights double occupancy lodging, all ground transportation, all meals beginning with dinner on Day 1 and ending with breakfast on Day 10, bilingual guide, driver, all activities listed in the itinerary including necessary equipment, all park fees, and a The World Outdoors t-shirt.

**Trip Fees Exclude:** International airfare, airport departure taxes (approximately \$26 US per person), items of strictly a personal nature, alcoholic beverages, extras in hotels, and guide gratuities (as deemed appropriate), any additional cost incurred as a result of bad weather, delayed flights, and other elements beyond our control.

## **The Next Step...**

**References** Don't take our word for it that The World Outdoors trips are the finest in the adventure travel industry. Ask our past guests. *Call about any of our trips and we'll be happy to refer you to someone who's been there with us.*

**The Best Value in Active Travel Guarantee:** *We commit to you that all of our trips are of the highest quality at the best value.* If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking your trip with us, we will gladly refund the difference. A simple guarantee that assures you of the best trip at the best fare!

**How do I join this trip?** Call The World Outdoors at (800) 488-8483 and a Trip Consultant will reserve your space(s) or register online at [www.TheWorldOutdoors.com](http://www.TheWorldOutdoors.com). Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

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Special Requests: If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your Trip Consultant or travel agent upon booking.

Then Leave the Rest to Us... Before you go, we provide you with extensive pre-departure information, including your reservation payment receipt and confirmation, travel insurance application, suggestions for preparing for your trip, a packing list, information on pre- and post-trip arrangements, a guest questionnaire and a liability release agreement.

Travel Protection: To make your trip with The World Outdoors even more carefree, we strongly recommend the purchase of our travel insurance plan. Offering comprehensive coverage and peace of mind, our travel insurance plan is designed to protect you in case of lost or damaged luggage, a sudden illness or death in the family, emergency medical expenses and transportation costs, and flight delays. We'd be happy to arrange travel insurance coverage for you, so contact us at (800) 488-8483 with any questions.

How do I book airfare for this trip? Call our in-house travel agent, Sherry Malanify, at 800-488-8483 from 8:00 a.m. to 5:00 p.m. Mountain Time Monday through Friday or you can email her at [sherrym@theworldoutdoors.com](mailto:sherrym@theworldoutdoors.com). Sherry is also available to assist you with pre- and post-lodging needs. If Sherry is unavailable and your needs are urgent, please call James TravelPoints, a local travel agency, at 800-538-7461 and ask for Georgia (ext 251) or email her at [GeorgiaT@travelpoints.com](mailto:GeorgiaT@travelpoints.com). Be sure to tell her you are traveling with The World Outdoors. Alternatively, you are welcome to book your airfare online, directly with the airline or through your personal travel agent.

## **General Information, Questions & Answers**

What weather conditions can I expect? Costa Rica has a subtropical climate with average daytime temperatures between 68-90°F. The "Green" or rainy season normally runs from May through November, while the dry season extends from December through April. You can expect to have periods of rain during the dry season and, also, dry periods during the rainy season. Year round, the sun rises at approximately 5:00 a.m. and sets at approximately 5:30 p.m. Costa Rica has great weather and is a fun place to visit year round.

How difficult is this trip...really? No experience is required for any activity, but this is an action-oriented trip. This tour is a little hilly and more challenging than our easy tours. Intended for the average active adult who feels comfortable being active 4-6 hours a day.

Tour Operator: The World Outdoors operates this adventure through a Costa Rican tour operator, Horizontes Nature Tours, based in San Jose. All tours will include a driver and a bilingual guide specializing in regional biology, history and geology. A tour representative will be your escort both to and from the San Jose International Airport on Days 1 and 9.

Visa and Passport Information: A passport with an expiration date that is at least 90 days after your arrival date is required for travel to Costa Rica. No other visas or shots are required. Check-in for international flights to and from Costa Rica is usually three hours before departure. Valuable items such as camera equipment or binoculars and essentials such as prescription medications should always be hand carried on all flights to avoid loss or damage. Checked luggage should be locked and properly labeled.

Emergency Contact Information: Our office in Boulder, Colorado is open Monday to Friday from 8:00 a.m. to 5:00 p.m. Mountain Time 1-800-488-8483. For emergencies outside of our normal business hours call Bill Marriner at 720-289-0460, Sherry Malanify at 303-915-9660, Darcie Carr at 303-595-8561 or Eric Wagner at 303-324-7795.

**Costa Rica:** Our tour operator's office (Horizontes Nature Tours) is open Monday to Friday from 8:00 a.m. to 5:00 p.m., weekends 9:00 a.m. to 12:00 p.m. They can be reached at **011-506-2222-2022** (from U.S.) or **2222-2022** (in Costa Rica). After hours call **011-506-8819-4558** (from U.S.) or **8819-4558** (in Costa Rica). You can also call their paging service at **011-506-2225-4049** (from U.S.) or **2225-4049** (in Costa Rica) and leave messages for *Agencia de Viajes Horizontes*.

All of our buses have radio communication with their office and most guides carry cell phones.

Regarding accommodations... While we plan to use the accommodations specified in this itinerary, changes are occasionally required due to availability of facilities, group size, etc. We recognize that most guests need detailed accommodations information to leave behind with relatives, etc. We're more than happy to provide this when it is finalized (typically at least 30 days prior to departure).

We're Always Improving! While the information presented here details this trip's planned activities, routes, accommodations, departure and conclusion times, we are consistently seeking new opportunities to enhance this itinerary and your experience. Our actual activities and sites may vary due to season, special events, or weather. As a result, we reserve the right to alter the itinerary since unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.

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