

# Costa Rica Pacific Multisport Tour

## **An Inn-to-Inn Hiking, Whitewater Rafting, Kayaking, and Zip Line-Canopy Touring Adventure**

*Nowhere else in the world can you experience such a variety of spectacular landscapes and activities in one trip. Explore wildlife-rich cloud forests in Monteverde, experience cowboy culture in Guanacaste and relax in the warm waters of the Pacific Ocean as you paddle through a mangrove forest. Bathe in mineral-rich mud baths and hot springs, and dry off in the arid savannahs of Rincon de la Vieja National Park. This 8-day adventure also includes rafting the world renowned Pacuare River's exciting whitewater.*

**Day 1. Arrival in San Jose, Hotel Rincon del Valle** ([www.hotelrincondelvalle.com](http://www.hotelrincondelvalle.com)) / (011-506-2296-1001 / private baths)

Welcome to Costa Rica! A representative from our local tour operator will meet you on arrival at Juan Santamaría International Airport outside the main terminal after you clear customs. You will then be transferred to our air-conditioned hotel near downtown San Jose.

If you arrive early enough, this afternoon is yours to enjoy on your own. You may want to do a walking tour of San Jose's parks, shopping district and historical sites including the National Theatre, Gold Museum and major government facilities. There are dining options both at and near the hotel.

- Transfer from airport to San Jose is approximately 30 minutes.

**Day 2. Whitewater Rafting on the Pacuare River, Hotel Rincon del Valle**

Your guide will pick you up at the hotel at 7:00 to begin our tour with a whitewater rafting experience on the world-class Pacuare River. Adventurous beginners and experienced rafters alike will be in awe of the Pacuare. Arguably one of the most beautiful places in all of Central America, the Pacuare has cut a deep canyon through the tropical lowland rainforest, providing an awesome Class III-IV raft trip.

Experience the Costa Rican feeling of "pura vida"—pure life—as you frolic on the river, spot the flash of the blue morpho butterfly and see an abundance of birds—egrets, herons, vultures, kingfishers and the Montezuma Oropendola.

- Shuttle from San Jose to Pacuare put-in [3 hours]
- Pacuare River Rafting [18 miles, Class III-IV rapids]; age 12 minimum

**Day 3. Transfer to Monteverde, Hike in the Monteverde Cloud Forest Reserve, Hotel Montana de Monteverde** ([www.monteverdemountainhotel.com](http://www.monteverdemountainhotel.com)) / 011-506-2645-5046 / private baths)

This morning we transfer to the Monteverde Cloud Forest Reserve. Monteverde is world renowned for the diversity of life it supports and the wonderful example of rare montane cloud forest it protects. The Reserve is divided into six life zones, hosting a total of 2,500 species of plants, 100 species of mammals, 120 species

of reptiles and amphibians, 490 species of butterflies including the iridescent blue morpho, and about 400 species of birds including the revered resplendent quetzal.

After lunch upon arrival in Monteverde, it's time to stretch our legs with a hike. The Monteverde Cloud Forest Reserve offers well developed and easily negotiable trails that access some of the most beautiful primary cloud forest in the world. Often shrouded in clouds blown in from the Atlantic Ocean, the forests of Monteverde are laden with epiphytic growth such as mosses, lichens, ferns, bromeliads, and orchids! Famous for its populations of Resplendent Quetzal, Monteverde has almost become synonymous with this legendary bird. Other cloud forest denizens include the Black-faced Solitaire, Golden-browed Chlorophonia and Black Guan. Visitation to the reserve is limited to under 150 persons at one time (distributed on various trails) allowing for a very private connection with the forest.

- Monteverde Transfer [3 ½ hrs]
- Monteverde Cloud forest Reserve Hike [3 hours]

**Day 4. Sky Trek Zipline Canopy Tour or Canopy Hike on the suspension Bridges, Hacienda Guachipelin** (<http://www.guachipelin.com>) / 011-506-8384-2049 / 011-506-2256 -5693 reservations office / private baths / fans)

This morning we experience the thrill of exploring the surrounding cloud forest on the Sky Trek Zipline canopy tour. Our tour, consisting of 11 cables with exciting traverses, is set in the heart of a private cloud forest reserve, and is considered to be the best canopy tour in Costa Rica. With special equipment, slide along ziplines above and through the forest canopy from one platform to another, and experience what it is like to be an eagle. The longest cable is 2,525 feet (nearly a half-mile) long and several are more than 200 feet above the ground. You will never forget the thrill and fun of the Sky Trek experience, which guarantees you more than two miles of secure and comfortable adventure.

If the thrills of Sky Trek just aren't your thing, you can enjoy doing the Sky Tram, an aerial tram allowing you to see the top of the forest from a birds-eye.

This afternoon we transfer from the cloud forest down to the semi-arid cattle country of Guanacaste, arriving at Hacienda Guachipelin, near the flanks of

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Rincon de la Vieja, another of Costa Rica's active volcanoes.

- Canopy Tour [3 hours]

#### **Day 5. Hike in Rincon de la Vieja National Park and Mud Baths, Hacienda Guachipelin**

Today we explore Rincon de la Vieja National Park on foot. This is one of Costa Rica's richest, most varied and least known national parks and is an excellent example of the transition from dry forest to tropical humid forest and rainforest eco systems. The centerpiece of the park is a broad massif formed by two volcanoes, with nine craters that melded together about a million years ago. The park is also a watershed for 32 rivers and home to 300 species of birds including guans, curassows, and magpie jays, as well as collared peccaries, coatis, anteaters, agoutis, two-toed sloths and three species of monkeys (mantled howler, white-faced Capuchin, and golden spider). You'll also see bubbling mud pots and steaming fumaroles in this area of geothermal activity.

We end the afternoon with a soak in the thermal hot springs and mud baths near the hacienda. Get ready for a special treat and lots of laughs. You'd pay dearly for this treatment at your local spa!

- Hike in Rincon de la Vieja [6-7 hours; 5 miles; 2600' elevation gain/loss]
- Hot springs and mud baths

#### **Day 6. Transfer to Tamarindo and the Beach, Sea Kayaking, Hotel Tamarindo Diria**

([www.tamarindodiria.com](http://www.tamarindodiria.com) / (011-506-2653-0032 / private baths)

This morning we travel from the mountains to the sea and arrive at Costa Rica's most popular beach and resort town of Tamarindo. On arrival we explore the mangroves in kayaks [need a short description. Of what we do and see...]

The rest of the afternoon is free for you to relax in the gardens and pools of the lovely Tamarindo Diria resort or to explore the streets and shopping of the town of Tamarindo. Dinner is on your own tonight so ask your guide or the hotel staff for recommendations. {Note: your guide will be leaving the tour this afternoon to return to San Jose and will not be there tomorrow for your free day}.

- Kayaking among the mangroves [2 hours]

#### **Day 7. Free Day, Optional Activities or Beach time, Hotel Tamarindo Diria**

Today is yours to enjoy as you please. There are plenty of optional recreational activities such as horseback riding, sport fishing, snorkeling, scuba diving, golf, ATV riding, spa services and more. A trip into the town of Tamarindo is also fun, with plenty of shops, cafes, and a huge beach with great surf and plenty of options to rent a surf board, body board, and/or take surf lessons.

- Optional Activities available at additional cost.

#### **Day 8. Trip Conclusion, Transfer to Daniel Oduber (Liberia) International Airport or Tamarindo Airport**

This morning we transfer to the Daniel Oduber (Liberia) International Airport for your flight back home or to San Jose for your connecting flight, and say "hasta luego", until we meet again on another incredible The World Outdoors adventure!

#### **Osa Peninsula Extension: 4D / 3N**

**Day 1. Domestic Airport Transfer, Scenic Flight to Osa Peninsula, Transfer to Lapa Rios Rainforest Ecology** ([www.laparios.com](http://www.laparios.com) / 506 - 2735-5130 / private bath) or **Casa Corcovado** ([www.casacorcovado.com](http://www.casacorcovado.com) / 506-256-7409 or 506-2256-3181 reservations office / 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 Ecology. Lapa Rios, reputedly the best ecology 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 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 Ecology or Casa Corcovado**

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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-to-Inn

**Trip Length:** 8 days/7 nights

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

**2012 Departure Dates:** February 11-18, March 3-10 (singles), March 24-31, December 22-29 (singles)

**Price:** \$1998 (additional \$200 per person for a total group size of 3; additional \$500 per person for a total group size of just 2)

**Single Supplement:** \$700

**Osa Peninsula, Lapa Rios Extension:** Call for quote

**Osa Peninsula, Casa Corcovado Extension:** Call for quote

**Trip Rating:** Moderately Easy

**Activities:** hike, zipline or skywalk canopy tour, raft, mud baths, kayak, beach time/optional activities

**Gateway City:** Arrive in San Jose; leave from Liberia (or Tamarindo if flying to San Jose)

**Gateway City Transfer:** Airport transfers on the first and last days of the tour are included in trip costs. Please notify us 60 days prior to departure of your flight arrival and departure times. Prior to Day 1, a transfer to San Jose area accommodations can be arranged through our office.

**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 Liberia International Airport or Tamarindo Airport on Day 8 as required. There are direct international flights daily from Liberia back to the U.S. but no flights directly to the U.S. from Tamarindo.

If flight schedules or costs are better for roundtrip international flights to/from San Jose than for one-way international flights to San Jose and one-way return international flights from Liberia, there are numerous flights available each day from Liberia or Tamarindo Airports to San Jose to connect with your return flight to the U.S. Sansa Airlines flies several times each day from both Liberia and Tamarindo to Juan Santamaria International Airport in San Jose. Please note that late afternoon flights can be turbulent due to the weather patterns so we advise taking flights that depart no later than 3:00 p.m.

NatureAir Airlines has a few flights each day from Liberia and a couple from Tamarindo to Tobías Bolaños local airport in San Jose, about a 20-minute taxi ride to Juan Santamaria International Airport for connection to flights back to the U.S. Sansa Airlines ([www.flysansa.com](http://www.flysansa.com), phone 011-506-2221-9414) flies several times each day from both Liberia and Tamarindo to Juan Santamaria International Airport in San Jose. Please note that late afternoon flights can be turbulent due to the weather patterns so we advise taking flights that depart no later than 3:00 p.m.

NatureAir Airlines ([www.natureair.net](http://www.natureair.net) phone 800-235-9272) has a few flights each day from Liberia and a couple from Tamarindo to Tobías Bolaños local airport in San Jose, about a 20-minute taxi ride to Juan Santamaria International Airport for connection to flights back to the U.S.

**Trip Fees Include:** Seven nights double lodging, all ground transportation, breakfast on Days 2-8, lunch on Days 2-6, dinner on Days 2-5, bilingual guide, driver, all activities listed in the itinerary (except optional activities) including necessary equipment, all park fees, and a The World Outdoors t-shirt.

**Trip Fees Exclude:** International airfare, airport departure taxes (approximately \$28 US per person), items of strictly a personal nature, lunch on Day 7, dinner on Days 6 and 7, 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.

#### **Optional Activities, Free Day 7:**

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*Miravalles Cloudforest Adventure* (Full day, \$129, Includes transportation, guide, lunch). Experience an incredible natural history walk and waterfalls tour to a transitional private Cloud Forest reserve. Enjoy a 20 minute horseback or tractor pulled cart ride to the starting point. Bring: backpack, camera, binoculars, long pants, swimsuit, change of clothes, hiking shoes/boots.

*Palo Verde Nature Cruise and Liberia City Tour* (Full day, \$96, Includes transportation, guide, lunch). After a guided scenic drive through Sabanero (cowboy) Country to the put-in location, enjoy a 2-hour cruise on the Tempisque / Bebedero rivers - the nearest access to world famous Palo Verde National Park – and home to hundreds of migrating water bird species. Among other creatures you might see monkeys, scarlet macaws, iguanas, crocs, caimans and occasionally smaller mammals on the river banks. Time pending, enjoy a visit to Guaitil Indigenous Artisans Village or Liberia Historical city. Bring: camera, binoculars, shorts, hat, sun block .

*Rio Colorado Rafting* (Class III, Full day, \$99, Includes transportation, guide, lunch). At just 8 km away from Liberia city, the beginner paddler will be delighted with this wet and wild experience, combined with lush riverside scenery. Tours are run on inflatable whitewater kayaks. Bring sun block, swimsuit, change of clothes, strap-on sandals or shoes that can get wet, towel.

*Corobici River Floating Expedition* (Full day, \$99, Includes transportation, guide, lunch). A great experience for nature lovers! This floating adventure on rubber rafts on the Corobici River allows visitors to observe the lush riverside bordered by Ceibo Mahogany and Guanacaste trees. This is an excellent opportunity for bird watching and other wildlife observation. Bring sun block, swimsuit, change of clothes, strap-on sandals or shoes that can get wet, towel.

*Horseback Riding* (Half day, \$65, Includes transportation, guide)

## **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.

**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.

**In general, what are the accommodations like?**

- **Hotel Rincon del Valle:** Strategically located near La Sabana Metropolitan Park in the heart of the city of San José, you will find Rincón del Valle Hotel and Suites, ready to offer you a comfortable and friendly environment where guests can enjoy themselves in the

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peacefulness and security of the area. The Hotel is located just 1.2 miles from downtown San Jose. Standard rooms come equipped with 29-inch screen TV, free wireless Internet, room safe, coffee maker and minibar, hair dryer, robes and first-class amenities made from biodegradable materials.

- **Hotel Montana de Monteverde:** Located in the Pacific province of Puntarenas at 4,500 feet above the sea level, Hotel de Montaña Monteverde offers 42 comfortable rooms as well as a jacuzzi, sauna, bar and restaurant which offers the special flavor and charm of home cooked Costa Rican cuisine. Adjacent to the hotel is a 15-hectares private forest, offering excellent views and trails, including a small pond for the guests enjoyment. The hotel has been awarded with a Cultural Star from the Ministry of Culture, Youth and Sports and with the XVIII Trofeo Internacional de Turismo, Hotelería y Gastronomía.
- **Hacienda Guachipelin:** Hacienda Guachipelin is a down-to-earth yet comfortable hotel catering to nature lovers and adventure travelers. The rooms are housed in simple buildings, with wide and inviting verandas for sharing afternoon chats with fellow travelers. The dining room and reception area is housed in a building over one century old, part of the original Hacienda. The hotel is surrounded by lush gardens and has views of both the volcano and the Pacific Ocean. The open-air dining area provides a view of spectacular sunsets. There are also corrals, where real cowboys and ranch hands begin working in the early hours each day.
- **Hotel Tamarindo Diria:** Tamarindo Diria Beach & Golf Resort sets itself apart from all others as the only hotel located on the white sand of the world famous Tamarindo Beach. As Tamarindo's first hotel, they have been the area's premier lodging facility and offer their guests 30 years of hospitality experience. Spread out over five acres, Tamarindo Diria Beach & Golf Resort's mixture of traditional and contemporary style and architecture is surrounded by exotic and beautifully maintained lush tropical gardens that offer our guests the natural beauty of Costa Rica right outside their doors. The majority of the rooms offer incredible ocean views, providing picturesque sunsets, and access to Tamarindo Beach just a few steps from your hotel room.

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 tour 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.