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**TRIP DETAILS**

*9 days ~ Costa Rica*

*5 days easy to moderate sea kayaking (no previous experience required)*

*2 days rafting (Class III/IV rapids, paddle boats only—members must paddle. No previous experience required.)*

*Easy to moderate day hikes*

*4 nights hotels,  
4 nights jungle lodges*

**2009 DATES**

*Apr 11–Apr 19  
Jun 20–Jun 28  
Aug 1–Aug 9\*  
Aug 29–Sep 6\*  
Dec 19–Dec 27  
Dec 26, '09–Jan 3, '10*

*\*Best turtle hatching viewing in Tortuguero on these departures*

# ADVENTURES IN COSTA RICA

**Sea Kayaking, Rafting, & Rainforest Hikes**

**TRIP LEVEL  
EASY TO MODERATE**

**HIGHLIGHTS**

- *Raft the Río Pacuare, considered by many to be one of the top 10 most beautiful whitewater rivers in the world!*
- *Sea kayak in Tortuguero National Park, exploring secluded channels that larger boats can't visit—we're the only U.S. company to offer this experience!*
- *Enjoy close encounters with a variety of wildlife: sea turtles, monkeys, iguanas, and more!*
- *Hike near Arenal Volcano, kayak in Lake Arenal, and enjoy a spectacular twilight safari on the Peñas Blancas River!*



# ADVENTURES IN COSTA RICA

*Sea Kayaking, Rafting, & Rainforest Hikes*

If you love water sports, this is the trip for you! Our unique water-based multi-sport adventure awaits you under Costa Rica's warm tropical sun.

You'll start off with sea kayaking fun in the shadow of Arenal Volcano. Kayak across the mystic waters of Arenal Lake, Costa Rica's largest and most breathtaking lake, while enjoying a spectacular view of the powerful volcano. If you're lucky, you'll see it spewing lava while you paddle (there are eruptions daily)! Then soak your paddling muscles in a mineral hot springs set deep in the jungle. Hike the surroundings of the volcano, looking for monkeys, sloths, and toucans in the primary and secondary forests here. And the highlight of the Arenal area: a spectacular twilight safari on the Peñas Blancas River, watching for Costa Rica's mammals to awaken (over 60% of Costa Rica's mammals are nocturnal).

You'll then head to Tortuguero National Park on the Caribbean coast, a major seasonal spawning ground for many varieties of sea turtles during the summer months. Here you'll explore its jungle waterways and hidden lagoons by sea kayak, an adventurous and unique way to discover rainforest denizens such as howler monkeys, basilisk lizards, morpho butterflies, and tropical birds. Mountain Travel Sobek is *the only U.S. company* with a sea kayaking operation in Tortuguero, and these silent, easy-to-manuever craft are a wonderful way to approach jungle areas inaccessible by any other means (you may see wildlife no one else has ever



seen before!). Lodgings are at a beautiful resort right at the beach and the Tortuguero Lagoon, where you can view early morning sea turtle hatchings and spend the afternoons hanging out at the pool. The lodge also supports a red-eyed tree frog rehabilitation project, which is a great way to relate to these wonderful creatures.

More paddling adventures await on the Río Pacuare, Costa Rica's most remarkable river corridor. Pounding its way from one whitewater rapid to another, the Pacuare serves up one of the world's best roller coaster rides (a bonus: cascading waterfalls that drench you as you pass!). It's no wonder the Pacuare is ranked among the top ten rivers in the world. Your guides are not only experts in whitewater rafting but great naturalists, too, and provide insight into the marvels of nature's rainforest masterpiece. "Base camp" is a rustic jungle lodge, an ideal setting for a back to nature experience.

We were the forerunners of adventure travel in Costa Rica back in the late '70s and are especially known for our river and kayaking programs. This adventure is designed to include the most exciting elements of Costa Rica with phenomenal leadership, comfortable accommodations, and super-fun activities. *Pura Vida!*, the ubiquitous Costa

## ADVENTURES IN COSTA RICA

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Rican catchall phrase that—literally translated—means “pure life,” but in the vernacular, means “what could be better than this?”

*Note*—This trip is great for families with kids 8 and up. Call for details.

*Private departures can be operated anytime of the year. Call us for details!*



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FOR INFORMATION OR RESERVATIONS, CALL TOLL-FREE | 888 MTSOBK (687 6235)

## ITINERARY

☞ This trip begins with a rendezvous at the airport in San José, Costa Rica on Day 1.

### **DAY 1 ~ Arrive in San José**

Arrive in Costa Rica. Your trip leader (or a Mountain Travel Sobek representative) will meet you outside the customs and immigration area at the airport. He or she will answer questions, brief you on the immediate arrangements, and escort you to your hotel.

*Hotel Radisson (or similar)*

### **DAY 2 ~ Arenal**

After breakfast we'll drive to the beautiful town of La Fortuna in San Carlos, home of the amazing Arenal Volcano. We'll check into our hotel, have lunch, and then begin our adventure on Arenal Lake, kayaking for about 2 hours. This experience will give you a chance to cross the mystic waters of Arenal, Costa Rica's largest and most breathtaking lake, while enjoying a spectacular view of the powerful volcano, still active with lava spewing from its peaks daily. You will embark in first class touring kayaks and enjoy a day paddling in the lake's calm waters while the beauty and energy of this amazing volcano penetrates your soul. Late in the afternoon, Ecotermales hot springs awaits—relax and enjoy the hot, mineral pools with temperatures that go from 90-150 °F. Dinner will be served at the hot springs restaurant.

*B,L,D... Mountain Paradise Hotel (or similar)*

### **DAY 3 ~ Arenal and the Peñas Blancas River**

After breakfast, we'll hike the surroundings of the Arenal Volcano, enjoying the beauty of primary and secondary forests, where you will be able to see a wide variety of wildlife including howler monkeys, sloths, and toucans. This hike lasts about 3 hours. We'll drive to a local restaurant for lunch, followed by a free afternoon to enjoy and relax at the hotel.

Late afternoon (around 4 pm), you will experience the ultimate river trip and truly one of a kind: the Twilight River Safari. As the sun is just starting to set, you will raft and enjoy the mystic way the light disappears from the sky at dusk, leaving you in the peaceful darkness of the jungle. This is one of the best ways to experience Costa Rica, as more than 60% of the mammals here are nocturnal! Our specially designed lighting system will make this a magical journey. At the end of our float, the Hidalgo family will be waiting for us to enjoy a delicious, traditional Costa Rican dinner at their home.

*B,L,D... Mountain Paradise Hotel (or similar)*

### **DAY 4 ~ Tortuguero National Park**

Drive 1½ hours to the put-in on the Río Suerte for a two- to three-hour paddle by sea kayak to the confluence of the Río Penitencia. Here we can board a motorboat that will take us to Mawamba Lodge (if you wish, you can paddle the additional two hours to the lodge). Mawamba is a wonderful lodge located on the beach in Tortuguero National Park. Its pretty pool, a walk on the beach or on nature trails, and cocktails on the sunset deck await us. You can also walk with a guide to the Caribbean Conservation Center, which was established to save and protect the local sea turtles.

*B,L,D...Mawamba Lodge*

**DAY 5 ~ Tortuguero National Park**

Optional early morning search for sea turtles with the guide (best viewing is during the July and August trips). After breakfast we take a motorboat loaded with our kayaks and head to a secondary channel in the national park. We board the kayaks and paddle through a narrow waterway to look for wildlife. After lunch back at Mawamba, we can paddle to some more areas only accessible by kayak, or simply relax at the pool.

*B,L,D...Mawamba Lodge*

**DAY 6 ~ Pacuare River**

Early morning sea turtle viewing. After breakfast we take a boat to Matina (1½-hour ride), then drive about two hours to our put-in on the beautiful but endangered Pacuare River (it's threatened by a proposed hydroelectric plant). Once at the river we paddle downstream about eight miles to our riverside accommodation, a rustic, thatched-roof jungle lodge. This is a good opportunity to get familiar with the steep, technical drops typical of the Pacuare. Along its course lie several densely vegetated gorges sheltering many animals, including sloths, river otters, and anteaters, and an incredible variety of birds—toucans, egrets, herons, kingfishers, sunbirds, and trogons. A picnic lunch is served on the riverbank; dinner is in the thatched-roof covered open air dining area at camp.

*B,L,D...Rios Tropicales Lodge*

**DAY 7 ~ Rios Tropicales Lodge**

Enjoy a day at Rios Tropicales Lodge! Take an optional early morning bird-watching hike with your guides to see toucans and many other species. Upon return, breakfast will be served and then after a little rest, enjoy a 6-platform canopy tour thru the forest of our Private Reserve. Hike on a trail high above the rainforest canopy for sweeping views of the river corridor below. Visit the lodge conservation project "Plant for the Planet" where you will plant a native tree and receive a certificate that indicates that you participated in the program which is part of the United Nations Environmental Program "Billion Tree Campaign."

*B,L,D...Rios Tropicales Lodge*

**DAY 8 ~ Pacuare River**

Continue our whitewater rafting adventure, entering the lush, magical gorge of the Pacuare. The rapids become more powerful and technical in nature, and we'll power through "Bobo," "Huacas Arriba," "Huacas Abajo," "Cimmarones," and "Dos Montanas" rapids. Gorgeous waterfalls tumble into the river, and we might even be fortunate enough to catch a glimpse of some of the exotic birds and animals inhabiting the jungle area. We take out near the town of Siquirres and return to our San José hotel. Farewell dinner with the group.

*B,L,D...Hotel Radisson (or similar)*

**DAY 9 ~ Fly Home**

Transfer to the airport and depart on homeward-bound flights, or join our extension to Corcovado National Park.  
*B...*

**EXTEND YOUR ADVENTURE!**

An excellent extension to our Costa Rica adventure is a visit to remote **Corcovado National Park**, where a huge tract of primary rainforest meets up with beautiful picture-postcard beaches. Corcovado sustains eight unique habitats ranging from mountain forests to surf-pounded beaches and is a major birding and wildlife refuge: scarlet macaws fly about the palm trees at the beach, pods of dolphins abound, and howler monkeys can be seen from your cabana porch. *3 or 4 days*. See page 7 for details.

## 2009 LAND COST

\$2,795 per person (3-16 members)

Rates quoted are per person, based on sharing double accommodations.

**Children's Discount:** \$200 (age 11 and younger—minimum age is 8—and only if child shares with adult in same room)

Single Supplement—\$400 for “requested” singles; \$200 for “forced” singles.

If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you half of the single supplement.

### What's Included

- ◆ expert leadership
- ◆ accommodations
- ◆ field arrangements, group rafting, and sea kayaking gear and equipment
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ additional guides where necessary
- ◆ entrance fees and permits
- ◆ basic medical and evacuation insurance

### What's Not

International airfare to San José and return; meals as noted; insurance other than basic medical and evacuation insurance noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; cost of medical immunizations; items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

### Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

## EXTEND YOUR ADVENTURE!

Cap your Costa Rica adventure with a stay at the “jewel” of Costa Rica’s national parks—Corcovado on the Osa Peninsula. You’ll stay at one of Corcovado’s prime lodges where rainforests edge long pristine beaches and scarlet macaws and howler monkeys skirt the edge of the forest and humpback whales and pods of dolphins may leap from the Pacific. You’ll never want to leave!

### **DAY 1 ~ Drake Bay – Corcovado National Park**

After an early breakfast we’ll fly to Palmar Sur, an airstrip just north of the Osa Peninsula in the southwestern corner of Costa Rica. Our private bus takes us to Sierpe (about 35 minutes) and then we board a private boat for a 2½-hour boat ride down the Sierpe River to our lodge overlooking the Pacific Ocean. The river is fringed by the largest mangrove forest of Central America, a beautiful landscape with views of osprey, spoonbills, and iguanas and framed by the spectacular pristine rainforest of Corcovado on the south side as we enter Drake Bay. The rainforest comes straight to the ocean, a remarkable vista that will stay with you forever! Traveling south to our lodge, we’ll look for dolphins and whales; pods of humpback whales and several species of dolphins can be seen in the winter and summer in this rich marine environment.

We have selected the best lodges for your extension to Corcovado. Lodges in this area are small and intimate, so the earlier you book the more likely you are to get your first choice! The Aguila de Osa lodge is a beautiful lodge located in Costa Rica’s Osa Peninsula, situated on a high bluff overlooking the Aguitas river with panoramic views of Drake Bay. Casa Corcovado is a 170 acre private reserve bordering Corcovado National Park, tucked away in the trees and cooled by the Pacific Ocean. And Bosque del Cabo is a romantic getaway and a naturalist’s dream located at the very tip of the Osa Peninsula on a 600+ acre forest reserve, perched atop the cliffs of Cabo with beautiful ocean views.

Afternoon is free to relax or explore on your own. (Hikes and guided tours are available!) Later, we’ll watch the sunset as howler monkeys “drum” their goodnight roar.

*B,L,D...Aguila de Osa (or similar)*

### **DAYS 2-3 ~ Drake Bay – Corcovado National Park**

We spend the next day or two exploring the wide diversity of jungle habitats of this region, with a variety of activities. We can start with a hike into the national park, looking for wildlife in the early morning when the rainforest is active. We’ll enjoy a catered lunch at the beach and have time for a swim or body surfing if the tide is high. In the afternoon we’ll hike on a different trail to a beautiful waterfall and enjoy swimming in this gorgeous setting. Along the way we’ll spot monkeys, caimans, hummingbirds, and other tropical species. Howler monkeys and scarlet macaws feed along the edges of the forest and we may see a sloth. Once again we’ll enjoy sundowners at sunset at the lower bar and then an al fresco tropical dinner under the stars. (On the 4-day package, we’ll spend the Day 3 at Caño Island or Sirena Ranger Station)

*B,L,D...Aguila de Osa (or similar)*

### **DAY 4 ~ Drake Bay- San Jose**

After an early breakfast, we transfer back to the airstrip and fly back to San Jose. Private transfer back to your hotel or international airport. (A hotel overnight on this day is not included; you can either fly back to the U.S. this day or stay overnight at a hotel in San José on your own. See pricing for overnights at the Melia Cariari Hotel.)

*B...*

## 2009 Corcovado Extension Land Cost

*3-day, 2-night program*

\$1,295 per person, double occupancy

\$1,495 one person

\$895 per person (double or triple), children 11 or younger

Single Supplement—\$100 (unless only one person in group, then one person rate applies)

*4-day, 3-night program*

\$1,495 per person, double occupancy

\$1,695 one person

\$995 per person (double or triple), children 11 or younger

Single Supplement—\$150 (unless only one person in group, then one person rate applies)

**Extension Land Cost includes:** Land transfers to and from airport, domestic round trip flight to Corcovado, accommodations in double occupancy at Casa Corcovado or similar, meals and tours as specified on the itinerary, local taxes. **Not included:** overnight in San José, tips to guide/driver, alcoholic beverages, items of personal needs.

*Extra night at Melia Cariari Hotel, San José*

Single: \$230

Double: \$230

Triple: \$275

## WHAT YOU CAN EXPECT

### Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way. Although leader assignments can change, the following people are regular guides on this trip:



**Jorge “Loco” Calderón** is a whitewater rafting guide who has led trips in Costa Rica, Greenland, Iceland, and the U.S. for the past 15 years. He was part of the Costa Rica whitewater rafting team that won the fourth place in the World Championships in Brazil in 1997. He is an avid birder, and has a deep knowledge of the natural history of Costa Rica. Jorge loves the outdoors and is eager to share with you the natural beauty of his country.



**Alonso Lezama** has been an adventure guide for more than seven years. A certified naturalist, he is currently studying biology in college in Costa Rica after finishing his high school studies in the US at Valley Forge Military Academy in Pennsylvania. Alonso comes from a long tradition of tourism in the Turrialba area of Costa Rica; his family owns a hotel and a very well-known restaurant in the area called the Turrialtico Lodge.

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

### **Activity Level**

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. This trip is moderate in nature, and is recommended for people in average to excellent physical condition. (A degree of upper body strength is recommended to paddle the kayak and the raft.) All activities are optional, as we always have a support boat or vehicle along.

We don't recommend this trip for people who cannot swim. The Pacuare has fast-moving water (the waterways of Tortuguero are mostly smooth). Previous sea kayaking and rafting experience is recommended but not required (the guides will teach you everything you need to know). The rapids on the Pacuare are Class III/IV in nature; we use paddle boats only, so trip members are expected to paddle. The trip is not recommended for children under the age of 8.

### **Lodging**

During the Arenal portion of the trip, we'll stay at Mountain Paradise Hotel, a comfortable lodge with incredible views of the Arenal Volcano. In Tortuguero, we stay at Mawamba Lodge, a comfortable facility that features basic rooms with hot showers, swimming pool, volleyball court, and game room. On the rafting portion of the trip, we'll stay two nights at a simple jungle lodge, a rustic bungalow-style, thatched-roof structure with eight to ten small screened rooms. There are attached baths, sinks, and solar-heated showers. Accommodations are basic but comfortable. Lodging in San José is in a hotel with private baths.

### **Seasonal Considerations**

The end of November through April is the "dry" season (usually less than two inches per month of rain), while May through October is wetter (about nine inches per month). June, July, and August are called "the second spring" as birds start courting, flowers bloom, sea turtles come ashore to breed, and showers refresh the day. Average daytime temperatures range in the 70s and 80s; nighttime temperatures can get down to the 60s.

## **THE NEXT STEP**

### **Ready to go? Signing up is easy!**

Just call us at 1-888-MTSOBK (687-6235) and reserve your spot! You can also book a reservation online at our website ([www.mtsobek.com](http://www.mtsobek.com)). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

### **Then Leave the Rest to Us**

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details.

### **Why Mountain Travel Sobek is Your First Choice for Adventure**

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure

company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

### **References**

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

### **Questions?**

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our award-winning website at [www.mtsobek.com](http://www.mtsobek.com).

### **Note on Itinerary**

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at [www.mtsobek.com/faq](http://www.mtsobek.com/faq) and the form itself at [www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf).

### **Terms & Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at [www.mtsobek.com/faq/#liability](http://www.mtsobek.com/faq/#liability) or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form ([www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf)). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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