

Costa Rica Multi-Adventure

➤ Quick Facts

Trip Dates	Saturday, April 23 through Saturday, April 30, 2011		
Total Days	8		
Trip Level	II (see below for explanation of levels)		
Cost	\$4,100 (see below for what's included) *Prices evaluated October 1st for the trips in the following year.		
Trip Type	Multi-Adventure		
Trip Host	Joe Koehly	316.200.5780	jkoehly@backwoods.com

➤ Trip Details

This multi-adventure trip is the perfect combination of excitement - sure to get your adrenaline pumping, and relaxation - certain to blow your cares away. On your trip you will experience the primal rainforest, secluded beaches, volcanoes and hot springs and the wilds of a beautiful river - many of the ecosystems Costa Rica is famous for. Rafting, hiking, biking, canopy tours, hot springs, relaxing... so many options... are your bags packed yet? You will experience the beauty, warmth, and ecological wonders of Costa Rica on this magnificent excursion. A complete pre-departure packet will be available once you book this trip including a detailed travel itinerary.

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➤ What's included?

The price includes international and domestic airfare, all hotels and most meals, and guide fees. Yes, you can (almost) leave your wallet at home - the price is ALL inclusive! This is a unique feature of the Backwoods Adventures trips as most companies price their trips on land cost only.

➤ What's not included?

The price includes international and domestic airfare, all hotels and most meals, and guide fees. Yes, you can almost leave your wallet at home - the price is ALL inclusive! This is a unique feature of the Backwoods Adventures trips as most companies price their trips on land cost only.

Personal gear and clothing for your personal use on the trip; alcoholic drinks at meals, guide tips (should you choose to tip your guide); additional charges in hotels such as laundry charges, etc.; additional activities outside the designed trip; airport and immigration taxes (in some situations); passports; travel insurance; any medical costs; and any costs associated with leaving the trip early by your choice. The trip price is figured on double room occupancy; however, single occupancy is available at an additional charge.

➤ Group Size

We like to travel in small, more intimate numbers. This allows us to build great chemistry as a group and also allows for opportunities that may not be available while traveling in larger numbers.

➤ Trip Leader

A unique feature of Backwoods Adventures is that you can talk directly with your guide. Please call or email Joe Koehly (316.200.5780 - jkoehly@backwoods.com) with any questions you have regarding this adventure.

➤ Tips

During your Backwoods Adventures experience your leaders work 24 hours a day for the duration of your trip ensuring that you have a great time. If you feel they gave you an excellent experience, and you wish to leave a tip for them, it is greatly appreciated!

Certain Backwoods Adventures trips will require the additional assistance of porters, drivers, or other local staff members to assist with the overall operation. These are hard working individuals who also stay on task 24 hours a day and assist in any way necessary. It is not mandatory to tip, but, it does highly supplement their pay, therefore, again is greatly appreciated.



➔ Excess Baggage Fees

Each airline has its own baggage regulations; most will charge for overweight baggage. Check with your international airlines to determine their baggage weight limitations and excess baggage fees. Most international flights allow two bags per person that can weight up to 70Lbs. For domestic flights, remember that the weight limits for baggage is much less. Please check with Backwoods Adventures for this weight if your trip includes domestic flights.

➔ Meals

At Backwoods Adventures we know that well fed travelers are happy travelers! We aim to please your palate. These examples may not be the exact fare of the day and may change from day to day, but following are a few examples of our daily meals:

Breakfast: Traditional breakfast generally consists of eggs, rice, black beans, and Natural juices. Also coffee w/ bread and butter, and fruit.

Lunch: Meat, chicken, and seafood will be the main dish with possible choices of rice & beans, vegetables, and salad for side dishes. Coffee w/ bread & butter, and fruit.

Dinner: Seafood, chicken, steak, fajitas will be the main courses with the possible sides consisting of salad, vegetables, rice & beans. Deserts, coffee, bread & butter.

➔ Accomodations

Our accommodations will vary based on our location. However, all hotels are among the highest rated in the country both for location and amenities. We strive to deliver high quality and unique experiences in the country we are visiting!

➔ Travel Insurance

It is strongly suggested that you have comprehensive travel protection insurance. Trip insurance can include coverage for medical emergencies, coverage for trip cancellation due to your own accident or illness, or all of the above. We recommend this insurance as Backwoods Adventures cannot be responsible for covering these types of individual situations. Should you choose to purchase this insurance, please carry your confirmation information with you on your trip. Please provide us with the name, policy number and emergency contact number of your chosen insurance company.

➔ Health

Some of the activities that you may choose to participate in while in Costa Rica are strenuous and should not be undertaken if you have any health conditions which may put you at risk. You are strongly advised to consult your physician for a thorough medical check-up and clearance before attempting the mountain. If you are over 50 years old, talk to your doctor about doing a "stress EKG". Should you require any medication whatsoever, you must provide your own and be able to administer it yourself. Medical supplies in Costa Rica are not reliable or guaranteed though we will have a fully stocked medical kit on the trip. Talk to your doctor about the following vaccinations as well as prescriptions you are currently taking, or should take in case you get sick:

Hepatitis A / Hepatitis B / Typhoid / Tetanus / Polio / MMR (measles, mumps, rubella) / Malaria pills

➔ Visa Requirements

No tourist visa is required for stays of up to 90 days in Costa Rica. Documents required for most entries in to Costa Rica include:

- Valid Passport (must be valid for at least 6 months beyond entry)
- Pre-paid airline ticket to exit Costa Rica

If you wish to learn more about travel requirements in Costa Rica you can email the embassy at: consulate_ga@costarica-embassy.org or call at 770.951.7025.

➔ Recommende Reading

Buy these books at your local Backwoods store or call 1.877.779.0677.

Lonely Planet: Costa Rica, Rachowiecki et al Lonely Planet Publications independent travel guide to Costa Rica. Visit both Atlantic and Pacific Oceans in the same day! Guide to its natural beauty: beaches, jungles, mountains, even its cities. Includes 36 page color wildlife guide. \$19.99

Costa Rica Travel Map, ITM A road map for anyone traveling in Costa Rica; shows highways, seasonal roads, national parks, historical tidbits, etc; also gas stations, archeological zones. \$7.95

SAMPLE ITENERARY

- **day 1** Arrival to San Jose, Costa Rica. After clearing customs and immigrations our driver and guide will be waiting in order to pick us up and drive to Arenal, approximate driving time 3 · hours. Relax and unwind in hotels pool and spa with Arenal Volcano in the background. Overnight at Arenal Springs Hotel & Spa.
- **day 2** A great adventure awaits! At an approximate distance of 30 minutes from La Fortuna town, the Canyoneering tour starts. Imagine yourself in the midst of the cloud forest at the top of a suspension bridge looking down 25 meters onto a series of 5 amazing tropical waterfalls surrounded by lush vegetation... Prepare to get wet as your guides put you into your safety harness and assist you as you rappel through a magical canyon full of waterfalls with surprises each step of the way. You can then move on to a “tummy-tickling” Tarzan Swing over the breathtaking canyon, and for the grand finale, you’ll do a 25-minute horseback ride through pristine cloud forest on your way up through the canyon. A typical lunch will be served at the end of the tour, before returning to La Fortuna. Afternoon walk in the trails to the Canopy Tour. This exciting tour, set in the canopy of the forests at 30 meters of altitude, is an adventure no one will forget. There are 9 platforms, offering a great view of the forest. At approximately 4:30 to 5:00 pm we will return to the Hotel Montaña de Fuego.
- **day 3** This morning, we will visit the Arenal Volcano and take a guided walk around the base of this impressive Volcano. We will spend the rest of the day lounging in the 14 amazing hot and cold pools at the Tabacon Resort Hot springs. Overnight at Montaña de Fuego.
- **day 3** This morning, we will drive from Arenal to Quepos, along the way we will make some stretch stops and will stop at the Tarcoles River to spot the largest colony of crocodiles in Costa Rica, that reside in the Tarcoles River. Check in at Costa Verde II and rest of the afternoon free to roam the beach, take a surf lesson, or shop the outdoor market. Overnight at Costa Verde II.
- **day 5** Our river rafting adventure starts today. At approximately 8:00 am you will be picked up at the hotel for the day tour to Savegre River, a class II-III rafting- Departing Manuel Antonio, we will continue to the community of “Silencio”, from where the rafting tour begins. After a 13 mile trip down the river and having had opportunity to break for swimming and admiring the waterfalls, we will return to El Silencio for a typical lunch. We will be back at the hotel at approximately 3:00 pm. In the afternoon you are free to enjoy the optional activities in the area. Overnight at Costa Verde II.
- **day 6** The morning is free to enjoy the optional activities in the area. Early afternoon we will depart to Manuel Antonio for a walk in the Park, where your naturalist guide will take you through the exotic, bio-diverse tropical rainforest preserve. The pace of the adventure is determined by the group’s abilities and interests. This 2 · hr hike will introduce you to the flora and fauna of the area. Order of activities may be reversed depending on weather conditions. Overnight at Costa Verde II.
- **day 7** Return to San Jose after breakfast, and arrive at Hotel Xandari in time to enjoy a free afternoon here at the amazing spa or roam the gardens of this former coffee plantation. A special farewell dinner will be offered tonight. Overnight at Hotel Xandari.
- **day 8** Our driver and guide will pick you up at the hotel for the transfer to the airport.

✦ Note

Itinerary is subject to change depending on weather, trail and course conditions, travel, health and well being of the trip participants, and interests of the group.

✦ Activity Levels

At Backwoods Adventures, we have trips for every skill level from novice to expert. These guidelines will help you select the level of adventure that’s right for you.

Level I	Requires no particular fitness level and no special skills and there is the option to just hang out!
Level II	Requires a moderate fitness level, equivalent to 2 to 4 hours of physical exertion.
Level III	Requires a high level of fitness, equivalent to 6 to 8 hours of physical exertion.
Technical	Requires specific skills such as climbing, biking or scuba diving.

If you have questions about whether you are physically ready for a specific trip, we work with personal fitness trainers familiar with our trips that can assist you with your training program. Feel free to contact a trip guide.