



# Costa Rica Private Family Adventure

8 Days



*The Adventure Company* | EST. 1969

**MT+SOBEK™**  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ Costa Rica Private Family Adventure

An action-packed multisport Costa Rica adventure where you will spend your days whitewater rafting, ziplining, exploring wetlands by boat, hiking along forest trails, and kayaking and snorkeling in the beautiful waters of the Pacific Coast around Chora Island. After a full day of activities and spotting wildlife you can relax in geothermic hot springs, take a dip in the ocean and chow down on some island cooking.

## Details

Arrive: San José, Costa Rica

Depart: Liberia, Costa Rica

Duration: 8 Days

Group Size: 2-9 Guests

Minimum Age: 9 Years Old

Activity Level:



## Testimonials

*"MT Sobek took care of everything for our extended family vacation. Not a hiccup in the planning, the itinerary, the lodging or the guide. Everything in life should be so easy."*

Kathy J.

*"Our Costa Rica Family Adventure was an excellent trip. We explored many different biomes in the company of our knowledgeable and caring guide Marco. Everything was simply superb!"*

Michael Y.

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📞 1-800-974-0300

✉ [info@mtsobek.com](mailto:info@mtsobek.com)

## Why Take This Trip With Us?

### REASON #01

MT Sobek has been leading adventures in Costa Rica since 1980, working with the best local guiding teams.

### REASON #02

This adventure is the perfect option for those seeking river, rainforest and beachside thrills, and the opportunity to be close to nature.

### REASON #03

It is mandatory that our guides keep up-to-date with safety and equipment trainings. They are also trained naturalists and eager to share their country.

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## What to Expect



### ACTIVITIES

An action-packed itinerary that includes hiking, kayaking, snorkeling, canyoning, rappelling, and whitewater rafting.



### LODGING

Comfortable ecolodges with a range of trails, manmade pools as well as lovely natural places to swim and enjoy the water, plus other built-in activities.



### CLIMATE

Tropical, equatorial climate year-round. In San Jose, temperatures from 65-75°F due to high elevation. In other areas, you can expect 78-85°F.

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## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.


Marco, nicknamed "Tex," is a bundle of energy and has a contagious sense of humor. With over 20 years of experience with tourism in Costa Rica, he has deep insight and a wide range of experiences to share. Marco actively seeks out more knowledge of Costa Rica and has studied ornithology, ecology, history, and nature photography. To better understand climate ecology, he has traveled widely in Costa Rica and the US. With his fun and caring demeanor, and eagle-eyed attention to detail, Marco is ready to share the wonders of Costa Rica with MT Sobek travelers.

**Marco Fallas**

Since her early childhood, Onik's travels have taken her around the world to over 40 countries. Her educational background includes a BS in Biology and an MS in Environmental Interpretation from the University of Costa Rica. For more than a decade she has led trips throughout Costa Rica, Peru, Nicaragua and Cuba. She has a contagious passion for the local culture and the wilderness's relationship with the Costa Rican lifestyle. Onik believes time is our most valuable asset, and is eager to share her knowledge, passion, and conscientiousness with MT Sobek travelers.

**Onik Morrison**

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# Itinerary

## DAY 1

### ARRIVE IN SAN JOSÉ

Meet an MT Sobek representative at San José's Juan Santamaria International Airport, and transfer to your hotel in Heredia. In the evening, meet with the group for an orientation briefing. Tonight, dinner is on your own at the hotel.

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## DAY 2

### RAFT THE SARAPIQUÍ RIVER

Embark on a fun and easy whitewater rafting tour of the Sarapiquí River. Run a section of river with sections of flat water and small, Class II-III rapids that are safe for rafters with no previous experience (Class II if under age 9). After lunch, continue to the Arenal Volcano area, one of the most popular destinations in Costa Rica, and enjoy a welcome dinner at the hotel.

**Activity:** 2 hours rafting Class II–III rapids

**Meals:** B, L, D

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## DAY 3

### VISIT AN ORGANIC FARM & GO ZIPLINING

Help feed the animals at a local wildlife center that works to preserve wildlife populations. Later, take an interactive tour of an organic farm and learn about common Costa Rican crops such as coffee, bananas, plantains, and sugar cane. Enjoy a traditional lunch on the farm with a hands-on demonstration of tortilla making. Then, take a gondola ride up a mountain, followed by an exhilarating ride back down a 3,280' zipline system. Tonight, kids enjoy a night walk around the lodge where they can observe nocturnal wildlife, while adults enjoy a glass of wine, or some alone time.

**Meals:** B, L, D

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## DAY 4

### TAKE A WILDLIFE BOAT SAFARI

Embark on a fascinating boat safari on the Bebedero River bordering Palo Verde National Park, a wildlife refuge with the biggest area of wetlands in Costa Rica. This rich ecosystem combines rivers, marshland, mangroves and forests. Keep an eye out for huge crocodiles resting under the sun, groups of monkeys swinging between the branches, and resident and migratory bird species swooping through the air. Afterwards, continue to your hotel near the Miravalles Volcano with time to enjoy the thermal pools onsite or take a dip in the natural thermal river that flows through the property.

**Activity:** River safari by boat

**Meals:** B, L

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## DAY 5

### EXPLORE THE GEOLOGY OF MIRAVALLES VOLCANO

Set out to explore the fascinating geological marvels of Miravalles Volcano area at Las Hornillas hot springs. See the bubbling volcanic mud pots, sulfur springs, and steam-spewing vents. Hike on forest trails to beautiful waterfalls and along the way search for birds, reptiles, and other wildlife. Enjoy the rest of the evening afternoon at your hotel to relax, enjoy the pools, schedule a spa treatment, and swim in the thermal river.

**Activity:** 2.5 hours hiking and swimming / 1.8 miles hiking

**Meals:** B, L, D

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## DAY 6

### RIO PERDIDO CANYON ADVENTURE

Get your adrenaline going with the innovative zipline course that happens to be located right on the lodge property. Rio Perdido's Canyon Adventure includes 15 platforms, a Tarzan swing, a 90' challenge bridge, and five zip lines with lengths varying from 260 to over 800 feet. After you've zipped your way around the property, transfer to your hotel in Carrillo Beach, stopping along the way for lunch at a local restaurant. Spend the rest of the evening at your leisure, enjoying the pristine beach with palm trees and chalk-colored sand.

**Meals:** B, L

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## DAY 7

### SNORKEL & KAYAK TO CHORA ISLAND

After breakfast, climb into a kayak just south of Sámara Beach and take an easy paddle out to Chora Island. Pause for some snorkeling in the beautiful water, enjoying the company of colorful fish, octopus, blowfish, and maybe even sea turtles. Enjoy lunch at a local restaurant in town. Tonight, gather with the group for a farewell dinner at Nammbú Hotel.

**Activity:** 3.5 hours kayaking & snorkeling

**Meals:** B, L, D

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## DAY 8

### DEPART FROM LIBERIA

After breakfast, transfer to the international airport in Liberia, Costa Rica, and check in 3 hours prior to your scheduled flight time for homeward-bound flights.

**Meals:** B

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## Dates

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Inclusions & Exclusions

### PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

### PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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## ► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### Awards



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**TWO HUNDRED ADVENTURES.**

**SEVEN CONTINENTS.**

**A WORLD OF DISCOVERY.**

*Where's Your Next Adventure?*



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