



Costa Rica Rafting & Kayaking

9 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Costa Rica Rafting & Kayaking

This action-packed journey in the jewel of Central America is a non-stop water park adventure, with magical nights deep in the rainforest. Take in the energy and beauty of Arenal Volcano and enjoy an invigorating soak at a mountain hot springs. Sneak up close to wildlife as you paddle the jungle waterways of Tortuguero National Park, home to howler monkeys, blue morpho butterflies, sea turtles, and tropical birds. And take a rollicking, fun-filled ride down the Río Pacuare — one of the world's top ten rivers for rafting.

Details

Arrive:	San José, Costa Rica
Depart:	San José, Costa Rica
Duration:	9 Days
Group Size:	4-14 Guests
Minimum Age:	12 Years Old

Activity Level:



Testimonials

"Pura Vida in Costa Rica is a vacation is for those who like the water—we were white water rafting, kayaking, rappelling down a waterfall, and even soaking in hot springs. Great food and lodging, interesting birds and animals to see, and excellent guides made this our best adventure vacation yet."

Glenn L.

"My grandson and I shared an experience neither us will ever forget. He never stopped smiling."

Pat M.

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☎ 1.888.831.7526

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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 9-day adventure is the perfect option for those seeking river and rainforest thrills, and the opportunity to be close to nature.

REASON #03

Our classic Costa Rica trip is a popular guest favorite and especially recommended for adventure-loving families.

What to Expect



ACTIVITIES

Ziplining, rappelling, and hiking, plus several days of kayaking on calm water and rafting on whitewater rapids.



LODGING

A variety of comfortable hotels and lodges that make the most of their rainforest location with beautiful views and lush settings.



CLIMATE

Daytime temperatures in 70°s and 80°s Fahrenheit. Evening lows in 60°s. Humid. Expect rain any time of year. December-April are the driest.

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.

Jorge Calderón is a whitewater rafting and adventure guide who has led trips in Costa Rica for over two decades. He was part of the Costa Rican whitewater rafting team that placed in the World Championships in 1997. Not limiting himself to warm climates, has also guided sea kayaking trips in Iceland & Greenland. Jorge is well-liked for his dry sense of humor, exudes a love for the outdoors, and is always eager to share the natural beauty of his country.

Jorge Calderón

Rey is a native Costa Rican whitewater rafting and adventure guide. He resides in San José and loves to share his passion for nature and the outdoors with his teenage son. Guiding since 1998, he holds certifications in Natural History, First Aid, and Swift Water Rescue. He recently completed his university degree in Business and Marketing, and is very excited to share his passion and wealth of knowledge for all things Costa Rica with MT Sobek travelers.

Reynaldo Vargas

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Itinerary

DAY 1

ARRIVE IN SAN JOSÉ, COSTA RICA

Arrive in San José, Costa Rica's capital city and cultural hub. Meet your MT Sobek representative outside the customs and immigration area for help transferring to your hotel.

Meals: D

DAY 2

FOREST HIKE ON ARENAL VOLCANO

After breakfast, travel north towards the town of La Fortuna and home of the Arenal Volcano. Take a moderate, 3-hour hike in the area surrounding Arenal Volcano, enjoying the stunning primary and secondary forests. Watch for a wide variety of wildlife, including howler monkeys, sloths, and toucans along the way. Lunch at a local restaurant and spend some free time this afternoon relaxing at the hotel.

Activity: 3 hours/3 miles hiking with 900' elevation gain

Meals: B, L, D

DAY 3

PADDLE LAKE ARENAL & ENJOY A HOT SPRINGS SOAK

After breakfast, paddle the calm waters of Lake Arenal, Costa Rica's largest and most breathtaking lake, while enjoying a spectacular view of the famous volcano. Late in the afternoon, take a relaxing dip in the EcoTermales mineral hot springs—ranging in temperature from 90°F to 105°F. Gather with the group for dinner at the hot springs' restaurant.

Activity: 2-3 hours kayaking

Meals: B, L, D

DAY 4

KAYAK TORTUGUERO NATIONAL PARK

Take a scenic drive through the Caribbean Lowlands to your put-in on the Río Suerte for a unique kayaking trip into Tortuguero National Park, accessible only by water or by air. Explore its jungle waterways and hidden lagoons, and see howler monkeys, basilisk lizards, morpho butterflies, and tropical birds. Arrive at your waterfront lodge, a beautiful resort on a strip of land between the beaches of the Caribbean and the canals of the Tortuguero Lagoon. Walk on the beach, swim in the pool, or have cocktails on the sunset deck.

Activity: 2 hours kayaking

Meals: B, L, D

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DAY 5

WILDLIFE OF TORTUGUERO NATIONAL PARK

In the early morning, take an optional guided birding boat tour. After breakfast, take a motorboat loaded with your kayak to a secondary channel in the national park. Board your kayak and paddle through a narrow waterway to look for wildlife. After lunch back at the lodge, paddle to some more areas only accessible by kayak, or simply relax at the pool.

Activity: 3-5 hours kayaking

Meals: B, L, D

DAY 6

DISCOVER THE RÍO PACUARE

After breakfast, take a boat ride to Matina and then drive to your put-in on the beautiful Río Pacuare, Costa Rica's most remarkable river corridor. You'll find steep, technical drops that are typical of the Pacuare, plus cascading waterfalls that drench you as you pass. Look for sloths, river otters, and anteaters, and an incredible variety of birds, such as toucans, egrets, herons, kingfishers, sunbirds, and trogons. Paddle downstream to your riverside accommodation, a rustic, thatched-roof jungle lodge.

Activity: 1.5 hours/3 miles rafting

Meals: B, L, D

DAY 7

CHOOSE YOUR ADVENTURE AT RÍOS TROPICALES

Enjoy a full day at Ríos Tropicales Lodge. Take an optional early-morning guided bird-watching hike to see toucans and many other species, before returning for breakfast and gearing up for a day of adventures. Swing through the forest on a zip line to get an up-close perspective of the ecosystem of the canopy. Trek deep into the Pacuare Nature Reserve, or hike to nearby "Wake Up" Waterfalls and take a thrilling canyoning tour, which includes rappelling down the face of the waterfall.

Activity: Full day ziplining, rappelling or hiking

Meals: B, L, D

DAY 8

WHITEWATER RAFTING ON THE RÍO PACUARE

Continue your whitewater rafting adventure in the lush, magical gorge of the Río Pacuare, where the rapids become more powerful and technical in nature. Power through "Bobo," "Huacas Arriba," "Huacas Abajo," and

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"Dos Montañas" rapids. Gorgeous waterfalls tumble into the river, and you might catch a glimpse of some of the exotic birds and animals inhabiting the surrounding jungle. Take out near the town of Siquirres and transfer back to San José, arriving in time to clean up and enjoy your last dinner with your fellow travelers.

Activity: 3 hours/12 miles rafting

Meals: B, L, D

DAY 9

DEPART FROM SAN JOSÉ

After breakfast, transfer to the San José airport and depart on homeward-bound flights.

Meals: B

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Dates

Aug 10 - 18, 2019

Dec 21 - 29, 2019

Feb 15 - 23, 2020

Jul 18 - 26, 2020

Dec 19 - 27, 2020

Dec 26, 2020 - Jan 3, 2021

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 4,495 per person

Additional Cost

\$ 500 Single Supplement

2020

\$ 4,595 per person

Additional Cost

\$ 500 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary kayaking, rafting, and rappelling gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of Day 1
- Optional travel protection

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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.

Awards



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SEVEN CONTINENTS.

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