



Costa Rica Rainforest to Sea Multi-Adventure

7 Days



The Adventure Company | EST. 1969

MT•SOBEK™
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Costa Rica Rainforest to Sea Multi-Adventure

Raft one of the top ten whitewater rivers in the world: the renowned Río Pacuare! Enjoy a stay in the rainforest at the National Geographic award-winning Rios Lodge. Then sea kayak off Costa Rica's Pacific coast in the beautiful Nicoya Gulf, and stay at a luxury glamping resort on a private island. Raft, hike, birdwatch, kayak, SUP, snorkel, and swim to your heart's content on this 7-day adventure. Afternoons are for hammock lounging and wildlife viewing. Each evening, enjoy cocktails overlooking the river and savor delicious cuisine while relaxing amid nature's lush splendor.

Details

Arrive: San José, Costa Rica

Depart: San José, Costa Rica

Duration: 7 Days

Group Size: 4-9 Guests

Minimum Age: 12 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.

"Exceptional trips! Go with MT Sobek!"

Mitch S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ 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 7-day adventure option is perfect for those seeking classic multisport thrills, from ziplining to rafting, in a shorter timeframe.

REASON #03

Our Costa Rica trips are popular guest favorites and especially recommended for adventure-loving families.

What to Expect



ACTIVITIES

Kayaking, hiking, and rafting on whitewater rapids.



LODGING

A variety of hotels from comfortable ecolodges to luxury glamping tents that make the most of their rainforest location with beautiful views and lush settings.



CLIMATE

Daytime temperatures in 70's-80's F. 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 Calderon is a whitewater rafting and adventure guide who has led trips in Costa Rica for over two decades. In fact, he was part of the Costa Rican whitewater rafting team that placed in the World Championships in 1997! Not limiting himself to warm climates, Jorge has also guided sea kayaking trips in Iceland and Greenland. Well-liked for his dry sense of humor, Jorge exudes a love for the outdoors and is always eager to share the natural beauty of his country.

Jorge Calderon

Otto Mora Picado was born in the adventure capital of Costa Rica, Turrialba. He began his guiding career at age 19 on the Sarapiquí and Pacuare Rivers, and was a member of Costa Rica's mens rafting team in the 2011 World Championship. Otto has a passion for extreme sports, nature, and cycling. He has learned a lot from his 15 years of guiding trips around Costa Rica and is looking forward to sharing his knowledge about the rainforest with you.

Otto Mora

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Itinerary

DAY 1

ARRIVE SAN JOSÉ, COSTA RICA

Arrive at the airport in San José, Costa Rica. Meet your guide and transfer to your comfortable hotel in town. End the day with a delicious welcome dinner.

Meals: D

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DAY 2

RAFT THE PACUARE RIVER

Get an early start and travel across the Continental Divide to the Pacuare River in the Caribbean lowlands. After a hearty breakfast, begin today's journey rafting three miles of Class II and III rapids down the beautiful Pacuare River. Cascading waterfalls, lush rainforest, exotic animals, and exciting rapids make this a memorable tropical adventure. Keep an eye out for sloths, river otters, monkeys, and an incredible variety of birds, such as toucans, egrets, herons, kingfishers, sun bitterns, and trogons. Paddle downstream to the riverside ecolodge on the 2,400-acre Rios Tropicales rainforest reserve. In the evening, exceptional cuisine accompanies the vibrant sounds of the jungle and river.

Activity: 1.5 hours/3 miles rafting

Meals: B, L, D

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DAY 3

PICK YOUR ADVENTURE AT RÍOS LODGE

Enjoy a full day of relaxation or activities at the Rios Lodge. Rise early for an optional guided birdwatching hike to see toucans and many other species, before returning for breakfast and gearing up for a day of adventure. Walk into the Pacuare Nature Reserve and then set out on a horseback ride or swing through the canopy forest on a zip-line to get an up-close perspective of the ecosystem.

Activity: Full day of optional horseback-riding, zip-lining, hiking, or bird-watching

Meals: B, L, D

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DAY 4

PACUARE RIVER TO SAN JOSÉ

Continue on your whitewater rafting adventure through Class III and IV rapids down the lush, magical gorge of the Río Pacuare. Paddle through "Bobo," "Huacas Arriba," "Huacas Abajo," and "Dos Montañas" as you journey downstream and find yourself surrounded by exotic wildlife, jungle and waterfalls tumbling into the river. In the afternoon, reach the town of Siquirres to enjoy a hot shower and lunch before transferring back to San José in time for dinner.

Activity: 3 hours/12 miles rafting

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Meals: B, L, D

DAY 5

JOURNEY TO ISLA CHIQUITA; KAYAK AROUND THE ISLAND

It's an early morning departure today to head west towards the Pacific Coast. From the Port of Puntarenas, take a private boat to the luxury glamping lodge on Isla Jesusita. After lunch at the lodge, take a leisurely one-hour paddle kayaking on calm, clear blue water around the Smalgulf Islands. Time permitting, join an optional hike of the island's trails to see beautiful views of the Nicoya Gulf and coastal wildlife. In the evening, set out under the light of the stars for a bioluminescence tour by motorboat. This natural phenomenon is produced by high concentrations of light-emitting plankton.

Activity: 1 hour kayaking, optional hiking, and bioluminescence night tour by motorboat

Meals: B, L, D

DAY 6

PADDLE TO CURÚ BIOLOGICAL RESERVE

Head south, kayaking through a tropical paradise along the Nicoya Peninsula coast, past tiny islands, to the Curú Biological Reserve. This private biological reserve is teeming with wildlife like monkeys, coatis, agoutis, white-tailed deer, birds, and other exotic species. Enjoy a picnic lunch on the spectacular white sand beach with time to hike the reserve's trails before taking a motorboat back to the lodge.

Activity: 2.5-3 hours kayaking plus 15-min motorboat assist, 1-2 hours hiking

Meals: B, L, D

DAY 7

DEPART SAN JOSÉ, COSTA RICA

After breakfast, transfer by private boat to the Port of Puntarenas. Then transfer by private van to the San José airport for departures on homeward-bound flights.

Meals: B

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Dates

Dec 10 - 16, 2022

Dec 24 - 30, 2022

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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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.

Awards



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