



# Costa Rica Tortuguero, Pacuare & Arenal Multi-Adventure

## Whitewater Thrills & Rainforest Eco Lodges

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**





# Feel the difference

with **Mountain Travel Sobek**

## **Unrivalled Expertise**

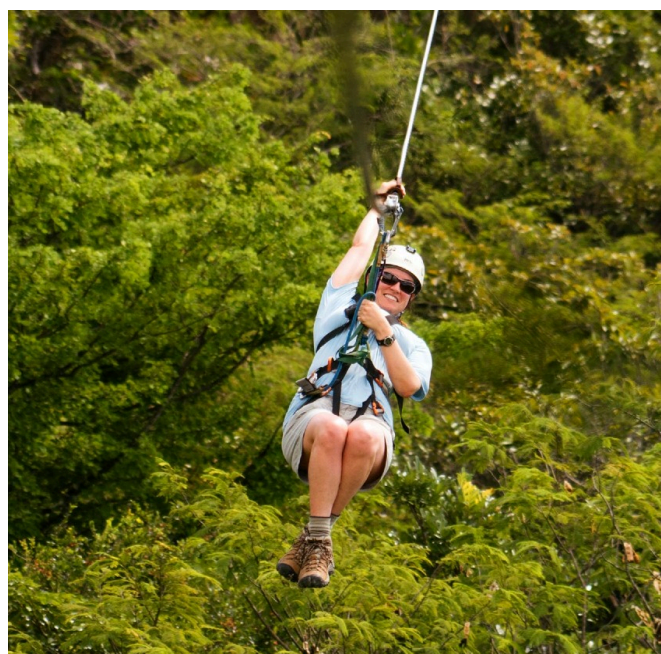
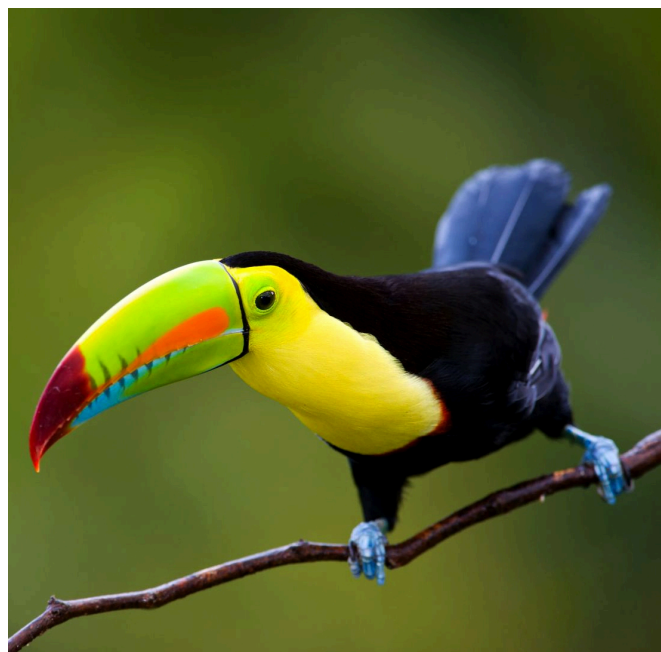
MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## **Unique Trip Design**

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## **Small Groups**

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.







## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

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

## REASON 2

This 8-day adventure is the perfect option for those seeking river and rainforest thrills, and the opportunity to be close to nature.

## REASON 3

Our classic Costa Rica trip combines our guests' favorite regions and activities and is recommended for all adventure lovers.

## At A Glance

### ACTIVITIES

Several days of kayaking on calm water and rafting on whitewater rapids, as well as Ziplining and hiking.



### LODGING

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



### CLIMATE

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



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*





# Costa Rica Tortuguero, Pacuare & Arenal Multi-Adventure

## Whitewater Thrills & Rainforest Eco Lodges

Discover an astonishing rainbow of Costa Rica's tropical wildlife from toucans and turtles to monkeys and blue morpho butterflies on this action-packed adventure with magical days deep in the rainforest. Kayak the jungle waterways of remote Tortuguero National Park, raft the thrilling Rio Pacuare, and hike the lava fields of Arenal Volcano National Park. Soak at mountain hot springs and relax at charming eco-lodges, two of which can only be reached by boat. This carefully crafted Costa Rica adventure captures the heart of this idyllic destination!

## 8 Days

**Start:** San Jose, Costa Rica

**End:** San Jose, Costa Rica

**Departing:** January, February, March, April, June, July, November, December

**Activities:** Multi-Adventure

**Lodging:** Comfortable Hotels

**Group Size:** Up to 12 Guests

**ACTIVITY:**



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*"If anyone is ever thinking of whether or not to spend the extra money for a guided trip, it is well worth it for more special memories, feeling safe, learning about the culture & environment and making new friends! MT Sobek is highly recommended!"*

- Beth M.

Check [mtsobek.com](https://mtsobek.com) for date-specific pricing.



# The Itinerary

## DAY 01

### Arrive in San Jose, Costa Rica

Welcome to Costa Rica! You will be picked up at the airport in San Jose and transferred to your comfortable hotel in town. This evening, meet your guide and enjoy a delicious welcome dinner.

**ACCOMMODATION:** Studio Hotel Boutique, San Jose

**MEALS:** Dinner

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## DAY 02

### Kayak in Tortuguero National Park

Take a scenic drive across the Continental Divide to the remote North Caribbean Coast of the country and then continue by motorboat to Tortuguero National Park, considered "the little Amazon in Costa Rica" and accessible only by water or by air. 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. Set out by kayak this afternoon to explore jungle waterways and hidden lagoons, and see howler monkeys, basilisk lizards, morpho butterflies, and tropical birds. Also enjoy time to walk on the beach, swim in the pool, or have cocktails on the sunset deck.

**ACCOMMODATION:** Mawamba Lodge, Tortuguero

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private van transfer, 1-hour motorboat transfer

**ACTIVITY:** 2 hours kayaking

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## DAY 03

### Wildlife of Tortuguero National Park

Set out on an optional early morning tour of the canals by motorboat, for a different perspective on these rich waterways and the chance to spot birds and other wildlife when they're most active. Return to the lodge for breakfast, then discover more native flora and fauna on a guided hike around the beautiful tropical gardens surrounding the lodge - or simply relax at the pool. After lunch, look for wildlife as you paddle through narrow waterways only accessible by kayak, eventually reaching the town of Tortuguero, for some free time to explore.

**ACCOMMODATION:** Mawamba Lodge, Tortuguero

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** Short motorboat transfers

**ACTIVITY:** Optional early morning 2-hour canal cruise by motorboat; 2 hours kayaking

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## DAY 04

### Whitewater Rafting on the Pacuare River

After breakfast, take a one-hour boat ride to La Pavona and then drive south to your put-in on the Pacuare River, Costa Rica's most remarkable river corridor and one of the world's top whitewater rafting destinations. Raft eight miles of exciting Class II and III rapids down this beautiful river, past cascading waterfalls, and through lush rainforest. 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 your riverside eco-lodge on the 2,400-acre private rainforest reserve. In the evening, exceptional cuisine accompanies the vibrant sounds of the jungle and river.

**ACCOMMODATION:** Rios Lodge, Pacuare River

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour boat ride & 3-hour private van transfer

**ACTIVITY:** 1.5 hours/8 miles rafting

## DAY 05

### Pick Your Adventure at Ríos Lodge

Enjoy a full day of relaxation or activities at the Ríos 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. Set out on a guided nature walk to explore some of the lodge property's 40 miles of trails, stopping to enjoy magical waterfalls and pools and walk across a dramatic suspension bridge, or go ziplining through the canopy on an exhilarating course that crosses the Pacuare River seven times before a final pass up the river and back to the lodge.



**ACCOMMODATION:** Rios Lodge, Pacuare River

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** Full day for optional hiking, bird-watching, or ziplining

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## Second Day of Whitewater Rafting on the Pacuare River, Transfer to Arenal

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 shower and lunch before transferring to La Fortuna and the Arenal Volcano area, one of the most popular destinations in Costa Rica.

**ACCOMMODATION:** Lost Iguana Resort & Spa, Arenal

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private van transfer

**ACTIVITY:** 3 hours/12 miles rafting

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## Morning Hike or Zip Lining, Afternoon Hanging Bridges Hike and Hot Springs

Choose this morning between a hike on the Arenal 1968 Trail or a zip line adventure. The Arenal 1968 trail takes you through lava fields around the base of the volcano, created during the dramatic eruptions of 1968, and affords some of the closest possible views of the volcano as well as fascinating volcanic boulders, craters, and old lava flows now hardened into rock. For those who prefer a zip line adventure, head up the mountain by motorized cart, then ride a series of seven exhilarating zip lines back to the base. Feel the adrenaline as you sail up to 2,460 feet between canyons and the treetops, admiring incredible views of waterfalls, Arenal volcano, Cerro Chato, and an impressive diversity of flora and fauna.

After lunch, hike through the rainforest on a series of hanging (suspension) bridges. Marvel at the wealth of wildlife in the rainforest layers, from the treetops to the understory and forest floor. Late in the afternoon, take a relaxing dip in natural hot spring baths at Eco Termales. The thermal springs here are of magmatic origin—ranging in temperature from 90°F to 105°F, and filled with magnesia and other minerals with therapeutic benefits.

**ACCOMMODATION:** Lost Iguana Resort & Spa, Arenal

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** AM 2-3 hours/2.4-3 miles hike or zip line adventure plus PM 2.5 hours/2 miles hanging bridges hike

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## Depart San Jose, Costa Rica

After breakfast, transfer by private van to the San Jose airport for homeward-bound flights departing 2:00pm or later.

**MEALS:** Breakfast

**TRANSPORTATION:** 3-hour private van transfer



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## Studio Hotel Boutique

This delightful boutique hotel is conveniently located only a few minutes away from the airport, while still peacefully surrounded with views of the Santa Ana Mountains. Decorated with hundreds of pieces of local art, you will encounter your first taste of Costa Rica by just walking through the hotel doors. Each room is equipped with all the necessary comforts, such as Wi-Fi, coffee makers and hair dryers. Relax after your long flight or various activities at the Sky Bar pool with a cocktail as the sun sets over the mountains.

## Mawamba Lodge—Tortuguero

Perched on a narrow spit of rainforest between the serene canals of Tortuguero National Park and the lapping waves of the Caribbean Sea, this lodge features lush gardens and rustic but comfortable accommodations, along with visits from brightly colored birds. Relax in the common areas, including the swimming pool, bar, entertainment areas (with foosball, pool, beach volleyball court, and table games), or hike along the private trails watching for wildlife—the sea and canals are just steps away.

## Rios Lodge

Let the sound of the Pacuare River lull you to sleep at this sustainable eco-lodge, a haven for relaxation and immersion in tropical sights and sounds. The lodge features open-air pavilions with thatched roofs and comfortable hammocks swinging in a gentle breeze. Enjoy the ample viewing decks, where the toucans fly overhead and the river roars below. Retire to ensuite cabins with covered balconies and fall asleep to the sounds of the river and rainforest.





# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Lost Iguana Resort & Spa**

The Lost Iguana Resort is set in untouched rainforest with private trails for you to explore the surrounding 120 acres of lush jungle. Spacious rooms offer views of the spectacular Arenal Volcano, the most active volcano in Costa Rica, from private terraces. In addition, the rooms feature high wooden ceilings and comfortable bedding. You can indulge in luxury with a heated pool, spa, and swim-up bar during your stay, making it a true paradise.

# Departure Dates

This trip is available to run in: January, February, March, April, June, July, November, December

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

June 28-July 5, 2025

November 15-22, 2025



# What's Included

## 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 portage

## 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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