



Costa Rica Women's Adventure

9 Days



The Adventure Company | EST. 1969

MT + SOBEK™

MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Costa Rica Women's Adventure

Join us in spectacular Costa Rica on this adventure trip designed just for women. Take advantage of the amazing jungle setting with hiking, soaking in hot springs, and outdoor yoga. Challenge yourself with surfing lessons, stand-up paddle boarding, and whitewater rafting. You'll even get to visit an active volcano. A naturalist guide will be on hand to introduce you to Costa Rica's rainforest — home to an amazing variety of tropical plants and jungle wildlife. This memorable trip is an amazing adventure full of fun and camaraderie.

Details

Arrive: San José, Costa Rica

Depart: Liberia, Costa Rica

Duration: 9 Days

Group Size: 4-12 Guests

Minimum Age: 16 Years Old

Activity Level:



Testimonials

“Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see.”

Bob J.

“I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence.”

Marianne W.

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☎ 1.888.831.7526

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Why Take This Trip With Us?

REASON #01

MT Sobek has crafted a collection of 7 unique women's hiking adventures that inspire confidence and camaraderie.

REASON #02

We have been leading adventures in Costa Rica since 1980 working with the best local guiding teams for a completely immersive experience.

REASON #03

Active adventurers can enjoy a blend of rafting, hiking, yoga, surfing, stand-up paddleboarding and wildlife explorations in the heart of Central America.

What to Expect



ACTIVITIES

Whitewater rafting, hiking in the rainforest, yoga, surfing, and tours of ecologically minded ventures.



LODGING

A variety of comfortable hotels and eco-lodges that take advantage of their settings in nature with gardens, trails, and scenic views.



CLIMATE

Tropical, equatorial climate year-round. In San Jose, temperatures from 65°-75°F due to high elevation. In other areas, expect 78°-85°F. Ocean temperatures are 82°-84°F.

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.

Since her early childhood, Onik's travels have taken her around the world to over 40 countries. Her educational background includes a B.S. in Biology, and an M.S. 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 your MT Sobek representative outside of Juan Santamaria International Airport, and transfer to your hotel in Heredia. In the evening, meet with the group for an orientation briefing. Dinner is on your own tonight at the hotel.

DAY 2

WHITEWATER RAFTING ON THE RÍO PACUARE

Start your trip with a whitewater adventure on the Río Pacuare, paddling your way through Class III-IV rapids. Afterwards, check into an eco-lodge located in the river basin, with time in the afternoon to relax and enjoy a rainforest hike or swim in the river falls. In the evening, gather with the group for dinner at the lodge.

Activity: 1.5 hours/3 miles rafting Class III-IV rapids

Meals: B, L, D

DAY 3

EXPLORE THE RAINFOREST BY FOOT

Set off on a guided hike along the rainforest surrounding the Río Pacuare. Learn how to identify a variety of plants, flowers, and trees, along with birds and other wildlife, from your bilingual guide. Enjoy the rest of the day at your leisure. You can relax and take in the river views from the lodge, or explore the surrounding trails. The trails allow you to access natural water slides, waterfalls, and pristine pools in the rainforest. (Bring binoculars and a camera!) You can also take an optional zip-line canopy tour.

Activity: 2-5 hours/1-5 miles hiking

Meals: B, L, D

DAY 4

PADDLE THE PACUARE & TOUR A CACAO PLANTATION

After breakfast, take on another exhilarating day of whitewater rafting on the Río Pacuare with Class III-IV rapids. After changing into some dry clothes, transfer to your hotel in the Arenal Volcano area, one of the most iconic destinations in Costa Rica. Along the way, stop to visit a cacao plantation at Sarapiquí for a guided tour, where you'll learn all about the chocolate-making process and the history of cacao in Central America.

Activity: 3 hours/12 miles rafting Class III-IV rapids

Meals: B, L, D

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DAY 5

EXPLORE ARENAL VOLCANO NATIONAL PARK

Visit the art galleries of the Corazones Valientes Painters Association, a group of women who paint and create ceramic murals. Share a home-cooked lunch with these amazing women, then create your own piece of art with their help. Afterwards, explore deeper into Arenal Volcano National Park on a private guided nature hike along hardened lava flows. In the evening, visit a family-run hot springs resort and soak in the volcanically heated pools that range from 77F to 122F.

Activity: 2 hours/3.5 miles hiking & hot springs soak

Meals: B, L, D

DAY 6

TRANSFER TO THE PACIFIC BEACHES OF GUANACASTE

Enjoy breakfast and transfer to the Pacific coast of Guanacaste - the northwestern province of Costa Rica known for its pleasant climate and beautiful beaches. Stop along the way for lunch and arrive with plenty of time to enjoy the pool and surrounding area for a leisurely afternoon. The hotel is located a short walk from the beach.

Meals: B, L, D

DAY 7

YOGA & SURF LESSONS ON GUIONES BEACH

After breakfast, get out on the water and ride the waves for a surf lesson at the famous beach break of Playa Guiones. After lunch at a local restaurant, enjoy an afternoon yoga session with a professional yoga instructor.

Activity: Yoga and surfing

Meals: B, L

DAY 8

STAND-UP PADDLEBOARDING IN THE MANGROVES

After breakfast, set out to the nearby mangroves of the Nosara and Montaña Rivers for a stand-up paddleboarding lesson. For those who would prefer to use sea kayaks, they will also be available. After lunch, enjoy the afternoon at leisure or book an additional surf or yoga session! Gather in the evening for a farewell dinner with the group.

Activity: Stand-up paddleboarding

Meals: B, L, D

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DAY 9

DEPART FROM LIBERIA

After breakfast, transfer to Liberia International Airport and check in 3 hours prior to your international flight.

Meals: B

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Dates

Mar 1 - 9, 2020

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

\$ 4,395 per person

Additional Cost

\$ 150 Internal Airfare

\$ 950 Single Supplement

2020

\$ 4,295 per person

Additional Cost

\$ 1,100 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 lunch
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary rafting and surfing gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Dinner on Day 1 & Day 7
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- 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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