

### Costa Rica Rainforest & Rivers Multi-Adventure

#### Kayak, Raft & Hike Through a Wildlife Wonderland

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
or call 800-974-0300



# Feel the difference

with Mountain Travel Sobek

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

#### **REASON 3**

Relax at three of our favorite ecolodges, two of which can only be reached by boat, and the other an idyllic cloud forest lodge far from the crowds.

#### At A Glance

#### **ACTIVITIES**

Several days of kayaking on calm water and rafting on whitewater rapids, as well as ziplining, rainforest and cloud forest hikes, and nature walks.



#### **LODGING**

A variety of comfortable hotels and eco-lodges that maximize their wilderness locations with beautiful views and lush settings.



#### CLIMATE

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**

#### **Rios Lodge Access**

Getting to and from Rios Lodge is a highlight of the adventure! The lodge sits on the pristine Pacuare River immediately upstream of the Pacuare Gorge, a renowned whitewater section. There is no vehicle access to the lodge - all access is either by raft or by hiking in on foot. Guests can opt to raft into the lodge on the gentler rapids, and then hike out if they wish to avoid the bigger whitewater below the lodge. Alternately, guests can opt to hike both in and out of the lodge. There is also a 26.5 lb (12 kg) luggage weight limit for this part of the trip, due to the rafting. Additional luggage will be stored for you.

#### **Accommodation**

There is no air conditioning at the three eco-lodges (Mawamba, Rios Lodge, or Trogon Lodge). All were built to let the breeze come in (with windows that open and have mesh screens). Of the three lodges, Mawamba tends to be warmest as it's near the coast, and rooms there do have ceiling fans. At Rios Lodge, you are at some elevation and temperatures generally cool down at night. Trogon Lodge is located at 7,000' in the cloud forest and rooms have heaters in case of cooler evenings.



### Costa Rica Rainforest & Rivers Multi-Adventure

#### Kayak, Raft & Hike Through a Wildlife Wonderland

Adventure through three spectacular—and very different—tropical forests teeming with wildlife, punctuated by waterfalls, crisscrossed by roaring rivers and tranquil canals. Immerse yourself in a thousand shades of green, paddling kayaks through Tortuguero National Park's serene jungle waterways as jewel-toned butterflies flutter past. Raft, zipline, and hike in the lush rainforest gorges formed by the Pacuare River and filled with floral and faunal diversity. Discover a hidden gem at San Gerardo de Dota, as you hike into the magical cloud forest in search of quetzals and other tropical birds. Costa Rica is a small country packed with natural wonders, from tiny tree frogs and humming birds to vast, untamed wilderness.

#### 9 Days

Start: San Jose, Costa Rica End: San Jose, Costa Rica

Departing: January, February, March, June,

November, December

Activities: Rafting & Kayaking, Safari & Wildlife, Multi-

Adventure

Lodging: Comfortable Hotels, Rustic Lodging

**Group Size:** 4-16 Guests

**ACTIVITY:** 









Check <u>mtsobek.com</u> for date-specific pricing.

From the seamless travel preparations and the expertise of our guide to the exceptional accommodations after days of hiking diverse terrains, MTS thoughtfully planned every detail.

- Gaylene O.

# The Itinerary



#### 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. Relax after your travels then meet your guide this evening for a delicious welcome dinner.

**ACCOMMODATION:** Hotel Grano de Oro, San Jose

**MEALS:** Dinner

TRANSPORTATION: 45-minute private van transfer



#### **Kayak the Jungle Canals of Tortuguero National Park**

Depart early this morning for a scenic drive across the Continental Divide to the remote north Caribbean coast. Continue by motorboat into the leafy depths of Tortuguero National Park, considered "the little Amazon in Costa Rica" and accessible only by water or by air. Arrive at your 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 a maze of jungle waterways and hidden lagoons, and see howler monkeys, basilisk lizards, morpho butterflies, and tropical birds.

**ACCOMMODATION:** Mawamba Lodge, Tortuguero

**MEALS:** Breakfast | Lunch | Dinner

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

**ACTIVITY:** 2 hours kayaking



#### **Experience the Wildlife of Tortuguero National Park**

Set out on an optional early morning exploration of the wildlife-rich canals by motorboat, for a different perspective on these rich waterways and the chance to spot birds and other creatures when they're most active, with the help of your eagle-eyed guide. 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. 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.

For the late June departure: conditions permitting, rise early to search for the Atlantic sea turtles that return here around this time each year to nest, a migration that dates back millions of years.

ACCOMMODATION: Mawamba Lodge, Tortuguero

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2-hour canal cruise by motorboat

ACTIVITY: 1-hour easy walk, 2 hours kayaking



#### Raft Pacuare River Rapids to Rios Lodge

After breakfast, board a motorboat to navigate canals out of the jungle to La Pavona and then drive south to your put-in on the stunning 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 Rios Lodge, a riverside eco-lodge situated in a 2,400-acre private rainforest reserve. Guests who prefer can instead take a short 4x4 ride, then cross the river using a cable and basket system and hike a short distance along a scenic trail to the lodge. In the evening, exceptional cuisine accompanies the vibrant sounds of the jungle and river. After dinner, join an optional night hike to discover the jungle's nocturnal wildlife.

**ACCOMMODATION:** Rios Lodge, Pacuare River

MEALS: Breakfast | Lunch | Dinner

**TRANSPORTATION:** 1-hour canal cruise by motorboat, 2.5-hour private van transfer **ACTIVITY:** 1.5 hours/8 miles rafting (Class II and III) or 30-45 minutes/1 mile hiking



#### Zipline through the Canopy & Hike Rainforest Trails

Immerse yourself in the brilliant colors and sounds of the Costa Rican rainforest on a flexible schedule with room for relaxation and adventure. Rise early for a guided birdwatching hike to see toucans and many other species, before returning for breakfast and gearing up for a day of adventure. Zipline through the canopy, zigzagging across the Pacuare River on every zip, with breathtaking views of the rainforest, the Pacuare River Gorge, and the lodge as you soar through the jungle with a birds' eye view. After lunch, explore some of the property's 40 miles of trails, stopping to enjoy magical waterfalls and turquoise swimming holes.

Activities described for today and tomorrow are a sample schedule, and the sequence of activities may be adjusted depending on weather conditions. Note that you are always welcome to skip an activity and chill on the lounge deck watching toucans fly across the river.

**ACCOMMODATION:** Rios Lodge, Pacuare River

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** Nature walk, waterfall hike, ziplining



#### **Continue Active Adventures & Relaxation in the Rainforest**

Kick off your second day in this rainforest wilderness with an exhilarating morning hike up Matsu Creek, winding your way amid the countless cascading waterfalls feeding into the creek. In the cool mists of the falls and shade of the tropical canopy, slowly climb up the creek bed passing cliff ledges and the natural swimming holes formed at the base of spectacular falls. After a refueling lunch, prepare for your next adventure. Conditions permitting, spend the afternoon walking upriver to the put-in for a refreshing and fun innertube float over Class I and II rapids back to your lodge, bobbing and swirling as you scan the treetops for tropical birds. Relax after dinner as night descends in the forest.

**ACCOMMODATION:** Rios Lodge, Pacuare River

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** Nature walk, creek hike, river tubing



#### Raft Downstream & Discover San Gerardo de Dota's Cloud Forest

Continue your whitewater rafting adventure through Class III and IV rapids down the lush, magical gorge of the Pacuare River to Siquirres. Paddle through Huacas Arriba, Huacas Abajo, and Dos Montañas rapids as you journey downstream, finding yourself surrounded by exotic wildlife, jungle, and waterfalls tumbling into the river. Guests who prefer to skip the rafting today can instead hike a short distance out of Rios Lodge, cross the river using a cable and basket system, then journey by 4x4 to meet the van and the rest of the group. Upon reaching the rafting takeout in Siquirres, enjoy a shower and lunch before transferring to San Gerardo de Dota. Your secluded lodge sits alongside the Savegre River on an 85-acre private reserve, with primary and secondary tropical cloud forest filled with wild avocado, oak, and cypress trees, adorned with epiphytic plants. More than 175 different species of birds have been identified here and you will hear their calls as you settle in for a peaceful night after an exciting morning of rafting.

**ACCOMMODATION:** Trogon Lodge, San Gerardo de Dota

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 4-hour private van transfer

ACTIVITY: 3 hours/12 miles rafting (Class III and IV) or 30-45 minutes/1 mile hiking



#### Quest for the Quetzal & Hike Cerro de la Muerte

Wake up early and hike into the cloud forest to encounter a wide spectrum of wildlife, including, with luck, the resplendent quetzal. The region around San Gerardo de Dota is the year-round home to a large population of this rare endemic species. With its metallic green plumage, crimson breast and bell and its incredible streamer-like feathers, watching a male quetzal in flight is breathtaking experience, and the early morning hours are best for sightings. Return to the lodge for breakfast, then drive up to the spellbinding mountain highlands (called the paramo) of Cerro de la Muerte. At approximately 10,800 feet, hit the trail for a challenging downhill hike to the Savegre Valley, passing through a range of habitats and observing diverse plant and bird species all along the way. Gather for a festive farewell dinner at the lodge this evening.

**ACCOMMODATION:** Trogon Lodge, San Gerardo de Dota

**MEALS:** Breakfast | Lunch | Dinner

TRANSPORTATION: 45-minute private van transfer

ACTIVITY: 2 hours early morning wildlife walk; 4 hours/6.5 miles hiking with 2,000' elevation loss



#### **Transfer to San Jose for Flights Home**

Transfer this morning to San Jose International Airport for flights departing at 2:00 pm or later, carrying memories of amazing wildlife and thrilling adventure along with you.

**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.

#### **Hotel Grano de Oro**

Hotel Grano de Oro is an upscale boutique-style hotel located in the suburbs of San Jose, Costa Rica. The historic hotel features tropical Victorian architecture, and has 21 unique and charming guest rooms with modern comforts and amenities. The hotel features a small shop, a modest café, an elegant indoor dining room, a beautiful inner courtyard, an indoor/outdoor bar, an award winning wine cellar, a Jacuzzi terrace, and a fitness center.

#### 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 Iull 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.



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

#### **Trogon Lodge**

This lovely ecolodge sits at 7,000 ft above sea level in the area of Savegre Valley, surrounded by the lush vegetation and pristine habitats of the cloud forest. The surrounding small community of San Gerardo de Dota is part of Los Santos Forest Reserve, a biological corridor for a great array of wildlife, and just a short drive from Los Quetzales National Park. The lodge property is home to a captivating array of flora and fauna, with over 140 species, many of which are unique to Costa Rica, making it a birdwatcher's paradise. The 24 rooms are beautifully built in modules of 2 around the property, with pine wood walls and spectacular views of the cloud forest as well as heating and en suite bathrooms. The restaurant features many local products including produce from the lodge's own hydroponic farm along with homemade breads and fruit preserves.

# **Departure Dates**

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

#### Book early for a greater choice of available dates.

Once you book, your price is GUARANTEED!

January 24-February 1, 2026

February 25-March 5, 2026

March 28-April 5, 2026

June 27-July 5, 2026

November 21-29, 2026

December 26, 2026-January 3, 2027

## What's Included

#### **PRICE INCLUDES**

- Expertise and services of our experienced adventure quides
- 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 porterage

#### **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



# YOUR ADVENTURE AWAITS.

70 Countries | 150+ Destinations | Infinite Possibilities

Call 800.974.0300 or visit mtsobek.com AND BOOK TODAY!





