



9-Day Itinerary

Sample Custom Course 2013

Multi-Element Trip

Your trip begins with your arrival to our San Ramon de Tres Rios base. There you will be briefed on your course's activities, receive orientation and meet your instructors. In the evening the group will pack their belongings because the next morning you are off to Piedras Blancas! Piedras Blancas is a remote region in the mountains that the group will traverse. During their time students will hike, camp, spend time with locals and learn about sustainable practices utilized by the residents of this area. After the hiking portion of the trip the group will head to our Manuel Antonio beach base for some surf instruction and fun in the sun! The trip will be rounded out by a whitewater rafting day trip where the group will take on class 3 rapids.

We are happy to work with you to maximize your chosen itinerary. If you would like to see activities moved around or altered, please let us know. We will do our best to accommodate your vision!

Please note that prices are based upon number of days on course and number of participants. We will make adjustments to cost based upon actual group size. Day 1 activities take into account a potential late arrival into San Jose. The schedule can be altered and/or expanded if the actual arrival time will allow.

Allison Bates
Custom Course Manager
Costa Rica Outward Bound

Day-1

Fly in to Costa Rica via Juan Santamaría International Airport (SJO) and travel to the Costa Rica Outward Bound base in San Ramon de Tres Rios (transportation provided).
Duffel shuffle.

Day-2

Transfer to hiking portion of the trip.
Hike from Las Rejas to Cruce Tonito. Camp at Cruce Tonito.

Day-3

Hike from Cruce Tonito to the Lopez home.
Participate in waterfall rappel.
Spend the evening learning about local culture with homestay family.

Day-4

Hike from the Lopez home to Rancho Tinamu.
Play soccer at a nearby field.

Day-5

Hike from Rancho Tinamu to Londres.
In Londres the group will be met by a driver who will take the group to our beach base in Manuel Antonio.
Spend the night at our beach base.

Day-6

Day at the beach with surf instruction and snorkeling.
Spend the night at our beach base.

Day-7

Spend morning at the beach.
Afternoon transfer to our rainforest base in San Ramon de Tres Rios.

Day-8

Transfer from San Ramon de Tres Rios base to river in the morning. Spend the day whitewater rafting class 3 rapids.
Spend the night at our rainforest base.

Day-9

Fly-out via Juan Santamaría International Airport (SJO) – transportation to airport provided, but please note that all passengers will need to pay a US\$28 international exit tax. This fee is not covered by the course tuition.

