



9-Day Itinerary

Sample Custom Course 2013

Whitewater Emphasis

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. The next day the group will head out for an exhilarating 3-day whitewater rafting trip. The rafting trip will take place on a beautiful tropical rainforest river with class 3 or 4 rapids. Students will camp on river banks for two nights before heading to our Manuel Antonio beach base for surf instruction and a trip to the national park. After two nights at the beach, the group will head to either the Orosi or Pacuare River for a day trip of rafting to round out this itinerary with a whitewater emphasis.

We are happy to work with you to maximize your chosen itinerary. If you would like to see some of the activities moved around or altered, please let me 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).

Day-2

Orientation and activities on base (could include tree climb, hike in local reserve or waterfall rappel). Canopy tour and duffel shuffle in the afternoon.

Day-3

Transfer to river. Begin 3-day trip on class 3 or 4 tropical rainforest river. Spend night on river.

Day-4

Rafting on river. Spend night.

Day-5

Rafting in the morning. Transfer to Manuel Antonio beach base mid-day. Spend afternoon at the beach.

Day-6

Spend day at the beach. Surf instruction.

Day-7

Spend time at the beach and take a trip to Manuel Antonio reserve. Transfer back to San Ramon de Tres Rios base in the afternoon.

Day-8

Day trip to the Pacuare or Orosi River for rafting.

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.