



Adventure Itinerary

Per your request, the following is an itinerary (10-Days) for your review. The activities here will all have a focus on challenging the students mentally and physically while having a great time. As the group progresses through the course, opportunities for individuals to take charge and lead activities will occur. The students will also have nightly meetings and group discussions to help foster introspective thought and development of leadership ideology.

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 and I would be happy to see what we can do!

Day 1 activities have been curtailed due to a potential late arrival into San Jose. The schedule can be altered and/or expanded if the actual arrival time will allow.

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10-Day Itinerary

- ▶ **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**
Irazu Volcano Hike
- ▶ **Day-3**
Morning canopy zipline tour
Afternoon tree climb
- ▶ **Day-4**
Morning waterfall rappel
Afternoon city tour
- ▶ **Day-5 thru Day-6**
Whitewater rafting on Pacuare River
- ▶ **Day-7 thru Day-9**
Manuel Antonio beach
Opportunity to surf boogie board
Trip Manuel Antonio Wildlife Park
Transfer back to Costa Rica Outward Bound base in San Ramon de Tres Rios
Final dinner and debrief
- ▶ **Day-10**
Fly-out via Juan Santamaría International Airport (SJO) – transportation to airport provided, but please note that all passengers will need to pay a US\$26 international exit tax – this fee is not covered by the course tuition.

