



## Expedition Focused Itinerary

This itinerary focuses on a trip surrounding Piedras Blancas, a very remote village accessible only by hiking. As the students hike through beautiful primary rainforest, learning about the flora and fauna they encounter. Staying with a homestay family, the group will have the opportunity to help around the farm and learn about how the families live totally off the grid. The trip is rounded out with an exhilarating whitewater rafting trip and some zipline action added in for good measure.

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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## 9-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**  
Morning whitewater rafting trip  
Afternoon orientation and duffle shuffle
- ▶ **Day-3**  
Transfer to Las Rejas  
Day hike to Cruce Tonito
- ▶ **Day-4**  
Day hike to Rancho Tinamu  
Spend night, learn about sustainable living and help out around the farm
- ▶ **Day-5**  
Morning hike to Londres  
Transfer to Manuel Antonio beach base  
Few hours at the beach, spend the night at our Manuel Antonio base
- ▶ **Day-6**  
Full day at Manuel Antonio beach; surf and boogie board
- ▶ **Day-7**  
Morning on the beach (brief stay)  
Transfer back to Tres Rios base camp  
Final dinner and debrief
- ▶ **Day-8**  
Morning canopy zipline tour  
Afternoon San Jose city tour
- ▶ **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\$26 international exit tax – this fee is not covered by the course tuition.

