

# CARIBBEAN ADVENTURE

Immerse yourself in a **unique experience** that combines the excitement of **sport**, the **cultural richness** and the **amazing biodiversity** of **Costa Rica**.

Get ready for an **unforgettable trip** full of adventures, cultural encounters and exciting sporting moments. Join the **Caribbean Adventure** and take your limits to the next level!

## Package Highlights

- Rafting on the Sarapiquí River
- Bribri Indigenous Reserve
- Puerto Viejo and Manzanillo
- Sport in paradisiacal spots

## Package Includes

- Transport and bilingual guide
- Quality accommodation
- Local gastronomy
- Sport activities
- Entrance to parks and museums

**\$1795/PERSON**

**10 DAYS & 9 NIGHTS**





# TRIP ITINERARY

## Day 1 - Arrival San José

Transportation throughout the designated circuit will be provided. An English-speaking guide will accompany the group throughout the entire itinerary.

The package encompasses expenses related to guides and drivers, including lodging and meals. However, it does not cover tips.

Accommodation will be at the Wyndham Garden San Jose Escazú, a 4-star hotel. The overnight stay includes a standard room with a breakfast buffet.





## Day 2 - City Tour and First Match

9:00 am: Tour starts on the East side of San José city, covering Democracy Plaza, National Museum, Federal Courts, Los Yoses neighborhood, San Pedro Mall, and Rodrigo Facio campus.

10:30 am: Stop at the National Monument within the National Park, with views of the Congress Building, National Library, and Tribunal Supremo de Elecciones.

Continue through Morazán Park, Metallic School building, Insurance Institute, España Park, "Casa Amarilla" (Ministry of Foreign Affairs), and SENAC (former national liquor factory). Pass by Central Park of San José, Melico Salazar Theatre, and Metropolitan Cathedral.

12:00 pm: Lunch break.

1:00 pm: Visit the National Theatre and Pre-Columbian Gold Museum.

4:30 pm: City tour includes entrance fee to one museum and the National Theater.

6:00 pm: Dinner.

8:00 pm: Game.

Lodging: Wyndham Garden San Jose Escazú (4 Star).







## Day 3 - Poás Volcano and Sarapiquí

8:00 am: Departure towards Poás Volcano, an active volcano renowned for its breathtaking scenery in Costa Rica. Situated in the Alajuela Province at an elevation of approximately 2,700 meters, Poás Volcano is only an hour and a half drive from Downtown San Jose. The main crater boasts a diameter of about 2 km and a depth exceeding 1000 meters.

11:30 am: Arrival at Colinas del Poás recreational park.

12:00 pm: Lunch at El Volcán restaurant.

2:00 pm: Group activities, with options including a Canopy ride, Rock Climbing, High Ropes, or experiencing the thrill of a Tarzan Swing.

5:00 pm: Departure for Sarapiquí.

7:30 pm: Dinner.

Lodging: Hotel El Bambú (3 Star) - Overnight stay in a standard room.



## Day 4 - Rafting and Soccer Match

9:00 am: Embark on an exhilarating adventure on the Sarapiquí River, renowned for its class III-IV white-water rapids. Note that Class IV Rapids are recommended exclusively for individuals with prior rafting experience.

12:00 pm: Break for lunch and journey to Guápiles.

4:00 pm: Afternoon training session.

7:00 pm: Dinner.

Lodging: Suerre Guápiles Hotel & Country Club (3 Star) - Overnight stay in a standard room with breakfast included.



## Day 5 - Veragua Biological Research Station and Beach Training Session

8:00 am: Set out on a journey to Veragua Biological Research Station and participate in the induction session.

12:30 pm: Break for lunch.

2:00 pm: Experience the Aerial Tram, Waterfall, and Canopy Tour.

4:00 pm: Depart for Cahuita and engage in a Beach Sunset Workout.

7:30 pm: Enjoy dinner.

Lodging: Cahuita.





## Day 6 - Bribri Indigenous Reserve

8:00 am: Departure for Bambú, Bribri.

9:00 am: Our local guide will be awaiting your arrival in Bambú to commence the adventure along the Yorkín River. Throughout the journey, the guide will provide insights into the Yorkín River, discussing its significance to the local economy, cultural relevance, history, and the encompassing geography. During the dry season, there may be instances where the boat must be temporarily disembarked and pushed – a normal part of the adventure, so no need for concern.

10:30 am: Arrival in Yorkín followed by a 15-minute walk accompanied by your guide, traversing the community on the way to the lodge.

11:00 am: Welcome to Yorkín, where you'll be greeted with a refreshing tropical juice and a delightful snack. Take some time to settle into the prepared room.

12:30 pm: Indulge in an indigenous-style lunch.

2:00 pm: Embark on a walk through the community, including the suspension bridge, school, church, and soccer plaza. You may even be invited to partake in a friendly match as the sun sets – a perfect opportunity to make new friends!



## Day 6 - Bribri Indigenous Reserve

4:00 pm: Return to the lodge for a presentation on cocoa processing, culminating in the creation of chocolate – a traditional drink used in ceremonies, births, and cures by our ancestors.

5:00 pm: Engage in a craft class featuring the gourd, a material of the Bribri culture utilized for storing water and Chicha, a traditional indigenous brew. The class concludes with a lesson on creating a beautiful jícara handcraft.

7:00 pm: Dinner.

Lodging: Yorkín Natural Adventures.





## Day 7 - Bribri and Puerto Viejo

7:00 am: Start the day with breakfast.

8:00 am: Embark on a trail walk with insights into medicinal plants and fruit trees.

9:00 am: Experience an archery presentation with the opportunity for you to try your hand – a challenge that proves more intricate than it appears!

10:30 am: Cross the Yorkín River to the Panamanian side and proceed on a walk to a small waterfall, offering a refreshing natural pool for cooling off and swimming.

11:45 am: Relish a flavorful farewell lunch and take time to collect belongings from the room.

1:00 pm: Depart by boat accompanied by your guide, heading back to Bambú.

2:30 pm: Arrival in Bambu for a farewell.

4:00 pm: Engage in a friendly match at the Bribri field.

7:00 pm: Check-in at Puerto Viejo Hotel. Dinner is at your leisure.

Lodging: Cariblue Beach and Jungle Resort (3 Star) – Overnight stay in a standard room with a breakfast buffet included.





## Day 8 - Puerto Viejo and Manzanillo

9:00 am: Enjoy a lazy breakfast.

10:00 am: Embark on a bike ride to Manzanillo Beach.

12:00 pm: Indulge in lunch at the renowned Maxxi's beachfront restaurant in Manzanillo.

2:00 pm: Return from the bike ride.

4:00 pm: Enjoy a free afternoon and evening.

Lodging: Cariblue Beach and Jungle Resort (3 Star) - Overnight stay in a standard room with a breakfast buffet included.



## Day 9 - San José and Soccer Match

9:00 am: Begin the day with breakfast.

10:00 am: Start the journey back to San José.

12:00 pm: Make a scheduled stop for lunch.

2:00 pm: Arrive in San José.

6:00 pm: Partake in an afternoon game.

8:00 pm: Conclude the day with dinner.

## Day 10 - Departure

To be defined: Depart towards SJO airport.