



Discover Costa Rica Private Adventure

6 Days



The Adventure Company | EST. 1969

MT+SOBEKTM

MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Discover Costa Rica Private Adventure

Discover the beautiful beaches, stunning rainforest, and powerful rapids of Costa Rica on this adrenaline-fueled, 6-day adventure. From the incredible tropical ecosystem of Manuel Antonio National Park to the rainforest-lined Río Pacuare, see an array of spectacular wildlife including sloths, squirrel monkeys, river otters, and anteaters — as well as many other endangered animals that find sanctuary in Costa Rica's protected areas. Add the thrills of ziplining, sailing, hiking, and rafting whitewater rapids, and you've got the perfect break for adventure seekers of all ages.

Details

Arrive: San José, Costa Rica

Depart: San José, Costa Rica

Duration: 6 Days

Group Size: 4-12 Guests

Minimum Age: 12 Years Old

Activity Level:



Testimonials

"Great trip, great guides—well done MT Sobek. See you next year!"

Barry S.

"Costa Rica was a fantastic trip with multisport activities. The trip leaders and assistant guides were excellent."

Dinh C.

GOT QUESTIONS? SPEAK WITH AN EXPERT.



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Why Take This Trip With Us?

REASON #01

MT Sobek has been leading adventures in Costa Rica since 1980, working with the best local guiding teams.

REASON #02

This 6-day adventure option is perfect for those seeking classic multisport thrills, from ziplining to rafting, in a shorter timeframe.

REASON #03

Our Costa Rica trips are popular guest favorites and especially recommended for adventure-loving families.

What to Expect



ACTIVITIES

Ziplining, rappelling, hiking, sailing, snorkeling, and rafting on whitewater rapids.



LODGING

A variety of comfortable hotels and lodges that make the most of their rainforest location with beautiful views and lush settings.



CLIMATE

Daytime temperatures in 70's and 80's Fahrenheit. Evening lows in 60's. Humid. Expect rain any time of year. December-April are the driest.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Rey is a native Costa Rican whitewater rafting and adventure guide. He resides in San José and loves to share his passion for nature and the outdoors with his teenage son. Guiding since 1998, he holds certifications in Natural History, First Aid, and Swift Water Rescue. He recently completed his university degree in Business and Marketing, and is very excited to share his passion and wealth of knowledge for all things Costa Rica with MT Sobek travelers.

Reynaldo Vargas

Jorge Calderón is a whitewater rafting and adventure guide who has led trips in Costa Rica for over two decades. He was part of the Costa Rican whitewater rafting team that placed in the World Championships in 1997. Not limiting himself to warm climates, has also guided sea kayaking trips in Iceland & Greenland. Jorge is well-liked for his dry sense of humor, exudes a love for the outdoors, and is always eager to share the natural beauty of his country.

Jorge Calderón

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Itinerary

DAY 1

SAN JOSE TO MANUEL ANTONIO

Fly to San José and take a short flight transfer to Quepos, just a short drive from your resort hotel on the Pacific Coast. Take in the wonders of Manuel Antonio National Park, with its beautiful white-sand beaches surrounded by emerald waters and jungle. Unwind in your tropical haven.

Meals: D

DAY 2

EXPLORE MANUEL ANTONIO NATIONAL PARK

Enjoy a fresh morning sea breeze as you wander through scenic Manuel Antonio National Park, with its mangrove swamps, lagoons, beach vegetation, 109 species of mammals and 184 species of birds. Get your binoculars ready for sloths, squirrel monkeys, iguanas, and millions of colorful little crabs. Later, sail via catamaran along the stunning coast to one of the 12 quiet isles, home to nesting marine birds. Swim and snorkel along the bay, and discover a fascinating underwater playground of tropical fish and exotic marine life.

Activity: 4 hours sailing

Meals: B, D

DAY 3

PADDLE THE RÍO PACUARE TO RÍOS TROPICALES

After breakfast, fly back to San José and drive to the rainforest-lined Río Pacuare, Costa Rica's most remarkable river corridor. Paddle downstream to your riverside accommodation — a rustic, thatched-roof jungle lodge perched on the river's edge. This is a good opportunity to become familiar with the steep, technical drops that are typical of the Pacuare. Along its course lie several densely vegetated gorges sheltering sloths, river otters, anteaters, and an incredible variety of birds, such as toucans, egrets, herons, kingfishers, sunbirds, and trogons.

Activity: 1.5 hours/3 miles rafting

Meals: B, L, D

DAY 4

A DAY IN PARADISE AT RÍOS TROPICALES

Enjoy a full day at Ríos Tropicales Lodge. Take an optional early-morning guided bird-watching hike to see toucans and many other species, before returning for breakfast and gearing up for a day of adventures. Swing through the forest on a zip line to get an up-close perspective of the ecosystem of the canopy. Trek deep into the Pacuare Nature Reserve, or hike to nearby "Wake Up" Waterfalls and take a thrilling canyoning tour, which includes rappelling down the face of the waterfall.

Activity: Full day ziplining, rappelling or hiking

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Meals: B, L, D

DAY 5

RAFT RÍO PACUARE'S WHITEWATER RAPIDS

Continue your whitewater rafting adventure in the lush, magical gorge of the Río Pacuare, where the rapids become more powerful and technical in nature. Power through "Bobo," "Huacas Arriba," "Huacas Abajo," and "Dos Montañas" rapids. Gorgeous waterfalls tumble into the river, and you might be fortunate enough to catch a glimpse of some of the exotic birds and animals inhabiting the surrounding jungle. Take out near the town of Siquirres, and transfer back to San José.

Activity: 3 hours/12 miles rafting

Meals: B, L

DAY 6

DEPART FROM SAN JOSÉ

Transfer to the airport for homeward-bound flights.

Meals: B

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Dates

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 2,995 per person

Additional Cost

\$ 150 Internal Airfare

\$ 550 Single Supplement

2020

\$ 3,095 per person

Additional Cost

\$ 150 Internal Airfare

\$ 550 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All necessary rafting gear
- All group entrance fees, activities, and ground transportation
- Arrival and departure airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Lunch on Day 2 and dinner on Day 5
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Optional travel protection

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➤ The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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