



The center for whitewater rafting and kayaking in the Columbia River Gorge.



COSTA RICA WHITEWATER ADVENTURE TRIP 2011

Dates for 2011: Saturday March 19th until Monday March 28th (arrival on Saturday, departure on Monday)

Who is the trip ideal for?

From single travelers to groups of friends, families, couples and/or co-workers. Minimum age is 18 years old. Required: Adventurous spirit, ready and eager to participate in a full program of activities during 1 week of Costa Rica Adventures!

Rafters: No rafting experience is required. Good physical condition is necessary (check with us for exceptions).

Kayakers: Must be able to paddle class III/IV consistently and confidently.

Attention: *The Wet Planet combination of rafting and kayaking is a unique opportunity for whitewater kayakers comfortable on class III/IV whitewater to enjoy a whitewater adventure with partners who do not kayak!*

Cost: \$1850 per person (excluding tax)

Included in the trip price is the following:

- Wet Planet guides, who have worked and lived in Costa Rica
- The Wet Planet standard for quality and risk management
- All adventure activities and necessary equipment listed in itinerary
- 9 nights of lodging (Saturday night thru Sunday night)
- 3 meals a day beginning the evening of the 1st day and ending the morning of the last day
- Airport pick-up on Saturday (departure will be on individual basis from airport hotel)
- Private transportation throughout the week
- All entrance fees

Note: Price is based on double occupancy. If you are solo, we may arrange accommodations with another group member. Wet Planet participants who wish to have private accommodations may do so with an optional Single Lodging Fee: \$195.

Not included:

Air fare to San Jose, Costa Rica (to search online for inexpensive tickets try www.kayak.com), alcoholic drinks, personal travel insurance, \$26 airport departure tax, any personal needs (laundry, snacks, souvenirs), and any additional activities not listed and/or covered by Wet Planet.

Group Size: Maximum 12 guests total.

Recommended Vaccinations

Check with your doctor or the Center for Disease Control at: <http://www.cdc.gov/>

For more information or to secure your spot(s):

Call us as soon as possible at 1.800.306.1673 or email info@wetplanetwhitewater.com.



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Wet Planet Costa Rica Trip ~ 2011 Itinerary

Day 1 - Arrival and pick-up at San Jose International Airport during the morning. We then drive to the mountain town of Turrialba. This very scenic drive will take us off the standard tourist track and through rural Costa Rica. After check-in at the hotel, we'll eat our first dinner of the trip in a traditional Costa Rican restaurant.

Day 2 - After breakfast, we start the trip with a bang. Depending upon water levels, we'll either raft the class III+ Top Pacuare, or begin an overnight trip on the Lower Pacuare River – **rated one of the best rafting trips in the world!** The scenic drive to the launch point leads through native villages, coffee fields, and typically spectacular Costa Rican jungle scenery.

Day 3 - Depending upon the previous day's run, we will either finish the second day on the Pacuare or run the full class III/IV section of the Pacuare River in one day. With waterfalls, side hikes, endless birds, flowers, butterflies, and incredible whitewater, this is one of the premiere one-day rafting trips in the world.

Day 4 - After an early departure, we are on our way to the next rafting adventure: big water class IV on the Pascua section of the Reventazon River. The take-out for this river trip will set us heading in the direction of the Caribbean coast. After descending from the mountains toward the coast, we'll drive to the funky beach town of Puerto Viejo.

Day 5 - Costa Rica has it all! This day you will be on your own schedule; spend it relaxing on the beach, cruising the area by bike, or exploring the town of Puerto Viejo by foot.

Day 6 - Back on the river! After a delicious breakfast and an early departure, we will raft the big-water class III Florida section of the Reventazon River or the Sucio River. We then head to the Sarapiquí River, where we will be camping out on platforms in the jungle! A great location for some early evening or morning birding.

Day 7 - Depending on water levels, we'll either raft the Class III/IV Toro River. After a great day on the river, we'll continue our journey to Volcan Arenal. In the evening we'll sit in the exotic hot springs at our luxurious hotel and, weather depending, watch lava flow down the sides of the active volcano – this *is* paradise!

Day 8 - This day will get your adrenaline going again. We'll take a Canopy Tour to see the jungle from a different perspective, flying through canyons and over jungle on an amazing series of zip-lines.

Day 9 - The last day of the trip: We'll begin the day with a hike to Fortuna Waterfall and then visit our favorite local art gallery. In the afternoon we'll drive to the provincial capital Alajuela, near the airport. On the way we'll stop in the artistic town of Sarchi, famous for its local crafts, hand-made goods, and artists markets. We'll finish our Costa Rica adventure with a celebratory dinner at our hotel in Alajuela.

Day 10 - Breakfast, good bye's, and departure!

Pura vida !

1.800.306.1673

wetplanetwhitewater.com

Packing List for Costa Rica 2011

PACKING LIST

The following are our suggestions on what to bring. The most important advice we can offer: PACK SUPER LIGHT. You really don't need much! It is always easier to travel light.

Documents

Valid Passport
Airline Ticket
Visa Credit Card (the easiest and most accepted card)
Travelers Checks
Cash (small amount of US Dollars which are widely accepted)
Photocopies (stored separately) of all of your important documents

Luggage

One bag, back pack, or small suitcase
One small day pack
Money belt or pouch that you can wear underneath your clothes

Footwear

The ideal shoe combination:

- Sandals with a heel strap that you can use for both hiking and on the river (i.e. Keens or Chacos)
- Flip-flops
- Sneakers or light hiking shoes (you can skip these shoes if your river sandals also make a good walking shoe, a reason the Wet Planet crew swear by the Keen river shoes)

Clothing:

1 pair of long light-weight quick dry pants
1 pair of regular shorts
River short and/or swimsuit
Quick dry shirt
Couple of t-shirts / and t-tops for the women.
Underwear
1 or 2 pair of socks
Super light-weight rain jacket
Hat or visor
For the women: an easy fit light-weight cotton skirt and/or dress.

Miscellaneous:

Small beach towel
Toiletries
Sunscreen (min. 45 SPF) and lip protection
Sunglasses with strap
Deet insect repellent
Headlamp or small flash light
Camera (recommended: small digital camera, we love the waterproof Pentax Option W10)
Small binoculars
Reading and writing materials