

## COSTA RICA 2009 – Trip Info

### Dates for 2009:

Friday March 13<sup>th</sup> through Saturday March 21st  
Saturday March 21st through Sunday March 29th

### 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

\$1895 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
- 8 nights of lodging
- 3 meals a day beginning the evening of the 1<sup>st</sup> day and ending the morning of the last day
- Airport pick-up on Saturday and drop-off the following Saturday
- Private transportation throughout the week
- All entrance fees

Note: Price is based on double occupancy. If you are solo, we will arrange accommodations with another group member. Wet Planet participants who wish to have private accommodations may do so with an optional Single Lodging Fee: \$175.

### Not included:

Air fare to San Jose, Costa Rica (to search online for inexpensive tickets try [www.kayak.com](http://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/>

### How to secure your spot(s) and sign up:

Call us as soon as possible at 1.800.306.1673 or email [info@wetplanetwhitewater.com](mailto:info@wetplanetwhitewater.com).

## **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

## Wet Planet Costa Rica Trip ~ 2009 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 in a traditional Costa Rican restaurant while admiring the scenic view over the Turrialba valley.

### Day 2

After breakfast, we start the trip with a bang. Depending upon water levels we will either raft the class III+ Top Pacuare, or begin an overnight trip on the **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 on our second day run, we will either finish the second day on the Pacuare or run the full section 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 rafting on the Pascua section of the **Reventazon River**. The take-out for this river trip will set us heading in the right direction for the tropical Caribbean side of the country. 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 be on your own schedule and either spend it relaxing at the **Caribbean beach, exploring the area by bike, or explore 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**. Then we'll 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 Sarapiquí River or head to the **Class III/IV Toro River**. After a great day on the river, we'll continue our journey to Volcano 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 an 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

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 and eclectic crafts, hand-made goods and artists markets. We'll finish our Costa Rica adventure with dinner at our hotel in Alajuela.

### Day 10

Breakfast, good bye's and departure!