

COSTA RICA

INFORMATION & LOGISTICS

Pristine jungle rivers & tropical beaches



An 8 day canoeing and rafting trip (our standard).

After a first evening in the capital city of San Jose, we proceed up into the highlands to the **Tenerio River** on the Pacific NW coast. We **open canoe** the Tenerio; very runnable Class I-II rapids, spending four nights camping on river - under a canopy of tropical growth. The fifth night is spent at a luxury hotel on a beach on the Pacific coast. The next day we traverse the country, to the rain forests of the eastern slopes. En route we overnight at a scenically situated small local hotel in the heart of the highlands. These two nights accommodations are included. The next two days are spent **rafting** the **Pacuare River** - heralded as perhaps Costa Rica's most dramatically beautiful waterways, which we first descended in 1980. Featuring almost continuous class III-IV whitewater running through magnificent canyons, side trips hiking through the rain forest feature more wildlife viewing for the group. All transportation (in country), food, camping gear and guides are included. Airfare & hotel/food in San Jose not included.

ARRIVAL: Participants should plan on arriving in **SAN JOSE**, Costa Rica anytime during the day or evening the date prior to the scheduled starting date. The hotel is located downtown, allowing for leisurely touring of the city. (*Room reservations are at client expense, but inform the hotel that you are with Sunrise to receive our outfitter's discount.*) That evening we do a pre-trip briefing and review participant's gear. Please bear in mind that in the event of lost or delayed luggage, we have very little leeway the following morning; as we leave for the river after breakfast at 8 a.m.; (*thus, as always, we recommend that you try to carry-on the plane as much critical clothing and gear as possible.*)