



# Costa Rica Adventures . . .

- Whitewater Rafting
- Surfing
- Zip Lining
- Hiking
- Mountain Biking

**VU Spring Break 2010  
March 6 - 14**

**COST:** \$1,995 + your airfare

**COST INCLUDES:** all guides while in Costa Rica, all meals, activities and travel within the country, hotels, airport departure taxes, most tips (for meal service, whitewater guides, zip line guides, horseback guides, drivers, and our trip guide.)

**The cost DOES NOT include your airfare. . . .**

. . . which can be booked through several airlines for \$300-\$900. From Atlanta, the flight is only 4 hours. We will meet as a group in San Jose, Costa Rica on Saturday, March 6.

**REGISTRATION:** Bring \$500.00 (cash, check) to the Outdoor Recreation Center, located on Children's Way, **by 6:00 PM, Wednesday, Nov. 18.** (Hours: Monday and Friday: 12-6 PM, T.-Th.: 3-6 PM.)  
The rest of the payments may be made once a month.

**PRE-TRIP MEETING:** **Wednesday, Dec. 2 at 6:00 P.M.**  
Conference Room, Outdoor Recreation Center  
- an additional meeting will follow, TBA



### **TRIP OVERVIEW:**

Come dry out from the rainy season in sunny Costa Rica. With average spring temps of 70-80 degrees, this land of lush rain forests, active volcanoes, sandy beaches and roaring rivers will cure any spring fever. Our adventure will include a different activity each day like hiking up the Turrialba Volcano to explore lava fields, rafting class IV whitewater rivers while monkeys swing through the forest around us, zip line tours of the rainforest canopy, hiking to waterfalls, mountain biking through sugar cane plantations and surfing on gorgeous beaches. There will even be time to relax in hot springs and enjoy the cuisine and culture of our host hotels and cities.



# Costa Rica Spring Break 2010 Trip Itinerary\*\*\*

## **Saturday March 6<sup>th</sup>**

Mid-day arrival in San Jose. Travel to Turrialba, the whitewater capital of Central America. While en route we will visit area attractions such as the Basilica de Los Angeles or an agriculturally sustainable coffee plantation.

## **Sunday March 7<sup>th</sup>**

After breakfast, we will hit the trail on mountain bikes and ride through sugar can plantations on the way to the Pejibaye River. After 10 miles of riding we will trade the bikes for inflatable kayaks and paddle down class I-II rapids. After finishing the paddle we will get back on the bikes for a short ride back to the hotel.

## **Monday March 8<sup>th</sup>**

Hike up the Turrialba Volcano and explore the old lava fields.

## **Tuesday March 9<sup>th</sup>**

Rafting and kayaking on the class III-IV Pacuare River, the crown jewel of Costa Rican whitewater. Afterwards we will travel to the Sarapiquí region to stay the night near the town La Selva.

## **Wednesday March 10<sup>th</sup>**

Travel to the Arenal region and hike to the La Fortuna Waterfall. Afterwards we will check in at the hotel, relax in the hot springs and explore the town of Arenal.

## **Thursday March 11<sup>th</sup>**

Time to fly... Zip line tour through the rainforest canopy. After lunch we will visit the Arenal Volcano National Park and have another night at the hotel in Arenal.

## **Friday March 12<sup>th</sup>**

Travel to Junquillal and have the option of relaxing at the beach, surfing or sea kayaking.

## **Saturday March 13<sup>th</sup>**

Visit and assist the WWF's Sea Turtle Restoration Project. The rest of the time is open to more surfing, kayaking, snorkeling and relaxing.

## **Sunday March 14<sup>th</sup>**

Travel back to San Jose and fly home.

\*\*\* The trip itinerary is subject to change. We will be tweaking it before we leave to maximize our time doing what we want to do while in Costa Rica. For example, we may add another hike, paddle or surfing session and skip something that is listed above.



**Still not sure if you want to go?**

**Want to learn more before you sign up?**

Costa Rica Informational Meetings:

#1: Thursday, Oct. 29 at 5:00 PM  
Conference Room, Outdoor Rec. Center

#2: Wednesday, Nov. 11 at 6 PM  
Conference Room, Outdoor Rec. Center

Jamie Dial will be at both meetings with brochures, photos, and more info. He will be available to answer any questions you may have.

**More photos from past adventures in Costa Rica:**



This is NOT your typical Outdoor Rec. Trip . . . We will be staying in hotels every night and have an opportunity to eat Costa Rica cuisine!



This trip is limited to the first 11 people who sign up.

Sign up by: Wed. Nov. 18

For more information:

Call Jamie Dial at 615-343-8176

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