



PURE LIFE EXPEDITIONS DETAILED ITINERARIES

PO BOX 17899 Salt Lake City UT 84117 866-431-PURE Fax 801-273-8467

The 8 Day Expedition

(Saturday – Saturday)

Our 8 day all-inclusive expedition includes:

- Whitewater rafting
- Rainforest backpacking/horseback ride
- Family villa experience
- Cultural service project
- Waterfall rappel

Detailed Itinerary

Day 1- Flight itineraries will vary, however, most everyone should be flying into San Jose, Costa Rica at approximately 9:30 pm. Your trip leader will be waiting at the airport for all arrivals and we will take a bus or taxi to the hotel where we will be staying for one night. Because of your late arrival, a meal will not be provided this night, however, if people are hungry we can make arrangements for food.

Day 2- Today we'll travel to San Isidro and then 4-wheel through the rain forest to a hidden, little community deep in the mountains. From there we will be met by horses, and we will be hiking/riding through some of the most beautiful rainforest in the country. The hiking ranges from very casual to challenging, but it is always beautiful! Horses will be an option for those who would prefer to sit back and enjoy the scenery. We will arrive that evening in a small village of 7 families that live off the land. It provides for an incredible cultural experience as well as an opportunity for service. We will spend the next two nights in a family villa. Flushing toilets and showers will be available.

Day 3 - We will spend most of the day relaxing and enjoying the village and the culture. This typically entails meandering around the village learning about how it sustains itself (with no refrigerators!), interacting with locals, and returning to the simple and pure parts life. Some people like to play soccer with the local children, learn how to prepare meals from scratch, learn about the water system, or just relax and read a book on the 20-foot rock the villa is built around. There will always be an option for a local service project. Please let us know if you have any expertise you would be willing to share (construction, medical, dental, etc.)

Day 4 – Today we'll hike through the rainforest to a family adventure lodge. This is another family villa that we will be staying in for one night. There are a number of activities that we can participate in here. The main activities are a rappel down a 60 foot waterfall, a technical tree climb, and a traditional sweat lodge. All activities are optional based upon your comfort level, although we do hope you'll try some new things. Flushing toilets and showers will be available. This villa sits in the bend of a river and is so close to a waterfall you'll feel the mist. The ambiance here is unforgettable.

Day 5- We will hike through the rainforest and prepare to raft the Savegre River (class III) out of the mountains and toward the beach. At the river take-out, our bus will be waiting for us, and we will drive one hour to Manuel Antonio on the Pacific coast. We will be staying the next 2 nights and 1.5 days at a beach front hotel in Manuel Antonio.

Day 6- For those who are up for it, today we'll be doing a traditional Costa Rica zip line tour in the morning. That afternoon we'll head about 5 minutes down the beach to the famous Manuel Antonio National Park. Over 109 mammal species have been spotted in the park; most famous are the two-toed sloths, raccoons, white nosed coatis, three species of monkeys, and 184 species of birds! One of our personal favorites is the squirrel monkey which is on the endangered species list but is quite visible in this little corner of Costa Rica, often seen playing around at our hotel. The rest of the day will be spent relaxing on the beach, either at our beach front hotel, or inside the park.

Day 7- Spend some time on the beach. We will check out of our hotel at approximately noon and drive into the cloud forest on our way to San Jose. Once in San Jose, the market is our destination for souvenirs and shopping. That night we'll go to a nice restaurant for our farewell dinner.

Day 8 – Flights generally leave early and we need to be at the airport two hours prior to departure. All transportation will be arranged to the airport. Don't forget your exit tax to be paid at the airport (approx. \$26).

Trip Cost- \$1799 per person

Trip cost includes:

- Pre-trip planning packet to discuss all your documentation, gear list, travel plans.
- Customer service (or even your trip leader) available to answer your questions.
- Professional trip leaders available to you from start to finish.
- Airport reception and departure in San Jose.
- All accommodations
- All Meals
- All adventure activities on the trip.
- All transportation on the trip.
- All park entrance fees, permits, and taxes
- Pure Life Expeditions T-Shirt
- Personalized ID tag for use on the trip and after.

Trip cost does not include:

- Airfare to San Jose, Costa Rica
- Alcoholic beverages
- Gratuities for guides and trip leaders
- Travel insurance
- Technical tree-climb
- Traditional sweat lodge
- Zip line canopy tour
- 1 ½ Beach days
- Wildlife tour

The 10 Day Expedition

(Friday – Saturday)

Our 10 day all-inclusive expedition includes:

- Whitewater rafting – 2 river
- Rainforest backpacking/horseback ride
- Family villa experience
- Cultural service project
- Waterfall rappel

Detailed Itinerary

Day 1- Flight itineraries will vary, however, most everyone should be flying into San Jose, Costa Rica at approximately 9:30 pm. Your trip leader will be waiting at the airport for all arrivals and we will take a bus or taxi to the hotel where we will be staying for one night. Because of your late arrival, a meal will not be provided this night, however, if people are hungry we can make arrangements for food.

Day 2- Today we raft one of the top five rivers in the world, The Pacuare. The Pacuare is a class III-IV river depending on the water level. Over a dozen live waterfalls run into this stretch of river. After this incredible day on the river we'll head back to San Jose where we'll stay the night and hit the town for a nice dinner.

Day 3- Today we'll travel to the town of Perez Sed Leon, and then 4-wheel through the rain forest to a hidden, little community called Brujo. From there we will be met by horses and we will be hiking/riding through some of the most beautiful rainforest in the country. The hiking is anywhere from very casual to challenging, but always beautiful! Horses will be an option for those who would prefer to sit back and enjoy the scenery. We will arrive into the small village of Piedras Blancas that evening. Piedras Blancas is a community of 7 families that live off the land. It provides for an incredible cultural experience as well as an opportunity for service. We will spend the next two nights in the Lopez family villa. Flushing toilets and showers will be available.

Day 4 - We will spend most of the day relaxing and enjoying the village and the culture. This typically looks like meandering around the village learning about how it sustains itself (with no refrigerators!), interacting with locals, and returning to the simple and pure parts life. Some clients like to play soccer with the local children, learn how to prepare meals from scratch, learn about the water system, or just relax and read a book on the 20-foot rock the villa is built around. There will always be an option for a local service project. Please let us know if you have any expertise you would be willing to share (construction, medical, dental, etc.)

Day 5 - Today we'll hike through the rainforest down to the Fonseca Adventure Lodge. This is another family villa that we will be staying in for one night. There are a number of activities that we can participate in at the Fonseca's. The main activities are a rappel down a 60 foot waterfall, a technical tree climb, and a traditional sweat lodge. All activities are optional based upon your comfort level, although we do hope you'll try some new things. Flushing toilets and shower will be available. This villa sits in the bend of a river and is so close to a waterfall you'll feel the mist. The ambiance here is unforgettable.

Day 6 - We will hike through the rainforest down to Brujo where we will prepare to raft the Savegre River (class III) out of the mountains and toward the beach. At the river take out, our bus will be waiting for us and we will drive one hour to Manuel Antonio on the pacific coast. We will be staying the next 3 nights and 3 days at a beach front hotel in Manuel Antonio.

Day 7- The majority of the day will be spent at the beach for some well earned rest & relaxation. That afternoon we'll head about 5 minutes down the beach to the famous Manuel Antonio National Park. Over 109 mammal species have been spotted in the park, most famous are the two-toed sloths, raccoons, white nosed coatis, all three species of monkeys, and 184 species of birds! One of our personal favorites is the squirrel monkey which is on the endangered species list but is quite visible in this little corner of Costa Rica, often seen playing around at our hotel. The rest of the day will be spent relaxing on the beach, either at our beach front hotel, or inside the park.

Day 8- This morning we'll be doing a traditional Costa Rica zip line tour. This is usually a favorite! That afternoon you can spend time at the beach – body surfing, jumping through warm waves, or just laying out working on your tan. Our female trip leaders are always ready to take a group down to the market for some sarongs, jewelry, and trinket shopping! If you would like to take surf lessons, ride horses on the beach, or other activities, let us know and we'll help you set it up (not included in trip price).

Day 9 – Spend some time on the beach. We will check out of our hotel at approximately noon and drive into the cloud forest on our way to San Jose. Once in San Jose, the market is our destination for souvenirs and shopping. That night we'll go to a nice restaurant for our farewell dinner.

Day 10 - Flights generally leave early and we need to be at the airport two hours prior to departure. All transportation will be arranged to the airport. Don't forget your exit tax to be paid at the airport (approx. \$26).

Trip Cost- \$1999 per person

Trip cost includes:

- Pre-trip planning session to discuss all your documentation, gear list, travel plans, etc.
- Customer service (or even your trip leader) available to answer your questions.
- Professional trip leaders available to you from start to finish, licensed and certified in medical and adventure areas.
- Airport reception and departure in San Jose.
- All accommodations
- All Meals
- All adventure activities on the trip.
- All transportation on the trip.
- All park entrance fees, permits, and taxes
- Pure Life Expeditions T-Shirt
- Personalized ID tag for use on the trip and after.

Trip cost does not include:

- Airfare to San Jose, Costa Rica
- Alcoholic beverages
- Gratuities for guides and trip leaders
- Travel insurance
- Technical tree-climb
- Traditional sweat lodge
- Zip line canopy tour
- 2 ½ Beach days
- Wildlife tour