

# COSTA RICA COAST TO COAST ADVENTURE



## Highlights

- Rainforest hikes and picturesque cycling trails, unspoilt white-water rapids and stunning coastlines: Costa Rica offers the perfect landscape for your next outdoor adventures in every shape and form
- Complete this epic journey from coast to coast under your own steam – mountain biking, trekking, rafting and kayaking
- Discover this diverse country and it's wildlife as you cover 250kms from the Pacific Coast to the Caribbean
- Fully supported adventure accompanied by both UK and Local Guides and Crew
- Explore Manuel Antonio National Park, perfect for sloth and monkey spotting
- Mountain bike and trek up and over the impressive Continental Divide
- Hike through remote mountain villages and vast jungle landscapes
- Step into your own Indiana Jones style film set as you raft through deep gorges and virgin jungle of the Pacuare River
- Enjoy some well earned time out and take a dip in sparkling clear natural waterfalls and pools
- Camp under a star filled sky in the pristine jungle camp of El Nido del Tigre
- Kayak the final stretch downriver to the Caribbean Sea and enjoy the well earned celebrations
- Receive a complimentary Water-To-Go bottle when you join this trip to minimise our plastic footprint in this green destination of Costa Rica!



# WELCOME

## La bienvenida

### Overview

Sandwiched between the Pacific Ocean on one side and the Caribbean on the other, Costa Rica is a small country that packs a lot in. A diverse and awe-inspiring fusion of high mountains & volcanoes, vast virgin rainforests, stunning coastlines, roaring rivers and home to half a million animal species. Impressively around 25% of the country's landmass has been set aside as protected reserves, the largest percentage of protected area anywhere in the world. Costa Rica certainly positions itself for the ultimate epic adventure in the heart of Central America.

Now's your chance to embark on this exciting self-powered adventure as you bike, hike and paddle 250km across this diverse country from the Pacific to the Caribbean. Your journey will take you under thriving jungle canopies, over the impressive Continental Divide – backbone of the Americas, swooshing along the beautiful Pacuare River, through remote and friendly mountain villages and out to the other side to the Caribbean Sea. All whilst trying to catch a glimpse of some remarkable wildlife, sleeping under a vast blanket of star filled skies and using all your strength and determination to complete this incredible journey under your very own steam.

Our itinerary has been carefully designed in association with our fantastic local team who completed the first coast to coast crossing of Costa Rica in 1996. Your adventure will be fully supported by both a qualified UK Mountain, Bike & Kayak Guide together with a Local Costa Rican Guide and team.

We love this country and can't wait to share this incredible experience with you.





# TRIP SUMMARY



**Activity:** Bike, trek, raft & kayak  
**Duration:** 11 days & 10 nights  
**Active days:** 8 days trekking  
**Distance:** Approx 250kms  
**Accommodation:** Fixed jungle camps, family stay & hotels  
**Cost:** Deposit: £295 per person  
Remaining balance: £2,015 per person



**Group size:** 8 – 24 people  
**Level of difficulty:** ■■■■  
**Tough**  
**Dates 2020/2021/2022:** **2020:** November  
**2021/22:** February or November  
(\*2021 & 2022 prices subject to change)

# ROUTE MAP

Get ready for an adventure



**DAY 1**  
Flight from UK to Costa Rica

**DAY 2**  
Quepos – Manuel Antonio National Park

**DAY 3**  
Pacific Coast to Naranjillo – mountain biking 25km + trekking 14km

**DAY 4**  
Naranjillo to Santa Maria – Pacific slopes trekking 12km + mountain biking 14km

**DAY 5**  
Orosi Valley and over the Continental Divide – mountain biking 46km

**DAY 6**  
Reventazon Valley to Pejibaye - mountain biking 13km + trekking 13kms

**DAY 7**  
Pacuare River - mountain biking 40km + whitewater rafting 10km

**DAY 8**  
El Nido del Tigre – trekking 12km or free day

**DAY 9**  
Pacuare River – rafting 20km

**DAY 10**  
Caribbean coast – mountain biking 26km + kayaking 12km and celebration evening

**DAY 11**  
Morning transfer to Juan Santa Maria International Airport



# ITINERARY

**1 bike. 2 boots. 1 raft. 1 kayak. 250kms. Coast to coast. 1 epic journey**

## **THE CHALLENGE – have you got what it takes to travel 250kms across Costa Rica under your own steam?**

Discover a diverse and awe-inspiring fusion of high mountains & volcanoes, vast virgin rainforests, stunning coastlines, roaring rivers and home to half a million animal species. Get ready for an exceptional journey like no other.

### **DAY 1**

#### **Day flight from UK to San Jose Juan Santamaria, Costa Rica**

Flight from London UK to San Jose Juan Santamaria (SJO) approx 10 – 12 hours. On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport, use any frequent flyer points or extend your stay in Costa Rica or nearby countries if you wish. The recommended flights for this will include airport transfers in Costa Rica. There are direct flights from London and non-direct flights for all major airports across the UK. Flights are operated by British Airways, Iberia, KLM or American Airlines and cost upwards £475pp economy return depending on which flights and when you book.

#### **Included**

##### **Transfer:**

For those travelling on Adventurous Ewe's recommended flight from the UK to San Jose, you'll be met at the airport by your local guide and transferred to your hotel in San Jose. For those who are not on or near this flight, you can simply catch a taxi to the hotel. Free time in San Jose.

##### **Accommodation:**

Hotel in San Jose (twin share basis)

##### **Meals:**

No meals included. Dinner is at your own expense.



### **DAY 2**

#### **Quepos / warm up day – Manuel Antonio National Park**

Your challenge starts on the Pacific Coast. Leaving San José by bus (your last motorised vehicle for the next 10 days) to the fishing village of Quepos, next to Manuel Antonio National Park. Relax, chill out on the beach or visit the National Park, famous for its abundant wildlife. There is time before dinner to set up your bike as it's an early start the following morning. The official trip briefing is after dinner this evening.

#### **Included**

##### **Transfer:**

Transfer from San José to Quepos

##### **Accommodation:**

Lodge (twin share basis)

##### **Meals:**

Breakfast & dinner



# ITINERARY CONTINUED

1 bike. 2 boots. 1 raft. 1 kayak. 250kms. Coast to coast. 1 epic journey

## DAY 3

### Pacific Coast to Naranjillo – Mountain biking 25km + trekking 14km

THE ADVENTURE BEGINS... Awake early and enjoy a light buffet of fresh fruit and coffee then set off on bikes to climb the steep mountains of the sparsely populated Pacific Coast. The vista from above is a fantastic reward for hard work. In the small town of Esquipulas we'll enjoy a hearty breakfast, rest up and prepare our day packs for the next leg of the day's journey. Trading your wheels for hiking boots, you will continue your journey by trekking into the cool mountains of Central Costa Rica. Tonight is an overnight camp in the valley of Naranjillo.

#### Included

Accommodation: Camp  
Meals: Breakfast, lunch and dinner

## DAY 4

### Naranjillo to Santa Maria – Pacific slopes trekking 12km + mountain biking 14km:

Your day begins with a trek towards the Continental Divide and challenging the infamous "Cemetery Hill" - a strenuous 13km climb. At just over 1300 metres, the forest opens up to our first glimpse of Costa Rica's abundant coffee industry. From here the trek continues through coffee plantations for several hours until reaching a height of an impressive 1950 metres. You will then head for the pueblo of San Lorenzo, switching to mountain bikes to pedal to the quaint village of Santa Maria where you'll then enjoy some typical Costa Rican fare and rest up in comfortable local lodge.

#### Included

Accommodation: Lodge or hotel (twin share)  
Meals: Breakfast, lunch and dinner

## DAY 5

### Orosi Valley – up and over the Continental Divide – mountain biking 46km

Today you'll tackle the hardest, steepest climb of your adventure. The challenge before breakfast is mountain biking a 14km up-hill stretch to the Continental Divide, bringing you to an altitude of 2,330 meters - the highest point of your journey. Following the rule that everything that goes up must come down, the remainder of the day is mountain biking at its best - mostly downhill on dirt roads and tracks. Finishing in the afternoon in the beautiful Orosi Valley where rich pastures and dark green forests of coffee carpet the land and you'll rest well tonight in the town of Orosi.

#### Included

Accommodation: Lodge or hotel (twin share basis)  
Meals: Breakfast, lunch and dinner



# ITINERARY CONTINUED

1 bike. 2 boots. 1 raft. 1 kayak. 250kms. Coast to coast. 1 epic journey

## DAY 6

### Taus – through the valley to the Tapanti area - mountain biking 9km + trekking 15km

Today's journey will have you amidst both cloud and rainforest. After breakfast you will mountain bike along a river to the Tapanti National Wildlife Refuge. This is an area of vast rugged terrain covered with dense primary rainforest. Following the cycling leg, you will leave your bikes to take to the mountains and trek amongst thousands of trees covered with ferns, bromeliads, mosses and other epiphytes – a primary cloud forest ecology. The end of the day will see you reaching flatter ground where you will camp near the small settlement of Taus.

#### Included

Accommodation: Pejibaye Family Stay  
Meals: Breakfast, lunch and dinner



## DAY 7

### Pacuare River - mountain biking 40km + white-water rafting 10km

After saying goodbye to your new Costa Rican family your day starts with a 43km mountain bike ride towards the white-water rafting start at La Cruz, the gateway to the Pacuare River. Here you will have lunch before embarking on a rafting journey through pristine rainforest spotted with waterfalls. The Pacuare is the most scenic rafting river in Costa Rica and one of the world's classic white-water rafting experiences. In the afternoon you will arrive at your riverside camp, El Nido del Tigre. Nestled between the sounds of the rainforest and the hum of the river you can explore this lush environment and look out for wildlife such as toucans, sloths and more. Spacious tents on fixed platforms board the edge of the river and nestle in the surrounding forest. The camp is fully functional with its own supply of pure spring water, shower and sanitary facilities. The name of the camp, El Nido del Tigre, comes from the giant patches of ginger plants that carpet the main floor of the main area of camp. When the ginger reaches a certain height it falls over creating flattened areas in the shape of a tiger's paw - hence its name, which translates to 'the nest of the tiger'. From the centre of the nest, trails radiate throughout the forest and along the river. There is an open area for those who are up for a game of ball or frisbee or you can seek out a quiet area and enjoy a refreshing drink, read a book or snooze away in a hammock.

#### Included

Accommodation: El Nido del Tigre camp  
Meals: Breakfast, lunch and dinner



# ITINERARY CONTINUED

1 bike. 2 boots. 1 raft. 1 kayak. 250kms. Coast to coast. 1 epic journey

## DAY 8

### El Nido del Tigre – Trekking 12km or free day

Today you have the chance to spend some quality time in this unique location on the banks of the Pacuare River. This area of rainforest is maintained as much as possible in its natural state. From the centre of camp, the trails radiate out to secret areas of the rainforest. The trekking route takes you hiking over the hills, exploring primary forest, swimming in the Pacuare, exploring waterfalls and swimming holes with water so pure you can drink it (most of the year). Tonight you will spend your second night in the stunning El Nido del Tigre.

#### Included

Accommodation: El Nido del Tigre camp  
Meals: Breakfast, lunch and dinner



## DAY 9

### Pacuare River – rafting 20km

Today the Pacuare rafting journey takes you through virgin rainforest, cascading waterfalls and river carved canyons. The rafts maneuver through the exhilarating rapids and in gentler sections you can see into the rainforest at the river's edge. Along the way time out is taken to do some hiking to spectacular waterfalls and to enjoy lunch on the shore. At last, in the late afternoon, you'll reach the end of your rafting journey at the banana plantations at Finca Pacuarito. Here you will camp at Finca Pacuarito camp for the night.

#### Included

Accommodation: El Nido del Tigre camp  
Meals: Breakfast, lunch and dinner





# ITINERARY CONTINUED

1 bike. 2 boots. 1 raft. 1 kayak. 250kms. Coast to coast. 1 epic journey

## DAY 10

### Caribbean coast – mountain biking 26km + kayaking 12km

THE SWEET TASTE OF SUCCESS...This morning you will jump back in the saddle of your bike for the final time for a short ride through banana plantations to the town of Freeman. Here is where you'll begin the final leg of the traverse in kayaks down the Pacuare leaving the rapids behind as the river eases into the Caribbean lowlands where banana plantations gradually swallow the receding rainforest. The river slows to a tranquil pace as we are paddle the last mile of the river, completing the mosaic of the landscapes we have experienced. At the end of the adventure, we reach the mouth of the Pacuare as it meets the Caribbean Sea, celebrating our passage with bubbly surf, while enjoying a well-deserved rest. After time on the beach you will then be picked up by a motorboat and transferred to Moin. Here you will then be transferred to Cahuita Beach filled with a huge sense of achievement and ready for your well-deserved celebration dinner.

### Included

Transfer: Motorboat and road transfer to Cahuita Beach  
Accommodation: Lodge or hotel (twin share basis)  
Meals: Breakfast and lunch  
*Celebration dinner is at your own expense allowing you the flexibility to order what you wish at a local restaurant.*



## DAY 11

### Private coach transfer to the airport:

Morning departure to Juan Santa Maria International Airport (approximately 4 hour transfer) for your return flight home to the UK or to continue on your travels.

### Included

Transfer: Airport transfer  
Accommodation: NA  
Meals: Breakfast only

### Arrive back in the UK

Arrive back home filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country & it's people and with new found friends. You'll share stories and experiences of a lifetime for many years to come.



# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Dates, trip overview



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO

The nitty gritty bits for your adventure



01

## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Costa Rica Coast to Coast Adventure will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

## Leaders & crew

You will be accompanied by certified Local Leaders and Crew for your Costa Rica Coast to Coast Challenge. For groups over 10 people, your team will also be accompanied by a UK Leader who is a certified Mountain, Bike & Kayak instructor.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this adventure, bilingual (English and Spanish) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you.

They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. Leaders and crew will carry full safety equipment and emergency first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication with the vehicle drivers and local office throughout your adventure.

## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trip to run is **8 people** and the maximum group size is **24 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.



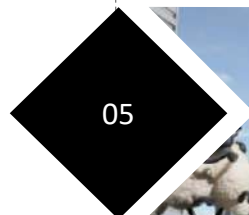
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## Level of difficulty

The Costa Rica trip is graded as **'Tough'**. This is due there being long days of cycling and trekking in humid jungle conditions with some steep sections and rough sections of terrain. It is recommended that you have previous cycling experience on varied terrains ie. tarmac, rough/bumpy tarmac and gravel trails.

The rainforest areas are renowned for changing weather conditions with heavy downpours and hot & humid temps. This adds another layer to your challenge which you need to be primed for

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each day. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.

## Training

A bespoke training programme will be provided when you join this trek to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:  
**Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

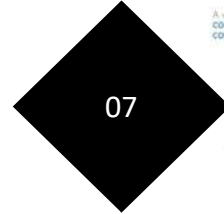
Packing and kit tips will also be provided when you join sign up.

Kit supplied: mountain bikes with front suspension & disc brakes (Trek 4300-4500 / 27 shift or similar). You will need to bring your own bike helmet. Rafts are 7-person, self-bailing (6 participants + 1 guide) with certified lifejackets, helmets and paddles. Sea kayaks are plastic sit on top 2-person sea kayaks, with buoyancy aids & paddles supplied.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06



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## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

## **Adventurous Ewe Financial Guarantee**

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## **Financial security**

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## **Passport**

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

## **Visa**

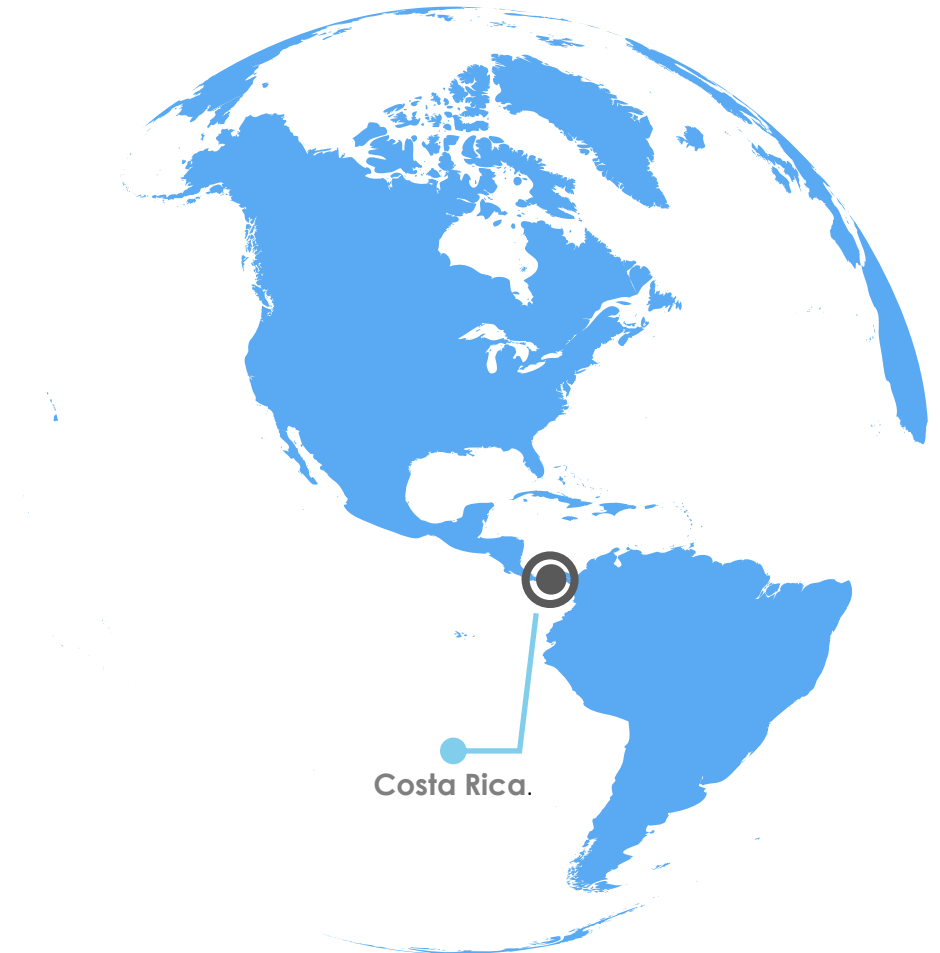
British nationals can enter Costa Rica for up to 90 days as a visitor without a visa. Please keep track of any entry updates at <https://www.gov.uk/foreign-travel-advice/costa-rica/entry-requirements>.

## **Insurance**

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## **Vaccinations**

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.





# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit:

<https://www.adventuroousewe.co.uk/safety-wellbeing/>



WE  
SUPPORT  
THE

FI|TURE  
OF TOURISM.ORG



# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/cooearth-partnership/>



Cymdeithas Eryri  
Snowdonia Society



IN SUPPORT OF

cooearth

# YOU'RE IN SAFE HANDS

## ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.

# TOP TIPS

## Trekking

- Train in your trekking kit, including wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your big challenge
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, swimwear, snacks, water, first aid, factor 50 sunscreen & any medication). Ensure your daypack is as light as possible. And your main luggage/duffle style bag will be transferred via vehicle (apart from the 2 nights in the jungle camp).
- Pack your kit inside a dry bag and also have a rain cover for your daypack
- If you really feel the heat, bring a handheld fan, buff & a full brimmed hat which you can wet or a cooling spray. Also bring a sarong, swimmers and river shoes for taking a refreshing dip in some waterfalls along the route
- Bring your own facemask (optional) and hand sanitiser (essential)
- Bring some heavy duty insect repellent and light weight long sleeved clothing for the evenings
- Look after your feet – blister prevention
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite high calorie snacks and electrolytes. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the local communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE ENTIRE EXPERIENCE**



# TOP TIPS

## Camping

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- Have a spare dry bag for dirty/wet clothes
- Take a couple of pegs to hang out clothing whilst in camp
- Hang up your hiking boots in the evenings and shake out any clothing left outside just in case any little critters have made themselves at home in your stuff
- Have a change of clothes for camp including full length lightweight top and loose trousers for the evenings and to sleep in. Have comfy shoes for camp, your river shoes/sandals will be ideal
- Ensure you've got some heavy duty insect repellent for camp. If you wish to avoid DEET products try Smidge waterproof protection or Incognito Insect repellent
- Have a good head torch and spare batteries
- There are showers available at the fixed campsites, so please use biodegradable soaps/shampoos
- When in camp have a pack of cards, book, headphones, etc.
- Take some ear plugs if you're not accustomed to the tunes of snoring
- Don't forget to check out the night skies too.





# COST

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**Deposit:** £295 per person payable on booking

**Remaining balance:** £2015 per person payable 6 weeks prior to start of trip

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Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## COSTA RICA COAST TO COAST ADVENTURE

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your adventure from Adventurous Ewe
- Multi activity training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent before your arrival in Costa Rica
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- 5 nights hotel/lodge accommodation on a save & share basis (twin rooms)
- 1 nights accommodation in a family stay, twin share basis
- 4 nights accommodation in a fixed jungle camp
- Adventurous Ewe UK Expedition Leader (10 or more people)
- Expert English-speaking local Costa Rican guide Wilderness First Responder qualification
- Local crew including white-water guides, drivers and support crew
- Full back-up support including vehicle, first-aid qualified crew and first-aid supplies.
- All camping equipment except sleeping bag and sleeping matt
- All equipment hire – mountain bike, white-water raft, kayak, buoyancy aids & paddles
- Mountain bike: Trek 4300-4500 (27 shift) or similar. Every bike has front suspension and disk brakes. You are welcome to bring your own pedals, seats and/or accessories
- Luggage transfers
- Entrance permission to national parks and applicable local taxes
- All transfers as per itinerary in private vehicle
- All meals as outlined in your itinerary (10 x breakfast, 8 x lunch, 8 x dinner)
- Drinking water and fresh fruit and snacks at the checkpoints
- All challenge management and hygienic cleaning procedures of equipment before, during and post trip.

### NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to San Jose Costa Rica. These can be arranged for you through our Flight Agent who is ATOL protected at an additional cost of £550 upwards per economy return ticket depending on airline and time of booking
- Airport departure tax in Costa Rica (please check with your flight agent if this has been included in your flight price)
- Vaccinations
- Dinner on the first and last nights and lunch on day 2 allowing you the flexibility to order what you wish at the local restaurants
- Any personal snacks, electrolytes and medication
- Additional excursions outside the itinerary
- Personal spending money and drinks
- Kit and equipment as listed on your kit list including a sleeping bag/liner and matt
- Tips for local crew – recommend minimum of \$US100.00pp+
- Single room supplement
- Any associated costs with leaving the expedition early, ie. accommodation, change in flights, etc.

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## BAGS

- Main kit bag (duffle bag)** – recommend no more than 80L soft duffle bag with back straps as you will need to carry this bag at some points. Your kit bag will be transferred to each accommodation place apart from the fixed jungle camps as there is no vehicle access. Please clearly mark bag with name tag
- Daypack** – for trekking and can be used on the bike sections to carry essentials. A rain cover is ideal
- Bike bag/bum bag or saddle bag** – to carry essential items. Enclose items in dry bags just in case
- Dry bags** – for kit and one used as a laundry bag

## CLOTHING

- Waterproof jacket** – breathable lightweight & foldable
- Wicking/merino wool t-shirts/cycling jerseys** – for 6 days
- Padded cycling shorts** – for 6 days of cycling. Can be worn under your cycling clothing
- Cycling shorts** – wicking fabric and comfy (check for chaffing)
- Lightweight warm top** – an extra layer if needed whilst cycling
- Light weight down jacket** – can double up as a pillow in camp
- Cycling gloves** – padded, fingerless gloves are ideal
- Trousers** – lightweight trekking trousers. Zip off trouser legs are ideal
- Board shorts or similar** – for rafting & kayaking
- Casual clothes** – for evenings at accommodation or camp, for trekking, free time and travel. Ensure you have some lightweight full length clothing that can be worn in the evening for mozzie protection. Slouchy trousers, lightweight trekking trousers or leggings are ideal
- Headwear** – cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- Buff** – for sun protection and can be soaked in water for cooling the back of your neck. We recommend at least 2 x buffs
- Swimwear** – and small towel or sarong
- Underwear** – merino wool or wicking material, not cotton.

## FOOTWEAR

- Approach shoes or trail running trainers** – light, durable pair of trainers! We'd recommend something that will be comfortable as you ride and can be used for the trek, rafting and casual wear
- SPD's & pedals** – optional for those who wish to use cleats whilst cycling
- Socks** – recommend merino wool/wicking cycling socks and some casual wear socks
- Sandals or river shoes** – for river crossings and casual wear.

## EQUIPMENT

- Bike helmet** – essential. You must always wear a helmet whilst on your bike
- Water bottle** – (essential) 2-3 litre capacity. Water-to-Go bottle ideal and a platypus / camelbak. There are bottle cages on your mountain bike
- Sleeping bag** – 2 season for camping. Liner is optional.
- Sleeping matt** – thermarest or similar
- Head torch** & spare batteries
- Spare torch** for tent
- Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy and do not slide off your face whilst cycling

## TRAVEL ADMIN

- Passport + photocopy of passport**
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** – Costa Rican colon (₡). Please ensure you have a minimum of \$US100 for tips for local crew.  
<https://www.xe.com/>

## ADDITIONAL ITEMS

- Antibacterial hand gel** (essential) & **face mask** (optional)
- Sunscreen, lip block & lip balm** – minimum SPF50
- Favourite snacks** - both sweet and savoury, high calorie
- Electrolytes** – ie. High5 Zero Electrolyte drink tablets
- Camera** – enclose in a dry bag
- Toiletries** – biodegradable soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, etc.
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, antiseptic wipes & cream, rehydration sachets, anti diarrhea medicine and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.
- Insect repellent** - heavy duty insect repellent. If you wish to avoid DEET products try Smidge waterproof protection or Incognito insect repellent.
- Chamois cream**
- Contact lenses** (plus spare glasses)\*

## NICE TO HAVE

- Rear LED bike light** for your bike
- Gel bike seat**
- Dextrose tables** for extra energy
- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs and eye mask** for hotels & camping
- Reading material / card games**
- Portable charger and plug converter**
- Small foldaway bag** for shopping, etc.
- Poncho** for trekking in wet weather
- Binoculars** – if you are interested in wildlife spotting
- Small personal fan and/or cooling spray** – if you feel the heat
- Multi-tool/Swiss army knife**
- Pegs** for hanging out wet clothing
- Travel padlocks**

# KIT TIPS

Please find below some of top tips to ensure you will be well kitted for your trip:

- Mark all your personal kit clearly, as no doubt there will be others with similar items
  - Ensure your luggage has your name tags clearly displayed
    - Think light and small wherever possible
  - Long sleeves and trousers are essential for sun and insect protection
- Test and train in your kit so you become familiar with any shortfalls, rubbing issues, breathability, quick drying ability, etc.

## Cycling Shorts

Whether skin-tight Lycra or MTB-inspired 'baggies' – are designed to keep you warm, dry and comfortable, with the addition of being cut to take into account the ergonomics specific to the bike-riding position.

Quality shorts are a sound investment no matter what cycling discipline, with body-hugging lycra the best bet for long hours of pedalling and tough but lightweight baggy shorts able to take the punishment of trail riding.

Bike shorts as with other types of cycle clothing are designed to keep you dry by channelling moisture from perspiration to the outside of the fabric ('wicking') and in the case of Lycra garments, warm and comfortable by trapping a layer of insulating air close to the skin.

Bike shorts differ from 'normal' shorts in taking into account the different demands of cycling and the riding position – high, elasticated waistbands; vents to allow cool air enter; avoidance of flapping fabrics that can chafe or get in the way; seams designed and placed to prevent irritation etc.

The key factor that separate most bike shorts from 'normal' shorts is the pad or chamois in the seat area for maximum comfort when pedalling in the saddle.

## Lycra shorts

Tight-fitting Lycra road shorts are the 'classic' cycling garment. Lightweight and snug to the skin, Lycra shorts are regarded as the most comfortable and aerodynamic option for long, pedal-intensive riding as they allow for fantastic freedom of movement and are not prone to chafing.

They are made of modern materials which are 'breathable' (allow water vapour to escape through the fabric, rather than condensing on the skin) and which draw sweat away from the skin to where it can evaporate (a quality known as 'wicking').

Better-quality shorts are made up of more individual panels to provide an optimum fit to your body contours, while chamois quality will also improve with premium shorts: contoured, multi-density 'shammies' that are more supple and comfortable on long rides and less prone to bacteria and odour. It is worth noting that chamois care is essential to prolonging the life of any shorts, with post-ride washing obligatory and pre-ride treatment with special cooling and moisturising chamois cream advised for both comfort and long life.

## Mountain bike (MTB) shorts

Baggy shorts are made of tough but lightweight nylon fabrics they provide better protection against brambles, branches and the occasional encounter with the ground than do thin Lycra, while cooling air vents and a multitude of pockets are also helpful.

Most baggy shorts also feature a chamois where long hours pedalling in the saddle are not an issue. The chamois can be an integral part of the shorts, or with more expensive garments, can form part of a removable liner. This is a useful option as it means the shorts can be worn off the bike without the liner, or liner and shorts can be washed separately.

A comfortable and adjustable elasticated waistband is essential, as is a secure method of closure that is easy to operate with gloved fingers (snap buttons or velcro in preference to 'normal' buttons, for example). Lycra stretch panels are good for an optimum on-bike fit, while cooling vents may appeal if you are a hard-working rider who sweats a lot. A selection of cargo pockets as well as a zip-secured pocket for valuables is good for storage, but bear in mind that it's not comfortable or advisable to pedal with pockets stuffed to the brim, or to carry sharp objects in your shorts pocket when there is a risk you may fall off.

The best baggy shorts strike a simple balance: lightweight but durable fabric, a comfortable fit without chafing or irritation, plenty of adjustability and enough pockets to be practical.



# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

**Ashmei** who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
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<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to Costa Rica for this very special adventure showcasing a beautiful country and its people.

