Costa Rica
9 DAY EXPEDITION

What to Expect
Day-by-Day Itinerary
Physical Requirements
Lodging in Costa Rica

Get Ready!
Packing List
Packing Tips
Pre-Trip Travel Information
Payment & Cancellation
Experience the sights and sounds of bustling San Jose, Costa Rica contrasted with the surreal serenity of the Pacuare River, the adventures of Arenal and the sprawling beaches of Manuel Antonio National Park. Along the Pacuare River, you’ll escape from civilization, but savor luxurious comforts in a candle-lit jungle bungalow. You’ll spend 2 nights at the lodge, experience an exhilarating canopy tour and explore the unbelievable rainforest surroundings. Your Costa Rica vacation itinerary continues as you raft the Pacuare River through exciting whitewater and cascading waterfalls. Next you’ll find yourself soaking in the hot springs of Arenal’s famous Tabacon Thermal Resort and exploring the depths of the Costa Rican jungle on hanging bridges. Finally, your vacation itinerary ends as you explore the spectacular Manuel Antonio National Park and relax on some of the world’s best beaches.

**Itinerary & Travel Information**

**NOTE: REFER TO YOUR CUSTOMIZED ITINERARY FOR EXACT TRIP DETAILS**

**DAY ONE** » Arrive at the the San Jose, Costa Rica (SJO) International Airport. A representative will be awaiting your arrival and will provide a private ground transfer to your San Jose hotel. Enjoy the evening to explore the bustling city of San Jose on your own. Overnight in double Superior room at Hotel Grano de Oro or similar.

**DAY TWO** » You’ll be picked up at your hotel lobby by one of the rafting guides and driven in a comfortable microbus (approximately 2½ hours) to the starting point on the Pacuare River. During your drive, you’ll see the country’s former capital of Cartago and massive Irazú Volcano, with a stop along the way for a typical Costa Rican breakfast of eggs, gallo pinto, fresh fruit and coffee. After a quick lesson in white water rafting, you’ll begin an exciting 1½ hour trip down the Pacuare River (class II-III rapids).

Midway down the river, you’ll pull into the award-winning Pacuare Lodge, Costa Rica’s premier eco-lodge. After a delicious lunch, you can take part in a hike to a 30-foot waterfall in the rainforest. In the late afternoon, you may want to join fellow travelers in our main lodge for a cocktail or other beverage before enjoying a delicious candlelight dinner. After dinner, you’ll retire to your bungalow. Modern wooden bungalows with thatched palm roofs have been carefully designed in an indigenous style to blend into the surrounding forest. Each hides beneath giant trees that have stood guard over this forest for eons, and comes complete with private bathroom and shower, comfortable bed, and fresh linens.

**DAY THREE** » Wake to the songs of birds and the soothing sound of the river. Head over to the main lodge for a delicious breakfast of home-made bread, tropical fruits, yogurt, eggs, pancakes, cereal, juice and coffee. The two-story Pacuare Lodge has comfortable, rustic dining facilities on the first floor, and sitting areas with sofas and hammocks in an open-air lounge on the second floor.

(Continued next page)
Itinerary & Travel Information (Cont.)

DAY THREE (CONTINUED) ➞ Modern wooden bungalows with thatched palm roofs have been carefully designed in an indigenous style to blend into the surrounding forest. Each hides beneath giant trees that have stood guard over this forest for eons, and comes complete with private bathroom and shower, comfortable bed, and fresh linens.

Your package includes your choice of up to 8 adventures during your stay at the Pacuare Lodge. Adding one more day to your stay at Pacuare Lodge would allow time for all eight activities (see list on following page). We especially recommend the Adventure Canopy Tour – where visitors glide amid a tropical rainforest canopy. A resident naturalist guide will provide you with unique insights into the plant and animal world. After your canopy tour, you’ll have time to relax in the jungle surroundings and enjoy a freshly-prepared lunch and another special dinner overlooking the Pacuare River. Overnight at Pacuare Lodge (breakfast, lunch and dinner included).

Tip: Add one more day to your stay at the Pacuare Lodge to allow time for all 8 activities. Contact your Trip Manager for details.

DAY FOUR ➞ After breakfast, you’ll leave the lodge and begin a fun-filled day of white water rafting excitement (approximately 3 1/2 hours in class III-IV rapids) on one of the world’s most beautiful rivers. You’ll paddle past pristine rainforest, waterfalls, and an array of birdlife that includes toucans, herons, kingfishers and cormorants. A delicious picnic lunch is served along the river en route. At the river take-out, you’ll have a chance to change into dry clothes at the private facilities before boarding the minibus for the trip to Arenal. Savor a buffet dinner on the open air Terrace at the Tabacón Resort. Overnight in Tabacón Grand Spa Thermal Resort in Double Superior Premium room or similar (breakfast, lunch and buffet dinner included).

DAY FIVE ➞ You will experience this natural paradise via hanging bridges as you walk along a three kilometer trail that includes 15 bridges allowing you to experience the forest from the ground (like a Jaguar) from the middle (like a Monkey) and from the treetops (like an Eagle). Transportation to and from your hotel is included.

Enjoy a free afternoon to refresh your body at Tabacon Hot Springs. Here you will find a seemingly endless maze of trails and bridges connecting a hidden oasis of steaming pools and waterfalls. You may find that you never want to leave! Overnight at Tabacón Grand Spa Thermal Resort in a double premium room or similar (breakfast included).

DAY SIX ➞ A representative will pick you up at your hotel early for a 5-hour trip along scenic mountain roads to Manuel Antonio. Spread over a forested ridge overlooking the Pacific Ocean with unforgettable coastal views, the area’s postcard-perfect beaches include Playa Manuel Antonio, a crescent of ivory sand between the rainforest and calm waters, perfect for swimming and snorkeling and nearby Playa Espadilla, a long beach lined with coconut palms and Indian almond trees. Enjoy the afternoon at the beach or exploring the quaint town of Manuel Antonio where you’ll find a variety of excellent restaurants. Overnight in a double premium bungalow at Tulemar Bungalows or similar (Breakfast included).

DAY SEVEN ➞ Spend this day at the beach and the national park. Enjoy a guided 2 1/2 hour nature walk in Manuel Antonio National Park. Watch sloths and numerous species of monkeys travel through the tree canopy. You might even spot one of the 1,000 remaining endangered Mono Titi (squirrel monkey), who live in only one location in the world, the Manuel Antonio National Park biological corridor. You may continue exploring the unspoiled, un-crowded, pristine beaches and winding forest trails after your guided educational adventure ends. Transfers to and from your hotel are included. Overnight in double premium bungalow at Tulemar Bungalows *or similar (refer to your custom itinerary for lodging details).

DAY EIGHT ➞ For guests staying at Tulemar Reserve & beach, enjoy a 33-acre preserve of rainforest that leads to a private, pristine beach. At the beach you’ll find umbrellas, sling lounge chairs, boogie boards, sea kayaks, sand castle toys and towels, as well as food and drink! Top off your adventure with one final day playing in the ocean, enjoying optional surf lessons, and relaxing on the beach as the sun sets beautifully over the horizon. Overnight in double premium bungalow at Tulemar Bungalows or similar. (If not lodging at Tulemar, you may contact your trip manager for alternate Day 8 suggestions).

DAY NINE ➞ Transfer by air or ground shuttle from your Manuel Antonio hotel to San Jose International Airport (SJO) to connect with your international flight. (Flight option reduces transfer time considerably).

Note: This itinerary is provided as a sample. Daily activities and sights will vary based on weather conditions and guide preferences.
Pacuare Lodge Adventure Experiences:

Regular package vacation at includes the following activities. You can **decide upon arrival**, but here is a little peek.

**Tip:** Add one more day at the Pacuare Lodge to allow time for all 8 activities. Contact your Trip Manager for details.

Activities are provided by independent operators. Each operator reserves the right to limit guest activities if deemed unsafe due to weather, physical condition of the guest, or other circumstances.

### PACUARE CANOPY ADVENTURE »
**Highly Recommended!**
Start with a twenty minute hike deep into the tropical jungle, then climb up into the jungle canopy and glide from tree to tree with guided interpretation and safety instruction along the way.

**NOTE:** This tour can be taken right after breakfast or lunch.

**INCLUDES:** Safety training and equipment, Introduction to rappelling

**DURATION:** 2.5 Hours

**DIFFICULTY:** Medium

**MINIMUM AGE:** 12 years old

### CANYONING - TESORITO CREEK EXPERIENCE »
Enjoy a fun outdoor adventure in a lush jungle gorge that includes rock climbing, a descent down a small waterfall, sliding along cables, swinging through the jungle like Tarzan, and rappelling down a 30-meter (90-foot) rock face.

**NOTE:** This tour can be taken right after breakfast or lunch.

**INCLUDES:** Includes safety training and equipment, Introduction to rappelling

**DURATION:** 2.5 Hours

**DIFFICULTY:** Medium

**MINIMUM AGE:** 12 years old

### CABECAR INDIGENOUS CULTURE HIKE »
The Talamanca Mountains are host to the Cabecar natives, the largest indigenous group in Costa Rica, and one that retains many of its traditional customs and beliefs. The trail offers a wonderful opportunity to discover many secrets of the forest, interact with the ecosystem, and hike the same trails the Cabecar’s have for centuries.

**INCLUDES:** Naturalist guides and a light snack

**DURATION:** Approximately 4 to 5 hours and it is quite physically demanding.

**DIFFICULTY:** Must be in good physical condition for hike on indigenous trails

**MINIMUM AGE:** 12 years old

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**BIRD WATCHING IN THE RAIN FOREST »**

**ENVIRONMENTAL SUSTAINABILITY TOUR »**

**NATIVE COSTA RICAN RURAL EXPERIENCE »**

**ANCIENT TRAIL & HIDDEN WATERFALL »**

**THE LOOP »**
Pre-Trip Travel Information

Book your flights in and out of San Jose, Costa Rica (SJO). A representative will be waiting for you as you exit security. From the airport, it’s approximately 30 minutes to your hotel in the downtown area. Based on your arrival time, you may have some time to explore the local restaurants, museums or parks.

SHORTEN YOUR ITINERARY
If you’d rather visit Costa Rica for 6 or 7 days, let us know. We can skip Arenal or Manuel Antonio or simply shorten your stay in either location. Visits to both locations are absolutely worth a trip, but we can make some suggestions based on your preferences. We don’t want your vacation to feel rushed, but if you have limited time, we understand. You’ll treasure any time you can spend in these magical places.

ADD TO YOUR ITINERARY
We’ve tried to create a nice balance of activities and relaxation throughout your itinerary, but if you’d like to be even more active, there are optional adventures you can add during your itinerary. Try sport fishing or surf lessons in Manuel Antonio or visit the Cabecar Indian Village on the Pacuare River. If you’d like to add another day or two in any location or even add a few days in Tortuguero, simply let us know and we’ll work out the details for you.

Post-Trip Travel

On the final day of your vacation, you’ll be transferred from Manuel Antonio back to the San Jose Airport, approximately 3 hours. Schedule an afternoon departure if possible so you don’t have to leave too early in the morning from Manuel Antonio. You’ll want to arrive at the airport 2-3 hours in advance of your flight. To make sure you have enough time, you should plan to leave Manuel Antonio 6 hours prior to your flight.

ALSO AVAILABLE AT PACUARE LODGE:

The Pacuare Canopy Adventure (Included, Day 3).

The Day Break Activity Tour: An early morning tour that explores the impressive variety of plant and animal life native to this area (led by a naturalist guide).

The Cabecar Indians Tour: Enjoy a fascinating cultural exchange with a Cabecar Shaman (participants should be in reasonably good shape as the tour involves some strenuous hiking).

In addition to the above tours, the second floor of the main lodge boasts several hammocks (just steps from the soothing sound of the river), board games and a well-stocked collection of nature books.

Therapeutic Rainforest Massage: Experience the energy of a tropical paradise with a deep tissue Therapeutic Rainforest Massage.
The Best Costa Rica Hotels and Lodges

Spend the night in a jungle bungalow lit by candles. Savor a steaming shower under the stars. Wake to the sound of tropical birds and swinging monkeys. Read a book as you gently sway in a hammock. Step outside your room to soak in cascading hot springs. Take a short walk to a private Costa Rica beach. Watch the sunset from your balcony overlooking the Pacific Ocean. These are a few of the experience awaiting you at these award-winning properties in Costa Rica. Every night you’ll be sure to rest better than ever after days filled with unforgettable adventure. Please note that if one or more of our pre-selected hotels or lodges is unavailable for your selected date range, arrangements will be made for a nearby property of similar caliber.

Pacuare Lodge

Nestled in the luxuriant rainforest and private reserve that forms part of the largest network of protected areas in Central America.

Hotel Grano de Oro

Converted from a Tropical Victorian mansion, this 40-room hotel maintains the warmth and comfort of a private home with all the amenities of a fine hotel.

Tabacon Resort

Surrounded by flowing hot springs, this five star luxury resort is recognized as a member of The Leading Hotels and The Leading Spas of the World.

Tulemar Bungalows

A 33-acre residential resort located right in the heart of Manuel Antonio, these 3 to 5-star bungalows are surrounded by rainforest and wildlife.

The service was beyond 5 star. The head of our raft was Roy and he kept everyone safe and highly entertained. All the people bringing you down the river also work at the Lodge so it is an incredibly intimate, service oriented experience. The food was incredible and the setting and spaces were out of any travel and leisure guidebook. Everything at Pacuare Lodge was 5 star. The other properties and activities were also incredible. Excellent service from drivers, hotel staff, waiters, everyone. There was not a single thing I could take issue with. Spend the money and treat yourself. It’s a once in a lifetime experience.

MARY, New Hampshire
Weather in Costa Rica

Each region of Costa Rica is a bit different in terms of average temperatures and rainfall due to elevation and proximity to the ocean, but most follow the same general pattern. The driest and warmest months of the year December through April. The wetter “green season” in Costa Rica runs from May through November. However, rain showers are a refreshing occurrence throughout the year, so it is important to be prepared for any kind of weather. The Pacuare River levels are dramatically affected by the rainfall during the months of May through October and it is possible that the canyon may be closed due to extremely high water levels. If this is the case, ground transport will be provided by land to the Pacuare Lodge in place of coming in by river.

www.westernriver.com/costa-rica-vacation-package/weather

Top notch in service and quality. The rooms we had were absolutely stunning. Open air and very romantic, the turn down service lights your room with candles while you are at dinner. The rafting trip out was the perfect ending. We will look forward to another visit!

KALI - Washington

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Physical Requirements for Rafting Trips

Our primary concern is participant safety. The nature of an outdoor adventure involves some physical exertion and also possible exposure to weather conditions that can fluctuate greatly due to heat, sun, wind, or rain. We do have experience accommodating persons with a wide range of physical challenges, disabilities, or medical and health conditions. However, we have found that for some people the factor of age, weight, pregnancy, lack of conditioning, heart or other disease, or recent surgery, can endanger themselves, other guests or create additional hardship that diminishes the suitability or enjoyment of this type of vacation. Please check with your physician prior to your trip if you have any medical or health condition or if you are taking any medications, and then notify us of how we can better help you with these conditions. In general, participants will need to meet the following physical requirements:

- Fit into a Type 5 Life Jacket (maximum chest size is 52”) required by the National Park Service
- Ability to securely grip ropes provided for handholds while running the rapids
- Enough agility to climb on and off the rafts—this could be as much as a 2-3 foot reach and often on wet and slippery surfaces
- Ability to navigate uneven terrain on hikes
- Carry your own dry bag which will include your 20-pound duffel

Our principle objective is for you and your fellow guests to have an enjoyable and fulfilling experience. If you are concerned about any of these requirements, please call our friendly staff to further discuss which trip is right for you. Liability and waiver forms will more fully describe some of the inherent risks involved in these activities. We look forward to having you experience the adventure of a lifetime.

“...This was my first rafting experience & our expert river guide Luis Andres made sure that while it was exhilarating it was never too frightening for me. Luis Andres looked after us throughout our stay and like all the staff came from the local area. All were friendly and knowledgeable and added a big part to the enjoyment of our stay. Pacuare Lodge sits in a luxuriant rainforest reserve, and relies on candles for lighting in the lodges - no power or wi fi in the lodges although available in the central ‘hub’. But what luxurious lodges they are! Pacuare Lodge offers the opportunity to dine in ‘The Nest’ - a platform high in the branches of an ancient Kapok tree. Not for someone with a fear of heights (me) but a must for those who don’t! The adventure of white water kayaking and rafting was amazing, and allowed us to see this beautiful river and nature at its most spectacular.”

ROBYN - Australia
Packing for the River (Days 2-4):

- Check out of your accommodations (Breakfast provided en route to Pacuare Lodge).
- Private ground transportation provided to the Pacuare River.
- Come dressed and ready to raft (see diagram below):
- Prepare your bags for the river (see instructions)

**EXTRA LUGGAGE STORAGE**

Any extra luggage you will not be taking down the river can be stored at the Pacuare Lodge facilities located at the river take-out. Up to the present there have been no problems with theft, however, we will not be held responsible for any lost or stolen objects. Therefore, all guests are required to securely padlock all luggage. It is also advisable for guests NOT to leave behind valuables or important documents. These should be taken to the Pacuare Lodge in ziplock plastic bags or similar (safety boxes are provided in the bungalows). Additionally, guests who leave luggage at the facilities will be asked to sign a form consenting to the above conditions.

**Things to bring:**

- Duffel bag (approx. 12”×13”×24”), packed with clothing, toiletries, personal items outlined.
- Extra snacks, if desired.
- Passport, photo ID, a major credit card, and cash for gratuities.

**Things to leave:** (NOT TO BRING ON THE RIVER)

- Suitcases or extra luggage that won’t be needed on the river, or at Pacuare Lodge.

**retention device(s)**

River guides invented these thirty years ago for hats and sunglasses. They work!

**life jacket / PFD**

Available at the river’s edge, with rafts

**repellent & sunscreen**

At least 30 SPF - You will have time to apply this on the transfer

**medication**

(if needed)

**waterproof camera**

Or use a waterproof / sandproof case

**quality raingear**

Good quality rain gear is handy!

**Big Smile**

A smile is a curve that sets a lot of things straight

**Hat for Sun Protection**

Wide-brimmed hat, baseball cap or visor

**Comfortable Shirt**

Short sleeve or long sleeve with UPF for added protection

**Sunglasses**

They’re not just for Hollywood looks

**Quick dry shorts**

Makes sitting on the raft more comfortable

**Water Bottle with a Clip**

Always drink lots of water

**Sturdy Water Sandals or Shoes**

No flip flops, Mukluks, cowboy boots, spurs, etc.

**Leaving Pacuare Lodge & the River**

You will leave the Pacuare Lodge by river and will have the opportunity shower and change from wet river clothes to dry clothes for travel to your next destination. You will also have access to your stored luggage at this point in your rafting trip.
## Packing List

**CLOTHING ITEMS**
- Quality rain gear
- 3 swimsuits (2-piece swimsuit and quick drying shorts recommended for women)
- 2 quick-drying shirts for water activities
- 4 casual shirts
- Lightweight fleece top
- 2-3 pair comfortable shorts
- 1-2 pair quick drying pants (optional - for sun protection)
- Comfortable lounge-wear for relaxing and sleeping
- Socks & underwear
- Sturdy water sandals or water shoes. Based on the type and condition of your footwear, you may want to consider a backup pair of sandals or shoes in case of any damage. *(NOTE: Tennis shoes with a closed toe are mandatory for certain activities).*
- Comfortable footwear for evenings
- Hat for sun protection with string or hat clip

**PERSONAL ITEMS**
- Personal hygiene products (no aerosol sprays please)
- Insect repellent
- Ziplock bags of various sizes
- Sunscreen
- Sunscreen lip balm
- After-sun moisturizing lotion
- Biodegradable soap and shampoo in small bottles
- Sport water bottle with clip or carabiner
- Toothbrush and toothpaste
- Small pack of tissues and/or moist towelettes
- Small headlamp or flashlight with extra batteries
- Extra pair of prescription glasses, as needed
- Sunglasses with safety strap
- Camera with extra batteries and memory cards
- Plastic bag for dirty or wet clothing
- Small compressable day pack
- Medication if needed
- Major credit card and photo ID
- Personal Passport
- Cash for extra tours, spa treatments, liquor, etc.

**Cash for gratuities** *(Your guides will make every effort to see that your trip is enjoyable and successful. Gratuities for guides, drivers, housekeeping, waiters, spa attendants, etc. are appropriate, greatly appreciated, and at your discretion, as a gesture of thanks for their professionalism and service).*

### Get Ready in One Order: Red Rock Outfitters

Through several decades of experience on the river, Western knows what clothing and gear will keep you smiling every second of your adventure. Specifically, we’ve bundled “The Works” for him, for her and one for gear in general. Get a FREE item with a “Works” purchase. For your convenience, you can order all these items online with Western’s retail division:

www.RedRockOutfitters.com

1-855-245-1658
General Information

**BEVERAGES** Water is available in unlimited quantities on the boats during the rafting activities. We suggest you keep a personal water bottle with you during any activities where you may need hydration.

**VALUABLES** You will want to have photo ID, a major credit card, and some cash for gratuities. All other valuables and jewelry should be left at home or in a safety deposit box at your hotel. In addition, as a safety precaution we suggest that you not wear rings on the river. Also, each year a few of our guests traveling on airlines arrive without luggage. With this in mind, we suggest you carry with you medications, prescription glasses, and anything you may not be able to replace.

**EXTRA LUGGAGE** Any extra luggage you will not be taking down the river can be stored at the facilities located at the river take-out. Up to the present they have never had any problems with theft, however, we will not be held responsible for any lost or stolen objects. Therefore, guests are required to securely padlock all luggage left at the facilities. It is also advisable for guests not to leave behind valuables or important documents. These should best be taken to the Pacuare Lodge in ziplock plastic bags or similar (they provide safety boxes in our bungalows). Additionally, guests who leave luggage at the facilities will be asked to sign a form consenting to the above conditions.

**INTERNATIONAL TRAVEL** If you are traveling from outside Costa Rica, please consider that you may require vaccination against some diseases found in other parts of the world. There is currently no risk of yellow fever in Costa Rica, although the Costa Rican government requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. We recommend that you ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

Payment & Cancellation Policies

**PAYING YOUR BALANCE** Payment in full is due 90 days prior to trip departure and may be paid by check (preferably) or credit card. For your convenience, we offer an automatic payment service to charge the balance due to your credit card 90 days prior to trip departure. We reserve the right to cancel your reservation if full payment is not collected by the due date.

**CANCELLATION & REFUNDS** The cancellation policy applies at the time of deposit. Details regarding cancellations and travel changes for each trip can be found at WesternRiver.com or on your reservation confirmation. If you must cancel any reservation, the cancellation policy applies in every instance and there will be no exceptions for any reason. Western will not issue any refund for arriving late or leaving a trip early. Western River Expeditions is not responsible for any expenses incurred in preparation for any cancelled trips or for costs incurred due to travel delays, flight cancellations, or illness. If you are concerned about the possibility of having to cancel, you may find information about cancellation coverage and policy details at: westernriver.com/cancellation

"Absolutely incredible! This can be the perfect romantic vacation or the perfect family adventure, which is hard to find in other trips. The Pacuare Lodge was magical and the rafting in the warm Costa Rica waters was perfect. We loved just laying in our hammock and listening to the sounds of the jungle. The hot springs at Tabacon were amazing - the perfect end to the day! And Manuel Antonio was unreal. I couldn't believe how many monkeys, sloths and iguanas we saw - right next to us both from our bungalow and from the beach! I can't wait to do it again!"

TIM - California

OTHER QUESTIONS: If you have additional questions, our friendly staff is available Monday - Friday from 7:00 AM to 6:00 PM Mountain Time. Also, visit us online at westernriver.com for more information. Be sure to see our “FAQS & POLICIES” section online under each trip.