

Costa Rica – Beach, River, & Rainforest Itinerary & Details 2006



Day 1: Arrive San José

Arrive at the Juan Santamaria International Airport in San José. After passing through Immigration you will be met by a Costa Rica Expeditions representative who will give you a sticker to facilitate clearing customs. When you are exiting the building, look for a Costa Rica Expeditions sign with your name on it. A Costa Rica Expeditions guide in an orange shirt will be holding the sign. He or she will take you to the Hotel Don Carlos or similar. (No meals.)

Day 2: San José / Corcovado

After a welcome orientation breakfast with your guide, depart for the 30- to 60-minute transfer to Pavas Airport for a one-hour light charter flight (single engine Cessna 206) to Carate (one mile southeast of Corcovado Lodge). Upon arrival at Carate, walk 30–45 minutes with a Corcovado guide to the Lodge (luggage will be transported by horse cart).

After lunch at the Corcovado Tent Camp, walk the Lodge's loop trail with your guide. The Loop Trail winds its way through the Lodge property and illustrates different types of lowland tropical rainforest, including overgrown pasture, second growth forest and lowland primary rainforest (virgin jungle, if you will). There are views of the Pacific Ocean through vegetation that has never felt a frost. Possible wildlife encounters include Coatimundis (a relative of the raccoon), Tayras (a dark, bushy-tailed weasel), Amazon Parrots, Parrotlets, Poison Dart Frogs, Scarlet-Rumped Tanagers, several species of snakes, Agoutis (which look like a large, long-legged guinea pig), and Hermit Hummingbirds, to name a few.

Because this piece of land adjoins the larger protected Corcovado National Park, occasionally you may encounter a sign of some of the larger mammals: Tapir, Peccaries or felines such as Jaguar, Ocelot or Cougar. You also may come face to face with the monkeys common to the Osa Península: Spider, White-Face and Howler. Dinner and overnight at Corcovado Lodge Tent Camp. (B,L,D)

Day 3: Corcovado

Today, in groups of up to six participants at a time, you will visit the Tree Canopy Platform. The adventure begins with a one-hour guided hike through the Corcovado Lodge Private Nature Reserve to the Canopy Platform. The platform is located in an emergent tree 120 feet above the forest floor. From here, you will have the opportunity to view the rainforest from a seldom-seen perspective. White Hawks, Howler Monkeys, Anole Lizards and Pygmy Squirrels may be sighted. Meals and overnight at Corcovado Lodge Tent Camp. (B,L,D)

Day 4: Corcovado

After breakfast start off on the six-hour, round-trip hike through the park to Salsipuedes Bay. Corcovado National Park covers 136,347 acres and is considered to be the most biologically diverse rainforest in Central America. Walking northwest you pass through primary and secondary forests, a small stretch of mangrove and stretches of beach. This walk is renowned for sighting large flocks of Scarlet Macaws of 20 or more individuals feeding in almond trees. While by no means probable, it is possible to see Tapir at Salsipuedes. Many of our guests

have had this thrilling reward for this strenuous hike. Overnight at Corcovado Lodge Tent Camp. (B,L,D)

Day 5: Corcovado / San Jose / Savegre

Walk 30–45 minutes to the Carate airstrip with a Corcovado Guide for the one-hour flight to San José. Upon arrival in San José, we will stop for lunch and then depart for the three-hour drive to Savegre Mountain Lodge. Upon arrival you will have the rest of the afternoon free to take a horseback-riding trip, go trout fishing, or relax. (Afternoon tours are at additional cost.) Overnight at Savegre Mountain Lodge. (B,L,D)

Day 6: Cerro de la Murete

After an early breakfast, depart by motorcoach for the Cerro de la Muerte Hike. With a local guide, you will walk down the mountain, first through sub-alpine meadows then through the oak forests of the Savegre Valley. This is a 5-6 hour hike, which ends at Savegre Mountain Lodge. Picnic lunch en route. Overnight at Savegre Mountain Lodge. (B,L,D)

Day 7: Savegre / Pacuare

Depart early from Savegre Mountain Lodge to San Chirí Restaurant, located in the town of Paraíso in the Cartago Province. Here your White Water Rafting Guides will be waiting to take you on the next leg of your adventure. After a quick change of luggage and breakfast, you will depart heading east to the entrance to Hacienda Tres Equis, which will take you to the put-in location on the Pacuare River. After an orientation and safety talk, proceed down river. River time: approximately 1–1/2 hours. Dinner and overnight camping on the riverbank. (B,L,D)

Day 8: Pacuare River

The 'most beautiful river canyon in the tropics', the Pacuare River cuts through one of those rare pockets of wilderness left on the planet. Today you will wake to the sounds of the Pacuare River canyon and the smells of your River Guides' cooking. After an early morning breakfast, you will go on a two-hour guided hike. Upon your return to camp the rafts will be rigged and ready to continue your adventure down the Pacuare River to take-out. River time: approximately four hours. Mid-afternoon take-out. Return to San José for a farewell dinner (two hours driving time). Overnight at hotel Don Carlos or similar. (B,L,D)

Day 9: Depart San Jose

Transfer to the international airport approximately two hours before your flight's scheduled departure time. (No meals.)

NOTE: Trip itineraries are subject to change without notice due to road, weather, river, and other conditions for the safety and enjoyment of guests, as deemed necessary by Austin-Lehman Adventures and its operating partners.

Value Adventure!

The Costa Rica Beach River & Rainforest Adventure is a new addition to our line-up of special value-priced vacations. We give you all of the famous Austin-Lehman service, cuisine and comfort for a great value.

Trip Summary

Hiking – Easy to moderately strenuous jungle walks and hikes ranging from 2 to 6 miles.

River rafting – Class III and IV rapids, no experience necessary.

Discovery – Costa Rica, a tiny country that forms the land bridge between North and South America, is almost too good to believe. Although slightly smaller than West Virginia, it has more species of mammals and birds than the continental United States and Canada combined, unmatched flora that includes over 3,000 species of wild orchids alone, world class rivers, active volcanoes, and a world famous national park system.

Each activity has been carefully planned to include options for all levels. Guides are experienced facilitators and regional experts. They will take the time to explain the details of each activity, answer any questions and demonstrate the use of all equipment. Most importantly, they will help you select the amount of activity that's right for you.

Distinctive Accommodations

Nights 1 & 8: Hotel Don Carlos - Located just a few blocks from the central plaza in downtown San José, this hotel was once an old Victorian-style mansion. The hotel has 38 rooms, all with private baths. There is a bar and restaurant, a sundeck, gym and souvenir shop. The hotel also offers an important collection of Costa Rican painting and sculptures.

Nights 2-4: Corcovado Lodge & Tent Camp - A main palm-thatched lodge and a cozy bar/hammock room with twenty platform sleeping tents between the pounding surf and the living wall of the jungle. All the comforts of home, if home is a 10-sq. foot walled tent, 20 meters from the bathroom and shower. If you love truly remote, wild and beautiful places, Corcovado Lodge & Tent Camp is for you.

Nights 5 & 6: Savegre Mountain Lodge - Twenty cabins at 7,200 feet above sea level on a family farm with a clear trout stream running through it, surrounded by one of the finest examples of highland cloud forest on the planet. The lodge is set in a valley so spectacular that a postcard photographer might pass it up because nobody would believe it was true. Cabinas Chacón and the surrounding private nature reserve provide all the basic comforts; but few frills for the body with so much luxury for the soul.

Night 7: Deluxe Pacuare River Camp - Deluxe camp with sleeping bags, pads, sheets and tents provided.



Trip Price

Holiday Season: \$1,838

Child age 12-16: \$1,379
(sharing a room with two adults)

High Season: \$1,738

Child age 12-16: 1,304
(sharing a room with two adults)

Mid Season: \$1,638

Child age 12-16: \$1,229
(sharing a room with two adults)

Value Season: \$1,538

Child age 12-16: \$1,154
(sharing a room with two adults)

(\$350 single supplement all trips)

Dates

Season

Jan 14-22	High
Feb 11-19	High
Feb 18-26	High
Mar 11-19	High
Mar 25-Apr 2	High
Apr 8-16	Holiday
Apr 15-23	High
May 27-Jun 4	Value
June 17-25	Value
Jul 1-9	High
Aug 12-20	High
Nov 18-26	Mid
Dec 16-24	Holiday
Dec 23-31	Holiday

Host City

San José, Costa Rica

Airport Code: SJO

Reservations & Availability

1-800-575-1540

Meals

The hallmark of an Austin-Lehman Costa Rican vacation is our great regional dining. All meals: breakfasts, lunches, snacks, dinners, refreshments, and receptions (except arrival and departure days) are included with your adventure. Alcoholic beverages and related gratuities are not included in the trip price.

Each morning starts with a hearty breakfast. In the evening, it's a wonderful restaurant, usually located at our lodge, surrounded by the sounds of the jungle. One night might feature fresh-caught seafood. The next could bring homemade pasta with wild mushrooms and fresh herbs.

Even our trail and riverside lunches are gourmet affairs. With the great outdoors as your dining room, our picnics would make even Chef Emeril Lagasse proud. Our guides are culinary magicians who prepare nutritious meals and know where to find farm-fresh produce, homemade bread, or freshly harvested fruits.

Austin-Lehman is happy to accommodate special dietary needs. Just let us know when you book your adventure.

Trip Details

Arrival and Departure

Day One Arrival

An Austin-Lehman representative will meet you at San José's Juan Santamaria International Airport as you pass through immigration and customs. You will then be transferred to the Hotel Don Carlos. Dinner this evening is on your own.

Day Nine Departure

After breakfast on your own at the hotel, you will be shuttled from the Don Carlos to San José's Juan Santamaria International Airport. Our transfer will arrive at the airport at least 2 hours prior to your flight home (it is vital that you inform us of your airline schedule). We recommend that you book your return flight for 2:00 p.m. or later.

Travel Plans

Travel Insurance

Travel Protection Plan

Austin-Lehman offers a guest Travel Protection Plan that covers trip cancellation for medical reasons, travel delay, medical expenses, accidental death, lost baggage and medical evacuation. Please call and speak with one of our Adventure Consultants if you have specific coverage questions. Since so many guests purchase this plan, as a convenience, the cost is

FAQ's

What should I pack?

Pack for all types of weather, rain or shine, and keep comfort and functionality in mind. Once you have booked your trip, you will receive a pre-departure package with a detailed packing list.

What about shoes for hiking?

We recommend light hiking boots or multi-sport/comfortable walking shoes.

How should I dress for dinner?

Dinners are casual, unless otherwise noted in your pre-departure package.

How many miles will I hike each day?

A typical day consists of a 2-6 mile hike. With 1 guide per 6 guests, we can adjust distances up or down.

How fit do I have to be?

We make all trips flexible enough to accommodate all fitness levels.

What is the average age of guests?

Our guests range in age from 12 to 79. Generally, kids are in their teens and most adults are in their mid thirties to early sixties.

Do I have time on my own?

Though days are busy, you will have time to shop, relax or swim in the ocean.

What about tipping the guides?

A tip should reflect your guide's performance and be an amount you feel comfortable in giving.

automatically added to your invoice as an option. It's effective on the day your Travel Protection Plan payment is received by our office. Should you not be interested in our travel protection plan, simply deduct its cost from the trip invoice total at time of final payment.

This web address offers complete coverage information and answers to frequently asked questions:

www.tripmate.com/wp423S/

MedjetAssist – Medical Evacuation Membership Program

MedjetAssist provides a worldwide pre-paid, *hospital of choice* medical evacuation membership program for an annual or short-term membership fee. Services are available to members 24 hours a day, 7 days a week utilizing a fleet of state-of-the-art medically equipped aircraft configured as mobile intensive care units, staffed with physicians, nurses, and support personnel. For information, consult the pamphlet, call 800-963-3538 or go online to: www.medjetassist.com/a-lehman

Airline & Hotel Reservations

For assistance, contact your travel agent or **Montana Travel** at 1-800-247-3538, to book your pre- and post-trip accommodations and airline tickets. The following carriers service San José Juan Santamaria International Airport (Airport Code: SJO):

American Airlines	800-433-7300
Continental Airlines	800-525-0280
Delta Air Lines	800-221-1212
United Airlines	800-864-8331

Regional Information

Austin-Lehman trips are located in beautiful parts of the world. Link to these websites for a sneak preview of this destination:

Central America
Costa Rica
Embassy of Costa Rica in the U.S.A.

Suggested Reading

Austin-Lehman has partnered with Longitude Books to offer you inspiring guidebooks and travelogues to this destination.

Costa Rica
www.reading.longitudebooks.com/AL141

Included in the Trip Price

- Double occupancy rooms/tents with semi-private baths. Rooms often can accommodate 3 or 4 people.
- All meals: breakfasts, lunches, snacks, dinners, refreshments, and receptions - except Day One dinner on your own.
- Fully trained, first-aid certified, professional guides and knowledgeable local partners and experts.
- Rafts, helmets, and other necessary equipment — all safe and well maintained.
- Vehicle support and land/air transportation during the trip.
- Austin-Lehman T-shirt, water bottle, and luggage tags.
- Detailed, trip-specific itinerary of your adventure, with information on all planned activities.
- Pre-departure and packing information.
- Incidental expenses such as taxes, dining and housekeeping gratuities, local partner and expert gratuities, and national park entrance and permit fees.

Not Included in the Trip Price

- Gratuities to Austin-Lehman guides.
- Alcoholic beverages and related gratuities.
- One dinner during the trip.
- Optional pre-and post-trip accommodations and associated expenses.
- Air and land transportation to/from host cities.
- All types of personal insurance.
- Personal expenses.

Discounts for Austin-Lehman Guests

Austin-Lehman has partnered with select suppliers in the travel industry to offer discounts to our alumni and guests. Once you have booked a trip, you will receive a pre-departure package with discount information and reference numbers for the company below:

TravelSmith

TravelSmith is a supplier of smart-casual travel clothing. Receive a 10% discount on all purchases.

Trip Reservations

Reservations, Deposits, and Balances Due

To make a reservation, contact Austin-Lehman with your choice of trip and dates. A \$500 per person deposit is required to confirm your reservation. Full payment is required at the time of booking if your trip departs within 90 days. Choose one of the following contact methods:

Toll free: 1-800-575-1540
Phone: 406-655-4591
Online: [Austin-Lehman Reservations](#)
Email: info@austinlehman.com
Mail: Austin-Lehman Adventures
P.O. Box 81025
Billings, MT, 59108

You may also book your Austin-Lehman adventure with your preferred travel professional.

We accept Visa, MasterCard, American Express, Diners Club, and personal checks (U.S. funds made payable to Austin-Lehman Adventures, LLC). Please do not send cash.

Price Guarantee

Prices are guaranteed through December 31, 2006.

Multiple-Trip Discounts

Join Austin-Lehman Adventures for more than one trip in a calendar year and receive a 10% discount on all subsequent trips during the same season (not combinable with other discounts or offers).

Private Custom Trips

Maybe your vacation schedule doesn't fit our list of trips and dates. Perhaps you'd prefer a slightly different itinerary or level of luxury and activity. A **Custom Adventure** is the perfect answer. You pick the date and destination. Brief us on the size

Pre-departure Information

After receiving your reservation and deposit, we will send you a pre-trip planner with general information about the area you'll be visiting, a packing list, exercise guidelines, a guest information questionnaire, and a liability release agreement. We ask that you return the guest information questionnaire and liability release agreement within 10 business days.

Special Requests

Please note any dietary needs and other requests on the guest information questionnaire found in the pre-departure package. We are happy to accommodate you.

Children Traveling Without Parents or Guardians

On all trips, an adult must accompany children 16 years or younger. A letter of release provided by Austin-Lehman and signed by the child's parent or legal guardian is required for all children age 16 or younger not traveling with their parent or legal guardian.

Booking Check List

1. Choose your trip & departure date.
2. Purchase travel insurance (optional).
3. Communicate any dietary needs or special requests.
4. Pay deposit to your travel agent or Austin-Lehman Adventure Consultant.
5. Wait for your pre-departure package to arrive in the mail.

Contact an Austin-Lehman Adventure Consultant at
1-800-575-1540

of your group, what activities you want, your “must haves”, and just how you like to relax and unwind. No detail is too small, no idea too outrageous. Our staff of experts will help create a tailor-made vacation that’s just right for you and your group.

Room Occupancy, Single Supplements, and Shared Room Assignments

All trip prices are based on double occupancy. Each additional person in a room, 12 and older, receives a discount (not combinable with other discounts). Single rooms are available for an additional charge, referred to as a “single supplement.” If you are traveling alone and wish to share a room, Austin-Lehman will attempt to find a roommate for you. If we are unable to do so, you will be assessed the customary single supplement.

Child Age and Pricing

This trip is suitable for children twelve years old and up. Children who share a room with one or more adults receive reduced rates as listed on Page 3 of this document.

Cancellations and Refunds

The following cancellation policies and cancellation fees are in effect:

Cancellation 91 days or more before trip departure – Full trip payment less a \$100 cancellation/administration fee is refunded.

Cancellation 61 to 90 days before trip departure – Full trip payment less the \$500 deposit is refunded.

Cancellation 60 to 31 days before trip departure – 50% of the trip payment is refunded.

Cancellation 0 to 30 days before trip departure – No refund is given.

Trip Changes and Cancellations

While Austin-Lehman Adventures will make every attempt to operate a trip once confirmed, we do reserve the right to cancel a trip, at any time due to insufficient bookings and/or reasons beyond our control that might create unsafe or undesirable travel conditions for the participant. In such case, a full immediate refund will be issued. However, the financial liability of Austin-Lehman Adventures shall be limited to the amount paid to Austin-Lehman Adventures for the land tour only and shall not be extended to cover any other associated travel costs incurred (e.g. non refundable air tickets, visa fees if applicable, clothing, equipment, miscellaneous

Country Travel Facts **Passports and International Travel**

When traveling internationally, it is required that you have a valid passport that is current for at least 6 months after travel dates. U.S. citizens do not need a Visa when traveling to Costa Rica

Travel with Children

If you are a parent, grandparent or a guardian traveling with a child, you must provide proof of custody or a notarized letter from the other parent or parents authorizing travel. An original or certified copy of the child’s birth certificate is also required.

Money

The currency is the Costa Rican Colón (¢). Bills range from ¢20 to ¢10,000 and coins ¢1 to ¢100. For up-to-the-minute exchange rates visit [XE Currency Converter](#).

You can exchange U.S. dollars to Costa Rican colones at the San José Juan Santamaria International Airport or at our hotels.

Medical Insurance

We strongly recommend that you consult your current medical insurance policy for coverage outside of the United States and purchase additional coverage if needed or deemed necessary.

Weather

We can’t control the weather, but we can prepare for it. Check the Weather Channel for long-term forecasts and current weather conditions.

[Weather Channel](#)

transportation costs, medical expenses, travel insurance premiums, etc.).

Trip itineraries are subject to change without notice due to road, weather, and other conditions, as deemed necessary by Austin-Lehman.

We reserve the right to refuse acceptance of any participant for any reason at any time. We are not responsible for any additional expenses incurred by such participants.

Our Guarantee

Exceeding your expectations is our number one priority. If we fail to meet your expectations and are unable to resolve the matter to your satisfaction during your trip, we'll refund up to the full amount you paid to Austin-Lehman Adventures.

Our Partner – Costa Rica Expeditions

Austin Lehman Adventures is proudly offering this trip in conjunction with Costa Rica Expeditions. CRE is an active travel company focusing on eco-tourism, natural history and the culture of the Costa Rican people.

Their goal is to create a unique travel experience that transcends conventional sightseeing and travel.

"Our dream is to promote the type of tourism which is mutually beneficial and nourishing to both the visitor and the visited." Michael Kaye, President, CRE.

CRE aims to provide an in-depth perspective of Costa Rica that shares a world and lifestyle which is totally different and which will serve to enrich the visitor's personal experience. Costa Rica Expeditions was founded in 1978 to help the sophisticated traveler explore Costa Rica---its flora and fauna, its people and culture, and its wild and beautiful places.