



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



TREK COSTA RICA!



Join us on this LIFE-ENHANCING Charity Fundraising Challenge!

EXPEDITION HIGHLIGHTS INCLUDE:

- *5 incredible days of rainforest trekking from sea level to the ancient volcanic summit of Cerro Frio (3,492 m)*
- *Trek through the world's most bio-intense jungle region filled with wildlife, tropical birds and exotic flora*
- *Experience camp life with 4 tent nights and a dedicated team of local guides & nature specialists*
- *Dip your toes in the Pacific Ocean under coconut trees before climbing to amazing cloud forests*
- *Visit the backwaters of tropical Dominical and enjoy coastal Tico life before and after the expedition*
- *Be part of a community of like-minded adventurers who sacrifice comfort to give back in a positive way!*



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Day 1 Depart for Costa Rica! / San Jose Depart your country on the for flights to SJO (San Jose, Costa Rica). Upon arrival our local Costa Rican Event Rep will meet group at the airport and transfer us to our hotel in San Jose. Welcome dinner and 3 star Hotel Accommodation.



Day 2 Transfer to Dominical / Warm up day. After breakfast we head to the Pacific Coast. The drive takes 3.5 - 4 hours along the old Pan American highway. We arrive in the small sleepy beach town of Dominical in time for lunch and soon after, the trek briefing. The afternoon is free to enjoy the beach and a warm-up walk through beach and jungle landscapes! (Breakfast & Dinner included)



Day 3 Trek 1 (18 kms / 5 to 7 hours) Pacific Coast to Tierras Morenas.

An early breakfast and a short transfer takes us to the start along the coast. Here we stretch, take a few group pictures and begin our 5 day trek through the mountains and valleys of the Pacific slopes to Cerro Frio at an altitude of 3,492 meters! The first day is along a 4x4 track that crosses a river several times as it climbs into the mountains. We conquer our first of several mountain passes before dropping into the river valley for the first night of camping. (All meals included)



Day 4 Trek 2 - (17 kms / 6 to 8 hours) Tierras Morenas to Bajo Savegre.

The community of Savegre is our goal for the second day of trekking. We begin with a climb out of the valley and into cooler weather. At the top of the climb we are treated to incredible views of the Pacific coastline in the distance and endless mountain ranges merging into the clouds above. After lunch we head down to the community of Savegre where we have time to witness local ways of life before settling in for the night. (All meals included)

Day 5 Trek 3 - (22 kms / 8 to 10 hours) Bajo Savegre to Angeles. The first of two tough days of trekking starts with climbing up through coffee plantations high above the raging Division River. Along the way we are treated to some spectacular vistas of the river canyon and several huge waterfalls as they cascade into the Rio Division. After a long day of trekking, we descend into the coffee-producing town of Angeles where we spend the night camping at the town's church community center. (All meals included)



Day 6 Trek 4 - (23 kms / 10 to 12 hours) Angeles to San Gerardo. A very early departure gives us a head start on the most challenging day of the route. The first 7 kms along a coffee road is steep but with the sun still behind the mountains we get a great start to the day. The road quickly gives way to a trail that leads up through the cloud forest along muddy trails to an altitude of above 2300 mts. From here we head down to the Savegre River and the quaint mountain town of San Gerardo. Tonight, we camp on the banks of the river and rest up for tomorrow's last push to the top. (All meals included)



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Day 7 Trek 5 (14 kms / 7 hours) San Gerardo to Cerro Frio. *The final 14 km to the top of Cerro Frio is the steepest climb of the entire trek and we reach the high point of 3492 meters! We pass cloud forest jungles and a good chance to see a variety of tropical birds including the infamous Quetzal. During the last several km of the trek, the cloud forest disappears giving way to more open areas with smaller types of vegetation and some amazing views of the Pacific Slopes of Costa Rica. At the top, we celebrate our accomplishments with warm hugs and a final group photo. Soon after, we descend by vehicle back to the coastal Pacific region of Dominical for our celebratory night and a well-deserved hotel stay! (All meals included)*

Day 8 Departure *This morning we will transfer back to San Jose to Juan Santa Maria International Airport for departure (3.5 hour minimum). Alternatively, those doing our **extension tour** will depart this morning after breakfast on your holiday program! (Breakfast only included today).*

EXPEDITION PRICE:

(Please Consult) Expedition Cost and Sponsorship Minimum Target *(Flights not included)*

TYPICAL SCENARIO

This is a non-profit event whose aim is to raise funds for charitable projects carried out by your organization. The expedition price of* therefore includes a **minimum** sponsorship/donation amount of* which will go 100% towards your organization's charitable projects. We encourage all participants to pay the expedition costs element of* personally (and personal flights), and seek sponsorship for just the charity donation element of* because sponsor's may like to see on people's fundraising pages a message like this: "I am paying my own travel costs and all monies raised go 100% to charity projects".

*This figure is based on a minimum participation number (25 participants / minimum and 35 maximum), and current exchange rates. If we do not achieve those numbers and/or there is a significant move in currency exchange rates, we may have to amend the cost figure later, at which time you will have the option to continue or withdraw and/or the option to transfer your place - and receive a refund.

What's Included in your Payment:

- A generous donation to YOUR ORGANIZATION and our community project based charitable projects.
- Provision of local employment (guides, drivers, wilderness camp staff & more)
- Provision (local expenses), of an expedition (voluntary)
- (Optional) Doctor who accompanies group for entire program
- 5 days of world class guided trekking & an expedition leadership team
- Airport meet and greet in San Jose and transfers to / from SJO airport at beginning and end of expedition
- 3 nights hotel accommodation (1st, 2nd and final nights) in 3 star tourist hotel centrally located, twin shared room
- 4 nights camping experience including materials: 2 person shared tent, basic camp washing / toilet facilities and meals catered by local expedition staff
- Daily transfers of your personal baggage between camps
- Daily meals as per itinerary included filtered or mineral water on trekking days, coffee and tea
- Entrance permits and fees for all protected spaces of the trek
- Tipping for all local guides, drivers & camp support staff
- Risk Management & Evacuation Plan including Emergency Procedures logistics



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



What's Not Included:

- Flight to/from Costa Rica: San Jose, Costa Rica / Airport code: SJO
- Personal Expedition Travel Health insurance and any travel disruption and Cancellation / travel disruption, etc.
- Beverages at included meals and any personal expenses, private transfers/taxis, entrance fees, hotel mini-bar etc
- Sleeping bag and Sleeping mat (and any personal trekking equipment)
- Single room supplements (limited availability)
- Costs associated with missed connections, delays, passport or visa issues, lost baggage, personal items and/or equipment loss or damage, etc.



The Extension Tour Program (optional):

As an added incentive, Adventurebug offers an optional post-challenge extension tour to enjoy more of Costa Rica at a pace much more relaxed! This program is separate from the expedition price and all details can be found on our online registration page.

Generally this tour is relaxed, adventurous and not overly exerting. It's designed to highlight the best of Costa Rica and includes visits to: Arenal Volcano, Monteverde Cloud Forest and Manuel Antonio National Park.

Activities will consist of ZIP LINE / CANOPY touring, RAFTING, a CATAMARAN sunset tour, GUIDED ANIMAL SAFARI treks and more!

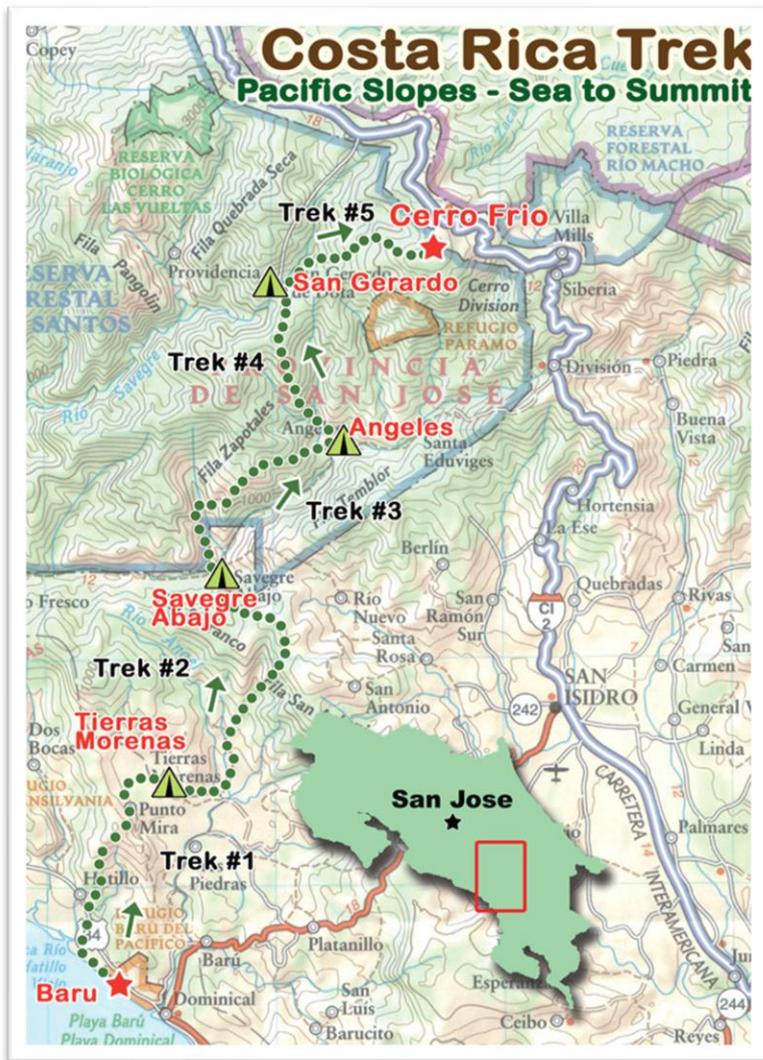




Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
 Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



General Information:

Accommodation: 3-star hotels in San Jose and Dominical in twin rooms and 2 person tents during our 4 camp nights. Participants need to supply their own sleeping bags and pad for these nights.

Transportation: All transportation is included as indicated using small buses and 4x4s for equipment and baggage transfers.

Meals: All meals arranged by our local team are a mixture of local and western-style meals while camping and at restaurants. Lunches are box lunches or picnic-style prepared by the guides along the route. Water will be supplied daily during trekking routes; participants need to bring their own water bottle for refill.

Guides & Event Staff: Experienced, bi-lingual Jungle Trekking Guides for the entire trip will work alongside your Trip Leaders. Other support staff (cooks, camp staff, drivers...) will also be part of the team! Adventurebug Worldwide will be supporting this event by providing an experienced expedition leader and a volunteer doctor for the Trekking days.

Weather: Costa Rica is a hot, humid tropical country near the equator. The weather will be diverse on account of starting at Ocean level and finishing at over 3400 meters! Expect hot, humid days over the first few treks with temperatures dropping by the final 2 days. The range will be between 35c and 10c at the very end. Rainfall, muddy conditions and general dampness at times can be expected – so can hot sunshine and blue skies as well! On average, we will be feeling much more heat than cold on this event.

Is This Challenge Right For Me?

If you are up for some long days on foot, generally climbing (slowly but steadily), through exciting rainforest jungle – from Sea Level to 3,400 meters (11,200 feet), elevation than this is your event! Add in 4 nights tent sleeping; simple, nourishing food and some pretty muggy days with daily, seasonal showers (it is a rainforest after all). It's a tough trek over 5 days and with a general fitness level, pre-training and the right mindset, you can pull this off!

On the flipside, there's tons of reasons TO DO this challenge! First and foremost, the incredible financial benefits YOUR ORGANIZATION will receive from your hard work. You'll also hugely enjoy one of the world's most amazing biospheres – filled with jungle vegetation and wildlife such as monkeys, toucans, sloths, giant butterflies, macaws and plenty more! Not to mention the incredible beaches with warm tropical waters, the friendly Tico culture and those wonderful sunsets!

