

CHALLENGE COSTA RICA:

Volcanoes, Rafting and Rainforests





JOIN US!

Challenge Costa Rica: Volcanoes, Rafting and Rainforests. Escape the cold Canadian Novembers with an incredible trekking and rafting challenge around Costa Rica. You will trek through coffee plantations, dense rainforests and visit indigenous communities. Take on some challenging descents reaching incredible views of the rainforest, experiencing first-hand the amazing biodiversity and natural beauty of Costa Rica.

The challenge includes an exhilarating rafting section of the Pacuare River, through virgin rainforest, cascading waterfalls and river carved canyons, slowly giving way to ubiquitous banana plantations. From the highest active volcano in Irazu to the Cahuita National Park, celebrate finishing your challenge by taking a final dip in the Caribbean sea. The challenge will test you physically, but this is the most incredible way to experience Costa Rica-world-renowned for its abundance of rainforests, cloud forests, jungles and volcanoes.

FUNDRAISING

Participants must meet a minimum fundraising goal of \$5,500 to join the challenge. \$4,400 must be reached 12 weeks prior to the trek to be eligible (August 18, 2024), with the remaining \$1,100 raised by December 31, 2024. Our CF Canada team will support trekkers in their fundraising efforts by providing them with online fundraising pages where they can receive donations as well as tools and resources, such as a fundraising guide, to help with asking for donations and raising funds.



For registration information, contact us at worldwidtrek@cysticfibrosis.ca

DATE OF THE CHALLENGE

Nov 16 to 24, 2024

- COST OF THE TRIP
 - \$2,400 (two payments: Deposit \$650 + balance \$1,750)
 - Plus flight & airport transfers to San Jose, Costa Rica
 - Minimum fundraising effort of \$5,500
- >>> MINIMUM AGE

Participants must be 18 years of age or older at the day of departure. Participants 16-17 years old must be accompanied by an adult.

>>> EXCLUSIVE TRIP

Open to participants raising funds for CF Canada







HOW MUCH DOES IT COST?

The total cost for the 9 (nine) day trek is \$2,400 + flights to and from Costa Rica. Each participant is required to pay a \$650 non-refundable deposit upon registration. The remaining \$1,750 is to be paid 10 weeks prior to departure. Costs include transportation to & from the start and finishing points of the trek in Costa Rica (with some exclusions) plus visa processing fees (if applicable), however participants will be responsible for arranging their own flights and airport transfers. We strongly recommend considering the purchase of trip cancellation insurance for your entire journey.

With the support of a CF Canada fundraising coach, each participant must meet a **minimum fundraising goal of \$5,500**. In order to be eligible to travel, \$4,400 must be raised 12 weeks prior (August 18, 2024), with the remaining balance of \$1,100 raised by December 31, 2024. A donation platform is available and all donors giving \$20.00 or more will automatically receive a tax receipt.

KEY DATES

- Confirm your registration and settle your \$650 non-refundable deposit by January 31, 2024.
- 12 weeks before the challenge, participants are expected to have collected 80% of their fundraising target (\$4,400).
- Participant's remaining trip balance (\$1750) to be paid 10 weeks prior to trip departure.
- All participants will have reached their fundraising goal by December 31, 2024 at the latest.

WHAT IS INCLUDED?

All accommodations are included. Accommodations consist of three nights (nights of Day 1, 7 & 8) in centrally located hotels with two people per room. There will be five nights of camping in spacious two person tents. Single accommodations can be arranged for an additional fee (subject to availability).

Three meals per day are included (unless stated otherwise in the itinerary). All dietary restrictions can be honoured and plenty of drinking water will be supplied throughout to keep you hydrated.

ALSO INCLUDED IN THE COST OF THE TRIP

- All ground staff including guide, drivers, porters and cooks
- Full back-up support including first-aid qualified staff and first-aid supplies
- Internal road transfers (not airport transfers)
- 16 and 20 week trek training schedule, fitness training notes and warm up exercise routines
- Itinerary, equipment list, Q&As, health notes, travel tips, trip notes
- Visa cost and processing services (if applicable)
- A Cystic Fibrosis Canada Fundraising coach
- Fundraising and trip logistics webinars throughout the year and before departure
- An online donation platform is available and all donors giving \$20.00 or more will automatically receive a tax receipt

WHAT IS NOT INCLUDED?

- Flights to and from San Jose, Costa Rica
- Airport transfers in Canada or in destination
- Personal and travel insurance
- Meals on certain days (see itinerary below)
- Tips for guides and hotel porters
- Vaccinations and inoculations (if needed)
- Alcohol
- Any additional hotel nights or other activities, not included in the itinerary
- Personal equipment







ITINERARY

DAY 1: HEAD TO COSTA RICA

Arrive in San Jose, Costa Rica and transfer to your hotel where you will meet your Charity Challenge Leader and Local guides in the lobby for registration around 4pm (exact time to be confirmed one month prior to departure). Following a full briefing and kit check, you are free at leisure to go for dinner (at own expense). Get a good night's rest before the challenge begins early tomorrow morning!

Accomodation: Hotel (No meals included)

DAY 2: TREK BAJO PACUARE - SANTUBAL (4-5 HRS)



This morning transfer 1.5 hours to Volcan Irazu (3432m) the highest active volcano in Costa Rica. A quick stop to stretch your legs to admire the view before continuing a further 2 hours to the start of today's trek. The route takes you along country roads through farmland and sections of tropical rainforest. Crossing a couple of bridges, the trail today is not too steep but nicely undulating. Your first glance of the Pacuare River comes a few hours into the trek on your way down to the valley floor. After lunch you will cross the river and begin trekking up the other side of the valley until you reach the settlement of Santubal where you set up camp. Accomodation: Camp (B,L,D)

DAY 3: TREK SANTUBAL - MOLLEJONES (6-7 HRS)

Today you spend the day following the Pacuare River on trails heading down stream. Setting off from camp you will pass several indigenous communities and observe their unique way of life.

Head into the tropical jungle on a single file trail before a fairly steep track descent to the river where you will enjoy a well-deserved snack stop. Take on your last climb of the day as you leave the valley floor and head inland and up into the surrounding mountains. You will end up in the town of Mollejones, the high point of the journey at over 1000m above sea level, and your camp for the night. Tonight, you can tend to sore feet and enjoy the village community of Mollejones. Accommodation: Camp (B,L,D)

DAY 4: TREK MOLLEJONES TO "PUT IN" LA CRUZ (6-7 HRS)

Set off this morning on a 6 hour hike along country roads and along the river side to reach the camp situated next to the Pacuare River. Set off uphill on relatively good tracks through farmland and jungle before descending down to reach your campground for the night.

Accommodation: Camp (B,L,D)



DAY 5: HIKE TO INDIGENOUS HUTS AND WATERFALL VISIT (6-7 HRS)

Today hike from camp to an indigenous community, trekking through the reserve that lines the Pacuare River. Learn about the traditional indigenous huts and way of life on this 12km hike. Head into the mountains as you tackle a 700m ascent, looking out at dramatic viewpoints along the way, including looking back down on the Pacuare river where your rafting adventure begins tomorrow. Accommodation: Camp (B,L,D)







ITINERARY CONT.

DAY 6: RAFT THE PACUARE RIVER (5-6 HRS RAFTING)

An early rise, breakfast and start the day with your rafting briefing in preparation for today's White Water Rafting Challenge. Today the Pacuare River takes you through virgin rainforest, cascading waterfalls and river carved canyons. You will maneuver through the exhilarating rapids and see the intricacies of the rainforest at the river's edge. Along the way you will take some time out to hike to some spectacular waterfalls and have lunch on the shore. Finish your rafting experience mid afternoon before a final short walk in the heart of banana plantation country to Finca Pacuarito. Accommodation: Camp (B,L,D)

DAY 7: BEACH TREK (2-3 HRS) & TRANSFER TO CAHUITA

A 2-hour transfer this morning will take you to the last trek of your Challenge Costa Rica, in the Cahuita National Park. Enjoy a final walk on wooden walkways while spotting wildlife, before exiting the rainforest to the beaches of the Caribben Sea. You will continue your walk along trails lined by volcanic beaches before a final dip in the sea to celebrate finishing your challenge Costa Rica.

Lunch is served and the afternoon is at leisure to explore the coastal town and its laid back Caribbean vibe from cute coffee shops, souvenir shopping and beautiful beaches to relax on. It's party time tonight as you head to a local restaurant for a celebratory meal. Accommodation: Hotel (B.L.D)

DAY 8: AT LEISURE & TRANSFER TO SAN JOSE

This morning is yours to do as you wish. Explore further the relaxed Caribbean town or spend the morning relaxing on the beach. Choose from one of the many local restaurants and cafes for lunch (at own expense) before re grouping back at the hotel to pick up the 6 hour transfer back to San Jose. You will stop on route to pick up snacks or food at your leisure before arriving at the San Jose Hotel early evening. Dinner at leisure tonight (at own expense) at the hotel before getting a well-deserved nights rest. Accommodation: Hotel (B)

DAY 9: DEPARTURE SAN JOSE

This morning following breakfast say goodbye to your fellow trekkers for your onward journey home. (B)



The itinerary is a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on.



