



Activated Life Experiences

## Quepos Beaches & Nature Premium Family Package 5 Day/ 4 Night Trek

Activated Life Experiences presents a 5 day/night eco-adventure custom designed for the International Student Leadership Conference. Our expedition will take us through one of the most bio-diverse places on earth as we play within and explore virgin rainforests, river valleys, pristine beaches and the Pacific Ocean. Our goal is to provide an experience where each individual will learn, laugh and support each other as we roll down rapids, zip through the trees, ride on top of the surf and dive below the deep blue. We'll also sample the flavors and culture of this truly *Rich Coast*. The evenings will be relaxing and care free as we gather to recount the day's adventure, share our stories, enjoy casual cuisine and grow friendships. Come rested; you'll not want to miss a single minute of this Activated Life Experience!

### Day 1

Afternoon transfer from San Jose to your accommodations in Quepos. (3 hour drive time). Sandwiches, snacks and drinks will be available on board. (More than a bag of peanuts!)

**Accommodations: Hotel El Parador.** [www.hotelparador.com](http://www.hotelparador.com)

Dinner this evening will be served at the El Parador poolside restaurant.



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### Day 2

#### **Morning Canopy zip line tour.**

Costa Rica's top adventure - Travel through the Costa Rican tropical jungle on suspension cables as you move through the primary jungle canopy with your bilingual guides and safety spotters from platform to platform. The howler monkeys will cheer you on as you experience the thrill of flying like the toucans through and above the forest. Following this adventure we'll head to the beach for lunch at Marlin's Restaurant and our afternoon activities.



## Afternoon Beach Hang and Surf School



We'll spend the afternoon on the beach to take in the sun and YES, the waves. Surf instructors will be available on site to give all guests the thrill of catching the wave and hanging 10. We will also have boogie boards, beach chairs and umbrellas and a really big cooler of refreshing liquids.

Dinner will be served at Hotel Parador.

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## Day 3

### All Day Activity-Savegre River White Water Rafting



This adventurous, family-friendly, full-day trip is a unique white water river rafting adventure with lots of "perks". Our world-class, internationally-trained, bilingual guides and safety kayakers will expertly teach you how to navigate through this exciting river experience. We'll start slowly and build our way up to an unforgettable yet manageable adventure that will leave you either begging for more or completely satisfied and happy that you experienced one of Costa Rica's famous rivers, the Savegre.

The Savegre River provides Class II, III and some IV rapids that are manageable in sturdy rafts that accommodate 2 to 6 people comfortably. Our guides stop at locally known swimming spots and breathtaking waterfalls to enjoy the abundant variety of wildlife along the river. On most trips, rafters will observe egrets, osprey, toucans, parrots, kingfishers, cormorants, and many other species local to this protected area of the tropical rain forest. After a steady 13 mile trip down the river, we wind our way back to the little village of "Silencio" where our now experienced Savegre River rafters board our transport for a leisurely trip home to the El Parador to lounge by the pool.

Dinner will be served at Hotel Parador

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## Day 4

### All Day Activity-Dolphin Watching Catamaran Sail



Our adventure begins at the Quepos harbor where we'll continue our exploration of the Manuel Antonio coastline the way Christopher Columbus traveled, by boat. We'll climb aboard one of

Costa Rica's fastest sailing experiences - our Catamaran Coastal Adventure. We'll glide through crystal clear, aqua blue Pacific waters and explore the mysterious islands that lie just offshore our coast. Where jagged rock formations and towering cliffs host numerous varieties of nesting marine birds and their young, we are likely to be joined by spotted dolphins native to these warm coastal waters who frolic and jump in our Catamaran's wake. Be sure to keep a sharp look-out too for giant sea turtles and migrating humpback whales. Our captain will guide us to a quiet bay to prepare a fabulous grilled lunch while we all jump in with snorkels, masks and fins to explore the water below.

Our last night on the Pacific would not be complete without a few more Latin tastes and twists. Slip into your fanciest T-shirt and flip flops and prepare yourself for an increase in global warming as we crank up the heat in Quepos. Bamboo Jam will offer us a buffet of spicy (and not-so-spicy) cuisine followed by live Latin music as we move to the groove of Salsa and Merengue.



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## Day 5

### Morning Activity-Manuel Antonio National Park - Nature Scavenger Hunt



We'll continue our nature adventure through partly shaded paths carved directly out of the primary Costa Rican tropical jungle as we explore with our bilingual guides and naturalists the exotic plant and wildlife of the Manuel Antonio Rainforest jungle. We'll take a leisurely hike through the secluded, protected habitat, which is an excellent location for us to discover the biodiversity and delicate balance between preservation and eco-tourism. The pace of this adventure is determined by your interests, and the abundance of wildlife you want to stop and observe - all in its natural habitat. Watch sloths and several species of endangered monkeys travel through the primary and secondary tree canopy, hunt for nocturnal silky anteaters and several types of non-poisonous snakes resting in the tropical rain forest, and listen to the songs of the various birds as they glide above your group curiously looking for adventure.

Afternoon transport to San Jose area

**Package Pricing**  
**\$1100-1300/person**  
*(based on a family size of four)*