

# Costa Rica Trek

A stunning Central American trek



Ultimate Challenges

T: 020 3642 9830  
events@theultimatetravelcompany.co.uk  
www.ultimatechallenges.co.uk

# Costa Rica Trek

## Discover Central America's hidden gem!

A land of dense jungles, active volcanoes and pristine beaches, this is a tiny country full of contrasts that make it seem so much bigger. Costa Rica lies in the heart of the Central American isthmus and has Nicaragua in the north and Panama in the south. To the east is the Caribbean Sea and to the west the Pacific Ocean. Costa Rica is as complex and perhaps more diverse than any place of its size on earth; divided into several distinct regions, each of them looks like an entirely separate place.

We start our trek at Irazu volcano at 3440m, which is the highest volcano in Costa Rica and explore this stunning National Park

We continue our trekking challenge through remote pristine rainforest along the Savegre River, which has recently been classified as a Biosphere Reserve by the UNESCO.

Off the beaten track, we trek for 5 days through different ecosystems from cloud forest to central pacific rainforest, with views of beautiful mountain peaks. Along the way we stay in local homestays and learn more about life on coffee, sugar and vanilla farms.

A stunning and unique trekking experience through a pristine environment with unique flora and fauna, such as hummingbirds, puma and the splendid Quetzal.



# Detailed itinerary

## Day 1: London to San Jose

Depart London on flight to San Jose. On arrival, we will be met by our guides and transferred to our hotel.

## Day 2: San Jose to Irazu volcano to San Gerardo de Dota / 4-5hrs trekking

After breakfast we will transfer to Cartago to begin this trekking adventure. After a quick visit of the Sanatorio Duran; a hospital known to be haunted as people have experienced paranormal activity here (formerly it was used as a hospital for people that suffered with Tuberculosis), and spirits still move around! From here, we continue to the Prusia sector of the Irazu National Park, an area that has been reforested with pine trees and eucalyptus after the large eruptions of the Irazu Volcano in the 60s.

After a late lunch we drive to the summit of Irazu, Costa Rica's highest active volcano, and then continuing for approx. 1.5 hours to the cloud forest in the Dota Region and the Suria Lodge in San Gerardo de Dota, our starting point for tomorrow.

## Day 3: San Gerardo de Dota to La Piedra de Providencia de Dota / 6-7hrs trekking

After a hearty breakfast we get ready for our 14km hike through the mountains of the Dota Region. Everyone will need to carry their lunch as will enjoy the rest for lunch in the heart of the jungle next to the Savegre River. After lunch our final part of the day takes us to the La Piedra Village, located at 1750 metres above sea level - a tiny town where the main income source is coffee production. We can have an optional visit to learn about this coffee growing region and a visit to La Piedra "The stone" where the first families that arrived to this area found a shelter.

The group will stay tonight at the "Armonia Ambiental", a family owned project that only use environmentally friendly practices.



## Day 4: La Piedra de Providencia to La Chaqueta / 7-9hrs trekking

One of our more difficult days of this adventure, we hike to "La Chaqueta". The trek will begin at an altitude of 1750 metres, with the highest point reaching 1950 metres before finally descending over 1200 metres to 706 metres above the sea level.

We stay tonight in a beautiful and remote valley where the Bruncas or Borucas (indigenous tribes) used to have a pre-Columbus settlement; as well as a territory where humans share the incredible fauna with animals such as White nosed coatis, Tapirs and even Pumas.



# Detailed itinerary

## Day 5: La Chaqueta to San Isidro de Dota

### 6-8hrs trekking

Another early start, for this wonderful day of trekking. The we follow the trail all morning to the lunch stop called “Piedras Blancas” or white rocks in English, where the “Granados” family will be waiting with a big smile at their little business “Albergue el Rio” where we have a very traditional lunch before continuing to Rancho Tinamu. The landscape today is mainly formed by primary or untouched forest, or the Savegre River! Our challenge is to cross the river a couple of times, first by using a hanging bridge and the second aboard a small gondola and zip wire to make it to the other side!

## Day 6: San Isidro de Dota to Quabrada

### Arroyo / 5-6hrs trekking

Our final day of the trekking challenge. We continue from San Isidro de Dota to “Los Campesinos” reserve, also known as the “Vanilla Man” area due to the vanilla production within this region. The forest during the last part of the trip is under recovery or secondary. The lunch spot is incredible, with a change to visit a waterfall and natural swimming pools for a refreshing bath. Tonight we enjoy a celebration dinner, Costa Rican style.

## Day 7: Manuel Antonia National Park

After breakfast the group will get transferred to Manuel Antonio, to relax at the beach, and/or quick tour around the national park. Overlooking the Pacific Ocean, its rich, green rainforests blanket the hillsides of a craggy coastline that boasts white-sand beaches (some of Costa Rica's finest) and small, rocky islands. Manuel Antonio National Park captures Costa Rica's natural essence. It's home to a vast array of wildlife, and you may see agoutis, tropical birds, iguanas, sloths, frogs, and three types of monkeys (howler, capuchin, and squirrel), as well as hundreds of colourful crabs . Overnight in hotel.



## Day 8: Transfer back to San Jose

We transfer back to San Jose to connect with our overnight flight back to the UK.

## Day 9: London

Arrive London.

*Itinerary complex and subject to change*

*© The Ultimate Travel Company*

### Challenge grade

Moderate to tough

### Best time of year

November to early May

