



The Big Adrenaline Rush! Costa Rica

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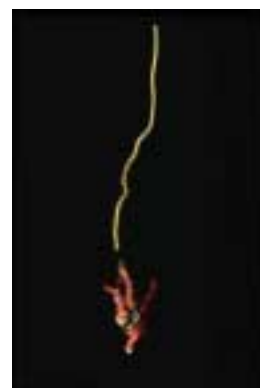


Day 1 (Sat) - Arrive San Jose, Costa Rica, night-on-the-town

Our jungle survival expert will greet you at the airport upon arrival and escort you or your group to the Hotel Presidente. The remainder of the day is available for shopping in town, relaxing by the pool, working out in the resort's fully-equipped Spa, or taking your chances at the casino. The evening entails a dinner with the rest of the adventurers and a night on the town to a local disco (yes, they actually call them discos).

Day 2 (Sun) - La Fortuna, bungee jumping, volcano, hot springs

After morning chow, the Group meets at 0900 for the official in-briefing which includes an introduction to the other Big Adrenaline Rushers (if you don't already know each other from last night's festivities), information on Costa Rica and of the upcoming events. No later than (NLT) 1000 hrs you'll be rolling down the Inter-American highway to the home of Tropical Bungee. Before you know what happened, you'll be standing on top of a bridge looking hundreds of feet below into a rocky river bottom. You'll be asking yourself "Why am I doing this?" and "Why did I eat so many pancakes?." Your friends are laughing at you (as opposed to "with you") while the next one in line frantically paces up and down the bridge awaiting his or her turn. On the way to the La Fortuna Hotel Jungla Senderos Los Lagos, you'll brave the San Lorenzo Canopy Tour.



In the evening, we'll soak in world-class hot springs at the foot of the active Arenal Volcano. This is one of the locations where the movie Congo was filmed as well as one of the most beautiful and exotic locations in the country.

Day 3 (Mon) - La Fortuna, rafting, volcano, hot springs

After an early rise, the Group drives approximately 1 1/2 hours to the white water rafting drop-off point. Surrounded by rainforest-covered mountains, this Class III/IV river cuts through some of the most scenic parts of Costa Rica. After a full day on the river, we head back to the hot springs for more soaking and Fu-Fu drinks with the little umbrellas in them.



Day 4 (Tue) - La Fortuna, waterfall, catamaran, ocean beach

Those who don't mind an early rise have an opportunity to hike to the bottom of a 90-ft. waterfall and swim in its pool. But don't get too close to the fall, because you could get sucked in and have your head smashed against a rock and drown. Then, it's a 30-minute drive to Lake Arenal followed by a peaceful cruise across the 24 mile-long lake on a 36 ft. motor-powered catamaran. En route you'll enjoy the pristine waters and view of beautiful rolling hills. After a specially prepared lunch and a visit to an incredible large animal reserve to see ocelots, puma and more, we drive to one of the best beach areas and checking into Hotel El Velero.



Day 5 (Wed) - Playa Hermosa, Scuba diving

After another tasty breakfast buffet (by now you understand that food is important and there's lots of it on our trips) we head over to Bill Beard's Diving Safaris and check in with our diving guides. If you're an Advanced Open Water certified diver, you'll have the opportunity to dive the Santa Catalinas with big marine creatures - yes, there are sharks. If you've never been certified, you'll hit the hotel pool with an instructor to learn the basics followed by a dive in beautiful Hermosa Bay.



* We suggest, that if you are interested in becoming a certified diver, that you participate in a referral program. This entails taking the course work and pool training in your home town while the dives in Costa Rica go towards the certification process. We also suggest to anyone diving, that you obtain diver insurance from the Divers Alert Network.

Day 6 (Thur) - Playa Hermosa, R & R, farewell fiesta

The morning and early afternoon is available for lounging on the beach, swimming in the resort's pool and general relaxation. In the early afternoon, the Group heads to the local airport for a 45 minute flight back to San Jose to our home-away-from-home, the Hotel Presidente. After checking into the resort, you'll enjoy a refreshing shower or a work-out at the Spa. The evening consists of a farewell dinner at a local seafood restaurant and another infamous night-on-the-town.

Day 7 (Fri) – Departure

Price: \$2,975



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