



Alberta Whitewater
Association

AWA YOUTH COSTA RICA WHITEWATER 2011

Trip Dates: February 19th – February 27th, 2011

Trip Duration: 9 Days

Trip starts at: Calgary Airport

Trip Finishes at: Calgary Airport

Land and Coaching Prices: \$1350 with 8 paddlers; \$1250 with 10 + paddlers

Depending on numbers there may be the need for some parent chaperones, price for that will be approx. \$900, though will need to be confirmed based on numbers etc

NOTE: Airfares and boat transport are not included in the above prices. These are the responsibility of the paddler/parents. Once you have confirmed the trip you will be given a flight that you need to book so we all travel down together. The cost for this is approximately \$1000 + \$100 - \$200 for boat transport

Type of Accommodation

Turrialba: 3 star Hosteleria (4 sharing)

Sarapiqui: 3 star Hosteleria (4 sharing)

Note: Although this is primarily a kayaking trip, there will be ample opportunity for personal growth and education whilst in Costa Rica. In Sarapiqui we will be staying in an Eco-Hostel (which is a non-profit organization), and there will be loads of scope for rainforest hikes, cultural activities and much more. Also with Costa Rica being a Spanish speaking country paddlers will be in a position to practise/use Spanish on a daily basis.

ITINERARY

Day 1 – Feb 19th: Depart Calgary and arrive and Overnight in San Jose

Accom: 3 star Hosteleria **Meals:** NA

Day 2 – Feb 20th: Drive to Sarapiqui and Kayaking the Sarapiqui River

A reasonably early start will see us take the drive to the little river town of Sarapiqui. After getting sorted in our accommodation we will head out for an afternoon run on the Superman section of the Sarapiqui. Our accommodation here will be a kind of Eco-Hostel, with some great non-paddling educational activity opportunities.

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 3 – Feb 21st: Kayaking on the Rio Sarapiqui

Today we will do 2 runs on the Sarapiqui River, focusing on slalom paddling and river running skills. The Sarapiqui is a super beautiful Class II/III run, with some great eddies, surf waves, holes and more.

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 4 – Feb 22nd: Kayaking on the Rio Sarapiquí

Again we will do 2 runs on the Sarapiquí. If there is sufficient interest and a group of strong Class III/IV paddlers, some will go up and do the San Miguel section of the Sarapiquí.

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 5 – Feb 23rd: Morning Kayaking on The Sarapiquí, Drive to Turrialba

We will do another skills based session on the Sarapiquí before packing up and heading 3 hours or so to Turrialba, our base for the rest of the trip

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 6 – Feb 24th: Kayaking the Rio Pejibaye

After breakfast we will head out of town to the awesome Class II/III Pejibaye River. The day will be spent working on slalom and river running techniques. We will likely do 2 runs split up by lunch in the middle of the day

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 7 – Feb 25th: Kayaking on the Rio Pejibaye

Another day on the school house section of the Pejibaye, once again working on slalom and river running techniques. If there are any confident Class III/IV paddlers in the group we will likely do an afternoon run on the upper section of this river.

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 7 – Feb 26th: Kayaking the Upper Pacuare

Today will be a super fun river run, with some skills thrown in for good measure. The Upper Pacuare has a bunch of continuous Class II/III with a more challenging section just before the takeout. Today will be a super fun final day of boating.

Accom: 3 star Hosteleria **Meals:** b, l, d

Day 9 – Feb 27th: Transfer to San Jose Airport

After breakfast we will transfer back to San Jose for your afternoon flight home.

Accom: 3 star Hosteleria **Meals:** b

Inclusions

- Accommodation as outlined in itinerary
- Meals as outlined in itinerary (**some meals on departure and arrival day are NOT included**)
- 2 Chaperones/Instructors (**Chuck Lee and Simon Coward**)
- Airport Transfers

Not included

- Airfare to Costa Rica (**See note at the top**)
- Any Visas required for entry into Costa Rica (**If on a Canadian Passport there is no Fee**)
- Items of personal nature and spending money
- Paddling gear, kayak rental, this needs to be bought along. Or some kayaks can be rented down there if necessary.

WHAT TO BRING

Official Documents

- Valid Passport
- Airline Tickets

Cash

- ATM machines in Turrialba accept Visa check/debit and credit cards (Master Card rarely works with local ATMs).
- Travellers Cheques are also usable in Costa Rica
- The currency in Costa Rica is the Costa Rica Colon

Paddling Equipment

- Paddle
- PFD
- Helmet
- Spray Skirt
- Kayak
- Splash Top and/or Shorty Dry Top
- Base layer (merino, fleece etc, NOT COTTON)
- Paddling footwear (ie. Booties)

Clothing/Footwear etc

It'll be warm at night, though there is the potential for bugs so a light pair of long pants and a long sleeve top might be a good idea for the evenings. Other than that, shorts and t-shirts are the order of the day. Pack reasonably light, and ideally a backpack is the way to go for this trip.

Accessories

- Personal first-aid kit with small sewing kit
- Toiletry kit
- Sunscreen and lip protection
- Sunglasses and strap
- Insect repellent
- Headlamp or small flashlight

Optional Accessories

- Camera
- Binoculars
- iPod etc
- Reading and writing materials

If you have any further questions about the trip, what to bring etc, please don't hesitate to contact Simon at courses@aquabatics.com or 403 561 3492