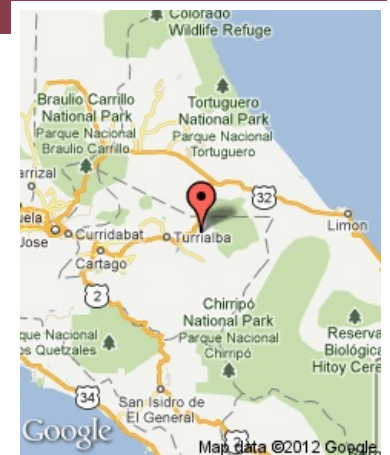


# Costa Rica Eco Lodge



## Highlights

If you really want to get away from it all - including TV, mobiles and electricity - then this Costa Rica Eco Lodge in the Pacuare Protected Zone is the perfect backdrop for your getaway. The lodge is literally right in the middle of the lush green canopy, close to meandering rivers with more wildlife than you could imagine in one place. And the best bit - access is by white water rafting down the Pacuare River!

The Pacuare Protected Zone lies just east of the Costa Rican capital of San Jose. This is what you picture when you think of Costa Rica: dense, green jungle; beautiful views from the high-reaching canopy; exotic flowers and colourful birds all visible from a handmade hammock swinging in the jungle breeze! The protected zone covers about 25,000 acres and encompasses the Talamanca Mountains and the Pacuare River. This is a prime location to experience an amazingly complex natural system of trees, plants and animals all working together to keep the environment going. While you're white water rafting or horseback riding you may just spot monkeys, sloths and parrots.

The highlight of the trip has got to be getting there! After being picked up from your accommodation in San Jose, you will be driven to the river and will paddle for one and a half hours down the river to reach your accommodation! Once you've reached the lodge, you'll probably never want to leave. You can opt to stay there from two to five days and while you're there you can either spend the time chilling out at the accommodation listening to the sounds of the jungle, or you can be a little more active. Choices include more white water rafting, a day exploring the rainforest canopy on zip wires or a day's hike to meet the Zutkia or shaman of the local Indian-Cabecar tribe who will teach you about the local plants and animals and will give you the history of the Cabecar in the area, a horseback ride trip to Bajo del Tigre community or a Canyoning tour.

## Is it for me?

The first question to ask yourself is if your idea of relaxing is staying in a five star hotel with a flat screen TV or if you truly want to get away from the modern world. There is no electricity here (there is running water so don't worry!) and it is truly a natural experience - your hot water is solar heated. That does not mean you'll be "roughing" it - there are luxurious pools, beautiful furniture and comfortable beds. But if you can't imagine spending time away from your hair dryer, laptop or TV then you should not book this tour. But if you want your green holiday to have a touch of luxury, if you want to really get to know an exotic place and the people and animals that populate it, you will have an amazing time at the Pacuare Lodge.

Families are very welcome at the lodge (although it is not recommended for children under 8 years old). The emphasis here is on laid back, eco tourism, so best to warn the teenagers in advance that there is a serious lack of bright lights and pumping music!

## Accommodation

The lodge is at luxurious and basic at the same time. With no electricity you will truly be in the middle of the rainforest and will rely on the birds to wake you up every morning! There is a main lodge and nineteen bungalows with thatched roofs, solid wood floors and comfortable furniture that reflect the amazing surroundings. The beds are very comfortable and each room has its own private terrace.

The food is all local and the ground floor of the main lodge houses the kitchen, where local cooks come every day

Prices from

**246** GBP (2 days) per person

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to prepare dishes with fresh fruit, fish and meat. All food is gourmet and all day you'll be able to smell the food cooking away as well as fresh baked bread and desserts. Enjoy dinners by candle light on fine china to complete the vibe.

## Itinerary

There are several different itineraries to choose from.

### 2 Day Adventure

**Day One:** You will be picked up from your hotel in San Jose and driven to a put-in on the Pacuare River. The drive takes about two and a half hours and you will enjoy a typical Costa Rican breakfast on the road. Once you get to the put-in you will get to raft for about an hour/hour and a half on this river that has class II-III rapids. It will be a great thrill and perfect introduction to the area.

Once you reach the lodge around mid-day you can choose to take part in a canopy tour, a hike to a waterfall or just relax at the lodge. At night enjoy your dinner by candlelight.

**Day Two:** Enjoy breakfast then depart for an even more intense white water rafting experience on class III-IV rapids and a picnic lunch on the bank of the river. The lodge's van will meet you at the take-out with your things and will take you back to San Jose.

### 3 Day Adventure

**Day One:** A representative from the lodge will pick you up at your hotel in San Jose and take you to the white water rafting put-in on the Pacuare River. After an hour tour on the river (rapids class II-III) you'll arrive at the lodge around mid-day. Then you will be able to take a hike to a waterfall or an amazing canopy tour or you can just hang out at the lodge if you're tired from the morning. You will enjoy a locally sourced dinner by candlelight - the perfect end to your first Costa Rican rainforest adventure.

**Day Two:** Let the birds wake you up and enjoy a great breakfast spread in the main lodge. You choose your day's activity - a guided hike, an adventure in the rainforest canopy or a guided tour to meet the local Cabecar Indians.

**Day Three:** You will depart the lodge between nine and 10 in the morning to get back on the river. This time the rapids are class III-IV and you'll get to rest for a picnic lunch next to the river. A lodge van will meet you at the take-out with your belongings and take you back to San Jose.

### 4 Day Adventure:

The first two days of this package are the same as above with the third day open. You can choose to relax by the pool at the lodge or partake in another eye-opening excursion.

On day four you will depart for the Pacuare river for the second white water rafting adventure, which will take you on rapids that are class III-IV. After a picnic lunch you'll end at the take-out where you'll be able to change and a van will meet you to take you back to San Jose, arriving there between 5.30-6.30pm.

### 5 Day Adventure:

Days one and two of this five day adventure are the same as above. Days three and four are open for you to relax or choose an excursion. On day five you'll go back to the Pacuare River for more white water rafting and a picnic lunch on its banks. Then a van will meet you at the take-out to take you back to San Jose.

## Details

### Getting there

All packages include transfers to and from San Jose, the Costa Rican capital. Getting to San Jose is relatively easy and is accessible from most other major world cities. If you want the lodge to pick you up from another location in Costa Rica, they will generally be able to accommodate your request but it may cost extra.

### Price includes

Transportation from San José, bilingual guide, typical Costa Rican breakfast en route, river rafting tour or ground transportation to the lodge (depending on preference), professional guides and equipment, all meals (gourmet dinners), bungalow stay, hot beverages, lunch along the river, return transportation to San José with guide.

### Price details

Price quoted is per person per night in the high season.

#### High season:

2 January - 30 April 2011 / 1 July - 15 August 2011

Garden View Bungalow (double / triple)

\$375 per person for 1 night

\$547 per person for 2 nights

\$720 per person for 3 nights

\$892 per person for 4 nights

#### Green season:

1 May - 30 June 2011 / 16 August - 20 Dec 2011

Garden View Bungalow (double / triple)

\$326 per person for 1 night

\$476 per person for 2 nights

\$626 per person for 3 nights

\$776 per person for 4 nights

Rates vary according to type of accommodation (bungalow / suite) and season. Please contact us to discuss these. Additional excursions cost around \$45 extra per person.

**Available**

Jan—Dec

**Typical Duration**

2 days - 5 days

**Comfort level**

Refined (boutique or luxury accommodation and food)

**Experience required**

Not relevant