

THIS ADVENTURE AT A GLANCE

- Private Eco-Friendly Camps
- All Rafting Equipment
- Meals Cooked by our Local Staff
- Great trip for Beginners or Intermediate
- Free Lectures by Melinda Dennis
- All Meals Gluten-Free

TOTAL: 8 Days / 7 Night

ARRIVAL/DEPARTURE CITY:

San Jose, Costa Rica

GROUP SIZE:

8 people min / 30 people max

2009 DATE: November 23 - 29, 2008

COST: \$1795 per person

(Double Occupancy) Ask us about single lodging options

MEALS: All meals are included in the price and will be Gluten Free.

STYLE OF TRIP: Professionally guided & self guided exploration, with added options of activities. Lodging in simple but comfortable safari style A-frame tents. This isn't a camping trip.

AGE GROUP: This trip is designed for ages 12+, but we can customize a family program upon request.

FITNESS & SKILL RATING :

Beginner to Intermediate

Hikers and rafters of all abilities will enjoy this jungle adventure.

Costa Rica, Central America

Gluten Free Costa Rica Adventure

Hiking, Rafting, Beaches & all without the worry of asking if your meal is Gluten Free

Our director Becky Harrison has been arranging Gluten Free menus for trekkers in Nepal for many years, but has now taken her concept onto the next level by offering other great destinations that are totally Gluten Free!

How do we keep meals Gluten Free, easy, we use two eco-friendly jungle camps as our base of operations, each has their own kitchens and cooks that already cook for Gluten Free guests. By making all the meals Gluten Free you won't be worried about cross contamination.

The types of meals you can expect will be a blend of local fruits and vegetables, fish, rice dishes and barbecued meats. We do everything to make sure you get a wide variety, which will include some pretty interesting desserts.

As for the experience, you'll be amazed if you haven't already been to Costa Rica. Green lush jungles, beautiful waterfalls and rushing rivers, gives this country a magical feel. We'll be hiking up Arenal Volcano, rafting the Pacuare River and a choice of extra activities will be provided for fulling out the days we're allowing for free time.

Lodging will be in two person A-frame perminate safari style-tents, with thached roofs and beds with mattresses and bedding. Bathrooms are outside and conveniently located near the tents.

GUEST LECTURER: MELINDA DENNIS, MA, MS, RD, LDN

Currently Melinda is the outpatient Dietitian, Nutrition Coordinator, Research Investigator at Beth Israel Deaconess Medical Center, Boston, MA.

Melinda is the founder and sole proprietor of *Delete the Wheat*: Nutrition Counseling for the Gluten-Free Diet & General Health. During the trip Melinda can be contacted for private counseling upon appointment, and free lectures during the adventure.

Melinda Dennis can be reached by email at:

MelindaRD@deletethewheat.com

EMS CONTACT INFORMATION

Our offices are open Monday - Saturday, 9am to 5pm. We can be reached at 1-888-755-TREK. You can e-mail our travel guru Becky Harrison at becky@emstrek.com, or fax us at (603) 374-1971.



Gluten Free Costa Rica Adventure

Details

INCLUDED WITH TRIP:

- LODGING IS INCLUDED (DOUBLE OCCUPANCY)
- ALL MEALS (GLUTEN FREE)
- ALL EQUIPMENT NEEDED
- LECTURES BY: MELINDA DENNIS, MS, RD, LDN
- MEALS PREPARED BY TRAINED STAFF
- ALL ACTIVITIES LISTED
- TIME TO RELAX AND EXPLORE ON YOUR OWN
- TRANSPORTATION

NOT INCLUDED:

- INTERNATIONAL FLIGHT TO SAN JOSE, COSTA RICA
- AIRPORT SHUTTLES
- PERSONAL CLOTHING
- ALCOHOLIC BEVERAGES/SOFT DRINKS
- GRATUITIES
- MEDICAL, CANCELLATION OR EVACUATION INSURANCE
- AIRPORT DEPARTURE TAXES
- EXTRA ACTIVITIES LISTED (DAYS 5 & 6)

ITINERARY

Day 1 – Arrival in San Jose

You will be met at the airport and transferred to your hotel in San Jose. The evening is free to enjoy the City.

Day 2 – Pacuare River - Whitewater Rafting (2 hours, 10km)

The first day begins with a scenic drive along the foothills of the Irazú and Turrialba volcanoes. We are off to the “put in” on the Pacuare River for our two-day whitewater rafting adventure. We will run a total of 27 kilometers of Class III-IV rapids exploring the magnificent river valley. This afternoon we arrive at our comfortable riverside camp, “El Nido del Tigre.” Nestled between the sounds of the rainforest and the hum of the river, take time to explore the lush environment first hand, looking out for toucans overhead or simply relaxing in a hammock to the sounds of the river. Breakfast lunch and dinner are included.

Day 3– Pacuare River (Hiking)

The day is free to enjoy this unique environment and take some hikes through the rainforest to a waterfall and swimming hole or float down a ‘friendly’ rapid with just a life jacket for support. Your guide will discuss the possibilities with you and will make a plan for the day. Breakfast lunch and dinner are included and will be prepared at the camp.

Day 4 – Pacuare River (Whitewater Rafting)

Now the river has become an ‘old friend’, we set out to raft through the virgin rainforest as the river carves its way along the valley creating some spectacular canyons. The rapids today are really exhilarating and so it is an active day with a few rests along the way. We take some time to explore side hikes to waterfalls and swimming holes and have lunch on the shore. We take out at Finca Pacuarito in the heart of a banana plantation and your home for the night. Once showered and rested take some time to explore either walking or by mountain bike. Breakfast, lunch and dinner included.

Day 5 – Pacuare/Arenal

We leave Pacuarito after breakfast for our drive to La Fortuna, the closest town to the Arenal Volcano. After we check into our hotel for the evening we will have some time to have lunch before our hike this afternoon. One of the hiking routes takes us to the active side of the volcano and to a lava flow from a major 1992 eruption. We hike through tropical rainforest until we reach a wall of lava rock where we scramble up on top of the lava to appreciate the power and size of Arenal. This is the safest, closest place to the active volcano. There are also routes to the 120ft La Fortuna Waterfall with a chance for a refreshing swim in its natural pool. We end the day with a visit to one of the Hot Springs in the area. The waters are heated by the lava from the volcano which is a welcome relaxation after the activities of the first few days. Breakfast, lunch and dinner included.

Day 6 – Arenal

Today will be a free day for the group to explore the area on their own. There are many optional activities in the area for the group to do. Please see options below. Breakfast, lunch and dinner included. (see optional activities)

Day 7 – Arenal/Return to San Jose

We return to San Jose via the village of Sarchi which is famous for its Ox Cart Factories and numerous souvenir shops. The rest of the afternoon and evening is free to take in the sights and sounds of San Jose. Overnight is in a hotel in San Jose. Breakfast, lunch and dinner included.

Day 8 – Departure

You will be picked up at your hotel in time for your departure from the airport. Breakfast is included.

EMS CONTACT INFORMATION

Our offices are open Monday - Saturday, 9am to 5pm. We can be reached at 1-888-755-TREK. You can e-mail our travel guru Becky Harrison at becky@emstrek.com, or fax us at (603) 374-1971.



Gluten Free Costa Rica Adventure

Optional Activities

OPTIONAL ACTIVITIES AVAILABLE AT ARENAL

For those who want to make the most of their time in the Arenal Area and be active choose from the following optional activities. Simply add the price of your choice to the total price of the Gluten Free Adventure and all the bookings will be made in advance.

[Canopy Tour \(4 hours\) \(\\$60\)](#)

The cables are located in such a way that they start from platforms at ground level ensuring that if a tree did fall it will not produce any time laps in the tour. The cables, 10 in total, span lengths of 200 meters up to the longest of 800 meters; each cable offers a different sensation and experience crossing canyons, observing waterfalls, over the tops of trees or leaving from a spectacular OBSERVATION TOWER 18 meters high. The Fortuna and Pino Blanco waterfalls, along with the majestic Arenal Volcano accompany us on this trek. Pregnant women or persons with recent serious surgery are not allowed to do this activity for their own safety.

[Canyoning – Waterfall Rappelling \(4 ½ hours\) \(\\$90, breakfast or lunch included\)](#)

Your trip begins with a 30-minute 4x4 drive into the tropical rainforest outside the town of La Fortuna, in the shadow of the Arenal Volcano. We trek through the forest on magical trails that lead to some of the most spectacular waterfalls in Costa Rica, a place very few people get to experience. Along the way we will have the chance to discover the secrets that lie hidden deep within the canyon. From the first waterfall we will rappel down from the top into the beautiful and pristine canyon below. The adventure includes four rappels, three of which are along waterfalls, and one dry rock face. Then just a short trek out of the canyon, jump in the vehicles and head back to the base camp.

[Cano Negro Wildlife Refuge \(8 hours\) \(\\$45, lunch included\)](#)

Birdwatchers and nature lovers, this is the tour for you! This all day trip takes you to the mighty Rio Frio, part of the Caño Negro Wildlife Refuge near the Nicaraguan border. Here we will begin our four-hour boat ride in search of sloths, caimans, lizards, tropical birds, monkeys and much more in the surrounding lush rainforest and wetlands. You will be amazed with the beauty as your guide talks about the marvels of the wildlife, vegetation, ecology and culture of this tropical paradise. It certainly is a learning experience and something you can't miss.

[Venado Caves \(5 hours\) \(\\$45\)](#)

You will visit the Venado Caves for an exciting experience of caving. The Cave was discovered by the Guatusos aborigines and is formed by limestone rocks, stalactites, stalagmites and corals. Exploring the Venado Caves is an exciting adventure for those who are not claustrophobic and wont mind to get wet and muddy. Climbing walls and crawling holes is part of the excitement, but beside the action you can spot some crickets, spiders and a lot of bats.

[Safari Float by Canoe \(5 hours\) \(\\$51, lunch included\)](#)

Float the river and enjoy the rainforest at a relaxed pace. The brilliant green of the river, flashing deep blues of Costa Rica's famous morpho butterflies, and flights of brightly colored birds make this trip unforgettable. Wrens sing in duet, frogs sound, and monkeys call while we scan the canopy, river and quiet farmland seeking basking iguanas and a rich diversity of other wildlife along the Rio Peñas Blancas.

Gluten Free Costa Rican Adventure - Packing list & Gear Details

Packing List

This is a suggested packing list. Please don't over pack, as this can cause a problem with getting everyone's luggage to them when needed. Once you arrive in San Jose you'll be given a "what is needed per day" list. This is so you can have the activities clothing at the top of your bag, instead of digging around for the right pair of shorts.

If you have any questions please give us a call.

Clothing

- Waterproof raincoat
- Thin fleece jacket or sweater
- Hat with wide brim for sun protection
- Comfortable long sleeve shirt and long pants (quick drying if possible) for both sun and bug protection. Wrap around skirts or sarongs work well for around camp.
- 2 or 3 short sleeve shirts or t-shirts: preferable non-cotton quick dry materials
- 2 pairs of comfortable quick drying loose shorts
- Bathing suit, more than one.
- Neoprene booties, or an old pair of tennis shoes that can get wet--don't plan on rafting in sandals...
- Comfortable shoes or sandals for walking around camp.
- 2 pairs socks for hiking
- For those sun sensitive souls--light gloves
- Lightweight Hiking boots or shoes
- Small daypack, able to carry rain jacket and water bottles.
- Bathing towel, maybe two if needed.
- Traveling clothing, to wear in San Jose
- Underwear (don't expect to be washing clothing)
- Personal snacks, if needed

Nuts and bolts

- Passport; be sure to make a couple copies of the first two pages and stash in your bags.
- At least SPF 15 waterproof/sweat proof sunscreen
- A book you've been truly wanting to read
- Small AA flashlight or headlamp
- Misc. important items: extra glasses or contacts, bandana, camera and film, a few zip lock bags, a disposable water-proof camera,
- Sunglasses with full UV protection/polarized if you want to fish
- Band aids, chap stick
- Aloe gel
- Water bottle -one liter: w/gluten free drink mix

Optional

Field guides, binoculars, camera, notebook or journal, small musical instruments and spouse.

Alcohol: Because this is a Gluten-Free trip we won't be able to offer any kind of alcohol we'd feel safe serving. If you'd like to bring something along please do.