



URRI TREK[®]

14
DAYS

Intermediate
& Advanced



el camino de
**COSTA
RICA**
DEL ATLANTICO AL PACIFICO





Discover the Soul of Costa Rica

UrriTrek was founded in 2019 by Costa Rican entrepreneurs. Our passion is hiking and long-term treks in Costa Rica.

We are more than a tourism company, we live hiking and we want each of our clients to receive not only a tour, but a life experience. We are also pioneers in the route of El Camino de Costa Rica, a route that crosses the continent from Sea to Sea.

Urri means giant anteater *Myrmecophaga* (already extinct in the country). It is a tribute of faith and transformation, since we believe that these types of projects will help sustainable tourism and the conservation of new, less-visited areas of the country.



Iconography



Camping



Hotel



Cabana



Hot Water Available



No hot water for shower



Laundry Service



Cellphone Signal



WiFi

www.urritrekcostarica.com



DAY 1

Goshen Dock – Cimarrones

Description:

- ▶ Pick up at Hotel
- ▶ Taxi boat Madre de Dios Lake
- ▶ Breakfast
- ▶ Ocean symbolic touch
- ▶ Hiking from Goshen to Cimarrones Community
- ▶ Fruits Station
- ▶ Typical Lunch
- ▶ Transfer to glamping or similar

Include:

- ▶ Taxi Boat
- ▶ Specialized guide
- ▶ Three meals a day / Fruit Station
- ▶ Accommodation
- ▶ Support Vehicle
- ▶ Transfer from San José – Limón
- ▶ Luggage Transportation



Note: Soap or towel are not included.



DAY 2

Cimarrones – Las Brisas

Description:

- ▶ Breakfast at Camping
- ▶ Transfer from Camping - Cimarrones
- ▶ Hiking to Las Brisas
- ▶ Lunch to go
- ▶ Accommodation at Camping Las Brisas
- ▶ Dinner

Include:

- ▶ Luggage transportation / Transfers
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Camping, Las Brisas
- ▶ Camping gear





DAY 3

Las Brisas – 3X

Description:

- ▶ Breakfast at Camping
- ▶ Hiking stage 3 and 4
- ▶ Lunch to Go
- ▶ Accommodation at cabin
- ▶ Dinner at Cucho's

Include:

- ▶ Luggage transportation / Transfers
- ▶ Specialized guide + Indigenous guide
- ▶ Three meals a day
- ▶ Accommodation at Paso del Viento Cabins
- ▶ Private reserves entrance fees
- ▶ Transfer



DAY 4

3X – La Suiza

Description:

- ▶ Breakfast at Cucho's
- ▶ Hiking Stage 5 and 6
- ▶ Lunch at Pacayitas
- ▶ Accommodation at cabins
- ▶ Dinner at Pacayitas

Include:

- ▶ Luggage transportation
- Specialized guide
- Three meals a day
- Accommodation in cabins





DAY 5

La Suiza – Pejibaye

Description:

- ▶ Breakfast at Hotel
- ▶ Hiking stage 7
- ▶ Lunch at Pejibaye
- ▶ Transfer Taus - Rio del Valle
- ▶ Accommodation in Pejibaye
- ▶ Dinner at Pejibaye

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at camping
- ▶ Transfers



DAY 6

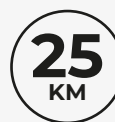
Pejibaye – Río Macho

Description:

- ▶ Breakfast at Camping
- ▶ Hiking stage 8
- ▶ Lunch at Purisil
- ▶ Accommodation at Rio Macho
- ▶ Dinner at Rio Macho

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at hotel





DAY 7

Río Macho – Navarro

Description:

- ▶ Breakfast at Rio Macho Lodge
- ▶ Hiking stage 9
- ▶ Lunch at Navarro del Muñeco
- ▶ Accommodation at Navarro del Muñeco
- ▶ Dinner at Navarro del Muñeco

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation in cabin
- ▶ Private reserve entrance fee



DAY 8

Navarro – Palo Verde

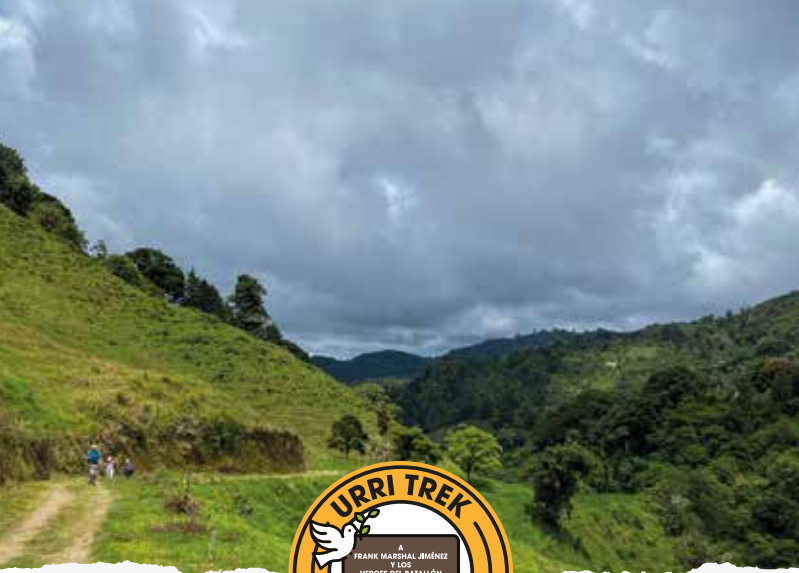
Description:

- ▶ Breakfast At Navarro del Muñeco
- ▶ Hiking stage 10
- ▶ Lunch at Palo Verde
- ▶ Accommodation at cabins
- ▶ Dinner at Masis Cabana

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation in cabins
- ▶ Private reserve entrance fee





DAY 9

Palo Verde – El Empalme

Description:

- ▶ Breakfast at Palo Verde Reserve
- ▶ Hiking Stage 11
- ▶ Lunch at El Empalme
- ▶ Accommodation at El Empalme
- ▶ Dinner at El Empalme

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation in cabins



DAY 10

El Empalme – San Pablo

Description:

- ▶ Breakfast at the Hotel
- ▶ Hiking stage 12
- ▶ Lunch at San Pablo
- ▶ Pool free time
- ▶ Dinner at San Pablo

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at hotel





DAY 11

San Pablo – La Esperanza

Description:

- ▶ Breakfast at the hotel
- ▶ Hiking stage 13
- ▶ Lunch at Finca Los Lirios
- ▶ Afternoon Free time
- ▶ Dinner at Finca Lirios

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at local house



DAY 12

La Esperanza – Naranjillo

Description:

- ▶ Breakfast at Finca Lirios
- ▶ Hiking stage 14
- ▶ Lunch at Naranjillo
- ▶ Accommodation at Naranjillo Camping
- ▶ Dinner at Camping

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at Camping





DAY 13

Naranjillo - Esquipulas

Description:

- ▶ Breakfast at Esquipulas Camping
- ▶ Hiking stage 15
- ▶ Lunch at Esquipulas
- ▶ Accommodation at Esquipulas Camping
- ▶ Dinner at Camping

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation at Camping



DAY 14

Esquipulas - Quepos

Description:

- ▶ Breakfast at Camping Esquipulas
- ▶ Hiking stage 16
- ▶ Arrival to Quepos Pacific Ocean

Include:

- ▶ Breakfast
- ▶ Specialized guide
- ▶ Luggage transportation



About booking

You can book with the 50% two months before to the beginning of the expedition, International Wire Info is as follow:



- **URRITREK COSTA RICA SRL**
 - ID 3-102-810849
 - Banco BAC Credomatic
 - IBAN: CR 5201 0200 0094 6851 7719
 - SWIFT: BSNJCRSJ.
 - Intermediary Bank: Bank of America
-
- ▶ The 50% left, can be deposit 30 days before beginning the tour.
 - ▶ Rates are net, and could change, this would be informed to customer in time.
 - ▶ Meals are included (breakfast, lunch, and dinner, additional snack or alcoholic beverages are not included)



About Luggage



- ▶ Hiking Shoes
- ▶ Sneaker and water shoes
- ▶ DryFit clothes.
- ▶ Insect Repellent.
- ▶ Sunscreen
- ▶ Medicine necessary for 17 days.
- ▶ Hiking Poles (If needed)
- ▶ Rain Coat
- ▶ Lintern
- ▶ Bath towel
- ▶ Bath suit
- ▶ Hat, or cap.

Cancelation Policies

- ▶ 100% refund 30 days before the expedition
- ▶ 75% refund 22 days before the expedition
- ▶ 50% refund 15 days before the expedition
- ▶ 25% refund 8 days before expedition.
- ▶ 0% refund 7 days or less before expedition.



Notes



It is the obligation of the participants to be in good health to carry out the 265 km of walking, in case they are not, they must abide by the guide's instructions according to their criteria. Including paying costs such as extra transportation, change of accommodation, and other necessary adjustments.

We recommend training hills as 70% of the hike is up and down.



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