



URRI TREK[®]

16
DAYS



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 0

Caribbean Coast

Description:

- ▶ Pick up at your location in San José.
- ▶ Taxi boat Madre de Dios Lagoon.
- ▶ Lunch.
- ▶ Ocean symbolic touch and hike on the beach.
- ▶ Cabins in the Caribbean coast.
- ▶ Dinner.

Include:

- ▶ Taxi Boat
- ▶ Specialized guide
- ▶ Two meals a day (Breakfast not included)
- ▶ Accommodation Cabins
- ▶ Transfer from San Jose – Limón
- ▶ Luggage Transportation



DAY 1

Goshen Dock – Cimarrones

Description:

- ▶ Taxi boat Madre de Dios Lake
- ▶ Breakfast
- ▶ Hiking From Goshen to Cimarrones Community
- ▶ Fruits Station
- ▶ Typical Lunch
- ▶ Transfer to the accommodation
- ▶ Dinner

Include:

- ▶ Taxi Boat
- ▶ Specialized guide
- ▶ Three meals a day • Fruit Station
- ▶ Accommodation Glamping or similar.
- ▶ Support Vehicle





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 – Tsiobata

Description:

- ▶ Breakfast at Camping
- ▶ Hiking stage
- ▶ Lunch
- ▶ Accommodation at Indigenous Camping
- ▶ Dinner at Camping

Include:

- ▶ Luggage transportation to Ritas place
- ▶ Specialized guide + Indigenous guide
- ▶ Three meals a day
- ▶ Accommodation at Indigenous Camping
- ▶ Private reserves entrance fees
- ▶ Transfer

*No Luggage available that night, you need to carry your sleeping clothes.





DAY 4 Tsiobata – Pacayitas

Description:

- ▶ Breakfast at Camping
- ▶ Hiking stage 4
- ▶ Lunch
- ▶ Accommodation at Local House
- ▶ Dinner at Rita's Place

Include:

- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation Local House
- ▶ Private reserves entrance fees



DAY 5 Pacayitas – La Suiza

Description:

- ▶ Breakfast at Rita's Place
- ▶ Hiking Stage 5 and 6
- ▶ Lunch to go
- ▶ Accommodation at Cabin or similar
- ▶ Dinner at cabin.

Include:

- ▶ Luggage transportation
- ▶ Specialized guide
- ▶ Three meals a day
- ▶ Accommodation cabin or similar.





DAY 6 La Suiza – Pejibaye

DAY 7 Pejibaye – Río Macho

Description:

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

Description:

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

Include:

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

Include:

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





DAY 8

Río Macho – Navarro

Description:

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

Include:

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



DAY 9

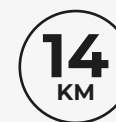
Navarro – Palo Verde

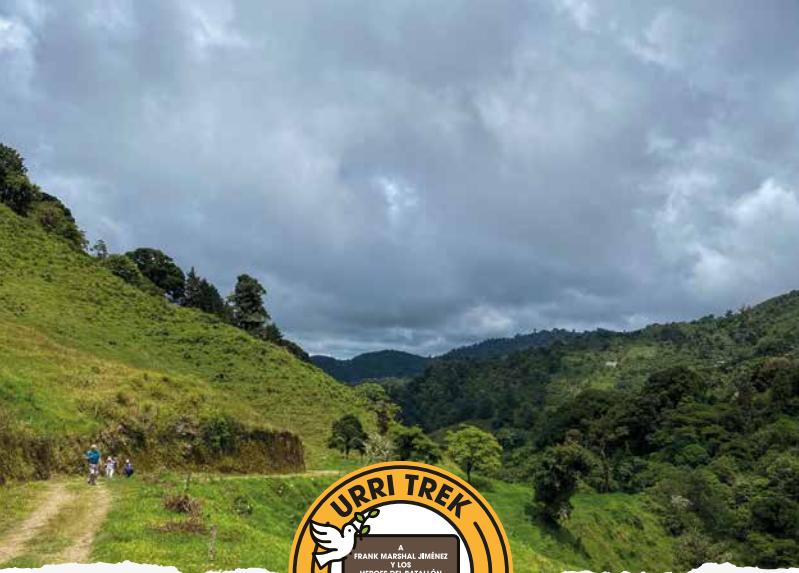
Description:

- ▶ Breakfast in Cabin
- ▶ Hiking stage 10
- ▶ Lunch
- ▶ Accommodation at Cabin or similar
- ▶ Dinner

Include:

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





DAY 10

Palo Verde – El Empalme

Description:

- ▶ Breakfast
- ▶ Hiking Stage 11
- ▶ Lunch at Mutute Restaurant
- ▶ Accommodation at Cerro Alto Hotel
- ▶ Dinner at the Hotel

Include:

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



DAY 11

El Empalme – San Marcos

Description:

- ▶ Breakfast at the Hotel
- ▶ Hiking stage 12
- ▶ Lunch
- ▶ Dinner at accomodation.

Include:

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





DAY 12

San Pablo – La Esperanza

Description:

- ▶ Breakfast at the hotel
- ▶ Hiking stage 13
- ▶ Lunch at local family house.
- ▶ Afternoon Free time
- ▶ Dinner at Finca Lirios

Include:

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



DAY 13

La Esperanza – Naranjillo

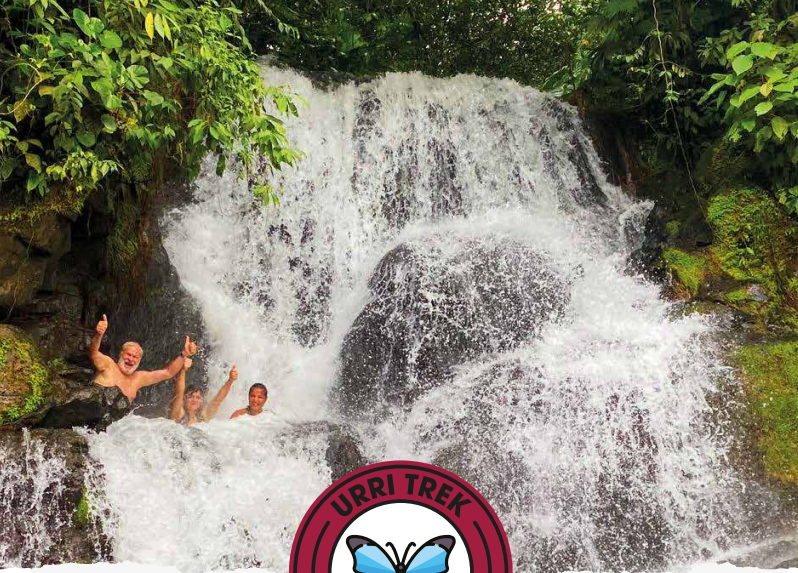
Description:

- ▶ Breakfast at accommodation
- ▶ Hiking stage 14
- ▶ Lunch
- ▶ Accommodation at Camping
- ▶ Dinner at Camping

Include:

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





DAY 14

Naranjillo - Esquipulas

Description:

- ▶ Breakfast at Camping
- ▶ Hiking stage 15
- ▶ Lunch at Local family business
- ▶ Accommodation at Camping
- ▶ Dinner at Camping

Include:

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



DAY 15

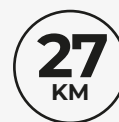
Esquipulas - Quepos

Description:

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

Include:

- ▶ Breakfast
- ▶ Specialized guide
- ▶ Luggage transportation

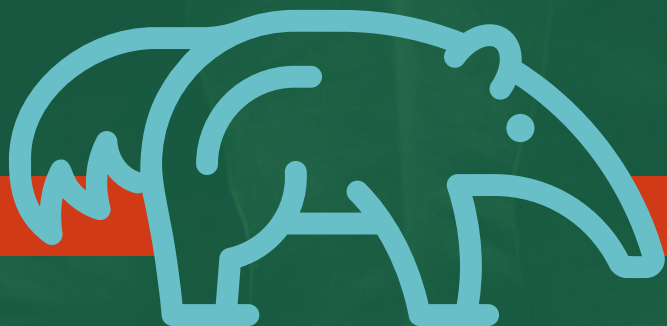


About booking



The policies are as follows, we try to make a good commitment from the hikers... so

- ▶ 1st Payment \$500 with your booking.
- ▶ 2nd Payment \$500 60 days before the expedition.
- ▶ 3rd Payment (the full difference on the detailed amount)
 - **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
- ▶ Meals are included (breakfast, lunch, and dinner, additional snack or alcoholic beverages are not included), vegetarian or vegan menu available.



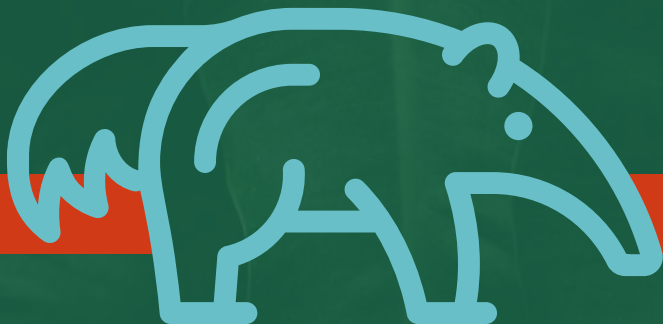
About Luggage



- ▶ Hiking Shoes
- ▶ Sneaker and wáter 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

- ▶ First \$500 payment non refundable more due two months before.
- ▶ Second \$500 payment non refundable more due one month before.
- ▶ Third (balance) payment:
 - 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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