

LEADERSHIP

Your trip will be led by Mariah representatives and Costa Rican guides. We use female guides whenever possible as long as they are the most qualified. The guides are knowledgeable about all aspects of your trip. They understand that although an itinerary is in place to assure that everything runs smoothly, there may be times they may decide to make changes in order to make your trip pleasurable and safe.

WHAT IS INCLUDED

- 8 nights accommodations in hotels and lodges (2 nights lodging in San Jose, 2 nights lodging at Selva Verde Rainforest Reserve, 1 night small huts on Pacuare River, 3 nights jungle lodge on Caribbean Coast)
- All ground transportation
- * Airport arrival/departure transfers on scheduled dates (if arriving or departing other than on advertised dates, take cab on own to/from airport)
- All Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Guided hikes and park entrance fees for tours noted in the itinerary, including the Canopy Tour on the Caribbean
- Guides
- All rafting and other watersports equipment

We reserve the right to change the order of activities or even some of the activities due to changes in weather, transportation or other unforeseen events. Mariah reserves the right to alter quoted/confirmed prices at any time to reflect changes in local land service, local air fares or sales tax increases.

WHAT IS NOT INCLUDED

- Meals not specified in itinerary
- Insurance of any kind
- Gratuities to baggage handlers, lodge staff, guides, bus drivers
- Items of a personal nature (sodas, alcoholic beverages, laundry, telephone, etc.)
- Airport departure taxes in Costa Rica
- Airport arrival/departure transfers on other than advertised trip dates.

Ready to go? Signing up is easy!

Call us at 800-462-7424 and reserve your space with your credit card or use the attached Trip Registration form and mail in with your credit card number or a check. Credit cards will incur a 3% service charge. Frequent fliers with mileage-earning credit cards can rack up even more mileage for your next trip. If you prefer to use a travel agent, he or she can book your trip at no extra cost.

Then Leave the Rest to Us Before you go we provide you with extensive pre-departure information, including clothing recommendations, detailed health requirements, and many other details to help you prepare for your trip.

DEPOSITS/CANCELLATION/REFUND POLICY

Initial deposit to reserve your space is 20% of the trip price if you are booking over 6 months prior to the trip date. 15% of the trip price is nonrefundable if cancellation is received in this office over 6 months prior to the trip.

A second deposit of 25% of the trip price is due 6 months prior to the trip date. 20% of the trip price is nonrefundable if cancellation is received in this office within 5-6 months prior to the trip.

A third deposit of 25% of the trip price is due 5 months prior to the trip date. 25% of the trip price is nonrefundable if cancellation is received in this office within 4-5 months prior to the trip.

The balance is due four months prior to the trip date. There is no refund if cancelling within 4 months of the trip date. You may find a replacement for a \$50 transfer fee; some restrictions may apply.

If you would like to make your payments by Visa, Mastercard, American Express or Discover Card, please add a 3% service charge.

WE HIGHLY RECOMMEND TRIP CANCELLATION INSURANCE. A BROCHURE AND ORDER FORM FOR TRIP INSURANCE WILL BE SENT WITH YOUR INVOICE WHEN YOU RESERVE SPACE ON A TRIP.



P.O. BOX 1160, LOTUS, CA 95651
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www.mariahwe.com

Since 1982, over 110,000 happy guests!

WHAT YOU CAN EXPECT

ACTIVITY LEVEL –TRIP RATING SCALE

We give you an idea of the degree of activity of each trip we offer to help you pick the right trip for your abilities and interest. We rate each trip “1-5”, with “1” being the easiest and most comfortable, and “5” being the most strenuous. We give this trip a rating of “3-4”: Moderate, an active (participatory) trip with Class III-IV rivers which are adventurous beginner-intermediate level; hikes 2-4 hours over a combination of easy-moderate terrains in dense jungle with temperature hot and humid; watersports which require some physical strength and endurance, i.e. boogie boarding, sea kayaking, swimming; hot and humid weather. All our accommodations are clean, with ceiling fans, private toilets, hot or warm water showers, and nice restaurant accommodations. Our accommodations are considered nice by Costa Rica’s standards, however, they do not compare to the Ritz Carlton.

HEALTH AND IMMUNIZATIONS

Upon receipt of your deposit, we will send you a Trip Information Packet which describes in detail our suggested packing list. There are no required immunizations for Costa Rica; however, we recommend Tetanus and Hepatitis A precautions.

ENTRY REQUIREMENTS

A passport is required. You’ll receive a visitor’s visa at Customs when you arrive.

MEALS

The food is generally good, abundant and nutritious; however, most of the places we are staying are off-the-beaten-track where stores are scarce, so sometimes the meals are fairly basic. Most special diets can be accommodated. Members with unique dietary needs may need to bring their own special food products. Please call our office to discuss any questions you may have.

TEMPERATURE

Be prepared for rain since Costa Rica is near the equator, and even though we’re going in the dry season it could always rain. The temperatures vary: 75-95 degrees in the jungles and on the rivers; a pleasant 75 degrees in San Jose. Evening temperatures in the jungle and at the beach can drop to 70’s.

ACCOMMODATIONS

The following descriptions are meant to give you an approximate idea of the level of service(s) you may be able to enjoy at our overnight accommodations. Most of our stays are in the jungles and electricity and hot water (where available) may be shut off at any time.

San Jose: The Hotel Amon Plaza is a nice, clean, comfortable hotel near the center of downtown, an easy walk to the museums and nightlife. The hotel and rooms are fully modern and the service is good. A simple complimentary breakfast is served in their lounge. Internet and hairdryers are available.

Selva Verde: Selva Verde Lodge, located in the lowland tropical rainforest is dedicated to educating its guests about the wonders and natural beauty of Costa Rica’s unique and fragile tropical rainforest. The individual bungalows are connected by a beautiful covered boardwalk. Each room has a hot water shower, fan, a double and single bed, hairdryer, and hammocks on the balconies. We still refer to this lodge as rustic. The large windows are screened. Meals are served buffet-style in the main dining room, and there is a bar, gift shop and library. Activities include rafting (incl), guided trail walk (incl), a river boat tour (incl), bike tours (additional), canoe trips (additional), and a butterfly garden tour (additional).

Pacuare River: Immersed in the jungle, the cabins, rustic and clean, are spacious with double and single beds, hot water showers in the shared bathrooms, and electricity. There are endless trails, and hammocks in which to relax. There is a Bird Watching Lodge a 15-minute hike up the mountain and the views are spectacular. “To overnight in this enchanting lodge deep in the heart of the rainforest is...well...is worth the whole trip to Costa Rica itself...” R. Viola -- Outdoor Journal -- The Travel Channel.

Caribbean: Almendros y Corales (Almonds and Corals) Lodge Tent Camp opened in 1993 in a privately owned area of the Gandoca-Manzanillo Wildlife Refuge, right on the beautiful beach that has hundreds of swaying coconut palm trees. One of the most unique lodges in Costa Rica, each bungalow is actually a huge tent erected on a raised platform, protected with a canvas roof and draped with mosquito netting. Add a private bath, hammock, electric fan, hairdryer, and electricity (though very low wattage), so bring a flashlight for reading at night, and you have all the conveniences of modern camping in the heart of the jungle. A raised boardwalk connects all the bungalows, the dining room, and the beach.

HIGHLIGHTS OF THE AREAS WE VISIT

SAN JOSE Costa Rica’s capital city is a bustling metropolis with close to 2 million residents, yet, it continues to maintain much of its original charm.

SARAPIQUI RIVER This stunning river, Class II-III, is an excellent choice for a first rafting trip. The lush vegetation and thick forest canopy along the narrow, winding river are home to toucans, cormorants, kingfishers, howler monkeys, and more.

PACUARE RIVER The Pacuare, an intermediate, Class IV river, is one of the top five rafting rivers in the world, known for its tropical scenery and warm water.

THE CARIBBEAN COAST We travel to the multi-colored sand beaches lined with towering coconut palms, stay in unique cabanas next to the beach, and visit the jungles of the Talamanca region. The only indigenous peoples, the BriBri and Kekolid Indians live here.

TRIP ITINERARY

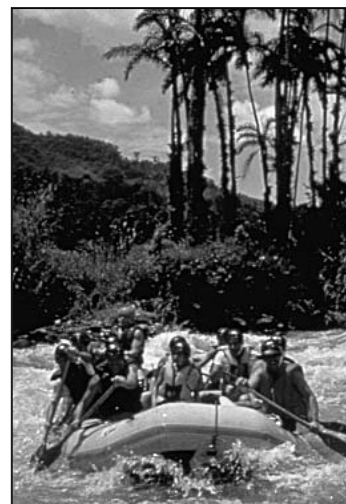
DAY 1 (JANUARY 16): ARRIVE SAN JOSE, COSTA RICA. Upon arrival at San Jose's Airport, you will be greeted by our RIOS TROPICALES host(ess) and driven to your San Jose hotel. Once you pass through customs and exit the airport, look for the RIOS TROPICALES sign. Incl. overnight Hotel Amon Plaza or similar.

DAY 2: SAN JOSE/SARAPIQUI RIVER RAFTING, Class II-III/ SELVA VERDE JUNGLE LODGE

At 7 A.M. we will depart for the Sarapiqui, stopping enroute for a typical tico breakfast about 8:30 A.M., then travel north for our first day on a jungle river. For those of you who would like to eat prior to our tico breakfast you can take advantage of the complimentary breakfast served at our San Jose hotel. The drive from San Jose to the Valley of the Sarapiqui delivers a stunning introduction to the tropical rain forest. On the river we may see monkeys, iguanas, and get your first introduction to bird-watching. At the end of the day we'll arrive at our Lodge. Incl. overnight Selva Verde Lodge, BLD.

DAY 3: SELVA VERDE JUNGLE LODGE

Costa Rica is the world center for research in tropical biology. More species of birds are found here than are found in the U.S. and Canada combined. You can see frogs, insects, butterflies and mammals that are nearing extinction throughout much of the rest of the world. Two interesting activities are included: you will take a quaint river boat deep into the jungle on an isolated stretch of the Sarapiqui river with a local guide, and you will also take a guided hike on Selva Verde's rainforest trails with a naturalist guide. One of the tours is in the morning, the other in the afternoon. Incl. overnight Selva Verde Lodge, BLD.



DAYS 4-5: RIO PACUARE RAFTING (Class III-IV)

Two days of rafting, one layover day for hiking

Day 4: Depart Selva Verde. Raft Pacuare. Incl. overnight in wooden huts, BLD.

Day 5: Raft Pacuare. Take out about 3 P.M. and drive to our Caribbean Lodge. Incl. BL.

After breakfast at Selva Verde, we drive to the most folkloric river trip in Costa Rica, the **Rio Pacuare**, which is one of the few tropical wilderness rivers flowing through virgin jungle.

We arrive at a farmer's ranch where we load all of our gear onto either an ox-pulled cart for the last leg down to the river or onto a 4-wheel drive truck. On the hike down to the river keep your eyes open for sloths, blue morpho butterflies and more. The first rapids are small, yet technical, giving us the opportunity to familiarize ourselves with the steep technical drops offered by this river. Lunch will be served either at the put-in or on the river. We arrive at our camp 6 miles downriver about 3 P.M. We overnight in rustic cabins; sleeping units are provided. The next morning we continue rafting down the Pacuare, and from the take-out we depart for the Caribbean. Incl. overnight 1 night in small huts, 2B2L2D.

DAYS 5-7: SOUTHERN CARIBBEAN -- JUNGLE & BEACH

BriBri and Kekoldi Indian Reserves, beach, indigenous women, Afro-Caribbean atmosphere, sea kayaks, boogie boards.

Day 5: After leaving the Pacuare River, arrive Caribbean Lodge about 5P.M. Incl. overnight Caribbean Lodge, D.

Day 6: Morning tour to the Reserve's Iguana Farm which is run by women who we will meet; afternoon Canopy Tour. Incl. overnight Caribbean, BLD.

Day 7: Beach Day! We will take a short kayak trip to Manzanillo where we will enjoy kayaking, boogie boarding, body surfing, and relaxing. Bicycling is an optional activity (for an additional cost-on your own). Incl. overnight Caribbean, BLD.

Located in the heart of the Gandoca Manzanillo Wildlife Refuge, south of Puerto Viejo, and about as close to the Panamanian border as is possible, the Almonds y Corales Lodge is a delightful place with the magic touch of nature. The lodge and its 25 open-air, screened-in bungalows were carved out of a virgin jungle and elevated on 8-foot platforms. Inside the bungalows are two twin beds and a cot, a hammock, dresser, table and chairs, closet, night lamps, fan, mirror and private toilet and shower. The bungalows connect to each other and to the restaurant by elevated walkways. Climbing plants, bromeliads and orchids hang from branches. Within 100 feet is the beach, excellent for swimming, kayaking and boogie boarding. A definite Afro-Caribbean flavor exists everywhere. The National Park in this area was established to protect the traditional lifestyle of the indigenous people. Incl. overnight 2N Almonds y Corales, 3B3L3D.

DAY 8: CARIBBEAN/SAN JOSE

After breakfast we'll depart for San Jose. We'll arrive back at our San Jose hotel about 2-3 P.M. We'll have our farewell dinner that night at a typical Costa Rican restaurant. Incl. overnight Hotel Amon Plaza, BLD.

DAY 9 (JANUARY 24): RETURN TO USA. Airport transfer included. Incl. B.

MARIAH

WILDERNESS EXPEDITIONS

COSTA RICA—AN ACTIVE TROPICAL ADVENTURE

RAFTING, SEA KAYAKING, RAINFOREST TRAILS, INDIGENOUS INDIANS, AND MORE...

JANUARY 16–24, 2009 9 DAYS, 8 NIGHTS, MOST MEALS, 18 WOMEN

PRICE: \$2050 (does not incl. international air). \$150 single supplement (San Jose hotel only)

TRIP RATING SCALE (Based on combination of activities, lodging, environment):

1 2 3 4 5

This trip is especially intended for those of you searching for an active adventure vacation in Costa Rica. Costa Rica is Central America's special jewel. It has a reputation for being an oasis of calm among its turbulent neighbors. The country's natural attractions, wildlife and reputation for enlightened conservation draw tourists from all over the world. Costa Rica is one of the best places to experience the tropics naturally and with minimal impact.

Included is "tropical boating" on Class II-IV rivers with warm water rapids, lush vegetation, unique wildlife, and pristine isolation. We'll enjoy two of the Class III-IV rivers—the beautiful and beginner-level, Class II-III Sarapiquí, and the incomparable Class IV Pacuare which has waterfalls cascading from 1,500' forested banks. You will overnight in unique wooden bungalows near the banks of the river.

On the Caribbean coast, you'll have the opportunity to take one of the best Canopy Tour in all of Costa Rica, sea kayak, boogie board, visit the BriBri and Kekoldi Indian reserves, meet the women of the indigenous indians who live in the Caribbean lowlands. Learn about the culture of this very remote and undeveloped part of Costa Rica and hike the rainforest trails. The isolated beauty of the sandy beaches, spending the nights in tented cabins built on stilts, and located where the jungle reaches right down to the sandy beaches, will add to the uniqueness of this trip.

We have included two days at a Sarapiquí rainforest lodge, a family-owned private retreat located in the lowland tropical rainforest of Costa Rica. All of our guides are women, our tour bus is comfortable, and our outfitter, Rios Tropicales, gives Mariah's annual Women's Trips the highest priority for top quality service.

TRIP HIGHLIGHTS

- 8 nights in comfortable, but not deluxe, hotels and lodges • 3 days rafting beginner-intermediate level rivers • 2.5 days easy-moderate hiking on jungle trails • 2 days easy water sports
- Enjoy the green and lush beauty of the dense rainforests of Costa Rica, choosing from easy and moderate guided hikes. Wake up to the sounds of the river and the sounds of the jungle
- Spend three days rafting Class II-IV tropical rivers. Enjoy your guides and the "jungle stew" they prepare for one of your dinners
- Visit the indigenous peoples who live along the Caribbean Coast and are creating new industries from the jungle
- Sea kayak, boogie board, body surf, swim, relax on the beach, and enjoy the incredible Caribbean sunrises
- Thrill to the fantastic birding in Costa Rica
- Meet some of the very nicest people in the world—the Costa Rican Ticos (as the Costa Ricans refer to themselves)

Comment from a customer:

The trip to Costa Rica was really the best thing I've ever done for myself. The other women on the trip were great, the guides were the best, and the country is spectacular. Seeing monkeys, sloths and caymans in the wild made me feel as if I were in a movie. A.J., Costa Rica 2000

