

# Optional Activities Guidebook

## Turrialba, Costa Rica

*Choose your own adventure for Day 4 of the trip!*



**Discover Corps**  
*Unforgettable Vacations With Purpose*

# ADVENTURE

## Pacuare River White-Water Rafting

Consistently ranked among the top 5 rafting rivers in the world, the Pacuare River delivers world-class white-water surrounded by towering canyon walls, waterfalls, and pristine rainforest. This full-day adventure balances adrenaline with awe, offering Class III-IV rapids and long calm stretches to soak in the scenery. On the return journey, guests stop at Nortico for a curated chocolate tasting — a perfect way to wind down after an unforgettable day on the river.

*Please note: Because this is a full-day excursion, the morning Nortico tour will not be included with this option. Instead, the group will make a brief visit at the end of the day for a short farm tour, chocolate tasting, and an opportunity to purchase products. This does not include making your own chocolate.*

**Tour Duration:** 7 hours

**Cost:** \$150 per person including transportation

**Difficulty Level:** Moderate-Active (depending on comfort level)

**Pick-up & drop-off:** Pick up at hotel for 8:00am estimate drop-off time at hotel 4:00pm

**Drive Time:** 15 minutes to/from hotel to base camp

**Meals:** Lunch is included on the river!

**Tipping Recommendation:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** T-shirt, swimsuit, shorts, tennis shoes or sandals with ankle straps (no flip-flops), sunscreen, bug spray, extra clothes to change into and a towel

**Restrictions:** Minimum age: 12 years old, Minimum height: approximately 1.50 m (4'11") – 1.55 m (5'1") Minimum weight: 45 kg (100 lbs)

**\*Note:** These requirements are general guidelines and may be subject to change based on safety conditions.



## Explornatura Ziplining & Canyoning

Set deep in lush rainforest, this high-energy adventure combines ziplining through the canopy with canyoning alongside waterfalls and natural rock formations. Guests soar above treetops, descend waterfalls with professional guides, and experience Costa Rica's wild landscapes from thrilling new perspectives — all with a strong emphasis on safety, environmental respect, and fun.

**Tour Duration:** 3 hours

**Cost:** \$150 per person including transportation

**Difficulty Level:** Moderate-Active (depending on comfort level)

**Pick-up & drop-off:** Pick up at Nortico at 1:00pm after lunch, estimate drop-off time at hotel 5:30pm

**Drive Time:** 30 minutes from Nortico & 15 minutes back to the hotel

**Meals:** Not included

**Tipping Recommendation:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** T-shirt, swimsuit, shorts, tennis shoes or sandals with ankle straps (no flip-flops), sunscreen, bug spray, extra clothes to change into and a towel

**Restrictions:** Minimum age: 8 years old. Minimum height: ~1.40 m (4'7") Maximum weight: approximately 90-100 kg (198-220 lbs)

**Note:** *Height is more important than weight for participation. Overall body build, not just weight, is considered, as very short participants with higher body weight may not fit harnesses safely. For younger or smaller participants, please confirm age, height, and weight in advance to ensure the activity is safe.*



## Turrialba Volcano Hike

Experience the dramatic landscapes of Turrialba Volcano on a guided 4 km hike along its scenic lower slopes. While we won't reach the crater itself, this trail offers an unforgettable look at the volcano's powerful history, taking you near the striking burnt forest zone where past eruptions reshaped the terrain and nature is now slowly regenerating. Along the way, your guide will share insights into the region's geology, ecosystem recovery, and the unique highland plant life that thrives in this volcanic environment. The walk is done at a comfortable pace and may include uneven paths, gentle inclines, or muddy sections depending on the season — ideal for travelers seeking adventure, fresh air and a deeper connection to Costa Rica's natural forces.

**Tour Duration:** 4 hours

**Difficulty Level:** Moderate-Active (depending on comfort level)

**Cost:** \$100 per person including transportation

**Pick-up & drop-off:** Pick up at Nortico at 1:00pm after lunch, estimate drop-off time at hotel 4pm

**Drive Time:** 1 hour from Nortico & 45 minutes back to hotel

**Meals:** Not included

**Tipping Recommendations:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** Rain jacket, sunglasses, hat, sunscreen, bug spray, close-toed hiking shoes with ankle support, long pants for hiking

**Restrictions:** N/A



## Aquiarrés Coffee Farm – Horseback Riding & Coffee Experience

This extended experience combines horseback riding through rolling coffee landscapes with an in-depth look at coffee cultivation and rural life. Guests ride scenic trails with panoramic views of Turrialba Volcano before transitioning into the coffee tour and tasting. It's a slower, more intimate way to connect with the land, ideal for travelers seeking culture, nature, and gentle adventure in one unforgettable outing.

**Tour Duration:** 4 hours

**Cost:** \$100 per person including transportation

**Difficulty Level:** Moderate-Active (depending on comfort level on horses)

**Pick-up & drop-off:** Pick up at Nortico at 1:00pm after lunch, estimate drop-off time at hotel 5:30pm

**Drive Time:** 40 minutes from Nortico & 20 minutes back to the hotel

**Meals:** No meal included, other than lots of coffee!

**Tipping Recommendation:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** Rain jacket, sunglasses, hat, sunscreen, bug spray, close-toed walking shoes, long pants for farm walking

**Restrictions:** Minimum age: 4 years old. Minimum height: ~1.40 m (4'7")

Maximum weight: approximately 130 kg (approximately 287 lbs). Horseback riding is not recommended for individuals who have difficulty mounting a horse, experience balance issues, vertigo, or have any medical condition that could cause discomfort or difficulty during the ride.



# Agriculture & Coffee Experiences

## Aquiarres Coffee Farm - Classic Coffee Tour

Located on one of Costa Rica's most respected, largest and award winning coffee estates, this immersive tour takes guests from seed to cup, showcasing sustainable coffee production at scale. Visitors walk through coffee fields, processing areas, and drying patios while learning how altitude, soil, and climate shape flavor. The experience ends with a guided tasting, offering a deeper appreciation for the craftsmanship and community behind every cup of Costa Rican coffee.

**Tour Duration:** 2-3 hours

**Cost:** \$100 per person including transportation

**Difficulty Level:** Easy (Around 2-3 hours walking & standing at the farm)

**Pick-up & drop-off:** Pick up at Nortico at 1:00pm after lunch, estimate drop-off time at hotel 3pm

**Drive Time:** 40 minutes from Nortico & 20 minutes back to the hotel

**Meals:** No meal included, other than lots of coffee!

**Tipping Reccomendation:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** Bring rainjacket, sunglasses, hat, sunscreen, bug spray, close-toed walking shoes, long pants for farm walking.

**Weight / Age Restrictions:** N/A



# Nature & Science Experience

## CATIE Botanical Garden - Day Tour

Explore one of the most important tropical research centers in the world. Home to thousands of plant species, CATIE's botanical gardens highlight global efforts in biodiversity conservation, climate resilience, and sustainable agriculture. This guided tour offers a dynamic overview of tropical ecosystems, fruit trees, and conservation projects — ideal for curious minds and plant lovers. This guided daytime walk is led by explores the botanical garden at a relaxed pace. Paths may include some slight uneven terrain, stairs, or gentle inclines. Ideal for nature lovers, photographers, and travelers interested in biodiversity, culture, and education.

**Tour Duration:** 2 hours

**Cost:** \$50 per person including transportation

**Difficulty Level:** Easy

**Pick-up & drop-off:** Pick up at Nortico at 1:00pm after lunch, estimate drop-off time at hotel 3pm

**Drive Time:** 30 minutes from Nortico & 20 minutes back to the hotel

**Meals:** No meal included, other than a taste of some tropical fruit juice!

**Tipping Recommendations:** \$10 per person for your guide and \$5 for the driver

**Packing Notes:** Rain jacket, sunglasses, hat, sunscreen, bug spray, close-toed walking shoes, long pants for garden walking

**Weight / Age Restrictions:** N/A

