Costa Rican Treks

In an effort to remain the premier adventure travel company in Costa Rica and increase the number of tours we offer annually, Costa Rican Treks is holding several tour guide training classes. Guides who have focused on a specific area of expertise, such as biking or snorkeling, will have the exciting opportunity to branch out into other types of tours.

Classes will be conducted by Costa Rican Treks tour guides and other experts from around the country. Please contact Alberto Ramos, Tour Operations Manager, to reserve a space in a session.

Basic Coastal Sailing

Learn to handle a sailboat safely, including equipment, communication, knots, and traffic rules. Also learn essential information to sail safely in the Atlantic and Pacific Oceans. Equipment requirements, anchoring techniques, sail handling, chart reading, weather response, and more will be taught in this course by local sailing champion Grace Bascom.

Dates offered: September 23, October 2

Horseback Riding

Craig Weston, a horseback tour guide in Costa Rica for more than 10 years, will demonstrate how to use saddles and other equipment, teach about horse behavior, trailer loading and transportation, equipment, safety, and how to deal with common problems that can occur on a horseback riding adventure.

Dates offered: September 2, October 1

Intermediate Kayaking

This course assumes that you already have some basic kayaking experience. Topics will include advanced strokes, rescues, bracing and rolling, navigation, and how to handle moderate to rough water conditions. Cliff Lewis, head kayaking guide for Costa Rican Treks, will teach this course.

Dates offered: September 30, October 29

Rainforest Survival

Philip Thurman, our own expert, will teach about general safety, accident prevention, emergency procedures, and how to handle hypothermia and dehydration. This is important information that we hope you will never need to use.

Dates offered: September 16, October 15