COSTA RICAN TREKS

Avenida 2, Calle Central ☼ San Jose, Costa Rica ☼ (800) 555-8971 ☼ www.crtreks.com

Summer Edition

New Tour Guides

We’d like to introduce you to two of our newest tour guides.

* Sam Glaser grew up in Visalia, California, and moved to San Jose a few years ago after getting a Botany degree. Hiking has always been a hobby of his, and he’s backpacked throughout the islands. He is eager to pass on his extensive knowledge of Costa Rica's culture, plants, animals, and history with you and enjoys sharing his passion for the outdoors with others.
* Leah Parkergrew up in Puntarenas and has always loved the natural world. She spent her time hiking, diving, surfing, camping, and biking. Leah has a degree in Marine Science and Zoology from the University of Florida. She is excited to guide you in discovering Costa Rica's natural beauty and splendor.

Kayaking Lessons Available

Whether you’re a beginner or experienced, we have begun offering kayaking lessons for any skill set. If you are taking one of our multi-day kayaking trips, why not schedule a lesson the day before to take your skills to the next level? Even if you are a proficient paddler, we can design a custom class for you that will teach you some specifics about kayaking in Costa Rican waters.

Surfing Lessons Available

Whether you’re interested in long board or short board surfing, our instructors are happy to pass their skills on to you. This would also be a great activity for a family or group. We guarantee that you will stand during your first lesson.

Customer Trip Ideas

We recently surveyed you to ask what trips you’d like to see added to our upcoming schedule. While many of you responded that our selection was already sufficient, we did receive lots of great ideas. We’ve decided to add a few of your ideas to this year’s adventures. See the chart below that summarizes the voting results.

NEW: Nauyaca Waterfall Adventure

Hike to the Nauyaca Waterfall, one of the tallest accessible waterfalls in Costa Rica. See rainforests, giant ferns, beautiful waterfalls, streams, and unique animals along the way.

NEW: Swim with the Sharks

Go scuba diving among hammerhead sharks at Isla del Coco National Park where great concentrations of the predators feed on smaller fish. Due to strong currents, this tour is only for experienced swimmers.

NEW: White Water Rafting

Travel on the Pacuare River and experience one of the top five most scenic river rafting trips in the world.