

Land Itinerary – 10 days

DUKE OF EDINBURGH'S SILVER AWARD

**This is a sample itinerary. Details are subject to change.*



**OUTWARD BOUND
COSTA RICA**

DAY 1: Arrival

Arrive at Costa Rica's Juan Santamaria Airport (SJO), where you will be greeted by our welcoming staff. A scenic one-hour drive to our rainforest base will take you through the city and into the rolling hills of the country's Central Valley. Enjoy a welcome meal with your group before settling in for a great night's sleep in our furnished dorms.

DAY 2: Orientation

Spend the day preparing for your practice journey, using the fantastic facilities available at our rainforest base. Our expert instructors will lead you through pre-expedition training that will equip you with the skills and knowledge needed for the next few days, including basic campsite setup, cooking skills, map and compass navigation, emergency procedures, and group living life skills. Enjoy hearty traditional meals and head to bed early in our furnished dorms to be ready for tomorrow's journey.



DAY 3-5: Practice Journey

Start your exciting practice journey traversing through two vast nature reserves near our rainforest base. Immerse yourself in the beautiful, tropical surroundings for three days and two nights, as you put your navigation skills to the test. Experience the incredible diversity of the nature and discover new types of flora and fauna on the hike.

Your group will be navigating along a route of your choosing within the natural paradise. Our instructors will supervise your group remotely and meet you at strategic checkpoints, as you hike along the route. Bed down to the sounds of the jungle just outside your tent.

On your final morning, pack up your campsite and head back out on the route, which brings you to two superb destinations: a 30-meter jungle waterfall and a huge wall that is covered with cascading natural springs and colorful ferns and other tropical plants. Debrief after your action-packed journey and celebrate your fantastic accomplishment this afternoon by cooling off in the pool at the local country club. Enjoy a delicious dinner and night in our furnished dorms.





DAY 6: Canopy Adventure Day

Experience an adrenaline-filled day with some of the top adventure activities in Costa Rica! Rotate between a thrilling zipline tour through the rainforest canopy where you zip between tree platforms and two tarzan-like rappels. Back on our base, get harnessed up for an exciting technical tree climb challenge. Today you will also prepare for your qualifying journey. Overnight in our furnished dorms.

DAY 7-9: Qualifying Journey

Wake up early this morning and head to the starting point for your qualifying journey. Your three-day two-night hike will lead you up the ridges of the famous Irazu Volcano, the tallest volcano in Costa Rica. Navigate the rural trails and backcountry dirt tracks which take you through rolling hills, reminiscent of the English countryside, interspersed with tropical forests. Similar to your practice journey, our instructors will be posted along the route at strategic checkpoints as you wind your way towards your scenic campsite for the night. On arrival of your first night, set up camp and enjoy a warming dinner under the stars! Whilst on your second night, arrive and setup camp in a local village community. You may bring school supplies to donate to the students and educators of the two-room schoolhouse nearby.

Pack up early in the morning and make your way to Irazu's volcanic crater—a celebratory sight at the end of a spectacular hike! Discover more about volcanism, including how



the main crater lake changes from aqua blue, iridescent green to yellow or even orange depending on the dormant volcano's emissions. Learn how volcanoes shape the world we live in today. Feel a great sense of achievement, while soaking in the views across the Central Valley, before heading back to base for a debrief of the journey with your group and Assessor. Reflect on your achievements over a celebratory dinner before spending a final night in our furnished dorms!

DAY 10: Departure

Congratulations! Say *hasta luego* and head to the airport in plenty of time for your return flight. Thank you for joining us at Outward Bound Costa Rica and completing your Duke of Edinburgh's Silver Award with us!