

# Land Itinerary – 7 days



**OUTWARD BOUND  
COSTA RICA**

## DUKE OF EDINBURGH'S BRONZE AWARD

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

### DAY 1: Arrival

Arrive at Costa Rica's Juan Santamaría 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 equip you with the skills and knowledge needed for the next few days, including basic camping skills, map and compass navigation, emergency preparedness, campsite setup and group skills. Enjoy a hearty traditional meal and head to bed early in our furnished dorms to be ready for tomorrow's journey.



take you through rolling hills, reminiscent of the English countryside, interspersed with tropical forests. Our instructors will supervise your group remotely and meet you at strategic checkpoints, as you hike along the route. On arrival, prepare your pre-planned dinner and campsite for the night in a picturesque local village.

### DAY 4: Finish Practice Journey

Hit the trail early this morning as you make your way to Irazú's volcanic crater, a celebratory sight at the end of a spectacular hike! The lake inside the crater changes color from aqua blue, iridescent green to yellow or even orange depending on the dormant volcano's emissions. 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. Enjoy a delicious dinner and night in our furnished dorms.

### DAY 5: 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 3: Practice Journey

Wake up early this morning and head to the starting point for your practice journey. Your hike will begin along the ridges of the famous Irazú Volcano, the tallest volcano in Costa Rica. Spend the day navigating the rural trails which





## DAY 6: Qualifying Journey

Today's qualifying journey will begin in the vast nature reserve surrounding our rainforest base. Immerse yourself in the beautiful, tropical surroundings as you put your navigation skills to the test. 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. Bed down to the sounds of the jungle just outside your tent.

## DAY 7: End of Qualifying Journey

Pack up your campsite this morning and head back out on the trail to finish up your qualifying journey. Today's route 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 with your group and Assessor, and celebrate your fantastic accomplishment this afternoon by cooling off in the pool at the local country club. Reflect on your achievements over a celebratory dinner before spending a final night in our furnished dorms!

## DAY 8: Departure

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

