

Water Itinerary – 9 days

DUKE OF EDINBURGH'S SILVER AWARD

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



**OUTWARD BOUND
COSTA RICA**

DAY 1: Arrival & Orientation

Arrive at Costa Rica's Juan Santamaría Airport (SJO) where you will be greeted by our welcoming staff. A scenic drive through Costa Rican countryside will bring you to your first program location near the base of the famed Arenal Volcano.

Arrive at your new base camp and begin your program orientation and skills training led by your instructors. Key skills that will aid you in your kayaking expeditions include, compass navigation, map reading, building the perfect campsite, and more. In a controlled location, advance your sea kayaking abilities by learning to steer, use a bilge pump or bail sponge, perform wet exits, stay hydrated, and execute self rescues in case of capsizing. You will put these new skills to the test as you set off on your practice expedition the following day. Enjoy a traditional meal and then get a good night's sleep in a community center near Lake Arenal.



DAY 2-4: Sea Kayak Practice Expedition

Launch the kayaks to begin your practice expedition navigating Lake Arenal, the largest lake in Costa Rica that spans over 85 square kilometers. This expansive lake offers superb mountain scenery with the immense Arenal Volcano towering in the distance. This fresh water lake is rarely more than 20 meters deep and is warm enough to go for a relaxing swim after a day of paddling. Put into practice your compass navigation and route finding on this spectacular lake, where there are a lot of scenic bays. You and your coursemates will choose one of these bays as a private camp where you can make a small campfire, roast hot dogs and even make s'mores.

As part of your Duke of Edinburgh's Silver Award, you will be traveling in groups of up to 7 individuals while working together to determine routes, distances and plan campsites for your three-day and two-night adventure. Your Outward Bound Costa Rica instructors, as well as your teachers, will never be too far from you for support, but the planning, effort and challenge is yours to meet. Close out your practice expedition by relaxing in the tranquil pools of a world-famous hot spring that make this region a dream travel destination. Get a feel for small town life by staying overnight at a local hostel in La Fortuna.





DAY 5: Waterfall and Canopy Tour

Today, hike through the lush rainforest to a local waterfall and swim at the base of the falls. In the afternoon, sign up for the adventure of your choice: an exhilarating waterfall rappel, technical tree climb or a scenic canopy tour. Each of these adrenaline-filled activities will be sure to amaze you and your coursemates!



DAY 6-8: Sea Kayak Qualifying Expedition

Swap your hard-shell lake kayaks for inflatable river kayaks to navigate down the spectacular and scenic Sarapiquí River. This river is a perfect balance of excitement and relaxation, as there is plenty of opportunity for wildlife viewing on the calm stretches combined with more challenging and dynamic currents. Paddle hard alongside your group to make headway down the spectacular flat water river. From a distance, your Outward Bound Costa Rica instructors evaluate your group's ability to work together on this qualifying expedition.

The end of your journey will bring you to the convergence of a huge river known as Rio San Juan, which forms the border between Nicaragua and Costa Rica. A shuttle bus will meet you at the take-out point and bring you to our high elevation rainforest base in Costa Rica's Central Valley. Debrief after your action-packed journey with your group and Assessor, enjoy a celebratory dinner and awards ceremony to commemorate your achievements.

DAY 9: 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!