

# Hidden Trails

Ph. 1-888-9-TRAILS

*Equestrian Vacations  
- on & with Hidden Trails*



## About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love horses and adventure activities. We have been involved with riding and other outdoor vacations for over 20 years.

With our partners Voyage du Cheval (France), Pegasus (Germany) as well as Equitour (Switzerland and France) we have collected the best riding destinations all over the world in some hidden places we would like to share with you.

These rides are about galloping on endless beaches, forging rivers, cantering through forests, trotting along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for horses has no boundaries but possesses a common language we all speak and understand. The majority of the overseas rides are from inn to inn, some from castle to castle and a few are camping rides.

You will experience new countries and their customs and make new friends. The Hidden Trails trips are the best you can find.

They have been tested by our staff or associates and received our stamp of approval. If you are considering a special riding vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.

We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

### Hidden Trails

Phone: 604-323-1141

Fax: 604-323-1148

Toll Free: 1-888-9-TRAILS

from within the USA or Canada or

E-mail: [info@hiddentrails.com](mailto:info@hiddentrails.com)

Website: [www.hiddentrails.com](http://www.hiddentrails.com)

Address:

659A Moberly Road, Vancouver BC Canada V5Z 4B3 or

4406 Tennyson Road, Wilmington, DE 19802 USA

### Toll Free from the U.K.:

Ph: 0- 808 189-0420

Fax: 0-808-280-1860

### Toll Free Worldwide:

Skype: hiddentrails



# Rainforest Multisport Adventure in Costa Rica - Costa Rica, Central America

**Tour Code:** IT-CR-HR010-S  
**8 days / 7 nights ~\$1,785.00**  
**Dates:** Available all Year

**Trip Rating :** ●●●●●  
**Difficulty :** ●●●●●  
**Lodging:** ★★

**Tack:** Modified McClellan, some Western  
**Horses:** Costa Rican Criollo, Paso, and mixed b...  
**Pace:** Moderate with trots, canters, and some...

**Airport:** Juan Santamaría International Airport (SJO)



## Introduction

Pacific Coast, Costa Rica

If you are an advanced rider looking for a more varied riding holiday or a novice rider who wants to join your first horse vacation to gain more experience in the saddle - this is a flexible itinerary that can accommodate everyone!

This Rainforest Multisport Ride provides more freedom than you will find with the average equestrian holiday. You will have the opportunity to enjoy miles of riding trails in the forested interior and along on the coast to the North, the terrain is picturesque, predominantly flat with gentle slopes and forested valleys, while to the South there are savannahs, large mango plantations and the Dry Forests, mangrove swamps and estuaries leading out to the Pacific Ocean—spectacular views! Experience the local culture, the "Tico way of life," while staying at one of two comfortable jungle lodges with their warm hospitality and tasty local food, while learning how to identifying the local wildlife and flora. Each day enjoy a range of different half day rides or all day rides, combined with time saved for great alternative sport activities like Canopy and Zipline tours, the Hanging Bridges, kayaking on the ocean or taking a crocodile boat safari! Throughout your stay you are accompanied by a professional guide who will be sure to point out the monkeys you see and hear, or the spectacular tropical birds such as the Trogons, Parakeets, Scarlet Macaws and Toucans or creatures like the coatimundis, iguanas, anteaters or crocodiles. The perfect retreat for a week in Costa Rica, sampling the various adventure tours that attracts tourists from around the world to their country!

This ride is equally ideal for young adults, romantic couples, families with children (for kids under 11 we provide a bilingual nanny while the parents ride and they can be taught basic riding lessons).

## Accommodation

### Accommodations

This is a stationary ride. Your first and last nights are at a city hotel in San Jose.

### Description

Both lodges are in close proximity to each other. You'll have access to a pool at all locations to cool off after a good ride. Given the nature of the ride, accommodation may be limited to local guest houses and private en-suite bathrooms may not always be available or only on a limited amount. Laundry is not available for this trip.

Accommodation Itinerary - subject to changes based on availability

Night 1: Country Inn & Suite Hotel in San Jose  
Night 2-6: Finca Los Domos (standard) or Cerro Lodge (upgrade) near Orotina  
Night 7: Country Inn & Suite Hotel in San Jose

### Country Inn & Suite in San Jose

This hotel offers comfortable bedrooms equipped with a TV, small fridge, ensuite bathroom and free Wi-Fi access. There is also an outdoor pool where guests can relax.

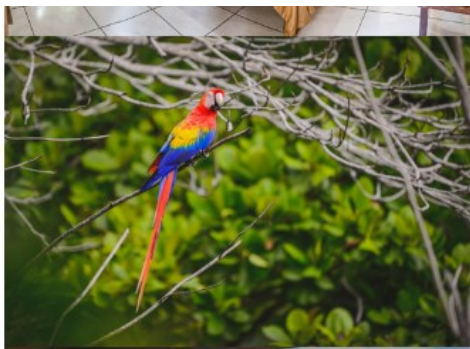


### Finca Los Domos

You are accommodated in one of the 3 private bungalows. Each bungalow is equipped with AC, a double bed (no twin beds available) and private bathroom. There is also an outdoor pool where guests can cool off in the evening. There is no Wi-Fi available at this property.







#### Cerro Lodge near Orotina

This lodge is an environmentally friendly project located on a farm in Tarcoles (central pacific) just 10 minutes from Carara National Park. This small lodge offers 8 bungalows with private bathroom and its own indoor garden, and a dining area. All this is surrounded by trees, palms, gardens, and panoramic views of the Pacific Ocean, mangrove forests, and Carara National Park - one of the most important refuges for the Scarlet Macaw; we often see these spectacular red, blue, and yellow parrots as they fly through the valley at Cerro Lodge. We provide daily transfers between the lodge and the horse stables at Maravilla (15 to 20 minutes away). One of the principle goals of Cerro Lodge, is to operate as environmentally friendly and sustainable as possible. Always looking for ways to reduce impact, they re-use water for irrigation, compost organic garbage, and they have worms that make organic fertilizer from cow manure. They are also hoping to put together a bio-digester and would like to produce their own electricity in the near future.

#### Room Occupancy

The single supplement fee applies if we are unable to find another rider to share.  
Triple occupancy is available at all locations.



#### Meals

Most meals are included in this trip from breakfast on Day 2 to lunch on Day 7, as well as breakfast on Day 8. Meals on the first day and dinner on Day 7 are not included.

Due to its geographical location and climate, Costa Rica has a wide variety of fruits and vegetables; which when combined with the interplay of native and European ingredients translate into a unique Costa Rican flavour. The basics of the Costa Rican diet are: rice, beans, and tortillas, which consist primarily of corn.

The ingredients used by Costa Rican cooks include simple native foods, such as "chayote" (squash), avocados, and the ever present corn. Costa Rican cuisine is also characterized by its' mildness and comes as a surprise to many visitors who might have travelled through Mexico and expect to find the same love spicy chillies in Costa Rican foods. Chillies are used to some degree, however, they are most commonly used in hot sauces with accompany broiled meats and poultry. Tubers, such as sweet potatoes and cassava, commonly known as "yucca" frequently accompany lunch and dinner meals.

In many dishes yucca is often substituted for potato, perhaps boiled and mashed, fried to exquisite crispness to accompany meat and sandwiches instead of fries, or simply boiled and served with butter and garlic. Plantains, a type of banana, are another Costa Rican favourite, and are most often boiled, mashed, stuffed with cheese, or fried to accompany meats or bean dishes. Unlike bananas, plantains are much larger and need to be cooked to be eaten. Costa Rican diet also includes plenty of meats including: Poultry, fish, beef and pork.. do not expect to find any Ecuadorian or Peruvian delicacy!!

#### Breakfast

A traditional Costa Rican breakfast consists of "gallo pinto" (Pinto Rooster), eggs, tortillas and sour cream, with coffee and fresh fruit juice. Most restaurants will offer some international options.

#### Lunch

Typically known as "casado" (Married), includes: rice and beans, one choice of meat (beef, chicken, pork, or fish), salad, fried plantain (a type of banana, very sweet and very tasty).

#### Dinner

Pretty much whatever you like, and fish and seafood here is excellent, well priced, and fresh, as are the fruits and vegetables. Of course Costa Rica produces some of the finest coffee in the world and it's not uncommon to see bumper stickers around proclaiming that "Juan Valdez drinks Costa Rican coffee"

#### Dietary Restrictions

We can cater to most dietary restrictions if given prior notice.

#### Riding







#### Riding Experience

This ride is designed for serious riders who want to discover the most complete possible grounds and scenery. This is achieved by using vehicle transportation (anywhere from 1-5 hours) only when strictly necessary due to the long distances involved between the riding bases. Riders are required to have an intermediate level of riding experience to attend this ride.

#### Horses

Costa Rican Criollo, Paso, and mixed breeds (Spanish, Andalusian & American Quarter). They range from 14 to 16 hands.

#### Children

The minimum age to join this ride is 12. Children are expected to have a the appropriate riding experience in order to join this ride. When booking a private ride, it might be possible to have children 11 or younger join us (subject to conditions).

### Itinerary

#### Sample Itinerary - subject to changes

Meals Keys: (B) Breakfast, (L) Lunch, (S) Snack/Picnic Lunch, (D) Dinner,  
Guide Key: (TG) Transfer Guide, (EG) Equestrian Guide, (LG) Local Cowboy Guide.

#### Day 1: Arrival

Arrival at Juan Santamaría International Airport in San José, where you will be met by one of our representatives at the ramp, assisted and transferred to San Jose Hotel for an overnight stay. Dinner on your own. First group meeting will be in the morning before the transfer to the first ranch.

*Meals included: none*

*Overnight at Hotel in San Jose*

#### Day 2: Ride through Gallery Forest

Morning transfer to the ranch and stables, located along the Trinidad river in the Dry Central Pacific Region, the starting point of your riding adventure. On arrival, you will be introduced to your horse, the ranch and its facilities, and the guides. You will get the opportunity to fully acquaint yourself with tack and Costa Rican riding style. After horse assignment, we will ride along rolling hills and meadows into the Gallery Forest, alongside the Cuarros river – an excellent spot for wildlife encounters! We meander across the river following a country lane passing en route farmland, rural homes and finally arriving at the hacienda grounds.

*Meals included: B, L, D.*

*Guiding service included: (BG) (LG)*

*Overnight at Los Dornos (standard) or Cerro Lodge (upgrade)*

#### Day 3: Ride to Machuca River basin

Today's ride will take you to the Machuca River basin, passing Cascajal village. You will ride into the area where this river canyon broadens onto the plains. Heading towards the Jesús María River basin allows for exploration of the plains and forested valleys along the Machuca River Canyon, where the land is very fertile and most commonly used to cultivate melons. We finish the ride at a local hacienda and transfer you back to your accommodation.

*Meals included: B, L, D.*

*Guiding service included: (BG) (LG)*

*Overnight at Los Dornos (standard) or Cerro Lodge (upgrade)*

#### Day 4: Crocodile Boat Safari Tour & Rainforest Visit (no riding)

Today, you will have a break from riding and enjoy some of Costa Rica's best tropical adventures including a sightseeing Crocodile Boat Safari tour down the Tarcoles River and a visit to the Rainforest where you will do the Aerial Tram and the Zipline Canopy Tour (see non-riding activities below).

*Meals included: B, L, D. (BG) (LG)*

*Guiding service included: (BG) (LG)*

*Overnight at Los Dornos (standard) or Cerro Lodge (upgrade)*

#### Day 5: Visit of Local Communities (no riding)

Today takes you into the center of rural communities, where you can visit and meet with the people of the communities that have helped hosting you during your week with us. Nothing is 'staged' about this event, what occurs is the natural exchange between people. On your way, you will pass through Santa Rita village, then travel along old railroad tracks, now overgrown and returning to nature, finally arriving at La Ceiba town – we will stop at a local venue for a short break and have a drink John Wayne's style!

*Meals included: B, L, & D.*

*Guiding service included: (BG) (LG)*

*Overnight at Los Dornos (standard) or Cerro Lodge (upgrade)*

#### Day 6: Coastal Ride

Today's rides take you on a splendid journey (approximately 5 hours riding), following a route which was first used by the Spaniards as they began exploring and settling along the Pacific Coast of Costa Rica nearly 500 years ago. Sights to be experienced include rivers, jungles and Gallery Forests. Following a rural road, you will reach Tivives Crag, (which before a landslide into the sea was formerly known as the Port of Landecho). From here, you have unforgettable views of the Pacific. Indeed, from this historic site the Spaniards first started their conquest of the Central Pacific in the late 16th century.

*Meals included: B, S, D.*

*Guiding service included: (EG & LG) (BG) (LG)*

*Overnight at Los Dornos (standard) or Cerro Lodge (upgrade)*

#### Day 7: Kayak & ocean activities (no riding)

Today's a non-riding day. You will enjoy an Ocean and Kayaking experience on the Central Pacific coast warm





Today is a non-riding day. You will enjoy an ocean and relaxing experience on the Central Pacific coast warm waters and will be transferred back to your hotel in San Jose.

Meals: B, L, D.

Guiding service included: (BG) (LG)

Overnight at Hotel in San Jose

#### Day 8: Departure

Morning at your leisure and transfer to the Airport in time for your flight and our farewells. (\$29 dollar departure tax is payable at the airport)

Meals included: B

**Important Note:** This is a sample ride itinerary, planned several months in advance, the ride can be operated in different order other than as described above. Arrangements (routes or facilities) are subject to variation by the outfitter depending on local conditions. All riding times contained in our itineraries are based upon riding at a slow/moderate pace throughout.



#### Non-Riding Activities

##### *Crocodile Boat Safari*

This two-hour boat ride explores the Tarcoles river, home of one of largest colonies of crocodiles in Costa Rica, with specimens which length range between 10 to 23 feet.

The area where the river merges with Guacalillo estuary, and then both blend into the ocean is one of the best locations to see endangered birds such as the Mangrove Cuckoo, Mangrove Hummingbird, Mangrove Vireo and the Panama Flycatcher, etc. Also commonly encountered are water birds like Pelicans, Boat-billed Herons, Spoon-billed Egrets and Cattle Egrets. \*Please note that this activity will be scheduled depending on sea tides (a high tide is required)\*

##### *Aerial Tram Tour*

The Aerial Tram is one of the most unique Costa Rica excursions, featuring 18 gondolas with a capacity of 9 passengers each including one bilingual (English/Spanish) naturalist guide for a tour to the canopy and the rich ecosystem of Costa Rican rain forests. The transitional tropical rainforest is ideal for Costa Rica bird watching. It is home to more than 50 species of native birds which Rainforest Adventures has committed to help save. During this tour visitors are shown all the different layers of the rainforest, from the floor to the treetops. The Costa Rica canopy is home to an enormous amount of flora and fauna; eager to find light and space, many plants have colonized the treetops, turning them into small, independently functioning ecosystems. This tour also includes a visit to the Heliconias Gallery, Medicinal and Aromatic Plant Garden and Snake Exhibition in the middle of the forest.

##### *Canopy Tour*

Glide over treetops for a compelling and exciting way to have a clearer view of Costa Rica Pacific Rainforest with our Tranopy Zip Line Tour. This adventure includes 15 platforms and 10 cables – five of them over 200 meters long (656ft.) and covering a total distance of 1503 meters. Take pleasure in the comforting atmosphere of the Rainforest Adventures Costa Rica Pacific canopy zip line tour. Glide over treetops for a compelling and exciting way to have a clearer view of Costa Rica Nature and Adventure Together At Last! This new adventure allows you to experience the thrill of a zip-line canopy tour without missing out on the rainforest's rich wildlife. The innovative Tranopy Tour combines the up-close views of an aerial tram with the excitement of a canopy zip-line tour. A professional naturalist guide will accompany you and pointing out some of the secrets of the rainforest that surrounds you.

##### *Ocean Kayaking & Snorkeling*

This tour starts in Punta Aguas located in the Central Pacific area, only 20 minutes from Jaco Beach. After a brief introduction and demonstration, your ocean adventure will start. You will get to paddle and enjoy the sensation of moving on into the ocean under your own power. You will paddle on kayaks or Hawaiian style outrigger canoes past spectacular cliffs filled with frigate birds and pelicans, finally landing on a small barrier island in Playa Limoncito where you will have the opportunity to snorkel and when conditions permit view spectacular sea-life in the warm Pacific waters. The beach is in a sheltered cove and nearby is a coral reef where it is possible to view a wide variety of marine life. Continue exploring by kayak or relax on the beach where you will enjoy a delicious fresh fruit buffet before going back to Playa Aguas. Snorkeling is included (snorkel vests provided) - Please note the water conditions depends on current rainfall so this results in good and bad days when it comes to visibility. We go snorkeling from the beach so if you are new to the sport it is much easier to get comfortable with your feet on the ground rather than jumping out of a boat. Maybe you just want to be a beachcomber!

#### **Other Info**

**Meeting:** San Jose

**Airport:** Juan Santamaria International Airport (SJO)

**Transfer:** San Jose International Airport or hotel

**Distance:** 18 km / 11 miles

Pick-up/ drop-off for this trip is from Juan Santamaria International Airport (SJO) or hotels in San Jose. Transfer times are available anytime.

**Tack:** Modified McClellan, some Western

**Horses:** Costa Rican Criollo, Paso, and mixed breeds (Spanish, Andalusian & American Quarter).

**Pace:** Moderate with trots, canters, and some gallops. Average of 3 to 5 hours of riding over 4 days

**Level:** 🐾🐾🐾🐾🐾 (2 to 4 out of 5) Good Novice+

**Age:** Min 12

**Weight:** 240 lbs / 110 kg

**Riders:** Min 2 riders Max 12 riders

Rates and Dates 2024 - IT-CR-HRO10-S

**Rates include:** Accommodations, Most meals (except in San Jose), 4 riding days, 1 litre of water per person per day, Transfers & the following activities: Crocodile Boat Safari, Ocean Kayak & Snorkelling, Tram & Canopy Tour.  
Ponchos & Saddle bags provided  
Guides can also speak French, German and Italian

Packages and Options

Season	Description	~US\$
A 2024	8 day trip - Los Domos	\$1785
	Single supplement	\$425
	Triple Room Occupancy Discount, pp	(\$115)
	Solo rider supplement	\$1400
B 2024	8 day trip - Cerro Lodge Upgrade	\$1995
	Single supplement	\$495
	Triple Room Occupancy Discount, pp	(\$165)
	Solo rider supplement	\$1670

Transfer Option

Description	
2024	Transfer from San Jose airport any time, included first and last day
2024	Non-Rider Discount
2024	Child (up to 11 years old) discount

Tour Dates			
Season	Tour Dates		
A 2024	01/01/2024 - 12/31/2024	8d / 7n	8 day trip - Los Domos
B 2024	01/01/2024 - 12/31/2024	8d / 7n	8 day trip - Cerro Lodge Upgrade

Min/Max: 2/12

Rates do not include:Some meals (all meals on Day 1 and dinner on Day 7), Alcoholic Drinks, gratuities, Any additional/extra tours or park, Departure tax, Extras in hotels (launc phone calls...), out of pocket expenses or any medical service required during the ride as a resultk of pre-existing condition or resulting from a event during the ride/trip.





# Reservation Form

Tour : \_\_\_\_\_ Code #: \_\_\_\_\_ from: \_\_\_\_\_ to : \_\_\_\_\_

The Travelers (Last Name, First Name)	Male Female	Single room / or tent	Birth Date MM/DD/YY	Height	Weight	Special diets													
						Special diets	Beginner	Novice	Intermediate	Strong Interm.	Advanced	ride English	ride Western	mostly arena	mostly hacking				
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Special Diets: \_\_\_\_\_

Your fitness level: Excellent ☐ Moderate ☐ Poor ☐ How long have you been riding? \_\_\_\_\_

How often do you ride? \_\_\_\_\_ Have you been on other riding tours? No ☐ Yes ☐ last trip when? \_\_\_\_\_

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: \_\_\_\_\_

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails Booking Conditions and the Hidden Trails Recreational Activity Release and Indemnity Agreement in this brochure or as listed on the Internet.

I (we) will sign and forward the Recreational Activity Release and Indemnity Agreement at least 10 weeks before trip starting date.

Last Name and First Name (The Traveler) \_\_\_\_\_

Street \_\_\_\_\_ e-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone (wk) \_\_\_\_\_ (hm) \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

Date \_\_\_\_\_ Signature (mandatory) 1. \_\_\_\_\_

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before the travel date to my credit card.

For payments by VISA ☐ or Mastercard ☐ (no debit cards)

Cardholder: \_\_\_\_\_

Card # \_\_\_\_\_ 3 digit Security # \_\_\_\_\_

Exp.Date: \_\_\_\_\_ Signature \_\_\_\_\_

Billing Address for Credit Card (if different than mailing address):  
\_\_\_\_\_

I have enclosed a check for the deposit ☐

Additional Signatures:

2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

**Travel Cancellation Insurance** Credit Card required

Sign me (us) up ☐ initial \_\_\_\_\_

No, we will provide our own ☐ initial \_\_\_\_\_

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## Hidden Trails

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Office hours:

Mo-Fr 8:30 am to 6 pm

Pacific Standard Time



