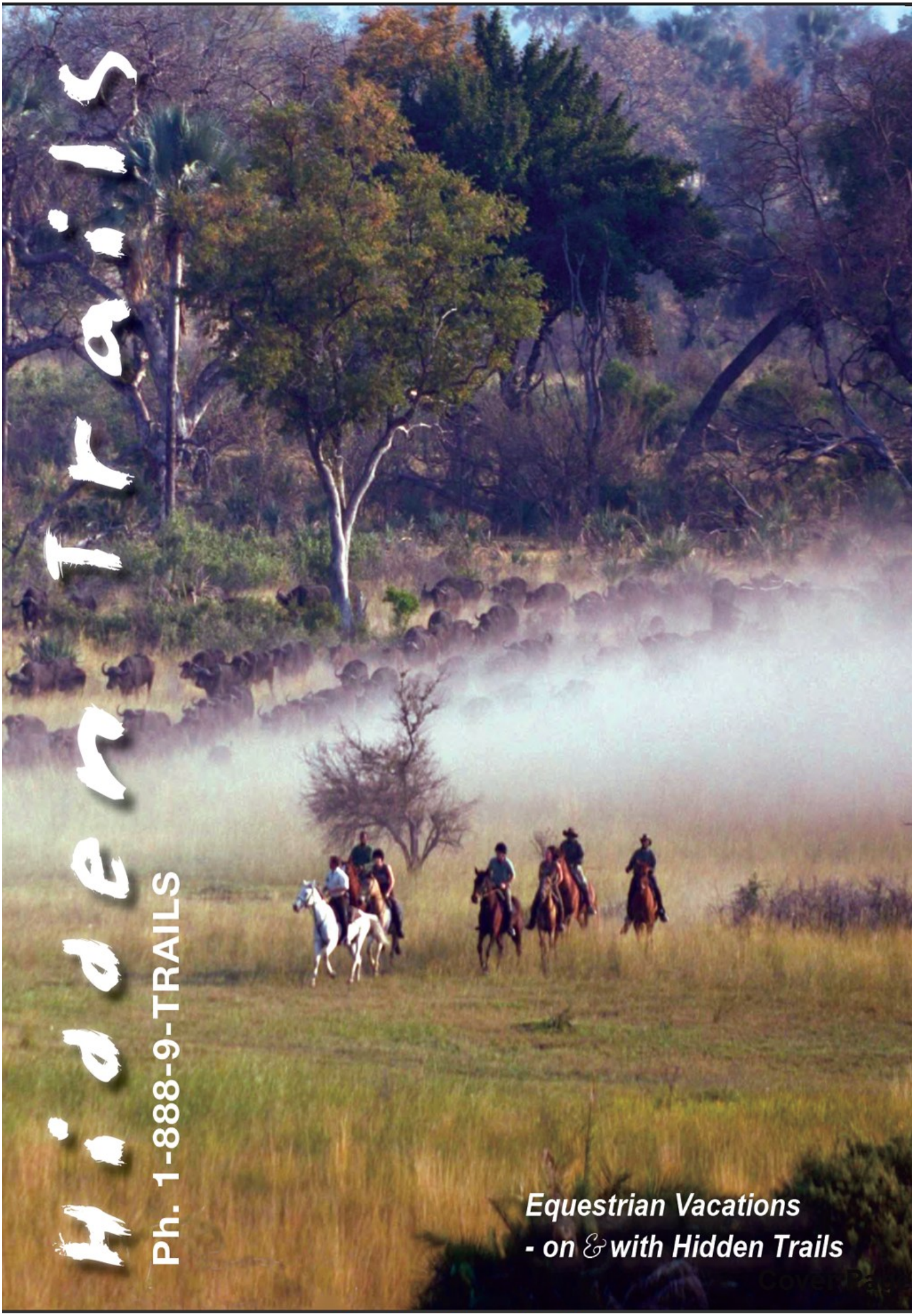

Hidden Trails
Ph. 1-888-9-TRAILS
Equestrian Vacations
- on & with Hidden Trails

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
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from within the USA or Canada or

E-mail: info@hiddentrails.com
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659A Moberly Road, Vancouver BC Canada V5Z 4B3 or
4406 Tennyson Road, Willmington, DE 19802 USA

Toll Free from the U.K.:
Ph: 0- 808 189-0420
Fax: 0-808-280-1860

Toll Free Worldwide:
Skype: hiddentrails

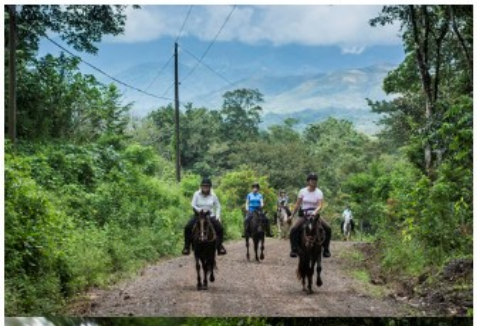
Conquistadores Wilderness Eco-Safari - Costa Rica, Central America

Tour Code: IT-CR-HRW08
9 days / 8 nights ~$2,325.00
Dates: Available all Year

Trip Rating :
Difficulty :
Lodging:

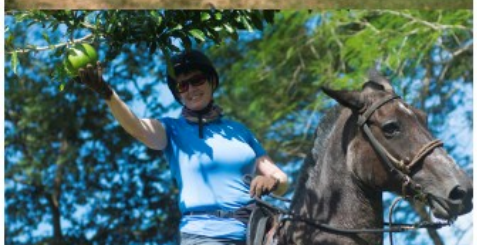
Tack: Modified McClellan, some Western
Horses: Costa Rican Criollo, Paso, and mixed b...
Pace: Moderate with trots, canters, no gallo...
Walk,Trot,Canter,

Airport: Juan Santamaria International Airport











Introduction

Pacific Coast, Costa Rica
Our new Conquistadores Wilderness Eco-Safari adventure is a progressive trek that will immerse you in the Tropical Forest whilst experiencing an authentic rural Costa Rican way of life and witnessing an outstanding natural diversity and wildlife. This riding adventure unfolds in the backwaters and surrounding areas of Carara National Park - a true gem harbouring a wide range of natural habitats and high levels of biodiversity, like no other in Central America. This ride has been designed for those Equestrians and nature enthusiasts seeking opportunities to encounter tropical wildlife and specially birds. Amongst the most commonly seen wildlife are birds such as macaws, parrots, parakeets, toucans and mammals such as monkeys, coatis, agoutis, sloths, peccaries, tayras and possibly the elusive jaguarondi. We comb miles of pristine tropical land and a network of dirt trails in an area which represents the meeting point of Meso-American and South-American flora and fauna, combining a wide range of life zones including Transitional Pre-montane and Lowland Forests. During this equestrian adventure you will come close to exploring the local Costa Rican rural life following mountain trails, visiting remote villages and discovering pristine natural settings.

Accomodation

Accommodations
This is a progressive ride, so nights are spent in different locations.

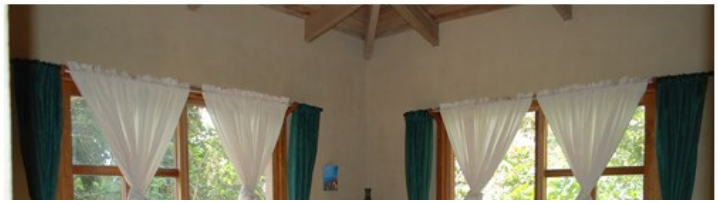
Description
A total of 2 nights are spent at a hotel in San Jose, 2 nights local guesthouse, 3 nights farm guesthouse with shared bathroom, and 1 night at Local Pub. Given the nature of the ride, accommodation may be limited to local guest houses and private en-suite bathrooms may not always be available or only on a limited amount.
Laundry is not available for this trip.

Accommodation Itinerary - *subject to changes based on availability*
Night 1: Hotel (Country Inn & Suite or similar) in San Jose
Night 2 & 3: Rio Carara Lodge
Night 4, 5, & 6: Finca Galán
Night 7: Palenque Mata de Platano
Night 8: Hotel (Country Inn & Suite or similar) 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-Wi access. There is also an outdoor pool where guests can relax.



Rio Carara Lodge
Located in a natural corridor amidst Carara National Park, the Castro-Fernández Nature Reserve and the Turrubarares Mountains. There are no immediate neighbours or electricity, which adds to the feeling of seclusion and tranquility. Food is cooked typical style in a wood stove. Most of the ingredients used are locally sourced and grown on the property. Accommodation is at the rustic family home surrounded by spacious corridors with hammocks and offers 10 hectares with great nature trails, waterfalls, and natural pools.







Finca Galán

Finca Galán is an ecological farm, which has started offering lodging to selected travelers who enjoy authentic life-changing experiences. Accommodation is in a 3-bedroom/ 2-bathroom bungalow house perched on a mountain slope at the basin of Cerro Galán on the Turrubares Mountains. There is one bedroom with two bunk beds, one with twin single beds, and one with a double bed. Water is brought to the house by gravity directly from a private natural spring source. Cooking is done by gas stove and evening are candlelit. The area is so peaceful and quiet that the only sounds in the morning will be the dozens of singing birds that eagerly await for the first rays of lights at dusk and go to be at night with candles and at the sounds of the tropical forest.



Palenque Mata de Platano

Palenque Mata de Platano is located in Mata de Platano in the Turrubares county. This Costa Rican Pub is located by the Turrubaritos river and serves as rest stop for locals wanting a meal, a beer, or a stay. Palenque Mata de Platano offers 4 rooms with ceiling fan, private facilities, and have 2 or 3 beds. The rooms are located right above the bar and restaurant facilities, which will provide a good opportunity to mingle with the locals.

Room Occupancy

Single supplement is mandatory if we are unable to find another rider to share. Only one single occupancy is available.

Triple occupancy is not possible.



Meals

Most meals are included in this trip from breakfast on Day 2 to lunch on Day 8, as well as breakfast on Day 9. Meals on the first day and dinner on Day 8 are not included.

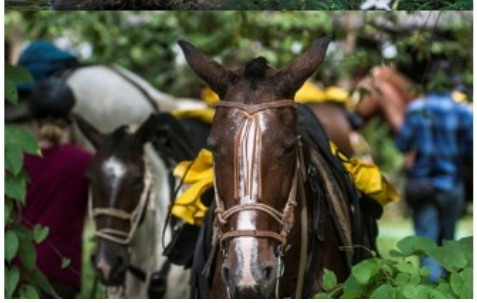
Due to its geographical location and climate, Costa Rica has a wide variety of fruits and vegetables; which when combined with the interplay of native and European ingredients translate into a unique Costa Rican flavour. The basics of the Costa Rican diet are: rice, beans, and tortillas, which consist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



Wildlife
Among the most commonly seen wildlife during the ride are: Opossums, Two-toed Sloth, Agouti, Armadillo, Pacas, Great Anteater, Kinkajou, Tayra, Margay cat (this is rare to catch with the eye but many riders have seen the fresh footprints) , Collared Peccary, White-tailed Deer, Poison-arrow Frogs, and the omnipresent capuchin and howler monkeys.

Birds that can be seen on this trail include: blue-crowned mot-mots, Guans, Trogons, hummingbirds, Collared Aracari, Fiery-billed Aracari, American Egret, Great Tinamou, Turkey vulture, Long-billed Gnatwren, Chestnut-backed Ant-bird, Black-hooded Antshrike, Keel-billed Toucans, Anhinga, Jacanas, Pied-billed Grebes, Mexican Tiger-bitterns and Boat-billed Herons.

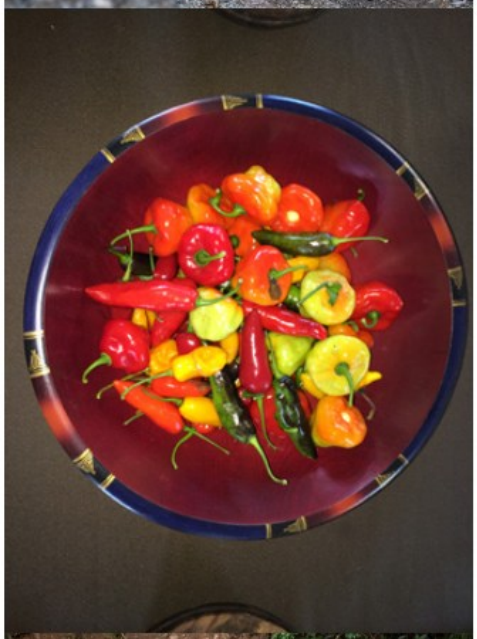
However, it is important to keep in mind that most of these animals are very shy and elusive so as soon as they hear horses approaching they will hide, especially when riders are talking! The days when we usually see more wildlife is on day 2, 3 and 4, precisely when riding on the farms and mountains adjacent to Carara National Park.













Itinerary



Sample Itinerary - *subject to changes*

Important Note: This is a sample ride dossier, 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.

Day 1 (Tuesday): Arrival
Arrival at Juan Santamaría International Airport (SJO) in San José. Upon arrival you will be met by one of our representatives and transferred to your hotel near the airport. 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 (Wednesday): Presentation & Build-up ride
Morning short drive to Eco-Safari Ranch & Stables, located along the Trinidad river in the Dry Central Pacific Region, the starting point of your riding adventure. Following the horse assignment and our presentation, you will take a short ride in our property to ensure you feel comfortable with your horse and you get used to the local riding style and commands. As our horses are trucked to the starting point of the ride, we will visit the local town for any last minute purchases before we start to head for more off-the-beaten path trails. We will reunite with our horses at Lagunas, in the Turrubares Mountains lowlands, where our Tropical adventure begins, riding on trails adjacent to Carara National Park to Galan (approx. 12 Km on horseback).
Riding: ~3-4 hours
Meals included: Breakfast, Lunch & Dinner
Overnight at local Guesthouse in Carara National Park

Day 3 (Thursday): Explore Carara National Park
Today, we will explore the neighbouring rainforest adjacent to Carara National Park, which in indigenous Huetar language means "River of lizards". Carara is considered a "must" destination amongst wildlife enthusiasts and professional birdwatchers. Created as a biological reserve in 1978 and considered nowadays to be a biological island because of the dense agriculture and livestock operations around it since the Pre-Columbus era. The 4,700 ha. Carara Biological Reserve occupies a unique position at the transition zone between tropical moist forest and tropical wet forest in the Pacific lowlands. Though most of the vegetation in the reserve remains evergreen and is characteristic of the wet forest life zone, there are a number of species that lose their leaves during the dry season, showing their affinity to the drier climate found north of the reserve.
Riding: ~4-5 hours
Meals included: Breakfast, Lunch & Dinner
Overnight at local Guesthouse in Carara National Park

Day 4 (Friday): Carara National Park - Sur de Turrubares - Monte Galán
After enjoying a hearty breakfast, we will continue following the South Eastern trail adjacent to Carara National Park towards the remote village of Sur de Turrubares - a charming rural community tucked in a hidden valley surrounded by an amazing tropical forest and beautiful mountains. Here, you can really unplug from the rest of the world. During school time, we may visit the local school and bring some school supplies (guests are welcome to bring any school materials). After a visit to the local bar (if opened), we will start to ride up towards our next destination: Finca Galán. En route, there will be a few rivers to cross as we continue to gain altitude. As we head towards the Turrubares mountains, the views become more and more astounding and the breeze cooler. We will be reaching 640 meters of elevation at the end of the day. Tucked away on a hill foot lays Finca Galán, where we will spend the next three nights. During clear days, it is possible to see the ocean surf hit the coastline from there.
Riding: ~4-5 hours
Meals included: Breakfast, Lunch & Dinner
Overnight at Finca Galán

Day 5 (Saturday): Ride on the Pontenciana Mountains or Lanas & Aguas Calientes
Today, we have the option to ride toward the Potenciana Mountains. The ride will be filled with spectacular mountains and distant Pacific Ocean views at the end of the rolling mountains and valleys. As we ride towards the Potenciana Mountains, we will reach higher altitudes which will reveal spectacular views at every turn. We will ride through farmlands and along a mountain trail through pre-montane and oak forest. The Turrubares and Potentiana mountains are the only high coastal mountain range of Central America. As we continue our ascent, we will be able to notice the changes in the forest constitution and its characteristics as the lower temperatures allow for more ferns, moss, and bromeliads. This is a day to enjoy unparalleled views of the valleys and Pacific coast line.
If it is rainy and cloudy, we may do a countryside ride instead, visiting Lanas Community, which sits amongst the Lanas and Tulín river basins. This area is mainly dedicated to cattle raising and the little town is made up by houses dotted along a rural road with a catholic temple, football field, a primary and secondary school.
Riding: ~3-4 hours
Meals included: Breakfast, Lunch & Dinner
Overnight at Finca Galán

Day 6 (Sunday): Non-riding Day (Day at Leisure or to join optional activities)
Today will be a rest day for our horses and will also be a great opportunity to experience the real and rural Costa Rica! You may choose to take a guided nature walk through the rainforest, help with farm work activities, or just relax on the hammock! You can part take in our farm work and learn about the seasonal crops produced, the








cultivating techniques, and challenges local farmers need to endure to grow, harvest, and sell their produce. Amongst the crops produced in this area are corn, sweet potato, cacao, beans, yucca, and sugar canes.
Meals included: Breakfast, Lunch & Dinner
Overnight at Finca Galán

Day 7 (Monday): Ride from Galan through Delicias & San Gabriel to Mata de Platano
After a hearty breakfast, we will start to descend the Turrubares mountains and head towards the Pacific coast lowlands. Following a dirt road, we reach the cattle-raising lands in the villages of Delicias and San Gabriel. We continue on mountain farm trails to finally reach the Turrubaritos river, which we cross on a few occasions, and ride along it as it meanders its ways down towards the coastline and into the Pacific Ocean. We spend the night on the river's edge, in the village of Mata de Platano. Bring some swimming clothes to enjoy a dip in the river's swim holes and cool off!
Riding: ~4-5 hours
Meals included: Breakfast, Lunch & Dinner
Overnight at Palenque Mata de Platano

Day 8 (Tuesday): Ride from Mata de Platano – through Fila Negra to Playa Hermosa on the Pacific Coast
Our final ride will take us across the Turrubaritos river, which joins with the Tulín river before finally forking into the Pacific Ocean. We will ride up through Fila Negra mountain ridge with incredible views of the coastline and then down on the lowlands ending at Playa Hermosa on the Central Pacific Coast, which is about 3 miles (5km) south of Jaco and is one of the best surf destinations in the country for its consistent wave break throughout the year. After riding along the beach, we bid farewell our equine friends and enjoy some time by the beach under the shade of the wild almond trees. We will meet our vehicle to head back to San Jose or alternatively continue to Manuel Antonio for your beach extension (at extra cost). Our equine friends will be trucked to our ranch.
Riding: ~4-5 hours
Meals included: Breakfast & Lunch
Overnight at Hotel in San Jose

Day 9 (Wednesday): Departure
Morning at your leisure and transfer to the Juan Santamaría International Airport (SJO) in time for your flight back home.
Meals included: Breakfast

Note: Should you want to extend your trip in Costa Rica we are happy to tailor-make the rest of your vacation or suggest some great add-on such as 3D/2N Tortuguero Jungle Canals, 3D/2 N Arenal Volcano, or some nights at the beach at leisure in the Central Pacific coast.

Non-Riders
If you are a non-rider that want to discover Costa Rica whilst travelling with your riding companion, we can organize many activities for you including: White Water Rafting, Zip-Lining, Hiking Trails, Crocodile Boat Safari, Kayaking, Snorkeling,...

Other Info

Meeting: San Jose
Airport: Juan Santamaria International Airport
Transfer: San Jose Inernational Airport or hotel
Distance: 10 miles
Pick-up/ drop-off for this trip is from Juan Santamaría 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, no gallops. 6 riding days with 4-5 hours per riding day

Walk | Trot | Canter |

Level: (2.5 to 4 out of 5) Intermediate

Age: Min 12

Weight: 240 lbs / 110 kg

Riders: Min 2 riders Max 6 riders





Rates and Dates 2026 - IT-CR-HRW08

Rates include: Accommodations, Most meals (breakfast on Day 2 to lunch on Day 8 + breakfast on Day 9), 6 riding days, Entrance fees, 1 litre of water a day pp & Transfers
Ponchos & Saddle bags provided
Guides can also speak French, German and Italian

Packages and Options

Season	Description	~US$
A 2026	9 day trip	$2325

Transfer Option

Description

2026	Transfer from San Jose airport any time, included first and last day	
2026	Single supplement	$455
2026	Solo rider supplement	$2170
2026	Private tour supplement (min 2 pax), pp	$445

Tour Dates

Season		Tour Dates		
A	2026	11/24/2026 - 12/02/2026	9d / 8n	9 day trip
A	2026	12/29/2026 - 01/06/2027	9d / 8n	9 day trip

Min/Max: 2/6

Rates do not include:Some meals (Meals on Day 1 + dinner on Day 8), Alcoholic Drinks, Activities on day 6, Gratuities, Departure tax, Extras in hotels (laundry, phone calls…) & out of pocket expenses or any medical service required during the ride as a result of pre-existing condition or resulting from a event during the ride/trip.

Rates and Dates 2027 - IT-CR-HRW08

Rates include: Accommodations, Most meals (breakfast on Day 2 to lunch on Day 8 + breakfast on Day 9), 6 riding days, Entrance fees, 1 litre of water a day pp & Transfers
Ponchos & Saddle bags provided
Guides can also speak French, German and Italian

Packages and Options

Season	Description	~US$
A 2027	9 day trip	$2325

Transfer Option

Description

2027	Transfer from San Jose airport any time, included first and last day	
2027	Single supplement	$455
2027	Solo rider supplement	$2170
2027	Private tour supplement (min 2 pax), pp	$445

Tour Dates

Season		Tour Dates		
A	2027	01/26/2027 - 02/03/2027	9d / 8n	9 day trip
A	2027	03/23/2027 - 03/31/2027	9d / 8n	9 day trip
A	2027	04/20/2027 - 04/28/2027	9d / 8n	9 day trip
A	2027	05/18/2027 - 05/26/2027	9d / 8n	9 day trip
A	2027	06/29/2027 - 07/07/2027	9d / 8n	9 day trip
A	2027	08/10/2027 - 08/18/2027	9d / 8n	9 day trip
A	2027	11/30/2027 - 12/08/2027	9d / 8n	9 day trip
A	2027	12/28/2027 - 01/05/2028	9d / 8n	9 day trip

Min/Max: 2/6

Rates do not include:Some meals (Meals on Day 1 + dinner on Day 8), Alcoholic Drinks, Activities on day 6, Gratuities, Departure tax, Extras in hotels (laundry, phone calls...) & out of pocket expenses or any medical service required during the ride as a result 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	Beginner	Novice	Intermediate	Strong Interm.	Advanced	ride English	ride Western	mostly arena	mostly hacking
1.															
2.															
3.															
4.															

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 maling address):

_____

I have enclosed a check for the deposit ◯

Additional Signatures:

2. _____

3. _____

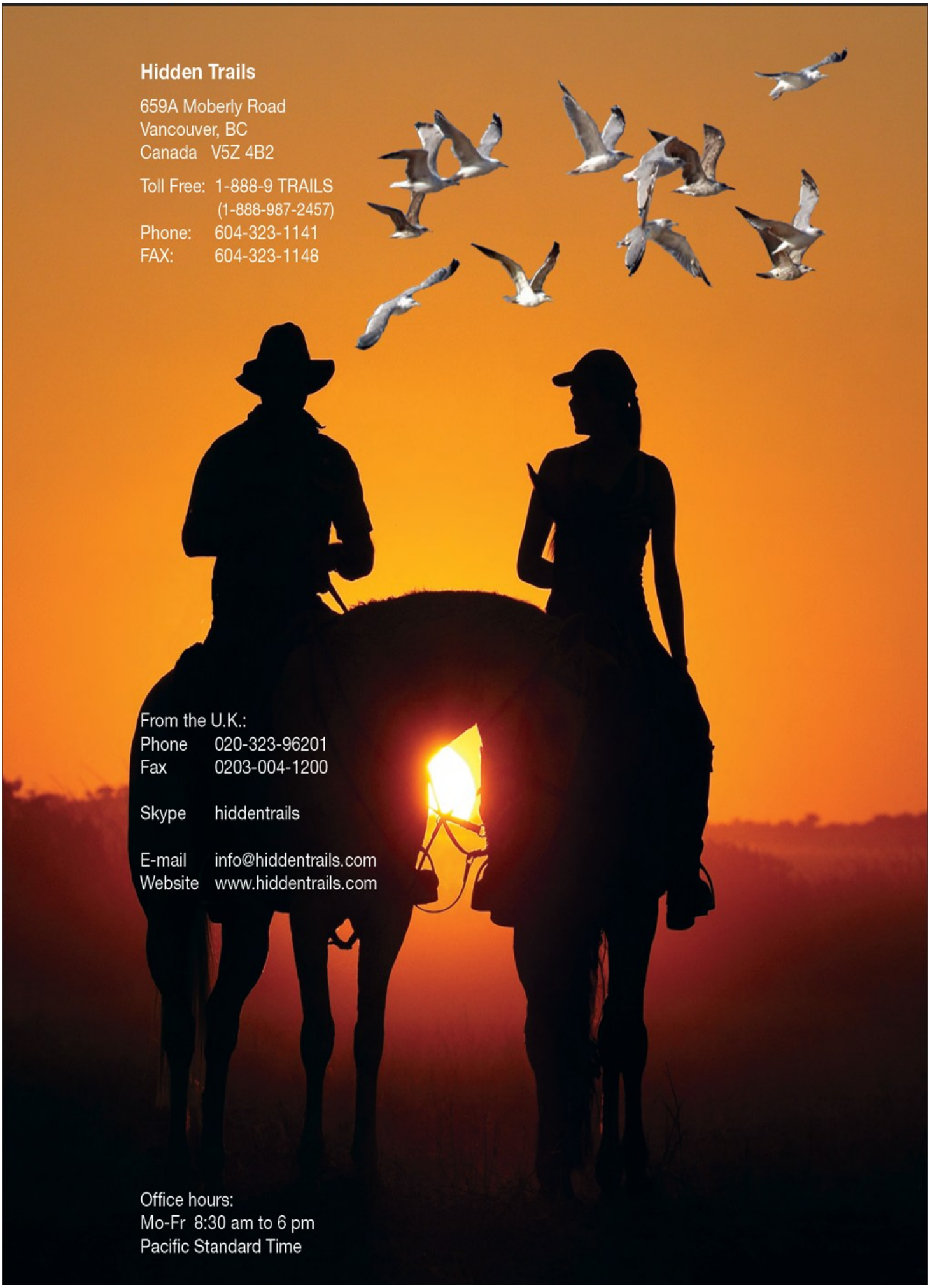
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ◯ initial _____

No, we will provide our own ◯ initial _____

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Website www.hiddentrails.com
Office hours:
Mo-Fr 8:30 am to 6 pm
Pacific Standard Time