



ADVENTURE WELLNESS CAMPS IN COSTA RICA FOR TEENS





Step out of your routine and dive into the Costa Rican outdoors to learn more about your inner self while gathering crucial soft and hard skills through expedition behavior.

Join us for summertime challenges, life changing experiences and fun! Learn how to live life proactively and reactively through our adventure expeditions! Travel from secluded surf spots to remote canyons, from breathtaking mountain tops to wild and scenic rivers in Costa Rica, all for youths, ages 12-16.

Detachment from an outdoor life where our senses are so uniquely fine-tuned is happening to everyone. Adventures Under the Sun's Adventure Camps are amazing and challenging opportunities for boys and girls to reconnect with the outdoors. These are fun, easy, wilderness adventures around specific regions of Costa Rica where simple challenges like setting up a campsite, cooking a meal on a camp stove, learning how to surf, kayaking to remote islands or zip-lining over a forest, will stimulate personal growth and a greater sensitivity towards the natural world. Through these challenges and group interactions, participants become self-aware, learn to be responsible for their actions, contribute to communal living, become empathetic, motivate, and generate better social skills. They also learn to apply this empowerment with confidence through leadership.

AUSun is a Costa Rican company, owned and operated by Ticos and a generation of third culture US descendant kids in Costa Rica. We understand the expectations and follow the standards of the foreign industry, and thus respect and exceed any national requirements or regulations. We use Costa Rican, certified guides that exude patriotism and passion for their work. For 22 years, Adventures Under the Sun has been organizing and operating the most exclusive and safe travel programs for teens in Costa Rica. Join one of our Adventures and see for yourself!

GUANACASTE ADVENTURE



Come explore the best of Costa Rica's Guanacaste Province. We will explore rivers, beaches and islands on our Guanacaste Adventure for students ages 12 to 14.

Our adventure begins with a sea kayaking trip along the shorelines and islands of the Gulf of Nicoya. We will camp on the islands for three days, paddle the serene seas and explore remote bays. Our paddling sojourn will include a day at the Isla San Lucas National Park to explore the ancient penitentiary and the cool island trails. Experiencing the coastal bioluminescence at night will no doubt be one of the many highlights of this trip.

Continuing onwards, we will set up camp on Playa Coyote where our surf instructors will show us the basics of surfing and surf etiquette for the next three days. Downtime will be spent playing soccer matches on the beach, hiking the coast, and fishing with our local host.

Before we move on to the final leg of our journey, we will explore the caves at Barra Honda National Park, a seldomly visited area of Costa Rica. Lastly, we will camp on the upper banks of the gorgeous Corobici River and spend the days learning all about rivers, river safety, how to build a raft, inner tubing and enjoying all kinds of fun and games in the enormous swimming holes. We will hold bonfires each night to celebrate our daily accomplishments and share time with our new friends.

Throughout this adventure, all trip participants will be expected to contribute and partake in all meal planning and prepping, as well as campsite set ups and breakdowns, overall gear care, and other details to ensure everyone enjoys a successful trip.

INCLUDES

- All transportation
- All lodging and camping fees during adventure segment
- All activities during adventure segment: 3 days of sea kayak rentals with paddles, life jackets, backrests and sea kayak guide; 2 days of surf lessons; coastal hike; fishing with locals; day hikes; inner tubing; river safety lectures with life jackets, helmets and other river safety equipment; and river activities
- Support boat for the sea kayaking segment
- All National Park entrance fees
- All meals
- Camping gear (tents, kitchen mess, etc.)
- 2 Adventures Under the Sun trip leaders

DOES NOT INCLUDE

Personal clothes (once you sign up for the trip we will send a recommended packing list)

NOTES

Minimum 6 participants required.

ITINERARY

DAY ONE

Early departure from San Jose to the ferry landing in the port town of Puntarenas. Upon arrival on the Peninsula our sea kayaking instructor and our boat captain will meet us on the beach for a safety talk and review of paddling techniques before we begin our first paddle to Isla Jesusita to set up camp for the next three nights. Stay overnight at Camp Isla Jesusita.

DAY TWO

We will spend the day exploring the bays and inlets of Cedros Island by kayak and relaxing in the sea. Tonight, we will go for a short paddle just offshore to check out the magical bioluminescence. Stay overnight at Camp Isla Jesusita.

DAY THREE

A full day of adventure awaits as we make our way to the Isla San Lucas National Park. We will take some time to explore the prisons cells and dungeons of the historical penitentiary and walk the island trails to where our boat will meet us for a picnic lunch and paddle back to camp. Stay overnight at Camp Isla Jesusita.

DAY FOUR

Today we break down camp, pack up and shift to our surf base camp on Playa Coyote. In route we will stop in a local pueblo Guanacasteco for lunch and a food shop for this next adventure. Once at Playa Coyote, we will have time to enjoy the beach and get ready for surf and fun under the sun! Stay overnight at Camp Playa Coyote.

DAY FIVE & SIX

We will rise and shine early for the next two days to take full advantage of the early morning surf conditions. After the standard and well-deserved surfer's special breakfast, days will be spent exploring the coastline, fishing and playing games on the beach before heading out for afternoon surf sessions. Stay overnight at Camp Playa Coyote.

DAY SEVEN

After our last surf session, we will break down and pack up camp once again to head off to the Barra Honda National Park. Here we will explore the Terciopelo Cavern, hike to the lookout with expansive views of the Peninsula and continue to the town of Cañas for yet another food shop before heading to our final campsite on the upper banks of the Corobici River. Stay overnight at Corobici River.

DAY EIGHT & NINE

We will spend the days learning about rivers and river safety, how to build rafts, inner tubing and participate in some fun challenges and games in the many swimming holes. Downtime will be spent soaking in the sun and energy from the exuberant surrounding forests and enjoying the last few days with our new friends. On the last night we will hike to the nearby mirador for a final ceremony to celebrate all the accomplishments of this incredible adventure as tomorrow we return to civilization. Stay overnight at Camp Corobici River.

DAY TEN

Today we will break down camp for the last time and head back to San Jose.



OSA ADVENTURE



Take advantage of this incredible opportunity to explore some of Costa Rica's best wilderness regions in National Parks and Conservation areas. Camp and climb on one of our highest peaks before surfing surreal waves in a National Park and paddling kayaks to remote nooks in the Golfo Dulce.

This ten-day adventure for 13-16 year olds begins with a campout in the high mountains of the Area de Conservación Central for an intro to wilderness camping and basic rope skills before we head to Osa. We continue onwards to the Parque Nacional Marino Ballena where we will set up for our three-day surf camp. We will learn the basics of surfing and surf protocol on a palm tree lined beach, the quintessential setting for a tropical surf lesson.

Downtime will be spent visiting other beaches of the National Park, waterfalls in the area, the local farmer's market, and the reef on the

"whale's tail". The final segment of our journey will take place in the Golfo Dulce, a magical area, where if we are lucky we could spot some of Costa Rica's incredible wildlife such as whale sharks, humpback whales, jaguars, pumas, spider monkeys, sloths, tapirs and so much more. For four days we will paddle the smooth seas of the gulf stopping to camp at some of Costa Rica's most remote beaches and coves. We will hold bonfires each night to celebrate our daily accomplishments and share time with our new friends.

Throughout this adventure, all trip participants will be expected to contribute and partake in all meal planning and prepping, as well as campsite set ups and breakdowns, overall gear care, and other details to ensure everyone enjoys a successful trip.

INCLUDES

- All transportation
- All lodging and camping fees
- All activities: all climbing and rappelling gear including helmets, harnesses, gloves, ropes, belay gear, etc; 4 days of sea kayak rentals with paddles, life jackets, and backrests; 2 days of surf lessons
- Support boat for the sea kayaking segment
- All National Park entrance fees
- All meals
- Camping gear (tents, kitchen mess, etc.)
- 2 Adventures Under the Sun trip leaders

DOES NOT INCLUDE

Personal clothes (once you sign up for the trip we will send a recommended packing list)

NOTES

Minimum 6 participants required.

ITINERARY

DAY ONE

Early departure from San Jose to Cerro de la Muerte where we will establish camp and begin a basic introductory lesson to ropes, knots, climbing gear and rappel gear. Stay overnight at Camp Cerro de la Muerte.

DAY TWO

We will spend the day learning the basic rope skills and practicing different climbing and rappelling techniques for beginners. There will be a short hike to the nearby peak for an incredible view of the Pacific Ocean and our next destination, Parque Nacional Marino Ballena. Stay overnight at Camp Cerro de la Muerte.

DAY THREE

Today we break down camp, pack up and shift to our surf base camp on Playa Uvita. In route we will stop for lunch and a food shop for this next adventure. Once at Playa Uvita, we will have time to enjoy the beach and get ready for surf and fun under the sun! Stay overnight at Camp Playa Uvita.

DAY FOUR & FIVE

We will rise and shine early for the next two days to take full advantage of the early morning surf conditions. After the standard and well-deserved surfer's special breakfast, days will be spent exploring the reef at the "whale's tail", the local farmer's market, as well as nearby beaches and waterfalls. Camp overnight at Playa Uvita.

DAY SIX

Today will be a busy day starting with camp break down. As we make our way to the Golfo Dulce we will stop in town for our last big food shop. Upon arrival at our overnight lodge, we will spend the afternoon packing and preparing for the sea kayaking sojourn, and a short paddle for an introduction to sea kayaking and safety. Lodging in Osa.

DAY SEVEN TO NINE

For the next three days we will paddle the shoreline of most of this ancient fjord known as the sweet water gulf. We will stop, pause, relax and reflect on remote islands, sheltered bays, and jungle lined beaches all while learning about the uniqueness of the area and what makes it so special for so much wildlife. Our campsites will vary as we go and our motorboat will accompany us the entire way to carry all our camping gear and food. On the last night, we will have final ceremony to celebrate all our achievements and new friends we have made. Camping on private beaches.

DAY TEN

Today we will break down camp before the crack of dawn and paddle across the gulf with the sunrise. On the other side we will indulge in a well-deserved enormous breakfast before heading back to San Jose.





Adventures Under the Sun has been offering and organizing challenging trips and adventures in Costa Rica for nationals and foreign youths for 22 years. This trip is catalogued as one of our [Adventure Camps](#) – trips for youths that allow them to step out of their comfort zones and experience the magic that happens while facing simple challenges in the natural environment.

Students are removed from daily social pressures and stigmas, and provided with an opportunity to assimilate values, ethics and their human potential. The Guanacaste Adventure is offered for students ages 12-14. The activities do not require previous experience and are for beginner's level; however, they are challenging and will require a certain level of physical strength and endurance. The objective is to push the participant's limits just enough to make them feel an enormous sense of accomplishment of something they never would have done at this age or alone – an achievement that makes them shine with confidence and greater self-esteem.

For more information about the company, the director and the experiences offered, you can view Mérida Barbee's (owner/director) TedX Pura Vida 2012 talk on [YouTube](#) or visit the [website](#).

SIGNING UP

For more information about Adventure Camps, please contact us. To sign your child up, you will need to request and complete an online application form. Your child's participation is secured once we receive a 50% deposit. All final payments are due six weeks prior. Once your 50% deposit is received we will send you a link to the Trip Forms and Information Folder which includes an acknowledgment of risks form, medical forms, a student questionnaire; information about how to prepare physically and mentally, a recommended packing list, what to expect, etc. Upon receiving your final payment and forms, the week before the trip you will be sent the final list of participants with the final detailed itinerary.



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