

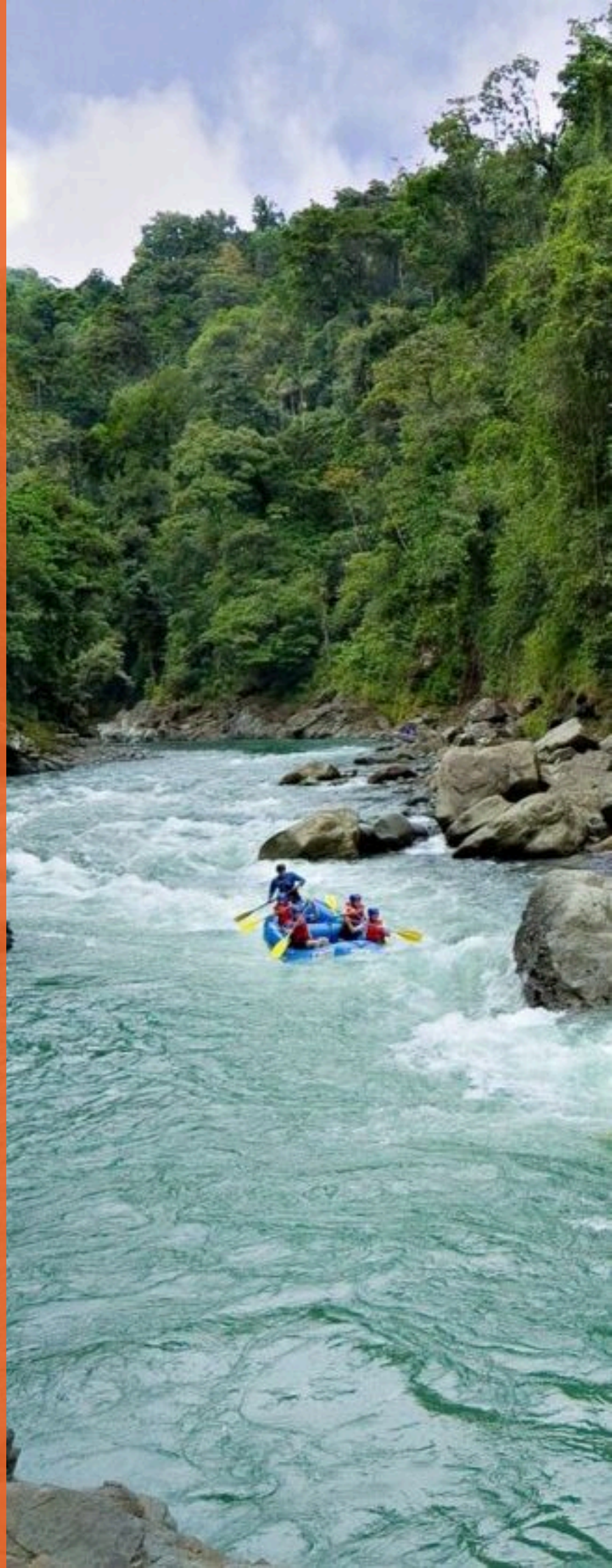


TRIP NOTES

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**COSTA RICA COAST TO COAST
CHALLENGE
COSTA RICA**

Thu 13 Oct - Fri 21 Oct 2022





In aid of Borne

13 Oct - 21 Oct 2022



9 DAYS | COSTA RICA | TOUGH

Join sporting legends **Will Greenwood MBE** and **Dean Mumm** on an amazing challenge crossing Costa Rica on a 275km journey by foot, bike, kayak and raft from the Caribbean Sea to the Pacific Ocean.

The expedition starts with a challenging river kayak taking in views of the Caribbean lowlands, rainforest and ubiquitous banana plantations. You will then cycle through forested lowlands, across rivers, and past verdant patches of jungle.

Your trek will provide incredible views of the rainforest and Turrialba volcano, experiencing the amazing biodiversity and natural beauty of Costa Rica and the indigenous people.

As you near the Pacific, we transfer to rafts for a 10km whitewater run. As you make your way downstream the vivid colours of the exotic birds make the old-growth forest flash with life, with many species of kingfishers and Toucans.

The challenge will test you physically and you will earn your sponsorship for Borne, but this is the most incredible way to experience the diversity of Costa Rica.

Make this journey to help raise a total of £250,000 for ground-breaking research into the prevention of premature birth. To find out more about Borne's work, visit www.borne.org.uk

- Cross Costa Rica on foot, bike, kayak and raft (275km from the Caribbean Sea to the Pacific Ocean)
- Cycle through forested lowlands, across rivers, and past verdant patches of jungle
- Trek through primary rainforest and with incredible views of Turrialba volcano
- Experience first-hand the amazing biodiversity and natural beauty of Costa Rica
- Make this journey to help raise a total of £250,000 for ground-breaking research into the prevention of premature birth. To find out more about Borne's work, visit www.borne.org.uk

YOUR CHALLENGE DAY BY DAY

DAY 1 Thu 13 Oct

-

Arrive into Costa Rica

Flying to Costa Rica from your home country, you will arrive into the Juan Santamaria International Airport and meet your local Charity Challenge representative before transferring to your hotel in the capital city of San Jose for your first group dinner and a chance to meet your teammates on this group challenge. Most of the team will arrive this evening and can start to get to know one another.

DAY 2 Fri 14 Oct

-

San Jose to Finca Parcuarito camp

After breakfast, you will have a couple of hours to explore San Jose before the group assembles at the hotel to start the challenge with introductions to the leadership team and a thorough safety briefing. Mid-morning the excitement builds for the adventure ahead as you depart, heading for the Finca Paruarito camp located in striking distance of tomorrow's challenge starting point. On arrival at the campsite you will store your kit into your allocated tent and sit down for a relaxing lunch. The afternoon will be spent setting up the group's kayaks and bikes in preparation for the challenge to begin in earnest tomorrow. Spend the evening settling into your environment getting to know your fellow participants. Camping overnight

DAY 3 Sat 15 Oct

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Kayak to Freeman and Cycle Caribbean Coast to campsite (Approx. Kayak 10km / Cycle 35km - 4-5hrs)

You will rise early for breakfast and to break camp and then set off by road for approximately an hour to Cano Blanco, situated at the mouth of the rainforest fringed Pacuare River in the tropical Caribbean Sea. Kayaks at the ready, the challenge activities begin as you paddle 10km from the mouth of the Pacuare River to Freeman, taking in views of the Caribbean lowlands with the rainforest slowly giving way to ubiquitous banana plantations. Lunch will be served in Freeman and is a chance to rest your arms, rehydrate and change clothes for this afternoon's bike ride. This afternoon it's time to saddle up and give your legs a workout as you begin the 35km cycle. The route will take you through the forested lowlands, across rivers, past verdant patches of jungle winding its way to finish back at your campsite. Rest your legs and share stories of the day with your teammates, before enjoying dinner and a well-deserved slumber. Camping overnight

DAY 4 Sun 16 Oct

-

Trek Finca Pacuarito camp to Barbilla (Approx. 18km - 4-6hrs)

This morning you will enjoy a leisurely breakfast before preparing your kit and setting out on the first trek of the challenge. The route will cover 18km and treat you to incredible views of the rainforest and Turrialba Volcano, experiencing first-hand the amazing biodiversity and natural beauty Costa Rica has to offer. You will have a picnic lunch en route and finish invigorated from the journey at our overnight camp. Camping overnight

DAY 5 Mon 17 Oct

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Trek Barbilla Park Station to El Nido del Tigre (Approx. 15km - 7-9hrs)

An early breakfast today will set you up for the second trek of the challenge as well as allow time for the team to pack up camp. The trek will be tougher than yesterday, pushing your way through primary jungle enjoying the sense of adventure and feeling of the team being self-sufficient amid the isolated forest. There will be physically demanding sections, river crossings, an abundance of rainforest flora and fauna and chance to meet the indigenous people of the area along the way. You will arrive at the El Nido del Tigre campsite late afternoon. The campsite takes its name from the giant patches of ginger plants that carpet the floor of the main area. After settling in there will be time to explore the trails that radiate from the camp to discover hidden waterfalls before dinner and a relaxed evening. Camping overnight

DAY 6 Tue 18 Oct

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Trek & Cycle El Nido del Tigre camp to Orosi Valley (Approx. Trek 7km and Cycle 70km - 7-9hrs)

Another early start is required for today's challenging and rewarding activities fuelled by breakfast at sunrise as the jungle awakens. You set out on foot from the campsite up a tough ascent through the rainforest and continue for around 7km until you reach the bike rendezvous point for a quick change onto two wheels. The epic ride is a real 70km challenge of undulating terrain past coffee and sugar cane plantations. The stunning views of the active Turrialba Volcano will energise you to keep peddling and distract you from the ascents, before the route flattens out along a picturesque lakeside road as you coast into Orosi to rest and spend the evening. Overnight in a lodge

DAY 7 Wed 19 Oct

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Cycle, Trek, Cycle Orosi Valley to Santa Maria de Dota (Approx. Cycle 9km, Trek 6km, Cycle 32km - 6-8hrs)

Today the challenge level of difficulty continues to increase on this next leg of your adventure with mountain biking at its best, both downhill and uphill on dirt roads and single-track trails. This morning you'll ride out of Orosi for 15km before dismounting to ascend a 70% gradient for 4.5km. When you reach the top, you will once again meet the bikes ahead of a much-needed descent in to Estreya for lunch. As you ride out of Estreya refreshed, you head straight into a challenging climb of 10.5km followed by a long, steep ascent of 15km spurred on by your teammates. Your efforts are soon rewarded by finishing the afternoon entering the beautiful town of Santa Maria de Dota, a very picturesque town that lies in a green valley surrounded by coffee plantations, forested hills and distant mountain peaks. Cabin or camp overnight

DAY 8 Thu 20 Oct

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Cycle, Raft, Cycle Santa Maria de Dota to Pacific Coast (Approx. 50km / 10km / 15km - 8-10hrs)

After breakfast we prepare ourselves for the final tough cycle ride, our spirits buoyed by the exciting thought of this afternoon's white-water rafting. This morning's route takes you through 50km of farm land tilled by the locals, past palm oil plantations all while uphill and downhill on dirt tracks and single-track roads. On arrival at Rio Naranjo it's time to rest your legs and enjoy a well-earned lunch. The afternoon kicks off with a splash when we launch the rafts to begin an exhilarating 10km white-water run. As you make your way downstream the vivid colours of the exotic birds make the forest flash with life, with many species of kingfishers and toucans. The day, and indeed the challenge, finishes back on two wheels with a triumphant 15km cycle into the stunning Manuel Antonio National Park and the Pacific Ocean. This evening the whole team can relax in reflection of their efforts and achievements together at the celebratory meal. Overnight in hotel

DAY 9 *Fri 21 Oct*

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Transfer to Juan Santa Maria International Airport. Depart Costa Rica

You will be transferred as a group back to San Jose to catch your flight and begin your journey home.

This is a self funded challenge that costs **£5,175** to join.

The costs cover ground-only expenditure. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

Pay a registration fee of **£500** when you book.

£4,675 is due 10 weeks before your challenge along with confirmed flight booking details.

We are asking participants to raise a minimum of **£5,000** for Borne's ground-breaking research.

WHAT'S INCLUDED?

BEFORE YOU GO

- Fundraising advice
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Public liability insurance
- Risk assessment and emergency management planning

ON YOUR CHALLENGE

- Two international leaders (Alan Chambers and Stephen Lamb)
- All transfers while on the challenge
- All meals from day 1 dinner to day 9 breakfast
- All drinking water and soft drinks throughout
- Accommodation in twin share (single rooms and tents available for supplement)
- All transfers from arrival in San Jose to departure for the airport at the end of the challenge
- 4x4 support vehicle to accompany the group from day 2 to 8
- Mountain bikes with front suspension (Trek 4500)
- Rafting in 7-person rafts with all safety equipment
- Kayaking in 2-person sea kayaks with all safety equipment
- Borne branded clothing and equipment for the trek, ride and water activities
- Project management and leadership throughout

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Visa (if required)
- Vaccinations (please check Trip Notes for requirements)

ON YOUR CHALLENGE

- International flights to and from San Jose, Costa Rica
- Travel insurance (we can provide this if requested)
- Single room supplement (subject to availability)
- Tips

Level of Difficulty

The Borne Coast to Coast Challenge is graded as Tough. A “tough” trip should be undertaken by someone with some previous experience and interest in cycling and/or trekking. It involves camping, and will certainly be in a remote environment, where facilities are not what you would expect at home. A tough challenge will test you both physically and mentally. Both cycles and treks will be hilly, and training is essential to ensure you are well prepared. You can tell your supporters that on your Borne Coast to Coast Challenge you will be:

- Trekking between 17-20km per day.
- Cycling, trekking and rafting a total distance of 275km over 6 days.
- Enduring high temperatures during the day.
- Pushing your body to the limit through three core activities and environments
- Camping with very basic facilities.

Typical Day

Each day you rise early, after breakfast will help to pack up your kit and break camp, then cycle or trek carrying only daypacks for 8 to 10 hours, stopping for lunch en route.

You will have scheduled times to stop and view the remarkable scenery, or just absorb the thick jungle environment as you move through it. The challenge zone is remote and home to rare flora and fauna amid the bountiful biodiversity.

The evenings are spent in wonderfully located camps/lodges, situated in the heart of the jungle or among farmland of the region. The food will be hearty and facilities basic.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry.

Our Challenge Safe brand formalises our ethos when it comes to safety, bringing together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount! In terms of your Borne Coast to Coast Challenge, there are a couple of important points that you should be aware of:

- You will be trekking through dense, isolated primary jungle
- You will be physically exerting yourself for long periods of time in the heat of the tropics
- A high level of fitness is required for the challenge
- You may encounter a wide variety of insects, animals and plants
- You will be rafting on grade 4 rapids
- You will be trekking and cycling through remote areas where facilities are basic

As you will be in isolated areas of Costa Rica, there will be a doctor that will be trekking with the group to help facilitate any immediate medical attention should the need arise.

Responsible Tourism

It is our aim to make your challenge experience unforgettable. We also wish to contribute positively towards the communities and the destinations that we visit. You will be joined on this challenge with native residents. This will ensure that you not only will have a much higher level of engagement with the local culture, but also knowledge of the environment, local ways of living, history and experiences from the locals. During your trek you will pass through lots of local communities.

Flights

This challenge is ground only. This means that you will need to book your own flights for the challenge from your home country to San Jose, Costa Rica, return.

It is imperative you email your booked flight details to the Charity Challenge office: flights@charitychallenge.com. You should arrive ideally by 6pm of day 1 (Thu 13 Oct 2022).

In order to leave enough time, participants must not book a flight departing Juan Santamaria International Airport before 1pm on Day 9 of the itinerary (Fri 21 Oct 2022).

If you book a flight to arrive and/or depart on different days, you will need to book and pay for transfers and hotel accommodation directly with the hotel or another local provider. There are two group airport transfers provided, one on the first, and one on the last day of the itinerary. If you fly much later in the day or on another day and do not wish to take the group transfer, we can organise a private transfer at additional cost.

You must provide us with your flight details at least 8 weeks in advance of the trip.

Departure tax is levied on all passengers leaving the country and can be paid at a desk situated within departures at the airport. The departure tax cost is \$29 USD payable at the airport with USD/Costa Rican colón or VISA, Mastercard or American Express. This tax must be paid before you check in for your flight.

Visa

British and Australian citizens do not require a visa for Costa Rica for a stay up to 90 days. If you are of a different nationality, please check with the Costa Rican embassy within the country of your origin. You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

Vaccinations & Medication

Vaccinations

For up to date vaccination information please check the Travel Health Pro website:

<https://travelhealthpro.org.uk/countries>

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it

may be useful to take a copy of your itinerary with you.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found by clicking [here](#).

For more travel insurance questions, please refer to our main [FAQs](#) page or for any specific queries, please contact us at bookings@charitychallenge.com.

Climate & Terrain

Climate

March and April are among the best months to travel in Costa Rica, with typically dry weather and low humidity. Note, however, that temperatures can be very hot at all times of year. The rainforest offers some respite from the sun, but during the long cycle rides and kayaking excursions, you will need to ensure that you stay well hydrated and protected from the sun.

Terrain

It is the terrain, rather than the distances covered, that will pose the greatest challenge during the Borne Coast to Coast Challenge. Cycling will primarily be on dirt road and single-track trails, while rainforest treks will require orienteering through dense vegetation. During the rafting you will encounter advanced grade 4 rapids

Training

This challenge is graded 'Tough', which means that a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the challenge, as long as they train

regularly over a period of at least three months leading up to altitude. The hot and humid weather are constants on this challenge. While strength is important, endurance training should be your primary focus.

Walking and cycling up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes and cycle rides (6-8 hours) with a weighted pack, up and down hills (on treks, weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

Luggage Allowance & Valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. Your main kit bag, or rucksack, must not exceed 23kgs in weight.

Each trekking day, your personal kit will be transported to the next stop by a support vehicle. You will carry a daypack for your daily needs such as sun cream, lunch, water, camera and lightweight waterproofs.

We will do everything to provide adequate safety for the group and security for your possessions. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance, passport, visa etc.) in case they get lost or damaged.

Leadership

The UK leaders for the Borne Coast to Coast Challenge will be Alan Chambers, MBE and Stephen Lamb. Both are extremely experienced leaders in their own right and have previously led this challenge in Costa Rica. They will be ultimately responsible for the running of the itinerary and the safety of your group.

We employ a number of local challenge guides, all of whom speak fluent English.

Alan Chambers, MBE

A former Royal Marine with 16 years service, Alan was a member of the first winter expedition to traverse Iceland by ski.

He led the first successful British unsupported expedition from Canada to the Geographic North Pole in 2000. He has since led over a dozen North Pole expeditions with top business leaders, helping them explore and reflect on their own leadership capabilities. In 2006, Alan led a team to complete the gruelling Yukon Arctic Ultra Challenge.

In 2009, he led a team of senior executives and high achievers to the South Pole. Alan was awarded an MBE in 2000 for determination and leadership in constant adversity. He is a qualified diver, parachutist, paramedic and ski survival instructor.

Group Size

Your group is intended to be a minimum of 16 people in order to run and a maximum of 24 people.

Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in (not leather) boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning.

The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this.

Other essentials are a lightweight waterproof jacket and trousers, and technical/wicking t-shirts rather than cotton shirts. You must bring your own cycle helmet, padded shorts and gloves and a lightweight sleeping bag with you.

A full kit list for this challenge is available for download on the website, and once you book you will have access to kit discounts with our clothing and equipment partners.

Accommodation & Toilets

Accommodation

Accommodation will be in twin rooms at hotels and normally two-person tents at campsites. At Santa Maria de Dota, depending on the number of participants, we will either camp or stay in cabins. All bedding and sleeping mats will be provided for you. If you would like your own room/tent, this can be arranged if there is availability but there will be a single room supplement. Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

Toilets

Toilet tents are supplied during the challenge. They are set up near the campsite at specific locations away from watercourses. Toilet paper is provided. During the cycling and trekking days, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll, and hand sanitiser.

Food & Drink

Most breakfasts and dinners will be served at the hotels/lodges/camps or at local restaurants. Lunches are a combination of local restaurants and/or picnic meals. Water and snacks will be supplied during the biking/trekking days; participants need to bring a water bottle for refill. Please let us know prior to departure if you have any specific dietary requirements or allergies. All dietary requirements can be catered for with advance notice. Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies.

Money

Currency: Costa Rica uses the colon as its currency, USD\$ are also widely used. For up to date currency exchange, go to www.xe.com. You should ideally bring a combination of colons and dollars, or bring dollars that you can change into colons on arrival in Costa Rica.

Credit Cards: Credit cards are welcomed in Costa Rica but take cash when outside of the cities. Major credit cards are accepted in most hotels, shops and restaurants.

ATMs: You will find ATMs in San Jose, located in the airport, the city centre or near banks. The town of Orosi, Santa Maria and Quepos will also have ATMs.

How much to bring: You will not need a large amount of money during this trip, as most expenses are included. You should only need money for tips, food & drink (additional), gifts and souvenirs. On average around £250- £400 plus a credit card in case of an emergency, should suffice. Keep in mind that, other than at the start and end of the trip, you will normally be away from any foreign exchanges or banks. We therefore recommend that you carry some cash. You will mainly need colons and just enough dollars in small denominations for the staff tips for this trip.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend the equivalent of approx. US\$10 per person per day (approx \$70) in colons (ideally in small denominations), and this should be given to the challenge leader during the trek who will distribute it among the support team, including guides, assistant guides cooks, and porters.

Phone and WiFi

During your stay in San Jose and Manuel Antonio you will have good wi-fi access and phone signal. On camping days there will be no wi-fi and phone signal will be extremely limited.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency all guides and leaders maintain contact via radio, and the support vehicle not be far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and

terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

Contact us:

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www.charitychallenge.com

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