

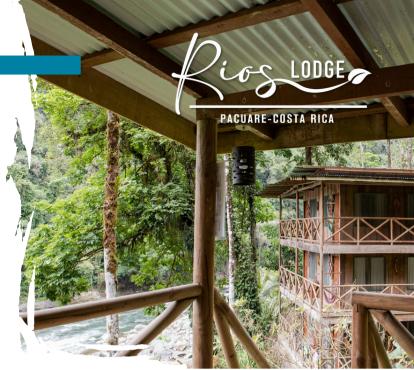


# You are invited!

Calling all individuals leading high-quality retreats around the world. Rios Lodge is hosting an all-inclusive stay on the property to showcase this location for your next upcoming retreat.

#### Location

Nestled on the banks of the Pacuare River, Rios Lodge is the perfect backdrop for your retreat. Here you are surrounded by the beauty and splendor of Costa Rica's tropical rainforest, all while enjoying comfortable rooms overlooking the river, in-room electricity, lighted walkways at night, and sumptuous tropical meals and beverages. Sustainably built using reclaimed wood and totally off the grid with hydroelectric power, our ecolodge is an award-winning model of positive ecotourism.





### Accommodations

Your retreat participants may sleep better than they ever have before at Rios Lodge! We offer a variety of accommodations, from our newly finished eco-hostel shared housing bunkrooms and shared bathrooms to private rooms or suites, including their own private bathrooms

### Meals

All meals, beginning with breakfast on Day 2 and ending with lunch on your last day—are included. Freshly cooked by our Executive Chef. Additionally, our Lodge restaurant can cater to dietary restrictions (we will coordinate this prior). Juice, coffee, water, and tea are provided at no additional charge. Enjoy a full-service bar for an additional charge. Additional payments can be made with a credit card or cash onsite.



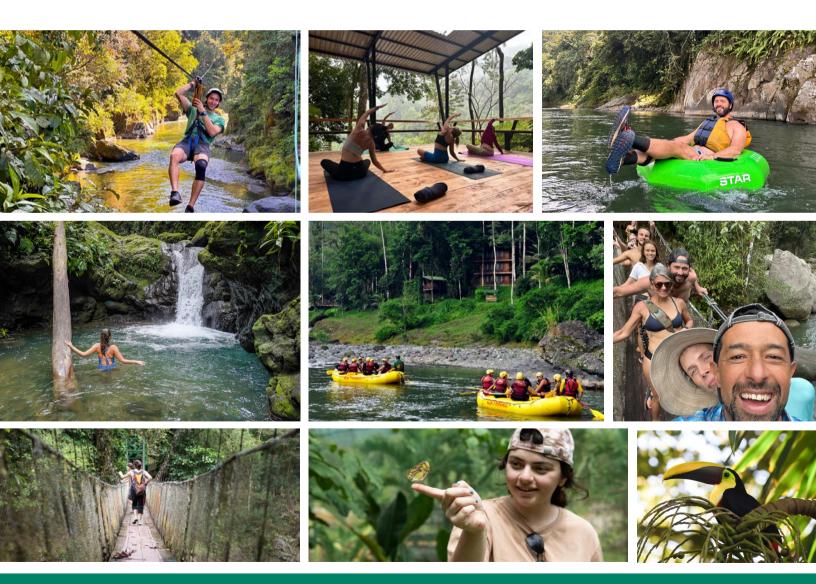


### Activities

Rios Lodge offers many activities on-site for retreat participants. When not doing specific retreat sessions there is a eight zipline course over the Pacuare River beginning and ending at the Lodge. Additionally, there are numerous waterfall pools directly adjacent to the common areas for swimming and sunbathing. Naturalist hikes and creek hikes are scheduled daily.

These activities are included in any retreat price. Additional massage and horseback riding excursions can be booked at an additional charge.

Partnerships with the indigenous peoples are currently in the works. We will run Retreat Leaders through each of our activities during their Lodge stay.





### Invitation Details

April 29 - May 4, 2024

Length: 5 nights/6 days in Costa Rica

#### **ITINERARY**

**April 29:** Arrive in San Jose Airport in the evening.

- Transportation to San Jose Hotel (TBD)
- Dinner on your own in San Jose

April 30: Departure for Rios Lodge

- Leave San Jose at 8am
- Breakfast at the hotel between 6am 8am
- Arrive at the class 2-3 Pacuare river section at approximately 10:30 AM
- Raft into Rios Lodge, arrival between 12:30-1:30 PM
- Room Assignments and Rios Lodge Welcome

May 1 & 2: Activities and exploration!

May 3: Exit the lodge either through hiking or rafting

- Rafting through the Pacuare River Gorge (class 3-4), lunch on the river and arrival at the Siquirres take-out at approximately 2pm.
- Hiking group will meet rafting group at the Siquirres take-out.
- Private transport from Siquirres to San Jose (approximate arrival 6-8pm) depending on traffic.
- San Jose hotel (TBD)
- End of Retreat (if people want to leave this day to fly home they need to book a very late night flight as delays can happen on the river or on the roads coming back into San Jose.) We encourage people to get an early morning flight out the next day to mitigate any missed flights.

May 4: Departure from San Jose



## More Information

#### **Pre-Requisites**

- All participating leaders are individually invited and must be actively looking to develop and run future retreats in Costa Rica.
- All participants must have already created, sold, and run their own retreats.
- All participants (based on their own honor code) have held at least 2 retreats in the past year or two with 15-80+ participants who went to a specific location to receive their in-person services.
  - If you would like to join and do not meet the above prerequisites, but do know someone who does and who would like to come with you, you are welcome to join this person for \$600 for the week.

**Partners:** Significant others or partners can be accommodated at a rebated price of \$600. Space is limited so early confirmation is important.

**Included:** Transportation to/from San Jose, 2 nights hotel in San Jose, meals (April 30th through lunch May 3rd), all activities at Rios Lodge, 3 nights accommodations at Rios Lodge, rafting into Rios Lodge, rafting/hiking out of Rios Lodge.

**Not included:** Alcoholic beverages, airfare, dinners on April 29th and May 3rd in San Jose, and gratuities for guides.

Additional Logistical Help: Our internal Rios Lodge reservation and sales team can help facilitate additional stays in Costa Rica prior to, or after, a trip to Rios Lodge. We have developed strategic partnerships with special lodges throughout the country (in the Caribbean, Pacific side, Arenal, etc), have deep relationships with hotels, and can provide reputable and trustworthy transportation through vetted partners. Please contact Justin.



## Let's get you here!

Email <u>Justin@rioslodge.com</u> or call Justin's personal cell in the US at <u>541-610-7992</u>

If you cannot make this invitation yet feel very aligned to explore Rios Lodge and offer future retreats with us, we are open to individually hosting at other times; agreements to be arranged on a per-person basis.