



Rios Lodge, Pacuare Costa Rica, Limon Province

www.rioslodge.com

Retreat Leaders

February 10-15th, 2024

Length: 5 nights/6 days in Costa Rica

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

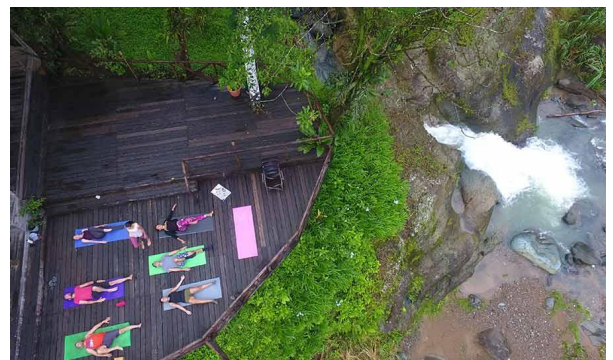


Pre-Requisites:

- 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 who would like to come with, you are welcome to join with this person for \$600 for the week.

Itinerary:

- Feb 10th: Arrive in San Jose Airport in the evening.
 - Transportation to San Jose Hotel (TBD)
 - Group Dinner in San Jose
- Feb 11th: Departure for Rios Lodge
 - Leave San Jose around 6am
 - Breakfast enroute to the Pacuare River
 - Arrive at the class 2-3 Pacuare river section approximately 10:30 AM
 - Raft into Rios Lodge, arrival between 12:30-1:30 PM
 - Room Assignments and Rios Lodge Welcome
- Feb 12th: Activities (see below)
- Feb 13th: Activities (see below)
- Feb 14th: 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 Squirres 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.

- Feb 15th: Departure from San Jose

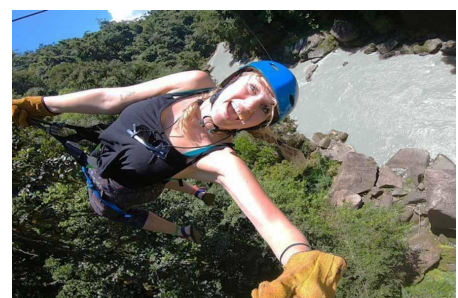
Meals: All meals, beginning with dinner on February 10th and ending with lunch on February 14th are included. Freshly cooked by a 5 star chef. Additionally, our Lodge restaurant can cater to any specific allergy (we will coordinate this prior.) Juice/Coffee/Water/Tea is all provided at no additional charge. Rios Lodge has a full service bar as well (additional charge). All additional payments can be done with credit card or cash onsite.



Accommodations: We offer a variety of accommodations from our newly finished eco-hostel shared housing bunkroom (left) and shared bathrooms, to private rooms or suites including their own private bathrooms. Participants will be housed in gender specific eco-hostel rooms (private accommodations can be upgraded at cost.)



Activities: Rios Lodge offers many activities on-site for retreat participants. When not doing specific retreat sessions there is a seven 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.





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

Includes:

- Transportation to/from San Jose, 2 nights hotel in San Jose, all meals dinner Feb 10th through lunch Feb 14th, all activities at Rios Lodge, 3 nights accommodations at Rios Lodge, Rafting into Rios Lodge, Rafting/Hiking out of Rios Lodge.

Does not include:

- Alcoholic beverages, Airfare, dinner on February 14th in San Jose, 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.

Contact: Justin@rioslodge.com or 541.610.7992 (personal cell in US)

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