

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Costa Rica with Cerro Chirripó



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

OUTLOOK



Ready. For Life.

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS



EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Costa Rica

Costa Rica is a country of extraordinary natural beauty, where volcanic cones rise above mist-filled cloud forests, and lush tropical rainforests echo with the calls of spider monkeys, sloths and brightly coloured parrots.

This rich biodiversity is matched by dramatic landscapes, from roaring waterfalls and jungle-covered mountains to winding rivers and mangrove forests. All of this is sandwiched between two stunning coastlines: the Pacific Ocean and the Caribbean Sea.

At the heart of the country lies the Cerro Chirripó trek, a challenging journey to Costa Rica's highest peak at 3,821 metres. The route climbs through dense cloud forest into high-altitude páramo, offering ever-changing scenery and a real sense of remoteness. Reaching the summit at sunrise is a true highlight, with panoramic views that can stretch from coast to coast on a clear day, making this an unforgettable and rewarding expedition experience.



WHY A COSTA RICA CHIRRIPO EXPEDITION?

- » Trek the Cerro Chirripó summit at a staggering 3,821m
- » Take part in animal and environmental conservation projects
- » Visit cloud forests and walk along the canopies above trees
- » Enjoy an amazing white water rafting adventure
- » Explore Tortuguero National Park- renowned for its animals and turtles

The Rich Coast

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 28 DAYS

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 and 2: Depart the UK and arrive in San José

Day 3: Orientation and time to acclimatise in the capital

Day 4: White water rafting on the Río Reventazón

Day 5: Travel to Tortuguero National Park

Day 6-8: Explore the jungle canals and wildlife of Tortuguero

Day 9: Travel to Cahuita

Day 10-12: Relax at the idyllic Cahuita on the Caribbean coast

Day 13: Travel to Chirripo National Park

Day 14-17: Trek Cerro Chirripó summit

Day 18 -21: Explore Manuel Antonio National Park and its extraordinary coastline

Day 22: Travel to your service learning focused on animal and environmental conservation

Day 23-26: Service learning with the local community

Day 27: Travel to San José and final team celebrations

Day 28: Depart Costa Rica and fly home to the UK





Your Expedition Starts



Day 1-2

Arrive in San José

Depart the UK and begin your journey to Costa Rica, the Rich Coast. After landing in San José, you will transfer to your accommodation, meet your expedition leaders and have time to rest after the long journey. These first days help you adjust to the tropical climate before the adventure begins.

Day 3

Orientation in San José

Spend today exploring Costa Rica's lively capital while acclimatising to the heat and humidity. You will also prepare for the first phase of your expedition by exchanging money, organising supplies and confirming in-country arrangements. This day sets a comfortable pace as you settle into life in Central America.



Day 4

White Water Rafting

Spend one day tackling the thrilling rapids of the Río Reventazón, a fun and exhilarating white-water adventure through beautiful river gorges.



Day 5

Travel to Tortuguero National Park

Travel across the country to Tortuguero National Park, a remote paradise of canals, rainforest and Caribbean coastline. Reach your lodge by boat as you enter the heart of the jungle.



Day 6-8

Explore Tortuguero National Park

Spend two days exploring Tortuguero's winding waterways by boat or kayak. This region is alive with wildlife, and you may spot monkeys, sloths, caimans, river turtles and vibrant birdlife as you glide through the canals.

The combination of rainforest, river and ocean makes Tortuguero one of Costa Rica's most unique wildlife destinations.



Day 9

Travel to Cahuita

Departing from the remote waterways of Tortuguero, your journey to Cahuita begins with a scenic boat transfer through winding jungle canals, then continue by road, travelling south along Costa Rica's Caribbean coastline, passing banana plantations, small villages and stretches of lush lowland jungle.

Arriving in Cahuita, a small and laid-back town on the Caribbean coast, you'll be welcomed by its relaxed atmosphere, palm-fringed beaches and rich Afro-Caribbean culture—an ideal place to unwind and explore after your time in the rainforest.





Day 10-12

Relax and explore Cahuita

Set on the Caribbean coast of Costa Rica, Cahuita is a relaxed coastal town that has retained its traditional, easy-going way of life despite the growth of tourism in the region.

With its Afro-Caribbean culture, colourful houses and unhurried pace, Cahuita is an ideal place to slow down, unwind and enjoy the rhythm of local life. Spend the next 2 days exploring the area and visiting the Caribbean beaches.

Day 13

Travel to Chirripo National Park

Today you will travel away from the east coast and inland to the Chirripo National Park where you'll collect your permits and rest before your trek tomorrow.



Day 14-17 Trek Cerro Chirripó Summit

You will head to Cerro Chirripó to attempt the summit of Costa Rica's highest peak at 3,821m, located within Chirripó National Park in the Talamanca Mountain Range. This trek offers an incredible journey through some of the country's most diverse ecosystems, with opportunities to observe unique high-altitude flora and fauna along the way.

Your journey begins with a steady climb through lush cloud forest, as you gain altitude, the landscape gradually opens out into the striking páramo environment, with wide ridgelines and dramatic mountain views.

Day 2 will be spent acclimatizing at basecamp (Crestones Base Lodge, 3,400m), allowing time to rest, explore the surrounding area and prepare for your summit attempt. Your early morning ascent to the summit is a true highlight, offering breathtaking panoramic views across both the Pacific Ocean and Caribbean Sea on a clear day, making for an unforgettable trekking experience.

Day 18-21

Relax and explore Manuel Antino National Park

Set on the Pacific coast of Costa Rica, Manuel Antonio National Park is a small but incredibly diverse reserve known for its stunning beaches and rich wildlife. With its lush rainforest, white-sand coves and network of walking trails, the park offers excellent opportunities to spot monkeys, sloths and colourful birdlife while enjoying time to relax and explore the coastline.

Day 24

Travel to your service learning

Today you will travel to meet your hosts of your service learning. This will be a community-based wildlife rescue and rehabilitation centre or a project focused on environmental sustainability. Settle into the project site and learn more about the work you will support over the coming days.





Day 23-26

Service learning Project

Spend the next few days living in the community and supporting the essential work of the animal conservation or environmental project your team is involved in.

Your tasks may include building and maintenance projects, preparing enrichment for rescued animals, assisting with feeding routines and helping the team with ongoing conservation initiatives.

This phase offers a meaningful insight into wildlife welfare, conservation efforts and the real challenges facing communities in Costa Rica.



Day 27-28

Travel to San Jose and Home

Return to where it all started in San Jose. Enjoy a final meal out as a team to celebrate your successful expedition before departing home the next day.

 Home...

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

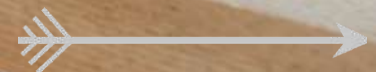
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award