

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Costa Rica - Turtles



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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

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 one of the world's most important havens for sea turtles, with its pristine coastlines providing vital nesting grounds for species such as Green, Olive Ridley and Leatherback turtles.

Along remote beaches and protected reserves, the expedition team will work alongside local conservation teams to help safeguard nests, monitor hatchlings and contribute to the long-term protection of these endangered animals.

Beyond the shoreline, lush rainforests and mangrove ecosystems play a crucial role in supporting marine life, linking land and sea through a rich and fragile natural balance.

With a strong national commitment to conservation and sustainability, Costa Rica offers a rare opportunity to combine meaningful turtle conservation work with an immersive experience in one of the most biodiverse countries on Earth.



WHY A COSTA RICA TURTLE EXPEDITION?

- » Take part in vital turtle conservation work
- » Visit cloud forests and walk along the canopies above trees
- » Enjoy an amazing white-water rafting adventure
- » Trek through the volcanic Rincon de la Vieja National Park
- » Explore Tortuguero National Park

The Rich Coast

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 28 DAYS

SEASON: SUMMER & AUTUMN

[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: Travel to Manuel Antonio National Park

Day 5 to 6: Slowly ease into trekking through the stunning Manuel Antonio National Park

Day 7: Travel to your Turtle Conservation Project

Day 8 to 11: Complete your Turtle Conservation service learning

Day 12: Travel to Monteverde

Day 13-14: Explore the cloud forest canopy of Monteverde

Day 15: Travel to Rincon de la Vieja National Park

Day 16 and 17: Trek the volcanic region of Rincon de la Vieja National Park

Day 18: Travel to Tortuguero National Park

Day 19-20: Explore the diverse wildlife in Tortuguero

Day 21: Travel a little further long the coast to Cahuita

Day 22-23: Relax in the Caribbean coastal town of Cahuita

Day 24: Travel to San José

Day 25 to 26: White water rafting on the Río Reventazón and final team celebrations

Day 27 and 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.



Begin Your Trek

Day 4

Travel to Manuel Antonio National Park

Head south towards Manuel National Park, a region famed for its rare combination of dense tropical rainforest, abundant wildlife and stunning white-sand beaches.



Day 5-6

Manuel Antonio National Park

Walk beneath the forest canopy, paths wind through dense tropical vegetation where sloths rest high in the trees and capuchin, squirrel and howler monkeys move through the branches overhead.

Several routes lead to spectacular coastal viewpoints and secluded beaches, where the jungle opens directly onto white sand and calm, turquoise waters. One of the most memorable walks climbs to Punta Cathedral, rewarding walkers with panoramic views over the Pacific Ocean and surrounding islands.

Service Learning

Day 7-11

Turtle Conservation project

Turtle Trax are an organisation who work to monitor and protect vulnerable and endangered sea turtles on the Pacific coast of Costa Rica's southern Nicoya Peninsula. Their mission is to offer memorable experiences of participating as well as helping in the protection and conservation of marine life.

Your project will be at Playa San Miguel, one of the beach nesting sites for the Olive Ridley, Green, and Leatherback Sea Turtles. San Miguel is a small beach town on the Pacific side of Costa Rica's southern Nicoya Peninsula.

Turtle Trax have been investigating the nesting activity of marine turtles on this beach since 1998 after the town's local community asked for help monitoring and protecting the nesting marine turtles. Playa San Miguel is 2.5 km long, and the dry tropical forest ecosystem that surrounds the area has an abundance of wildlife.

Volunteers often have the chance to see Howler monkeys, parrots, iguanas, armadillos, squirrels and of course turtles.





Day 12

Travel to Monteverde

Today you will journey into the mountains, travelling to Monteverde, one of the most famous cloud forest regions in the world. On arrival, settle into your accommodation and enjoy the cooler climate.

Day 13-14

Explore the Monteverde Cloud Forest

Explore Monteverde at your own pace. You may choose to walk along suspension bridges high above the canopy for sweeping views of the forest, or take to the ground paths to experience the rich biodiversity up close. This is a peaceful and magical day amongst mist-shrouded trees and vibrant wildlife.

Day 15

Travel to Ricon De la Veja

Head north towards Rincón de la Vieja National Park, a region known for its volcanic energy, bubbling mud pools and dense rainforest. On arrival, settle into your camp and prepare for the trekking days ahead.

Day 16-17

Trek Rincon De La Veja

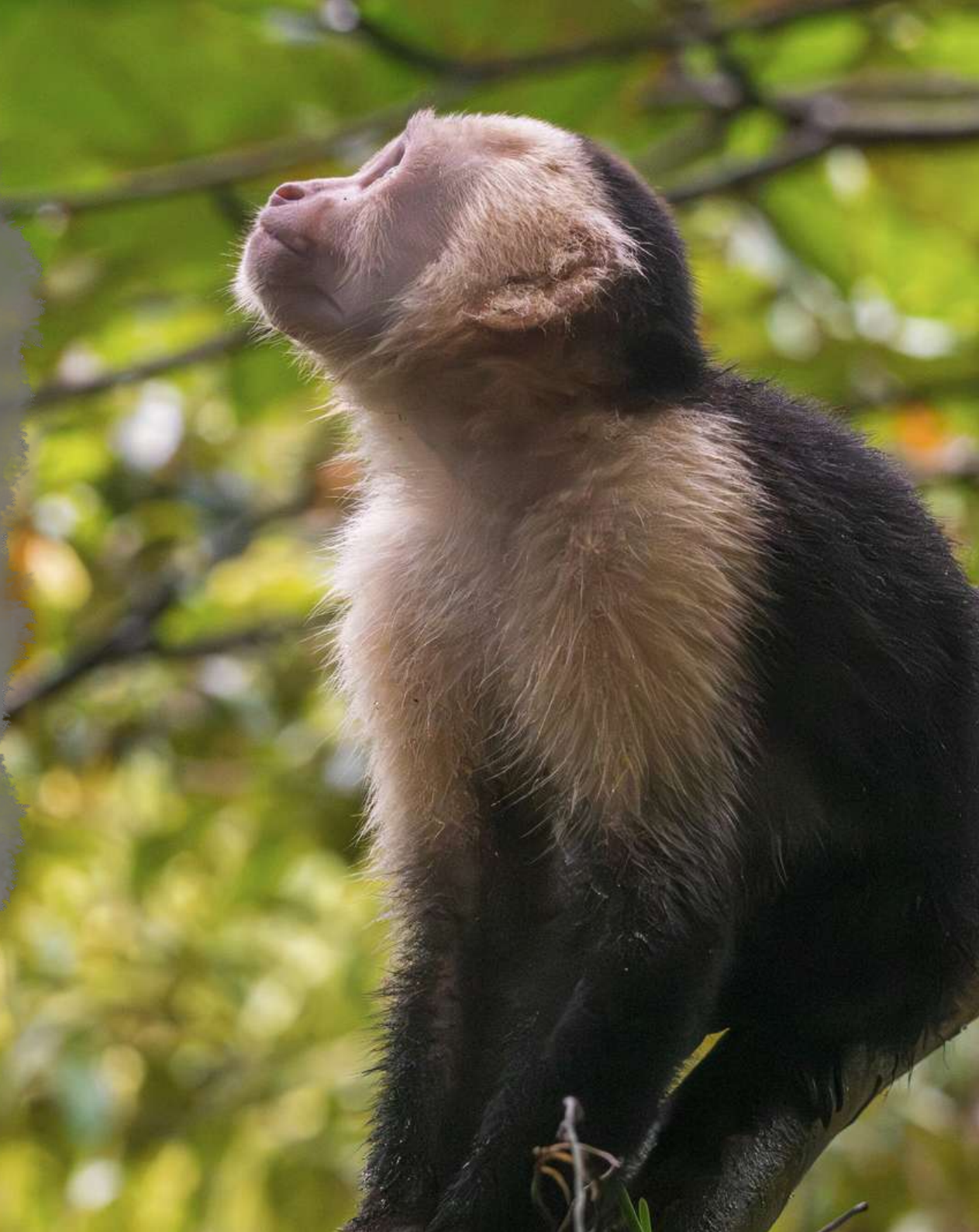
Spend the next few days trekking through one of Costa Rica's most diverse landscapes. Your route will take you through lush jungle, past steaming volcanic craters, across hot springs and along colourful trails rich with exotic wildlife.

Keep your eyes open for toucans, monkeys, blue morpho butterflies and even tapirs as you explore the park's unique geological features. Evenings offer time to relax and enjoy the sounds of the rainforest.

Day 18

Travel to Tortuguero

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 19-20

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 21

Travel to Cahuita

Travel to your next Costa Rican destination, Cahuita, a small community on the Caribbean coast.

Day 22-23

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.

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 24

Travel to San José

Return to where your adventure began!

Day 25-26

White Water Rafting and Final Celebrations

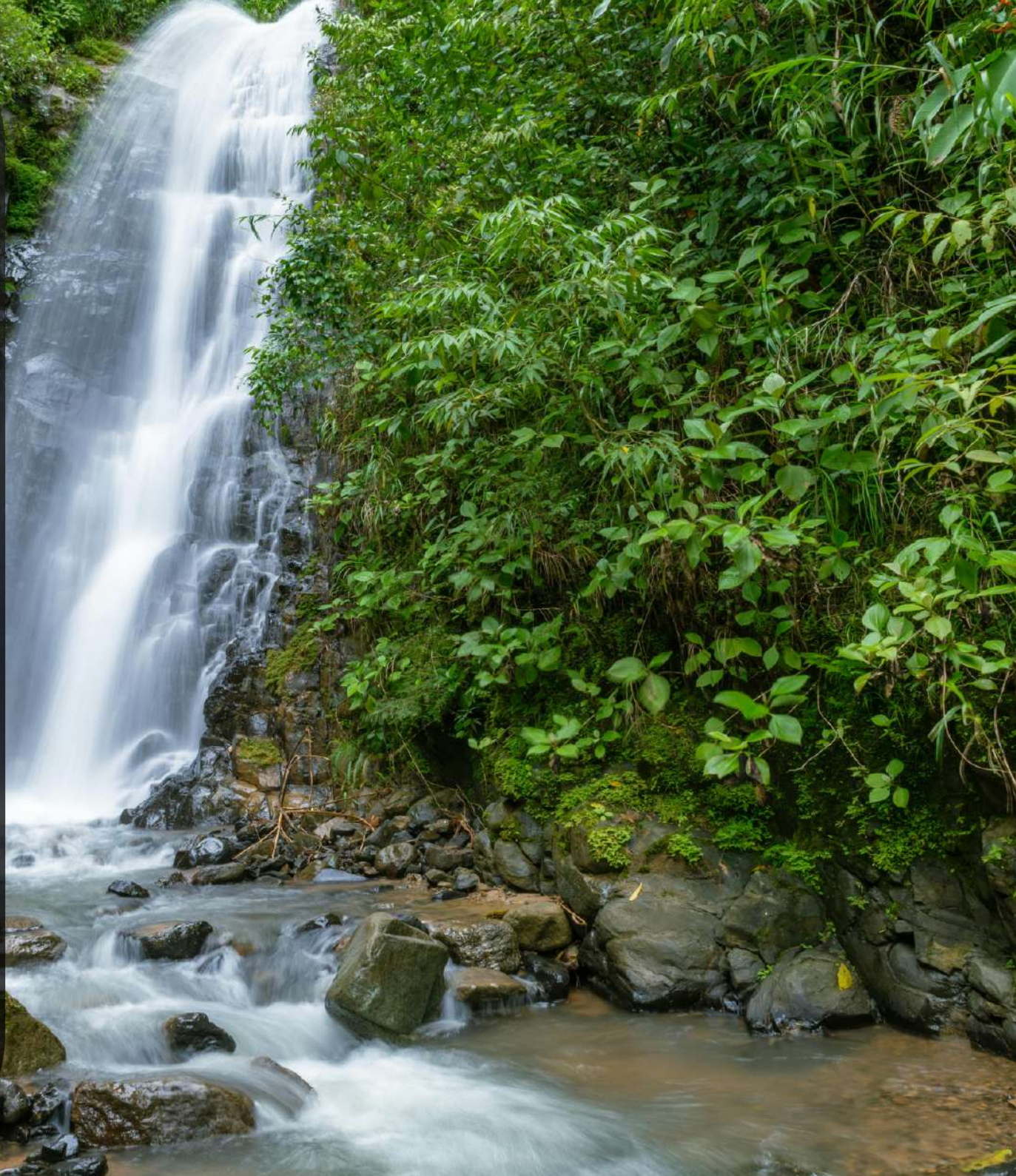
Spend one day tackling the thrilling rapids of the Río Reventazón, a fun and exhilarating white-water adventure through beautiful river gorges.

On your final full day, enjoy time exploring San José, shopping for last-minute souvenirs and celebrating your achievements with a final team meal.

Day 27-28

Depart Costa Rica

Say farewell to Costa Rica and begin your journey home to the UK. After an expedition filled with wildlife, rainforest, culture and adventure, you will arrive back home with unforgettable memories and new skills.



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

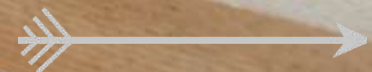
We believe that what we do and how we do it are of equal importance.

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