

Hidden Trails

Ph. 1-888-9-TRAILS

*Equestrian Vacations
- on & with Hidden Trails*

About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love horses and adventure activities. We have been involved with riding and other outdoor vacations for over 20 years.

With our partners Voyage du Cheval (France), Pegasus (Germany) as well as Equitour (Switzerland and France) we have collected the best riding destinations all over the world in some hidden places we would like to share with you.

These rides are about galloping on endless beaches, forging rivers, cantering through forests, trotting along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for horses has no boundaries but possesses a common language we all speak and understand. The majority of the overseas rides are from inn to inn, some from castle to castle and a few are camping rides.

You will experience new countries and their customs and make new friends. The Hidden Trails trips are the best you can find.

They have been tested by our staff or associates and received our stamp of approval. If you are considering a special riding vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.

We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Hidden Trails

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from within the USA or Canada or

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Website: www.hiddentrails.com

Address:

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4406 Tennyson Road, Wilmington, DE 19802 USA

Toll Free from the U.K.:

Ph: 0- 808 189-0420

Fax: 0-808-280-1860

Toll Free Worldwide:

Skype: hiddentrails

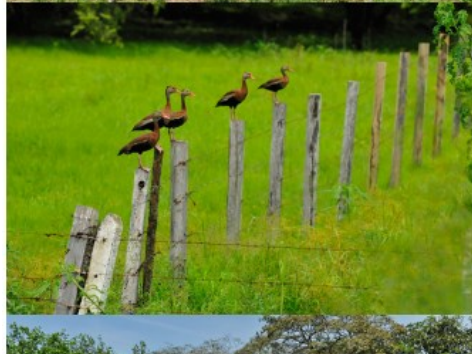
Conquistadores Odyssey Explorer - Costa Rica, Central America

Tour Code: IT-CR-HRO10
8 days / 7 nights ~\$1,795.00
Dates: Available all Year

Trip Rating: ●●●●●
Difficulty: ●●●●●
Lodging: ●●●●

Tack: Modified McClellan, some Western
Horses: Costa Rican Criollo, Paso, and mixed b...
Pace: Moderate with trots, canters, and some...
Walk, Trot, Canter, Gallop,

Airport: Juan Santamaría International Airport (SJO)



Introduction

Pacific Coast, Costa Rica

This 8-day itinerary is a shorter version of our Coast to Coast Kaleidoscope Ride, which has been specially designed for the U.S. and Canadian Markets, as well as any other international traveler seeking a week-long riding vacation. This ride features 4-days of intensive riding and discovery in one of Costa Rica's most renowned riding destinations and scenic regions, including hugely contrasting landscapes, rural communities and awesome habitats with abundant wildlife. During this adventure you will be riding down dramatic river canyons, towards the arid Pacific Coast with its volcanic sand beaches, then on toward the Template Mountain slopes, passing through forested Valleys and ending with two days of relaxation at one of Costa Rica's most popular destinations Arenal Volcano where you will enjoy the volcanic hot-water springs. As you ride, you will be in close contact with one of nature's finest panoramic displays, visit some quaint rural communities and get involved in the Costa Rican way of life. A truly awesome and unforgettable experience.

Accommodation

Accommodations

This is a progressive ride, so nights will be spent in different locations.

Description

A total of 2 nights will be spent at a hotel in San Jose, 3 nights at a farm lodge, and 2 nights at an ecolodge. Given the nature of the ride, accommodation may be limited to local guest houses and private en-suite bathrooms may not always be available or only on a limited amount.

You'll have access to a pool at all locations to cool off after a good ride.

Laundry is not available for this trip.

Accommodation Itinerary - subject to changes based on availability

Night 1 & 7: Hotel (Country Inn & Suite or similar) in San Jose

Night 2, 3 & 4: Finca Los Domos (standard) or Cerro Lodge (upgrade) near Orotina

Night 5 & 6: Ecolodge (Arenal Montechiari, Arenal Country Inn, Villas Vista Arenal) in La Fortuna

Country Inn & Suite in San Jose

This hotel offers comfortable bedrooms equipped with a TV, small fridge, ensuite bathroom and free Wi-Fi access. There is also an outdoor pool where guests can relax.

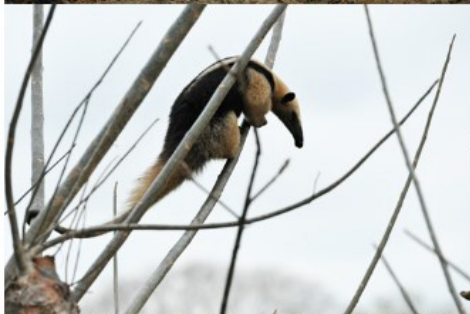


Finca Los Domos near Orotina

You are accommodated in one of the 3 private bungalows. Each bungalow is equipped with AC, a double bed (no twin beds available) and private bathroom.

There is also an outdoor pool where guests can cool off in the evening. There is no Wi-Fi available at this property.





Cerro Lodge near Orotina

This lodge is an environmentally friendly project located on a farm in Tarcoles (central pacific) just 10 minutes from Carara National Park. This small lodge offers 8 bungalows with private bathroom and its own indoor garden, and a dining area. All this is surrounded by trees, palms, gardens, and panoramic views of the Pacific Ocean, mangrove forests, and Carara National Park - one of the most important refuges for the Scarlet Macaw; we often see these spectacular red, blue, and yellow parrots as they fly through the valley at Cerro Lodge. We provide daily transfers between the lodge and the horse stables at Maravilla (15 to 20 minutes away). One of the principle goals of Cerro Lodge, is to operate as environmentally friendly and sustainable as possible. Always looking for ways to reduce impact, they re-use water for irrigation, compost organic garbage, and they have worms that make organic fertilizer from cow manure. They are also hoping to put together a bio-digester and would like to produce their own electricity in the near future.



Hotel in La Fortuna

We choose from a selection of 3 different hotels in Arenal depending on availability. The photo above is an example of the type of accommodation and may be changed. All rooms contain one double or two twin beds with private bathroom.

Room Occupancy

The single supplement fee applies if we are unable to find another rider to share. Triple occupancy is available at all locations.



Meals

Most meals are included in this trip from breakfast on Day 2 to lunch on Day 6, as well as breakfast on Day 7 and 8. Meals on the first day, dinner on Day 6, and lunch and dinner on Day 7 are not included.

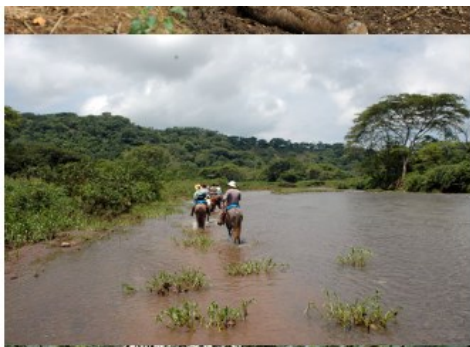
Due to its geographical location and climate, Costa Rica has a wide variety of fruits and vegetables; which when combined with the interplay of native and European ingredients translate into a unique Costa Rican flavour. The basics of the Costa Rican diet are: rice, beans, and tortillas, which consist primarily of corn.

The ingredients used by Costa Rican cooks include simple native foods, such as "chayote" (squash), avocados, and the ever present corn. Costa Rican cuisine is also characterized by its' mildness and comes as a surprise to many visitors who might have travelled through Mexico and expect to find the same love spicy chillies in Costa Rican foods. Chillies are used to some degree, however, they are most commonly used in hot sauces with accompany broiled meats and poultry. Tubers, such as sweet potatoes and cassava, commonly known as "yucca" frequently accompany lunch and dinner meals.

In many dishes yucca is often substituted for potato, perhaps boiled and mashed, fried to exquisite crispness to accompany meat and sandwiches instead of fries, or simply boiled and served with butter and garlic. Plantains, a type of banana, are another Costa Rican favourite, and are most often boiled, mashed, stuffed with cheese, or fried to accompany meats or bean dishes. Unlike bananas, plantains are much larger and need to be cooked to be eaten. Costa Rican diet also includes plenty of meats including: Poultry, fish, beef and pork. do not expect to find any Ecuadorian or Peruvian delicacy!!

Breakfast

A traditional Costa Rican breakfast consists of "gallo pinto" (Pinto Rooster), eggs, tortillas and sour cream, with coffee and fresh fruit juice. Most restaurants will offer some international options.



Lunch

Typically known as "casado" (Married), includes: rice and beans, one choice of meat (beef, chicken, pork, or fish), salad, fried plantain (a type of banana, very sweet and very tasty).

Dinner

Pretty much whatever you like, and fish and seafood here is excellent, well priced, and fresh, as are the fruits and vegetables. Of course Costa Rica produces some of the finest coffee in the world and it's not uncommon to see bumper stickers around proclaiming that "Juan Valdez drinks Costa Rican coffee"

Dietary Restrictions

We can cater to most dietary restrictions if given prior notice.

Riding



Riding Experience

This ride is designed for serious riders who want to discover the most complete possible grounds and scenery. This is achieved by using vehicle transportation (anywhere from 1-5 hours) only when strictly necessary due to the long distances involved between the riding bases. Riders are required to have an intermediate level of riding experience to attend this ride.

Horses

Costa Rican Criollo, Paso, and mixed breeds (Spanish, Andalusian & American Quarter). They range from 14 to 16 hands.

Children

The minimum age to join this ride is 12. Children are expected to have a the appropriate riding experience in order to join this ride. When booking a private ride, it might be possible to have children 11 or younger join us (subject to conditions).

Itinerary



Sample Itinerary - subject to changes

Important Note: This is a sample ride dossier, planned several months in advance. The ride can be operated in different order other than as described above. Arrangements (routes or facilities) are subject to variation by the outfitter depending on local conditions. All riding times contained in our itineraries are based upon riding at a slow/moderate pace throughout.

Keys: (B) Breakfast, (L) Lunch, (D) Dinner, (TG) Transfer Guide, (EG) Equestrian Guide, (LG) Local Horse Master/Guide.

Day 1 (Thursday): Arrival

Arrival at Juan Santamaría International Airport in San José (SJO). Upon arrival you will be met by one of our representatives and transferred to your hotel near the airport. Dinner on your own. First group meeting will be in the morning before the transfer to the first ranch.

Meals included: none

Overnight at Hotel in San Jose.

Day 2 (Friday): Presentation & Build-up ride

Morning transfer to Cien Fuegos Eco-Ranch & Stables, located along the Trinidad river in the Dry Central Pacific Region, the starting point of your riding adventure. After horse assignment and our presentation, you will ride



Region, the starting point of your riding adventure. After horse assignment and our presentation, you will ride along rolling hills and meadows into the Gallery Forest alongside the Cuarros river – an excellent spot for wildlife encounters! We meander across the river following a country lane passing en route farmland, rural homes and finally arriving at the hacienda grounds. This afternoon, there will be an exploratory ride following the private trails.

Riding: ~3 hours in the saddle

Meals Included: B, L & D (EG & LG)

Overnight at Los Domos (standard) or Cerro Lodge (upgrade)

Day 3 (Saturday): Coastal Ride

Today's ride will take you to the Pacific coast, following country lanes and an old ranch trail which lead to Tivives Crag. The Spaniards first started their conquest of the Central Pacific around 1561 right from this very spot! Ride across the Cascajalillo Mangrove Swamps and along the coast. Depending on tide times, lunch will be served at a local café or as a picnic on the beach. Again, depending on the tide you climb on horseback towards Cuevas Crag, enjoying unique views of the Pacific Ocean or alternatively, ride along the shoreline towards Guacalillo beach. Follow a country lane back to the hacienda.

Riding: ~5-6 hours in the saddle

Meals included: B, L & D (BG) (LG)

Overnight at Los Domos (standard) or Cerro Lodge (upgrade)

Day 4 (Sunday): Estate & Countryside

This morning, you have an exploratory ride of the hacienda's private reserve, riding through rolling hills and savannah's towards the Transitional-Dry Forest and the lush Gallery Forest. Here, the terrain is picturesque, predominantly flat with gentle slopes and forested valleys. As you ride over the higher areas, you will be able to gain excellent views of the Pacific Ocean and perhaps spot some of the local area's wildlife too. Back at the hacienda in time for lunch and relaxing.

This afternoon, there will be an optional ride in the Southern part of the Hacienda's estate. After a few gentle hill climbs, you may experience an Ocean view sunset – the Pacific coast has the reputation for being amongst the world's top best places to experience this beautiful event.

Riding: ~3-6 hours in the saddle

Meals: B, L, D (BG) (LG)

Overnight at Los Domos (standard) or Cerro Lodge (upgrade)

Day 5 (Monday): Machuca River Canyon Ride

Your final ride in the Central Pacific will take you to the Machuca River basin, passing Cascajal village. You will ride into the area where this river canyon broadens onto the plains. You will head towards the Jesús María River basin, allowing exploration of the plains and forested valleys along the Machuca River Canyon, where the land is very fertile and most commonly used to cultivate melons. In the afternoon, you will take a 3.5 hour transfer by vehicle to the Northern Region home to Arenal Volcano which last erupted in 1968 and remains one of the most active volcanoes in the world.

Riding: ~4-5 hours in the saddle

Meals Included: B, PL, D (BG)

Overnight at Ecolodge in La Fortuna

Day 6 (Tuesday): Nature walk at the base of Arenal Volcano & Visit to thermo-mineral Hot-water springs

This morning, you will be picked up and take a short 25-minute drive to El Silencio farm at the base of Arenal Volcano. You will take a 2 ½ guided nature walk towards Arenal Volcano and the lookout point. As you walk through the forest, you have the possibility of spotting 3 species of monkeys, sloths and a wide variety of birds, including the Toucan. The walk ends with a refreshing beverage and providing there are clear sky conditions, you may enjoy a magnificent view of Costa Rica's most active volcano, which has been on constant activity since 1968. Later on, you will enjoy free time at the beautiful Arenal hot water springs and gardens - an excellent complementation to your riding adventure! These thermo-mineral waters, which some people claim to have healing powers, will help you feeling relaxed!

Meals Included: B & L

Overnight at Ecolodge in La Fortuna

Day 7 (Wednesday): Morning of leisure & free afternoon

This morning will be at leisure for you to relax. Enjoy the swimming pool or take any of the optional adventure. Arenal area is a true adventure lovers heaven and offers great opportunities for exciting activities that will perfectly complement your riding vacation! From Skytrek (zipline) and Tram tour; Waterfall Rapelling and Canyoning; Canoeing; Mountain Biking, to Kayaking on Lake Arenal, you will be certain to find a suitable addition to your equestrian adventure! All these adventures are available at an extra cost and can be booked in advance to guarantee your space. This afternoon at around 1 p.m. you will take a shuttle transfer (regular pooled service) back to your San Jose hotel.

Meals included: B

Overnight at Hotel in San Jose.

Day 8 (Thursday): Flight Home

Morning at your leisure and transferred to the Juan Santamaría International Airport in time for your flight back home and we say our farewells.

Meals included: B

Non-Riders

If you are a non-rider that want to discover Costa Rica whilst travelling with your riding companion, we can organize many activities for you including: White Water Rafting, Zip-Lining, Hiking Trails, Crocodile Boat Safari, Kayaking, Snorkeling,...

Other Info

Meeting: San Jose

Airport: Juan Santamaría International Airport (SJO)

Train station: --

Transfer: San Jose International Airport or hotel

Distance: 18 km / 11 miles

Pick-up/ drop-off for this trip is from Juan Santamaría International Airport (SJO) or hotels in San Jose. Transfer times are available anytime.

Tack: Modified McClellan, some Western

Horses: Costa Rican Criollo, Paso, and mixed breeds (Spanish, Andalusian & American Quarter).

Pace: Moderate with trots, canters, and some gallops. 4 riding days with 4 to 6 hours per day

Walk | Trot | Canter | Gallop |

Level: 🐾🐾🐾🐾 (3 to 4 out of 5) Intermediate

Age: Min 12

Weight: 240 lbs / 110 kg

Riders: Min 2 riders

Max 8 riders

Rates and Dates 2024 - IT-CR-HRO10

Rates include: Accommodations, Most Meals (from breakfast on Day 2 to lunch on Day 6 + breakfast on Day 7 and 8), 4 riding days, Entrance fee to hot water springs, 1 litre of water per person per day & Transfers
Ponchos & Saddle bags provided
Guides can also speak French, German and Italian

Packages and Options

Season	Description	~US\$
A 2024	8 day trip - Los Domos	\$1795
	Solo rider supplement	\$1715
	Single supplement	\$445
	Non-rider discount	(\$310)
	Triple room discount	(\$95)
	Child discount (younger than 11)	(\$195)
B 2024	8 day trip - Cerro Lodge	\$1895
	Solo rider supplement	\$1850
	Single supplement	\$525
	Non-rider discount	(\$310)
	Triple room discount	(\$75)
	Child discount (younger than 11)	(\$240)

Transfer Option

Description

2024 Transfer from San Jose airport/ hotel any time, included first and last day

Tour Dates

Season	Tour Dates		
B 2024	01/23/2024 - 01/30/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	01/23/2024 - 01/30/2024	8d / 7n	8 day trip - Los Domos
B 2024	01/30/2024 - 02/06/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	01/30/2024 - 02/06/2024	8d / 7n	8 day trip - Los Domos
B 2024	02/09/2024 - 02/16/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	02/09/2024 - 02/16/2024	8d / 7n	8 day trip - Los Domos
B 2024	03/19/2024 - 03/26/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	03/19/2024 - 03/26/2024	8d / 7n	8 day trip - Los Domos
B 2024	04/16/2024 - 04/23/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	04/16/2024 - 04/23/2024	8d / 7n	8 day trip - Los Domos
B 2024	06/18/2024 - 06/25/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	06/18/2024 - 06/25/2024	8d / 7n	8 day trip - Los Domos
B 2024	07/23/2024 - 07/30/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	07/23/2024 - 07/30/2024	8d / 7n	8 day trip - Los Domos
B 2024	09/03/2024 - 09/10/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	09/03/2024 - 09/10/2024	8d / 7n	8 day trip - Los Domos
B 2024	10/08/2024 - 10/15/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	10/08/2024 - 10/15/2024	8d / 7n	8 day trip - Los Domos
B 2024	11/05/2024 - 11/12/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	11/05/2024 - 11/12/2024	8d / 7n	8 day trip - Los Domos
B 2024	11/12/2024 - 11/19/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	11/12/2024 - 11/19/2024	8d / 7n	8 day trip - Los Domos
B 2024	11/28/2024 - 12/05/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	11/28/2024 - 12/05/2024	8d / 7n	8 day trip - Los Domos
B 2024	12/17/2024 - 12/24/2024	8d / 7n	8 day trip - Cerro Lodge
A 2024	12/17/2024 - 12/24/2024	8d / 7n	8 day trip - Los Domos

Min/Max: 2/8

** other dates by request with minimum of 2 riders

Rates do not include:Some meals (all meals on Day 1, dinner on Day 6, and lunch and dinner on Day 7), Alcoholic drinks, Extras at hotel, Gratuities, Extra or optional tours, Departure tax, out of pocket expenses or any medical service required during the ride as a result of pre-existing condition or resulting from a event during the ride/trip.

Reservation Form

Tour : _____ Code #: _____ from: _____ to : _____

The Travelers (Last Name, First Name)	Male Female	Single room / or tent	Birth Date MM/DD/YY	Height	Weight	Special diets													
						Special diets	Beginner	Novice	Intermediate	Strong Inter.	Advanced	ride English	ride Western	mostly arena	mostly hacking				
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Special Diets: _____

Your fitness level: Excellent ☐ Moderate ☐ Poor ☐ How long have you been riding? _____

How often do you ride? _____ Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails Booking Conditions and the Hidden Trails Recreational Activity Release and Indemnity Agreement in this brochure or as listed on the Internet.

I (we) will sign and forward the Recreational Activity Release and Indemnity Agreement at least 10 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ e-mail _____

City _____ State _____ Postal/Zip Code _____

Phone (wk) _____ (hm) _____ Cell _____ Fax _____

Date _____ Signature (mandatory) 1. _____

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before the travel date to my credit card.

For payments by VISA ☐ or Mastercard ☐ (no debit cards)

Cardholder: _____

Card # _____ 3 digit Security # _____

Exp.Date: _____ Signature _____

Billing Address for Credit Card (if different than mailing address):

I have enclosed a check for the deposit ☐

Additional Signatures:

2. _____
3. _____
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ☐ initial _____

No, we will provide our own ☐ initial _____

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