



## **Travel Itinerary – Go Wild, Go Great Retreat**

April 18 – 25, 2008

### **April 18**

Fly into San Jose airport

Met at airport by Retreats Costa Rica representative and transfer to hotel

Stay at Hotel Alta (Deluxe Room)

*Stylish boutique hotel with Spanish Colonial architecture overlooking the 'Sun Valley' of Santa Ana. Pool and small gym as well as gourmet restaurant on premises.*

### **April 19 (B,L,D)**

Breakfast at hotel

White Water Rafting (Class III-IV), Pacuare River

*A 27 kilometer adventure down the pristine Pacuare River, one of the top rafting rivers in the world! Camp in the "El Nido del Tigre", the comfortable site in the midst of the jungle, with running spring water. It's remote location, free of electricity, is the perfect place to 'get away from it all'.*

**What to bring:** *rubber soled shoes that can get wet (tevas, tennis or similar), swimsuit and shorts of a quick-drying material, t-shirt (optional), sun screen, towel, complete change of clothes for after rafting.*

Go Wild Workshop – Go Wild! GO GREAT! The Journey from Now to WOW!™ Principles of Business and Life Survival. In this workshop, you'll discover how the 5 principles needed to survive and thrive in the jungle are the same tools you need to achieve both business and personal success. (Awareness, Adaptability, Skill, Conservation of Energy and Positive Mental Attitude).

### **April 20 (B,L,D)**

Go Wild Workshop: Rainforest Secrets and Sacred Paths. Develop your Personal Leadership Skills in this day-long hiking adventure through the magical Costa Rica Rainforest. While experiencing Costa Rica's breathtaking natural beauty, you'll learn tracking and awareness skills that will help you "read people, your environment and your authentic self".

travel@latitudesadventure.com

Tel. (506)-203-7576 Fax (506) 203-0095 Toll free 1-866-735-9115 San Jose, Costa Rica

Mailing Address: #SJO 1156 1601 NW 97<sup>th</sup> Avenue  
PO Box 025331, Miami, Florida 33102-5331



### **April 21 (B,L,D)**

Go Wild Workshop: Creating a MAP: Mission Action Plan: Today , you'll learn how to develop a "MAP" Mission Action Plan to achieve your personal and professional goals and discover Native American Tribal traditions that will help you achieve unity of mind, body and spirit.

Our rafting adventure continues to our 'take out' in the Carribbean town of Siquirres.

Travel to Arenal via private mini-bus

Dinner in Arenal

Evening – open activity

Stay at Montaña de Fuego (Deluxe Cabin)

*Lovely wooden cabins, hot tubs, pool, walking paths and spa all feature majestic views of Arenal volano.*

### **April 22 (B,L,D)**

Go Wild Workshop: Flying High and Building Your Self-Esteem!

Today you'll focus on building your confidence and seeing the Forest through the Trees. Learn the best practices of confident and courageous leaders who live life fully and have psychological hardiness needed to face the Tsunamis of Business and life. .

Breakfast at hotel

Canyoning Adventure (4 hours)– Rappel through three waterfalls in this exhilarating (yet safe) adventure tour. Sure to get your adrenaline flowing!

Lunch

Evening activity – soaking at the luxurious Tabacon Hot Springs **What to bring:** bathing suit (towels provided)

Dinner at Tabacon Hot Springs

Stay at Montaña de Fuego (Deluxe Cabin)

### **April 23 (B,L,D)**

Costa Rica's Amazing Race! The Art of Teamwork and Communication

Learn what Teamwork and Communication is all about in this ½ day fun-filled adventure that will include hiking, biking and tropical fun. The Afternoon is personal free time for massage, reading and reflection.

Special Evening Activity: Winemaker Wisdom. Learn how the art of wine-making and wine tasting can help you to improve your personal and professional relationships.

### **April 24(B,L,D)**

Breakfast at hotel

Transfer to San Jose via private mini-bus

Final Dinner: Photo Safari, Go Wild Presentations and Certification

Stay at Hotel Alta (Deluxe Room)

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**April 25 (B)**

Breakfast at hotel

Transfer to San Jose airport

Flight home

All Inclusive Tuition and Tour including taxes, accommodations, airport transfers, in-country transportation, all meals, workshops, coaching, tour guide

Single occupancy

**\$3060**

Double occupancy (per person)

**\$2775**

\*One on one coaching sessions will also be scheduled during the program.

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