



## Key Travel Information for the IRF World White Water Rafting Summit & IRF Raft Guide / Instructor Workshop

### Where is Costa Rica?

Costa Rica is in Central America in between Nicaragua to the north and Panama to the south. A little larger than Denmark, it is blessed with more than 800 miles (1,290 km) of coastline along the Pacific Ocean in the west and the Caribbean Sea in the east.

Costa Rica is a stable democratic republic that embraces peace and environmental conservation. It is a world leader in ecotourism and renewable energy, and is renowned for its beautiful rivers, rainforests, mountains, beaches, and abundant biodiversity. For more information on planning your trip to Costa Rica, please go to the [Visit Costa Rica](http://www.visitcostarica.com) website.

### What airport should I fly into in Costa Rica?

The [Juan Santamaría International Airport \(SJO\)](http://www.sjo-airport.com) in the San Jose capital area. Information can be found here on [airlines that fly to Costa Rica](http://www.airlines.com).

### Summit venues

From October 8 to 10, Summit workshops and activities will take place in San Jose at the Costa Rica Convention Center. All workshops will be conducted in English with simultaneous translation in Spanish, the official language in Costa Rica. See the [Summit schedule](#).

San Jose is the capital and the biggest city in the country. It is home to much of the country's population, as well as business centers, educational institutions, museums and other cultural sites, entertainment complexes, and a wide variety of great restaurants.

The One River, One World, One Family rafting trip on Oct. 11, included in Summit activities, will be at the [Pacuare River](#). Transportation will be provided round-trip from major hotels in San Jose.





## When should I arrive and how long should I stay?

The Summit begins on Oct. 8 at 7:00 p.m. with the Welcome and Cocktail Reception in San Jose. Workshops will be held from 9:00 a.m. to 6:00 p.m. on Oct. 9 and 10 at the Costa Rica Convention Center in San Jose. Included in the Summit is the One River, One World, One Family rafting trip on Oct. 11 at the Pacuare River; this is an all day trip with return to San Jose in the early evening. Here is the up-to-date [Summit schedule](#).

If you plan to participate in the IRF GTE Trip Leader and Instructors' workshop and certification courses, they begin Oct. 3 and finish Oct. 13. [Full details can be found here](#).

## Accommodations

[Hotel TRYP by Wyndham San Jose Sabana](#) is extending special rates to Summit participants; please ask at the time of booking.

Hotels within walking distance to the [Costa Rica Convention Center](#):

- [DoubleTree by Hilton Hotel Cariari San Jose](#)
- [Wyndham San Jose Herradura Hotel](#)
- [Country Inn & Suites by Radisson](#)
- [City Express](#)
- [Terrazas de Golf](#)
- [Hotel Puerta del Sol](#)

Other hotel accommodation options in San Jose:

- [Costa Rica Marriott Hotel](#)
- [Hotel TRYP by Wyndham San Jose Sabana](#)
- [Crowne Plaza San Jose Corobici](#)
- [Hilton Garden Inn San Jose La Sabana](#)
- [Park Inn by Radisson San Jose](#)
- [Best Western Irazu Hotel](#)



## Transportation

Upon arrival at the Juan Santamaria International Airport:

- Many hotels have airport shuttles; check with your hotel to see if this service is offered.
- Orange [airport taxis](#) are the only ones officially authorized to pick up and drop off passengers at Juan Santamaría International Airport.

Transportation to the Costa Rica Convention Center:

- If you stay at the Hotel TRYP by Wyndham San Jose Sabana, bus transportation to all Summit activities on Oct. 8, 9 and 10 will be provided.
- Or, your hotel might be within walking distance to the convention center.
- Additionally, your hotel can help you arrange taxi service.

Transportation to the Pacuare River on Oct. 11: Provided from major San Jose hotels.  
Get information on [rental cars here](#).

## Passport & Travel Visa

Travelers coming from outside Costa Rica must have a valid passport. We strongly encourage you to check the [entry requirements](#) for your country or contact your local embassy.

## PRACTICAL INFORMATION

### Weather

The weather in San Jose in October is generally rainy, mainly during the afternoons and evenings. The average high temperature is 25°C / 77°F with lows of 19°C / 65°F. The Pacuare River is in the Caribbean region, which is generally hot and sunny in October.

Temperatures in Costa Rica fluctuate greatly based on elevation and microclimate. Beaches and lower elevations are significantly hotter, whereas the higher elevation Central Valley (San Jose) and mountain areas are cooler. The Pacific side of the country generally experiences dry season from December through April, and green (rainy) season from May through November. The Caribbean side of Costa Rica is rainy most of the year, with its driest period from September through October. You can find more [climate information here](#).

### Attire

Attire for the Summit conference is “adventure casual,” which generally means jeans or pants with a shirt or fleece, casual skirt or dress. For the cocktail reception on Oct. 8, you will want dressy casual attire. A rain jacket and sweater are recommended for San Jose this time of year.





For the One River, One World, One Family rafting trip on the Pacuare River on Oct. 11, you will want: rubber-soled shoes that can get wet, swimsuit / swim trunks, quick-dry T-shirt and shorts (long-sleeved shirts are good if you get cold easily on the water or want more sun protection), water-resistant sunscreen, Croakies or straps to secure glasses, change of clothes and a towel for after the trip.

### **Money**

The colón is the currency of Costa Rica. US dollars and major credit cards are also widely accepted. ATM machines are located throughout the country. Note that US \$100 and \$50 bills are not easily accepted anywhere other than at a bank, and small stores or rural places might not accept US dollars.

### **Connectivity**

Costa Rica uses 110 V for electricity, with standard US two-prong plugs.

### **Cell phones**

To use your cell phone in Costa Rica, unless your own phone service has an international calling plan, you must bring an UNLOCKED cell phone and buy a SIM prepaid card at the ICE (the national telecommunications company) booth in the baggage section of the airport (or in a telephone company office in the city). The unlocked cell phone must be a quad-band GSM or 3G handset or at least have an 850 or 1800 mHz band. Most US phones use 950 mHz. At the airport ICE booth, you can ask for the different SIM prepaid cards they offer, and it will be inserted in your handset. (Information taken from the [Visit Costa Rica](http://www.visitcostarica.com/en) website.)

### **Extending your stay in Costa Rica**

We hope you can take advantage of the opportunity while you are here to travel around Costa Rica to experience our beautiful nature and adventure sports like whitewater rafting. You can find more information about visiting Costa Rica at <https://www.visitcostarica.com/en>. In Costa Rica there is literally something different to do every day. For the adventurers, there are plenty of tours to spike your adrenaline: zip lining, mountain biking, horseback riding, whitewater rafting, kayaking, sailing, surfing, paddle boarding, snorkeling, scuba diving, and waterfall rappelling. Nature lovers will enjoy hiking, bird watching, wildlife tours, waterfall swimming, volcano tours, hot springs, chocolate and coffee tours, visits to indigenous communities, and rural tourism experiences. Costa Rica travel is lots of fun for families, and there is also an abundance of wellness activities like yoga and spas.

