

ITINERARY: XX-Y Surf and Run Challenge 2011

Call 203-353-1608 or email info@surfandr.com with any questions.

Dates	14/02/2011	15/02/2011	16/02/2011	17/02/2011	18/02/2011	19/02/2011	20/02/2011
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Arrive to CR through the Juan Santa Maria International Airport	Breakfast not included	Fruits&snack	Breakfast	Breakfast	Late Breakfast	Breakfast not included
7am			Early surfing lesson #2 with surfing instructor	2nd Stage running to the putting to the Rafting	3rd Stage Beachrun from Hermosa Beach to Uvita Beach		
8am		Free time	Breakfast at hotel	Rafting at Savegre River	Surfing lesson #3 with local surfer	Transport to SJ 5 hrs** Early shuttle for those who need it.	flight back Home
9am							
10am			Transport & see the wildlife & beach at the Manuel Antonio National Park	Lunch at Rafiki Lodge	Relax before lunch by the pool		
11am							
12md		Pick up in SJ to Manuel Antonio	Lunch at Manuel Antonio restaurant	Lunch at Cuna del Angel			
1pm							
2pm			Transport to the 1st stage at the River crossing of Savegre River	Transport to the Hotel at Dominicalito Beach	Relax and suntan by the pool & get ready for the awards		
3pm		1st stage trailrun to Rafiki Lodge	Afternoon 2nd Yoga Class at the hidden Beach				
4pm	Check in SJ hotel	Sunset Surfing lesson #1 with surfing instructor		Afternoon 1st Yoga Class at Rafiki Lodge	Dinner & award ceremony at Cuna del Angel		
5pm							
6pm		Oficial opening & Welcome dinner at hotel	Dinner & photoslide & cocktail night at the Lodge	Dinner out			
7pm				Go out to Party to Dominical Beach at Marakatu Bar	Go out to Party to Dominical Beach if you can...		
8pm...							

Lodging NOT included

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