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**Q: What does volunteer mean in this context?**

**A:** Trail work can consist of clearing existing trail (cutting back vegetation); building new trail (creating a level, clear pathway); and drainage construction and other erosion control (waterbars, installing steps, cribbing).







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**Q: Duration of the volunteer experience**

**A: 8-9 days plus a day for travel at either end**

[2020 Volunteer vacation](#)







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**Q: How far is the trail, now?**

Sendero Pacífico goes all the way to the west coast now! — about 50 miles/80 kms. There are also side trails in the San Luis area.







Monteverde Reserves

Mangroves

Costa Rica

Protected Areas of Costa Rica

Google earth

Image Landsat  
Data LDEO, Columbia, NSF, NOAA  
US Dept of State Geographer  
Data SIO, NOAA, U.S. Navy, NGA, GEBCO

100 km





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**Q: How long should one plan for, if one wishes to do the trail end to end.**

**A: 6 days or more for Hiking the Sendero Pacífico. 16 days for the 280 km Camino de Costa Rica — the Camino De Costa Rica can be done in week-long stages.**





# Camino de Costa Rica



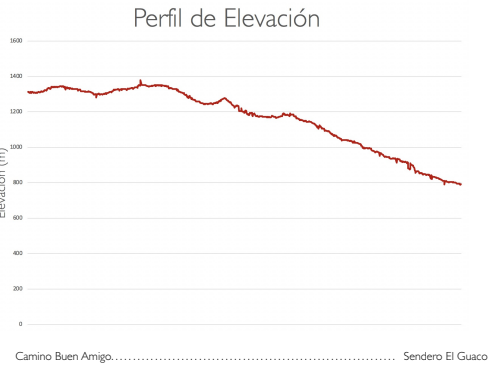


# CAMINO BUEN AMIGO



El Sendero Pacífico es una red de senderos de acceso libre en el vertiente pacífico de Costa Rica dentro del corredor biológico pájaro

The Sendero Pacífico is a freely accessible network of hiking trails on Costa Rica's Pacific Slope and within the Bellbird Biological Corridor.





# FINCA VIRDANA



**Leyenda**

- km entre puntos
- ..... solo a pie
- - multi uso
- parte del Sendero Pacífico
- ESTACIÓN DEL CAMPO  
propiedad de ADISL

0 75 150 m

Cartografía por Hannah Rigdon y Claire Gomba  
Feb 2019-Feb 2020





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## LOGISTICS AND COSTS



### Q: What is the cost?

A: 2020 Program Fees ranged US\$855 to US\$895 plus airfare and incidentals. Airfare from Toronto used to be in the order of Cdn\$650, as high as \$900 during March Break. First and last night's accommodation and meals approx Cdn\$200.

For 2021 we will keep the Sendero Pacífico hiking expedition in US\$900 range. The Camino de Costa Rica volunteer adventure will be higher: ~ US\$1,200.







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**Q: The usual questions about cost, accommodations, transportation, etc. and how much is organized for participants and how much do we have to arrange ourselves.**

**A:** Once the program starts, all in-country lodging and expenses are covered by the program. You have to arrange and pay for your own flights to San Jose (SJO) airport and first and last night's accommodation near the airport or in nearby Alajuela. Some activities are covered by the program fee and there are some optional activities that you will need to pay for.



## LOGISTICS AND COSTS







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**HEALTH AND SAFETY**



**Q: I hope to be able to volunteer soon. Have wanted to do this for a couple of years and it just hasn't worked out. Hope I'm not too old now.**

**Q: Is there a maximum age restriction?**

**A:** As long as you are in good hiking condition, you are not too old. There are jobs for every pair of willing hands. The challenge is the terrain which is steep. Hiking in to the day's work site can take as long as a half hour, maybe more.







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**HEALTH AND SAFTY**



**Q: Is there a minimum age and fitness level requirements for the participation in the activity?**

**A:** Minimum age is 18 years at the time of the Program as determined by the terms of the Liability Waiver. Likewise fitness. You need to be able to hike up and down steep terrain, and be able to walk up to 8 km a day. If you have any medical condition that might affect your activity, this needs to be indicated on a medical information form we provide.







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**HEALTH AND SAFTY**



**Q: I assume it is recommended to get some type of specific medical shots prior to the trip?**

A: We recommend you visit the US CDC web page for the latest health alerts and vaccination recommendations, and that you consult your doctor.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>







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**HEALTH AND SAFTY**



**Q: As volunteers are technically "working", has there been any issues regarding health insurance.**

**A:** Travel Medical insurance is mandatory for all participants. Participants must also sign a Waiver of Liability releasing BTC and WTN Americas from liability.







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**HEALTH AND SAFETY**



**Q:** What are the insects we should be aware of on this trail?

**A:** Mosquitos, black flies, ticks, chiggers and other biting insects.







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**Q: Also, what are the requirements to be able to join the volunteer vacation on the Sendero Pacifico? Is Spanish necessary? Helpful?"**

**A:** Spanish is not necessary but could be helpful. Many locals who are involved with the Programs speak English, but some are more fluent than others







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**Q: How are the locals responding to the influx of people?**

Costa Ricans are a warm and welcoming people. These Programs are very much a community activity and supported by the community as a means of earning income. If you are participating in one of the trail work programs, you'll be working with members of the community on some days.







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**Q: Will you be doing the timber-framing workshop again?**

**A:** Unfortunately, not in 2021... but we hope we can do the program again in future years.







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**Q:** What qualifies a trail in another jurisdiction to be twinned with the Bruce Trail?

**A:** Check the WNT International website for more information.



<https://worldtrailsnetwork.org/friendship-trails/>





**A:** By June 1 we will select dates for 2021 programs. We are planning 2 8-day “volunteer adventures” and 2 “hiking expeditions on the These will be in March and April. However, we are aware that COVID-19 may still limit international travel.



## HEALTH AND SAFETY







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## Products from Sendero Pacífico Communities

### Coffee



### Art and crafts



### Natural soaps





# Hiking the Sendero Pacífico







## Day 1: Arrival Monteverde/San Luis







## Day 2: Monteverde Walkabout







## Day 3: San Luis Walkabout and overnight in San Luis







## Day 4: hike to Veracruz







## Day 4: Overnight in Veracruz







## Day 5: hike to Santa Rosa







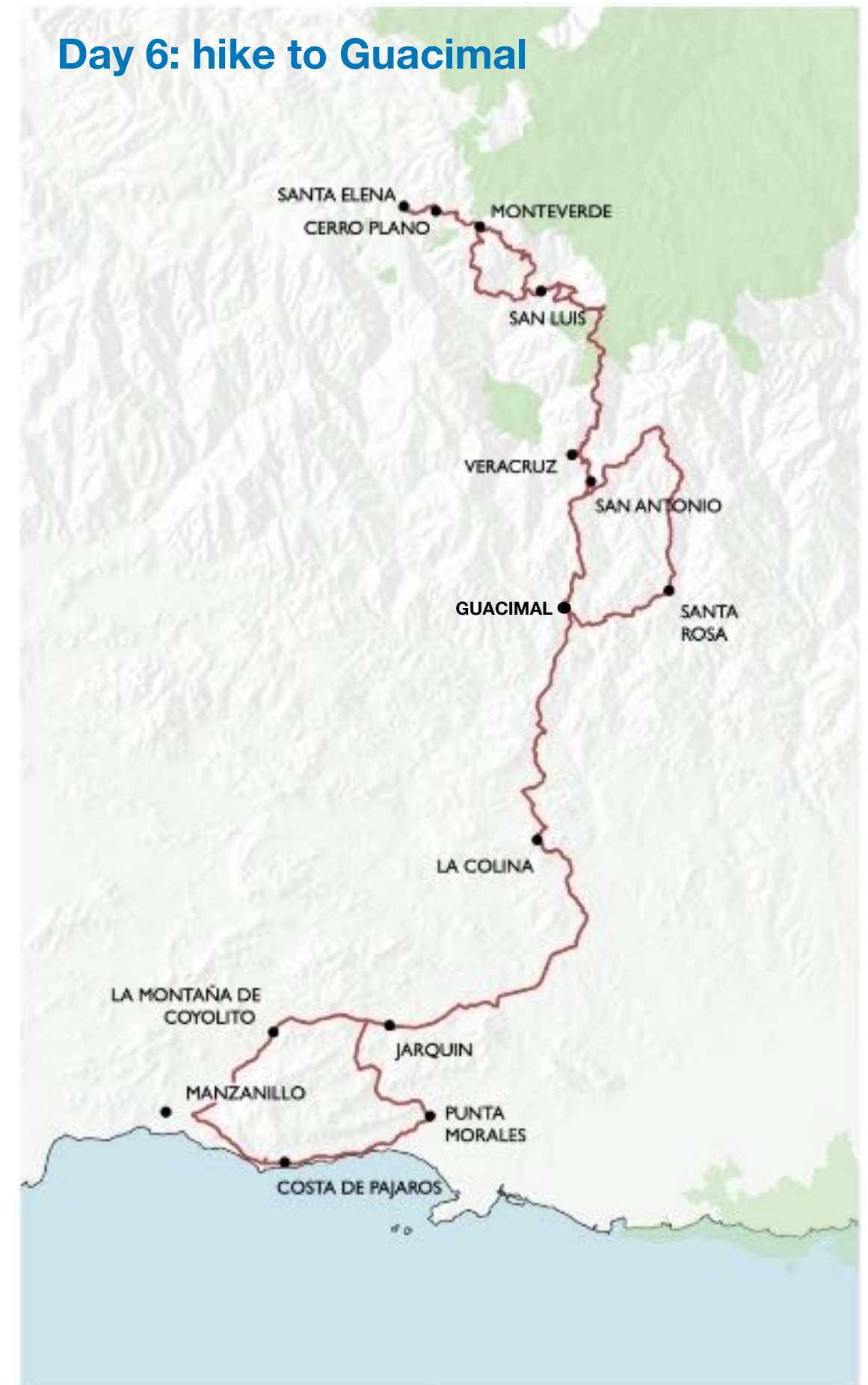
## Day 5: Overnight in Santa Rosa







## Day 6: hike to Guacimal







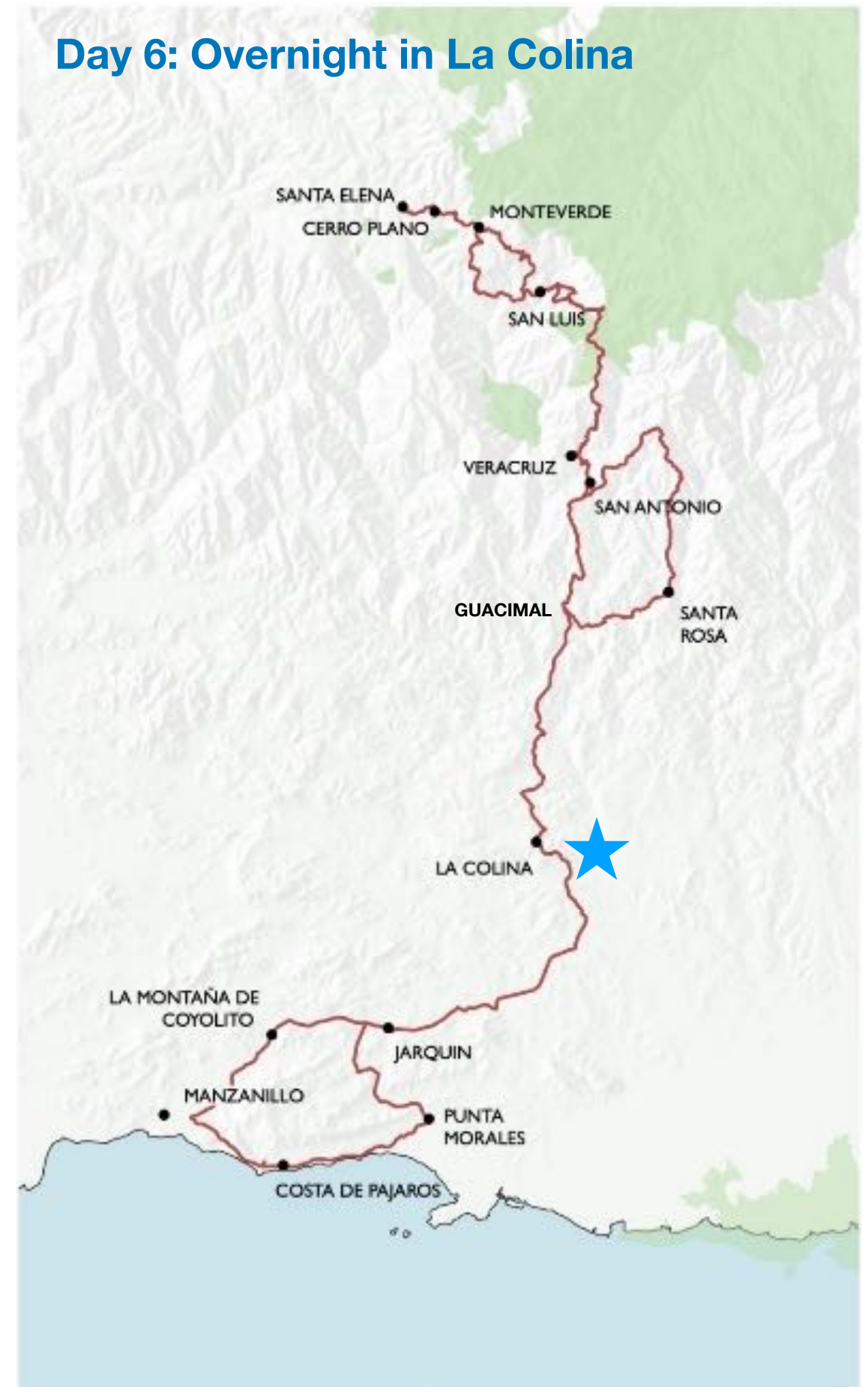
## Day 6: Hike to La Colina







## Day 6: Overnight in La Colina







## Day 7: Hike to Costa de Pajaros







## Day 7: Lunch in La Montaña de Coyolito







## Day 7: Overnight Costa de Pajaros







## Day 8: Playa Blanca and the Gulf







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[The best way to keep up with 2021 plans is to signup for the WTN Americas Newsletter](#)



# Thank you!

