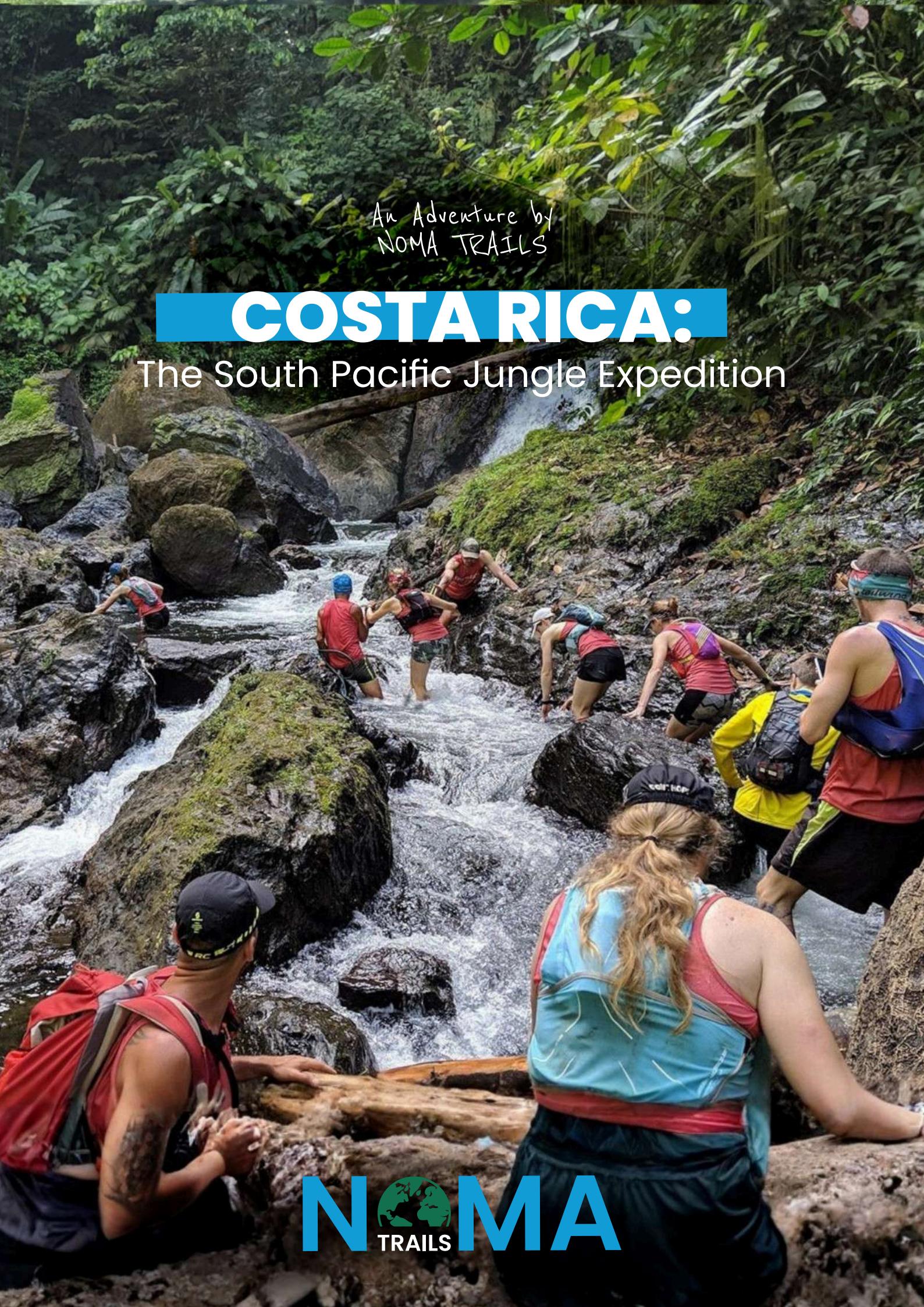


The Jungle Expedition

# COSTA RICA



**NOMA**  
TRAILS

A wide-angle photograph of a group of approximately ten people crossing a rocky stream in a dense jungle. The water is fast-moving and turbulent. The people are wearing athletic gear, including tank tops, shorts, and headbands. Some are using sticks to help them navigate the rocks. The surrounding environment is lush with green trees and foliage. In the background, a waterfall is visible cascading down a rocky cliff. The overall atmosphere is one of a challenging outdoor adventure.

An Adventure by  
NOMA TRAILS

# COSTA RICA:

## The South Pacific Jungle Expedition

**NOMA**  
TRAILS

# The Vibe & The Promise

This expedition is a return to roots. As a native Costa Rican, this journey is deeply personal. It was born from a friendship with Sergio Sanchez, one of the country's top event organizers, and a shared desire to explore the impossible. This route led my family and our four kids to move back to Costa Rica for four months each year, immersing ourselves in the Pura Vida lifestyle.

We begin at the top of the infamous Cerro de la Muerte—the Mountain of the Dead—and run our way down through high-altitude cloud forests and remote jungle trails, until we finally emerge onto the wild beaches of the Pacific Ocean. This is a test of endurance, a challenge for the trail runner with a true mountain spirit. You will be rewarded with breathtaking views, swims in pristine jungle waterfalls, and the unparalleled hospitality of local families who open their homes and share their lives with us. This is Pura Vida, earned one tough, glorious, unforgettable mile at a time.

*"This was an amazing experience! We saw places no tourists will ever see. Lunch stops in the middle of the jungle at a local's house who grow their own food – fresh coffee from a coffee farm! Then there's Pablo and his crew... bunch of legends I tell you! I would recommend anyone and everyone to challenge yourself to live such an experience."*

— Renée Lajoie, Canada





# Meet your guides

## Pablo Rodriguez & Sergio Sanchez



### Sergio

This adventure was born from years of exploring Costa Rica's most remote terrain, not on a map, but step by step, machete in hand. Together with Pablo, we've scouted, tested, and designed every part of this journey to showcase the wild beauty of our home.

As a native Costa Rican and race director, I've dedicated my life to creating routes that challenge the body and connect you deeply to the land. From jungle climbs to river crossings, every detail has a purpose.

### Pablo

Costa Rica is my homeland, and this expedition is a journey into the places that define its wild soul.

This route was born from years of exploring these remote trails with my friend Sergio, pushing our limits and building relationships with the families who live deep within the jungle.

It's an experience that is impossible to replicate, and I can't wait to share it with you.

# The NOMA Philosophy: Why We Run Here

We believe you cannot truly show a place to others unless you are a local. This Costa Rican journey is the ultimate proof of that. It's a path forged through friendship, family, and a shared love for the wild heart of my home country.

We don't just guide you here; we welcome you into our community, sharing meals with the families who have become an indispensable part of our story.

“ **This is not tourism; this is connection.**



A Day-by-Day Itinerary

# The journey

## Day 1. Arrival & Briefing

Arrive at your leisure in San Jose. We will gather in the evening at our hotel for a meet and greet dinner, where you'll meet your guides and fellow runners. We'll conduct a full briefing on the adventure ahead, ensuring everyone is prepared for the challenge.

## Day 2: First Running Day – Mountain of the Dead

An early transfer takes us high into the Talamanca mountains to the highest mountain pass in Costa Rica. Our run begins with a 300 m ascent to the summit of Cerro de la Muerte (3450 m). From there, it's a long, breathtaking descent through a high-altitude rain cloud tropical forest. Our destination is the village of Providencia, where we will be hosted by a local Costa Rican family for an unforgettable cultural immersion.

## Day 3: The Most Remote Section

Today we enter the heart of the jungle – the wildest, most untouched section of the entire route. Few people have ever crossed this deep rainforest corridor. This is the only way to reach the Pacific coast by foot through pure, unbroken jungle. Along the way, we'll stop to meet local families and take in the raw, living beauty of this rarely seen landscape.

## Day 4: Making it to the Pacific

This is the day we earn our view of the ocean. Our route takes us up a long, challenging jungle trail to El Brujo ("The Wizard"), a place surrounded by high mountains. From the top, the views of the Pacific are spectacular. The day ends with our triumphant arrival at the coast.

This expedition is a point-to-point traverse from the highlands to the sea, covering some of the most remote and challenging terrain in Costa Rica. Each day is a new adventure, pushing you deeper into the wild heart of the country.

## Day 5: Jungle Beaches

A shorter, flatter day allows for some recovery as we head south along the coast towards Pablo's home. The route follows a series of stunning jungle beaches, where the rainforest meets the sea. Expect plenty of opportunities for a swim in the ocean.

## Day 6: Pirate Drake

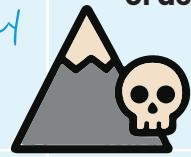
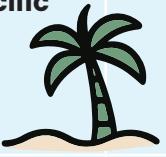
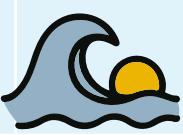
We venture into a dense wetland area historically known as a hiding place for Sir Francis Drake's treasure. This is an area most adventure tourists can only access by boat, but we will run our way in through the jungle to the remote and beautiful Bahia Drake.

## Day 7: Pirate Drake – Corcovado & Celebration

Our final run is a summary of the entire expedition. We will run through the world-renowned Corcovado region, which boasts an incredible 3% of the world's biodiversity. The trail will take us across reefs, sand, estuaries, rivers, lonely beaches, single tracks, and through dense forest to stunning waterfalls. We spend a second night in Bahia Drake, where we will have a well-deserved final celebration dinner.

## Day 8: Departure

After a final breakfast together, we will start our way back to San Jose with the bus and assist with your travels or begin your journey home.

Run title / Focus	Distance	Elevation	Key Highlights & Experiences	Overnight Location
<b>Day 1</b> <b>Arrival &amp; Briefing</b> 			Arrive in San Jose, meet the team for dinner and a full expedition briefing.	 <b>San Jose</b>
<b>Day 2</b> <b>Mountain of dead</b> 	26 km	+600 m -2200 m	Start at 3450m on Cerro de la Muerte, descend through cloud forest.	 <b>Providencia (Local Family Stay)</b>
<b>Day 3</b> <b>The Most Remote Section</b>	20 km	+800 m -1800 m	Traverse the Dantas domain, a deep jungle run meeting locals along the way.	 <b>Piedras Blancas</b>
<b>Day 4</b> <b>Making it to the Pacific</b> 	36 km	+900 m -1100 m	The "Wizard" run to El Brujo, with spectacular sea views from the mountain tops.	 <b>Pacific Coast</b>
<b>Day 5</b> <b>Jungle Beaches</b> 	11 km	+/- 90 m	A shorter recovery run along stunning, isolated jungle-lined beaches.	 <b>Near Uvita</b>
<b>Day 6</b> <b>Pirate Drake</b> 	25 km	+450 m -500 m	Run through dense wetlands and jungle to remote Bahia Drake, a historic pirate hideout.	 <b>Bahia Drake</b>
<b>Day 7</b> <b>Corcovado &amp; Celebration</b>	21 km	+/- 350 m	Explore the incredible biodiversity of Corcovado via reefs, sand, and dense forest. Final celebration dinner.	 <b>Bahia Drake</b>
<b>Day 8</b> <b>Departure</b> 			Transfers arranged from Bahia Drake for your journey home.	<b>Adventure Concludes</b>

The Logistics

# Plan your adventure

## At-a-Glance

**Price:** \$2700 USD

**Dates:** January 9-16, 2027

**Group Size:** Intimate expedition group of like-minded trail runners.

## What's Included

- ✓ All accommodation for 7 nights
- ✓ All breakfasts and all dinners
- ✓ All transfers during the trip (excluding airport transfers)
- ✓ Daily luggage transportation
- ✓ Expert guiding by local, professional runners
- ✓ 4x4 support crew

## What's Not Included

- ✗ Lunches not included except two
- ✗ Personal travel and medical insurance (compulsory)
- ✗ Tips for your guides (recommended ~2% of trip price per guide)
- ✗ Entrance fees to any optional sites or attractions
- ✗ Flights or travel to the meeting point in San Jose

## Accommodation: The Real Experience

This is a remote expedition. Accommodations will be in small, rustic lodges run by locals and, for one night, a homestay with a Costa Rican family. The focus is on authenticity and immersion, not luxury. Rooms are typically double, and may be triple or quadruple on some nights. A single room supplement of 60 €/night is available for some, but not all, nights.

# The Running Experience: Pace, Terrain, and Vibe

This is our most challenging adventure. It is for experienced trail runners who are comfortable in the mountains and have trained hard. You must be mentally and physically prepared for long days (averaging 7 hours), challenging terrain, and adverse conditions. This is a team effort, not a race. The group stays together for safety, with faster runners waiting for others at key junctions. The terrain is wild: expect muddy, root-covered, slippery paths, with multiple river crossings.



A Taste of the Region

# The culinary journey

Costa Rican cuisine is mild and relies heavily on fresh fruit and vegetables. Expect hearty, simple meals like gallo pinto (rice and beans), chicken, and fresh fish when by the sea. Variety will be limited due to the remote nature of our route, but the authenticity is unparalleled we'll enjoy home-cooked meals with local families and even coffee from a jungle farm. Please bring your own preferred on-trail energy bars and snacks.



Know before you go

# Essential travel info

## Currency:

The official currency is the Costa Rican Colón (CRC), but US Dollars are widely accepted, especially for tourism.

## Language:

Spanish.

- **Good morning: Buenos días**
- **Hello: Hola**
- **Thank you: Gracias**
- **The national motto: Pura Vida**



## Safety:

The jungle is a demanding environment. Respect the wildlife, stay hydrated, and always follow your guides' expertise.

## Health Note:

We pride ourselves on the authenticity of our journey, which includes enjoying traditional, home-cooked meals in remote areas. As with any travel to new environments, maintaining good personal hygiene, such as keeping your hands clean, is the best way to stay healthy and fully enjoy the culinary experience.

## Insurance:

Comprehensive travel and medical insurance is compulsory for this trip.



# Essential Gear & Packing List

## On the trail

**Footwear:**

Two pairs of trail running shoes are highly recommended. You will get wet every day, and shoes may not dry overnight.

**Pack:**

A running vest/pack to carry water, essentials, and a waterproof layer.

**Waterproofing:**

Dry bags are essential for your pack to protect electronics and dry clothes.

**Clothing:**

On day one we might face lower temperatures due to high elevation. Quick-dry clothing is essential. Expect to be fully submerged during river crossings. Pack lightweight running gear.

**Protection:**

Robust insect repellent and high-factor sunscreen are non-negotiable.



## off the trail

**Luggage:**

One primary piece of luggage per person.

**Clothing:**

Flip flops, shorts and t-shirts will make it. Take just one long t-shirt which can be needed the first night in the jungle. Don't forget a pair of swimming costume and glasses.

**Personal:**

A personal first-aid kit, any personal medications, and a headlamp.



# Voices from the Trail

*"This trip really is one of a kind... be prepared to put in some hard work and you will be rewarded with some spectacular sights in such a beautiful country. Pablo really has crafted an amazing experience here with some unique home stays, an insight in to Costa Rican living, traditional food, jungle trails, refreshing swimming holes and much more."*

— Carl Murray, UK

*"I completed the 96.3-mile Costa Rican South Pacific Jungle running expedition. It was truly an amazing experience. The mountain running was very challenging and I recommend that you train hard. In the mountains there will be breathtaking views and you are guaranteed to meet friendly locals and eat delicious food along the way. If you are offered the opportunity to join a Noma trails adventure, take it... you will not be disappointed."*

— Steve Breese, USA

*"The group dynamic and support was amazing. I could never have imagined or prepared for what we experienced. The week was incredibly difficult (physically and mentally) but, because of that, also extremely rewarding."*

— Holly Chase, USA





# Your next step: **JOIN THE TRIBE**

Ready to take on the ultimate jungle running expedition and discover the wild heart of Costa Rica?

Spaces are strictly limited for this expedition.  
Secure your spot today.

## Have questions?

Visit our website for FAQs or email us directly at  
[info@nomatrails.com](mailto:info@nomatrails.com)

Follow our adventures on Instagram:  
[@nomatrails](https://www.instagram.com/nomatrails)