



The Costa Rica Canyoning Expedition: Autonomy and Teamwork

A Product of Wild Sky Guides and DROPS Canyoning S.L.

This 6-day intensive expedition is designed for intermediate canyoners, particularly those transitioning from arid or desert canyon environments, who wish to master the unique skills required for efficient, safe, and autonomous international aquatic canyoning. Under the guidance of a Wild Sky Instructor and local Costa Rican Guide, participants will transition from being followers to becoming highly functional, self-sufficient team members ready to tackle challenging canyons around the world.

Logistics & Pricing

| Detail | Specification |
|----------------|---|
| Dates | March 16th - 21st 2026: (5 Canyon days, 1 Dry Skills Day) |
| Price | \$1,200 USD per person |
| Team Ratio | Maximum 1:5 (Minimum Leadership Team: 1 Instructor, 1 Guide) |
| Location Focus | Bajos del Toro Costa Rica |
| Exclusions | Housing, local transportation, food, international flights, rescue insurance. |
| Accommodation | Group housing recommendations will be provided to facilitate cost-sharing and team bonding. |

Mandatory Travel Insurance with MedEvac Coverage

All participants are required to carry comprehensive international travel insurance that includes coverage for Emergency Medical Evacuation specifically for adventure sports like technical canyoning.

Prerequisites & Participant Profile

This course is **not** for first time canyoners. Participants must meet the following minimum requirements:

- **Experience:** Minimum of 10 canyon descents, including at least 2 technical flowing water/canyons (V3A2II minimum).
- **Rope Skills:** Proficiency in basic rappelling, rope management, and the use of a variable-friction descender.
- **Physical Fitness:** Ability to hike strenuously for multiple hours in hot/humid conditions while carrying a fully loaded pack, and ability to swim 50 meters in moving water for multiple days in a row.
- **Mindset:** Openness to learning expedition style behavior with a strong focus on skill development and team cohesion.

Course Curriculum & Daily Progression

The course follows a progression from dry skill refinement to complex, aquatic canyon scenarios, with daily workshops focused on expedition efficiency.

| Day | Focus Area | Daily Workshop | Canyon | Learning Objective |
|-------|--------------------------|---|--|--|
| Day 1 | Foundational Team & Gear | Harness & Rigging Efficiency: Detailed workshop on optimizing personal harness setup for aquatic environments (rapid changeover, device security, redundancy). Desert-to-Tropical Gear Swap. | Beginner Canyon: A short, low commitment canyon to introduce the feel of the rock and practice movement techniques. | Efficient Personal Rigging; Aquatic movement fundamentals. |
| Day 2 | Canyon Intel & Bolting | RopeWiki Research Deep Dive: Workshop on interpreting the RopeWiki grading system (especially the 'A' and 'V' ratings in relation to CR flows), reading | Intermediate Canyon Run: Focus on route finding, anchor assessment, and efficient, team focused, decision making. | Proactive research; Anchor assessment in high-wear environments. |

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| | | water flow beta, and identifying potential hazards (e.g., keepers, sieves) from limited beta. | | |
| Day 3 | Hydrology & Decision Making | Costa Rican Hydrology Workshop: Reading the watershed, recognizing flash flood indicators, understanding the local rain/runoff dynamics (Go/No-Go Decision Matrix). In-Canyon Exit Identification workshop. | Aquatic Canyon: A canyon with significant water features (swimming, slides) to teach movement in swiftwater. | Dynamic risk management; Reading flow rates; Advanced rope retrieval. |
| Day 4 | Dry Day: Anchor Installation and rigging for rescue | International Bolt Kit & Techniques: Workshop on building a compact, efficient international bolt kit for remote locations. Hands-on dry practice of | Skills Consolidation & Dry Practice: Focus on “clean rigging and multi-stage rappel progression techniques. | Emergency anchor knowledge; Efficient bolting logistics. |

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| | | placement, drilling, and resin/mechanical anchor installation techniques for tropical/aquatic rock. | | |
| Day 5 | Multistage Rigging & Group Flow | Pre-Trip logistical planning: Considerations for logistics, packing, car shuttle plans, and tips for talking to locals to get permission to pass through their land. | Challenging Vertical Canyon: The most technical canyon, focusing on efficient multistage rappel rigging and communication as a risk management tool. | Practicing efficient multistage rappel techniques. |
| Day 6 | Capstone Expedition | Pre-Trip Planning Simulation: Students lead all planning: weather check, gear selection, shuttle logistics, and risk analysis for the final canyon. | Capstone Canyon Descent: Student-led descent (under instructor supervision) demonstrating full team autonomy, efficiency, and safety. Final debrief and course conclusion. | Full autonomy; Expedition leadership; Flawless team efficiency. |

Potential Canyons

While the final selection will be based on water flow, weather, and group progression, the following canyons represent the challenging, technical environment we will be training in:

- **Gata Media**
- **Río Seco**
- **Gata Fiera**
- **Parismina**

Pre-Departure Logistics

In the months leading up to the expedition, we will host dedicated Google Meet sessions with the growing team. These sessions will focus on reviewing the Pre-Departure Gear Checklist, discussing specific gear choices for the tropical environment, and answering all logistics questions to ensure everyone arrives fully prepared and confident.

How to Sign Up

Due to the nature and high safety standards of this expedition, enrollment is by application only.

1. **Application:** Send your comprehensive **Canyoning Resume** to sam@wildskyguides.com detailing your experience (including canyon names, dates, and roles) along with a short explanation (approx. 200 words) of **why you want to join this specific expedition**
2. **Interview:** We will arrange a personal video conference to discuss your goals, experience, and fitness level.
3. **Acceptance:** We will notify you of your acceptance and send an invoice for course fees.