



**SEA KAYAKING  
COSTA RICA**  
G o l f o D u l c e

**Sea Kayaking Costa Rica**  
*Multiday Sea Kayaking | Golfo Dulce, Costa Rica*  
*US Line: (+1) 719-581-9891*  
CR: (506) 7018-1622 | CR: (+506) 2003-2010  
[www.seakayakingcostarica.com](http://www.seakayakingcostarica.com)  
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## 8-DAY CORCOVADO HIKING & SEA KAYAKING ADVENTURE

### START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
<b>DAY 1. A REP WILL MEET YOU AT SJO AIRPORT</b>	
<p>Today has been designated as your arrival day! You may arrive at any time on this day. A Sea Kayaking Costa Rica representative will meet you at San Jose International Airport (SJO) and take you to a conveniently located hotel, only a 10-minute drive from the airport. Here you'll have the chance to relax and unwind from your international travels.</p>	<p><b>Overnight stay at Country Inn &amp; Suites Hotel in San Jose</b></p> <p>No meals included today</p>
<b>DAY 2. MORNING TRAVEL TO OSA &amp; AFTERNOON SEA KAYAKING ORIENTATION PADDLE</b>	
<p>The day begins with a traditional Costa Rican breakfast including fresh fruit, rice and beans, and wonderful local coffee. Your guide-driver will meet you this morning and sweep you away on a beautiful drive from the Central Valley highlands down to the Osa Peninsula, along the Pacific coastline and the country's best and newest road. We will be driving by villages, rainforests, stunning coastlines, and traditional plantations. After a morning of travel, we will reach El Chontal Ecolodge, located right on the banks of the Golfo Dulce. After you settle down into your own wooden jungle cabin, we will serve a delicious lunch. Following lunch and brief rest, we'll meet for the kayak orientation &amp; gear fitting, followed by our first paddle of the trip, exploring the nearby mangrove forest</p>	<p><b>Overnight stay at El Chontal Ecolodge in Rincon de Osa</b></p> <p>Meals included today: Breakfast, Lunch &amp; Dinner</p>



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and coast. Dinner is served after sunset, in the lodge's family's house.

### **DAY 3. MORNING COASTAL PADDLE AND AFTERNOON VISIT TO A SUSTAINABLE COCOA FARM**

Before breakfast meet your guide and fellow paddlers for freshly made coffee (or tea) in El Chontal's Rancho, an ample wooden deck covered by a high ceiling. This is a wonderful area to rest, relax in the hammocks and read, observe nature, stretch, do yoga or simply socialize with your fellow kayakers over coffee. After breakfast at our host's home, we will paddle out of Rincon Bay, following the coast south around Punta Palmas, and reach the village of Playa Blanca. This is a 12 Km (7-mile) paddle that will take us by the Mangroves Forest of the Rincon River. Along our route, we will stop on deserted beaches for a rest, snack, or swim. This water trail is perfect for observing sea turtles and avian wildlife, in particular, vast colonies of beach-dwelling scarlet macaws. At Playa Blanca, we'll stay at Lapamar Ecolodge, a family-owned and operated property, offering spacious wooden cabins, each with a private bathroom. Our host will be serving our meals at the centrally located open rancho, starting with a freshly prepared lunch. After lunch, we will you'll be visiting a local organic farm where you will learn about their sustainable practices and sustainable crops. The visit however will focus on the farm's organic cacao crop (a.k.a. chocolate), where you will learn about the stages of the traditional production of delicious pure chocolate. The best part of the tour is tasting the organic fruit and chocolate fondue!

#### **Overnight stay at Lapamar Lodge in Playa Blanca**

Meals included today:  
Breakfast, Lunch &  
Dinner

### **DAY 4. DRIVE AND HIKE TO CARATE BEACH, AFTERNOON AT LEISURE AT A BEACHFRONT ECO-LODGE**

This morning, after breakfast at Lapamar your driver will take you to your next destination: Carate. On the way, you will stop in the town of Puerto Jimenez where you will do

#### **Overnight stay at La Leona Ecolodge in Carate Beach**



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some shopping for lunch for the next day\* and to drop off your excess luggage. Your destination is the incredible La Leona Eco Lodge only accessible within 45 minutes (either via beach walk or via forest trail). At La Leona you will be welcomed with a refreshing tropical drink, then a delicious lunch. Dinner is served after sunset. Tonight you will be sleeping in luxury tents on elevated platforms, with a private deck and sitting area offering splendid views. This property will serve as the staging area for the next portion of our expedition.

Meals included today:  
Breakfast, Lunch &  
Dinner

#### DAY 5. HIKE IN CORCOVADO NATIONAL PARK REACHING SIRENA RANGER STATION

This morning you will meet your Corcovado hiking guide who, after breakfast, will take you on your 3-day hike through 'the most biologically intense place on Earth'. From the Eco Lodge, we're just minutes (300 meters) away from 'La Leona' ranger station- the entrance to the park of parks. Depending on our pace and the tides, our final destination for today will be reached in 7 to 9 hours of hiking. As night falls over the jungle canopy, we gather for a welcoming dinner followed by a relatively early light-out for an interesting night's sleep. The station's sleeping area has individual bunk beds set on a wooden platform with a roof and open walls. This concept of open-air accommodations intensifies the experience of sleeping outdoors, including the inevitable nocturnal jungle sounds.

**Overnight stay at Sirena Ranger Station in Corcovado National Park**

Meals included today:  
Breakfast & Dinner

#### 6. DAY HIKE FROM SIRENA RANGER STATION

Once at the Sirena Ranger Station, your guide will take you on one of the 6 wildlife trails that surround Sirena Station. Your naturalist guide will help you spot as much

**Overnight stay at Sirena Ranger Station in Corcovado National Park**



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flora & fauna as possible while explaining about the animals, plants, and trees you see. At noon we'll be back at the station for delicious lunch and rest on the beautiful wooden deck looking over grassy fields, the jungle, and the ocean in the background. For the afternoon, you will be continuing the guided hiking, exploring the other trails for more natural encounters.

Meals included today:  
Breakfast, Lunch &  
Dinner

#### DAY 7. MORNING HIKE FROM SIRENA RANGER STATION & AFTERNOON FLIGHT BACK TO SAN JOSE

Waking up at dawn to the sounds of howling Monkeys, and tropical bird songs, you'll find yourself amid the most biologically intense place on Planet Earth. To take full advantage, your guide will encourage you to strap on your hiking shoes for a walk to the Sirena River at sunrise. A pretty magical experience before breakfast! After a hearty breakfast at the station, you will discover & learn even more about Corcovado as you explore the remaining trails. Late morning we will head over to Sirena Beach to board our boat and ride back to Puerto Jimenez flight to San Jose and back to the Country Inn and Suite

**Overnight stay at  
Country Inn & Suites  
Hotel in San Jose**

Meals included today:  
Breakfast

#### DAY 8. INTERNATIONAL DEPARTURE DAY OR EXTEND YOUR STAY IN COSTA RICA

We have arranged for your transportation to the airport in time for your flight home or continue to enjoy more of Costa Rica with one of our trip extensions.

**N/A**  
Meals included today:  
Breakfast

### END OF YOUR ITINERARY

- Pick up times and other details confirmed by guide upon arrival briefing -



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The **8-Day Corcovado Hiking and Sea Kayaking Adventure** is priced at USD \$ **2685** per person. Pricing is based on double occupancy and includes all taxes and fees, including the mandatory 13% value-added tax stipulated by the Costa Rican government.

If you are a single traveler or prefer not to share accommodation, a single supplement fee of USD \$250 is charged with the final balance. For bookings, please be sure to contact our office. This way, we can check availability,

### **Included in Trip Cost**

- All activities and equipment as outlined in the itinerary
- The expertise and services of our experienced adventure guides
- Additional regional guides and local experts, if applicable
- Comprehensive Trip Planner with detailed pre-trip information
- 9 nights of accommodation
- Meals, as outlined in the itinerary
- All ground transportation as outlined in the itinerary
- Domestic flight from Puerto Jimenez to San Jose

### **Not Included in Your Trip Cost**

- International flights to and from Costa Rica
- Alcoholic beverages (Sea Kayaking Costa Rica provides wine at select events)
- Single supplement (\$250)
- Travel Protection Program
- Personal expenses
- Gratuities for Sea Kayaking Costa Rica guides

**Reservations** A down payment is required at the time of reservation. We charge a down payment of \$500 per person and the balance **30 days** prior to your arrival date. Please note that this payment is not refundable, as it is destined to cover national park fees, and in turn, they do not refund or change dates or names. We accept all major Credit Cards, International Bank Wire Transfers and *PayPal* payments. **Once a participant is ready to submit their payment, they can contact us directly so we can send them a secure payment link.** We offer a 5% discount for bank wire payments. If so, we will send you our bank details by email.



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Upon receiving your deposit, your booking is secured. You will receive a booking confirmation email as well as a **Costa Rica Useful Travel Tips Document**, **Suggested Packing List**. You also receive a link to our **Survey Form** for you to complete and submit online.

**Meeting Place & Time:** For travelers arriving on day 1, a Sea Kayaking Costa Rica representative will meet you at the Juan Santamaria International Airport in San Jose (SJO) and provide a transfer to our hotel.

**After Your Trip:** On the final day of your trip, you will be transferred to the international airport of SJO 3 hours before your outbound flight departure time. Travelers who wish to continue their journey in Costa Rica can have their transfer to their next destination arranged by Sea Kayaking Costa Rica for an additional cost.

**Pre- and Post-Trip Accommodations:** This trip includes hotel accommodation, ecolodge accommodation and glamping for each of the 7 nights. If you plan to arrive early or stay late, please contact our office for booking pre-or post-trip accommodation. We recommend you make reservations well in advance in order to guarantee lodging.

**For information regarding cancellations, please refer to [Sea Kayaking Costa Rica Terms and Conditions](#)**

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