



**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
contact@seakayakingcostarica.com

8-DAY GOLFO DULCE LODGE-BASED SEA KAYAKING TRIP

START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
DAY 1. A REP WILL MEET YOU AT SJO AIRPORT	
<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>Overnight stay at Country Inn & Suites Hotel</p> <p>No meals included today</p>
DAY 2. SEA KAYAKING ORIENTATION AND PADDLE	
<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</p>	<p>Overnight stay at El Chontal Ecolodge in Rincon de Osa</p> <p>Meals included today: Breakfast, Lunch & Dinner</p>



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kayak orientation & gear fitting, followed by our first paddle of the trip, exploring the nearby mangrove forest and coast. Dinner's served after sunset, in the lodge's family's house.

DAY 3. MORNING COASTAL PADDLE, STOPPING ALONG THE WAY

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 beautiful area to rest, relax in the hammocks and read, observe nature, stretch, do yoga, or socialize with your fellow kayakers over coffee. After breakfast, you'll take a short drive to the Playa Blanca to start a 12 Km (7.5 miles) trip down the coast back to the lodge. Your guide(s) will set some time aside to watch the Scarlet Macaws that this beach is famous for. The plan is to return to the base lodge in time for 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 El Chontal Ecolodge in Rincon de Osa

Meals included today:
Breakfast, Lunch & Dinner

DAY 4 - EXPLORING THE OTHER SIDE OF THE GULF

Yet another beautiful morning on the Golfo Dulce with its many tropical birds and sunrise over the water just a few steps from your cabin. Today, you will explore the Esquinas River on the other side of the Gulf. Our motorboat will take us up the river and drop us off. Then, with the help of the gentle currents, you'll float/paddle out again to the river mouth, from where we ride the motorboat back to the lodge. After this full day, we will enjoy well-deserved cold drinks on the boat ride. This

Overnight stay at El Chontal Ecolodge in Rincon de Osa

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afternoon, you'll visit a local family's forest property, famous for its abundance of sloths. We will walk for 2 hours on their forest trails, looking for these iconic creatures and other wildlife. This evening, we will have a delicious dinner after sunset.

DAY 5- SET OFF IN OUR KAYAKS TO REACH THE MOGOS ISLES

After a delicious coffee and breakfast, jump in your kayak's cockpit and set off for the Mogos Isles. This journey is one of the prime opportunities to spot dolphins and other marine life. This is also the final and longest paddling stretch of the trip. On this journey, you will paddle emerald-green waters along a rainforest-lined coast. On route, you will stop on beautiful deserted beaches. Upon arriving at our destination, you will enjoy a well-deserved lunch. After lunch, you'll ride back to the lodge by motorboat. The afternoon is at leisure.

Overnight stay at El Chontal Ecolodge in Rincon de Osa

Meals included today:
Breakfast, Lunch &
Dinner

DAY 6 – DRIVE ALONG THE PACIFIC COAST TO REACH THE NEXT LODGE

This morning, after breakfast, you will say goodbye to Jorge and Azucena, our lovely local hosts at El Chontal Ecolodge. Your next location is "Beso de Viento," an ocean-side Boutique Lodge. To get there, you will take a picturesque drive along the coast, first witnessing some amazing views of the Golfo Dulce, then beautiful stretches of forest, coastline, pasture, agriculture, and villages. On the drive, you'll stop to see the Stone Sphere of Diquis. These mysterious rock spheres are part of the legacy of ancient Costarrican society and have been designated as UNESCO World Heritage. After a little more driving, we will stop for lunch and then carry on to reach our beautiful beach location.

Overnight stay at Beso de Viento Boutique Lodge in Parrita

Meals included today:
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<p>On this day, we will continue our travels in our comfortable air-conditioned van, heading to San Jose and stopping for lunch and souvenirs on the way. By mid-afternoon, we will reach the Country Inn and Suites hotel. You will join your fellow travelers and your guide for dinner tonight.</p>	
DAY 7. TAKE A SCENIC DRIVE BACK TO SAN JOSE	
<p>On this day, we will continue our travels in our comfortable air-conditioned van, heading to San Jose and stopping for lunch and souvenirs on the way. By mid-afternoon, we will reach the Country Inn and Suites hotel. You will join your fellow travelers and your guide for dinner tonight.</p>	<p>Overnight stay at Country Inn and Suites</p> <p>Meals included: Breakfast</p>
DAY 8. DEPARTURE DAY	
<p>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.</p>	<p>N/A</p> <p>Meals included: Breakfast</p>
<p style="text-align: center;">END OF YOUR ITINERARY</p> <p style="text-align: center;">- Pick up times and other details confirmed by guide upon arrival briefing -</p>	

Our **8-Day Golfo Dulce Lodge-Based Sea Kayaking Trip** is priced at USD \$3000 / person, based on double occupancy. This price 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 \$300 is charged with the final balance. For bookings,



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please be sure to contact our office. This way, we can check availability. These prices are final and include all taxes and fees.

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
- Seven 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 (\$300)
- 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. 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.

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** 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.



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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 and eco-lodge accommodation. Please contact our office to book pre- or post-trip accommodation if you plan to arrive a day or two early or an extra day after the trip. We recommend you make reservations well in advance to guarantee lodging.

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

[BACK TO TRIP WEBPAGE](#)



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[END OF DOCUMENT]