



**SEA KAYAKING
COSTA RICA**
MULTI-DAY SEA KAYAKING ADVENTURES

📞 US & Canada: 719-212-5331
📞 CR: (+506) 4080-3803
✉ info@seakayakingcostarica.com
🌐 www.seakayakingcostarica.com

7-DAY TORTUGUERO KAYAKING TRIP

START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
DAY 1. A SEA KAYAKING COSTA RICA REP WILL GREET YOU AT SJO AIRPORT	
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 (S.J.O.) and provide transportation 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. You can enjoy dinner at the hotel restaurant or local eateries just a minute's walk from your hotel.	Overnight stay at Country Inn & Suites Hotel in San Jose. No meals included today
DAY 2. TRAVEL TO TORTUGUERO & INTRODUCTORY PADDLE	
Early this morning, your guide will sweep you away on a beautiful drive to the Northern Lowlands. You'll first drive by the breathtaking Braulio Carrillo National Park, roadside villages, a major town, and banana fields to eventually reach La Pavona, a tiny river port on the 'end of the road' in the Caribbean Lowland Plain. After a motorboat ride, we will reach Manatus Hotel on the edge of Tortuguero National Park, on a narrow strip of land	Overnight stay at Manatus Hotel in Tortuguero Meals included today: Breakfast, Lunch & Dinner



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between jungle canals. After settling into your cozy and comfortable hotel room, we will serve a delicious lunch.

Following lunch and a brief rest, you'll meet your guide(s) for a kayak orientation and fitting, followed by your first paddle of the trip. You will fine-tune your equipment on this first paddle and explore the forest-lined canals. Dinner is served after sunset in the hotel's restaurant.

DAY 3. EXPLORE CANALS BY KAYAK & HIKE CERRO TORTUGUERO

Are you an early riser? This morning or any of the following days, join your guide for coffee and birdwatching on the hotel grounds before breakfast.

After breakfast, we pack our kayaks with hiking shoes and other necessities. Our destination is Cerro Tortuguero, a dormant volcanic formation that starkly contrasts the predominantly flat terrain of the surrounding lowland rainforest and wetlands.

Tortuguero is known for its incredible biodiversity, and our stealthy kayaks allow us to encounter various wildlife, including monkeys, sloths, turtles, and numerous bird species.

Upon landing, we start our traverse by foot to reach the summit of Cerro Tortuguero, which provides panoramic views of the surrounding landscape, including the Caribbean Sea and the extensive network of canals.

Following lunch and a brief rest, we'll meet for a guided walk to the local village. Dinner is served after sunset in the hotel's restaurant.

**Overnight stay at
Manatus Hotel in
Tortuguero**

Meals included today:
Breakfast, Lunch &
Dinner

DAY 4. PADDLE THE CANALS OF TORTUGUERO NATIONAL PARK

This morning, backed by a local boat captain and his support boat, we will embark on a paddle to reach some of the more remote sections of Tortuguero National Park. Today's water trails are narrow, calm, and lined with dense tropical vegetation, including towering trees, bizarre roots, oversized

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palms, and vibrant tropical fruits and flowers. Surrounded by a thick tropical rainforest, we will look for wildlife.

After our morning paddling session, we will return to our familiar Manatus Hotel by motorboat, arriving by midday. This afternoon, we will visit the Sea Turtle Conservancy and learn about local conservation efforts.

We will have some R&R time before dinner this evening.

Meals included today:
Breakfast, Lunch &
Dinner

DAY 5. EXPLORE THE REMOTE LAGUNA 4

This morning, backed by our captain and his support boat again, we will embark on a paddle through a beautiful canal and then an inlet to reach Laguna 4 (Lagoon # 4). This is the longest paddling stretch of the trip. If paddlers become tired, they can hop on our support boat.

Upon arriving at Laguna 4, we will walk the nearby rural community and a quaint farm nestled along the picturesque Caribbean coastline. There, you will meet a local family who will give you a glimpse into local life and share some of their traditional cuisine prepared over their wood stove.

After lunch, we will return to our familiar Manatus by motorboat, arriving by midday for some R&R time before dinner this evening.

As Above

**Overnight stay at
Manatus Hotel in
Tortuguero**

DAY 6. TRAVEL BACK TO SAN JOSE

This morning, after breakfast, we will say goodbye to our hosts at Tortuguero and begin our journey back to San Jose. We'll start with a motorboat ride, followed by a van trip, stopping for lunch and driving over the Central Volcanic Mountain Range. Once we arrive in San Jose, the rest of the afternoon will be free for leisure. You can relax, enjoy the hotel's amenities, and explore nearby restaurants.

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

Meals included today:
Breakfast & Lunch



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DAY 7. DEPARTURE DAY OR EXTEND YOUR STAY IN COSTA RICA

We have arranged for your transportation to the airport so that you will be on time for your flight home. All good things must come to an end. Over the past seven days, you've experienced some of the best paddling adventures Costa Rica has to offer. You will take home great memories, amazing photographs, likely some coffee, and a huge Tico smile!

N/A

Meals included today:
Breakfast

END OF YOUR ITINERARY

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

The **7-Day Tortuguero Kayaking Trip** costs **USD 2800** 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 **USD 450** single supplement fee is charged with the final balance.

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
- Six nights of accommodation
- Meals, as outlined in the itinerary
- All ground transportation as outlined in the itinerary

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 (\$450)
- Travel Protection Program
- Personal expenses
- Gratuities for Sea Kayaking Costa Rica guides



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Reservations

A down payment is required at the time of reservation. We charge a down payment of \$500 per person and the balance **45 days before** your arrival date. We accept all major Credit Cards, International Bank Wire Transfers, and *PayPal* payments.

To book your trip, you can click: [BOOK NOW](#). For questions and to book your trip, you may contact our office via email at: contact@seakayakingcostarica.com or call our US & Canada Line: [\(+1\) 719-212-5331](tel:+17192125331).

Your booking is secured upon receiving your deposit. You will receive a booking confirmation email, a **Costa Rica Useful Travel Tips Document**, and a **Suggested Packing List**. You will 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 (S.J.O.) 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 S.J.O. 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 and ecolodge accommodations. Don't hesitate to 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](#)