



10-DAY LODGE-TO-LODGE GOLFO DULCE SEA KAYAKING TRIP

START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
DAY 1. A SEA KAYAKING COSTA RICA REP WILL MEET 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 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.	Overnight stay at Country Inn & Suites Hotel in San Jose. No meals included today
DAY 2. SEA KAYAKING ORIENTATION AND PADDLE The day begins with a traditional Costa Rican breakfast, including fresh fruit, rice and beans, and excellent local coffee. Your guide 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 drive 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 settling into your wooden jungle cabin, we will serve a delicious lunch. Following lunch and a brief rest, we'll meet for the kayak orientation & gear fitting, followed by our first paddle of the trip, exploring the nearby mangrove forest and coast. Dinner is served after sunset in the lodge's family's house.	Overnight stay at El Chontal Ecolodge in Rincon de Osa. Meals included today: Breakfast, Lunch & Dinner



DAY 3. EXPLORING THE RINCON RIVER MANGROVE AND VISITING A COCOA FARM

This morning, after breakfast, we will hop on our kayaks and explore the channels of the Rincon River. The Rincón River winds its way to the Golfo Dulce region on the Osa Peninsula, carving through dense mangrove forests, offering many avian wildlife viewing opportunities. We plan to arrive back at the lodge in time for lunch.

In the afternoon, after a bit of downtime (siesta), we take a short drive to visit an organic farm. There, we will learn about its tropical flowers, trees, and fruits, with a focus on the Cacao plant. We might even taste some chocolate treats at the end of the tour. After the chocolate tour, we will be back at the lodge for a drink accompanied by some appetizers before dinner.

Overnight stay at El Chontal Ecolodge in Rincon de Osa.

Meals included today:
Breakfast, Lunch & Dinner

DAY 4. COASTAL PADDLING THE ALONG RAINFOREST-LINED COAST TO REACH A SECRET BEACH

We will paddle to 'Playa Palmita Real,' about 13 Km (8 miles). There is an interesting little "village" in the rainforest where you will see how the locals enjoy their surroundings. We'll take a well-deserved break to enjoy lunch on the beach here. After lunch, we'll ride back to the lodge by motorboat.

Overnight stay at El Chontal Ecolodge in Rincon de Osa.

Meals included today:
Breakfast, Lunch & Dinner

DAY 5. PADDLE TO OUR NEXT LODGE, STOPPING ALONG THE WAY

This morning, after another glorious breakfast at our host's home, we'll pack up to continue on our circumnavigation of the northwest portion of the Sweet Gulf. We will put on the water paddling out of Rincon Bay, following the coast south around Punta Palmas, and reach the village of Playa Blanca. This 14 Km (8.7 miles) paddle 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 sea turtles and avian wildlife,

Overnight stay at Lapamar Lodge in Playa Blanca

Meals included today:
Breakfast, Lunch & Dinner



mainly vast colonies of beach-dwelling scarlet macaws. On route, we will take a detour and explore the mangrove forest of Barrigones Creek; this is a prime location for spotting wildlife, including coatis, monkeys, squirrels, and sloths.

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 serve our meals at the centrally located open rancho, starting with a freshly prepared lunch. This afternoon, we will walk in the nearby rainforest and village. We will also look for a sloth on trees by the beach, as this is a great place to find them. Dinner is prepared with fresh local ingredients and is served right after sunset.

DAY 6. DAY VISIT TO CORCOVADO NATIONAL PARK

On this special day, we will take a break from paddling and embark on a unique journey to Corcovado National Park, the crown jewel of the Costa Rican National Park System.

After a 20-minute drive to Puerto Jimenez, we will embark on a 25-minute boat ride that will have us exit the Golfo Dulce. Upon entering the open Pacific Ocean, you will travel another excellent hour along the shores of the Osa Peninsula until we reach the heart of Corcovado National Park. Once at the Sirena Ranger Station, your knowledgeable naturalist guide will lead you on one of the six wildlife trails surrounding Sirena Station. Your guide's expertise will help you spot as much flora & fauna as possible while explaining about the animals, plants, and trees you see. At noon, you'll return to the station for a delicious lunch and rest on the beautiful wooden deck looking over grassy fields, the jungle, and the ocean in the background.

After lunch, you will continue the guided hiking, exploring the other trails for more natural encounters. We will head to Sirena Beach early in the afternoon to board our boat, ride back to Puerto Jimenez, and then drive back to Lapamar Lodge. In the late afternoon, you

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

Meals included today:
Breakfast, Lunch &
Dinner



can enjoy the beach or relax in your private cabin; dinner is served after sunset.

DAY 7. SUNRISE PADDLE, CROSSING THE CALM GULF AND ALONG THE COAST TO REACH OUR NEXT LODGE

Early this morning, our host, Don Alvaro, will brew fresh coffee for us and prepare a hearty breakfast to fuel our 14 km-long (8.7 miles) stretch to Playa Balina. The glass-like conditions of Golfo Dulce will provide great opportunities to spot both pantropical and bottlenose dolphins! Upon landing on the other side of the Gulf, we'll take a well-deserved break and then continue 4 miles (6 km) to reach Playa San Josecito and Playa Nicuesa Rainforest Lodge.

After settling into our comfortable room, a delicious lunch is served. After our meal, you may relax or join us for a guided walk on the trails leading into the primary rainforest. At 5 o'clock, meet at the communal lounge and dining area. You can pair those with the complimentary fresh fruit juices or order a cold beer or wine. Dinner is served after we've witnessed a colorful sunset over the Golfo Dulce. After dinner, you'll enjoy a well-deserved night's rest, immersed in the sound of the rainforest cacophony.

Overnight stay at Nicuesa Ecolodge in Piedras Blancas National Park.

Meals included today:
Breakfast, Lunch & Dinner

DAY 8. LAYOVER AT PLAYA NICUESA RAINFOREST LODGE

This is a layover day; after a delicious breakfast, the morning will be at leisure.

In the afternoon, we will paddle the Rio Esquinas Mangrove Estuary, a slow-moving river, spotting wildlife, admiring some of the tallest red mangroves in the world, and exploring narrow, small channels.

As Above

Meals included today:
Breakfast, Lunch & Dinner



DAY 9. PADDLE ALONG THE EASTERN SHORE OF THE GULF, REACHING GOLFITO, & FLY BACK TO SAN JOSE

After a delicious coffee and breakfast, we will say 'hasta la vista' to our hosts at Nicuesa and set off for Golfito. We will follow the gentle curve of the coastline, with lush green hills and mangrove-lined edges in view.

As we near Golfito, the scenery subtly shifts. The dense jungle remains, but small docks, fishing boats, and colorful homes begin to dot the shoreline. We will land at the public at a quiet beach near the southern end of town. cGolfito feels like a sleepy, tropical port town hidden from time. After your paddle, we will change and have lunch.

After lunch, we will head for the airstrip in Golfito, where your pilot will fly back to the Central Valley on a 50-minute scenic flight along the Pacific Coast. Upon landing in San Jose, a Sea Kayaking Costa Rica representative will meet you at the airport and provide transportation to a nearby hotel. The rest of the afternoon is designated for leisure, where you can relax and take advantage of the hotel's amenities and nearby restaurants.

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

Meals included today:
Breakfast & Lunch

DAY 10. DEPARTURE DAY OR EXTEND YOUR STAY IN COSTA RICA

All good things must come to an end. Over the past ten days, you've experienced some of the best paddling adventures Costa Rica offers. You will take home great memories, amazing photographs, likely some coffee, and a huge Tico smile!

We have arranged for your transportation to the airport so that you will be on time for your flight home.

N/A

Meals included today:
Breakfast



END OF YOUR ITINERARY

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

The **10-Day Lodge-to-Lodge Golfo Dulce Sea Kayaking Trip** is priced at USD 3700 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. Single supplement is US\$500 (limited 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
- Nine nights of accommodation
- All meals, except on trip day 1 and dinner on Day 9
- All ground transportation as outlined in the itinerary
- Domestic flight from Golfito to San Jose

Not Included in Your Trip Cost

- International flights to and from Costa Rica
- Alcoholic beverages
- Single supplement (\$500)
- Travel Protection Program
- Personal expenses
- Gratuities for Sea Kayaking Costa Rica Trip Leader, regional guides, and local experts (if applicable)

Reservations

A down payment of \$1000 per person is required at the time of reservation, with the balance due 45 days prior to 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](#)

If you wish to use PayPal, contact us for details. For questions and to book your trip, you may contact our office via email at: contact@seakayakingcostarica.com or call our US & Canada Line: [\(+1\) 719-315-7707](tel:+17193157707)

Your booking is secured upon receiving your deposit. You will receive a booking confirmation email, a Costa Rica Useful Travel Tips Document, a Suggested Packing List, and our Survey Form to complete and submit online. The final balance is due 45 days before the trip commencement date.



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 accommodations 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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