



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

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# JAMES MANKE'S INSTRUCTIONAL 8-DAY LODGE-TO-LODGE GOLFO DULCE SEA KAYAKING TRIP

November 7th – 14th, 2026

## START OF YOUR ITINERARY

DESCRIPTION/ACTIVITY	LODGING & MEALS
<b>DAY 1. A SEA KAYAKING COSTA RICA 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 (S.J.O.) and take you to a conveniently located hotel only a 10-minute 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. SEA KAYAKING ORIENTATION AND PADDLE</b>	
<p>The day begins with a traditional Costa Rican breakfast, including fresh fruit, rice and beans, and excellent 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 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</p>	<p><b>Overnight stay at El Chontal Ecolodge in Rincon de Osa.</b></p> <p>Meals included today: Breakfast, Lunch &amp; Dinner</p>



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.

### DAY 3. EXPLORING THE OTHER SIDE OF THE GULF & AFTERNOON INSTRUCTION

It is 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 afternoon we be allocated to instruction, covering the differences between Greenland paddles, primary strokes with your Greenland paddle, and primarily, unlocking the power of your Greenland paddle.

Dinner is prepared with fresh local ingredients and is served right after sunset.

#### **As Above**

Meals included today:  
Breakfast, Lunch &  
Dinner

### DAY 4. PADDLE TO OUR NEXT LODGE, STOPPING ALONG THE WAY

After another glorious breakfast at our host's home this morning, we'll pack up to circumnavigate the northwest portion of the Sweet Gulf, the calmest and most beautiful of this body of water. 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 12 Km (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 observing sea turtles and avian wildlife, mainly 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

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

Meals included today:  
Breakfast, Lunch &  
Dinner



with a private bathroom. Our host will serve our meals at the centrally located open rancho, starting with a freshly prepared lunch. Depending on the tides, we'll paddle out again in the afternoon, visiting the nearby mangrove of Barrigones Creek. This is a prime location for spotting wildlife, including coatis, monkeys, squirrels, and sloths. If the tide is not right, we will walk in the nearby rainforest and village. Dinner is prepared with fresh local ingredients and is served right after sunset.

#### DAY 5. INSTRUCTION DURING LAYOVER AT PLAYA BLANCA

This is a layover day at Playa Blanca and the day will be allocated to rolling instruction.

Learning to roll a kayak is one of the most rewarding experiences as a kayaker. The ultimate goal is to have a consistent roll that requires little effort and is done with ease! James Manke will guide you through the physics of rolling a kayak. Learn a reliable lay back sweep roll, likely one of the most common sea kayak rolls. The first hour will be spent on-land discussing the physics of rolling followed by a demo and a couple of hours in the water working in pairs. By pairing up this allows each student to get a chance to also learn how to teach which is a great way to retain information!

#### **As Above**

Meals included today:  
Breakfast, Lunch &  
Dinner

#### 6. SET OFF IN OUR KAYAKS TO REACH THE MOGOS ISLES

Early this morning, our host, Don Alvaro, will brew fresh coffee for us and prepare a hearty breakfast to fuel our 15 km-long (9-mile) stretch to 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.

After a well-deserved break at the Isles, we'll continue crossing the Golfo Dulce, surrounding Punta Rincón, and reaching the familiar El Chontal Ecolodge. After today's amazing last and longest paddling stretch, we'll wash up and enjoy the last homemade lunch at El Chontal. After lunch, we will visit a local

#### **Overnight stay at El Chontal Ecolodge in Rincon de Osa.**

Meals included today:  
Breakfast, Lunch &  
Dinner



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organic farm to learn about their sustainable practices and crops. The visit, however, will focus on the farm's organic cacao crop, and we will learn about the stages of the traditional production of delicious high-percentage chocolate. The best part of the tour is tasting the organic fruit and chocolate fondue!

### DAY 7. TAKE A SCENIC FLIGHT BACK TO SAN JOSE

This morning, after breakfast, we will head for the airstrip in Puerto Jimenez, 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, take advantage of the hotel's amenities and nearby restaurants, or explore downtown San Jose on your own.

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

Meals included today:

Breakfast

### DAY 8. 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 offers. 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 -



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The **James Manke's Instructional Day Lodge-to-Lodge Golfo Dulce Sea Kayaking Trip** is priced at **USD 3289** 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 350 single supplement fee is charged with the final balance. For bookings, please be sure to contact our office so we can check availability.

### Included in Trip Cost

- All activities, instruction, 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 (\$350)
- 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 before** 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.

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.



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

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Version 2024.08.15

