



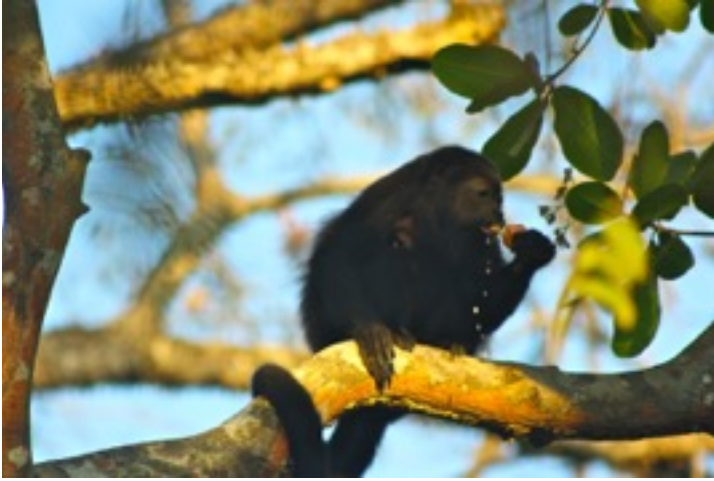
## Sea Kayaking Costa Rica's Golfo Dulce



Travel with us to the most remote and wild region of Costa Rica, the Osa peninsula, Corcovado National Park, home to the highest concentration of bio-diversity in Costa Rica and Golfo Dulce. With over 13 major eco-systems one cannot help but be in awe of the beauty this area has to offer - monkeys, sea turtles, butterflies, over 400 species of birds, six feline species and so much more. Separating the Osa peninsula to the mainland is the Golfo Dulce, one of four tropical fjords in the world, home to humpback whales, dolphins, and other marine life. Secluded beaches and an amazing tropical rainforest blanket the bay providing sanctuary to the vast array of flora and fauna of the region. Snorkeling, kayaking, hiking, nature walking, birding are all activities to be enjoyed on a visit to this paradise. Our accommodations for the adventure provide wonderful freshly prepared meals, cozy rooms, and plenty of places to relax and be surrounded by nature.

## Trip Highlights:

- Opportunities to explore Piedras National Park, a 30,000 acre virgin rainforest supporting a huge diversity of flora and fauna



- Kayaking, snorkeling, and swimming the turquoise waters of Golfo Dulce, one of four tropical fjords in the world, recognized by National Geographic as one of the ocean's 20 wildest places

- Paddling through mangroves and estuaries that thrive along the edge of the Golfo Dulce providing shelter and critical habitat for marine life as well as waterfowl

and mammals.

- Tour an organic farm sampling fresh locally prepared produce and chocolate made on premises from the cacao tree.

- Relaxing stays at several eco-lodges situated in the heart of this nature lover's paradise

## March 26 - April 2, 2023

Golfo Dulce Itinerary

B: Breakfast | L: Lunch | D: Dinner



**DAY 1** (March 26) - Flight to San Jose (SJO) Costa Rica; stay at local accommodations.

**DAY 2** (March 27) - After breakfast, we will catch a domestic flight to Puerto Jimenez in the southern part of Costa Rica. This is about a 1 hour flight offering a bird's eye view of its Pacific coastline and dramatic mountainous landscape. Upon arrival we will be met by our local partner, to be transferred by boat to Saledero Ecolodge, a beautiful waterfront property surrounded by rainforest and tropical

gardens, Once settled in we'll get acquainted with the kayaks as we enjoy our first paddle in on the turquoise tropical waters of the gulf. (B, L, D)

**DAY 3** (March 28) - Wake up to the sounds of birds, enjoy a local breakfast and then its off to explore the hiking trails in Piedras National Park, with lots of opportunities to spot 4 different species of monkeys, exotic birds, and more. There is so much to experience here and today we will have time to explore this area on foot, on the water or if you want zip-lining through the rainforest.  
Overnight@ Saladero Ecolodge (B,L,D)

**DAY 4** (March 29) - Get your cameras ready for today's paddle across the Golfo Dulce will provide the possibility to see dolphins, whales, pelicans and other aquatic bird as we make our way over to Playa Blanca a beautiful secluded white sand beach on the eastern side of the Osa peninsula frequented often by the Scarlet macaws, and other tropical birds. Our accommodations for the evening will be at the Lapamar Lodge.  
Swim & Rainforest hike. (B,L,D)

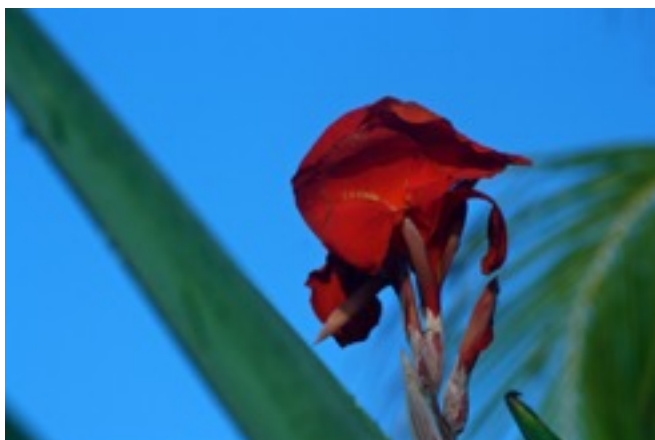
**DAY 5** (March 30) - We'll mix things up a bit today with a Jungle Safari & Coastal Paddling with opportunities to spot wildlife along the way, have opportunities to swim and do some river paddling as we head to Rincon and our next overnight accommodation, El Chontal Ecolodge. (B,L,D)

**DAY 6** (March 31) - In addition to the golden beaches that blanket the Goffo Dulce, you'll have an opportunity today to paddle the mangrove estuaries teeming with marine life and tropical birds. Keep your eyes open for river otters, seahorses, and waterfowl who thrive in this ecosystem. And to top of the day, enjoy a tour of an organic farm and chocolate plantation. Overnight@ El Chontal Ecolodge. (B,L,D)

**DAY 7** (April 1) - Today you'll visit the Mogos Islands, a small group if islands just off shore of the National Park. eKick back and enjoy some R&R on the island, swim or snorkel around the perimeter and then glide over the tranquil waters back to Saledero Lodge for our final night on the Golfo Dulce.  
Overnight@ Saladero Ecolodge, (B,L,D).

**DAY 8** (April 2) - R&R in the morning  
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Boat transfer to Puerto Jimenez or Golfito and flight back to San Jose International airport. Late day flight back to US. (B)



**Price: \$3750 per person**

**Price Includes:**

- 7 nights accommodations
- Meals as noted on itinerary
- Kayaks and related equipment
- Kayak Safety and rescue equipment
- Boat transfers once in Puerto Jimenez
- On-water safety and leadership by Cathy Piffath and our Costa Rican guide

**Not Included:**

- International flight
- Travel and medical insurance
- Any costs incurred due to flight delays/cancellations
- Gratuities
- Fees for optional activities