

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

Feb 11 - 18 in 2024
July 29 - August 5 in 2024

| DESCRIPTION/ACTIVITY | LODGING & MEALS |
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| 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 Region X Sea Kayaking 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</p> | <p>Overnight stay at El Chontal Ecolodge in Rincon de Osa</p> <p>Meals included today: Breakfast, Lunch & Dinner</p> |

meet for the 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. PADDLE TO OUR NEXT LODGE, STOPPING ALONG THE WAY

This morning after another glorious breakfast at our host's home, we'll pack up for our 4-day 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 is a 12 Km (7 mile) paddle that 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, in particular, 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 with a private bathroom. Our host will be serving our meals at the centrally located open rancho, starting with a freshly prepared lunch. In the afternoon, depending on the tides, we'll paddle out again 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 take a walk in the nearby rainforest and village. Dinner is prepared with local fresh ingredients and is served right after sunset.

Overnight stay at Lapamar Lodge in Playa Blanca

Meals included today: Breakfast, Lunch & Dinner

DAY 4. SUNRISE PADDLE, CROSSING THE CALM GULF

Early this morning, our host, Don Alvaro, will brew fresh coffee for us and prepare a hearty breakfast so we are fueled up for our 14 km-long (8.7 mile) stretch to Saladero. The glass-like conditions of Golfo Dulce will provide great opportunities to spot both the

Overnight stay at Saladero Ecolodge in Piedras Blancas National Park

pantropical and bottle-nose dolphins! Upon landing on the other side of the Gulf, we'll settle in our cozy glamping cabins. "Glamping" which stands for glamorous camping consists of large sturdy tents on an elevated platform, featuring real beds and comfortable mattresses (with immaculate bedding provided). After settling in, 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 we will enjoy hors d'oeuvres served at the Beach House (the communal lounge and dining area). You can pair those with the complimentary fresh fruit juices or order yourself a cold beer or a glass of 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.

Meals included today:
Breakfast, Lunch & Dinner

DAY 5. LAYOVER AT SALADERO ECOLOGDE

This is a layover day, after a delicious breakfast, rest and relax all day or join us in one of the below activities, if not do them all.

- Exploring the Rio Esquinas Mangrove Estuary – Join your guide on an exploration of many of the small channels leading into the forest of some of the largest red mangroves in the world
- Snorkeling – only 15 minutes away by kayak there is a coral reef and beautiful beach
- Swimming – the warm and calm waters in front of the lodge are perfect for swimming
- Explore the rainforest - walk on the trails leading into the primary rainforest.

Overnight stay at Saladero Ecolodge in Piedras Blancas National Park

Meals included today:
Breakfast, Lunch & Dinner

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

After a delicious coffee and breakfast we will say 'hasta la vista' to our hosts at Saladero Ecolodge, and set off for the Mogos Isles, this is one of the prime opportunities to spot dolphins and other marine life.

Overnight stay at El Chontal Ecolodge in Rincon de Osa

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 be visiting a local organic farm where we will learn about their sustainable practices and sustainable crops. The visit however will focus on the farm's organic cacao crop, 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!

Meals included today:
 Breakfast, Lunch &
 Dinner

DAY 7. TAKE A SCENIC FLIGHT BACK TO SAN JOSE

This morning after breakfast you 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, we provide transportation to a nearby hotel. The rest of the afternoon is designated for leisure where you are free to relax, take advantage of the hotel's amenities and nearby restaurants, or explore downtown San Jose for dinner together.

Overnight stay at
 Country Inn and Suites

Meals included:
 Breakfast

DAY 8. DEPARTURE DAY

We have arranged for your transportation to the airport in time for your flight home or continue to enjoy more of Central America!

N/A
 Meals included:
 Breakfast

END OF ITINERARY

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

Our 8-Day Lodge to Lodge Golfo Dulce Sea Kayaking Trip is priced at USD \$2485/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 \$250 is charged with the final balance. For bookings, please be sure to contact our office this way we can check availability,

Included in Trip Cost

- All activities and equipment as outlined in the itinerary
- Expertise and services of our experienced adventure guides
- Additional regional guides and local experts if applicable
- Comprehensive Trip Planner with detailed pre-trip information
- 7 nights of accommodation
- Most 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
- Single supplement (\$250)
- Travel Insurance
- Personal expenses
- Gratuities for Costa Rican guides and guide-drivers

Reservations

Deposit payment of 30% is required at the time of reservation and the balance 30 days prior to your arrival date. Once a participant is ready to submit their payment, they can contact us directly so we can send them a secure payment link.

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 for you 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.

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 or central America can do so at their leisure.

Pre- and Post-Trip Accommodations

This trip includes hotel accommodation, ecolodge accommodation and glamping for each of the 7 nights. If you plan to arrive early or stay late, please contact our office for booking pre-or post-trip accommodation. We recommend you make reservations well in advance in order to guarantee lodging.

Name Changes

Reservations and package components are non-transferable. We will make a reasonable effort to accommodate changes to Guest names prior to departure provided that at least one member of the originally-booked party travels; however, we reserve the right to pass on to you any third-party costs (such as from Airlines or Suppliers (as defined herein) we incur in so doing.

Itinerary changes and Cancellation by us

We will make every reasonable effort to operate as advertised; however, we and the tour operator reserve the right to curtail or modify the itinerary, or to substitute activities, hotels, meals, or transportation as we deem necessary. Please also note that during certain holidays and peak periods, or due to repairs or renovations, some activities may be disrupted or unavailable. Deviations from planned vacation package itineraries or any aspects of the travel may occur. If for sea kayaking, river trips, domestic flights, and other package elements conditions make routes unsafe for navigation or in other respects or raise sufficient doubt about safety, we and

the tour operator reserve the right to modify or provide alternate services, which may include but are not limited to, providing accommodation elsewhere and/or substituting ground transportation for domestic flights. None of these modifications or changes shall affect the vacation package price or entitle you to any credit or refund

Guests needing Special Assistance

Certain itineraries may include activities that present challenges to or are not suitable for guests with special needs. We strongly recommend that Guests requiring assistance be accompanied by a companion who is capable of, and totally responsible for, providing assistance. Neither we nor our Suppliers may physically lift or assist Guests onto transportation vehicles or otherwise. Please contact Sea Kayaking Costa Rica to discuss your specific needs.

Special Requests

We will make a reasonable effort to accommodate special requests, such as adjacent or connecting rooms, bed size, and dietary needs; however, we cannot guarantee that these requests will be accommodated.

Medical

Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying this trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

Personal belongings and cameras are carried entirely at the owner's risk, and S.K.C.R. accepts no responsibility for lost, damaged, delayed, or stolen property.

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