

Costa Rica 8-Day Lodge to Lodge Golfo Dulce Sea kayak trip

The premier sea kayak adventure in Costa Rica!

Price \$2685 USD

General Trip Characteristics

- The trip is suitable for beginner-intermediate level sea kayak enthusiasts, with a minimum participation age of 12
- Group size is 4-14 guests
- Paddlers will use sit-in sea kayaks with a sprayskirt
- Start: San José, Costa Rica End: San José, Costa Rica
- Guests stay at a comfortable, conveniently located hotel in San Jose (for your arrival and the evening before departure) and at two unique, waterfront, family run ecolodges.
- Each property serves tasty meals made with fresh, natural ingredients.

Trip Inclusions

- All meals (except on Day 1, Days 7 & 8 breakfast only, see below)
- 7 nights of accommodation (2 hotel nights in San Jose, 5 nights eco lodge)
- Airport Meet & Greet and Transportation to your Hotel
- All activities, sea kayaking activities, and equipment as outlined in the itinerary
- Motorized boat support on longer sea kayaking stretches
- Guided Visit to Sloth Sanctuary
- Day tour to Sirena Ranger Station of Corcovado National Park, including licensed naturalist, marine transportation, and park fees
- Guided Visit to Sustainable Chocolate Farm
- 6 Days of guidance of a Sea Kayak Costa Rica Trip Leader
- Additional regional guides, local experts, and support staff
- Comprehensive Trip Planner with detailed pre-trip information
- All ground transportation, including transfer from San Jose to the Osa Peninsula
- Domestic flight from Puerto Jimenez to San Jose
- Hotel to Airport Transportation for your international departure flights

Trip Dates

Trips are operated from November through the end of May on specific departure days (These dates can become unavailable, so availability must be checked with our office prior to booking). Trips run Saturday – Saturday unless otherwise stated. Start/End dates may vary. Do not book flights until your trip details are confirmed.

2027 DATES

- April 10th – 17th
- May 8th – 15th
- October 30th – November 6th

Pricing

Our 8-Day Lodge-to-Lodge Golfo Dulce Sea Kayaking Trip is priced at USD 2685, based on double occupancy. This price includes all taxes and fees, including the mandatory 13% value-added tax stipulated by the Costa Rican government.

Single supplement is USD250.

Booking the trip

A deposit payment is required at the time of reservation of USD 500/person, payable by WeTravel, credit card, or direct deposit.

Upon booking, guests will receive confirmation via email, a Costa Rica Useful Travel Tips Document, and a Suggested Packing List. You will also receive a link to our Pre departure Form to complete and submit online.

Full and final payment for all bookings is due no later than thirty (60) days prior to the scheduled trip start date. Failure to remit payment within this timeframe may result in cancellation of the booking, in accordance with the Operator’s cancellation policy.

Day 1 – International Arrival Day (San José) Accommodation: Country Inn & Suites by Radisson Meals: None	Day 5 – Corcovado National Park + Mild Hiking (Sirena) Accommodation: Lapamar Ecolodge Meals: Breakfast, Lunch, Dinner
Day 2 – Transfer to Osa + Introductory Paddle Accommodation: El Chontal Ecolodge Meals: Breakfast, Lunch, Dinner	Day 6 – Paddle to Mogos Isles + Return to Chontal Accommodation: El Chontal Ecolodge Meals: Breakfast, Lunch, Dinner
Day 3 – Paddle Esquinas River + Sloth Sanctuary Accommodation: El Chontal Ecolodge Meals: Breakfast, Lunch, Dinner	Day 7 – Scenic Flight to San José Accommodation: Country Inn & Suites by Radisson Meals: Breakfast
Day 4 – Paddle to Playa Blanca Accommodation: Lapamar Ecolodge Meals: Breakfast, Lunch, Dinner	Day 8 – Departure Meals: Breakfast

Detailed Itinerary

DESCRIPTION/ACTIVITY	LODGING & MEALS
<i>DAY 1. A SEA KAYAKING COSTA RICA REP WILL MEET YOU AT SJO AIRPORT</i>	
<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>Overnight stay at Country Inn & Suites Hotel in San Jose.</p> <p>No meals included today</p>

<i>DAY 2. SEA KAYAKING ORIENTATION AND PADDLE</i>	
<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 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.</p>	<p>Overnight stay at El Chontal Ecolodge in Rincon de Osa.</p> <p>Meals included today: Breakfast, Lunch & Dinner</p>
<i>DAY 3. EXPLORING THE GULF</i>	
<p>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 to the river mouth, from where we ride the motorboat back to the lodge. We enjoy well-deserved cold drinks on the boat ride. This afternoon, you'll visit a local family's forest property, famous for its abundance of sloths. We take a short walk on their forest trails, looking for these iconic creatures and other wildlife. This evening, we will have a delicious dinner after sunset.</p>	<p>As Above</p> <p>Meals included today: Breakfast, Lunch & Dinner</p>

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 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.

Overnight stay at Lapamar Ecolodge

Meals included today: Breakfast, Lunch & Dinner

DAY 5. 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 Jimenes, 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 can enjoy the beach or relax in your private cabin; dinner is served after sunset.

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 paddle we'll wash up and enjoy the last homemade lunch at El Chontal.

After lunch, we will visit a local organic farm to learn about their sustainable practices and crops. The visit 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!

Overnight stay at El Chontal Ecolodge in Rincon de Osa.

Meals included today: Breakfast, Lunch & Dinner

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

Meals included today: Breakfast