

INTO THE WILDS
OF THE OSA PENINSULA
WHERE JUNGLE CATS ROAM IN COSTA RICA
8 days/ 7 nights



WILDLAND
ADVENTURES

**AUTHENTIC WORLDWIDE
EXPLORATIONS**

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Itinerary Overview

Venture deep into the heart of Corcovado National Park, identified by National Geographic as ‘one of the most biologically intense places on the planet’. The pristine rainforests of Costa Rica’s remote Osa Peninsula are alive with myriad tropical birds and habitat for rare and exotic species including elusive puma and jaguar, tapir, herds of collared peccaries, sloth, squirrel monkeys, white-faced capuchins, mantled howlers, and spider monkeys. On this active Costa Rica adventure, you hike on rainforest wilderness trails, kayak coastal waterways and rivers, swim under waterfalls, and snorkel from pristine tropical beaches. You reach the remote Sirena Ranger Station in the heart of the national park by boat and then hike through the park along a spectacular tropical wilderness trail wending its way through the forest and pristine beaches along the wild tropical coast.

DAY	OVERNIGHT	HOTEL	MEALS	HIGHLIGHTS
1	ARRIVE SAN JOSE	Hotel Grano de Oro		Arrival transfer
2	NORTHERN OSA	La Paloma Lodge	BLD	Transfer, Sansa flight to Drake Bay, nocturnal walk at La Paloma with the “Bug Lady”
3	NORTHERN OSA	La Paloma Lodge	BLD	Caño Island snorkeling, dolphin, and whale watching when in season
4	NORTHERN OSA	La Paloma Lodge	BLD	Sirena Ranger Station Hike
5	SOUTHERN OSA	Lapa Rios	BLD	4WD transfer to Lapa Rios, afternoon/evening on-site hikes included
6	SOUTHERN OSA	Lapa Rios	BLD	Lapa Rios private rainforest reserve on-site explorations included
7	SOUTHERN OSA	Lapa Rios	BLD	Lapa Rios private rainforest reserve on-site explorations included
8	SAN JOSE - DEPART		B	Sansa flight back to San Jose and departure assistance



Corcovado National Park ranger stations including Sirena Station in the heart of the protected area.

Itinerary in Detail

DAY 1: SAN JOSE

Arrive at San Jose Juan Santamaria International Airport and transfer to the charming Hotel Grano de Oro, a renovated stately mansion built at the turn of the 20th century and updated with the comforts and amenities of a modern boutique hotel. Take a stroll down the street and explore the many fine restaurants, pubs, and shops. Enjoy a tropical beverage in the open-air Jacuzzi and be sure to try the chocolate cake! Overnight at **Hotel Grano de Oro**.

DAY 2: NORTHERN OSA PENINSULA – NOCTURNAL WALK

Transfer to the airport for a short flight to the Osa Peninsula (50 min). Upon arrival travel on a 4WD for 20 minutes to the Agujitas River, here you take a 5-minute boat transfer down the river to the remote La Paloma rainforest ecolodge perched on a jungle hillside overlooking the Pacific Ocean. We suggest you wear sandals or water shoes as your feet might get wet when boarding the boat. Immerse yourself in the tropics exploring Cocalito Beach, kayaking along the Agujitas River or zip-lining through the rainforest (zip-line at additional cost). You may also choose to join the amazing ‘Bug Lady’ and ‘Reptile Man’ on a nocturnal walk in search of amazing spiders, snakes, and frogs. Overnight in one of seven deluxe thatched roof bungalows with expansive balconies and ocean views at **La Paloma Lodge. [BLD]**



DAY 3: CAÑO ISLAND

Enjoy a delicious local breakfast before departing on a 45-minute boat ride to Caño Island. Whales, dolphins, tuna, marlin, manta rays, sailfish and more are drawn here year-round by the rich waters. Keep an eye out for orcas, humpbacks, beaked, brydes, and pilot whales crossing the calm, protected inland channel. Pack your sunscreen and underwater camera for a snorkeling adventure where starfish, octopus, conch, and moray eels can be found traveling through the underwater rock and coral formations. This excursion is perfect for first-time and experienced snorkelers alike. Take a break from snorkeling to wander up island trails to indigenous burial sites. Enjoy a picnic lunch with time for a swim or quick siesta on the beach before heading back to the lodge. Overnight at **La Paloma Lodge. [BLD]**



DAY 4: CORCOVADO NATIONAL PARK—SIRENA RANGER STATION

Grab your hiking shoes and hop on board a boat for a trip to the Sirena Station in the heart of the Corcovado National Park. An expert bilingual guide takes you on a hike along beach trails from mangrove to mountain forests, habitat of four species of monkeys, as well as coatis, sloths, anteaters, as well as a wide variety of birds, including tanagers, flycatchers, kingfishers, manakins, trogons, crested guans, spectacular scarlet macaws, and toucans. Keep a sharp eye and with luck you may see a harpy eagle, tapir wallowing in a water hole, a crocodile, or even a fleeting puma or tracks of a jaguar!

Sirena is over a one-hour boat ride in a skiff. The coast line is scenic beyond belief. Once you arrive at the beach near the Sirena ranger station you need reef walkers or sandals to walk to shore as it is rocky. The beach landing can be wild so be quick, alert, and listen to your guide. The trip is not recommended for the faint of heart. Avid naturalists will enjoy seeing this remote station in Corcovado National Park.

Stop for a picnic lunch under the shade of a palm tree served with fresh fruit and juices. Return to the hotel mid-afternoon for some relaxing time by the pool or to enjoy the surf at Cocalito beach. Overnight at **La Paloma Lodge. [BLD]**

DAY 5: LAPA RIOS ECOLOGDE – AFTERNOON HIKE

At mid-morning, a 4WD will meet you at Agujitas beach for the approximately 3-hour land transfer to Lapa Rios Ecological. Spend the next 3 nights in this award-winning, world class ecolodge perched on a hilltop with stunning views of the wild Pacific coast. Lapa Rios Ecological offers 16 spacious open-air thatched-roof bungalows with canopy beds, built from stone and local hardwoods, with indoor and private outdoor showers and tranquil private balconies where you watch monkeys, toucans, macaws, and pizotes (member of raccoon family) from the comfort of your hammock. The afternoon is free to join any of the on-site tours (included) offered on the 1,000-acre private reserve. Overnight at **Lapa Rios Ecological. [BLD]**



DAYS 6-7: LAPA RIOS RAINFOREST RESERVE

Start your two days at Lapa Rios with fresh Costa Rican coffee delivered to your bungalow before choosing from an array of activities geared to your mood, interests, and abilities. There are full or half day hikes exploring miles of wilderness trails winding through the private rainforest reserve teeming with wildlife, or easier hikes to waterfalls and swimming holes. Ask for the specialist guide if you want to arise early for bird watching. The resident naturalist guides will amaze you as they identify birds and mammals of the forest and share their knowledge about tropical ecosystems and the complex interactions between animals and plants in the

tropics. You can also take it easy by the pool, enjoy a spa treatment, take a walk to the beach where surfing lessons are available, and just watch the wildlife from your private veranda. The ‘Twigs, Pigs, and Garbage’ tour gives you a behind-the-scenes expose of the recycling and sustainability practices of the lodge. Overnight at **Lapa Rios Ecological. [BLD]**

DAY 8: SAN JOSE – DEPART OR EXTEND YOUR TRIP

Transfer to Puerto Jimenez airstrip (45 min) for a scheduled Sansa flight back to San Jose (50 min). Assistance is provided for transfer to the international terminal or extend your Wildland Adventure in Costa Rica. **[B]**

Note: Your return international departure must be scheduled no earlier than 1 p.m. in order to allow time for your connecting flight from the Osa Peninsula. Otherwise, arrangements can be made for an extra night in San Jose with optional walking exploration of the city.

END OF SERVICES

Actual routes and activities may vary. Local trip coordinators reserve the right to change accommodations to similar quality alternatives.

PRICING PER PERSON BASED ON GROUP SIZE: *Guaranteed departures for 2 or more persons.*

PRICING AND DATES:

[Click here for current pricing](#)

[Click here for dates](#)

Private departures can be arranged. Please ask the Costa Rica Program Director for more information.

INCLUDED SERVICES

- All guided tours and excursions
- National Park entrance fees
- Local English-speaking naturalist guides for all included tours
- Airport-hotel transfers, land and sea transportation
- Hotel accommodation as indicated
- Meals as indicated [B-Breakfast, L-Lunch, D-Dinner]
- Wildland Adventures travel consultation and pre-departure services
- Airport departure taxes

NOT INCLUDED SERVICES

- International airfare
- Tips and gratuities
- Drinks, alcoholic beverages, and meals other than listed above
- Personal expenses for extra services, optional activities or changes in your itinerary for reasons beyond our control
- Travel insurance for trip cancellation, medical services, or evacuation
- Any other items not mentioned above

BAGGAGE WEIGHT LIMIT ON DOMESTIC FLIGHTS AND SMALL BOATS

For all scheduled domestic flights in Costa Rica (**Sansa Airlines**) there is a **40 lb. per person** baggage weight limit for checked baggage plus **10 pounds allowed for carry-on** including your camera equipment. **Note that for private charter flights and small boat trips** the weight limit is **25 pounds per person** (plus **10 pounds carry-on**). We suggest that you pack lightly to comply with these limits. If your luggage exceeds the limit you will need to repack only the items needed for those segments of your itinerary that include flights and boats. You can leave extra items behind in storage. If you are returning to the same San Jose area hotel, simply request to store your excess luggage at the hotel. If not, you can give your extra bag to your transfer driver. It will be stored securely for you and delivered to you upon your return to San Jose.

Accommodations



HOTEL GRANO DE ORO, SAN JOSE

Hotel Grano de Oro is a renovated Victorian mansion built at the turn of the 20th century and updated with all the comforts of a private home. Thirty-two individually styled rooms, common areas, and corridors are elegantly decorated with watercolors, tapestries, and locally handcrafted furniture creating charm and character in traditional Latin American style and heritage. Hotel Grano de Oro is considered one of the finest boutique hotels in Costa Rica for its home-away-from-home feel. Meals are served in an intimate dining area and garden courtyard. The open-air Jacuzzi on the rooftop garden terrace is the perfect spot to begin your travel in Costa Rica. Hotel services include currency exchange, fax and mail service, in-room safes, wireless internet, room service, laundry service, cable TV, and international calls.



LA PALOMA LODGE, DRAKE BAY

Perched on a hilltop overlooking the Pacific Ocean and the offshore Caño Island, La Paloma Lodge includes twelve richly landscaped acres surrounded by dense tropical rainforest teeming with wildlife. Seven deluxe ranchos are spread out amongst lush vegetation maximizing privacy and seclusion. Prevailing westerly trade winds cool the open-air ranchos creating ideal sleeping conditions where you are lulled by the rhythm of the surf and awakened by the symphony of the rainforest. Each cabana includes expansive balconies with hammocks, varnished hardwood floors, and a breathtaking view of the Pacific.



LAPA RIOS LODGE, PUERTO JIMENEZ

Lapa Rios is a first-class rainforest lodge in a spectacular hilltop setting. Bungalows are situated on a terraced bluff with well-maintained stairway-trails leading down from the reception area and hilltop restaurant. Be prepared for some hill walking! Lapa Rios Lodge offers accommodation in total harmony with its surroundings. Open air bungalows are fully screened with large verandahs, private tiled baths/showers, and comfortable beds with mosquito netting. The property includes a swimming pool, gourmet restaurant, full bar, and 3-story observation catwalk. The 1,000-acre Lapa Rios private rainforest reserve offers excellent wildlife viewing. Miles of private, un-crowded trails wind through a rainforest wilderness

with rivers, waterfalls, and pools for swimming. Enjoy the beach and explore tide pools or spend time relaxing and bird watching from your verandah.

Important information about Lapa Rios Ecolodge

All on-site guided rainforest tours operated by Lapa Rios are included in the cost of your stay. **You can choose among a variety of hikes designated with middle to a high level of difficulty.** The Sustainability Tour and the visit to the local school (when in session) are free of charge as well. You need to sign up for these tours directly upon arrival. The Lapa Rios Ecolodge is in a wilderness setting 12 miles from the office communication center. There are no public phones, fax or Wi-Fi at the ecolodge. Communication between the office and the Ecolodge is by marine radio for emergencies. There are several trips daily by car between the two locations to transport staff, goods and messages. To make a personal telephone call it would be necessary to take a 45 min taxi ride to the office.

Lapa Rios is a biological reserve. Guest access to individual bungalows requires walking on a well-laid, gravel jungle path, up and down stairs on the steep hillside. **Considerable stair climbing is required to get to and from the bungalows and main lodge;** therefore, notify us in advance if you or anyone in your party has difficulty walking up and down steps. Lapa Rios does everything they can to preserve the natural environment and bring the rainforest and its inhabitants close to guests while respecting your need for safety. The whole cast of jungle characters is present: wildlife is abundant in the common areas and around the bungalows. The bungalows themselves can be visited by a variety of small insects and creatures. Tolerance of this ever-present animal population is a necessary compromise in order to enjoy your stay in the rainforest.

Food & Menus: Although remote and isolated (no public phones) Lapa Rios serves gourmet food and beverage not usually offered in the wilderness. Meals rotate daily, focusing on fresh fruits and vegetables with local fish, chicken and meat. A full-service bar serves favorite beverages, fresh juices, wines and spirits. There is 24-hour electricity (but hairdryers cannot be used). Laundry service is available.

What to Bring: Guests are encouraged to bring only lightweight, casual clothing, sunscreen, a bathing suit, sturdy shoes or hiking boots with deep traction and a high beam flashlight or headlamp. All in-country flights have a 40 lbs. baggage limit / person. Additional luggage or excess camera gear can usually be accommodated for an extra charge. Store any excess luggage in San Jose.

Rainforest and Other tours: The private reserve is habitat for thousands of species of trees and plants, over 300 bird species, and many mammals and invertebrates. Lapa Rios tourism supports the ongoing preservation of over 1,000 acres of tropical rainforest. A variety of naturalist guided half-day tours take you deep into the rainforest on hikes of varying level of difficulty.

Professional Community Tours: Off-site tours and activities can also be arranged including sea kayaking, botanical orchid garden, deep sea fishing, fishing, mangrove river and gulf boat ride, horseback riding in the jungle and along the beaches and professional massage services. Tours offered depend on professional guide availability.

Gratuities at Lapa Rios

Tipping is at your discretion. However, a suggested guideline at Lapa Rios is as follows:

- Hotel Staff: \$5-10 per guest per day for hotel staff to be shared among waiters, kitchen staff, room attendants, and all staff who contribute to the enjoyment of your stay. This is usually paid upon checkout by depositing cash in a gratuity box at the front desk, or you can add it to your final credit card charge.
- Naturalist Guides: \$10 per person per day, or \$5 per person for half-day, paid in cash directly to naturalist guides

Booking your Wildland Adventure

HOW TO RESERVE A TRIP

You can book online using our [Reserve a Trip form](#) or by calling 1-800-345-4453. Your space on a trip is confirmed once we receive your reservation form and initial trip deposit. All travelers must sign and submit a [Release of Liability](#).

Deposit requirements are as follows:*

- \$700 per person for all trips in Central America, South America, the Middle East, Asia and the Far East, the Mediterranean and North America.
- 20% of land cost for all trips in Africa. This deposit is generally non-refundable.

*Some trips require additional non-refundable deposits, especially when yachts have been chartered or if permits to visit archaeological or wildlife sites have been purchased in advance.

CUSTOM TRAVEL

This trip isn't exactly what you're looking for? We are happy to design a private custom itinerary to accommodate your travel dates, interests and style of accommodations. Call us at 1-800-345-4453, send an email to info@wildland.com or use the Ask The Program Director button on the trip itinerary page on our website.

PAYMENTS, CANCELLATIONS AND REFUNDS

Full payment of the trip balance is due 90 days prior to departure. If you must cancel before departure, money will be returned less the cancellation fees charged by WA Inc. plus any additional non-refundable cancellation fees and payments already advanced to airlines, hotels and local operators:

Days Prior to Departure: Fee per person

91 or more:	\$300
61-90 days:	Initial deposit amount
31-60 days:	50% of land cost
30 or less:	100% of land cost

PRE-DEPARTURE SERVICES

Upon receipt of your deposit and completed reservation form, we will send you a comprehensive Pre-departure Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions and more. You will receive a final trip packet including Final Reminders and local contact information in your destination 2-3 weeks prior to departure.

REFERENCES AND QUESTIONS

Have any questions or concerns? Call us a 1-800-345-4453 or email info@wildland.com. We're here to help and are happy to provide you with references from previous Wildland travelers.

TERMS AND CONDITIONS: Wildland Adventures, Inc. has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary; however, it is possible that due to transportation schedule changes, weather, delays and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included. We highly recommend purchasing traveler's insurance for trip delay, trip cancellation, baggage, accident or sickness. Representatives are available for assistance at any time during your trip. If preferred hotels are not available, every attempt will be made to reserve alternative accommodations of similar quality (if upgrade is necessary, higher rates may apply). All information and services provided are subject to our [Terms and Conditions](#).