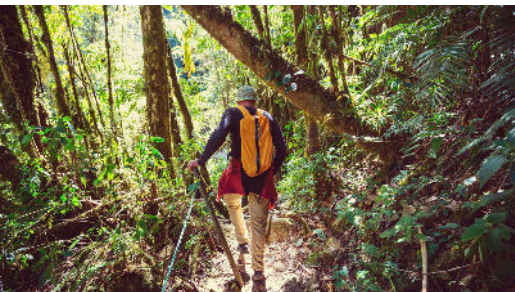


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TRIP OVERVIEW

Accommodation

Multi-bedded rooms :

- **San Jose** – Gaudys Hostel
- **Golfito** – Mar y Luna
- **Puerto Jimenez** – Palapa Hut

Camping:

- **Proyecto Aventura** – Camping

* Number of meals as mentioned.

* The accommodations are subject to change depending on the availability of the places and the size of groups.

TRIP INCLUSIONS

- The group will stay at mentioned accommodation
- Project cost with provider
- 1 local English-speaking guide where compulsory
- Meals as mentioned
- Tours and transfers as mentioned by AC vehicle
- Sightseeing fees and permits during guided time
- Service charge and current government tax

TRIP EXCLUSIONS

- Camping equipment
- International and domestic air tickets
- VISA fee if any
- Early/late check in/out service at hotels
- Tips and gratuities
- Other services not mentioned in itinerary
- Expenditure of a personal nature
- Travel insurance (compulsory)

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SUGGESTED ITINERARY

Day 1 - San Jose Arrival

Upon arrival in San Jose pass immigration and collect your baggage. Meet your pre-booked transfer in the arrival hall and travel to your accommodation.

A member of the Ground Team will meet you today (time allowing) or tomorrow to conduct an orientation briefing, please contact them to confirm timings. During the briefing the team must book any optional activities and confirm timings for all transport.

Overnight in San Jose.

Meals: Nil

Accommodation: Gaudys Hotel (depending on availability)

Day 2 - San Jose to Golfito (B)

After breakfast our journey will start early in the morning to catch the public transportation. Today the group will travel from San Jose to Golfito. Make sure everything is ready and packed for your journey. Today's transportation is a public bus (pre-booked). The journey will take about 5 to 6 hours.

Note:

- The distance from Gaudys to TRACOPA bus stop is 3.2 km (40 min walking) or team can choose to go by taxi
- Red Taxis available from Gaudys hostel
- Bus drops off the group in front of Mar y Luna

Meals: Breakfast

Accommodation: Mar y Luna (depending on availability)



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SUGGESTED ITINERARY

Day 3 - Proyecto Aventura Cerro Adams (B)

Today starts right out from your hostel in Golfito at a place named Kilometro Cinco. Follow the dirt road and then the pavement to the intersection (1.6km), where an old double track road takes you to the highest mountain in Golfito, and your camp; Cerro Adams.

On your way up this steep and long hill, you will find yourself in an amazing rainforest where you will be able to enjoy fantastic views of Golfito, Golfo Dulce, and the Osa Peninsula once you reach higher elevations. One of the best lookouts is at the 5.2km mark. The following 2.5km undulate up and down until reaching Cerro Adams, where all the communication antennas are.

Tonight, you will camp at Cerro Adams. This camp is rustic, in an area surrounded by tall trees and full of the sounds of the jungle.

The trek provider will pick up you in Mar y Luna and provide the group with a briefing.

Meals: Breakfast

Accommodation: Campsite



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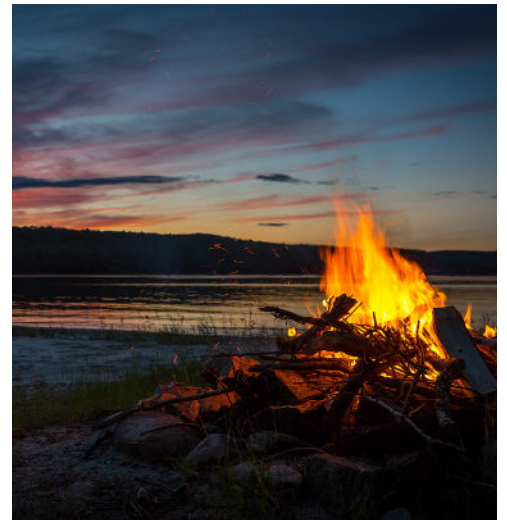
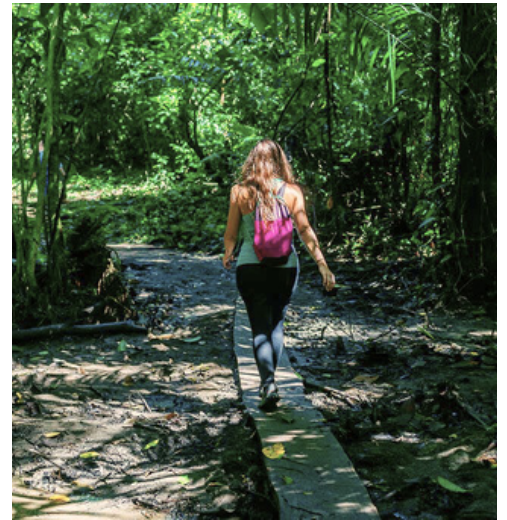
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SUGGESTED ITINERARY

Day 4 - Proyecto Aventura Bonito

Get ready for the longest day of trekking from Camp Cerro Adams to Camp Bonito located inside Piedras Blancas National Park.

You will start along a narrow steep path downhill towards the town of Golfito for about 1.5km. This area has primary rainforest all the way to town. While walking in town, make sure to always use the pavement. An interesting fact about Golfito is that its huge expanse of banana plantations in the 1800s are the reason Costa Rica was the world's first banana republic. You will pass the "American neighbourhood", where all the houses used to belong to the Banana Fruit Company's employees, also known as the upper class. Once you reach the local airstrip, follow the rustic road that crosses Urena village, which leads you to El Tajo located 4.6km away. At El Tajo, you will start walking on a jungle trail that will take you to Piedras Blancas National Park and your camp, Bonito (4.5km away). The camping area for tonight is basic, but has access to fresh water.



Meals: Nill

Accommodation: Campsite



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SUGGESTED ITINERARY

Day 5 - Proyecto Aventura San Josecito

Morning trekking in the national park trails, afternoon sea kayaking training and practice. Camping by the ocean.

Meals: Nil

Accommodation: Campsite



Day 6 - Proyecto Aventura Puntarenitas

Your first full day of kayaking adventures! If you have chosen to gain your ACA (American Canoe Association) Level 1 Coastal Sea Kayaking qualification, you will continue with the training and take your test today.

Your 14km of kayaking will head towards Golfito ending at Puntarenitas This is a beautiful day in paradise kayaking along the forest-covered coast of the Golfo Dulce until you reach the mouth of a smaller gulf called Golfito. Along the way you will be coasting the Piedras Blancas National Park where forest meets the ocean and amazing patches of healthy coral reef can be spotted.

On a day with good visibility, your kayaking instructor will make sure you stop there so your group can enjoy a swim in this beautiful natural area. Your campsite is at a secluded beach about 1km before the main port in Golfito. At the camp you can find fresh drinking water. There are a couple restaurants in the area in case you want to buy a meal.

Meals: Nil

Accommodation: Campsite



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SUGGESTED ITINERARY

Day 7 - Proyecto Aventura Golfito

This amazing adventure comes to an end with a short day of kayaking back to Golfito's municipal dock. You will kayak inside the smaller gulf following the coastline where rainforest and some patches of mangrove forest are found, until reaching your final destination.

After getting back onto dry land and saying goodbye to your guide, you will take a 10 minute public bus ride to Treetop Camping and Forest Reserve where you can relax and reflect on your amazing journey. Around Golfito's municipal dock you have access to supermarkets, general stores, restaurants, ATMs and bus services.

You will be drop off as well in Mar y Luna.

Meals: Nil

Accommodation: Mar y Luna (depending on availability)

Day 8 - Golfito to Punta Banco (B)

Today your group will catch a private minibus early in the morning to get to Punta Banco Project.

Today's activities may include an orientation and introduction to the area and initiatives. Please note that the daily activity schedule may be adjusted depending on local events or weather conditions. You will be cooking for yourselves throughout your stay, but there is also the opportunity to have the local community cook some meals for you (discuss with your host).

Meals: Breakfast

Accommodation: Camping at project site



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SUGGESTED ITINERARY

Day 9 - Punta Banco Project

Today's activities may include a beach clean-up, turtle patrols at dawn and night and an optional chocolate workshop. Please note that the daily activity schedule may be adjusted depending on local events or weather conditions.

Meals: Nil

Accommodation: Camping at project site

Day 10 - Punta Banco Project

Continue with yesterday's activities, and the option to do a cooking workshop. Please note that the daily activity schedule may be adjusted depending on local events or weather conditions.

Meals: Nil

Accommodation: Camping at project site

Day 11 - Punta Banco Project - Back to Puerto Jimenez

Say goodbye to your hosts this morning and take a private minibus from Punta Banco to Golfito. When you arrive in Golfito you will board a boat to Puerto Jimenez and walk to your accommodation. You will need to purchase your tickets for the boat back on the day, the cost for this has been included in your budget.

Note:

- Boat ride from Golfito to Puerto Jimenez last 40 minutes
- Walking from dock to La Palapa Hut around 15 min walking (1km)

Meals: Nil

Accommodation: Palapa Hut (depending on availability)

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SUGGESTED ITINERARY

Day 12 - Puerto Jimenez

Today is a free day for you to complete an optional activity (see below, to be booked in advance with the Ground Team), or have free time to explore Puerto Jimenez.

Optional tours:

- Whale and dolphin watching with snorkelling (Changing Tide Tours)
- Kayaking (Proyecto Aventura)

Meals: Nil

Accommodation: Palapa Hut (depending on availability)

Day 13 - Puerto Jimenez – San Jose

Make your way to the dock in time for your boat's departure. Please check timings with the ground team. Today is a long travel day, but if you leave early then you will have a little bit of time in San Jose. Your group will need to catch the boat to Golfito, then take the public bus to San Jose.

Note:

- Walking distance from La Pala Hut to the dock is 15 min walking (1km)
- TRACOPA Bus will pick your group up from the dock
- From TRACOPA bus stop to Gaudys hotel is 3.2 km and 40 min walking
- Red Taxis available at the bus stop in San Jose

Meals: Nil

Accommodation: Gaudys Hostel

Day 14 - San Jose

Your guide will meet you at your hotel and transfer you to the airport for your flight back home. End of the trip.

Meals: Breakfast

