

NATIONAL PARK CORCOVADO TREKS

INFO PAGE

CORCOVADO LEONA WILDLIFE TREK		
3 DAYS & 2 NIGHTS		
MODERATE		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport at Peninsula ➤ Local guide ➤ 2 overnights ➤ 5 Meals ➤ National Park fees ➤ Matapalo Reserve Hike ➤ Carate Hike 	Day 1	Day 2
	Transfer to Carate Hike Matapalo Reserve Overnight: Leona Eco Tent Camp (lunch, dinner)	Hike Mirador Overnight: Leona Eco Tent Camp (all meals)
	Day 3	
	Time to swim. Transfer to Puerto Jiménez	Note: Extra night: 65.00 U\$\$ p.p. 3 meals included.

Prices per person
\$450.00

Transport costs from/to San José	
1 way	
\$ 110.00 p.p	Includes: air fee, airport transfer

Ocarina Expeditions

Phone: 229-4278, 229-2848 Fax: 229-5041, Movil.: 824-2796
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NATIONAL PARK CORCOVADO TREKS

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CORCOVADO NATURALISTA TREK

Hiking Level: Challenging

TOUR DESCRIPTION:

Day 1 Osa Peninsula:

By lunchtime, you should arrive at Puerto Jiménez. The 1 ½ hour transfer is leading along beautiful remote beaches and through rainforest. to Carate, the wildest and most remote region on the mainland, a nature beauty, with trees full of monkeys and scarlet macaws with the highest concentration of breeding in the world!

The tents face the ocean and are nestled under coconut trees. Where else can you wake up in the rainforest with the sound of waves crashing only steps away?

Accommodation: Leona Eco Tentcamp. [Dinner]

Day 2 Corcovado National Park: Corcovado National Park has one of the highest levels of biodiversity in the world. The climate is very hot and humid which enables the trees to grow to heights of 70 meters. The park contains a fourth of the tree species of Costa Rica. Corcovado National Park encompasses eight habitats from mangrove swamp to rain forest. The park protects over 400 species of birds, 116 species of amphibians and reptiles and 139 mammals. We will depart early in the morning to begin the long, hot hike through the forest where monkeys play in the trees above our heads and ant bears can be seen through the bushes and along the beautiful sandy beach. Hiking time is approximately 6 hours

Accommodation: Shelter at the Sirena Ranger Station. [Breakfast, Lunch and Dinner]

Day 3 Sirena Ranger Station: Your base camp overlooks a spectacular, wild tropical beach surrounded by a vast rain forest wilderness. Habitat of jaguar, tapir, squirrel monkey, peccaries and a healthy population of scarlet macaws, this is one of the best places in Central America to watch wildlife. Today you hike and explore the surrounding environment including a night walk with flashlights in search of nocturnal wildlife. **Accommodation: Shelter at the Ranger Station. [Breakfast, Lunch and Dinner]**

Day 4 Puerto Jiménez: We will depart early in the morning to begin the long, hot hike through dense rain forest. Hiking time is approximately 7 hours and once we arrive at National Park exit at Los Patos Rangerstation, we will be transported to Puerto Jiménez. **Bosque Mar o similar [Breakfast]**

Day 5 End of service:

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CORCOVADO NATURALIST TREK		
5 DAYS & 4 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport at Península ➤ Bilingual naturalist guide ➤ 4 overnights ➤ 8 Meals ➤ National Park fees ➤ Corcovado hike 	Day 1	Day 2
	Transfer to Carate. Overnight: Leona Tent Camp or similar (dinner)	Hike from Carate to Sirena Station. Overnight: Sirena Shelter at Corcovado National Park (Breakfast, Boxlunch, Dinner)
	Day 3	Day 4
	Hikes around Sirena. Overnight: Sirena Shelter at Corcovado National Park. (Breakfast, Lunch, Dinner)	Hike From Sirena Station to Los Patos, out of the National Park Transfer to Puerto Jiménez Overnight: Cabinas Bosque Mar o similar. (Breakfast)
	Day 5	
	End of service.	

Prices
\$690.00

Transport costs from/to San José 1 way	
\$ 110.00 p.p	Includes: air fee, airport transfer

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CORCOVADO HIGHLIGHT TREK

Hiking Level: Difficult

TOUR DESCRIPTION:

Day 1 Osa Peninsula: By lunchtime, you should arrive at Puerto Jiménez. The 1 ½ hour transfer is leading along beautiful remote beaches and through rainforest. To Carate, the wildest and most remote region on the mainland, a nature beauty, with trees full of monkeys and scarlet macaws with the highest concentration of breeding in the world! The tents face the ocean and are nestled under coconut trees. Where else can you wake up in the rainforest with the sound of waves crashing only steps away? **Accommodation: Leona Eco Tentcamp. [dinner]**

Day 2 Carate Beach After your morning swim in the Pacific, hike to a view point in the rainforest. Enjoy the impressive overview of lush rain forest and the Pacific Ocean. Hike back to lodge. **Accommodation: Leona Eco Tentcamp. [Lunch, dinner]**

Day 3 Corcovado National Park: Corcovado National Park has one of the highest levels of biodiversity in the world. It is a wild region, with an abundance of rare wildlife, and the last area of primary forest on a Pacific coastline in Central America. The climate is very hot and humid which enables the trees to grow to heights of 70 meters. The park contains a fourth of the tree species of Costa Rica. Corcovado National Park encompasses eight habitats from mangrove swamp to rain forest. The park protects over 400 species of birds, 116 species of amphibians and reptiles and 139 mammals. Corcovado is one of the only two places in the country that harbor squirrel monkeys. It is one of the last stands for the harpy eagle. Four species of sea turtles nest on the park's beaches. **Accommodation: Shelter at Sirena Ranger Station. [Breakfast, Lunch and Dinner]**

Day 4 Sirena Ranger Station: Your base camp overlooks a spectacular, wild tropical beach surrounded by vast rain forest wilderness. Habitat of jaguar, tapir, squirrel monkey, peccaries, and a healthy population of scarlet macaws, this is one of the best places in Central America to watch wildlife. Today you hike and explore the surrounding environment including a night walk with flashlights in search of nocturnal wildlife. **Accommodation: Shelter at Sirena Ranger Station. [Breakfast, Lunch and Dinner]**

Day 5 San Pedrillo: In the morning, boat picks you up at the Ranger Station in Sirena and along lush rainforest and past flocks of Scarlet macaws and exciting river mouths you arrive Rangerstation San Pedrillo. Enjoy the hike to an extraordinary waterfall. Arrival at Jinetes de Osa Lodge in the afternoon, located on the untouched beaches in the southwest of the peninsula. Catch the sunset from the front porch of your beach front tent and listen for the howler monkeys calling in the distance. **Accommodation: Jinetes de Osa Lodge or similar. [Breakfast, Lunch and Dinner]**

Day 6 Caño Island: Caño Island is an ancient mountain between 40 and 50 million years old. The island is the site of a pre-columbian cemetery and is of great archeological importance. Many artifacts can still be found, such as the round stone spheres made by former native Indian peoples. Fresh water springs spill clear water over cliffs, creating waterfalls along the miles of coral sand beaches ringing the island. While snorkeling, you will enjoy viewing the great variety of fish, including huge porcupine fish, as well as populations of mollusks, crustaceans and other invertebrates which abound in the crystal clear, turquoise coastal water and tital pools. Five corals platforms can be found offshore, in which 15 species of stony coral have been identified. On the boat ride to the island, boobies and frigate birds, humpback whales, dolphins, sea turtles, manta rays and sailfish are often sighted. After your arrival to Caño Island, you will be guided to the cemetery site and a waterfall. Upon returning to the coral sand beach, a picnic will be served and you are free to explore the aquatic and terrestrial treasures on and around Caño Island. **Accommodation: Jinetes de Osa Lodge or similar. [Breakfast, Lunch and Dinner]**

Day 7 San José: Boat cruise on the Sierpe River through a reserve representing 90% of the country's mangrove swamps. After arrival in Sierpe, a taxi will drop you off at Palmar Sur air strip. Transfer to San José. **[Breakfast]. End of Service**

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CORCOVADO HIGHLIGHT TREK		
7 DAYS & 6 NIGHTS		
DIFFICULT		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport at Peninsula ➤ Naturalist guide ➤ 6 overnights ➤ 16 Meals ➤ National Park fees ➤ Corcovado hikes ➤ Caño Island tour 	Day 1	Day 2
	Transfer to Carate Overnight: Leona Tent Camp (dinner)	Hike Mirador in Carate Overnight: Leona Tent Camp (Breakfast, Lunch, Dinner)
	Day 3	Day 4
	Hike from Carate to Sirena Station. Overnight: Sirena Shelter at National Park (Breakfast, Lunch, Dinner)	Hikes around Sirena. Overnight: Sirena Shelter at National Park (Breakfast, Lunch Dinner)
	Day 5	Day 6
	Boat transfer from Sirena to San Pedrillo Waterfall Hike Boat transfer to Drake Bay Overnight: Drake Bay Area (Breakfast, Lunch, Dinner)	Tour Caño Island Overnight: Drake Bay Area (Breakfast, Lunch Dinner)
	Day 7	
	Time to swim Flight Back to San José	

Prices
\$1450.00

Transport costs from/to San José	
1 way	
\$ 110.00 p.p	Includes: air fee, airport transfer

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ALTITUDES & AVERAGE TEMPERATURES

FEET AND °FAHRENHEIT		
	San José	Osa Península
ALTITUDES	3.800 ft	Sea level
TEMP DAY	80°F	85 – 90°F
TEMP NIGHT	65°F	75°F

METER AND °CELSIUS		
	San José	Osa Península
ALTITUDES	1.200 m	Sea level
TEMP DAY	25°C	30 - 32°C
TEMP NIGHT	18°C	24°C

Climate

Trekking in the Osa Peninsula will be hot and humid, although the forest canopy blocks intense tropical sunlight.

Time to go

Dry season	December to April
Rain Season	May to November Rainfall occurs from noon on. Small summer season in July/August

Trail conditions

- on the sand along the beach
- up and over coastal headlands
- through streams
- slippery up and down
- muddy slopes.

Drink plenty of fluids!

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TRAILS	DISTANCES	TIMES
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CORCOVADO NATURALIST TREK				
Trails	Location	Distance		Time
	Leona Beach			
In rain forest covered with roots, sandy beach could be muddy	Sirena Rangerstation	KM	15.0	6 hours
		miles	9.5	
In rain forest covered with roots, could be muddy	Sirena Rangerstation Divided in 2 hikes	KM	8.0	2,5 hours/each
		miles	5.0	
In rain forest covered with roots, could be muddy	Los Patos	KM	22.0	8 hours
		miles	14.0	

CORCOVADO LEONA WILDLIFE TREK				
Trails	Location	Distance		Time
In rain forest covered with roots, could be muddy	Leona Beach Hike Mirador	KM	5.0	3 hours
		miles	3.1	
In rain forest covered with roots, sandy beach could be muddy	Leona Rangerstation	KM	15.0	6 hours
		miles	9.5	

CORCOVADO HIGHLIGHT TREK				
Trails	Location	Distance		Time
In rain forest covered with roots, could be muddy	Leona Beach Hike Río Madrigal	KM	12.0	6 hours
		miles	7.5	
In rain forest covered with roots, sandy beach	Sirena Rangerstation	KM	15.0	6 hours
		miles	9.5	
In rain forest covered with roots, could be muddy	Sirena Rangerstation Divided in 2 hikes	KM	8.0	2,5 hours/each
		miles	5.0	
In rain forest covered with roots, could be muddy	San Pedrillo Rangerstation	KM	8.0	4 hours
		miles	5.0	

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ESSENTIALS TO BRING

Good rucksack to carry your gear (or to give to an optional porter)
Plastic water bottle
Personal water filter to refill your water bottle. Recommended, but not necessary
Good rain poncho,
Light-weight, quick-drying clothes for jungle trekking
Sunscreen and insect repellent
Trousers - light weight pants (jeans are not recommended-too slow to dry)
cotton shirts - long and short sleeves
Short hiking socks
Flashlight with spare batteries
Bulb binoculars
FOOTWEAR –
Lightweight hiking boots with traction and ankle support
Plan on getting your feet wet daily on the trek (spare pairs of socks are necessary), and be sure your footwear is broken in before the trip
Hat(s) with visor for rain and sun protection
Walking sticks are recommended.
Sleeping Bag “light” (For Corcovado Shelter)
Mosquito Net

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FOOD INFORMATION

General information

Meals are provided by hotel or lodges

Meals at Sirena Rangerstation are cooked by park ranger

Please advise if a special diet is required

Included meals

1st day	Lunch & dinner
Other days:	All meals
Last day:	None

Lodges

Dinner	National and international cuisine
Breakfast	Eggs, fruits, toasts, gallo pinto, granola, butter, jam, coffee or tea
Boxlunch	Sandwich, fruits, soft drinks o juice

National Park

Dinner	Casado (rice, beans), salad with beef or chicken.
Breakfast	Eggs, toasts, granola, butter, jam, coffee, or tea.
Boxlunch	Granola bar, cookies, sandwich

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ACCOMMODATION

CORCOVADO LEONA WILDLIFE TREKS

La Leona Eco Lodge Rooms: 12 Capacity: 24 persons	12 tents each/2 people 6 shared bathrooms restaurant
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CORCOVADO HIGHLIGHTS TREKS

Jinetes De Osa Lodge Rooms: 10 Capacity: 24 persons	8 rooms with 1 double and 1 single bed. private bathrooms 2 rooms with 1 double and 1 single bed shared bathrooms restaurant
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CORCOVADO NATIONAL PARK

Sirena Rangerstation Rooms: Capacity shelter: 15 pax Capacity camping: 30 pax Total capacity: 45 pax	2 bunk beds for 4 people per room. Camping area 2 shared bathroom blankets are not provided.
Note: Overnight in tents, if shelter has no space available, Tents provided by Ocarina.	

Transport

Pick up 4x4 for 8 people

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