

CHIRRIPO & CORCOVADO TREK

9 DAYS & 8 NIGHTS

Tour description



Day 1 Cerro de la Muerte: Drive on the Pan-American Highway (2 ½ hrs) heading south to the Chirripó Highlands and Cerro de la Muerte (Peak of Death, 11,000'). Challenge yourself with the expertise of your resident guide to find the elusive Resplendent Quetzal and other cloud forest wildlife. After lunch at Vista al Cerro or similar, our staging area for the trek, you spend the afternoon in the quaint village of San Gerardo de Rivas. Equipment check and dinner. **Overnight: Albergue el Pelicano Lodge or Similar [Lunch & Dinner]**



Day 2 Trek to Chirripó Base Camp: Depart in the morning to begin trekking into Chirripó National Park. Today you hike in three stages as you ascend the mountain, eating snacks and lunch before arrival at camp by midday. The uphill trail is steep and can take up to 12 hours in poor conditions for slow trekkers. Fit, experienced hikers can do it in 6 to 7 hours. After passing the sign "Trail to Chirripó", you begin a grueling uphill stretch called La Cuesta del Agua (allow 2 hours). This climb crests at Monte Sin Fe ("Faithless Mountain"). Expect to see colorful toucans, trogons, monkeys, and more as you pass through dwarf cloud forests draped in "Old

Man's Beard" mosses. Note: A water filter is useful for re-filling your water bottle. There are not many water sources on this day. Camp is 6 km below the summit. **Overnight Shelter in National Park [Breakfast, Lunch, & Dinner]**



Day 3 Summit of Mount Chirripó: Arise early to begin trekking to the summit of Mt. Chirripó before the fog rolls in. Chirripó National Park protects 50,150 hectares of high elevation terrain. Cloud forest above 8,250' elevation covers half the park. Along the way you will pass by numerous lakes and it is clear why the Talamanca Indians called this area Chirripó—"Place of Enchanted Waters." On a clear day, the view to the Pacific and Atlantic is stunning. It's about a 1 ½ to 2 hour ascent before descending to Valle de Los Conejos (Rabbit Valley). Hike to Cerro Terbi and Los Crestones reaching camp around early afternoon. **Overnight shelter in**

National Park [Breakfast, Lunch & Dinner]

Day 4 Back to San Gerardo de Rivas: Continue descending to Refuge Llano Bonito. Hike back to San Gerardo de Rivas. **Overnight: Albergue el Pelicano Lodge or Similar [Breakfast, Lunch & Dinner]**

Ocarina Expeditions

Phone: 222-94-278, 222-92-848, Fax: 222-95-041, Cel.: 882-42-796,

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Day 5 transfer to Osa Peninsula:

Transfer from San Gerardo de Rivas to Puerto Jiménez. Then 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 6 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 7 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 8 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. **Cabinas Agua Luna o similar [Breakfast]**

Day 9 End of service: Flight to San José & transfer to the Hotel

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CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport ➤ Bilingual naturalist guide ➤ 8 overnights ➤ Meals ➤ Food porter ➤ Cook ➤ National Park fees, ➤ Quetzal Tour ➤ Chirripó Hike ➤ Corcovado Hike 	Day 1	Day 2
	Transfer Quetzal birdwatching Overnight: El Pelicano Lodge (lunch, dinner).	Hike Chirripó National Park Overnight: Shelter (desayuno, almuerzo, cena).
	Day 3	Day 4
	Hike Chirripó peak, Cerro Terbi and Los Crestones Overnight: Shelter (desayuno, almuerzo, cena).	Hike out Overnight: El Pelicano Lodge. (desayuno, almuerzo, cena).
	Day 5	Day 6
	Transfer to Carate Overnight: Leona Tent camp (desayuno, almuerzo, cena)	Hike Carate to Sirena Overnight: Shelter (desayuno, almuerzo, cena)
	Day 7	Day 8
	Hikes around Sirena. Overnight: Shelter (desayuno, almuerzo, cena)	Hike Sirena to Los Patos Transfer to Puerto Jiménez Overnight: Agua Luna (Desayuno, boxlunch)
	Day 9	
Flight to San José Transfer hotel		

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ACCOMMODATION

CHIRRIPO TREKS	
ALBERGUE EL PELICANO LODGE	
Location: San Gerardo de Rivas Rooms with share bath 2 Bungalow with private bathroom Restaurant Swimming Pool	
NATIONAL PARK CHIRRIPO	
Location: National Park Chirripó Rooms with 2 bunk beds, 4 people on each room shared bathroom NOTE: Blankets are not provided Sleeping bags for rent available	
TRANSPORTATION	
Minivan with a/c up to 7 people Minibus with a/c from 8 people on	

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ACCOMMODATION

CORCOVADO TREKS	
LA LEONA ECOLOGE TENT CAMP	
Location: Carate 16 tents Shared bathrooms Restaurant	
CORCOVADO NATIONAL PARK	
Location: National Park Sirena Station. 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.	
AGUA LUNA HOTEL	
Location: Puerto Jiménez Rooms w/private Bath Parking Restaurant	

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ALTITUDES & AVERAGE TEMPERATURES

FEET AND °FAHRENHEIT				
	San José	San Gerardo	Chirripó Base Camp	Osa Península
ALTITUDES	3.800 ft	4.400 ft	12.100 ft	Sea level
TEMP DAY	80°F	80°F	45 – 68°F	85 – 90°F
TEMP NIGHT	65°F	59 - 62°F	28 ° - 35°F	75°F
METER AND °CELSIUS				
	San José	San Gerardo	Chirripó Base Camp	Osa Península
ALTITUDES	1.200 m	1.350 m	3.700 m	Sea level
TEMP DAY	25°C	25°C	7 – 20°C	30 - 32°C
TEMP NIGHT	18°C	15 - 17°C	-2 – 2°C	24°C

CLIMATE

Chirripó: Weather on Chirripó is unpredictable and potentially dangerous, if you are not prepared. Bitterly cold winds can exceed 100 Kph with significant drops of temperature. Rain is always a possibility, especially in mid-afternoon. Temperatures usually fall to freezing, or below, during the night.

Corcovado: 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 Rainfalls are possible
Rain Season	May to November Rainfall occurs from noon on. Small summer season in July/August

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TRAILS LEVELS TIMES

Hike San Gerardo to Los Crestones Base Camp					
Trails	Location	Level		Distance	
Pasture and forest, covered with roots, Could be muddy	San Gerardo	meter	1.350		
		feet	4.400		
Forest, covered with roots, Could be muddy	National Park limit	meter	1.850	KM	4.0
		feet	6.100	miles	2.5
Forest, covered with roots, Could be muddy	Llano Bonito	meter	2.400	KM	3.5
		feet	7.900	miles	2.1
Paramo, embedded rocks	Faithless Mount	Meter	3.200	KM	3.0
		feet	10.500	miles	1.8
Paramo, embedded rocks	Los Crestones Base Camp	Meter	3.400	KM	5.0
		feet	11.150	miles	3.1

Uphill hike San Gerardo to Los Crestones Base Camp takes between 7 and 10 hours.

Hike Los Crestones Base Camp to Chirripó/Cerro Terbi					
Trails	Location	Level		Distance	
	Los Crestones Base Camp	Meter	3.400		
		feet	11.150		
Paramo, embedded rocks	Cerro Chirripó	meter	3.820	KM	5.0
		Feet	12.500	miles	3.1
Paramo, embedded rocks	Cerro Terbi Los Crestones	meter	3.550	KM	5.0
		feet	11.650	miles	3.1

Sunrise hike to the peak 1 ½ to 2 hours.
Hike back to Los Crestones 1 ½ hours.
Hike to Cerro Terbi and los Crestones 2,5 to 3,0 hours

CORCOVADO 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		

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