

CORCOVADO Standard TREKS

4 DAYS & 3 NIGHTS

Tour description

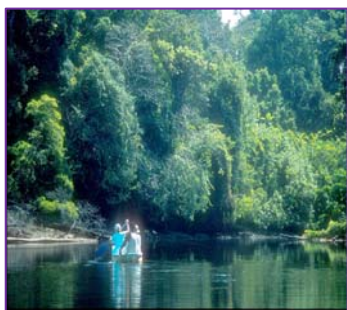


Day 1 Osa Peninsula:

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 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. **Agua Luna Hotel o similar [Breakfast]**

Day 4 End of service:

Ocarina Expeditions

Phone: 2229-4278, 2229-2848 Fax: 2229-5041, Cel.: 8824-2796

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CORCOVADO NATURALIST TREK		
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CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> ➤ Transport at Península ➤ Bilingual naturalist guide ➤ 3 overnights ➤ 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
	Hike From Sirena Station to Los Patos, out of the National Park Transfer to Puerto Jiménez Overnight: Cabinas Bosque Mar o similar. (Breakfast)	End of service.

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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	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	

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ESSENTIALS TO BRING

Good rucksack to carry your gear
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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