

# NATIONAL PARK CHIRRIPÓ TREKS

## INFO PAGE

**3 days & 2 nights**

**TOUR DESCRIPTION:**

**Hiking Level: Challenging**

**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, you will spend the afternoon in the quaint village of San Gerardo de Rivas. Equipment check and 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 refilling your water bottle. There are not many water sources on this day. Camp is 6 km below the summit.

**Day 3 Summit of Mount Chirripó:** Arise very 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." Enjoy the sunrise; the view to the Pacific and Atlantic is stunning. Continue descending to Refuge Los Crestones. After a second breakfast, you hike back to San Gerardo de Dota. After a short refreshment, you'll return to San José.

**Ocarina Expeditions**

Phone: 229-4278, 229-2848 Fax: 229-5041, Movil.: 824-2796,  
e-mail: [ocarina@racsa.co.cr](mailto:ocarina@racsa.co.cr), web: [www.ocarinaexpeditions.com](http://www.ocarinaexpeditions.com)

# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

<b>CHIRRIPO 3 DAY TREK</b>		
<b>3 DAYS &amp; 2 NIGHTS</b>		
<b>CHALLENGING</b>		
<b>SERVICES</b>	<b>ITINERARY</b>	
<ul style="list-style-type: none"> <li>➤ Transport from / to San José</li> <li>➤ Bilingual local guide</li> <li>➤ 2 overnights</li> <li>➤ 7 Meals</li> <li>➤ Food porter</li> <li>➤ National Park fees,</li> <li>➤ Quetzal Tour</li> <li>➤ Chirripó Hike</li> </ul>	<b>Day 1</b>	<b>Day 2</b>
	Transfer from San José Quetzal birdwatching Tour Overnight: El Pelicano Lodge or similar (Lunch, dinner)	Hike Chirripó National Park Overnight: Crestones Base at National Park. (Breakfast, Boxlunch, Dinner)
	<b>Day 3</b>	
	Hike Chirripó peak Hike out. Transfer to San José. (breakfast, boxlunch)	

<b>Prices per person</b>
<b>\$485.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person (up and downhill)</b>
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# NATIONAL PARK CHIRRIPÓ TREKS

## INFO PAGE

CHIRRIPÓ 3 DAYS ECONOMIC TREK		
3 DAYS & 2 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> <li>➤ Bilingual local guide</li> <li>➤ 2 overnights</li> <li>➤ 6 Meals</li> <li>➤ Food porter</li> <li>➤ National Park fees,</li> <li>➤ Chirripó Hike</li> </ul> <p><b>** Tour Not included: Transport Quetzal Tour</b></p>	<b>Day 1</b>	<b>Day 2</b>
	Arrive to San Gerardo de Rivas Overnight: El Pelicano Lodge or similar. (Dinner)	Hike Chirripó National Park Overnight: Shelter (Breakfast, Boxlunch, & Dinner)
	<b>Day 3</b>	
	Hike Chirripó peak Hike out. Back to San Gerardo de Rivas. End of services. (Breakfast, Boxlunch)	

<b>Prices per person</b>
<b>\$325.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person (up and downhill)</b>
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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

<b>CHIRRIPO BASIC TREK</b>		
<b>3 DAYS &amp; 2 NIGHTS</b>		
<b>CHALLENGING</b>		
<b>SERVICES</b>	<b>ITINERARY</b>	
<ul style="list-style-type: none"><li>➤ Cooking Equipment</li><li>➤ 2 overnights</li><li>➤ 6 Meals</li><li>➤ Food porter</li><li>➤ Cook</li><li>➤ National Park fees,</li><li>➤ Chirripó Hike</li></ul> <p><b>** Don't included</b> <b>Guide,</b> <b>Transportation</b> <b>Quetzal Tour.</b></p>	<b>Day 1</b>	<b>Day 2</b>
	Overnight: El Pelicano Lodge or similar (Dinner)	Hike Chirripó National Park Overnight: Shelter (Breakfast, Boxlunch, Dinner)
	<b>Day 3</b>	
	Hike Chirripó peak, Back to San José (Breakfast, Boxlunch)	

<b>Prices per person</b>
<b>\$199.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person</b> <b>(up and downhill)</b>
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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

**4 days & 3 nights**

**TOUR DESCRIPTION:**

**Hiking Level: Challenging**

**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, you will spend the afternoon in the quaint village of San Gerardo de Rivas. Equipment check and 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.

**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.

**Day 4 Back to San Gerardo de Rivas:** Continue descending to Refuge Llano Bonito. Hike back to San Gerardo de Rivas and return to San José.

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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

CHIRRIPO STANDARD TREK		
4 DAYS & 3 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> <li>➤ Transport from San José</li> <li>➤ Bilingual local guide</li> <li>➤ 3 overnights</li> <li>➤ 10 Meals</li> <li>➤ Food porter</li> <li>➤ National Park fees,</li> <li>➤ Quetzal Tour</li> <li>➤ Chirripó Hike</li> </ul>	<b>Day 1</b>	<b>Day 3</b>
	Transfer from San José Quetzal birdwatching Tour Overnight: El Pelicano Lodge or similar (lunch, dinner)	Hike Chirripó peak, Cerro Terbi and Los Crestones Overnight: Base Crestones Shelter at National Park (Breakfast, Boxlunch, Dinner)
	<b>Day 2</b>	<b>Day 4</b>
	Hike Chirripó National Park Overnight: Base Crestones Shelter at National Park (Breakfast, Boxlunch, Dinner)	Hike out. Transfer to San José. (breakfast, boxlunch)

<b>Prices per person</b>
<b>\$595.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person (up and downhill)</b>
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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

CHIRRIPO NATURALIST TREK		
4 DAYS & 3 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> <li>➤ Transport</li> <li>➤ Bilingual naturalist guide</li> <li>➤ 3 overnights</li> <li>➤ 10 Meals</li> <li>➤ Food porter</li> <li>➤ Cook</li> <li>➤ National Park fees</li> <li>➤ Quetzal Tour</li> <li>➤ Chirripó Hike</li> </ul>	<b>Day 1</b>	<b>Day 3</b>
	Transfer from San José Quetzal birdwatching Overnight: El Pelicano Lodge (lunch, dinner)	Hike Chirripó peak, Cerro Terbi and Los Crestones Overnight: Shelter (all meals)
	<b>Day 2</b>	<b>Day 4</b>
	Hike Chirripó National Park Overnight: Shelter (all meals)	Hike out Transfer to San José. (breakfast, boxlunch)

<b>Prices per person</b>
<b>\$690.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person (up and downhill)</b>
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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

CHIRRIPO STANDARD ECONOMIC TREK		
4 DAYS & 3 NIGHTS		
CHALLENGING		
SERVICES	ITINERARY	
<ul style="list-style-type: none"> <li>➤ Bilingual local guide</li> <li>➤ 3 overnights</li> <li>➤ 7 Meals</li> <li>➤ Food porter</li> <li>➤ National Park fees,</li> <li>➤ Chirripó Hike</li> </ul> <p><b>** Don't included Transportation Quetzal Tour.</b></p>	<b>Day 1</b>	<b>Day 3</b>
	Arrive to San Gerardo de Rivas. Overnight: El Pelicano Lodge or similar (Dinner)	Hike Chirripó peak, Cerro Terbi and Los Crestones Overnight: Shelter (Breakfast, boxlunch, dinner)
	<b>Day 2</b>	<b>Day 4</b>
	Hike Chirripó National Park Overnight: Shelter (Breakfast, boxlunch, dinner)	Hike out (Breakfast, boxlunch)

<b>Prices per person</b>
<b>\$435.00</b>

On request you can book

<b>Porter:</b>	<b>\$ 60.00 per person (up and downhill)</b>
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# NATIONAL PARK CHIRRIPIÓ TREKS

## INFO PAGE

### ALTITUDES & AVERAGE TEMPERATURES

FEET AND °FAHRENHEIT			
	San José	San Gerardo	Chirripó Base Camp
ALTITUDES	3.800 ft	4.400 ft	12.100 ft
TEMP DAY	80°F	80°F	45 – 68°F
TEMP NIGHT	65°F	59 - 62°F	28 ° - 35°F

METER AND °CELSIUS			
	San José	San Gerardo	Chirripó Base Camp
ALTITUDES	1.200 m	1.350 m	3.700 m
TEMP DAY	25°C	25°C	7 – 20°C
TEMP NIGHT	18°C	15 - 17°C	-2 – 2°C

### Climate

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.

### Time to go

<b>Dry season</b>	December to April Rainfalls are possible
<b>Rain Season</b>	May to November Rainfall occurs from noon on. Small summer season in July/August

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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

<b>TRAILS</b>	<b>LEVELS</b>	<b>TIMES</b>
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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
<b>Uphill hike San Gerardo to Los Crestones Base Camp takes between 7 and 10 hours.</b>					

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

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# NATIONAL PARK CHIRRIPIÓ TREKS

## INFO PAGE

### ESSENTIALS TO BRING

Sleeping bag rated to freezing
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,
Warm clothes (layered, polypropylene) to keep warm in damp and cold mountains
Sunscreen and insect repellent
Cotton shirts - long and short sleeved
Parka
Trousers - light weight pants (jeans are not recommended-too slow to dry)
Short hiking socks
Hat(s) with visor for rain and sun protection
Flashlight with spare batteries
Bulb binoculars
Footwear–Lightweight hiking boots with traction and ankle support
Walking sticks are recommended.
Clothes for the hot springs

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# NATIONAL PARK CHIRRIPO TREKS

## INFO PAGE

### FOOD INFORMATION

#### General information

Meals are cooked by guide or/and cook

Ocarina provides all cooking equipment

Food and additional equipment are carried by Ocarina

**Please advise if a special diet is required**

#### San Gerardo de Rivas

<b>Dinner</b>	Casado (rice, beans), salad with beef, chicken, trout or vegetarian
<b>Breakfast</b>	Eggs, fruits, toasts, gallo pinto, butter, jam, coffee, or tea
<b>Boxlunch</b>	Sandwich, granola bar, apple or banana, cookies

#### National Park

<b>Dinner</b>	1st night	chicken, rice, salad, vegetables, cookies
	2nd night	Spaghetti with tomatoes sauce, cookies
<b>Breakfast</b>	Eggs, toasts, granola, butter, jam, coffee, or tea.	
<b>Boxlunch</b>	Sandwich, granola bar, cookies, soups	

**Energy drink powder for drinks during the hikes are provided**

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### ACCOMMODATION

<b>San Gerardo de Rivas</b>	
<b>El Pelicano Lodge</b> Rooms: 10 Capacity: 26 persons	2 rooms with 3 single beds. 1 room with 4 single beds. 3 rooms with 2 single beds. 4 rooms with 1 double bed. 4 shared bathrooms. 2 Bungalow with private bathroom Restaurant Swimming Pool

<b>National Park</b>	
<b>Los Crestones Base Camp</b> Rooms: 15 Capacity max. 30 people	15 room with 2 bunk beds 8 shared bathroom <b>Blankets are not provided</b> <b>Sleeping bags for rent available</b>

### Transport

Minivan with a/c up to 7 people  
Minibus with a/c from 8 people on

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