GOLFO DULCE, COSTA RICA
A Pristine Tropical Fjord surrounded by Rain Forests & National Parks
The Greatest Tropical Sea Kayaking Trips Designed To Perfection

BROCHURE 2018-2019
Join us for a multiday escape kayaking one of the few tropical fjords in the world, experiencing the most abundant exotic flora & fauna in Costa Rica—and likely all of Central America.

You will paddle the calm, warm waters of the Golfo Dulce (Sweet Gulf) in a single or double enclosed, sturdy kayak while surrounded by the tropical backdrop of Rainforests and Jungle Mountains. Paddle up the Mangrove Rivers, and watch Dolphins, Turtles, False Killer Whales, and the migrating Humpback Whales swim next to your kayak. You’ll experience the best of supernatural Costa Rica on this tropical adventure, and taste the natural flavors of the Costa Rican cuisine; all while staying at beautiful and comfortable eco-lodges.

**Tropical Sea Kayaking (TSK)** is a grassroots sea kayaking company operating in Golfo Dulce, Costa Rica. As a small company, we are capable of listening to our travelers and turning their dreams of what they would like to see and experience on their trips into reality.

We provide a true sense of personalized service; which in return provides us with a sense of professional accomplishment. We operate our trips with small groups, top notch equipment, highly experienced & knowledgeable guides, a constant focus on safety & health, comfort, and delicious nutritious meals; all while leaving the smallest environmental footprint possible.
The Golfo Dulce: One of only Three Tropical Fjords in the World

Golfo Dulce, translates sweet gulf, teems with marine life and with its unique enclosed geomorphology it presents calm, if not glassy ocean conditions; it’s a true tropical sea kayaking paradise.

To add awe and wonder to this location, Golfo Dulce is a preferred birthing location by northern humpback whales, and home to turtles, bottlenose and spotted dolphins.

As if that is not enough, the undiscovered location is completely of the beaten path and away from crowds. Even when all other tourist hot spots in Costa Rica are saturated with travelers, you will find yourself in the untouched nature and pure solitude of the Golfo Dulce.

This small inner tropical sea is located in the Osa Peninsula in southwestern Costa Rica. This embayment is termed a ‘tropical fjord’, due to the surrounding hills and over 200 meters in depth (650 feet) of its water, despite only being 16 km in width and 24 km in length (10 miles x 16 miles).

There are over 200 hectares of mangroves associated with the 4 major rivers that flow into the gulf, all under environmental government protections. Along with rocky outcrop, tiny islands, beaches and tropical forests lining the gulf you will also find the scattered coastal ecolodges and the 14,000 hectares of the Piedras Blancas National Park.
At Tropical Sea Kayaking we strive for the greatest nature and adventure expeditions combined with unique lodging, tasteful & natural food, and highly experienced guides.

Friendly and professional trip leaders, active adventures and some of the most incredible landscapes on earth are the framework for our success. With a genuine belief that sea kayaking adventures are exceedingly worthwhile life experiences, we have committed ourselves over the years to providing the best trips available, always with an eye on safety and improvement.

Guiding Life’s Greatest Adventures

Why Choose Golfo Dulce & Tropical Sea Kayaking?
✓ No subcontracting- we develop, operate, and guide all trips
✓ We use top notch kayaks & gear
✓ All trips include 3 fresh & nutritious meals daily
✓ CPR & First Aid certified nature & adventure guides
✓ Stay at our comfortable & unique Eco-lodges in the Gulf
✓ Warm, calm, glass-like waters in the entire Golfo Dulce
✓ Experience rich marine and terrestrial wildlife
✓ Explore River Estuaries & Mangrove Wetlands
✓ The Gulf’s surrounded by Rain Forests & National Parks
✓ Untouched & Pristine Locations (No mass tourism)
✓ Tropical climate (no wetsuit needed!)
Our Trips: Designed to Perfection

We offer four sea kayaking trips designed with care and expertise, each of different duration and configuration:

- **3-Day ‘Introduction’ Trip**
- **6-Day ‘Full Experience’ Trip**
- **8-Day ‘Signature’ Trip**
- **10-Day ‘Kayak & Corcovado’ Trip**
- **9-Day San Blas Archipelago (Panama Special)*

*see website or contact us for more details

All trip itineraries can be viewed on our website as well as downloaded as a PDF document

This stuff’s good to know:

- **We run our trips all year except for October & November**
- **All our trips start either on a Saturday or a Sunday**
- **Group discount & children discount apply**
- **No previous paddling experience required**
- **Private trips & customized trips available**
- **Our 8-Day ‘Signature’ Trip** starts and ends at the San Jose airport. We’ll take care of everything from arrival up to departure. This is our all inclusive ‘worry free’ trip option. The next pages show an itinerary excerpt of this trip.

---

### 3-Day ‘Introduction’ Trip

This is our introduction trip to Tropical Sea Kayaking in Golfo Dulce; perfect for novice paddlers, or travelers with limited time. It also works great to combine it with our Corcovado National Park multiday hiking trip and have it all fit in a week’s adventure & nature vacation.

### 6-Day ‘Full Experience’ Trip

This is our complete Tropical Sea Kayaking trip covering all corners & flavors, including deserted beaches, spectacular sunsets & sunrises, exotic birds, terrestrial and marine wildlife, primary & secondary rainforests, unique lodging, amazing people, and tasteful local dishes.

### 8-Day ‘Signature’ Trip (Itinerary excerpt on next pages)

Our most popular trip includes all lodging and transportation services in Costa Rica for worry free travel; it starts and ends at the airport of San Jose. Covering the best parts of the Gulf, you’ll paddle along the rich coastline, stop at tiny islands, and lodge at the best eco destinations.

### 10-Day ‘Kayak & Corcovado’ Trip

This is our master trip combining our 6-day trip with a 3-day trip hiking the Corcovado National Park. This 10-day trip is ideal for nature lovers who like to mix up their adventures, surroundings, flora & fauna encounters, and activities: experience the best of the Osa Peninsula!
8-Day Golfo Dulce Signature Trip
Kayaking the Tropical Fjord & Lodging at 3 Locations

Day 1. Welcome to Tropical Costa Rica!!
Today has been designated as your arrival day! A Tropical Sea Kayaking (TSK) representative will greet you at the International Airport of San Jose (SJO) and take you to a very conveniently located hotel (15 min. drive) with lush gardens, pool, comfortable rooms, and an in-house restaurant with a-la-carte menu focusing on Italian and Typical Costa Rican dishes.

Here you’ll have the chance to relax and unwind from your International travels.

Day 2. After a scenic flight, we’ll start paddling the Gulf!
Enjoy waking up to the tropical bird sounds and enjoy the local breakfast served in the gardens. After a short scenic flight along the Pacific coastline we will get to El Chontal Ecolodge where delicious lunch awaits us.
Then, after a briefing and paddling instructions, your bilingual guide will take you out on the water with our sturdy enclosed kayaks for coastal paddling.
Late afternoon you can rest & relax in the lodge’s gardens and spacious palapa; a great place to enjoy the peaceful surroundings from a hammock.
Dinner’s served after the colorful sunset!

Day 3. Mangrove Kayaking & Rainforest Hiking
This morning after home made breakfast we’ll get into our kayaks to paddle along the coast and into the estuary of the Rincon River which provides a full on Mangrove Forest experience.
After lunch we’ll be hiking the secondary forest trails in search of the 4 types of endemic Golfo Dulce poisonous dart frogs. In the afternoon we have the option to go out on the lake for a sunset paddle session. After dinner we suggest to hit the hay at a reasonable time since the day of tomorrow dictates an early rise.
8-Day Golfo Dulce Signature Trip – Itinerary continues...

Day 4. Sunrise paddling with the Dolphins!
We’re in for an early start to cover the 18 km (11 miles) stretch to our next eco destination. We’ll paddle along the coast with good opportunities to spot dolphins & turtles.

Once at the new lodge, freshly made lunch awaits us where after we’ll take the afternoon off to relax at this beautiful place.
At 4 o’clock tortilla chips with salsa is offered in the lounge area where you can order your drink of choice. Dinner’s served after yet another spectacular sunset, this time witnessed from another angle.

Day 5. Jungle hiking, snorkeling, mangrove paddling, hammock surfing...
We’ll start with a delicious breakfast at an amazing location offering awesome views.
Once you’re up for it we can pick one of the following activities or.....do ‘em all!!

• Kayaking- we are in the most protected area of the Golfo Dulce
• Snorkeling- there’s a coral reef only 15 min. paddling with a tiny shaded beach
• Birdwatching- we are next to Piedras Blancas National Park, home to tons of birds
• Exploring the Rio Esquinas Mangrove Estuary with its many small channels
• Swimming- warm, calm waters right in front of the eco lodge
• R&R- with its green fields, lounge chairs and hammocks this place is perfect to relax

Don’t forget the snacks & cocktails at 5, the beautiful sunset & tasty dinner afterwards!
Day 6. Sunrise paddling along Mogos Islands
Today after an early breakfast we’ll say ‘hasta la vista’ to our wonderful hosts as we start paddling to the Mogos Islands. From there we’ll be crossing the Gulf to spot dolphins and other marine life until we reach our take out location in Punta Rincon, at the familiar Chontal Ecolodge.

After today’s amazing last paddling session we’ll take a rest and enjoy the last home-made lunch of the trip. Together with your guide you will look back at a wonderful Tropical Sea Kayaking trip in the Golfo Dulce.

The evening is all yours to enjoy your last night in the tropics of the Golfo Dulce. Dinner is served at sunset.

Day 7. R&R at the pool in the Central Valley
This morning the lodge’s family will wave goodbye as you leave to catch your domestic flight back to San Jose. Once back in the Central Valley you will be taken to the familiar hotel; a great place to enjoy your last night in Costa Rica.

To mix things up, you might want to consider a San Jose city tour, followed by perhaps dinner in the city at a great restaurant. If you don’t feel like leaving the hotel’s premises, you are most welcome to enjoy the gardens, pool, and its international oriented restaurant on site.

Day 8. All marvelous things must come to an end...
Enjoy your last Costa Rican breakfast of this trip, and perhaps some downtime at the pool.

Your driver will pick you up and take you to the airport in time to catch your flight out.

End of Trip

This trip starts on any Saturday and includes:

- Professional, bilingual guides
- All ground transportation
- Round trip domestic flights
- All lodging at 3 locations
- 3 nutritious meals daily
- Top notch kayaks & gear
- Drinking water
- Snacks and fruits
Experience Our Off-The-Beaten-Path Eco Lodges
Still more Scarlet macaws, toucans, monkeys & sloths than humans

Our team has carefully selected the three best lodges on the Golfo Dulce that fit our travel purposes perfectly. All have direct access to the water and are surrounded by pure nature and wildlife, they’re located off the beaten path, and they’re catered to only small groups, serving mouthwatering meals using only the freshest ingredients.

Macaws & Toucans greet you in the morning & evening

Hammocks & lounge chairs scattered all over the premises

Sleep to the sounds of the nocturnal animals, and wake up to the songs of tropical birds

Hike the looping trails into Piedras Blancas National Park

Watch dolphins right from the breakfast table jump up

You don’t observe monkeys, monkeys observe you!

Meals are prepared with tropical ingredients picked right out of the gardens

All our lodges offer comfortable and spacious (glamping) cabins, all surrounded by nature, wildlife, and exotic birds. The glamping cabins offer real beds & comfortable mattresses set on elevated platforms. Perfect for nature lovers!
Flanking the northeast of Golfo Dulce you will find the Parque Nacional Piedras Blancas; one of Costa Rica’s newest and least visited national parks.

The park’s 14,153 hectares (35,000 acres) is covered with primary rain forests and level terrain grasslands or secondary forests in various stages of regeneration. The Esquinas, Sardinal and Bonito Rivers flow into the park’s 1200 marine hectares, which are rich in mangrove forests and coral reefs.

The park’s also rich in wildlife, from the elusive jaguars and tapirs, to the more common agouti, coati, and capuchin, spider and howler monkeys; and even the endemic Golfo Dulce poison dart frog. Birds also come in great variety in the park; curassows, woodpeckers, macaws, toucans, wood rails as well as over 300 other species!
Corcovado National Park

The Most Biologically Intense Place on Earth – National Geographic

Corcovado National Park is located in Costa Rica’s Osa Peninsula, right next to the Golfo Dulce. It’s among the last sizable tropical forests of Mesoamerica, and the largest primary forest of the continent’s Pacific coastline.

The park’s ecosystems include cloud forests, lowland rain forests, secondary forests, palm swamps, mangroves, rivers, lagoons and coral reefs.

This last bastion of the Jaguar has 124 species of mammals, 375 species of birds, 111 species of reptiles and amphibians, 40 species of freshwater fish and over 8000 species of insects.

Simply put, this is one of the planet’s most bio diverse and pristine tropical national parks, and absolutely worth visiting if you are a wildlife enthusiast or if you simply wish to see one the last sizable tropical forests outside the Amazon.

Our 10-Day Kayaking Trip includes a 3-day hiking trip into Corcovado National Park, with all services included.

We also offer this option as an add-on to any of our other kayaking trips (see P13)
Extent your *Tropical Sea Kayaking* trip to experience tons of other spices of Costa Rica!

Check out our ADD-ON options on the next page (also available as a separate trip)
Spice Up Your Trip - Add your favorite fresh & natural ingredients for a complete Costa Rica Experience

ADD-ON #1: Complete Package
All our kayaking trips start and end at El Chontal Ecolodge (Golfo Dulce). If you’re of an adventurous type, and like to travel to and from this location on your own, you don’t need this add-on. For everyone else who seek ‘worry-free’ travel, we highly recommend adding this option to your tropical sea kayaking trip. All you have to do is get to Costa Rica, and we’ll take care of the rest!

- All ground transportation
- First & last night lodging near airport
- 1 additional night in Golfo Dulce with breakfast and dinner
- Round trip domestic flights San Jose-Puerto Jimenez (Golfo Dulce)
- 24/7 travel support on location
- Surprise welcome package

*Our 8-Day Trip includes this add-on*

ADD-ON #2: Corcovado Hiking
This 5-day extension takes you on a jungle trekking adventure through the most biologically intense place on earth! Together with our Corcovado Licensed naturalist guide you will endeavor a full Corcovado National Park experience, hiking deserted beaches, primary & secondary rainforests, and crossing rivers. All while observing tons of wildlife, and staying at a marvelous eco lodge, and ranger station.

- Ground transportation to Corcovado National Park
- 4 nights at La Leona Ecolodge & La Leona Ranger Station
- 3-Day pass to Corcovado NP
- Corcovado Licensed bilingual naturalist guide
- Most meals throughout this additional trip

*Our 10-Day Trip includes this add-on*

ADD-ON #3: Mountains, Waterfalls & Rivers.
Enjoy this 6-day extension and visit the hidden secrets of Nature & Adventure in Costa Rica. This add-on features Dominical Beach, the uncut gem of the south Pacific coast; the off-the-beaten-path cascading Diamond Waterfalls & sleep in the ‘House of Rocks’; whitewater rapids and beauty of the world class Pacuare River. An excellent addition as we take care of all details!

- All transportation up to the airport drop off on your last day
- 2 nights at Villas Rio Mar Hotel with pool and breakfast
- Overnight in ‘House of Rocks’ (open cave with views) + meals
- 2 nights at Don Carlos hotel in downtown San Jose + breakfast
- Full day white water rafting on the Pacuare River + lunch
- 24/7 travel support on location
- Last night surprise package

ADD-ON #4: Costa Rica Highlights
On this 8-day extension you will visit Costa Rica’s top highlight locations while experiencing the country’s best-rated adventures. Beaches, Volcanoes, Cloud Forests, White Water Rivers, Hot Springs, and more. Simply let us arrange all the details for you, right up to your flight back home!

- All transportation up to the airport drop off on your last day
- 7 nights fine lodging in Manuel Antonio, Monteverde, Arenal Volcano, and San Jose
- All guided adventures: Jungle & Volcano Hiking, Safari River Floating (+ lunch), Cloud Forest Aerial Tram, Canopy Zip Lines, Hanging Bridges, Hot Springs (+ dinner), White Water Rafting (+ lunch)
- 24/7 travel support on location
- Last night surprise package

©Tropical Sea Kayaking | Brochure 2018-2019 www.tropicalseakayaking.com | info@tropicalseakayaking.com
RATES 2018-2019: TRIPS & ADD-ONS

TRIP DURATION & ACCOMODATION

<table>
<thead>
<tr>
<th>TRIP DURATION &amp; ACCOMODATION</th>
<th>2-4 pers</th>
<th>5-9 pers</th>
<th>10+ pers</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Day Lodging (Introduction)</td>
<td>$599</td>
<td>$549</td>
<td>$525</td>
</tr>
<tr>
<td>6-Day Lodging (Full Experience)</td>
<td>$1249</td>
<td>$1149</td>
<td>$999</td>
</tr>
<tr>
<td>8-Day Lodging (Signature)</td>
<td>$1849</td>
<td>$1749</td>
<td>$1649</td>
</tr>
<tr>
<td>10-Day Lodging incl Corcovado Hiking</td>
<td>$2399</td>
<td>$2245</td>
<td>$2149</td>
</tr>
<tr>
<td>9-Day San Blas Archipelago (Panama Special)</td>
<td>$2499</td>
<td>$2319</td>
<td>$2250</td>
</tr>
</tbody>
</table>

ADD-ONS (Costa Rica Only)

<table>
<thead>
<tr>
<th>ADD-ONS (Costa Rica Only)</th>
<th>2-4 pers</th>
<th>5-9 pers</th>
<th>10+ pers</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1: Complete Package Transformation</td>
<td>$749</td>
<td>$699</td>
<td>$675</td>
</tr>
<tr>
<td>#2: Corcovado National Park Hiking</td>
<td>$999</td>
<td>$925</td>
<td>$899</td>
</tr>
<tr>
<td>#3: Mountains, Waterfalls &amp; Rivers</td>
<td>$775</td>
<td>$749</td>
<td>$725</td>
</tr>
<tr>
<td>#4: Costa Rica Highlights</td>
<td>$1299</td>
<td>$1250</td>
<td>$1199</td>
</tr>
</tbody>
</table>

TRIP INFORMATION

- All trips are fully guided by professional, bilingual adventure and naturalist guides
- All trips include top notch kayaks and gear
- All kayaking trips include 3 nutritious meals daily & fruits, coffee, tea, water, juices
- Trips can be customized to your wishes & needs
- Trips run all year except for October & November
- Trips can be booked as private from 5+ people
- Minimum age for all trips is 8 years old (contact us to discuss if younger)

• Rates are per person & in US Dollars
• All rates include 13% sales tax
• All rates are based on double occupancy
• Single supplement: 10% surcharge
• Children 8-12: 25% discount on trip rates
• Each trip can be booked based on cabin lodging or tent camping (we provide camping gear). Contact us for rates.

If you like to receive detailed trip information, we’ll be happy to send you a full itinerary document of your trip of choice. Please contact us at info@tropicalseakayaking.com