TROPICAL SEA KAYAKING
LET US SHOW YOU A DIFFERENT WORLD: GOLFO DULCE | COSTA RICA

‘The Most Biologically Intense Place On Earth’
-National Geographic

8-DAY ITINERARY
BILINGUAL GUIDES
4 LOCATIONS/LODGES
ALL-INCLUSIVE
NATURE & WILDLIFE
ACTIVE VACATION

TROPICAL FJORD
OFF-THE-BEATEN-PATH
ECO-DESTINATION
PRIMARY RAINFOREST
NATIONAL PARKS
MAGROVE ESTUARIES

Published in the Lonely Planet
COSTA RICA SEA KAYAKING ADVENTURE

8 Days Golfo Dulce Kayaking and Nature Experience

Join us for an 8-Day escape kayaking one of the few tropical fjords in the world, experiencing the most abundant exotic flora & fauna in Costa Rica. 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 super-natural 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 taking their dreams of what they would like to see and experience on their trips and making them a 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, delicious nutritious meals; all while leaving the smallest environmental footprint possible.

Guiding Life’s Greatest Adventures in Costa Rica

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.

Our team is professional and experienced in the field of adventure travel, no rookies here. All our trips have professionally trained fully bilingual guides, who always carry comprehensive medical kits and communication tools. With excellent on-water skills and experience, they will provide you with great confidence, and a handy range of tips, advice and encouragement to ensure you thoroughly enjoy your time paddling. Their wealth is of biological knowledge and understanding of our local culture & environment, beautiful and sensitive flora and fauna and ecology, including our spectacular marine wildlife.

Please use this document as a resource for general information on your Costa Rica adventure. The information enclosed covers most everything you’ll need to know before your trip. Of course, if you have questions that are not answered in this packet, we are happy to help! Simply contact us at info@tropicalseakayaking.com with your questions or to schedule a phone call.
ITINERARY: 8 Days  Golfo Dulce Kayaking and Nature Experience

8-DAY ITINERARY OVERVIEW  (4 LOCATIONS: CENTRAL VALLEY, EL CHONTAL, LAPAMAR & SALADERO)

<table>
<thead>
<tr>
<th>DAY</th>
<th>Activity</th>
<th>Location</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Arrival &amp; Optional City Tour @Country Inn &amp; Suites Hotel (or similar)</td>
<td></td>
<td>B</td>
</tr>
<tr>
<td>2</td>
<td>Transfer to Golfo Dulce &amp; Paddling Intro @El Chontal EcoLodge (BLD)</td>
<td>El Chontal</td>
<td>B,L,D</td>
</tr>
<tr>
<td>3</td>
<td>Coastal Paddling to Playa Blanca &amp; River Tour @Lapamar Lodge (BLD)</td>
<td>Lapamar</td>
<td>B,L,D</td>
</tr>
<tr>
<td>4</td>
<td>Crossing Gulf by Kayak, Snorkeling, Hiking, R&amp;R @Saladero EcoLodge (BLD)</td>
<td>Saladero</td>
<td>B,L,D</td>
</tr>
<tr>
<td>5</td>
<td>Jungle Hike, Snorkeling, Mangrove River Paddling @Saladero EcoLodge (BLD)</td>
<td>Saladero</td>
<td>B,L,D</td>
</tr>
<tr>
<td>6</td>
<td>Coastal Rainforest &amp; Island Paddling, R&amp;R @El Chontal EcoLodge (BLD)</td>
<td></td>
<td>B</td>
</tr>
<tr>
<td>7</td>
<td>Flight Back to San Jose @Country Inn &amp; Suites Hotel (or similar) (B)</td>
<td></td>
<td>B</td>
</tr>
<tr>
<td>8</td>
<td>Transfer Out to San Jose Airport (SJO), End of Trip (B)</td>
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Full Itinerary starts on next page

Rates and Information in this document are subject to change without notice.
PROPOSED ITINERARY

The following itinerary should be seen as an approximate guide only. We are on an expedition and the weather conditions, currents and tides can cause alterations and delays to our itinerary.

<table>
<thead>
<tr>
<th>DESCRIPTION OF DAILY SCHEDULE</th>
<th>LODGING &amp; MEALS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td></td>
</tr>
<tr>
<td>Welcome to Tropical Costa Rica!!</td>
<td>Country Inn &amp; Suites (room w/ private bathroom)</td>
</tr>
<tr>
<td>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 (either near the airport or in downtown San Jose). Here you’ll have the chance to relax and unwind from your International travels.</td>
<td>Convenietly located near the airport, this hotel's the perfect base from which to start this expedition. You'll be staying in comfortable rooms with aic, private bathroom, imported plush towels, bedding, and new quality mattresses. The hotel offers a large swimming pool (a second one for small children), sitting areas, and internationally oriented restaurant.</td>
</tr>
<tr>
<td>Depending on your arrival time, you have the option for a self-guided San Jose City Tour. We will provide you with a TSK detailed tour document, leading you to our favorite places of interest &amp; highlights (a guided tour including transportation can be arranged for on request).</td>
<td>No meals included today</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>El Chontal Ecolodge (cabin w/ private bathroom)</td>
</tr>
<tr>
<td>Wake up and smell the Costa Rican coffee; yes, it’s true, you are in Costa Rica! (Sunrise is at 5:30Am; best time of the day!)</td>
<td>This family owned, operated, designed and built environmentally friendly Eco Lodge sits right on the beach and serves as a perfect landing point after a long kayaking stretch. The property’s rustic and quirky decoration and design will certainly make you smile. Trails, and communal areas such as the pavilion for relaxing and the waterfront platform for yoga and reading add to this lodge’s charm. Doña Azucena, the co-owner, will cook delicious traditional meals for us.</td>
</tr>
<tr>
<td>The day begins with a beautiful drive from the Central Valley highlands down to and along the Pacific Coast. Using the country’s best and newest road, the drive will take us by white sand beaches, rainforests, and farms. On route, we will stop for breakfast, spotting wildlife along the Tarcoles River, and briefly visiting the UNESCO world heritage petrospheres; testament of an early -little known- Costa Rican civilization which mysteriously disappeared hundreds of years before the arrival of Columbus.</td>
<td>Meals included: Breakfast, Lunch &amp; Dinner</td>
</tr>
<tr>
<td>After a morning of travel, we will reach our final destination El Chontal Ecolodge, in time for lunch. Peacefully located right on the banks of the Golfo Dulce.</td>
<td></td>
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<tr>
<td>Your guide will welcome you to the start of your Tropical Sea Kayaking trip! You’ll have time to settle down into your cozy wooden jungle cabin, and wander around the lodge’s gardens before we’ll invite you to the local family’s house for a delicious home-made lunch, carefully prepared on location using the freshest ingredients grown from their own gardens.</td>
<td></td>
</tr>
<tr>
<td>In the afternoon we head out to the water for our kayaking introduction where after we’ll hop into our sturdy enclosed kayaks for coastal and Mangrove forest paddling. Late afternoon you can rest and relax and enjoy the property’s spacious palapa; a great place to rest, read, relax in a hammock, and play games. Dinner’s served after we’ve witnessed a colorful sunset!</td>
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This morning after breakfast we’ll pack up and head out, leaving the Rincon Bay to paddle along the coast of the Osa Peninsula until we reach our next destination: Playa Blanca.

This is a 10Km journey passing the Mangroves filled Rincon River Estuary, and taking breaks at deserted beaches along the way. This day we got good chances of spotting the Green Sea Turtles, the Olive Ridley Sea Turtles, as well as the Pantropic Spotted Dolphins, and the Bottlenose Dolphins.

Eventually we will reach Playa Blanca (White Beach), home to numerous Scarlet Macaws, and ours too for the night to come. Here we’ll stay at a classic family owned property, offering spacious wooden cabins with private bathroom, and a restaurant area for meals, starting with lunch, then dinner, and early breakfast the following morning.

This afternoon is at leisure; siesta, hammock time, bird spotting, swimming, jungle hiking, more kayaking are among many of the options.

Dinner’s served after sunset.

<table>
<thead>
<tr>
<th>Lapamar Lodge</th>
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<tbody>
<tr>
<td>(cabin w/ private bathroom)</td>
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<tr>
<td>Located in the tiny community of Playa Blanca, this beach front property is family owned, and offers spacious, basic wooden cabins with private bathroom, and porch. Meals are served only steps away from your cabin in the cozy, quiet rancho. The property is surrounded by several species of fruit trees, attracting all sorts of exotic birds like the Chestnut-mandibled Toucan. The beach right in front of the property is ideal for swimming, and spotting Scarlet Macaws as they feed of the Almond trees scattered along the entire beach. This is Macaws’ territory!!</td>
</tr>
</tbody>
</table>

Meals included: Breakfast, Lunch & Dinner

Day 4

We’re in for an early start to cover the 14 km long stretch to Saladero Ecolodge with good opportunities to spot dolphins! Reason we leave early is to take advantage of the calmest conditions, both weather and water wise. Above all, paddling the Gulf at sunrise is simply magical!

Once on the other side of the Gulf, we’ll take a welcoming break at a spectacular beach for relaxing, wildlife spotting, swimming, and snorkeling. From here it’s only a 15-minute paddle to our next destination: Saladero Ecolodge.

After settling in, a delicious, home-made lunch is served when after we’ll take the afternoon off to relax at this beautiful place. At 5 o’clock some light appetizers are offered in the lounge area where you can order your drink of choice.

Dinner’s served after we’ve witnessed a colorful sunset looking over the lake!

“Glamping”: Your very comfortable glamping cabins await you for a well-deserved night rest. Glamping (which stands for glamorous camping) is really the best way to experience the Golfo Dulce jungle by night. Huge sturdy tents on elevated platforms, real beds and real mattresses allow you to enjoy the sounds of the nocturnal animals at nights, and wake up to the songs of the tropical birds, and spectacular views on the Gulf!

<table>
<thead>
<tr>
<th>Saladero Ecolodge</th>
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<tbody>
<tr>
<td>(Glamping Cabin)</td>
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<tr>
<td>Nestled between the brilliant turquoise waters of the Golfo Dulce and the lush green mountains of Piedras Blancas National Park, the Saladero Eco Lodge is a place for ocean adventure and relaxation. This vast, waterfront property with green fields, gardens, and rainforest jungle trails truly is paradise for any sea kayaker looking for a mix of tranquility and untouched nature. Delicious homemade meals are served in the lounge area overlooking the Gulf. This rainforest style ecolodge is only accessible by boat.</td>
</tr>
</tbody>
</table>

Meals included: Breakfast, Lunch & Dinner

Day 5

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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 and the waters are very calm.
- Snorkeling – There is a coral reef only 15 minutes away by kayak with a beautiful shaded beach.
- Birdwatching – We are surrounded by Piedras Blancas National Park, the least visited park in Costa Rica, and adjacent to the Rio Esquinas so we have the birds that normally inhabit primary rainforest, secondary rainforest, seashore and mangrove/rivers.
- Exploring the Rio Esquinas Mangrove Estuary – Home of the largest red mangroves in the world, explore many of the small channels leading into the mangroves.
- Swimming – The Golfo Dulce “Sweet Gulf” is salt water but with a large influence from the fresh water rivers. 83 degrees (28 Celcius), calm and crystal clear in the dry season.

Somewhere in between these marvelous nature tours we’ll have to squeeze in some time for lunch, snacks and tropical drinks at 5, and dinner after yet another beautiful sunset. Pretty sure we’ll manage; this is tropical paradise!

Day 6

We’ll depart this wonderful eco-lodge and National Park right after breakfast, as we’ll be crossing the Gulf, this time along the remote coast to spot dolphins and other marine life and the Mogos islands to swim & snorkel, until we reach our take out location in Punta Rincón, at the familiar El Chontal Ecolodge.

After today’s amazing last paddling session, we’ll take a rest and enjoy the last home-made lunch of the trip.

Sometime in the afternoon we have a special treat, literally. We will be visiting a local working organic farm where we will learn about their sustainable agriculture and conservation initiatives. The visit however will focus on the farm’s organic cocoa crop, where we will learn and taste the stages of the traditional production of delicious high percentage chocolate!

You’ll be back at the lodge in time for some R&R, cold drinks, and reminiscing about the past week paddling the Golfo Dulce. One last dinner on the Gulf, and a tropical evening to enjoy before leaving this magical place called Golfo Dulce!

El Chontal Ecolodge (cabin w/ private bathroom)

This family owned, operated, designed and built environmentally friendly Rustic Eco Lodge right on the beach and serves a perfect landing point after along kayaking stretch. The property’s rustic and quirky decoration and design will certainly make you smile. Doña Azucena, the co-owner, will cook delicious traditional meals for us.

Meals included:
Breakfast, Lunch & Dinner

Day 7

This morning after breakfast the lodge’s family will wave goodbye as you will leave for the airstrip in Puerto Jimenez where your pilot will fly you back to the Central Valley on a 50-minute highly scenic flight (instead of flying, we also provide the option to drive back).

Country Inn & Suites (room w/ private bathroom)

Conveniently located near the airport, this hotel’s the perfect base from which to start this expedition.

Meals included:
Breakfast, Lunch & Dinner
On landing in San Jose, our driver will take you to a familiar place to enjoy your last afternoon and evening in Costa Rica (unless you decide to extent your trip).

NOTE: If you fly out on the next day, make sure to reserve the complimentary hotel-airport shuttle at check-in, unless other arrangements have been made.

You’ll be staying in comfortable rooms with a/c, private bathroom, imported plush towels, bedding, and new quality mattresses. The hotel offers a large swimming pool (a second one for small children), sitting areas, and internationally oriented restaurant.

Meals included: Breakfast

Day 8

All good things must come to an end. You’ve experienced an amazing natural adventure, paddling the unique Tropical Fjord of the Golfo Dulce, Costa Rica’s off-the-beaten path destination in the south Pacific!

End of Trip:

Meals included: Breakfast

Enjoy your last Costa Rican breakfast of this trip, and perhaps some downtime at the pool. You’re welcome to use the complimentary airport shuttle service for your flight out.

END OF ITINERARY

Please don’t hesitate contacting us at info@tropicalseakayaking.com for modifications to this itinerary, any questions you might have or to book this vacation package as presented.

TRIP PRICE

The above itinerary for 7 nights/8 days is US$ 2,499 per person (based on double occupancy).

Included in Your Trip Cost

- Skilled, professional adventure & kayak guide service
- 7 nights lodge accommodation (based on double occupancy)
- Most meals as outlined in the itinerary
- All ground transportation as outlined in the itinerary
- Domestic flight Golfo Dulce (PJM) to San Jose (SJO)
- Single or Double sit-inside kayak with Werner Skagit paddle, NRS PFD, and spray skirt
- Use of hiking trails in Piedras Blancas National Park (boots and walking stick available)
- Use of Stand Up Paddle Boards (SUP)
- Use of snorkeling gear (mask, snorkel, fins)
- Organic plantation visit & chocolate farm tour

Not Included in Your Trip Cost

- International flights to and from Costa Rica
- Single occupancy: US$300
- Insurance of any kind, including travel or mandatory medical evacuation insurance
- Alcohol and personal items (an equipment list will be provided)
- Guide gratuities
RESERVATIONS & PAYMENTS
To secure your trip, we require a down payment at the time of reservation. This can be done by Bank Wire Transfer or by Credit Card/Paypal. We charge a down payment of $500 per person and the balance 60 days prior to your arrival date.

We have two payment options:

Paypal: When you’re ready to book your trip, we will send you an invoice via Paypal. You can submit payment via any major credit card, and no Paypal account is required (you can pay as a guest using your credit card details).

Wire Transfer: To book your trip, you may request our bank details for a bank wire transfer. We have a bank account in USA, in the UK, and in Europe. We accept your local currency, using the current exchange rate at the time of booking.

ENHANCE THIS TRIP
As an enhancement we offer the following add-on to supplement this trip.

4 NIGHTS/5 DAYS CORCOVADO NATIONAL PARK EXPERIENCE $999 per person (2 persons minimum)
This option perfectly suits and complements each of our kayaking trips as it enhances the nature & wildlife experience tremendously.

- 2 nights at La Leona Ecolodge including meals
- 2 nights at Sirena Ranger Station including meals
- 3-day pass to Corcovado National Park
- Naturalist Guide (Corcovado Park Licensed)
- All ground transportation

BASIC TRIP OPTION (original itinerary without staying in San Jose- start & end at El Chontal Lodge)

Instead of booking our ‘All-Inclusive 8-Day Trip’, you may also opt for the basic version of this trip. This option has you start and end the trip in the Golfo Dulce, thus skipping the San Jose part on your first and last night, and transportation to and from the Golfo Dulce.

You will start the trip at El Chontal Lodge on day 2 of the original itinerary, and end the trip at El Chontal Lodge right after breakfast on day 7 of the original itinerary. You are expected to arrive and depart from El Chontal by yourself.

This Basic Trip option is priced at US$1,949 per person (based on double occupancy | Single supplement: US$200)

INFORMATION PROVIDED AFTER BOOKING:

- Suggested Extensive Packing List & Useful Information on Traveling in Costa Rica
- Vouchers with detailed information (only if applicable)

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TRAVEL ARRANGEMENTS

Meeting Place & Time
This trip starts in San José, with a transfer-in from the International Airport of San José (IATA Airport code: ‘SJO’). Meeting time depends on your travel schedule and will be confirmed once we have received your flight details.

Transfer In: This itinerary includes transportation on Day 1 of your itinerary, from Juan Santamaria International Airport (SJO) to the hotel stated in your itinerary. A company driver or representative will meet you at the airport and provide transportation. This service is not transferable to any other hotels/locations in San Jose. If you arrive prior to day 1 of the itinerary, and have arranged additional night(s) stay at the Country Inn & Suites Hotel we will be happy to shift the transportation service to your arrival day. Please note the hotel check in time is 3 pm; your room may or may not be ready if you arrive prior to this time. The hotel offers a luggage storage service and you’re welcome to use the facilities until your room is ready at no extra cost.

Getting to San José, Costa Rica
From the United States, these are some of the carriers offering services to Costa Rica: American, Delta, JetBlue, Spirit, United Airlines, US Airways, Copa, Aeromexico, TACA and Air Canada. From Europe you can find flights with Condor, Iberia, Air France KLM, British Airways, Edelweiss, among others.

After Your Trip
This trip ends with a transfer out to the International Airport of San José (IATA Airport code: ‘SJO’) in time to catch your departing flight. If you like to extend this trip, we’ll be happy to receive your wishes prior to your trip start.

Transfer out: For your departure flight on Day 8 of the itinerary, we advise you leave the Country Inn & Suites Hotel in route for the Airport 2½ - 3 hours before your flight departure time. The Country Inn & Suites hotel provides a complimentary service as of 5:30 am, leaving every hour until 1:30 pm (hotel check out time is at 12 noon, and breakfast is served as of 6 am). Please note it is necessary to reserve the shuttle, and we advise you do so the day before (e.g. at check-in on Day 7 of your itinerary).

Pre- And Post-Trip Accommodations
This trip includes lodge accommodation for the number of nights according to the itinerary. If you plan to arrive early or stay late, please contact our office if you would like assistance in booking pre- or post-trip accommodation at one of our hotels or lodges (anywhere in Costa Rica). We recommend you make reservations well in advance in order to guarantee lodging.

CANCELLATIONS & REFUNDS
If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you’ve made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation notice (by e-mail). We regret we cannot make

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exceptions for personal emergencies. For this reason, we strongly urge you to investigate trip insurance (for more info see INSURANCE below).

<table>
<thead>
<tr>
<th>Date of Cancellation</th>
<th>Cancellation Fee</th>
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</thead>
<tbody>
<tr>
<td>60 days or more prior to your trip</td>
<td>Deposit per guest</td>
</tr>
<tr>
<td>59 - 15 days prior to your trip</td>
<td>50% of the trip price per guest</td>
</tr>
<tr>
<td>14 days or less</td>
<td>100% of the trip price per guest</td>
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MEDICAL
Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying a TSK trip. People with medical conditions, including pregnancy, should have a physician’s approval before taking an adventure travel trip.

INSURANCE
We advise you purchase emergency medical evacuation insurance when participating in this expedition. We also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a travel insurance plan. A travel insurance plan covers your non-refundable payments in most cases, should you have to cancel your trip due to illness or injury—yours or that of an extended family member—even at the last minute. Check that the plan you choose includes the required emergency medical evacuation coverage mentioned above. Evacuations can be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner’s risk, and TSK accepts no responsibility for lost, damaged, delayed or stolen property.

OTHER VALUABLE TRIP INFORMATION
- For International travelers, we recommend flying into and out of Juan Santamaria International Airport of San José (IATA Airport code: ‘SJO’)
- All trips are fully guided by professional, bilingual adventure and/or naturalist guides
- All trips include top notch kayaks and gear (single and tandem sit-inside kayaks available)
- All kayaking trips include 3 nutritious meals daily & snacks, coffee/tea, water, natural juices
- Trips can be booked as private from 5+ people & can start on any day (subject to availability)
- All private trips can be customized to match your wishes and needs (subject to availability)
- Minimum age for all trips is 8 years old (contact us to discuss if younger), for which a discount applies up to 12 years old

Please don’t hesitate to contact us for inquiries & reservations at info@tropicalseakayaking.com

“We’d love to have you join us on this great adventure!”

The Tropical Sea Kayaking Team