



BÖËNA
Wilderness Lodges

Lapa Rios Lodge

Tour Book



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Some Recommendations

Proper Attire

- Shorts and t-shirts are best for hiking. Pants are normally not necessary. Walking sticks are quite helpful on most hikes.
- Please take water on all hikes.
- Insect repellent is usually not necessary.
- Use footwear with good treads. Rubber boots are available for all hikes and may prove to be beneficial on slippery or wet terrain.
- Please see guides or reception for questions regarding proper attire for specific hikes.

Safety Information

- Lapa Rios prohibits the feeding of any animals. While having a snack on hikes is recommended, please do not leave food scraps or trash behind. As cute as some animals may seem, feeding them will disrupt their natural feeding habits.
- Lapa Rios prohibits the extraction of any flora or fauna from the forest. Please do not take any samples of plants, branches or flowers that you might find on our paths and trails.
- Lapa Rios prohibits hunting of any kind. Please report any illegal or strange activity you might see along the trails, around the lodge or surrounding areas.
- Keep your eyes down while walking. Be mindful of your step.
- When you want to look at something, stop moving! Look before touching. Remember that Lapa Rios and its reserve is a conservation effort. Please take nothing from the reserve except photos, adventurous experiences and good memories.



Lapa Rios Lodge



Internal Tours Led By Our Expert Guides

Exploring the rainforest without a skilled guide is like walking into a library without knowing how to read. That's why we include a number of guided nature and wildlife tours in the Lapa Rios experience. The trained eyes of our expert guides will help you unearth the secrets and curiosities of our vast, enigmatic ecosystem.

At the front desk you'll find sign-up sheets for the daily tours – our concierge will assist you in deciding which tours best suit you and will explain how to sign up. Come and explore with us – every inch of our 1,000-acre rainforest is waiting to be discovered.



Early Birds Tour

Watch the glorious sunrise and share the cool early morning air with over 360 species of bird that inhabit the the Osa Peninsula. For keen birders and animal lovers, this guided tour around the Lapa Rios grounds is a guaranteed opportunity to spot numerous species of birds, vibrant morpho butterflies, and most likely some mischievous monkeys too. High quality binoculars will be provided, as well as tea, coffee and a light snack before you get going. Don't worry if this is your first-time birding, it's tailored for both experienced birders and beginners alike.

Company: operated by Lapa Rios

***Minimum age:** all ages

***Duration:** approximately 2 hours

***KM:** 0.7 approx.

***Schedule:** early morning

***Difficulty:** easy

***Includes:** Bilingual naturalist guide, binoculars, transportation.

***What to bring?** Water, camera, and repellent.

***Restrictions:** N/A





Wild Waterfalls

Hike through the rainforest on your descent towards the Carbonera riverbed, a great area to search for endemic species such as dart frogs and other unique rainforest creatures. Once down there, you'll splash through the river en route to a pristine waterfall and its cool plunge pool for some swimming. This is a fun rainforest experience with some adventurous hiking, particularly enjoyable for nature lovers looking for a little challenge. Some wet walking and irregular terrain involved.

- ***Company:** operated by Lapa Rios
- ***Minimum age:** all ages
- ***Duration:** approximately 2.5 hours
- ***KM:** 2.8
- ***Schedule:** morning or afternoon.
- ***Difficulty:** high
- ***Includes:** Bilingual naturalist guide, binoculars, transportation, rubber boots.
- ***What to bring?** Water, camera, rubber boots, repellent, sunglasses, hat, sunscreen and swimsuit.
- ***Restrictions:** It requires good balance and good physical condition





Local Medicine Tour

Learn from the accumulated knowledge of multiple generations, be it the local indigenous tribes, gold miners or the first farmers to settle here – conventional medicine as we know it today was not an option until fairly recently. Our guides have endeavored to grow a collection of medicinal plants at the lodge and will take you on a walk through the gardens and into the rainforest. You will learn about traditional medicinal uses of plants, trees and seeds used to treat the various ailments people suffered from in this region on this fascinating tour aimed at all nature lovers interested in Costa Rican history, culture and customs. A shorter version of this tour is available upon request.

- ***Company:** operated by Lapa Rios
- ***Minimum age:** all ages
- ***Duration:** approximately 2 hours
- ***KM:** 1.8
- ***Schedule:** afternoon.
- ***Difficulty:** medium
- ***Includes:** Bilingual naturalist guide, transportation, rubber boots.
- ***What to bring?** Water, rubber boots, repellent, sunglasses, hat, sunscreen.





Rainforest Ridge Hike

Hike mostly downhill along the cool ridges of Lapa Rios' most impressive primary and secondary forest as your guide highlights the many hidden treasures of the vast Pacific lowland rainforest. Filled with towering ancient trees, the Ridge Walk through the rainforest offers breathtaking views and a memorable jungle experience for all hardy hikers.

- ***Company:** operated by Lapa Rios
- ***Minimum age:** all ages
- ***Duration:** approximately 3.5 hours
- ***KM:** 4.5
- ***Schedule:** morning
- ***Difficulty:** high
- ***Includes:** Bilingual naturalist guide, binoculars, transportation, rubber boots.
- ***What to bring?** Water, camera, rubber boots, repellent, hat and swimsuit.
- ***Restrictions:** For hikers.





Osa Trail

The Osa Trail offers the complete rainforest experience. This hike will take you through the Reserve's most remote and pristine forest and provides the best opportunity to see rare flora and fauna, majestic trees, 500-year old vines, and biodiversity at its best. A fantastic way to truly immerse yourself in the wonders of the tropical rainforest.

- *Company: operated by Lapa Rios
- *Minimum age: all ages
- *Duration: approximately 2.5 hours
- *KM: 5
- *Schedule: morning
- *Difficulty: medium
- *Includes: Bilingual naturalist guide, binoculars, transportation, rubber boots.
- *What to bring? Water, camera, rubber boots, repellent.





Matapalo Tour

This tour will take you past secondary forest and down to our nearby beaches. These Pacific shores are beautifully pristine, often deserted and truly undiscovered natural wonders. En route your guide will point out some of the liveliest and most active creatures in the rainforest from endangered scarlet macaws to playful monkeys. Matapalo is an easy, part-road hike for nature lovers also seeking to explore our sprawling coastline.

- *Company: operated by Lapa Rios
- *Minimum age: all ages
- *Duration: approximately 2 hours
- *KM: 1.8
- *Schedule: afternoon.
- *Difficulty: easy
- *Includes: Bilingual naturalist guide, binoculars, transportation, rubber boots.
- *What to bring? Water, camera, hiking shoes, repellent, sunglasses, hat, sunscreen.





Sunset Birds Tour

As the sun goes down on the spectacular Osa Peninsula, head out in search of local and migratory birds in the Lapa Rios grounds. With over 360 species to spot in this wild region of Costa Rica, birdwatching here is a memorable experience for novices and keen birders alike. This tour can be enjoyed by all and high-quality binoculars will be provided.

- *Company: operated by Lapa Rios
- *Minimum age: all ages
- *Duration: approximately 2 hours
- *KM: 0.7 approx.
- *Schedule: afternoon.
- *Difficulty: easy
- *Includes: Bilingual naturalist guide, binoculars, transportation, rubber boots.
- *What to bring? Water, camera, hiking shoes, repellent, sunglasses, hat, sunscreen.





Night Walk

When the sun goes down, the bugs come out! With your flashlight, follow your guide into the trees to uncover all types of unusual nocturnal creatures. The Night Walk is a great opportunity to see bats, insects, kinkajous, frogs, and other wonders of this hidden, nocturnal world. We'll get you back for dinner and not too spider-traumatized - prepare to experience the magic of the rainforest by night!

- *Company: operated by Lapa Rios
- *Minimum age: all ages
- *Duration: approximately 2 hours
- *KM: 1.5
- *Schedule: evening.
- *Difficulty: medium to high
- *Includes: Bilingual naturalist guide, flashlight, rubber boots.
- *What to bring? Water, camera, rubber boots, repellent long pants are recommended,





Self-Guided Trail

Beginning at the guides hut and looping through the primary and secondary rainforest. This trail is a great way to experience the natural beauty of the Osa Peninsula at your own pace. For safety reasons, please inform our front desk when you depart. Be cautious: take a flashlight (darkness falls quickly) and try to arrive back to the lodge by 4:30pm. Request the map at the front desk or scan the guest book from your room, look the respective signs to start the trail, please do not walk more than permitted.

***Duration: approximately 40 min.**

***KM: 1 approx.**

***Difficulty: easy.**

***What to bring? Water, camera, rubber boots, repellent.**





Sustainability in Action

Led by our sustainability coordinator, this highly recommended tour takes you around our lodge premises, giving you an insight into our commitment to a greener and more sustainable way of life.

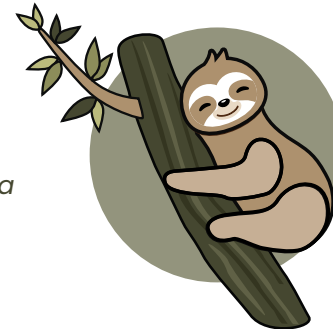
- **Starting time:** noon
- **Difficulty:** easy
- **Duration:** 1.5 hrs



Help staff additional park rangers at Corcovado National Park. This park is home to 2,5% of the world's biodiversity, but it is understaffed.



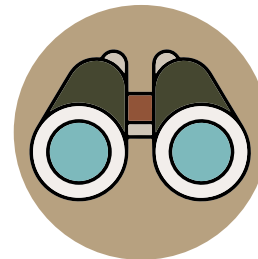
Rebuilding the waste collection and recycling center for the communities of La Palma and Puerto Jiménez.



220 trail cameras to survey wildlife in Corcovado and Piedras Blancas National Parks, Lapa Rios Nature Reserve and their surroundings (over 150,000 acres).



Environmental education for approximately 500 children annually at schools throughout the Osa Peninsula.



Enabling the construction of a research lab station. It will host students from universities that study the rainforest within the Lapa Rios Nature Reserve as well as provide sleeping facilities, transportation, food and equipment.



Plant a Tree

Contribute to the Lapa Rios reforestation program by planting a primary rainforest seedling in an emerging forest area. You'll learn about your tree, its role in the ecosystem and also receive a certificate to commemorate your re-forestation efforts. Gift certificates can be purchased on behalf of others if you'd like to plant a tree in their honor. Planting usually takes place in the early morning or late afternoon when the soil is at its coolest but can also be combined with other tours.

- *Company: operated by Lapa Rios
- *Minimum age: all ages
- *Duration: approximately 40 min.
- *Schedule: noon.
- *Difficulty: easy
- *Includes: Bilingual naturalist guide, transportation, rubber boots, certificate.
- *What to bring? rubber boots, repellent.





Lunch with a Guide

Our guides are highly knowledgeable and passionate about the rainforest and its wildlife. If you feel inspired during their tours, invite them for lunch and they'll gladly share their secrets of Lapa Rios and rainforest life. Some of our guides have been here for over a decade and have many an epic tale to tell.

***Duration: approximately 1 hr.**

***Schedule: 11:30 to 15:00.**

***Restrictions: mention your food restriction or allergies.**





External Tours

In addition to our in-house guided tours, we offer several external tours led by community members. These tours are chargeable to your bill and most need to be booked 24 hours in advance. Many of these tours do not leave from Lapa Rios and duration times are approximate. Prices are subject to change and departure times often vary. Our concierge will keep you informed on this essential information.

PACKING LIST

For all experiences and activities, we recommend to wear breathable, lightweight and comfortable clothes, hiking shoes or sneakers, hat and sunglasses. It is important to use high-protection sunscreen and insect repellent. Don't forget your camera and binoculars to make of your activity a memorable one.

When you find the legend (n/a) next to the "what to bring" icon, it means that you don't need to bring or wear anything additional to this basic packing list.

CANCELLATION POLICY

Please note that outside tour operators charge a last-minute cancellation fee, sometimes as much as 100%.

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Waterfall Rappelling

The Waterfall Rappelling Tour begins at a section of El Remanso's reserve not accessible on foot and continues to reveal the most unique and wild experience: rappel down the face of four rainforest waterfalls, each increasing in difficulty. Don't worry, we'll start at the smallest and easiest. The final Big Fall towers 85 feet and promises a true adrenaline rush! This tour ends at the beach after which you follow the Beach Trail back to the El Remanso lodge.

- *Company: El Remanso
- *Minimum age: +6-year-old.
- *Max. people: 8 per group.
- *Duration: approximately 3 hrs.
- *KM:
- *Schedule: 13:30.
- *Difficulty: high.
- *Includes: Bilingual guide, equipment, snack
- *What to bring? extra clothes, water shoes or hiking shoes, comfortable long pants, swimsuit.
- *Restrictions:
- *Required transportation: Yes





Canopy Zip Line

This tour is a great mix of adrenaline and wildlife observation! Enjoy the experience of flying through the canopy of the rainforest, going over five cables and rappelling down two canopy platforms. All this without forgetting the fact you're in one of the most biodiverse areas of the world.

- *Company: El Remanso
- *Minimum age: +6-year-old.
- *Max. people: 8
- *Duration: approximately 2.5 hrs.
- *Lines: 5
- *Schedule: depend of availability.
- *Difficulty: high.
- *Includes: Bilingual guide, equipment, snack
- *What to bring? long pants, hiking shoes.
- *Restrictions:
- *Required transportation: Yes





Kayaking

Take a kayak trip around the Golfo Dulce and duck into the mysterious mangrove swamps to experience where the rainforest meets the ocean. We recommend wearing a bathing suit under your clothes, sunscreen, long pants and a dry-fit fabric long sleeved shirt for sun protection. Shoes – and likely clothes – will get wet. It's best to bring a towel and spare set, and plastic bag for anything soggy. No experience required.

- *Company: Aventuras Tropicales
- *Minimum age: +6-year-old.
- *Duration: approximately 3 hrs.
- *Schedule: tide depend.
- *Difficulty: easy.
- *Includes: Bilingual guide, equipment, snack.
- *What to bring? water shoes or sandals, swimsuit.
- *Restrictions: Children under 14 years old must be accompanied by an adult in a double kayak.
- *Required transportation: Yes





Tour de Bioluminiscencia

Once it is dark enough, watch how every stroke of your paddle leaves behind a glowing swirl of light or swim in glowing warm water from the beach. This adventure can only be described as magical.

Bioluminescence is “life emitting light” is a common occurrence in this region; however, finding an area with high concentrations on a regular basis is something not to be missed.

- ***Company:** Aventuras Tropicales
- ***Minimum age:** +6-year-old.
- ***Duration:** approximately 3 hrs.
- ***Schedule:** 16:30 (not available during the full moon).
- ***Difficulty:** easy.
- ***Includes:** Bilingual guide, equipment, snack.
- ***What to bring?** extra clothes, water shoes or sandals, swimsuit.
- ***Restrictions:** Children under 14 years old must be accompanied by an adult in a double kayak.
- ***Required transportation:** Yes.





Dolphin Watching

Explore the lush coastline of the Golfo Dulce in search of of 2 different species of dolphin - bottlenose and spotted. There's a chance of spotting gray and pilot whales and sea turtles too.

- *Company: Alimentour
- *Minimum age: all ages.
- *Duration: approximately 4 hrs.
- *Schedule: 8:00.
- *Difficulty: easy.
- *Includes: Capitan, private boat, snack.
- *What to bring? water shoes or sandals, hat, sunscreen, sunscreen.
- *Restrictions:
- *Required transportation: Yes.





Dolphin Watching & Rio Esquinas Boat Tour

On this tour you'll be in search of dolphins, flying fish, sea birds, and maybe even whales if the season is right. Depending on the tide, float from the Gulf up the Rio Esquinas – a rainforest river brimming with marine life – and delve deep into the mangrove swamps where the jungle meets the ocean.

- *Company: Almentour
- *Minimum age: all ages.
- *Duration: approximately 4 hrs.
- *Schedule: high tide depends.
- *Difficulty: easy.
- *Includes: Captain, private boat, snack.
- *What to bring? water shoes or sandals, hat, sunscreen, sunscreen.
- *Required transportation: Yes





Dolphin & Whale Watching

Explore the stunning and peaceful Golfo Dulce while you look for two species of dolphin and whale in our tropical waters. Snorkel through the reefs to discover an abundance of marine wildlife; enjoy the sprawling beaches and explore the mangroves too. The season to see whales in the Golfo Dulce is from September through November - during these months the Gulf is home to the iconic Humpback Whales and the occasional Southern Right Whale.

- ***Company:** Almentour
- ***Minimum age:** all ages.
- ***Duration:** approximately 4 hrs.
- ***Schedule:** 8:00.
- ***Difficulty:** easy.
- ***Includes:** Captain, private boat, snack.
- ***What to bring?** water shoes or sandals, hat, sunscreen, sunscreen.
- ***Restrictions:** Whale season.
- ***Required transportation:** Yes





Yoga Class

Enjoy a relaxing yoga session with the sounds of the rain-forest to create a soothing and mystical experience. The morning yoga session is led by an expert yoga instructor who will be able to help beginners and more advanced practitioners alike. Your energy will be awakened by soothing flows and stretches all while being surrounded by a beautiful environment. Starting your morning with a yoga session can help stretch sore muscles, provide energy for the day, bring a balance to your soul, and make you one with nature. Ask to the concierge to book.

- ***Company:** Jessica Fonseca.
- ***Minimum age:** +6-year-old.
- ***Duration:** approximately 1 hr.
- ***Schedule:** early morning or late afternoon.
- ***Difficulty:** For beginners or advanced
- ***Includes:** Instructor, equipment.
- ***What to bring?** Comfortable clothes, water.





Sport Fishing

Head out on a 22ft motorboat with a knowledgeable captain who'll teach you all about the beautiful Golfo Dulce and the surrounding area. On the full day tour, you'll have plenty of time to catch big game including marlin, sail fish, mahi-mahi and tuna. On the half day tour, you'll fish closer to shore for red snapper, rooster fish, grouper, jack, and African pompano. A picnic lunch will be provided, including sandwiches, fruit and other drinks.



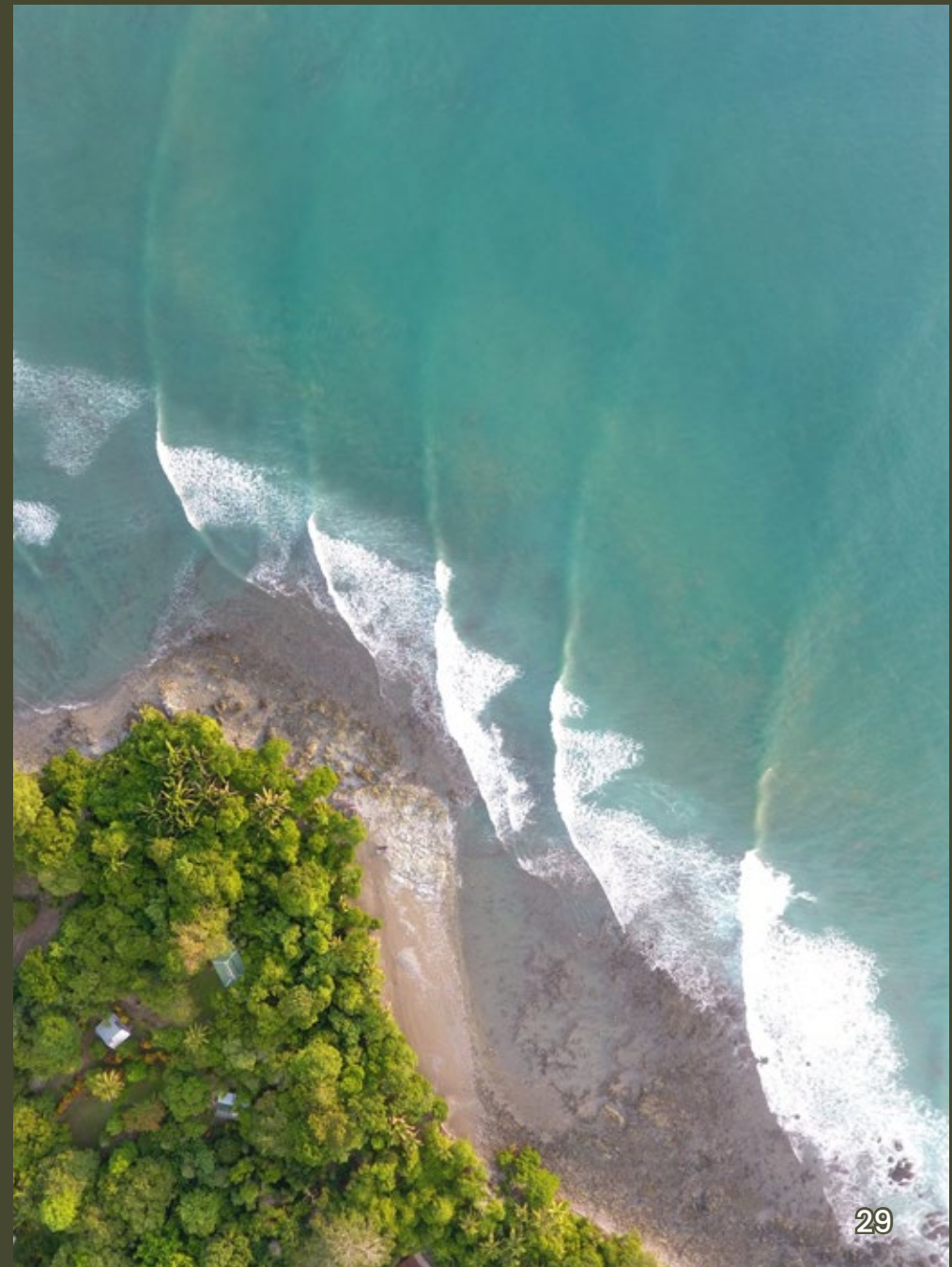


Standart Boat and Tower Boat

The fleet is comprised of 33 and 35 foot Strike Tower boats. Also 24 and 25 foot Boston Whaler Outrages.

Both of them have the ability to fish either offshore or inshore because of our generally calm sea conditions. Only available in Full day.

- *Company: Crocodile Bay
- *Minimum age: all ages.
- *Duration: approximately 9 hrs.
- *Schedule: 6:30.
- *Difficulty: easy.
- *Includes: Fishing licenses, lunch, drinks (beer and soft drinks), PENN and other high-end gear, live bait, and bilingual crew who have a vast knowledge of the area.
- *What to bring? water shoes, extra clothes.
- *Restrictions: Depends of availability.
- *Required transportation: Yes





INTA II

The fleet is comprised of 28 foot. Available in Full day offshore or inshore and half day inshore for 3 people.

DOS MÁS

The fleet is comprised of 32 foot. Available in Full day offshore or inshore and half day inshore for 4 people.

CAZADOR

The fleet is comprised of 37 foot. Available in Full day offshore or inshore and half day inshore for 6 people.

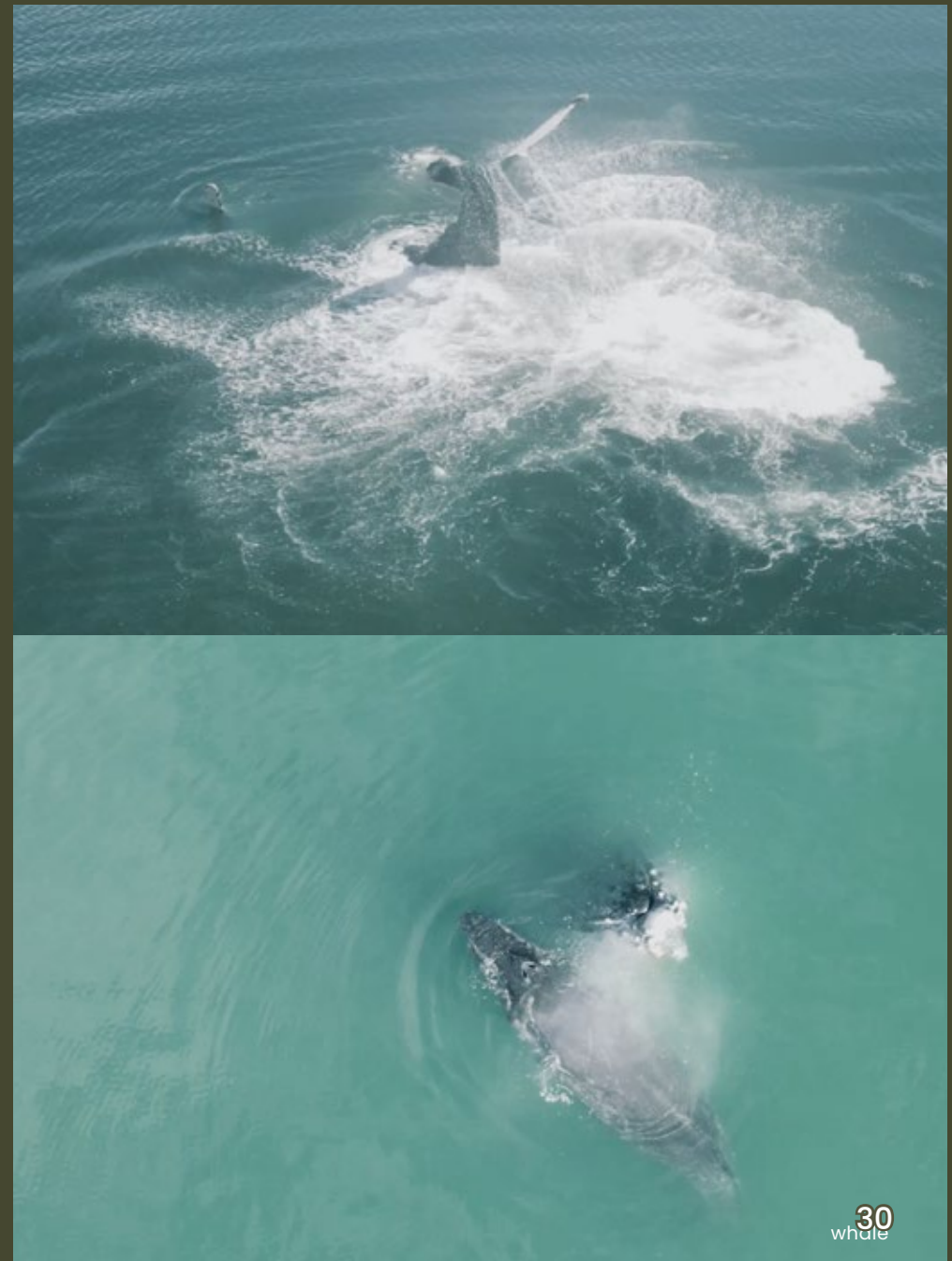
PESCATORI

The fleet is comprised of 46 foot. Available in Full day offshore or inshore and half day inshore for 8 people.

THUMPER (Yacht)

The fleet is comprised of 60 foot. Available for overnight for 7 people.

- *Company: Banana Bay
- *Minimum age: all ages.
- *Duration: Full day 10 hrs / Half day 5 hrs
- *Schedule: 6:30.
- *Difficulty: medium.
- *Includes: Capitan, private boat, snack.
- *What to bring? hat, sunscreen, sunglasses, water shoes, extra clothes.
- *Restrictions: Depends of availability.
- *Required transportation: Yes.





Corcovado National Park by Boat

The world-famous Corcovado National Park is one of the most biologically rich places on Earth. Spanning 47,000 hectares, it is home to some of the world's rarest wildlife including jaguars, peccaries, tapirs and 450 bird species. As for plants, approximately 700 plant and tree species have been identified. Accompanied by one of our naturalists, this full-day tour includes lunch and a roundtrip boat ride into Sirena Ranger Station. En route you'll pass by impressive cliffs, caves, and rocky islands home to marine birds and frequented by pods of dolphins.

- *Company: operated by Lapa Rios
- *Minimum age: all ages.
- *Duration: Full day
- *Schedule: 05:00
- *Difficulty: medium.
- *Includes: Bilingual naturalist guide, binoculars, rubber boots, lunch.
- *What to bring? water shoes, boots.
- *Restrictions: Depends on availability.
- *Required transportation: Yes.





Corcovado National Park by land

Depart Lapa Rios in a transfer, taking you for 1 hour along the scenic road to Carate. Walk approximately 4 hours (depending on hiker's skill) along a nature trail next to the national park's coastline. Witness one of the area's largest tropical lowland forests and some of the world's rarest wildlife. During the trip we'll provide a healthy picnic to give you energy for this tough full day tour.

- ***Company:** operated by Lapa Rios
- ***Minimum age:**
- ***Duration:** Full day
- ***Schedule:** 06:00
- ***Difficulty:** high (special for hikers).
- ***Includes:** Bilingual naturalist guide, binoculars, rubber boots, box lunch.
- ***What to bring?** hiking shoes (recommended) or rubber boots.
- ***Restrictions:** Depends of availability.
- ***Required transportation:** Yes.





Turtle Tour

There are seven species of sea turtles in the world and all of them are considered threatened or endangered due to poaching, predation, habitat disturbance and degradation, and in-water threats. The world's sea turtle population is incredibly susceptible to human and environmental threats and is in urgent need of global protection – help us to protect and save our local sea turtles by releasing the recently hatched babies into the sea. The hatching season is at its peak between July and December, but the hatchery is active all year round and visits can be arranged to learn more about the conservation of these incredible reptiles.

- ***Company:** Osa Conservation
- ***Minimum age:** all ages.
- ***Duration:** approximately 3 hrs.
- ***Schedule:** early morning.
- ***Difficulty:** medium.
- ***Includes:** Bilingual guide.
- ***What to bring?** rubber boots, flashlight.
- ***Restrictions:**
- ***Required transportation:** Yes





Surfing

Have you always been in awe of those super cool surfers? You've come to the right place! We've got beautiful beaches, warm tropical waters, and world class waves. Master this epic sport with professional surf instructors who offer group or private lessons for all levels in this spectacular remote setting.

- *Company: Pollo Surf School.
- *Minimum age: +8-year-old.
- *Duration: approximately 2 hrs.
- *Schedule: depends on tide and waves.
- *Difficulty: For beginners or intermedium.
- *Includes: Instructor, equipment, transportation.
- *What to bring? sandals, swimsuit.
- *Restrictions: Children under 8 years required a private lesson.





Stand-Up Paddle Boarding

Stand-up paddle boarding (SUP) originated in Hawaii but the sport is equally popular out here. Glide across the warm waters of the Golfo Dulce, taking in views of the impressive rainforest backdrop. You might even be able to spot some marine wildlife including turtles, manta rays, dolphins and a variety of fish. This tour is offered around high tide when the waters are calmer.

- ***Company:** Pollo Surf School.
- ***Minimum age:** +14-year-old.
- ***Duration:** approximately 2 hrs.
- ***Schedule:** depends on tide and waves.
- ***Difficulty:** For beginners or intermedium.
- ***Includes:** Instructor, equipment, transportation.
- ***What to bring?** sandals, swimsuit.





Authentic Osa Experiences

At Lapa Rios, we have committed to supporting locals who have a story to tell but can't do so themselves. The following selection of true "Osa Experiences" will immerse you in local history and show the grit with which these people have carved an existence in this mega-biodiverse region. These tours are designed to give you a most memorable taste of rural Costa Rica and are led by our senior Guide School students. All are naturalists in training and passionate about showing off their beloved peninsula and its people. Accompanying you on these tours provides them with the necessary experience to eventually graduate as naturalist guides.





Visit a Local Ngöbe Indigenous Family at Aguas Ricas

Meet with members of the Ngöbe tribe – one of the last remaining indigenous groups in the country – and learn about their ancient culture and customs from Mariano and his family. This small community of 120 people has been striving to maintain their traditions and culture while adapting to life in modern society. From medicinal herbs, to smoke rituals and traditional food, you'll gain a fascinating insight into the lives of these original Costa Rican settlers. The Ngöbe reserve spans over 4000 acres and sits on the boundary of Corcovado National Park.

- *Company: Ngöbe Family.
- *Minimum age: all ages.
- *Duration: approximately 6 hrs.





Traditional Lunch with Juan López and his Wife

Visit the Miramar community near Puerto Jimenez and learn from Juan and his wife about how the early settlers of Osa came to live in these remote and inhospitable regions. Today, over 40 years after starting a life in the Miramar community, Juan and his wife are amongst the very few people who still live here. An entrepreneur at heart, Juan sees rural tourism as an opportunity to support his family at times when traditional farming methods have become less viable. From a nice terrace with a spectacular view, enjoy great homegrown food while listening to the stories of this Osa old-timer.

- *Company: Juan Lopez.
- *Minimum age: all ages.
- *Duration: approximately 4 hrs.
- *Schedule: morning.
- *Difficulty: easy.
- *Includes: Bilingual guide-driver.
- *What to bring? n/a
- *Required transportation: Yes





Sloth Garden

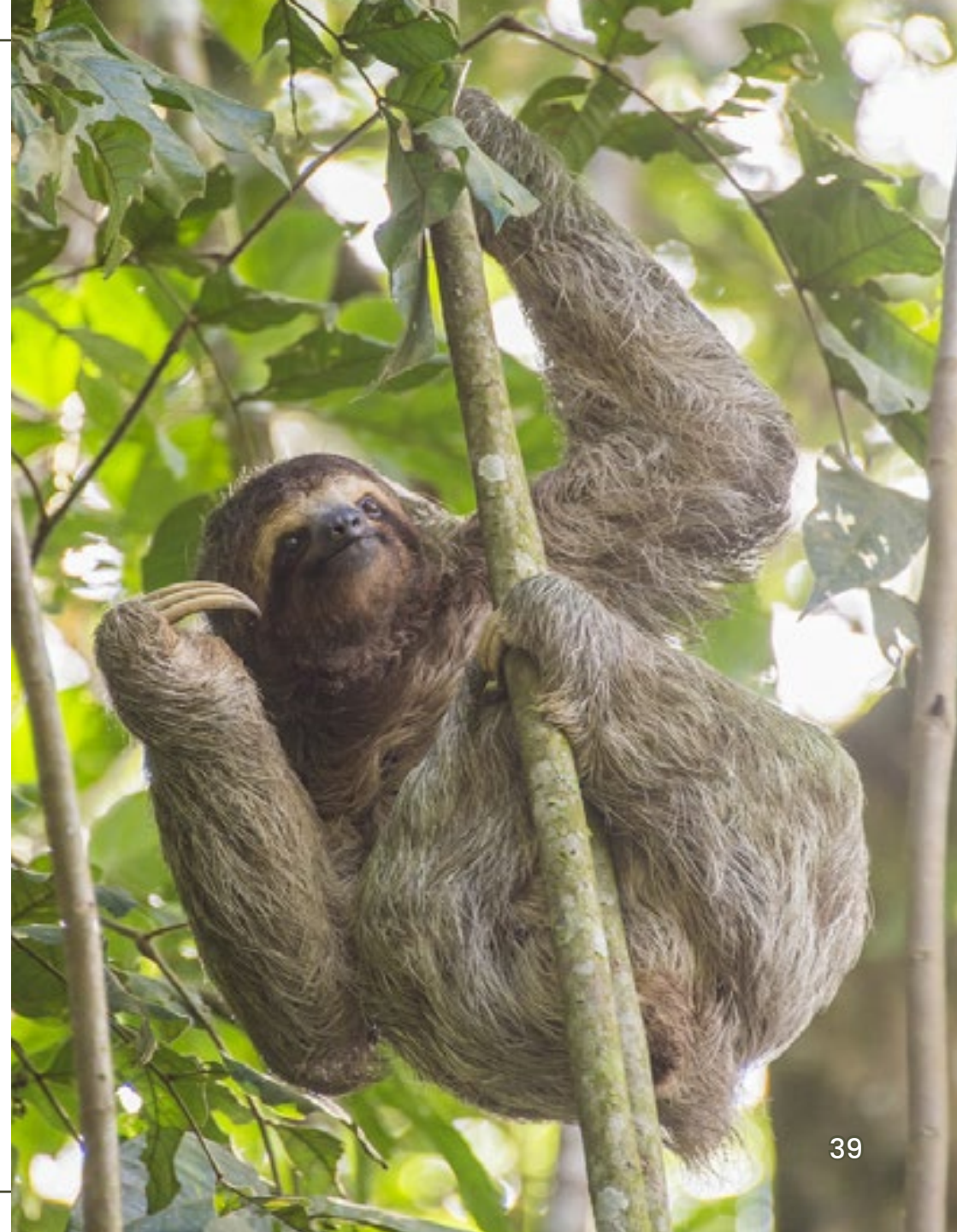
The Sloth Tour is a didactic, educational and family activity for all ages, lasting approximately 2-3 hours. The tour will begin in the 10 hectares of Finca Valverde where you will learn all about the natural history of these incredible animals and spend a pleasant time full of stories with the Valverde family who are behind the project. The tour begins with a short walk through the forest and plantations that surround the property, making stops at trees or important sectors to look for these slow friends.

Halfway through the tour we will pass by the Ranchito for a break and a snack of cold lemonade with fruit. For the second part we will continue looking for more sloths in the Riparian Forest where you will also be able to observe birds, insects...

Also, as an honor to the environment we will each plant a tree from Grand pa Toño's native nursery to increase the territory of these sloths and the other fauna present.

And for a sweet closing we will show how to extract cane juice where everyone can participate in this interesting process.

- ***Company:** Valverde Family
- ***Minimum age:** all ages.
- ***Duration:** approximately 3 hrs.
- ***Schedule:** Monday to Friday
- ***Difficulty:** easy.
- ***Includes:** Bilingual guide-driver.
- ***What to bring?** n/a
- ***Required transportation:** Yes





Finca Las Minas Tour

For a long time, the Osa population lived in relative oblivion until gold was discovered. The population quickly grew from a scant few hundred to nearly fifty thousand, frantically digging in the hope of becoming millionaires. Juan Cubillo was one of the many who came to try their luck. After gold mining was made illegal, he decided to stay as caretaker of a mine just in case the restrictions were ever lifted. As they remain in place after 30 years and the original owner never returned for his land, Juan became its proud owner. Try your luck with panning into the gold vein under Juan's house – you can keep what you find but beware... you might just catch gold fever!

- ***Company:** Juan Cubillo.
- ***Minimum age:** all ages.
- ***Duration:** approximately 2-3 hrs.
- ***Schedule:** Flexible, by request.
- ***Difficulty:** easy.
- ***Includes:** Bilingual guide-driver.
- ***What to bring?** n/a
- ***Required transportation:** Yes





Dive with a purpose – have fun & help restore Golfo Dulce’s coral reefs

This fun and deeply informative diving experience immerses participants in Oceans Unlimited’s important research and work to restore the Golfo Dulce’s endangered Eastern Pacific coral reefs. Participant divers are accompanied by a restoration researcher who guides each step of the process during two to four dives that include coral propagation and harvesting (Fig. 1B) at the Raising Coral Costa Rica (RCCR) underwater nursery (max 30 ft depth) and later planting the amazing corals at the Los Mogos restoration site. This full immersion outing allows participants to experience active conservation firsthand while diving in Costa Rica’s most pristine and biodiverse waters. Golfo Dulce is the largest and deepest of the world’s tropical fjords. Its profound depth (700-plus feet) and nutrient-rich waters create the ideal conditions for myriad marine life, including whales, dolphins, manta rays, sea turtles, sharks, and countless fish species.

Dive requirements: Participants must be open-water certified with at least 50 dives (with an official dive book or letter of dive-experience reference).

- Advanced-level open-water divers only.
- Divers must sign a release of liability form.

Includes:

- Transfer to/from Lapa Rios and Puerto Jimenez dock
- Captain and dive master fee
- Boat, dive gear, and tank
- Lunch, fruit, and water.
- RCCR Fee





Interactive snorkeling at Punta Adela's Trail of Corals

Experience Costa Rica's first interactive snorkeling site, Punta Adela's Trail of Corals, in the warm waters of the Golfo Dulce. The trail, which was designed and installed by Raising Coral Costa Rica (RCCR), is located among a patch of shallow Eastern Pacific coral reefs that are part of an important coral research and restoration project. The underwater trail consists of eleven stations where snorkelers can learn about the wonders and importance of coral reefs and see live restoration efforts by RCCR's team of researchers and volunteers. During this enchanting half-day excursion, participants will experience the Golfo Dulce's profound marine biodiversity. As the largest and deepest of the world's three tropical fjords, the region is teeming with marine life, including whales, dolphins, manta rays, and dozens of exotic tropical fish species.

Requirements: This is an easy site to swim and snorkel.

Recommended: The best season for snorkeling at Punta Adela is during Costa Rica's summer months, from December to May. Visitors will enjoy greater visibility and a better overall tour experience.

Includes:

- Transfer to/from Lapa Rios and Puerto Jimenez dock.
- Experienced captain and guide.
- Boat & full snorkel gear.
- RCCR expert in reef restoration and trained coral gardener to guide your experience during the outing.
- Fresh fruit and water.
- RCCR Fee.





Piro Ranch & Nature Reserve with Miguel Sanchez

Meet one of the original families and earliest local conservationists of Piro Village, during this fun and interactive half-day outing. The trip begins with a 20-minute 4x4 drive from Lapa Rios to Piro Ranch, which has been in the Sanchez family for over 150 years. The ranch and nature reserve encompasses 50 hectares of primary and secondary forest intersected by the crystalline Piro River. Miguel Sanchez and his family have dedicated their lives to protecting the forest, which is also a home and stopover for many wild species. During the visit, guests can choose from different walking trails, the longest of which is approximately 2.5 miles and culminates at a natural river pool perfect for a refreshing dip. The trails vary in length (the shortest is 0.1 miles) and offer different perspectives of the pristine reserve and opportunities to see birds and wildlife, such as resident toucans, Great Curassow, and monkeys. The highlight of the visit is sharing a delicious traditional lunch with Miguel, his family, and your guide while hearing their story and learning about daily life on the Osa Peninsula.

Restrictions: Participants of all ages and physical conditions are welcome.

Includes:

- 4X4 transfer to/from Lapa Rios to Piro Ranch, approximately 20 minutes.
- Walking trails and local guide.
- Traditional lunch with the Sanchez family.





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