



ACTIVITIES & TOURS



ON SITE TOURS

THE FOREST HIKE

This is a 3-4 hour full immersive Rainforest experience. For this perfect introduction to Osa's rare and precious ecosystem, join an expert guide on an exploration of the onsite forest trails.

THE RIVER WALK

This hike is a unique experience that will take you deep into our tropical lowland rainforest. You will follow the meandering river canyon up into the foothills. This trail takes you to a place where time stands still and forest giants stand guard over the river's edge.

THE SHORT HIKE

It takes place on either the Carablanca Trail, Beach Trail, Waterfalls Trail, or a shorter version of the Ridge Trail, going through the suspension bridges. Your guide will discuss which route you'd prefer during this tour, which will take a maximum of 2 hours. This is a quick and wonderful way to familiarize yourself with the rainforest.





THE BIRD WATCHING TOUR

This tour takes you out of the forest and into a completely different habitat: riverside pastureland, prime territory for bird watching.

THE EARLY HIKE

A perfect opportunity to learn more about our unique ecosystem and witness firsthand why the Osa is hailed as one of the most biologically intense places on earth.

GARDEN BIRD WATCHING

This is an easy tour that will allow you to add a few of the more elusive forest birds to your bird list with the help of an expert guide.

THE MATAPALO TOUR

This tour takes you offsite in a car to explore the beaches and forest right around the tip of the peninsula. You will discover some of the best surf breaks in Costa Rica, surrounded by a recovering secondary rainforest.

THE NIGHT HIKE

This hike offers insight into the nocturnal life in the rainforest! While all diurnal species take to their dens, nests, or favorite branch for the night, a different world comes alive.





ADDITIONAL ACTIVITIES AT EL REMANSO

These On-Site activities are charged separately.

THE ZIP-LINE CANOPY OBSERVATION TOUR

Enjoy a sight into the canopy ecosystem and its different habitats. With five cables, gorgeous suspended platforms and a few surprises, the tour is ideal for a first-ever cable experience and guarantees a fun and exciting way to explore the “roof of the rainforest”. This tour is the perfect combination between wildlife observation and adrenaline.

THE WATERFALL RAPPELLING TOUR

This is an adventure high in adrenaline with a low degree of difficulty. This adventure reveals El Remanso’s most unique and wild experience: Rappel down the face of four rainforest waterfalls, with each increasing in difficulty.

We start at the smallest and easiest, giving you a chance to prepare for the final Big Daddy, which towers 85 feet and promises a true adrenaline rush! This tour ends at the beach; please follow the Beach Trail back to the lodge.





OUTSIDE TOURS

We are proud to partner with excellent local tour operators who will show you the magnificent Osa in all its splendor. These tours have an additional cost and are not included in our rates.



DOLPHIN-WATCHING TOUR

A guest favorite! Get up close and personal with the incredible dolphins of the Golfo Dulce, one of a few tropical fjords in the world. Our “sweet gulf” is home to a wide variety of wildlife like dolphins, whales (August–November), rays, whale sharks (February), and sea turtles.

Most common sightings: bottlenose and spotted dolphins.

SURFING

Tackle the three excellent breaks of Cabo Matapalo, one of our region’s most famous surfing beaches. There are waves for both beginners and advanced surfers, and our experienced instructors work with you one-on-one to develop the skills you want to build.

KAYAKING

Within the unique setting of the Golfo Dulce, paddle into an activity appropriate for all ages, interests, and skill levels.

CORCOVADO NATIONAL PARK

Corcovado National Park is a must-see for many, given that Corcovado is considered one of the world’s most biodiverse destinations.

On this 1-day guided tour, you’ll enter the park via Carate and hike into La Leona Ranger Station, or you will enter by boat to La Sirena Ranger Station. Explore, experience, and enjoy the wonders of Corcovado!

