



PLAYA CATIVO LODGE
GOLFO DULCE, COSTA RICA



JOURNEY INTO
THE TROPICS



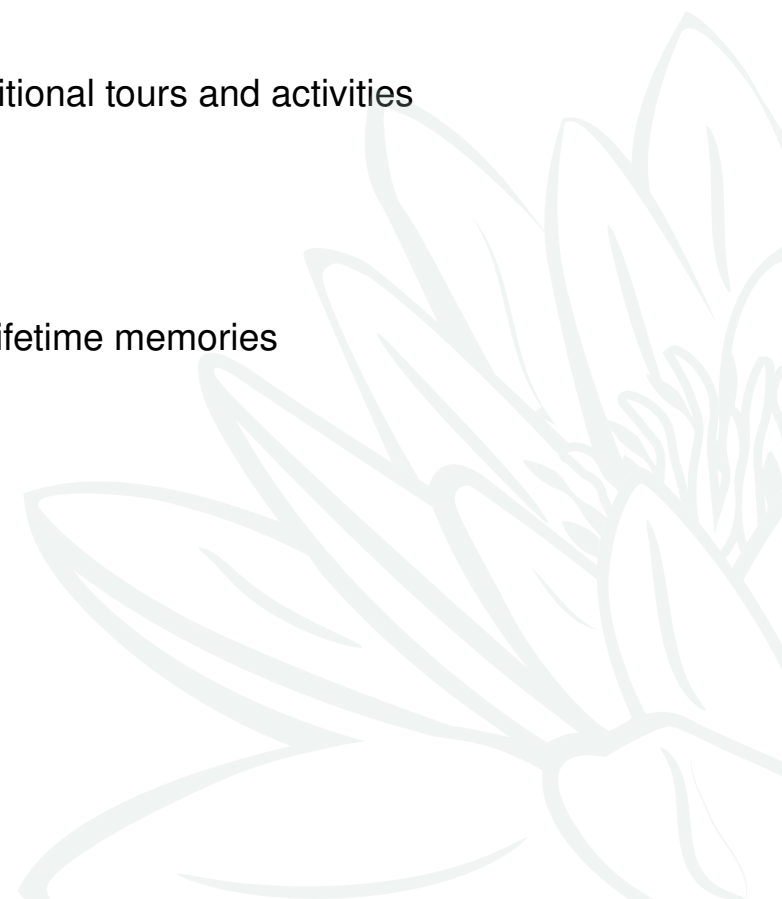
PLAYA CATIVO LODGE
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JOURNEY INTO THE TROPICS

1. ■ Tours and activities

2. ■ Additional tours and activities

3. ■ Lifetime memories



DID YOU KNOW?...

Costa Rica hosts more than 5%
of the world's biodiversity.



1. TOURS AND ACTIVITIES

Learn about the abundant wildlife and discover the different ecosystems, including the mangroves, the tropical rainforest and wonderful marine life of Golfo Dulce, in one of the most biologically intense regions on the planet! Or simply awaken your senses to the rhythm of the sounds of nature. Our Eco-Luxury Lodge is immersed in a secluded and naturally privileged location, enhanced by a variety of unimaginable nature and wildlife adventures to be experienced by our guests, which include non-scheduled, self-driven and guided tours, private expeditions and third-party operated guided excursions.

Explore the coasts of Golfo Dulce, venture through the impressive rainforests of **Piedras Blancas National Park and Playa Cativo´s Nature.**



THE INTRODUCTION TO THE TROPICAL RAINFOREST GUIDED WALK

On this tour you will be introduced to the ecology and Playa Cativo's main ecosystems (renewable energy room, forest, swamps, beach, and wetlands) and the most common of a substantial variety of birds and animals.

Our certified nature guides will walk you through mind-bending facts about natural history and the interaction of the tropical rainforest and its habitats. You will also visit Playa Cativo's Organic Farm (Finca Cayetano), where our proud farmers will show the different medicinal plants, vegetables, fruits, legumes, as well as the entire process from seed germination to harvest.

Biosafety: No flash, low voice, avoid bright colored clothes.



Duration: 2 hours.

Difficulty: Low.



Duration: Varies from 45 minutes to 1.5 hours.

Difficulty: Low

SELF-GUIDED WALKING TRAILS

Discover the outstanding diversity of habitats that Playa Cativo's Nature Protected Reserve and the Tropical Gardens have to offer, we have thoughtfully developed a user-friendly network of walking trails around the property.

Take the trail along the beach all the way to Buena Vista Pier and see Cativo Bay from a different perspective, or look around and visit Cativo's Organic Farm. Continue to Valle de los Sainos, one of the most wildlife active places in our property, or visit refreshing jungle waterfalls.

Explore peaceful pathways in paradise, meditate in motion to the sounds of the consoling sea, or simply tune out of the world around you, tune in to nature and enhance that sense of adventure that we all have within.

USE OF KAYAKS & PADDLE BOARDS IN CATIVO BAY

Paddle along Cativo Bay and explore the unparalleled coastlines, be greeted by schools of fish, manta rays, turtles and dolphins in the clear waters of Golfo Dulce. If you feel comfortable and a bit daring stand up and paddle, for those that prefer sitting down and go a little further, kayaks are the way to go.

Our team is available to assist you with the outfitting and launching of boards and kayaks. They will also be on-hand to receive you upon your return! Highlights: Landscapes, Marine life.



Duration: Varies from 45 minutes to 1.5 hours.

Difficulty: Low



SELF-GUIDED CATIVO BAY SNORKELING

Pick up some gear and enjoy the experience of snorkeling at Cativo Bay. If you are more adventurous we suggest you join the private excursion to Punta Adela or Belina Beach, a variety of tropical reef fish can often be seen. Combine this activity with kayaking or paddle boarding for a perfect adventure in Paradise.

Please ask our team for available equipment and they will be more than happy to assist you.

Highlights: Marine life, Adventure.



COMPLIMENTARY MINDFUL MOVEMENT SESSIONS

Sing-up for our Mindful Movement Sessions, our experienced instructors are placed at your service. In each session, ancestral knowledge will be passed on to you that will give you practical tools to expand your consciousness and lifestyle.

Highlights: Sceneries, sounds of nature, relaxation.

DID YOU KNOW?...

Costa Rica has the longest humpback whale watching season in the world.



2. ADDITIONAL TOURS AND ACTIVITIES

WITH AN EXTRA OPERATION COST



BIRDWATCHING

Set off on one of the world's most exciting birding destinations! With more than 920 recorded bird species in Costa Rica, the country boasts one tenth of the species of the world's total bird population. The variety of birds in Playa Cativo is truly remarkable, with over 266 species of birds recorded in Playa Cativo's Nature Protected Reserve, Tropical Gardens and Piedras Blancas National Park.

Our privileged conditions allow us to observe bird species that inhabit ecosystems such as beaches, wetlands, valleys and even many migratory species.

Duration: 2 hours.

Difficulty: Low.

Price: \$40 per person + taxes.

Minimum: 2 people.

Biosafety: No flash, low voice, no laser pointers, avoid bright colored clothes. During breeding season, extreme precautions should be considered to avoid any alterations of the birds in courtship, nesting or breeding behavior.



Highlights:

Bird Photography,
Neotropical
Birds, Rainforest
Conservation.

Inclusions:

Naturalist guided,
binoculars, use of
robber boots, waking
stick, check-list of most
common birds.

We recommend:

Hiking shoes or
rubber boots,
lightweight clothes,
water bottle,
sunscreen, hat,
camera, repellent, and
binoculars.



CATIVO'S NATURE RESERVE HIKE

With the beauty and convenience of the adjacent National Park, Playa Cativo guests don't have to go far to see nature. Parts of this nature hike are rugged and steep due to its characteristic topography. The flora and fauna of the surrounding areas near Piedras Blancas is one of the most diverse in Central America; learn about the ecology of the tropical lowland rainforest, experiencing different vegetation units.

Duration: 3.5 hours approx.

Early morning and late afternoon departures.

Difficulty: Challenging.

Price: \$45 per person + taxes.

Minimum: 2 people.

Biosafety: No flash, low voice, no laser pointers, avoid bright colored clothes.



Highlights:

Tallest Trees in CR
(some endemic),
Birding, Nature
Photography, Primary
Rainforest.

Inclusions:

Naturalist guided,
binoculars, use of
rubber boots, wading
stick, check-list of most
common birds, snacks
and water.

We recommend:

Hiking shoes or rubber
boots, lightweight
clothes, water
bottle, sunscreen,
repellent, camera and
binoculars.



PIEDRAS BLANCAS NATIONAL PARK HIKE (SAN JOSECITO TRAIL)

If you are an adventurous hiker and prefer longer and more challenging hikes, this quest to Piedras Blancas National Park's higher elevation, is for you. We will take you to the north entrance of the park (boat and car rides) at El Bonito Ranger station, the tour starts with a 4km hike, you will stop in one of the nicest look out points for a good snack. At this point starts San Josecito trail, 6 km across the park through steep slopes ending up at Golfo Dulce.

*This hike is physically demanding, with a very high difficulty level and is not recommended for people over 60 years of age or people who have had surgeries such as knee or hips surgeries and/or cardiac complications, users must be in excellent health conditions.

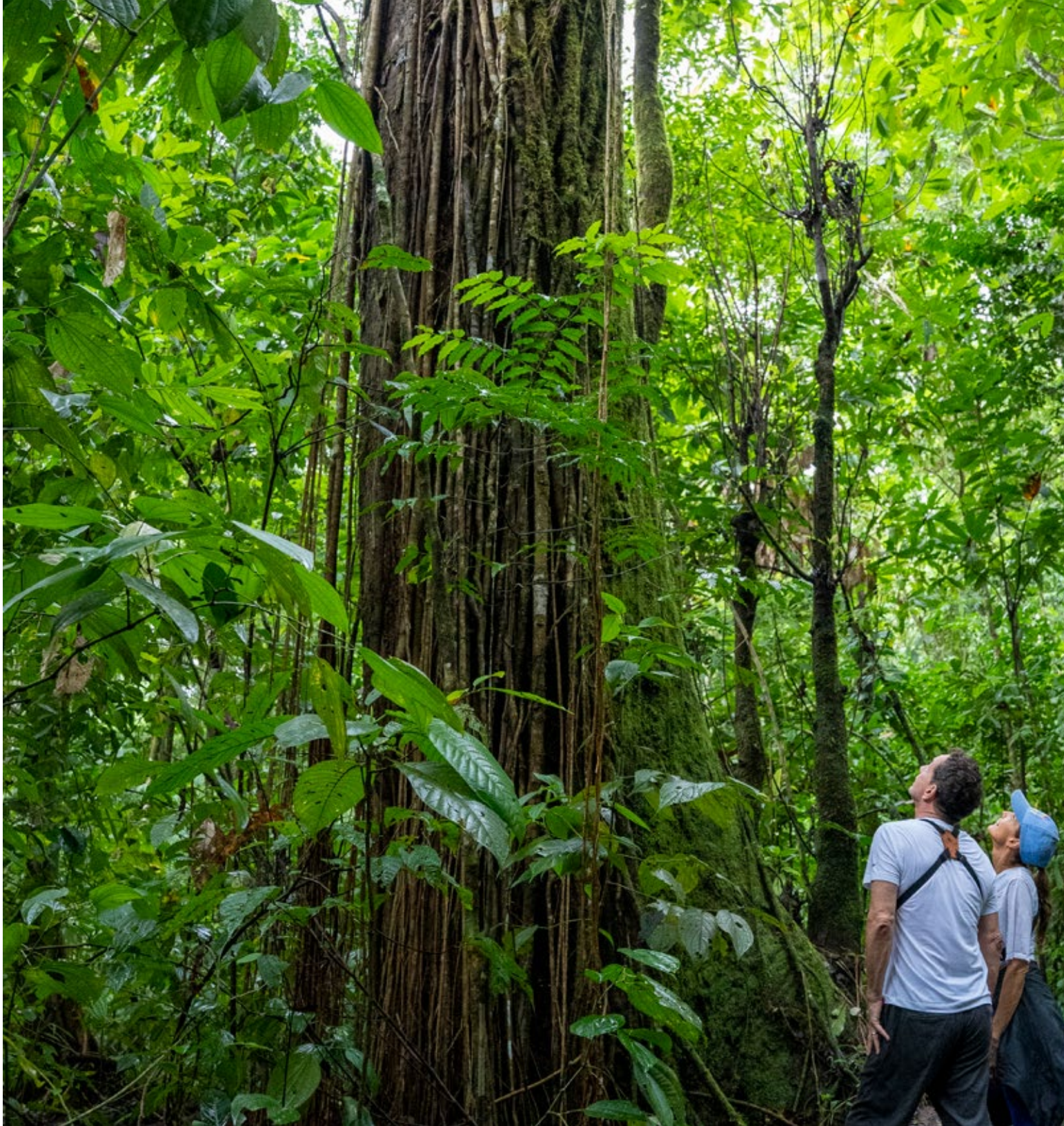
Duration: 6 hours approx. Early morning departure.

Difficulty: Very High - Total hiking distance approx. 10 km.

Price: \$190 per person + taxes.

Minimum: 2 people.

Biosafety: No flash, low voice, no laser pointers, avoid bright colored clothes.



Highlights:

Wildlife, rivers, primary forest and nature photography, Ethnobotanical uses of trees.

Inclusions:

Naturalist guided, binoculars, use of rubber boots, wading stick, check-list of common wildlife, snack.

We recommend:

Rubber boots, lightweight clothes, water bottle, sunscreen, repellent, camera and binoculars. Excellent health conditions.



RIO ESQUINAS MANGROVE KAYAKING EXPEDITION

We are blessed to have one of the largest and most pristine river systems in Costa Rica just a few short beaches away. The river mouth mangroves lead to pictures sceneries of unspoiled mangrove systems. This diverse terrain allows for some of the best bird- watching in the area. The best time to start this adventure is during the high tide, letting us go deep inside the mangrove channels.

Our boat tows your kayak to the mouth of the river where you will embark on a peaceful adventure and experience the magic of nature while cruising down the river on kayak through amazing mangrove and rainforest sceneries.

Duration: 3 to 3.5 hours approx.

Tide dependent. Best in the mornings.

In some cases, the tide may affect, whether the activity operates on kayaks or boat.

Difficulty: Medium.

Price: \$145 per person + taxes.

Minimum: 2 people.

Biosafety: No flash, low voice, do not interact with wildlife, no swimming.



Highlights:

Wildlife Photography, endemic biodiversity, ecology of the mangroves, ecosystems conservation.

Inclusions:

Naturalist Guide, equipment set-up, boat transfer to/from Rio Esquinas, beverages and snacks.

We recommend:

Water shoes or sandals, short pants or lightweight clothes, water bottle, sunscreen, hat, repellent, dry bag, camera and binoculars.



Duration: 1.5 hours. Evening departure.

Difficulty: Low.

Price: \$40 per person + taxes.

Minimum: 2 people.

NOCTURNAL RAINFOREST HIKE

The electric energy of the rainforest transforms at night time, an even more complex world awakes and many animals become active at night; specially amphibians, reptiles, arthropods, night mammals and birds. Our nature guides will share the dynamics of the rainforest during the first two hours of dark ness, mind blowing facts about the different habitats from another perspective.

Highlights: Biology of Leaf Frogs & frog pond organisms, snakes and nocturnal birds.

Inclusions: Naturalist Guide, flashlight, robber boots.

We recommend: Lightweight clothes, long sleeves, insect repellent, flash- light. Avoid wearing white colored clothes, it attracts insects.

Biosafety: No flash, low voice, do not interact with wildlife.

BIOLUMINESCENCE EXPEDITION

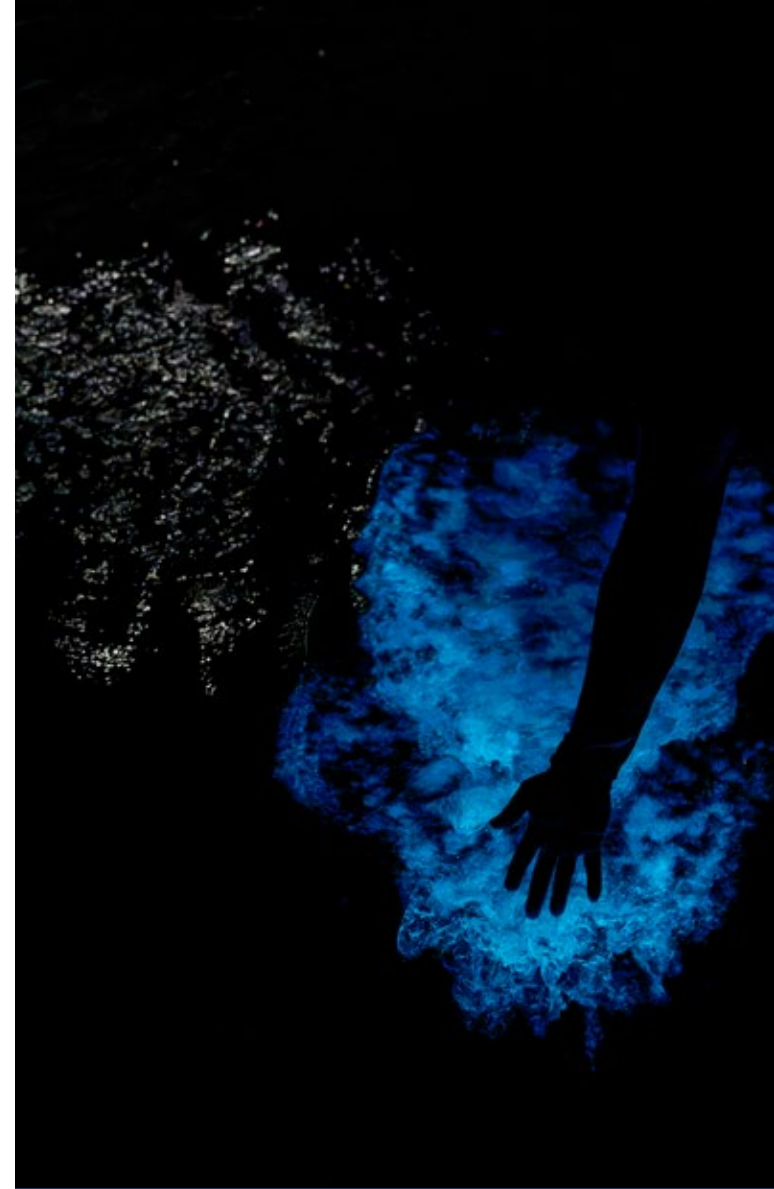
Bioluminescence is a chemical reaction produced by living organisms to emit light. The daylight vanishes, but your adventure will be just beginning! Schools of fish create a phosphorescent trace which can look like a glowing cloud in the water. Explore this natural phenomenon by boat, observing as the water beneath you glow and sparkles with even the movement of your hands. An experience that is not to be missed! Best sighting is on dates close to the new moon phase.

Highlights: Know the bioluminescent organisms, biology of dinoflagellates.

Inclusions: Naturalist Guide, boat, captain, flashlights.

We recommend: Lightweight clothes, dry bag, camera (fast aperture lens).

Biosafety: No flash, do not interact with marine life, no swimming.



Duration: 1 hour approx. Evening departure.

Difficulty: Low.

Price: \$45 per person + taxes.

Minimum: 2 people.

Book only at the hotel.

DOLPHIN & WHALE WATCHING QUEST

Golfo Dulce is one of only four tropical fiords around the world, and home to a variety of marine life forms, including the cetaceans. Two species of dolphins spend their whole life cycles in Golfo Dulce, and between July and November it's possible to witness the arrival of the Humpback whales and their calves.

Sea turtles, and marine birds usually show up during the ride. Combine this tour with snorkeling for a fantastic day in the water!

Duration: 2 – 2:50 hours approx.

Ocean conditions usually better in the morning.

Difficulty: Low.

Price: \$130 per person + taxes.

Minimum: 2 people.



Biosafety: No flash, prohibit to touch-feed-swim with cetaceans, Costa Rican Law No. 32495.

GOLFO DULCE SNORKELING EXCURSION

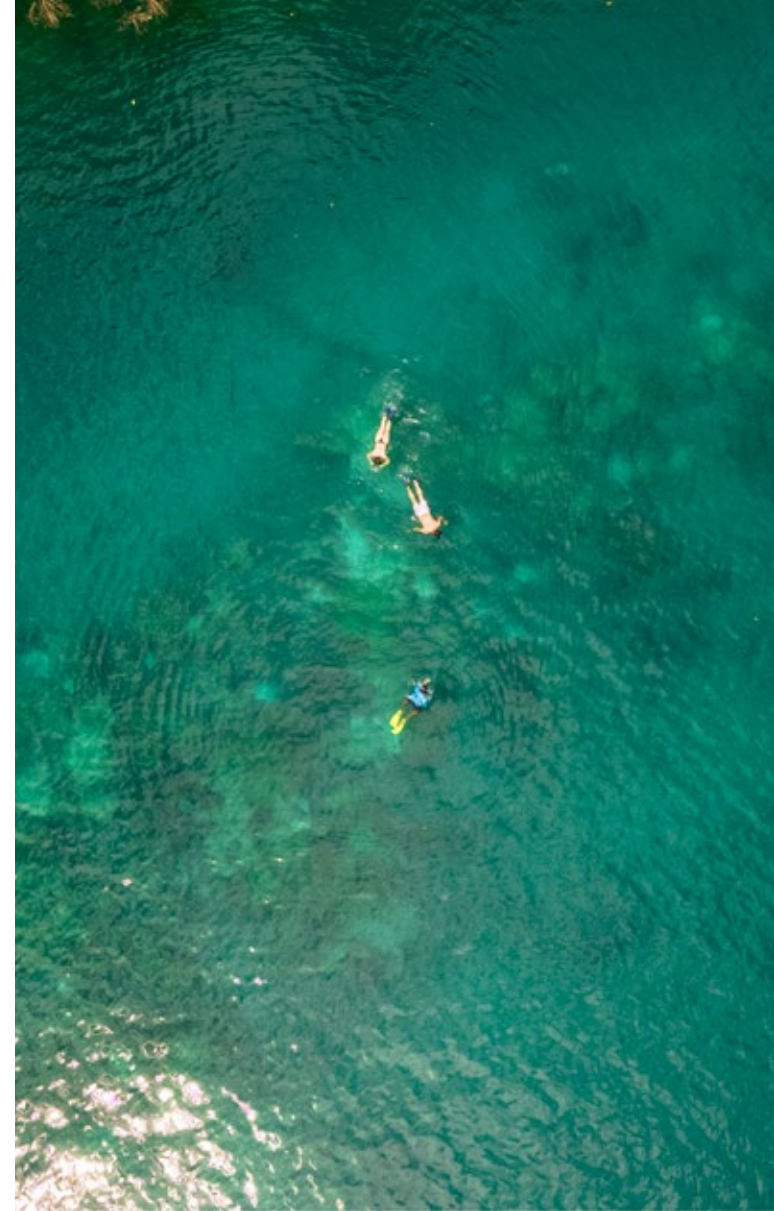
Some of the best snorkeling of the Golfo Dulce is right near the lodge. Let us take you to Punta Adela or Belina Beach for a local dive for a long-range half day adventure. At low tide, you will marvel at the brain-coral reefs. At high tides, the underwater rock pinnacles that mirror the mountain top creates habitat for more than 30 species of tropical reef fish including Angelfish, Parrotfish, Triggerfish, Rays and butterfly fishes. The serene and pristine waters at 80° F (26°C are perfect for a colorful snorkeling experience!

Highlights: Amazing marine life and conservation, climate change importance.

Inclusions: Naturalist Guide, equipment, boat and captain, beverages & Snacks.

We recommend: Lightweight clothes, bathing suit, water bottle, sunscreen, hat, camera, binoculars and a dry bag.

Biosafety: Do not step on coral, do not interact with marine-life, avoid using oxybenzone sunscreen.



Duration: 1 hour approx. Evening departure.

Difficulty: Low.

Price: \$125 per person + taxes.

Minimum: 2 people.

ARTISANAL FISHING BY BOAT

We will take you on a scenic boat ride around Golfo Dulce to enjoy an activity that has been part of the lives of the golf villagers, previously as a way of surviving and now as a way to complement their meals. Our knowledgeable Captain and Guide, to whom fishing has been an important part of their lives, will show you the best spots for fishing around the Golf, and perhaps you might bring your catch for dinner!

Inclusions: Local guide, boat and captain, equipment & bait, snacks and drinks.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars and a dry bag.

Duration: 2 hours approximately.
Afternoon departure.
Price: \$60 + taxes (1 to 4 people).

ARTISANAL HAND LINE PIER FISHING

On this activity we will walk to the pier (west side of the property) for a traditional artisanal fishing afternoon. We'll pack a cooler with some beverages. Enjoy an activity that has been part of the lives of the Golfo Dulce villagers for several years and enjoy the sunsets from this point.

Inclusions: Local guide, equipment & bait.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars, water shoes and a dry bag. Afternoon departure.

Price with guide: \$40 per person + taxes.
Price without guide: \$15 per person + taxes.
Minimum: 2 people.



SCUBA DIVING (GOLFO DULCE) [OPERATED BY THIRD-PARTY]

Our local trips are all boat dives mainly in front of the Golfo Dulce which has a beautiful area, giving us the pick of many dive sites.

We have an abundance and wide variety of marine life here. We have many tropical reef fish and an array of Puffer Fish, Trigger Fish, octopus, turtles, tuna, amber jack, groupers, eels and lobsters. We have a variety of soft and hard coral formations, though here on the Pacific Ocean we cannot boast the coral gardens of the Caribbean. We do have an amazing underwater environment formed by the intense volcanic activity that formed this area. Visibility in the rainy season can vary depending on weather conditions; normally (June to November) is between 15 - 30ft and in the dry season it normally (December – May) is between 30 - 65ft.

Inclusions: Equipment, boat and taxi transportation, 2 tanks, all dive equipment, and dive master, plus snacks.

We recommend: Lightweight clothes, sunscreen, hat, camera, bathing suit and flip flops.

Duration: Morning departure.

Price: \$165 per person + \$195 (round trip transfer boat and taxi) + taxes.

Prices may vary by season.

Minimum: 2 people.

All trips include 2 tanks, all dive equipment, and dive master, plus snacks. We have trips leaving in the morning at 7:30am (afternoon trips only run in the dry season and weather permitting).

SEA FISHING TOURS [OPERATED BY THIRD-PARTY]

Fish for marlin, sailfish, mahi mahi, yellow fin tuna, amber jack, rooster fish, and other species. Running time varies from 45 minutes to 1:30 hours to find some of the most productive waters in the world.

Please contact us to learn more about boat sizes and additional information. We strongly suggest making reservations before your arrival to Costa Rica due to the high demand.

Inclusions: Guide, boat, fishing gear, meal, snacks, beers and soft drinks.

We recommend: Lightweight clothes, sunscreen, hat, camera, dry bag.



Duration & Price (1-4 people):

-Half Day inshore \$990.

-Full Day in-shore \$1,460.

-Full Day off-shore \$1,600.

Early Morning departures.

Prices may vary by season!

RANCHO QUEMADO TRADITIONAL TOUR [OPERATED BY THIRD-PARTY]

Start the day with a beautiful visit to Don Carmen's traditional sugarcane mill. After a 30 minutes beautiful ride through the mountains of the Osa Peninsula we will arrive to Rancho Quemado Cultural town. Here you can experience the unique process of producing sugar cane juice and traditional snacks like it's been done for decades. You will participate from the beginning to the end of the process, including: cutting sugarcane, working the mill, heating/cooling the juice, and most importantly, drinking the delicious juice and helping make sugarcane snacks!

Inclusions: boat, ground transportation, snacks, lunch and guide.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars, and a dry bag.

Duration: 5 hours approximately

Price: \$550 per person + taxes.

Minimum: 2 people.

CABALGATA SAN JUAN [OPERATED BY THIRD-PARTY]

An authentic "tico" cultural experience awaits you in this tour. Alto San Juan is an agricultural little town in area of the Osa Peninsula. You will enjoy a rural place away from large groups and in contact with nature. A two-hour ride takes you through the small town of San Juan, you will cross rivers, ride through the forests in the Golfo Dulce forest reserve and cool off in the crystal-clear waters of the Chocuaco River. In your way back you will have the opportunity to gallop into the forest to finish the tour with refreshing cold coconut water.

Inclusions: boat transfers, ground transportation snacks, guide.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars, and a dry bag.

Duration: 4 hours.

Price: \$350 per person + taxes

Minimum: 2 people.

LA PERICA SLOTH GARDEN

[OPERATED BY THIRD-PARTY]

After an incredible boat ride through the Golfo Dulce you will arrive to La Perica Sloth Garden. Here you can enjoy the quietness of the property while you can discover about the amazing lifestyle of the sloths combine with the rural culture of the people at the Osa peninsula. An easy walk through the beautiful trails will make you enjoy these fantastic mammals that live in a little primary rainforest oasis.

Inclusions: boat transfers, ground transportation, Costa Rican traditional food, guide.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars, and a dry bag.

Duration: 3 hours

Price: \$300 per person + taxes

Minimum: 2 people.





BOAT TRANSFERS [OPERATED BY THIRD-PARTY]

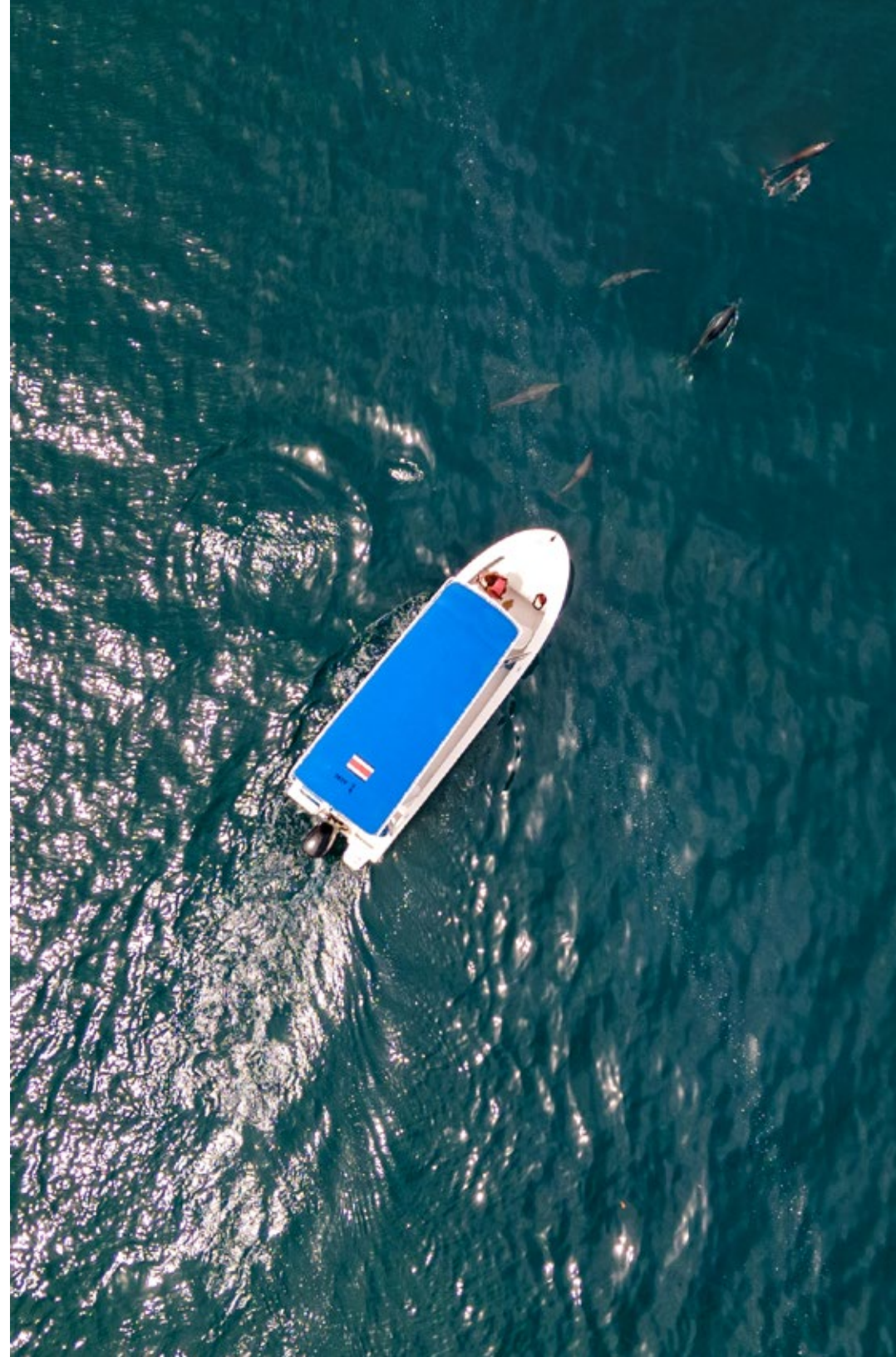
Do you want to visit Golfito or Puerto Jimenez on your own and explore? We can take you there and pick you up for your return trip any time within 6 am and 3 pm.

Inclusions: Crew & Boat.

We recommend: Lightweight clothes, water bottle, sunscreen, hat, camera, binoculars, and a dry bag.

Duration: 30 min to town each way.

Price: \$90 one way + taxes, \$160 round trip + taxes for 1 to 4 people. Extra person is \$25, max 8 people. Up to 2 hours wait included. \$40 per additional waiting hour.



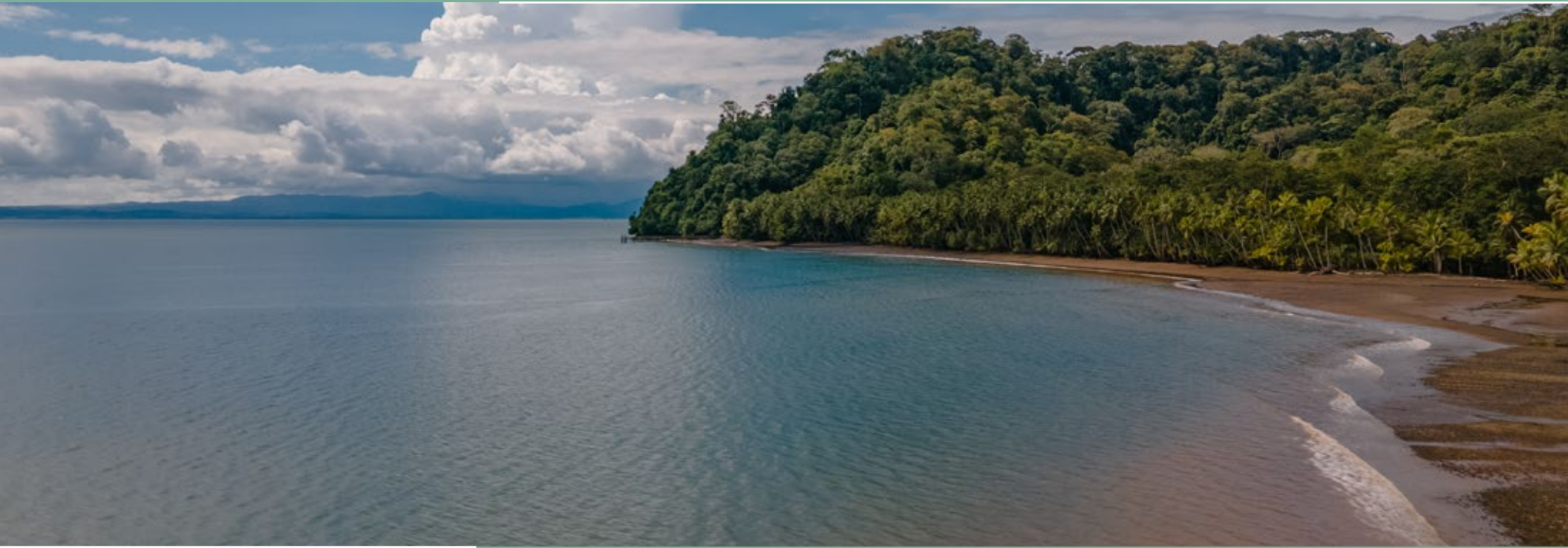
IMPORTANT

- All tours and activities are subject to change without notice due to weather conditions, tide levels and other factors that may interfere in our guest's safety and joy. Some activities fully depend on tide levels and/or weather conditions.
- Departure times for all Tours and Activities will be set, arranged and confirmed at the lodge by our Guest Services and Adventure Teams.
- Most tours and activities have limited space and require a minimum of at least 12 hours' advance notice.
- Private tours can be arranged at an additional cost \$150+taxes low & high season and \$200+taxes in peak season.
- Cancellations made within 24 hours prior to tour date or departure apply full penalty. Last minute cancellation apply full penalty.
- We take safety seriously! We are in a remote and wild area. Respect animal spaces and avoid getting too close to them, even if they seem friendly or undisturbed by your presence, they are wild animals and will attack when feeling threatened. Please watch your step when walking to avoid stepping into animals. When possible, avoid walking under the tall coconut trees, coconuts may fall unexpectedly. If taking a self-guided tour, use a map and inform a staff member of your intentions and approximate time of your return. Stay in the trails at all times.
- For additional tours and activities a 13% VAT must be added to the price.

“LIVE TO TRAVEL. TRAVEL TO LIVE”

DID YOU KNOW?...

99% of Costa Rica's energy comes
from renewable resources.



3. LIFETIME MEMORIES

RAINFOREST WATERFALL PICNIC

After an interactive self-guided nature walk through the south side of Cativo's Protected Nature Reserve, a tailored "picnic setting" with a selection of Costa Rican breakfast de lights and Cativo's fresh juices, will be waiting nearby one of the jungle waterfalls of the property. Experience the "Pura Vida" and be empowered by the rainforest. This is a memorable experience that couples love to celebrate.

Inclusions: Picnic meal (Breakfast or Brunch), fresh juices, customized setting, towels. Remember to bring along your bathing suit.



Suggested times: Mornings.
Price: \$95 per person + taxes.



Suggested times: 5:30 am.

Price: \$98 per person + taxes.

SUNRISE SPLENDOR AT GOLFO DULCE

In this enchanted and exuberant region of Golfo Dulce, you will witness the most stunning nature sceneries with healing sunrises and outstanding marine life, enjoy this experience from the comfort of our “Piguilo” platform boat, starting the experience with a light breakfast, led by a mindful movement session guided by our wellness experts.

Fall in love with the sounds of the ocean and the gorgeous landscapes of the Golfo Dulce.

Inclusions: Light Breakfast, coffee & tropical Juices, 45 minutes mindful movement session, tailored setting, wellness guide, captain, boat.





CASTAWAY BEACH PICNIC

Attention to details and making sure that each of our distinguished guests are provided with top notch service and lifetime experiences is our motto. We will whisk you off to a serene and quiet setting arranged in the heart of our beaches, with cold beverages, sun loungers, hammocks and freshly homemade tapas from our chefs. Feel relaxed under the towering palm trees with the melodies of the ocean, the flamboyant nature surroundings, the scenic view and the warm and calm waters of Golfo Dulce.

Premium beach picnic at Belinas Beach

Inclusions: Premium Tapas, premium cocktails, drinks & beers, customized setting, music, towels. Bring your bathing suit.

Suggested times: Anytime – Before 3 pm.

Price: \$150 per person + taxes.

Standard Beach Picnic at Cativo's Beach

Inclusions: Tapas & beers, fresh juices, customized setting, towels. Bring your bathing suit.

Suggested times: Anytime – Before 3 pm.

Price: \$90 per person + taxes.



VALLE DE LOS SAINOS JOURNEY

Active places in our 1.000-acre Protected Rainforest Reserve and it offers a wealth of biodiversity, wildlife and birding. Venture through the forest accompanied by one of our nature guides, learn mind blending facts about the rainforest. A special setting with beverages of your choice, appetizers, hammocks, binocular and a telescope will be carefully prepared for you for a wildlife experience under the tropical forest rainforest canopy.

Get used to the sounds of nature and feel immersed in the electric magic of this peaceful oasis.

Inclusions: Appetizers, fresh juices, beer, customized setting, nature guide, telescope.

Suggested times: Ask concierge for advice.

Price: \$98 per person + taxes.

SUNSET COCKTAILS AND TAPAS SELECTION

You will partake in a peaceful, romantic experience, captivating unique sunsets over Golfo Dulce with Piedras Blanca's rainforest as the backdrop.

Enjoy this experience from the comfort of our "Piguilo" platform boat, while you indulged in a glass of wine and a tapas selection with your personal mixologist.

Inclusions: Tapas selection, beer or wine, special setting, captain, boat, personal waiter, binoculars.

Suggested times: Mid-afternoon.

Price: \$90 per person + taxes.





ROMANTIC CANDLELIGHT DINNER SETTING

You will be let through a candlelight pathway to an exclusive setting arranged at one of our magical places with blending romance and the natural ambience, surrounded by the foliage of the rainforest, a cup of wine, the sounds of tree frogs, night birds and lapping waves, for a 3 Course Dinner. A seamless experience from start to finish. Couple's Favorite!

Inclusions: 3 Course dinner, waiter, wine, signature cocktails, customized setting (garden by the beach, yoga deck or room balcony).

Location may vary depending of the weather.

Suggested times: Special dinner night.

Price: \$55 For service + taxes (3-course).



IMPORTANT

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- Some activities fully depend on tide levels and/or weather conditions. Departure times will be set, arranged and confirmed at the lodge by our Guest Services and Adventure Teams.
- Cancellations made within 24 hours prior to tour date or departure apply full penalty. Last minute cancellation apply full penalty.
- All of these experiences are Private.
- We take safety seriously. Remember we are in a remote and wild area. Respect animal spaces and avoid getting too close to them, even if they seem friendly or undisturbed by your presence, they are wild animals and will attack when feeling threatened. Please watch your step when walking to avoid stepping into animals. When possible, avoid walking under the tall coconut trees, coconuts may fall unexpectedly. If taking a self-guided tour, use a map and inform a staff member of your intentions and approximate time of your return. Stay in the trails at all times.
- For life time memories a 13% VAT and 10% service charge must be added to the price.

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