



The Caribbean Section

Day 1

Caño Blanco to Reserva Pacuare

Distance: 12.5 km (0m ascent, 0m descent)

Beginner level

Stay at Reserva Pacuare

Activities: 2 Treks, 2 Boat rides, Night tour-Turtles
Watching

Pick up in San Jose 7am and drive 3 hours with a stop for breakfast at Restaurant Bamboo. Boat will be waiting at Caño Blanco at 11am. Visit the small Caribbean town and then start the walk on El Camino de Costa Rica at the Beach for about 1km entering subsequently into a trail. Walk 4.5km and arrive a Laguna Perlas to take the boat through the canals for about 25minutes to lunch at Julio's

After lunch walk 7km in trail within the Reserva Pacuare with naturalist. Start trek to lodgings at 3:00 arrive at 5:30. Once at Reserva Pacuare get orientation talk and Dinner at 6 and 8pm night tour to see turtles. You will be doing some night walking.



Day 2

Barra de Pacuare to Rio Pacuare -Linda Vista

Distance: 10 km (250m ascent, 450m descent)

Beginner Level

Stay at Pacuare Outdoor Center

Activities: 1 trek, Boat tour, optional Rafting

After breakfast be ready by 8 am to take a 40minute boat ride on the canals to Muelle Goschen . You will walk about 7 km among banana and Abacá plantations. Transfer to pick up a sandwich at a market in 28 Millas Town and meet a historian of the Matina Canton. You will transfer by car to start your 2nd walk in Santa Marta. This is a gravel road mostly down. You will pass private "fincas" and then enter into a steep part where there are shade trees. You will pass the small village of Bajo del Tigre then turn off to a path that car cannot traverse. The final part is a muddy steep decent to POC where you will find your comfortable cabins. Optional Rafting to POC.



Day 3

Pacuare Outdoor Center to El Copal

Distance: 20 km (540m ascent, 390m descent)

Intermediate Level

Stay at El Copal

Activities: 1 trek, Birding Tour

At 8am you will be taken by 4x4 down to La Suiza Bridge where you will begin your walk at 9am. You will walk a coffee field and cane fields and cross over the river Pejibaye to your lunch destination at La Roca Restaurant, a local outdoor restaurant. After lunch we will transfer you to El Copal for your overnight stay and your first bird tour. El Copal is a destination for birders from all over the world. Hot during the day and cool at night.

Professional Birding Tour starts at 4 pm and ends at 6 pm



Day 4

El Copal to Orosi

Distance: 12 km (921m ascent, 613m descent)

Intermediate Level

Back to San José

Activities: 1 trek

Today you will have an early morning 6:00- 7:30 bird tour and then breakfast and finally leave El Copal at about 9:00 and walk on a gravel road with soft ups and downs crossing small streams. At first it will be through ranch lands but latter you will have the National Park Tapanti to your left. You will continue to climb and we will stop for lunch at Hongos Tapanti, hill top barbeque with locally grown mushrooms. After lunch you will then take a steep descent, with views of the beautiful Orosi valley, until you reach your Kiri Lodge at the entrance of PN Tapanti. Here you will be picked up and go back to San José.

