

# Camino De OSA

TALK WITH NATURE, WALK WITH ITS PEOPLE

South Pacific, Costa Rica



# Welcome to Camminos de Osa

***Together we support the culture and prosperity of the communities that preserve 2.5 percent of the planet's biodiversity***

The Osa Peninsula is one of the crown jewels of Costa Rica, and is home to some of the places with the greatest natural aesthetic beauty in the region. Today, 80% of the territory is protected under varying types of conservation, which allows the Osa Peninsula to host species that represent 2.5% of the world's biodiversity. However, in contrast with the wealth and natural exuberance of the area, local communities experience poverty and low levels of development. Therefore, it is still common for many inhabitants of the region to engage in activities such as illegal logging, gold mining, and hunting as means of subsistence.

Camminos de Osa presents itself as an opportunity to promote a sustainable and integrated development agenda in the Osa Peninsula. Through the creation of Camminos de Osa (Osa Trails), we seek to spread the wealth of tourism activities by inviting visitors to engage with Corcovado's surrounding communities and their unique culture, in addition to the flora and fauna that traditionally have attracted tourists to the region. By encouraging rural community tourism in the region, we fundamentally believe that a more equitable distribution of the benefits of tourism can be reached, thereby also improving the local population's quality of life without compromising the Osa marine and terrestrial ecosystems.





## About the Caminos de Osa Association

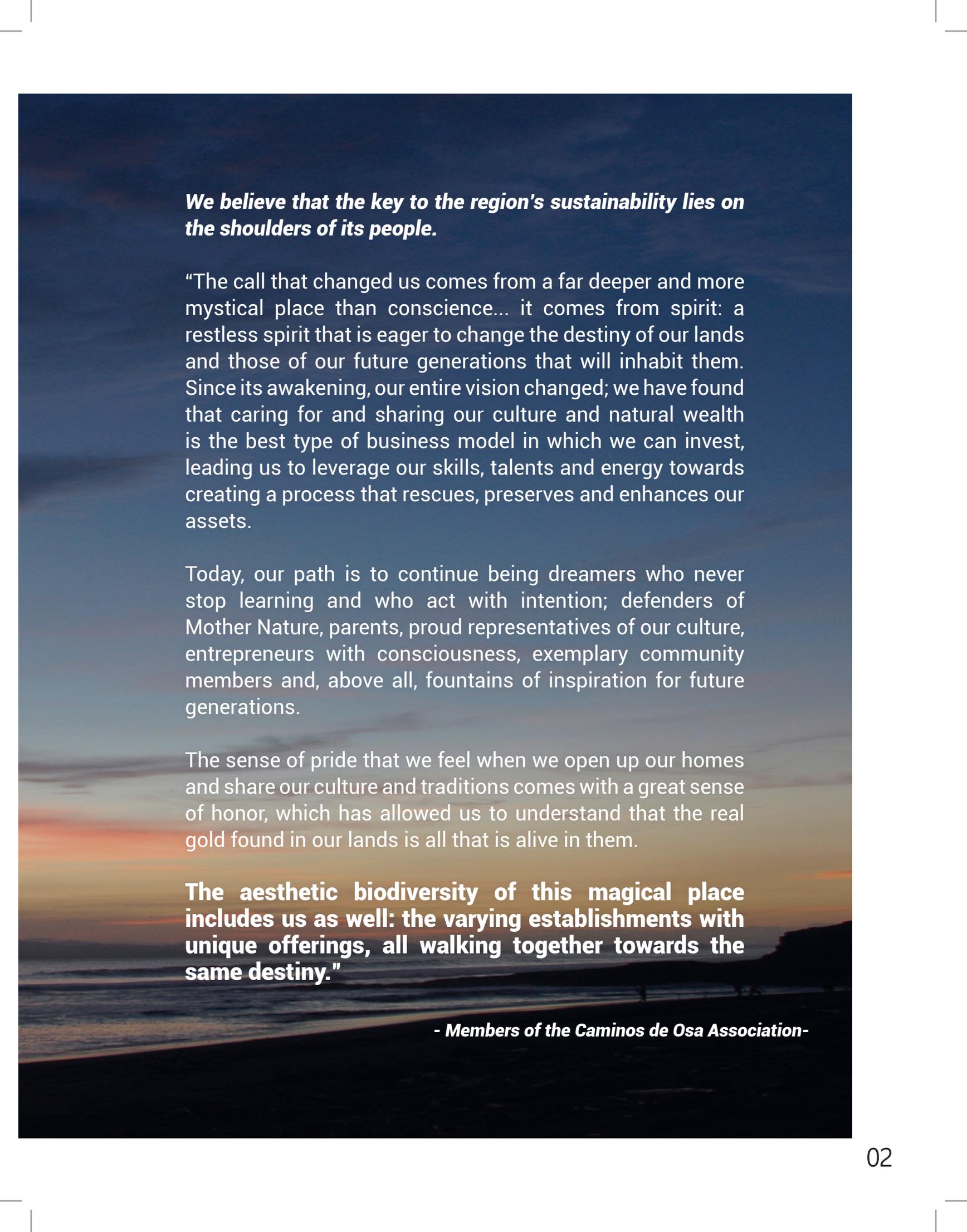
In 2015, the Caminos de Osa Association was born in order to operate as the local entity in charge of managing the Caminos de Osa destination. Our mission is to establish and promote a value chain of local entrepreneurs with the same collective vision of sustainable development. Our aim is to offer a balanced and unique experience for visitors, showing a deep respect for the essence of our region.

To learn more about us and our next projects, please contact us at: [info@caminosdeosa.com](mailto:info@caminosdeosa.com)

***Now, it is your turn to experience the magic of the Caminos de Osa! By visiting and engaging in any of our caminos, or paths, you will contribute to the socioeconomic development of the marginalized communities of the region.***

# Manifiesto Carminos de Osa





***We believe that the key to the region's sustainability lies on the shoulders of its people.***

"The call that changed us comes from a far deeper and more mystical place than conscience... it comes from spirit: a restless spirit that is eager to change the destiny of our lands and those of our future generations that will inhabit them. Since its awakening, our entire vision changed; we have found that caring for and sharing our culture and natural wealth is the best type of business model in which we can invest, leading us to leverage our skills, talents and energy towards creating a process that rescues, preserves and enhances our assets.

Today, our path is to continue being dreamers who never stop learning and who act with intention; defenders of Mother Nature, parents, proud representatives of our culture, entrepreneurs with consciousness, exemplary community members and, above all, fountains of inspiration for future generations.

The sense of pride that we feel when we open up our homes and share our culture and traditions comes with a great sense of honor, which has allowed us to understand that the real gold found in our lands is all that is alive in them.

**The aesthetic biodiversity of this magical place includes us as well: the varying establishments with unique offerings, all walking together towards the same destiny."**

***- Members of the Caminos de Osa Association-***

# OSA

ORO



SELVA



AGUA

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06

## Camino de la Selva

The true color of gold, is green.

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## Camino del Agua

The whisper of the wind and the roar of the ocean show us the way.

17

## Camino del Oro

A tour is much more than just a tour - it is a way of life.

25

## Osa Elemental

You cannot get to know a place in its depth if the people are not known.



## PLEASE NOTE

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- The Caminos de Osa trails require moderate to strenuous levels of physical effort. It is recommended that before visiting the Caminos de Osa, visitors prepare by exercising at least 3-4 times per week to build both endurance and strength.
- The “Osa Elemental” option is for all audiences, as it is done by vehicle and has a lower difficulty level.
- Please also be aware of Osa's high humidity level, which creates a more challenging experience for those who are accustomed to more mild climates.

Isla del Caño  
BIOLOGICAL RESERVE

Bahía Drake

Estero Guerra

Golfo FOREST

Drake

Playa Agujitas

Los Planes

Progreso de Drake

Rancho Quemado

San Pedrillo

Rese indig

Corcovado  
NATIONAL PARK

Sirena

Pacific Ocean



● Stops along the way

● Communities

● Forest Ranger Station

--- Camino

--- Camino

--- Camino



Sierpe

Chacarita

Bahía Ballena

Golfito

Reserva Biológica Golfo Dulce

Rincón

Piedras Blancas NATIONAL PARK

La Palma

Playa Blanca

Reserva Biológica Guaymí

Golfo Dulce

Reserva Biológica Guaymí

Playa Sandalo

La Tarde

Los Patos

Dos Brazos de Río Tigre

Puerto Jiménez

La Leona

Playa Carate

no del Oro

no de la Selva

no del Agua

# What to Bring?



Backpack with all of your equipment and clothes. Additional smaller bag that you can carry during the trails (water, sunblock, bug spray, etc.)



Waterproof jacket and comfortable hiking pants



Light-weight long-sleeve hiking shirts



Comfortable walking shoes (must be waterproof shoes or rubber boots).



Plastic bags (for trash, wet clothes, etc.)



Cap or hat for the sun



Bathing suit



Sunglasses.



Flip flops (for showering)



Towel



Flashlight



Sunblock



Personal amenities (shampoo, soap, toothpaste/brush, etc.)



Bug spray



Reusable water bottle

# Camino de la Selva

The true color of gold, is green.

We have learned that the best way to tell our story is not through a book. Rather, we tell it through the leaves of our flora.

More than a compass, a map, or a GPS; it is the rustle of the wind, the crashing roar of the waves, the advice of the ceiba tree, the footprints in the mud, and the legacy of our ancestors... they show us which paths to follow and to share.

Join us on our journey and discover the natural treasures hidden deep inside some of the least known areas of the Osa Peninsula.

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# Please Note

For this itinerary, we recommend you to stay the night before at a local hotel in the area. Another option is to take a flight at 5:50 am from **Juan Santa María Airport** (San José) to **Puerto Jiménez**.



## Day 1

**Puerto Jiménez - Dos Brazos de Rio Tigre.**

**Accommodation:** You will spend the night at Amazonita Ecolodge, surrounded by the tranquility of nature

Meals:



LUNCH



DINNER

**07:00** If you decide to fly to **Puerto Jiménez** or to stay in the area the night before. A private transport will pick you up to take you to the tourism center in the Dos Brazos de Rio Tigre community

**08:00** You will begin your Corcovado experience by taking a horseback-riding (8 km/ 5 miles) , Along the way you will:

Enjoy a gorgeous ocean view of the Golfo Dulce.

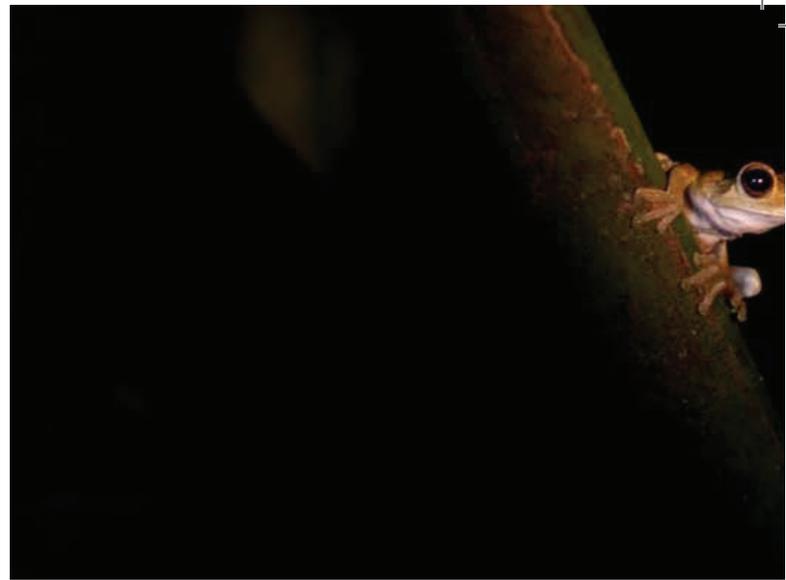
Hike to a watering hole where you will have the opportunity to enjoy a refreshing swim after the walk.

12:00 You will return to the lodge to have lunch.

In the afternoon, feel free to relax in the hotel or walk around the community. Massages will be available in the hotel upon request (not included).

17:30 Take part in a night walk, a wonderful opportunity to see frogs, snakes, insects and other nocturnal animals as you experience the enchanting effects of the jungle by night.

17:30 Dinner will be provided in the lodge.



## Day 2

Dos Brazos de Río Tigre - La Tarde.

Accommodation: Stay overnight in Albergue La Laguna, a rustic home surrounded by nature, where you will share with Berrocal family

Meals:



BREAKFAST



LUNCH



DINNER





07:00 A private transfer will pick you up at the lodge to get you to La Tarde

08:30 You will visit Don Mario's Agroforestral Farm where you will have the opportunity to walk around the farm and learn about traditional agriculture. Also, walk through trails filled with grand historic trees and varieties of flora and fauna.

12:00 At the end of the tour they will provide you a traditional lunch

13:00 You will make your way towards Albergue La Laguna, owned by a local family. Here, you will relax and unwind before dinner.

19:00 In Albergue La Laguna, The Berrocal family will provide you with a homemade dinner with locally produced food cooked in a wood burning stove.



## Day 3

La Tarde - Los Patos - Playa Blanca

Accommodation: you will stay in a front beach hotel, located in the beautiful and pristine Playa Blanca

Meals:



BREAKFAST



LUNCH



DINNER

**08:00** After breakfast you will start your adventure of the day. A walk through the forest (9km / 5.5 miles) will allow you to get in touch with nature as you have never experienced before. During the tour you will see birds, monkeys, tapirs and much more

**14:00** At the end of this tour, a vehicle will take you to Playa Blanca, where you will be able to relax with a sunset view of the Golfo Dulce.

**19:00** Enjoy dinner with a coastal ambience.

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## Day 4

Playa Blanca - Puerto Jiménez

Accommodation: Not Included.

Meals:



BREAKFAST

Your trip will conclude today. After breakfast, a private transport will take you to Puerto Jiménez airport

**Note:** If you prefer, you can stay in the area and relax in Playa Blanca.





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## *Included Services*

Accommodation for 3 nights, meals, tours and entrance fees.

Transportation for baggage from Playa Blanca to Puerto Jimenez.

All tours with bilingual guides.

Transportation services during the entire excursion.

### NOT INCLUDED

Services and transportation not mentioned in itinerary (this includes your arrival to the Osa Peninsula, airfare and extended stays).

Travel insurance.

Optional or additional activities/services.

Alcoholic beverages.

Tips.



Isla del Caño  
BIOLOGICAL RESERVE



Bahía Drake

Estero Guerra

Golfo FOREST

Drake



Playa Agujitas

Los Planes

Progreso de Drake

Rancho Quemado

San Pedrillo

Rese indig

Corcovado  
NATIONAL PARK

Sirena

Pacific Ocean



Península de Osa,  
COSTA RICA

- Stops along the way
- Communities
- Forest Ranger Station





Sierpe

Chacarita

Bahía Ballena

Golfito

Elfo Dulce  
REST RESERVE

Piedras Blancas  
NATIONAL PARK

Rincón

La Palma

Playa Blanca

Golfo Dulce

Playa Sandalo

Reserva  
Indígena Guaymí

La Tarde

Los Patos

Dos Brazos  
de Río Tigre

Puerto  
Jiménez

La Leona

Playa  
Carate

Camino de la Selva

# Camino del Agua

The whisper of the wind and the roar of the ocean show us the way

According to legend, the famous pirate Sir Francis Drake hid one of his legendary treasures in Drake Bay in the 16th century. However, we know that the true gold of our land is everything that is alive in it.

Discover all the hidden treasures in this bay through the most commonly used transportation channels of the region: the sea and all the rivers that lead to it.

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# Day 1

Sierpe - Estero Guerra.

**Accommodation:** Homestay with a local family (shared rooms and bathrooms).

Meals:



LUNCH



DINNER

Full day guide service included

**10:30** If you decide to fly or take a bus to **Palmar Sur**, a private transport will pick you up to take you to the tour.

**11:00** Start your journey by taking a boat ride through the mangroves of the Sierpe River (approximately 33 km / 20.5 miles). While enjoying your boat trip, be sure to keep your eyes open to see the crocodiles, snakes, monkeys, and the water birds that are frequently sighted throughout the area. A snack will be provided during the tour.



**14:00** Arrive to the Estero Guerra community. At the dock the Sandoval family will be waiting for you with a delicious lunch.

**15:00** A 3 km / 1.8 miles hike will lead to a beautiful waterfall. The water here removes all the worries and can heal the soul, enjoy a relaxing swim

**16:30** Make your way to Sandoval's home (an additional 3 kms / 1.8 miles away). The family will carry your luggage to their home, so you should not worry for that. You will have the rest of the afternoon to relax.

**19:00** Finish your first day with dinner at the Sandoval home. After dinner, you will hear stories from the Sandoval Family about the town's lifestyle, history and customs.





# Day 2

Estero Guerra – El Progreso – Laos  
Planes

**Accommodation:** You will spend the night at one of our three lodging options (shared room).

Meals:



BREAKFAST



LUNCH



DINNER

Full day guide service included

07:00 Typical Costa Rican breakfast

08:00 Horseback riding to El Progreso community (11km/ 7 miles). Along the way you will enjoy beautiful views of Drake Bay. A snack will be provided during the tour

A private transport will take care of bringing your luggage to the next lodge

12:00 A private transfer will pick you up at El Progreso Community to take you to Casa Drake

13:00 Lunch at the lodge

14:00 In the afternoon you can rest and explore aroundn Osa's great biodiversity in flora and fauna.

19:00 Dinner at the lodge





# Day 3

Los Planes-- Isla del Caño - Rincón  
(San Josecito)

**Accommodation:** You will spend the night at a family-owned hostel, made with reused forest's fallen wood and discarded wood from sawmills.



BREAKFAST



LUNCH



DINNER

**6:00** Today you will have an early breakfast. A private transfer will take you to the start point of the snorkel tour, then take a one-hour boat ride to Caño Island Biological Reserve.

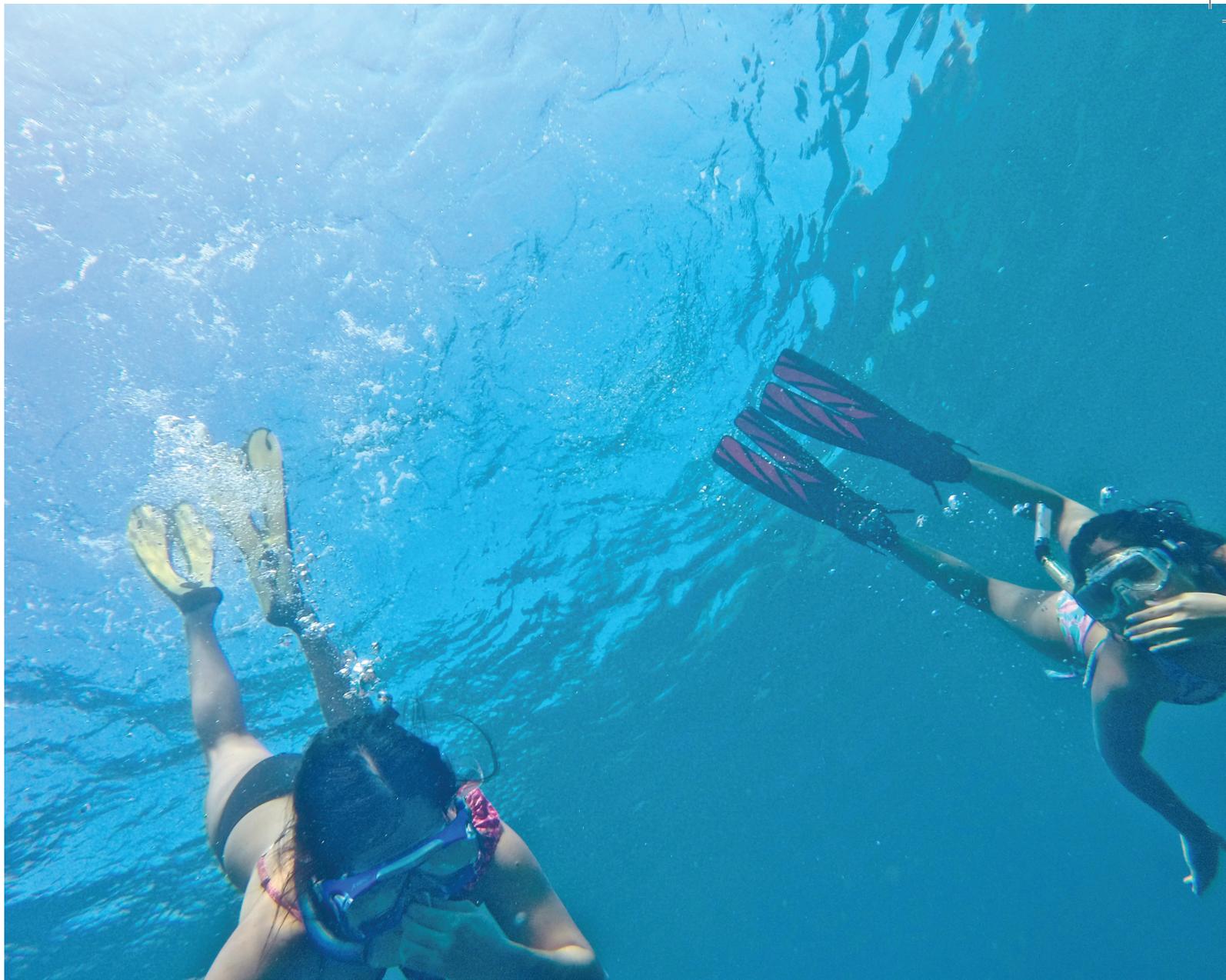
**08:00** Once there, you will be able to snorkel in several popular sites. This enchanting island is considered as the second best spot for diving and snorkeling in Costa Rica and is inhabited by playful dolphins and whales (subject to season), spectacular schools of coral reef fish and manta rays.

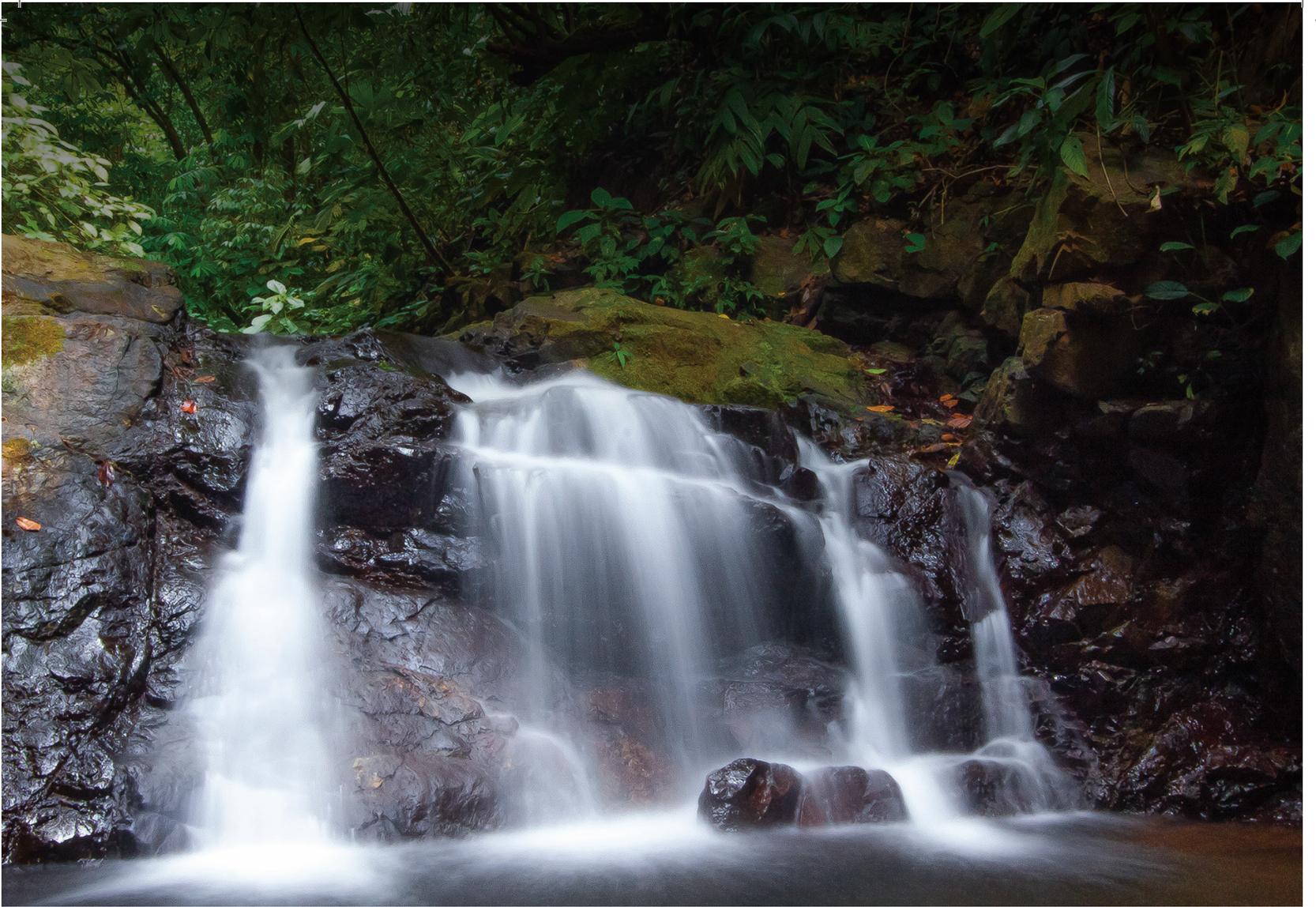
**13:00** You will return to Bella Vista and have a delicious lunch

**16:00** Relax yourself with drinks while you enjoy the sunset

**19:00** Enjoy a delicious dinner at Bella Vista's restaurant







# Day 4

Drake Bay – Sierpe.

Accommodation: Not Included.

Meals:



BREAKFAST

Your trip will conclude today. After breakfast, you can either choose to fly out of the Drake airport or take a taxi-boat back to Sierpe.

Note: If you prefer, you can stay in the area and relax in San Josecito beach.

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## Included Services

- 3-nights stay and accommodation, meals, tours, entrance fees.
- All tours with bilingual guide.

### NOT INCLUDED

- Services and transportation not mentioned in itinerary (this includes your arrival and departure from Osa, airfare and extended stays).
- Travel insurance.
- Optional or additional activities/services.
- Alcoholic beverages.
- Tips.



Isla del Caño  
BIOLOGICAL RESERVE

Bahía Drake

Estero Guerra

Golfo FOREST

Drake

Playa Agujitas

Los Planes

Progreso de Drake

Rancho Quemado

San Pedrillo

Rese indig

Corcovado  
NATIONAL PARK

Pacific Ocean

Sirena



- Stops along the way
- Communities
- Forest Ranger Station





Sierpe

Chacarita

Bahía Ballena

Golfito

Golfo Dulce  
REST RESERVE

Piedras Blancas  
NATIONAL PARK

Rincón

La Palma

Playa Blanca

Golfo Dulce

Playa Sandalo

Reserva  
Indígena Guaymí

La Tarde

Los Patos

Dos Brazos  
de Río Tigre

Puerto  
Jiménez

La Leona

Playa  
Carate

Camino del Agua

# Camino del Oro

A tour is much more than just  
a tour - it is a way of life

No other part of Costa Rica contains as  
much gold as the Osa Peninsula.

From pre-Columbian times to the  
present, gold extraction has had a great  
impact in the development of the Osa region.

We invite you to participate in a  
pilgrimage which runs along the entire Osa  
Peninsula, from North to South, to discover  
the reality behind the gold mining culture of  
the region, and how it has changed  
throughout history.

# Day 1

Sierpe - Estero Guerra.

**Accommodation:** Home stay with a local family (shared rooms and bathrooms).

**Meals:**



LUNCH



DINNER

Full day guide service included

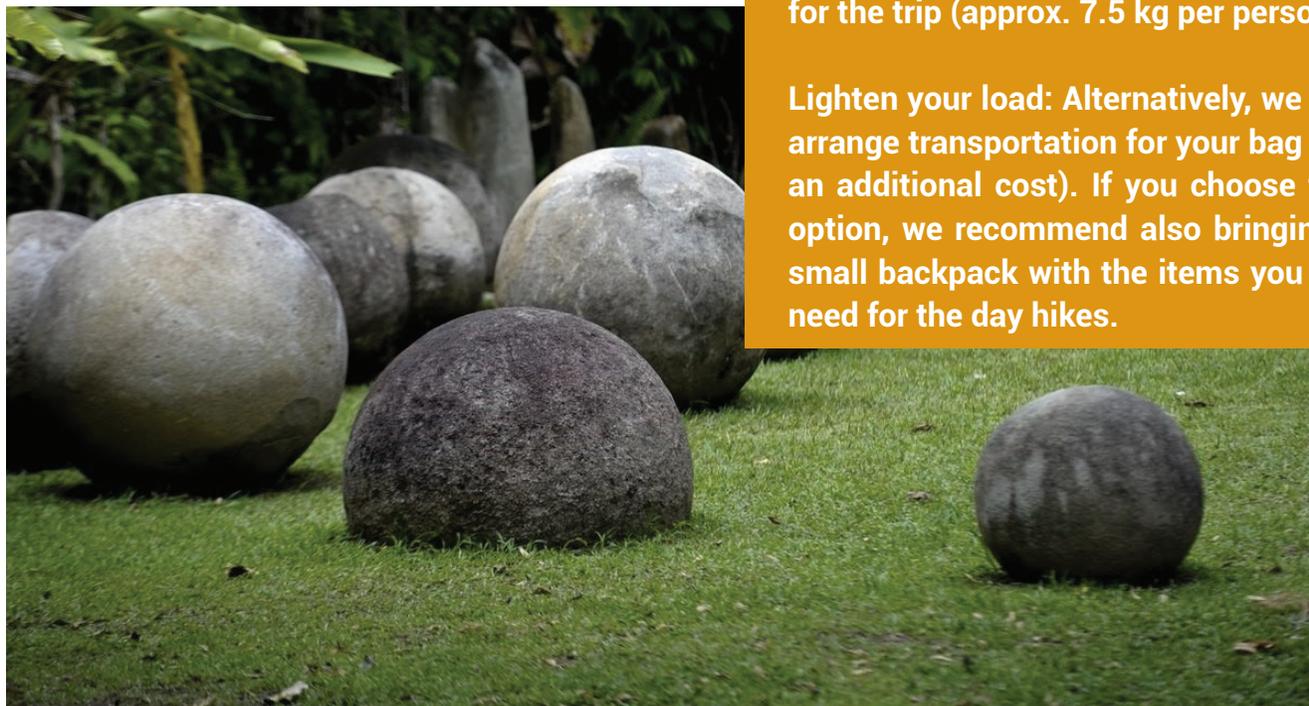
10:30 If you decide to fly or take a bus to Palmar Sur, a private transport will pick you up to take you to the tour.

10:30 A private transport will take you 8 km (5 miles) away, to the Finca 6 Pre-Columbian Museum, declared as World Heritage by the UNESCO. Your guide will give you a brief history of southern Costa Rica since the pre-Columbian times. At the site we will find a sunken village of an ancient civilization that lived in the area between AD 400-1400 and made large, perfectly round, stone spheres.

## Options for baggage during the trip:

**Carry your pack:** In this option, you carry your belongings with you on the trail. We recommend a sturdy hiking pack, preferably waterproof, to store clothing and other items you will need for the trip (approx. 7.5 kg per person).

**Lighten your load:** Alternatively, we can arrange transportation for your bag (for an additional cost). If you choose this option, we recommend also bringing a small backpack with the items you will need for the day hikes.

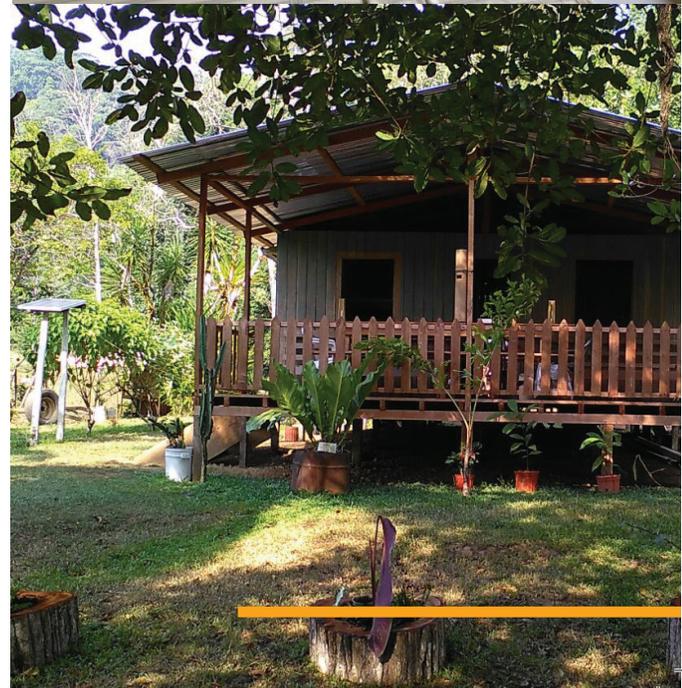


**12:00** You are going to take a private transfer from Finca 6 to Sierpe, where you will have lunch.

**13:30** A private boat tour will take you through the Sierpe River to Estero Guerra community, located 34 km (21 miles) away from Sierpe. The 3 hours journey goes through the Costa Rica's largest mangrove. More than 40 species of fauna can be observed on the way, including three species of monkeys, raccoons, bats, sloths, ant eaters, boas and a great variety of water and land birds.

**16:00** Arriving at Estero Guerra, a 4 km walk on an unpaved rural road will take you through a secondary forest and the community of Estero Guerra, until you reach the home of the Sandoval family. Do not worry about losing your luggage, as this will be carried in a quad bike. At the Sandoval's home you can learn about the lifestyle of Costa Ricans rural communities.

**19:00** Finish your first day with dinner at the Sandoval's home.



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# Day 2

Estero Guerra- Rancho Quemado-  
Playa Blanca

**Accommodation:** you will stay in a front beach hotel, located in the beautiful and pristine Playa Blanca

Meals:



BREAKFAST



LUNCH

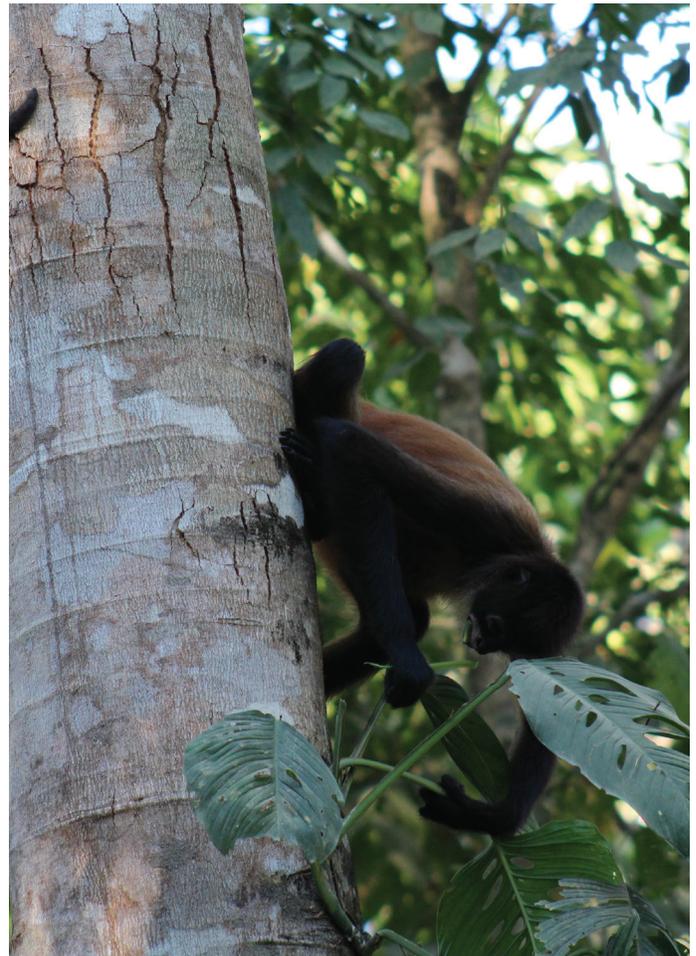


DINNER

**08:00** After a delicious typical breakfast, your adventure begins by crossing a mountain through rainforest trails for approx. 6 km (3,7 miles). This adventure encompass several up and down hills. Along the way, the group will catch a glimpse of the many species of birds, insects and, occasionally, some of the mammals that live in the rainforest.

**10:00** The first stop will be at a traditional gold mining family's home. Learn about the artisanal techniques of gold extraction used to find gold in the local rivers.

**12:00** There enjoy a delicious traditional lunch prepared by the family.







14:00 Partake in an indigenous cultural tour with local leader Don Mariano. He and his family will sharing some of their culture and traditions along the way. Learn about natural medicine, traditional rituals and agriculture.

16:00 A private transfer will pick you up at Aguas Ricas to get you to Playa Blanca.

19:00 Finish your day white a delicious dinne





# Day 3

Playa Blanca - Dos Brazos

Accommodation: You will stay in a quiet ecolodge surrounded by nature

Meals:



BREAKFAST



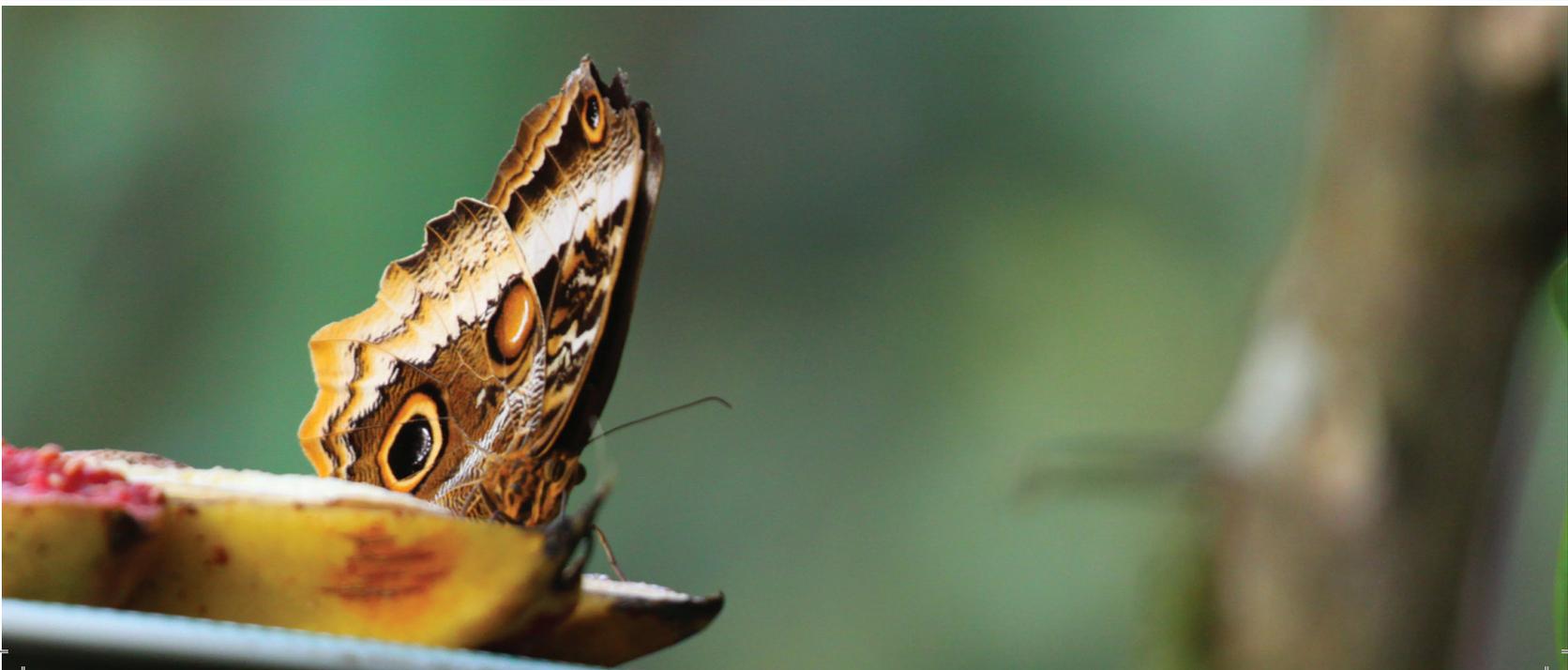
LUNCH



DINNER

05:00 Enjoy a magical sunrise in a 10 km (6,2 miles) kayak tour through the Golfo Dulce to Agujas Beach. Catch a glimpse of local wildlife and endemic flora. A private transport will take your luggage to the next lodge while you tour.







**08:00** Take a horseback riding trip for 9 km (5,6 miles) from Agujas Beach to Dos Brazos Community. We will ride through an unpaved road and arrive to a butterfly farm. Learn about the life cycle of butterflies and have some snacks.

**10:00** Take a horseback riding trip for 9 km (5,6 miles) from Agujas Beach to Dos Brazos Community. We will ride through an unpaved road and arrive to a butterfly farm. Learn about the life cycle of butterflies and have some snacks.

**13:00** Arrive to Amazonita Ecolodge, there you will have a delicious lunch waiting for you.

**19:00** Finish your day with dinner at Amazonita.



# Day 4

Dos Brazos - Carate Beach.

**Accommodation:** You will stay the night at rustic cabins at Carate Beach.

**Meals:**

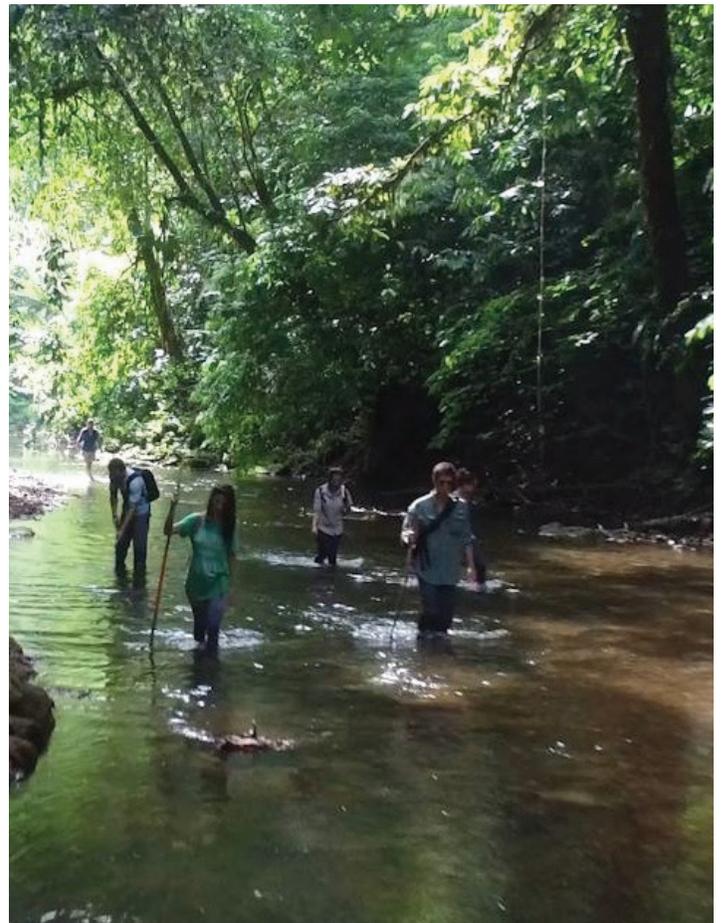


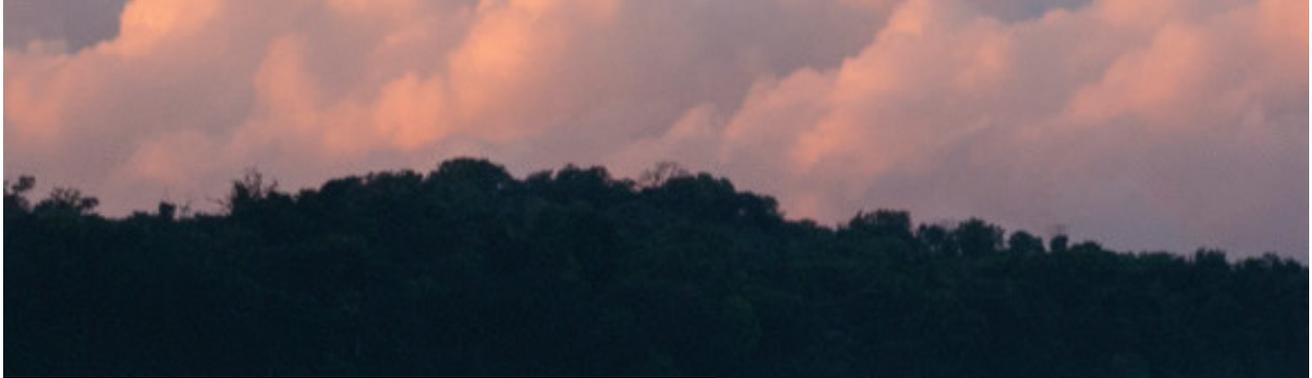
**07:30** After breakfast, you will start your last trek. It will consist of a one-day hike through primary forest that will take you the very end of the Osa Peninsula.

The majority of this hike will require walking through rivers and steep up and down hills; please be sure to have the appropriate clothing and shoes. You will be able to enjoy lunch along the way.

After the long trip (18km / 29 miles), you will end your exploration of the Camino del Oro relaxing and watching the beautiful sunset at Carate Beach.

**19:00** Finish your day with a delicious dinner





## Day 5

Beachside Fun.

Accommodation: Not Included.

Meals:



BREAKFAST



LUNCH

You will spend the morning of your last day soaking up some sun in the beautiful beach. After lunch, we will offer you transportation to Puerto Jimenez. Note: If you prefer, you can stay in the area and enter the Corcovado National Park through La Leona entrance, which will be very close (NOT included).



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## *Included Services*

A 4-night tour with accommodations, meals, tours and entrance fees.

All tours with bilingual guides.

Transportation services as specified.

### **NOT INCLUDED**

Services and transportation not mentioned in itinerary (this includes your arrival to the Osa Peninsula, airfare, extended stays, etc).

Travel insurance.

Optional or additional activities/services.

Alcoholic beverages.

Tips.



Isla del Caño  
BIOLOGICAL RESERVE



Bahía Drake

Playa  
Agujitas

Los Planes

Progreso  
de Drake

Rancho  
Quemado

Estero Guerra

Drake

San Pedrillo

Corcovado  
NATIONAL PARK

Rese  
indig

Sirena

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Península de Osa,  
COSTA RICA

- Stops along the way
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Sierpe

Chacarita

Bahía Ballena

Golfito

Golfo Dulce  
REST RESERVE

Piedras Blancas  
NATIONAL PARK

Rincón

La Palma

Playa Blanca

no  
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Reserva  
Indígena Guaymí

La Tarde

Playa Sandalo

Golfo Dulce

Los Patos

Dos Brazos  
de Río Tigre

Puerto Jiménez

La Leona

Playa Carate

Camino del Oro

# Osa Elemental

You cannot get to know a place in its depth if you do not know its people

We believe that to live a truly fulfilling experience, you should not only appreciate the destination, but also those with whom you will make the journey.

We believe that: The food tastes better, if you learn how it's made. The animals appear closer, if someone shows them to you. The sunrises are more beautiful, with a freshly brewed cup of coffee. That boundaries do not exist, if everyone feels at home. That hotels transform into homes, when the owners sit down for breakfast with you. And a conservation region becomes as large as the communities that make up that area.

Enjoy a truly authentic experience with Osa Elemental, an opportunity for you to experience six different communities in Osa and see what each one has to offer.

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# Please Note

For this itinerary, we recommend you to stay the night before at a local hotel in the area. Another option is to take a flight at 5:50 am from Juan Santa María Airport (San José) to Puerto Jiménez.

## Day 1

Puerto Jimenez - Dos Brazos de Rio Tigre.

Accommodation: You will stay will at Amazonita Ecolodge (shared rooms and bathrooms available).

Meals:

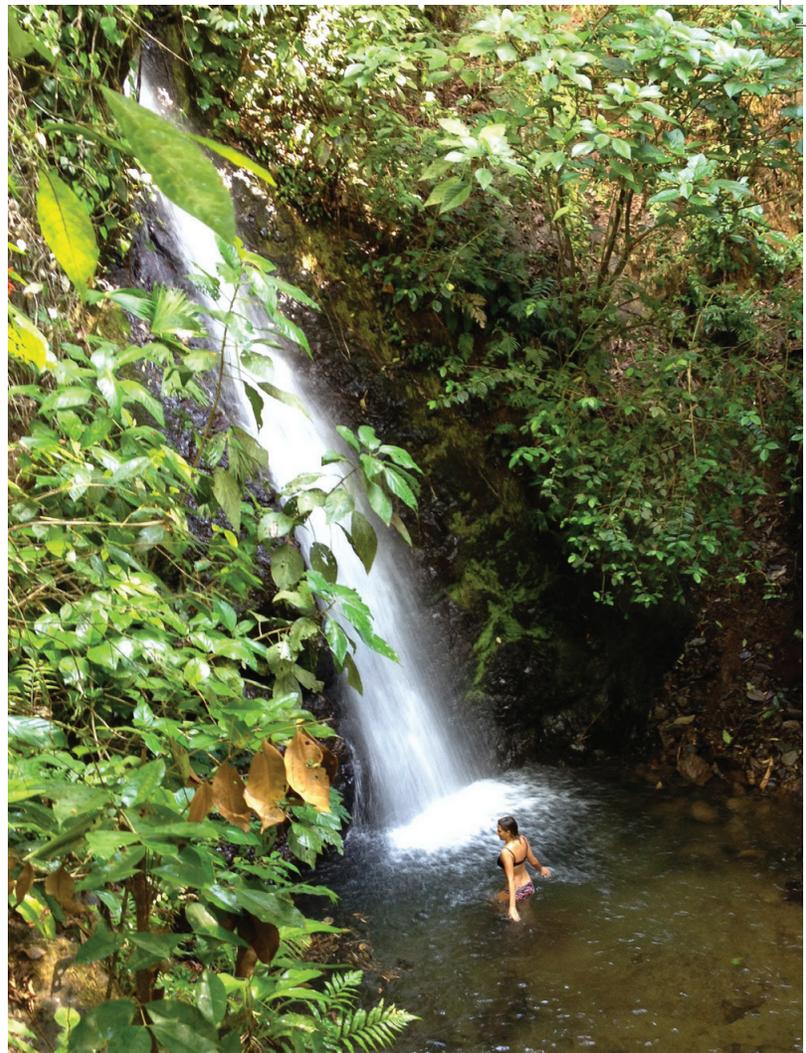


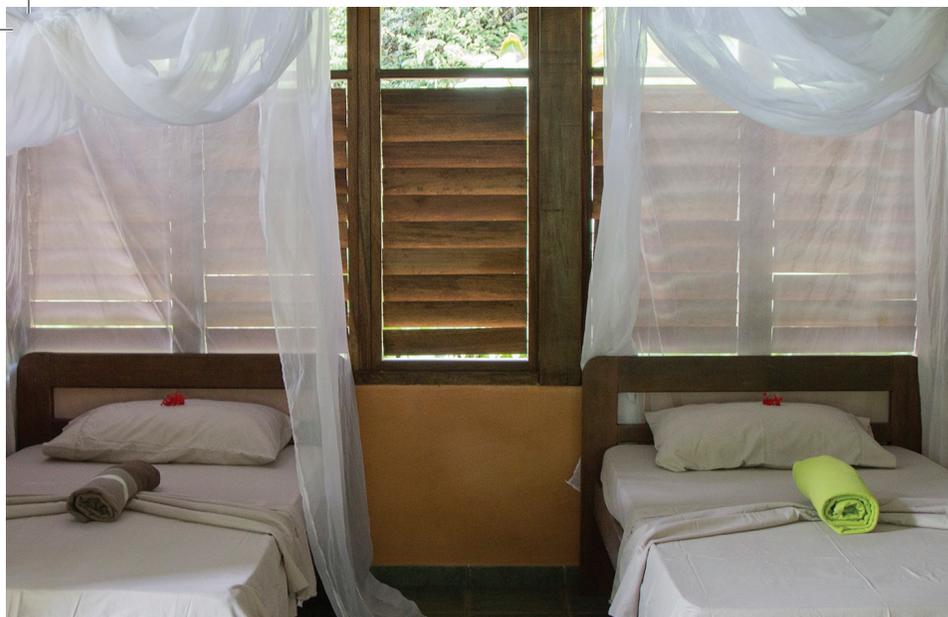
LUNCH



DINNER

07:00 If you decide to fly to Puerto Jiménez or to stay in the area the night before. A private transport will pick you up to take you to the tour.





## Day 2

Alto Laguna Community - Playa Blanca.

**Accommodation:** You will stay in at Lapamar Lodge, a front beach hotel, located in the beautiful and pristine Playa Blanca(shared rooms and bathrooms).

**07:30** You will begin your Corcovado experience through the Dos Brazos- Corcovado 8km (5 miles) trail, finishing the hike with a swim at the famous "El Salto" watering hole. Here, you'll be able to rest after the hike. A box lunch will be provided.

**16:30** Upon arrival at the hotel, you will be able to relax and enjoy a delicious dinner.

**Meals:**



**BREAKFAST**



**LUNCH**



**DINNER**

**07:30** After breakfast, depart to the Indigenous Community early morning you will be led by a local guide indigenous cultural tour.

**12:00** Afterwards, you will take transp blue flag certified beach, Playa Blanca a delicious lunch in a traditional "Soda"

**15:00** Kayak tour through the Golfo mangroves. The Golfo Dulce is the I birds, sea turtles and dolphins.

**19:00** Dinner at Lapamar restaurant.



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# Day 3

Rancho Quemado Community.

**Accommodation:** You will spend the night in rustic cabins offered by local families (shared rooms and bathrooms).

**Meals:**



BREAKFAST



LUNCH



DINNER

**08:00** After breakfast, you will leave Playa Blanca and r your way to the Rancho Quemado community where you Participate in a tour of gold extraction where you will more about artisanal methods used to discover an treasures.

**12:00** Visit Don Carmen's Trapiche tour, where you'll see a operating traditional sugarcane press. Here, you will have the opportunity to cook the famous "Tapa Dulce" – a swe delicacy! Lunch will be provided

**14:30** A short walk (3.5 km / 5.6 miles) will take you throu the community of Rancho Quemado to your next lodge.

**19:00** Homemade dinner



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# Day 4

El Progreso and Drake communities.

**Accommodation:** You will stay in at the gorgeous Casa Drake or BellaVista Hotel (upon availability) in Los Planes de Drake.

Meals:



BREAKFAST



LUNCH



DINNER

**07:30** After breakfast, your journey will continue to the community of El Progreso, where you will enjoy a horseback riding trip and visit a waterfall.

**12:00** After the tour you will head to Drake Bay and take lunch at the lodge. In the afternoon you can enjoy peace and tranquility in the lodge.

**19:00** dinner will be offered in the hotel.



# Day 5

Drake

**Accommodation:** Not included.

Meals:

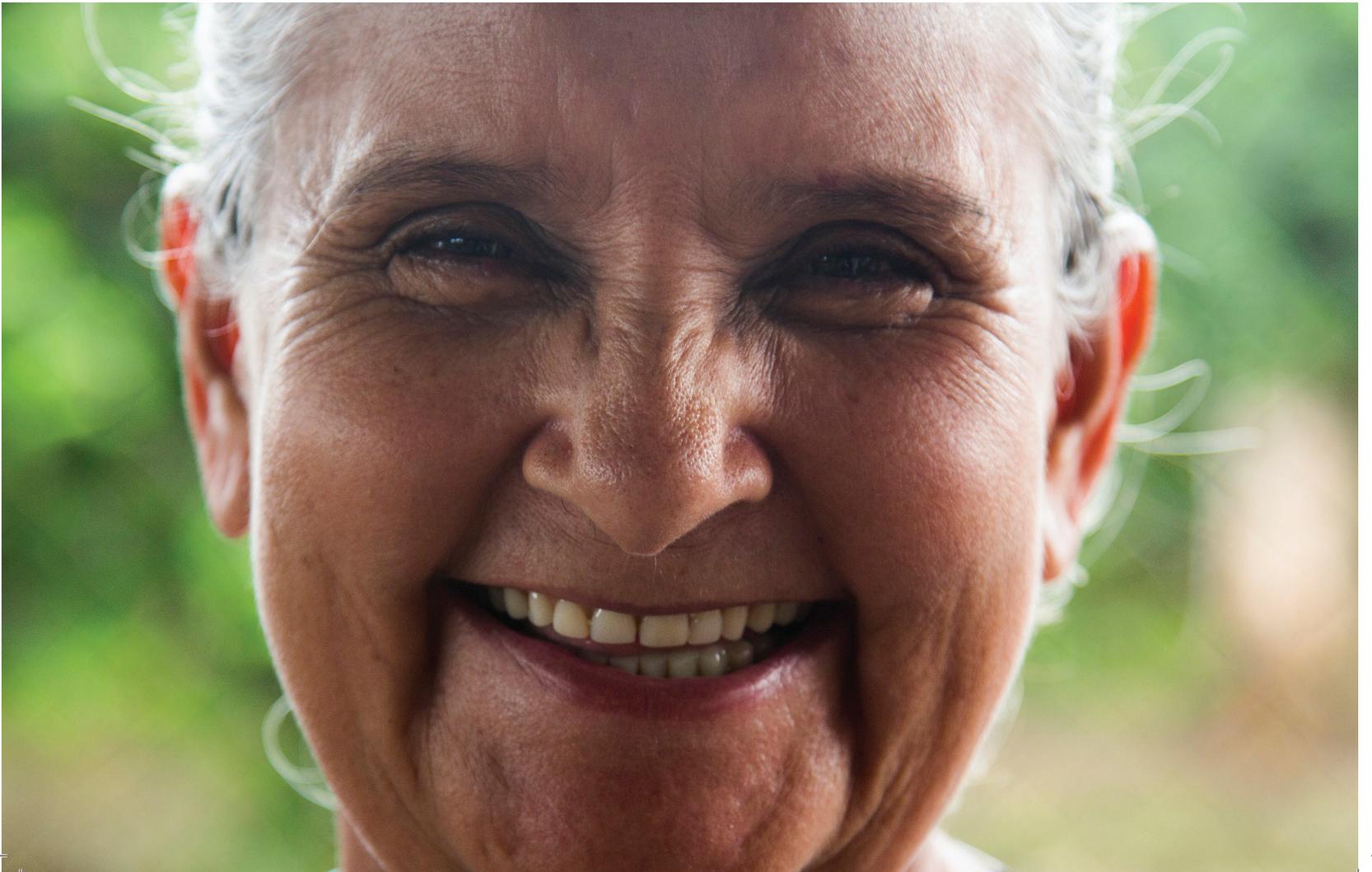


BREAKFAST

Today after breakfast we will offer you transportation to Sierpe

**Note:** If you prefer, you can stay in the area and enjoy some of the other tours provided by the lodge (visit Corcovado National Park, explore and snorkel at Isla del Caño or relax in San Josecito beach).





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# Included Services

- A 4-night accommodation and meals, tours, entrance fees and transport services during the excursion (as specified).
- Bilingual tour guides during all tours

## **NOT INCLUDED**

- Services and transportation not mentioned in itinerary (this includes your arrival to the Osa Peninsula, airfare, extended stays, etc).
- Travel insurance.
- Optional or additional activities/services.
- Alcoholic beverages.
- Tips.



Isla del Caño  
BIOLOGICAL RESERVE



Bahía Drake

Playa Agujitas

Los Planes

Progreso de Drake

Rancho Quemado

San Pedrillo

Corcovado  
NATIONAL PARK

Sirena

Estero Guerra

Drake

Golfo  
FOREST

Rese  
indig

Pacific Ocean



Península de Osa,  
COSTA RICA

- Stops along the way
- Communities
- Forest Ranger Station





Sierpe

Chacarita

Bahía Ballena

Golfito

Reserva Natural Golfo Dulce

Piedras Blancas NATIONAL PARK

Rincón

La Palma

Playa Blanca

Golfo Dulce

Playa Sandalo

Reserva Indígena Guaymí

La Tarde

Los Patos

Dos Brazos de Río Tigre

Puerto Jiménez

La Leona

Playa Carate

Osa Elemental

# Getting

## By plane

You can access the Caminos de Osa trails either by flying to Palmar Sur, near Sierpe (in order to start the Camino del Agua and the Camino del Oro) or you can fly to Puerto Jiménez (to start the Camino de la Selva and Osa Elemental). All flights leave directly from the Juan Santamaría International Airport in San José.

How to book a flight? Log into [www.flysansa.com](http://www.flysansa.com)

## Car rental

You can rent a car in San José and then return it in the Puerto Jiménez office when you finalize your trip.

### Recommended companies:

**Alamo Rent a Car.** (+506) 2242-7733 or  
[alamocostarica@grupoanc.com](mailto:alamocostarica@grupoanc.com)

**National Rent a Car.** (506) 2242-7878 or  
(506) 2242-7278

How to get to Sierpe by (approximately).

Take highway 27 to Puntarenas, then take highway 34 along the coast until you arrive to Palmar Norte. When you reach the "junction" take a right and you will arrive to Sierpe. First right after the bridge will be Sierpe.

How to get to Puerto Jiménez (6 hours approximately).

Take highway 27 to Puntarenas, then take highway 34 until Palmar Norte. When you reach the "junction" take a right and you will arrive to Puerto Jiménez. After the bridge will take you to Puerto Jiménez.

# g Here

by car (5 hours

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rou to Sierpe.

## By bus

Travelling in regional buses is a cheap way to get to Osa.

### If you want to get to Sierpe:

Take the Tracopa Bus from downtown San José to Palmar Norte and then a taxi 15 minutes to Sierpe.

### If you want to get to Puerto Jiménez:

From downtown San José (12th street, ave 7-9) take the Blanco Lobo bus (leaves at 8:00am or 12:00md). Bus 612 to Golfito can also be taken, which takes about 8 hours and leaves at 7am and 3pm.

# Caminos De OSA

TALK WITH NATURE, WALK WITH ITS PEOPLE

## Reservations

[info@caminosdeosa.com](mailto:info@caminosdeosa.com)

## For more information

[www.caminosdeosa.com](http://www.caminosdeosa.com)



CAMINOS DE OSA



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