



Coast to Coast 8 day tour

Day 1

Carribean Coast Adventure

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

Beginner level

Stay at Reserva Pacuare

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

Drive along Braulio Carrillo and main highway to the Atlantic. Arrive at point of embarkation in Caño Blanco. Boat ride of about 20 minutes. 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. At 8pm take a night tour to see turtles and learn about the scientific research being done.



Day 2

Indigenous Peoples Cultural Experience Trek

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

Advance Level

Stay at Pacuare Outdoor Center

Activities: 1 trek, Boat tour, optional Rafting

Arrive at 6am at Las Brisas de Pacuarito for an adventurous trek-Advance Hikers only. Take your time and spend the whole day in indigenous people's lands. Take a long picnic, visit a village-Tsiobata and then arrive at the beautiful river Pacuare where a raft will be waiting for you for a short trip to the entrance of your lodge. Your luggage will have arrived previously and you will be able to relax and clean up before cocktails. Optional: In lieu of the trek transfer to El Cruce to join your rafting guide. Raft the Pacuare through world class rapids to arrive at Pacuare Outdoor Center after lunch on the river. For non Advanced hikers get a transfer to the River Crossing "Andarivel" and hike up to the indigenous village, Tsiobata. Have a indigenous food dinner cooked by a chef and the next day you will visit the ruins of an indigenous



Day 3

Pacuare River to Angostura Valley and Cane Fields

Distance: 8 km

Intermediate Level

Stay at Casa Turire

Activities: 1 trek, Optional Canoeing on the lake or horseback riding

You will be taken to a small archeological site on a private farm that is being studied by the Museum of Costa Rica. This is a trek with beautiful view with some opportunities to see birds. You end in the small town of El Silencio and your car will take you to a local restaurant for a delicious lunch. Canoeing on the lake and horseback riding are optional tours at Casa Turire.



Day 4

Angostura Valley to Central Mountain Birding Area

Distance: 16 km

Intermediate Level

Stay at El Copal

Activities: 1 trek, Birding Tour

The Next day trek through coffee field and cane fields and have lunch at a local restaurant. Local outdoor restaurant can be Earthy! Or arrange for beer and ceviche by Pejibaye River. Transfer for your final trek to your lodging at El Copal which is nestled in the central mountains near the eastern edge of the Tapanti Park. This is an ideal place for birding. El Copal is a destination for birders from all over the world. Hot during the day and cool at night.



Day 5

El Copal to National Park Tapanti and the Orosi Valley

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

Intermediate Level

Stay at Hotel Río Perlas

Activities: 1 trek, Birding Tour

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 later 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 be taken to your lodging at Río Perlas.



Day 6

From the Valley to the Forest: Orosi to Palo Verde del Guarco

Distance: 12.6 km (850m ascent, 287m descent)

Intermediate level

Stay at Verdesano lodge- Wellness experience

Activities: 1 trek, Optional yoga lesson

Walk right out of the hotel for your day's hike. Cross over the small stream and across the soccer field of Muñeco de Navarro. Take pictures of the quaint colorful church and this small village in the valley. Climb to Palo Verde through Forest Reserve where you will experience nature at its most glorious: mushrooms, flowers and primary forest. At the end of the forest, stop for lunch at the owner's small hut. Walk a few kilometer more to your lodge or arrange for your car to take you after lunch to your lodge, a wellness lodge where you can opt for a yoga lesson on their beautiful platform in the woods near the river.



Day 7

Coffee Culture Experience: Palo Verde del Guarco to San Pablo de León Cortes

Distance: 12 km (600m ascent, 300m descent)

Intermediate Level

Stay at El Castillo La Corona de Los Santos

Activities: 1 trek, Medicinal plants tour

Leave early 7:30 from Verdesana Lodge - (ask for early breakfast and ask for fruit to eat on the way) again to avoid the heavy sun. You will be driven to Jardín de Dota where you will start your trek. You will walk to Finca El Casquillo where you will have lunch and learn about medicinal plants. This is a very unique lodge built by the owners to resemble an early renaissance Italian villa. The owners are wonderful hosts and the views of the Dota fields beautiful. Next day you have an optional coffee tasting tour.



Dota to the Pacific

Distance: 12 km (600m ascent, 300m descent)

Intermediate Level

Activities: 1 trek, optional rafting tour.

You must leave early today so that you start to your trek early. You will drive past the Dota Coffee fields and past Nápoles and Naranjillo to walk down to the Pacific Ocean.

You will be picked up by the two 4x4 just before Esquipulas hopefully around 12:30. In Villa Nueva at about 15km you can visit Villa Vainilla. Learn about their tradition of harvesting vanilla and other spices. Visit the shop, view the mural and browse through the books and buy some spices. Walk 1 more km for lunch at Coqui's among the palm oil trees and forget all the healthy eating habits and have some chicharrones, yucca and platanos all cooked over wood. Walk the last 3km through Palma Tica for your triumphal entrance into Quepos to take your first glance at the Pacific Ocean

Alternative walk to Esquipulas and spend the night at Casa Light of Dawn and next day raft to Quepos and be taken to your hotel by the rafting operator Pro Rafting.

Day 8

