

Itinerary Water and Wings 2008

March 31st, 2008:

Arrival to Costa Rica and be met by your guide at the airport and transfer to Hotel Don Carlos. (dinner is not included)

April 1st, 2008:

Breakfast at 7:00 a.m. At 8 a.m. depart from hotel for tour in San José area. At 12:00 p.m. lunch in a local typical food restaurant. Return to Hotel at around 4:30 p.m.. Dinner in town, not included. We might go to Cafe Mundo, it is close by and they have excellent food. **(B,L,D)**

April 2nd, 2008:

Coffee and early departure from San José at 5:30 a.m. towards the lush Southern Pacific lowlands of the country. We will travel across the mountains of Cerro de la Muerte on the Talamanca Mountain Range and then into the Valley of El General, to later take the Coastal Highway until we reach the Village of Sierpe. (5.5 hrs drive). *Breakfast included along the way.* Once in Sierpe we will take the boat to Poor Man's Paradise Lodge and by navigating the Sierpe River Mangroves, crossing the river mouth, and then traveling through Drake Bay we will reach San Josecito Beach where the lodge is nestled.

Poor Man's Paradise is located in the Amaya Homestead along the magnificent Pacific Coast of the Osa Peninsula, the last frontier of Costa Rica. Due to the lack of roads, this magical corner of the world has maintained its natural beauty. A rustic setting with miles of uninhabited beaches, Scarlet Macaws flying overhead, and the captivating beauty of the rainforest, will be the scenery for your wilderness adventure. Late lunch upon arrival to the lodge. The rest of the afternoon has no scheduled activities, so you can enjoy the beach and surroundings. Dinner and stay in Poor Man's Paradise **(B,L,D) – today's meal times might be modified according to travel schedules, you will be informed by your guide.**

April 3rd, 2008:

Breakfast at 6:15 a.m. At 7:30 departure from Poor Man's Paradise and time to explore the ocean. Today we will visit the beautiful Caño Island, the best site for snorkeling in Costa Rica. On the way to the island there are great chances to see dolphins (Bottlenose and Pantropical Spotted Dolphins, and other marine wildlife such Magnificent Frigatebirds, Brown Boobies, Green Sea Turtles, and more.) Once in the island you will be able to enjoy snorkeling the blue crystal waters and see a wide variety of brilliantly colored tropical fish and coral species that call Caño Island home. Lunch will be picnic style on the island. At 2:00 p.m. approximately we will return to Poor Man's Paradise. Dinner at 6 p.m. and night in Poor Man's Paradise. **(B,L,D)**

April 4th, 2008:

Breakfast at 6:15 a.m. Today we will explore Corcovado National Park. By taking a boat at 7:30 a.m. we will reach the San Pedrillo Station in just 15 minutes. The forest hikes here will reveal the abundant wildlife: howler, spider, and white-faced monkeys, coatis, agouties, and the beautiful Scarlet Macaws. Picnic lunch at the park's station and afterwards hike to the waterfall and time to cool off in a refreshing swimming hole. (Bring swimming suite) The return by boat to the lodge will be at 2:30 p.m. and the rest of the afternoon will be free to enjoy the beach and surroundings. Dinner at 6 p.m. Night in Poor Man's Paradise. **(B,L,D)**

April 5th, 2008:

Breakfast at 6:15 a.m. and we will begin the return up the Sierpe River, one more chance to enjoy the mangroves. Once back in Sierpe, we will take you to San Gerardo de Dota, a beautiful cloud forest destination in the Talamanca Mountain Range, famous for being home of the Resplendent Quetzal. At around 1 p.m. we will be arriving to Savegre Mountain Lodge and enjoying a delicious lunch there. Optional afternoon hike in the cloud forest. Night and dinner (6 p.m.) in Savegre Mountain Hotel. **(B,L,D)**

April 6th, 2008:

At 6 a.m. optional birding around the gardens. Breakfast will begin at 6:30 a.m. Afterwards we will go in search of the most beautiful bird of the tropics, the Resplendent Quetzal. This valley also hosts more than 170 species of birds. As we explore the area we will hike La Quebrada Trail, a great trail full of massive white oaks and amazing vegetation. Lunch will be back at the hotel at 12 m.d. In the afternoon at around 2 p.m. we will hike to one of the waterfalls of the Savegre River. Night and dinner (6 p.m.) in Savegre Mountain Hotel. **(B,L,D)**

April 7th, 2008:

Breakfast at 6:30 am and then departure at 7:30 a.m. towards Rain Forest of Braulio Carrillo National Park, where the group would stay at the Rain Forest Aerial Tram Lodge. This Ecolodge is located in the operation center of the magnificent Rain Forest Aerial Tram. Lunch upon arrival at about 12:30 p.m. At 2:00 p.m. we will take a hike in the numerous trails of the area, admire the abundant birds and other animals found here. We will also be able to ride the great Rain Forest Tram. Dinner will be at 6 p.m. at the tram's restaurant. There is nice souvenir shop in the tram facilities. **(B,L,D)**

April 8th, 2008:

At 6:30 a.m. a cup of coffee and early birding at the tram. At 7:15 a.m. we will leave towards the rafting operation center near Siquirres. Here you will find bathrooms and changing rooms, a small last minute items store, bring a change of clothes, towel, and a plastic bag. Breakfast will be here.

Transfer to the river and the tour will begin after a safety orientation. The first rapid of the day will set the pace for more to come. As your raft rounds each new bend you will be greeted with yet another breathtaking view of the lush Pacuare River and its surrounding jungle. Look for toucans, kingfishers, herons, tanagers, iguanas, and bright green basilisk. Lunch will be back at the operation center. Return to the Rain Forest Aerial Tram. Dinner at 6 p.m. **(B,L,D)**

April 9th, 2008:

Today we will have a full day to explore the rain forest and ride the tram a couple of times. Breakfast, lunch, and dinner will be here. **(B,L,D)**

April 10th, 2008:

Coffee available at 6:30 a.m. and check out and departure from the Tram will be at 6:40 a.m. We will have breakfast at Río Danta Restaurant. We will be changing bus, and from this point on we will travel with Mawamba Lodge's bus towards our next experience in Tortuguero National Park. Now in the Atlantic Lowlands, we travel through banana plantations until we get to La Suerte River where our fabulous jungle kayak experience will begin. The rest of the day will be on the river paddling down beautiful jungle canals full of wildlife and lush rainforest. Box lunch will be supplied. Late afternoon there will be a boat from Mawamba Lodge waiting for us as we enter the Tortuguero Lagoon, and it will transport us to the lodge. We will overnight in Mawamba Lodge. Dinner at 7:30 p.m. will be buffet style. **(B,L,D)**

April 11th, 2008:

Coffee and departure at 6 a.m. in an early morning boat tour that you don't want to miss. Bring your binoculars and get ready to see amazing wildlife. Caimans, Tiger Herons, Ospreys, Monkeys, Iguanas, Rails, and much more. We will return to the lodge a little bit before 8 a.m. to have breakfast. At about 9:15 a.m. we will leave to explore a beautiful canal in the Park where we will kayak for two hours...with more chances for stunning wildlife...Green and Rufous Kingfisher, American Pigmy Kingfisher, Rufescent Tiger-Heron, and even chances for Great Green Macaws. Return to the lodge for lunch which will take place between 1 p.m. and 2 p.m. In the afternoon we will take a short hike in the park and on our way back to the lodge we will visit the small village of Tortuguero. Dinner at the lodge a 7 p.m. A night walk can be optional *extra cost - for those wanting to try to see a turtle on the beach laying its eggs. **(B,L,D)**

April 12th, 2008:

After breakfast, board the boat for the return trip to Matina, beautiful ride, from where we will be shuttled by bus back to San José. Lunch will be again in Río Danta Restaurant. We will be checked in at the hotel at

approximately 4 p.m. Farewell dinner in a local restaurant Café Mundo at 6:30 p.m. **(B,L,D)**

April 13th, 2008:

Transfer to the airport (time to be confirmed). Breakfast at Don Carlos will be available for those departing in late flights, breakfast starts serving at 7 a.m.

This description provided by Noel Ureña, Sunny Travel, Costa Rica