



Costa Rica

Rafting & Trekking - Corcovado

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY	Costa Rica • Corcovado Explorer
9 DAYS • 8 NIGHTS	San José – Siquirres – Pacuare River – Drake Bay – Sirena Ranger Station – La Leona

HIGHLIGHTS	TOUR ESSENTIALS	
<ul style="list-style-type: none"> ■ Visit one of most biologically intense places on earth ■ Raft the Pacuare river ■ Trek the varied coastal habitat ■ Chance to see vast array of birds and mammals ■ 	Tour Style	Nature Expedition
	Tour Start	Juan Santamaria
	Tour End	San José
	Accommodation	Lodge & Hotel
	Included Meals	7 Breakfasts, 6 Lunches, 5 Dinners
	Difficulty Level	Difficult



WILDLIFE ADVENTURE

For this amazing Costa Rican adventure – we explore the Osa Peninsula in the Corcovado National park, one of the most remote and least visited tourist destinations on the continent. Described as ‘the most biologically intense place on Earth’ by National Geographic Magazine, we will raft and trek this rainforest. This is a moderate adventure and is ideal for both adventure seekers and nature lovers who are in are comfortable travelling with limited facilities.



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COSTA RICA, *an overview*

Eco-diversity like no other - Costa Rica encases 500,000 different species which account for roughly 4% of the world's plant, insect and wildlife species. Witness Sloths, Monkeys, Frogs, Snakes, Turtles, Iguanas, Humming Birds and so much more. Wander through tranquil bird-packed cloud forests and rich rainforests brimming with a plethora of spectacular wildlife. As well as its head-turning abundance of wildlife, this Central American paradise is famed for its never-ending activities, making it an adventure-seeker's dream; the vast array of activities widely on offer include Zip-lining, White-Water Rafting and Trekking. The incredibly beautiful east and west shores that run down the sides of Costa Rica display gorgeous paradise beaches lined with jungle, such as the secluded sandy stretches of the laid-back Caribbean coastline and the 'sun and surf' pacific stretches containing some great marine life. Become acquainted with the warm friendly locals, offering huge smiles, an easy-going manner and 'Pura Vida's. Despite receiving a heavy influx of tourists in recent years, there are still some extraordinary hidden gems and quiet spots to be found which will allow the more adventurous of tourists to experience nature, activities and culture that the typical tourists let pass them by.

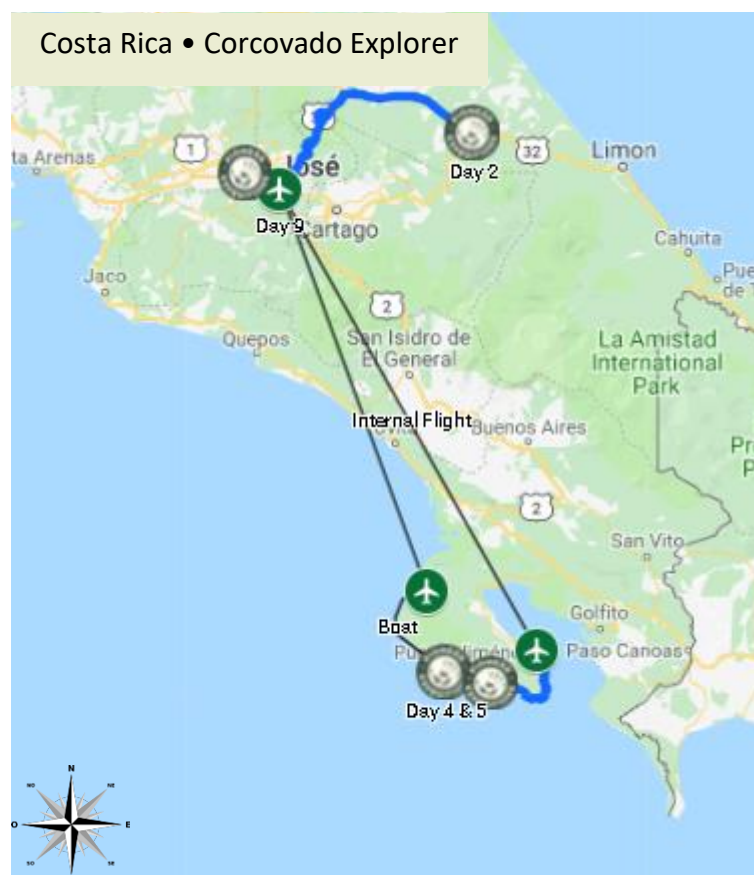
WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel.

ITINERARY



DAY 1: Arrive into SAN JOSE

After arriving at Juan Santamaria (SJO) Airport, we will transfer to our hotel in the San Jose City.

The city of San Jose, located in the centre of the country, has served as the main hub for the exploration of Costa Rica. Attractions in San Jose include the National Theatre, the National Museum, the Art Museum or the Pre-Columbian Gold Museum, the picturesque Central Market Place and several art cafes. Shopping also finds its birthplace in San Jose, from the modern malls to the little souvenir shops spread out all over the city.

Overnight El Rodeo country Inn (superior room)



Overnight:
Inn



Meals:
Nil



Distance:
30min airport transfer



Activities:
Travel

DAY 2: Begin your RAFTING experience on PACUARE RIVER

We have an early start this morning as we leave our hotel and head to the Caribbean side of Costa Rica. We will stop en-route for breakfast and arrive at el Cairo of Siquirres to start the first part of our adventure – rafting the Pacuare River. Winding deep inside of one of Costa Rica's most impressive primordial rainforests, the Pacuare River, officially declared a Wild and Scenic River, offers some of the finest white water rafting in Latin America. We will traverse 18 miles of remote and scenic waters that course through a wilderness of dense vegetation, plummeting waterfalls and steep gorges that rise above the riverbanks. The thick undergrowth provides shelter for jaguars, ocelots, monkeys, sloths, and numerous other species of animals and birds. We will stop on the river at the Rios Tropicales lodge where we will have dinner and stay overnight.



Overnight at Rios Tropicales Lodge



Overnight:
Lodge



Meals:
B, L, D



Distance:
2-3hrs driving



Activities:
Rafting

DAY 3: Continue RAFTING on RIVER PACUARE

Following breakfast at the lodge we start our second day paddling the Pacuare River. We will have lunch at the end of our trip at the operation's centre. In the afternoon we will departure on overland transfer back to San Jose. You will be left to find dinner of your preference in San Jose tonight.

Overnight El Rodeo country Inn (superior room)



Overnight:
Inn



Meals:
B & L



Distance:
2-3hrs driving



Activities:
Rafting

DAY 4: Fly to DRAKE BAY and board a boat to SIRENA RANGER STATION

This morning we will transfer to the local airstrip for our domestic flight to Drake Bay. We will then head by boat to the Sirena Rangers station. This afternoon will be free to explore the surroundings and enjoy a short hike.

Overnight at Sirena Ranger Station Lodge in shared tent or dormitory rooms with bunk beds.



Overnight:
Lodge



Meals:
B, L, D



Distance:
Short flight
Short boat ride



Activities:
Travel



DAY 5: Spend the day hiking at SIRENA RANGERS

We spend the day today doing an exploratory hike – so will start and end at the Sirena Rangers.

Overnight at Sirena Rangers Lodge in shared tent or dormitory rooms with bunk beds.



Overnight:
Camping



Meals:
B, L, D



Distance:
N/A



Activities:
Trekking

DAY 6: Hike from SIRENA STATION to LA LEONA



After an early morning start we will set out on a full day trek to La Leona (16 kilometres, 6-7 hours.) We will hike along the sandy beach with several parallel forest trails that are fairly well-marked - Two sections (Salsipuedes and Punta La Chancha) are impassable at high tide. We'll stop en-route for a picnic lunch. The beach trail connecting La Leona and Sirena ranger stations follows the rugged Pacific coastline. The beach winds off into the edge of the forest. Walking can be difficult as the tide rises due to dry sand. You will have dinner at La Leona.

Overnight at La Leona lodge (STD room)



Overnight:
Lodge



Meals:
B, L, D



Distance:



Activities:
Trekking

DAY 7: Time to Relax! Free Day at LA LEONA

We have breakfast at the Hotel. Today we'll spend the day exploring the area at our own leisure – or for those of us who found the 16km trek arduous we can simply relax at the hotel.

Overnight at La Leona lodge (STD room)



Overnight:
Lodge



Meals:
B, L, D



Distance:
N/A



Activities:
Day at Leisure



DAY 8: RETURN TO SAN JOSE

This morning we will hike (30 minutes) to Carate before taking a 4x4 transfer to Puerto Jimenez where we will get our domestic flight to San Jose. Upon arrival at San Jose, we will transfer to our hotel – El Rodeo Country Inn and can spend the afternoon and evening at leisure. If you want to visit San Jose town, this is a short taxi ride away.

Overnight at El Rodeo Country Inn (Superior room)



Overnight:
Inn



Meals:
B



Distance:
Approx. 2hr drive
Short flight



Activities:
Travel



DAY 9: END OF EXPEDITION

This morning after breakfast we will transfer to the airport for our onward flight home (or if you fancy an extension in Costa Rica or another Central American country, we are happy to organise this).



Overnight:
N/A



Meals:
B



Distance:
30min airport transfer



Activities:
Travel

NB: This itinerary is subject to change – arrangements, routes and facilities are subject to variation depending on local conditions.

ACCOMMODATION, at a glance

Accommodation subject to availability

El Rodeo Country Inn

San Jose

<http://elrodeohotel.com/>



Rios Tropicales Lodge

Parque Nacional Barbilla

<https://www.riostropicales.com/>



La Leona Lodge

Playa Madrigal

<https://www.laleonaecolodge.com/>



Photos from TripAdvisor



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IMPORTANT INFORMATION

INCLUDED

- Accommodation in twin hotel/ double shared tents or dormitory as outlined above
- English Speaking local specialist trekking guide
- Regular naturalist and rafting guide during Pacuare rafting
- Meals (B= Breakfast, L= Lunch, S = Snacks/light lunch; D= Dinner) as specified on the itinerary
- All transportation
- Domestic flights
- Luggage water transportation from Drake Bay to Sirena and from Sirena to La Leona. (We recommend clients only carry day packs with energy food and their daily water supply (camel packs are highly recommended).

NOT INCLUDED

- Meals other than mentioned
- Airport taxes
- Personal expenses (alcoholic drinks, telephone calls etc)
- Snorkel and flippers (these can be hired in town or through the hotel)
- Excess luggage on any flight or during water transfers in Tortuguero or Osa Peninsula, where operators and airlines have a luggage restriction of 25 pounds per person
- Late check-out or early check-in

WHEN TO GO

- Costa Rica's weather is affected by its proximity to the equator and the varying altitudes, meaning temperatures can vary depending on where about you are in Costa Rica.
- The wet season is roughly between May to the middle of November, with the heaviest rains in September and October. Costa Rica can still be quite pleasant in the wet season with rainy afternoons but sunny mornings.
- The dry season, therefore, is between the middle of November to April, bringing you sunshine and warm temperatures
- Temperatures can be anything from 16°C to 32°C. However, higher altitudes can exceed 0°C during the night.

ADDITIONAL INFORMATION

ACTIVITY DURATION	5 – 7 hours per day
SEASON	December through June
BEST TIME TO GO	January through April
GROUP SIZE	Tailor-made



EXPEDITION SCHEDULE

This is run as a private trip, so we are able to suit your dates and requirements. We can also tailor the trip to suit.

DIFFICULTY LEVEL

Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'difficult level' (5 – 7 hours of activities per day. This means you will need more than a basic level of fitness and some specific training may be required.

THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at info@pioneerexpeditions.com if you're interested in this trip, or any of our other expeditions from around the world. Visit our website www.pioneerexpeditions.com to unearth all of our other equally amazing trips and destinations.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in contact with us and let us know your requirements and wishes. From here, we can simply tailor-make your dream holiday.



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