



***Aguila de Osa Inn***  
***A Rain Forest & Marine Frontier***

---

DRAKE BAY COSTA RICA

*Welcome to Aguila de Osa Inn and thank you for choosing us!*

*To better help you plan and maximize your stay at Aguila de Osa Inn we have prepared this booklet for your review. We begin by highlighting the hotel's services and procedures, which is then followed by a detailed description of each of our tours. If, after reading this information you still have questions, please feel free to consult with our hotel manager.*

*From all of the staff, we look forward to serving you and ensuring that your stay here at Aguila de Osa Inn is an enjoyable and memorable one.*

# *Hotel Services*

## **Drinking Water**

*The drinking water at Aguila de Osa Inn originates from a well, which before reaching your tap passes through a series of filters to ensure its pureness. From the well the water first gets deposited into a holding tank where it is passes through a sediment and charcoal filter and then passes through UV light. All drinking water is tested three times a year; at the well, in the holding tank, once having passed through the filters, and again in each room. At Aguila de Osa Inn we have gone to great lengths to provide our clients with safe, pure drinking water so feel free to drink the water in your room.*

## **Hot Water**

*Aguila de Osa Inn utilizes a forced hot water system run by gas. If you find yourself without hot water kindly consult with the hotel staff so they can change gas tanks and restore hot water to your room.*

## **Hot Coffee & Tea**

*For those who wish to begin their day with a warm cup of coffee and/or tea, we ask that you kindly notify the hotel staff. Coffee and/or tea will be placed just outside your room at 5:00 a.m. every morning.*

## **Dining**

*Below we have listed the approximate time that meals will be served in our restaurant. If, at any time during the day you wish to have a snack and/or drink please feel free to consult with the hotel manager or the hotel's kitchen. We recommend bringing a flashlight to dinner as the sun sets close to 6:00 and extra light is always helpful, especially on the stairs.*

**Breakfast** - normal time is 7:00 a.m. for those departing on tours unless you've made other arrangements. If you are not leaving on a tour please feel free to sleep in and come down anytime for breakfast.

**Lunch** - normally served at 12:30 p.m. If you would like to make other arrangements feel free to do so.

**Appetizers** - begins at 6:00 p.m. During this time guides will be available to help coordinate tours for the following day.

**Dinner** - will follow after appetizers at 7:00 p.m.

## **Bar Drinks & Services**

*Below we have supplied the prices for all bar drinks not included in your tour package.*

Local Beer	\$4.00
Imported Beer	\$5.00
Mixed Drinks	\$5.00
Mixed Fruit Drinks	\$6.50
Glass of Wine	\$6.00
Bottle of Wine	\$22.00
Bottled Water	\$2.50

## **Massages**

*Tired or sore, Aguila de Osa Inn can help you relax with a massage in the privacy of your own room. At \$50.00 per hour, our professionally trained masseur can attend to your needs upon request.*

## **Tips**

*While the entire staff at Aguila de Osa Inn is salaried, tips are always welcome and very much appreciated. We are frequently asked by our guests for recommendations on proper tipping. We suggest: For guides, the average tip is 10% of the cost of your tour per person. Of course if you feel that your guide went above and beyond for you, tip accordingly. For general staff, any tips you leave are divided evenly between 30 plus people. This includes chambermaids, kitchen help (for those wonderful meals), waiter's, carpenters, boat captains, and all the hardworking guys who carry your bags up and down all those stairs! We suggest \$10 per adult per day. If you want to leave something extra for somebody, please specify on the envelope or during your check-out. Thank you very much for your generosity!!!*

## **Vacation Video**

*Want to take your vacation home with you? Whether it be an underwater or land based video Aguila de Osa can prepare a digital video to your liking for just \$50.00. Using a combination of prerecorded and real time footage your vacation video will be edited and mixed with your choice of sound track. Upon completion the video will be transferred to CD ROM.*

*If you would like to see a sample video or are interested in recording a video of your vacation, please feel free to consult with Vincent at our reception desk. He will be delighted to answer any questions you may have or help you coordinate the recording process according to your schedule. Leaving everything in their capable hands, you'll leave Aguila de Osa Inn with the best souvenir of your vacation!*

## **Travelers Checks**

*If, when checking out of the hotel if you are using Traveler Checks kindly make them out in the name of ISLA FANTASMA and make sure that BOTH SIGNATURES ARE EXACTLY THE SAME, otherwise we can not accept them.*

## **Sanitary System**

*Our sanitary system is very delicate so we ask that you kindly refrain from throwing paper or other solid objects in the toilet.*

## **Laundry Service**

*Aguila de Osa Inn provides same day laundry service at a cost of \$6.00 per load (20 lbs.). We ask that you kindly fill out the laundry list and place your clothing into the plastic bag that is supplied in your room. To ensure that your clothing be completed in a timely fashion we recommend that you leave the bag outside your room in the early morning hours before departing on any tour. Later the same day, before dinner, your clothing will be returned to your room having been washed, dried and folded.*

*For those with wet footwear, your tour guide can place your shoes and/or sneakers in our generating room overnight which should leave them dry for the following morning.*

## **Beach Towels**

*You will be supplied with beach towels on all of your organized tours, so don't worry! However, if you find yourself in need of a beach towel for a private walk along the beach we'll gladly supply you with one. Just inquire with reception in the restaurant area.*

## **Things You Should Bring**

*Small flashlight*

*Sun lotion*

*Sun glasses*

*Hats*

*Bug spray*

*Binoculars*

## **Drake Bay School**

*Águila de Osa Inn is dedicated to helping the schools in Drake Bay. The children in the area study in a one room school house with no access to many of the things other children take for granted. Recently, with affords from the local hotels and tourists we now have a high school. Local hotels in the area are selling note cards asking for donations to support the schools English program, which includes hiring a teacher which gives 5 hours class per week. Any contribution you make will be greatly appreciated. If you like to donate we have a box in the restaurant where you can deposit your contribution.*

## **Medical Treatment**

*For minor injuries like cuts, bruises and twisted ankles there is a small medical clinic in Drake Bay where the doctor can take care of these problems. Clinic opens 8:00 a.m. to 5:00 p.m. For those non-serious medical issues the hotel we have a first aid kit.*

*For major medical treatment we have in place an evacuation plan. Should any major medical problem arise please contact hotel's administration.*

# *Tours / Excursions*

## **San Pedrillo Ranger Station - Corcovado National Park**

**Cost:** \$85.00

**Duration:** 6 Hours

**Time:** 6:30 a.m.- 2:30 p.m. (for an earlier departure please consult with the tour guide the evening before)

Aguila de Osa Inn offer tours to the San Pedrillo Ranger Station, the closest of the four ranger stations inside Corcovado National Park. This is a wonderful opportunity to see both primary and secondary rainforest, as well as a wide variety of plant and animal life.

The boat ride to the San Pedrillo Ranger Station lasts approximately 30 minutes, but much depends on weather and sea conditions. Whenever possible, while en route to the Park entrance, your guide will survey the ocean for whale and dolphins sightings.

Situated just off shore, a short distance after the entrance to the Ranger Station, is Piqueros Island, which serves as a refuge for several species of marine birds including the Brown Boobie, Blue Heron and Brown Pelican. Prior to entering the National Park you will pass by and circle the island by boat, during which time you will be able to see these beautiful marine birds up close. You are not permitted to physically go onto the island. Shortly thereafter, you will be taken to the Park Ranger Station, where you will begin your hike into the National Park. Remember to sign into the guest book.

The first trail begins just behind and to the right side of the Ranger Station, alongside the river. The initial portion of the trail is a rather steep uphill climb, through secondary rainforest. Wherever necessary, large slabs of tree trunk have been strategically placed on the ground to assist you with your footing. Just before reaching the plateau, on your left side, there is a lookout area, with views of the ranger station and Pacific Ocean. This is a good spot for a brief rest, photos, or whale and dolphin watching.

Moving forward, entering primary rainforest, the trail remains relatively flat, weaving through the forest, often around and/or over fallen trees and broken branches. Your hike along the first portion of the trail will last approximately 1 1/2 hours, and will bring you to the National Park boundary just north of the Ranger Station. Beyond that point the rainforest is no longer considered part of the National Park, but rather a reserve.

After reaching the National Park border your tour will retrace back towards the Ranger Station along a portion of the same trail before veering left onto another trail en route to the San Pedrillo river and waterfalls. The hike to the river takes approximately 45 minutes, with the latter portion of the trail being a rather steep downhill section over some slippery terrain if the ground is wet. Once again, large slabs of tree trunk have been thoughtfully positioned to help you with your footing. Upon reaching the upper portion of the river you will need to cross over it in order to pick up the same trail on the other side, which descends rather quickly, running parallel to the large waterfall that sits just off to the right side. If, when crossing the river, you need assistance, please do not hesitate to consult with your guide. When you reach the base of the waterfall it is not recommended that you swim under it due to its immense size. Further down river, there are other opportunities to swim under smaller waterfalls.

### **TIPS**

**Hiking boots are recommended here, not sandals, as the trail throughout this tour is comprised of a hard, reddish type clay that is very, very slippery when wet.**

**We suggest that you take an ample supply of water with you as you enter the Park.**

**Mosquitoes here are not much of a factor, however, insect repellent is always recommended.**

**The trail conditions, always well marked and maintained, vary throughout the year depending on weather conditions, so please be prepared.**



The remaining portion of the trail is relatively flat and hugs the river, initially along the left side, and later along the right side en route to the San Pedrillo ranger station. The water level of the river varies depending on the time of year, but you should expect to get wet here, perhaps knee deep. If you are really adventurous, you can even follow the river all the way to the ranger station, walking chest high in some locations.

The hike will bring you back to the ranger station about 12:30 p.m., at which time you'll have lunch and prepare for the boat ride back to the hotel, which leaves the ranger station at about 1:30 p.m.

Throughout the tour your guide will point out items of interest, as well as bring to your attention interesting facts and information about the surrounding rainforest. The animal life in this section of the National Park is quite vibrant, with frequent sighting of monkeys, coatimundis, squirrels, spiders, macaws, bats, leaf cutting ants, and other animal species. As well, much will be mentioned about the plant and tree species, which is lush, and teeming with life.

### **Sirena Ranger Station - Corcovado National Park**

**Cost:** \$125.00 / min. 4 people

**Duration:** 8.5 Hours

**Time:** 6:30 a.m.- 3:00 p.m. (for an earlier departure please consult with the tour guide the evening before)

The Sirena Ranger Station is situated in the heart of Corcovado National Park, just along the coast, midway between the San Pedrillo and Carate Ranger Stations. The trails around Sirena wind through the Park's most rugged and virgin terrain. Throughout the tour your guide will call your attention to a wide variety of wildlife which may include all four species of monkey found in Costa Rica, snakes, frogs, insects, lizards, iguanas, birds, and more. As well, you will examine many different plant and tree species, all of which have interesting attributes that help them survive and flourish in the dense rainforest. The area surrounding Sirena Ranger Station is home to all five species of cats found in Costa Rica.

The tour begins with a 1 - 1 1/2 hour boat ride heading south along the Osa Peninsula towards Corcovado National Park, during which ample time will be allocated for whale and dolphin watching. Your boat ride runs parallel to the coast, and will take you past the San Pedrillo Ranger Station and Piqueros Island, where healthy populations of Brown Boobies, Blue Herons and Brown Pelicans reside. Just beyond the San Pedrillo Ranger Station, off to your left, there is a thundering waterfall, which you approach in the afternoon when returning to the hotel.

Upon arriving at Sirena your boat will travel up the Sirena River to a drop - off area, where you will gather your personal belongings and prepare for the hike. The leading trail, the Guanacaste Trail, is approximately 2 km. long and earned its name from the large number of Guanacaste trees found along the trail. Relatively flat, the trail initially runs parallel to the river through secondary rainforest. There are several rivers and/or streams to cross, leaving the trail quite muddy in low-lying areas, particularly during the rainy season. Shortly thereafter, you will enter primary forest, which is considerably more dense and possesses taller, older trees. The hike along the Guanacaste trail takes approximately 1 hour to complete, at which point it will intersect the Los Patos trail which connects the Sirena and Los Patos Ranger Stations.

#### **TIPS**

**During periods of low tide it is impossible for the boat to transport passengers up river to the drop - off area, in which case you will be dropped off on the beach and complete the tour in the opposite direction.**

**Mosquitoes are not much of a problem, however, insect repellent is always suggested.**

**Parts of this hike, particularly that portion along the Sirena River, can be very, very muddy during the rainy season. Hiking boots, not sandals, are highly recommended.**

After a very brief stint on the Los Patos trail you will turn off onto the Espaveles trail, which is 2.5 km. long and runs through primary rainforest behind the Sirena Ranger Station. Like the Guanacaste trail, this trail is quite flat, easy to navigate and crosses several small streams and/or rivers. The canopy overhead is very thick on this portion of the hike, with little direct sunlight reaching the trail floor. After approximately 2 hours of hiking, the Espuvellas trail ends as it emerges from the rainforest just behind the Sirena Ranger Station.

Once at the Sirena Ranger Station, which has public bathrooms and showers, you'll be asked to sign into the guest book. Approximately 15 -20 minutes will be spent at the Ranger Station, during which time you can chat with other tourists, walk around the complex, or just relax.

The remaining portion of your hike will be along the Rio Claro trail, which is only 1 km long and finishes at the beach just to the right of the Claro River. This trail begins a short distance from the Sirena Ranger Station. Just down the grass airfield, on the left side, there is a sign pointing to the trail entrance.

The initial portion of this trail is very different than the two previous trails. The canopy overhead is very thin, and the trail has a much more coastal or beach like feel to it. The first half of the trail is lined with beautiful heliconia plants and colorful berry trees, some of which hang overhead. The ground in this section is considerably drier due to the direct sunlight that hits the trail. Near the midway point of the trail the rainforest becomes denser and begins to resemble the Guanacaste and Espaveles trails. You will, for a short time, need to straddle a river that runs adjacent to the trail, which can get muddy and wet during the rainy season. Your hike comes to an end as the trail reaches the beach, after approximately 30 minutes of hiking. Here, your lunch will be served and you'll have time to relax and prepare yourself for the boat ride home.

All in all your tour will involve about 3 1/2 hours of hiking, but much depends on the weather, trail conditions and interest level of those on the tour. The rainforest is a very complex community of living organisms, with so much to see and talk about.

### **Caño Island / Snorkeling & Hiking**

**Cost:** \$85.00

**Duration:** 7 Hours

**Time:** 7:30 a.m. - 3:00 p.m.

Caño Island is situated just 12 nautical miles from Aguila de Osa Inn, and can be seen just minutes after leaving the protected cove of the hotel. The boat ride to the Park entrance takes approximately 45 minutes, but much depends on weather and sea conditions, as well as the number of passengers in your boat. The Park Ranger Station has an office, public bathrooms, an outdoor, freshwater shower, and storage area. Upon arriving to the Park make sure to sign into the guest book.

Just in front of the Ranger Station there is a beach area, which is most frequently utilized for play, relaxation and snorkeling. The water just in front of the Ranger Station is relatively shallow, and provides snorkelers with an excellent opportunity to familiarize yourself with the underwater terrain and sea life surrounding Caño Island. The dark, volcanic rock is home to numerous species of marine life, much of which you'll see just a short swim from the beach.

There are two walking trails on Caño Island, one which leads to an archeological site known as "Sitio Arqueológico", and the second, "El Mirador", which terminates at a beautiful lookout on the south side of the island. Both trails share the same common trail up to a designated point before separating into two distinct trails.

The leading trail starts just behind the Ranger Station, on the left side, and begins with an uphill climb. While relatively steep, the trail is very manageable, as thick slabs of tree trunk have been thoughtfully placed to assist you with your footing. As well, the trail utilizes the island's natural setting such as tree roots and rocks. The trail soon plateaus, at which point you'll see signs pointing towards the Island's two main walking trails mentioned above. The hike from the Ranger Station to this intersection takes approximately 30 minutes, but much depends on your physical condition and interest in the local flora and fauna.

#### **TIPS**

***There is no drinkable water on the Island, so we recommend that you carry drinking water with you while hiking. There is, however, a fresh water shower***

***Some species of trees have spines and/or needles protruding from their bark, which serves as a protective measure. So, make sure you look before you grab!***

***Hiking boots are recommended, as is an extra t-shirt, which you can wear while snorkeling to prevent sunburn.***

***Drinks will be provided during and after the tour.***

Once at the intersection turn left, follow the common trail that points to “Sitio Arqueologico” and “El Mirador”. This portion of the trail is quite flat, open, bright, and littered with fallen leaves and broken/dead branches. The Island’s undergrowth is not too dense, comprised primarily of small trees, ferns, and a significant number of larger trees, many of which have trunks covered in a thick green moss. The trails winds a bit, but is very well marked and easy to navigate. Due to its openness, this portion of the trail remains relatively dry compared to the latter sections. After hiking for approximately 20 minutes, you’ll come to a second intersection, at which time the trail divides into two.

If you would like to see the Island’s archeological site, more specifically the perfectly round spheres, then continue straight ahead at the intersection. The hike to the spheres takes approximately 10-15 minutes, on a relatively flat, but winding trail that is wetter than the other sections. Upon reaching the end of the trail you will see two spheres. The first, and smaller of the two, resides on top of smaller stones and can be seen in its entirety. The second, larger stone, is partially submerged in the earth.

To visit the “El Mirador”, or Lookout, turn to the right. The hike to the Lookout takes about 12 minutes and is relatively easy and flat, aside from some low-lying areas. Just prior to reaching the Lookout the trail will dip rather quickly and then climb back up, with the steeper portions lined with large slabs of tree trunk to ensure safe passage. In the low-lying areas this trail can get a bit muddy. At the Lookout itself, there is a small bench, where you can rest and/or look for whales and dolphins in the waters just south of Caño Island.

The trails on Caño Island are very well marked and maintained, however, their status at any given time is dependent on current weather conditions. During the wet season muddy trails should be expected, which may make hiking a bit more difficult and more time consuming.

Caño Island is not known for an abundance of wildlife. While some species of crab, non-poisonous snake, insects, lizards, and birds do exist, the forest area is much less densely populated with wildlife than Corcovado National Park; monkeys, tapirs, etc. do not inhabit Caño Island. Providing you proceed slowly, you can see many of these animals on the jungle floor and canopy.

This tour includes lunch, which comes complete with a variety of tropical fruits and drinks, salad, sandwiches, and snacks, i.e. cookies. Lunch is prepared and served around midday, along the beach, just to the right side of the Ranger Station. There are benches and shaded areas for those who need a reprieve from the hot sun.

## **Scuba Diving**

**Cost:** \$125.00 / 2 tanks per person

**Duration:** 8 Hours

**Time:** 7:30 a.m. - 3:00 p.m.

For scuba enthusiasts the Osa Peninsula offers divers countless excursions and endless encounters. Perhaps Costa Rica’s finest Pacific coastal diving, the waters surrounding Caño Island Biological Reserve can be best described as an undersea garden of spectacular rock and coral formations.

Whether you’re a beginner, intermediate or advanced diver, the variety of dive sites and rich, colorful, abundant marine life will amaze you. An underwater photographers’ delight, scuba among large schools of colorful reef fish, or observe from a distance the large pelagic that frequent these waters. With water visibility ranging from 35-90 ft. year round, watch giant manta rays glide effortlessly overhead or barracuda and white-tip reef sharks cruise the coral reef below.

Our professionally licensed Dive Instructor, Vincent Campos guides all dives aboard Aguila’s very own 30’ Island Hopper dive boat, which comfortably and safely accommodates up to 10 divers.

And for those of you who are not certified divers we offer several options....



Discovery Scuba Course (for non-certified divers) - How about swimming on the ocean's surface and looking at the fish thru a dive mask and breathing air from a tank!!! That's right. You'll be able to feel what it's like to wear all this equipment on in the water and at the same time view all the marine life below. And if you really enjoy yourself and would like to go one step further, our instructor can lead you to the ocean's bottom along the anchor line permitting you to observe the ocean floor and feel what it's like to breath underwater.

And if you really like that, we'll take you on a mini diving tour around the same area and look at the fish we saw from above, up close now! So you REALLY LIKE IT! Let's go for another dive with your instructor to another beautiful diving spot. Come down the reception desk and we'll give you all the information you need to make you feel safe and sure about your new adventure!

Snorkelers - the shallow bays and inlets that surround Caño Island are ideal for non-divers. Snorkelers will have an excellent opportunity to survey the underwater terrain and sea life surrounding Caño Island. The dark, volcanic rock is home to numerous species of marine life, much of which you can see just a short swim from the beach.

## **LOCAL DIVE SITES**

### Dive Site - Bajo del Diablo

One of our most popular dive spots, this site earned its name from the large schools of Devil Rays that frequent the area. With an average depth of 70 ft. a steady current, and visibility of 50+ ft., the marine life at Bajo del Diablo is prolific and the underwater landscape is just magnificent.

As you descend from the dive boat you'll immediately take notice of the large canyons and rock formations residing on the ocean floor, separated only by small patches of white, sandy bottom. White tip reef sharks are common sightings here, often resting along the ocean floor or cruising through the canyons. Much of the volcanic rock that make up the canyon walls are blanketed with thick, beautiful white gorgonias, giving them an almost Christmas tree effect. Small crevices, holes and passageways abound, all of which are occupied by healthy numbers of moray eel, octopus, lobster, blennies, sea stars, gobys, groupers, parrot fish, puffer fish, and other colorful, tropical fish. For underwater photographers, both wide angle and macro/close-up opportunities exist, the latter being better on days with poorer visibility.

Throughout the dive you will be permitted to ascend or descend along the canyon walls, surveying the topography and colorful marine life. Or, cruise above the uppermost portion of the rock formations, which reside in just 35 ft. of water, and take note of all the marine life that exists nearer to the surface.

### Cueva del Tiburon (Shark Cave)

1/2 a kilometer from the ranger station and depth of max. 60'. This site consist of volcanic rock with pinnacles formations cover the area. One of the pinnacles have developed Into cave, now home to the white tip sharks. We can usually find 5 or 6 sleeping in the cave, we will not enter do to park regulations, but the cave is small and from the opening we can get a good look. Around the rock formations where likely to see puffers, damsels, moorish idols, box fish, goat fish and other tropical fish. There's a good chance to catch a glance at turtles, mobula rays and Stingrays. The visibility can be anywhere between 15 to 75 feet and when there's 30' or more which is most of the time there can be a awesome color show from the sun reflecting off the different colors of hard coral. Good easy dive.

### El Arco (The Arch)

Has similar marine life "Shark Cave" except that when you cross under this arch waiting on the other side schools of grunts are there to swim through. Also if you have a good eye you might encounter flounder or frogfish. There's lobster to but don't touch. Good easy dive.

## **TIPS**

**Don't forget to pay attention to the open water, where larger schools of fish habitually pass by.**

**If you would like to use any of your own gear, i.e. regulators, etc., kindly inform the divemaster.**

**Discovery Scuba courses are also available upon request.**

**To ensure the highest level of safety and pleasure, Aguila de Osa Inn uses only the highest quality dive equipment: Sherwood Oasis regulators, Scuba Pro BCD's, and O'Neill Dive Suits.**

### El Barco (The Shipwreck)

You won't see a shipwreck here 11 years ago a sailboat broke anchor washed up on the beach and eventually wash back to where the barco is today. After two years there it just disappeared but the name still remains. Here is the best spot to see the white tip sharks there's always some here I've seen as many 15 around the rock formations. What is special here is it's a cleaning station for the Southern Stingray with a wing span of up to six feet. Here a another chance to see Turtles and Mobula rays. This another good easy dive but has a little current visibility ranges 15' to 70' with an average 35' to 45'.

### The Coral Gardens

A shallow dive 15 to 40 feet, there's spectacular array of hard coral, brilliant in colors. Being close to the Barco when visibility is really good I tend to spend less time in Barco and drift over to the coral gardens getting longer bottom time. Here you'll see Goby's, Blennys, Wrasse's, Butterflyfish, Parrotfish, damselfish, porcupinefish, octopus and turtles at times. Visibility 15 to 80 feet depends on sea's can be very impressive and a easy dive.

### Paraíso (Paradise)

The name speaks for itself. It lie's 2 miles before we get to the Island. It's a lava formation in layers stretch's for a mile or so and 150 meters wide 80 to 90 feet deep with a up crop that reaches to 60 feet to the surface. This the main part where we dive "stuffed" with big schools of Blue and gold snapper if you swim slowly you can enter these schools. The big fish that you see are Amberjacks, Dog Tooth Snapper and Barracudas, schools of Horse-eye Jacks. Amberjacks like divers I believe there attracted to the bubbles your able to see them up close within 2 feet. The best place to see white tip sharks at times schools of over 20 and nurse sharks. Tropical fish include, Parrot fish, Triggers eels, puffers and occasionally Mobula Rays. This dive has current, thermals and depending on seas the visibility can be 15 feet but on good calm, clear days can reach to 100 feet.

## **COASTAL DIVING**

### Marenco Rock

The closest rock to the lodge. Black corals, snappers, grunts, lobsters and other species. The rock starts at 50 feet and bottom is 60 feet, visibility is 15 ft. on good days can reach up to 50 ft. A lot of plankton inhabits the area with attracts large schools of fish.

### 20 Minutes

Called 20 minutes because that's how long it takes to get there. Lobsters, whites tips and several types of tropical fish are common, as are. sea fan and other species of coral. Visibility varies between 15 ft. to 50 ft. depending on seas and current and the maximum depth is 40 ft.

### Campanario

Located near Corcovado National Park, a set of pinnacles filled with schools of Horse-eye jacks, barracudas, grunts, snappers to 60 lbs., at times school of Rooster fish come to meet the divers. There's beautiful colored fan's max. depth is 40 ft. Again with current and sea swells this cannot be dived. Visibility when you can dive is 40 ft.

## **Sport Fishing**

**Cost:** \$550.00 Half Day / \$900.00 Full Day

**Time:** 7:00 a.m. - 12:00 p.m. Half Day  
7:00 a.m. - 4:00 p.m. Full Day

Aguila de Osa has two 31 ft. game fisherman boats for sportfishing tours. Over 40 I.G.F.A. Records have been set within 80 nautical miles from our hotel including sailfish, black, blue, and striped marlin, yellowfin tuna, wahoo, cubera snapper, Spanish and sierra mackeral, roosterfish and more. Aguila itself holds five world-fishing records. The Aguila de Osa Inn has the reputation of being a fisherman's paradise. Our new Palm Beach cold-molded sportfishing boats are powered by Caterpillar 3116 turbo diesels. We carry a full range of Penn International and Shimano reels in all weight classes, for the fly fisherman we specialize in Billy Pates fly reels and Sage rods. Our professional captains (all English speaking) and crew are anxious to be part of your record-breaking vacation. Aguila's professionally trained mechanics constantly maintain the boats to the highest possible standards for your

safety and enjoyment. Our boats meet all the U.S. Coast Guard safety regulations with life jackets, flares, GPS, and VHF radios. In addition, we are equipped with a special frequency that enables us to reach a far greater distance than the normal marine radios in case of an emergency.

Thrilled by spectacular runs of marlin, sailfish, dorado, wahoo, rooster fish, and numerous other species of big game fish, guests can take advantage of our 1/2 day or full day fishing charters. At Aguila de Osa Inn practices responsible catch and release fishing techniques and the oldest operation to use circle hooks.

### **FISHING SEASONS**

Marlin - August through December is peak season, but an occasional blue or black may be taken any month if the water temperature is right. This year, the marlin activity was incredible between February and March, with some weighing in at over 600 pounds.

Sailfish - a few taken off and on year-round with the exceptional fishing from December through April. Often slows from May into early June, then picks up again and begins to peak in August or September.

Yellow Fin Tuna - best fishing for the bigger ones corresponds with marlin and sailfish season, but the schools of footballs can nearly always be found around Caño Island and farther outside.

Dorado - best runs are traditionally from late May through October.

Wahoo - not abundant, but an occasional Wahoo may be taken any time. Can be caught between May and October while trolling for sailfish.

Roosterfish - the region has big roosters and they can be caught virtually any month of the year. Some weigh nearly 100 pounds but they average between 6 - 30 pounds.

Snook - almost all year round, but best from May through August and January through March.

Other Species, which include Horse-eye Jacks, Jack Crevalle, Amber Jack, Spanish Mackerel, Dog Tooth Snapper, and Mutton Snapper, are here year round.

### **Whale & Dolphin Watching**

**(Northern Migration: November - April, Southern Migration: July - October)**

**Cost:** 1/2 day tour \$550.00 minimum or \$125.00 per person, or full day \$900.00 minimum or \$125.00 per person. There is a 50% discount for children under the age of 17 once the minimum has been met.

**Duration:** 4 hours (half day) / 7 1/2 hours (full day)

**Time:** Half day - mornings and afternoon trips available  
Full day - 8:00 a.m. - 3:30 p.m.

Aguila de Osa Inn has several different boats available for whale and dolphin watching tours, all of which are stable, spacious and comfortable. Depending on the number of passengers, and weather/water conditions, the most appropriate boat will be selected to ensure an enjoyable and memorable tour.

As always with this type of tour, the presence and exact location of these sea creatures can never be predicted or guaranteed, however, sightings are frequent and can be expected. Pods of Humpback (which has now been documented as of this year to be the longest migration of humpbacks 18000 kms. from Antarctica to Caño Island) and Pilot Whales, as well as schools of Spinner, Bottlenose and Spotted Dolphins frequent the area at various times throughout the year.

#### **TIPS**

**We highly recommend sun tan oil, hat, long sleeve shirt and long pants to protect you from the sun's rays. There is very little cover from the strong tropical sun.**

Your tour will initially head towards Caño Island, but may change direction if sightings occur elsewhere. At times both whales and dolphins can be seen surprising close to the hotel. The waters just in front of the hotel and surrounding Caño Island are ideal for whale and dolphin watching, as the clear, deep blue water allows for easy viewing. Throughout your tour, whenever possible, you'll be encouraged to observe these docile, curious and gentle sea creatures. Watch them as they pass to your left, right or below, often just 30-40 ft. away. While whales and dolphins are most commonly seen independently of each other, it is not uncommon to see pods of whales accompanied by large schools of dolphin.

Surfacing at regular intervals to breathe, whales can be observed exhaling, which is often accompanied with deep, resonating sounds and enormous expulsions of vapor. As they break the water's surface their large bodies will draw your attention, briefly rising out of the water and descending see their heads, dorsal fin and tails. At designated times throughout the year whales can be seen with their calf, at times breaching.

Schools of dolphin are most frequently seen in open water, frolicking effortlessly along the water's surface. As well, they often ride the waves just in front of the boat, giving passengers a much desired close-up view.

### **Horseback Riding**

**Cost:** \$65.00 / minimum 2 people

**Duration:** 4 - 6 Hours

**Time:** No Specific Time

For those interested in visiting the outlying area, Aguila de Osa Inn offers half-day horseback riding tour, beginning just a few minutes walk from the hotel. Simply follow the walking trail that runs in front of the hotel to the right, and immediately following the wooden bridge you'll see the horses off to the right.

After mounting the horses you'll proceed along the beach, passing the town of Agujitas, and onto the dirt road that services the Drake Bay community. The ride is somewhat hilly and weaves through private and commercial farms. At times walking, other times trotting or even galloping, the horses are strong, docile, and trained specifically for this type of tour. The roadside is lined with colorful heliconia plants, colorful berry trees, and orchids. As well, a variety of bird species can be observed including hawks, hummingbirds and vultures. Just prior to reaching the halfway point of the tour, you'll cross over a stream, which during the height of the rainy season becomes a roaring river. Shortly thereafter you will break for a cold soft drink at a local store.

The second half of your tour retraces a portion of the same trail, however, at some point you will break off to the right and head down along the beach, where you can run with the horses if you like, or just walk leisurely and admire the spectacular views. For the remainder of your tour you will lead the horses along the beach back to the starting point, crossing a few streams along the way. At that point you will unmount and walk back to the hotel.

Throughout the tour your guide will point out items of interest, including a variety of bird species and numerous medicinal plants and bushes. Feel free to ask your guide anything that interests you along the way. The Osa Peninsula contains some of Costa Rica's most beautiful topside scenery, and a horseback riding tour is ideally suited to help you see it.

#### **TIPS**

*In spite of the fact that all of our boats of canvas awnings or hard fiberglass tops, we highly suggest you bring ample sun tan lotion, a hat and long sleeve shirt. The sun's effect is intensified by the water's reflection.*

*For those with underwater videos or cameras we recommend that you bring them along.*

#### **TIPS**

*Virtually the entire trail is unshaded, so we recommend sunscreen, hats, and long sleeve shirts. Long pants are suggested, rather than short pants or bathing suits. If you don't have any please bring it to our attention.*

*Hiking boots or sneakers are preferred over sandals.*



## **Birdwatching**

**Cost:** \$35.00 per person / minimum 2 people

**Duration:** 2 Hours

**Time:** 5:30 a.m.- 7:30 a.m., afternoon tours available upon request.

For birding enthusiasts the area surrounding Aguila de Osa Inn is a natural treasure. Numerous public trails exist, as do several private trails on our property that have been designed with birders in mind. Our professional birding guides have extensive knowledge of the area and the numerous bird species that reside here.

The birding tour lasts approximately 2 hours and is offered twice a day, once in the morning before breakfast, and another late in the afternoon before dinner. The tour, however, is flexible and can be modified to meet your specific needs or interests. It's best to consult with the guides if you are interested in a particular bird species, as some can be observed more easily at specific times during the day.

Common sightings are tanagers, hummingbirds, macaws, toucans, manikins, hawks, robins, flycatchers, and woodpeckers. As well, a variety of migratory birds visit the area at designated times throughout the year, such as the osprey.

Birding tours depart right from the hotel. The trails are low impact and well maintained. We recommend hiking boots to ensure safe and secure footing, particularly during the rainy season months. If you have your own binoculars we suggest that you bring them along.

## **River & Ocean Kayaking**

**Cost:** A one time fee of \$10.00 per room / unlimited use

**Duration:** No Limits

**Time:** No Limits

Aguila de Osa Inn has 7 lightweight, one-person sit-on-top kayaks, which we encourage you to use whenever possible. Made of hard, durable plastic, these kayaks are comfortable, stable and very easy to maneuver. Both the Agujitas River and open water just in front of the hotel are ideal for kayaking enthusiasts.

The entrance to the Agujitas River is located just in front of the hotel, on the left side, and is best enjoyed during high tide since it permits you to paddle further up river. You can, however, kayak in the river at any time. Just prior to the river's entrance there is a small rock formation to the left, and shortly thereafter you will veer to the right and pass under a hanging, wooden bridge. The river's width varies considerably and is relatively unobstructed, however, some small islands of rock do exist. The forest that lines the river is dense and provides for a surprising amount of shade even on sunny days.

One should expect to spend approximately 30 minutes kayaking in the Agujitas River, but much depends on the tide, and each individual's skill/fitness level and interest in the local flora and fauna. Along the riverbed there are countless numbers of Jesus Christ Lizards and Gekos, as well as frogs, crabs and numerous other animal and plant species. As well, you'll hear the ruckus of the Scarlet Macaws and other tropical birds that often reside in the canopy overhead. For optimum wildlife viewing it's best to proceed slowly and quietly. The water conditions in the Agujitas River are normally very flat and tranquil, ideal for even the most tepid kayaker.

For those who prefer to kayak in open water you can venture out in front of the hotel, just beyond the protected cove. The shoreline to the left is very rugged, with plenty of large outcroppings comprised primarily of dark,

### **TIPS**

*We recommend that you wear a life jacket and sandals/booties while kayaking. As well, sun tan lotion, hat, and shirt to protect you from the sun.*

*The river's current tends to be strongest in the middle section, whereas along the river's edge the water moves with less force. Thus, while kayaking upriver you'll find it easier if you stay off to the side.*

*The water conditions in the open water tends to be calmer in the early morning and late afternoon hours.*



volcanic rock, separated only by small coves and black sand beaches. Standing tall, just behind the rocks, is lush, verdant rainforest that often runs right to the water's edge. The scenery here is truly spectacular, and there is no limit as to just how far you can go. The water conditions vary tremendously, depending on the weather, tide, and time of day. Choppy seas are common, as are medium to large swells.

If you turn to the right after exiting the protected cove you'll first pass a small, rocky section that reside just in front of the hotel. You'll then arrive at the beginning of a long, black sandy beach, which slowly bends to the left and continues north to the next point. Along the beach you'll see tropical palm trees gently swaying, with towering, dense rainforest just behind. The town of Aguitas resides along the beach, just a short distance from where the beach begins. The water conditions here tend to be much calmer, as the water is considerably shallower along the beach.

## **Mountain Biking**

**Cost:** \$65.00

**Duration:** 1 - 3 Hours

**Time:** No Limits

### **Drake's planes (times 1.5 – 2 hours)**

This is a very uneven road; starting on the beach then going gradually uphill for a while until you find yourself descending on a steep hill down into the river canyon, once you cross on the suspended bridge the rest is all uphill for about 2 k. (1.5 mile) until you get to Los Planes on the Plateau, from here you have three options: going back to the beach in Drake's downhill with only couple hill to climb; second is completing any of the next two loops. (Planes – Caletas or Planes Bijagua) to get back to the beach.

#### **TIPS**

**Whenever you go on a trip make sure you bring water, spare tire, patch kit, helmet, glasses and let you guide know about your physical health before and while on the road.**

### **Planes Caletas (loop time / 1.45 – 2.5 hours)**

After Planes you'll be going on a flat road that will lead you in a road cut through some old growth forest then pasture lands on a rather rolling road (up-down-up-down), ending in a very steep down hill ride on the beach, once there you take the walking trail along the beach passing several little hotels and going into narrow parts, near the rocky shore ending up in Cocolito beach, from there you have to carry the bike uphill in the steps and then again in the river, before you get to Aguila.

### **Planes Bijagua (loop time 2 – 2.45 hours)**

Again after Planes keep going through come pasture lands then you'll be in a little forest trail that will lead you to come other rolling hills in another pasture land, this is a little longer trail than the one above and also more strenuous, there are more up and down and it goes all through forest and pasture lands ending again into the gravel road that you took first.

### **Drake's Progreso (Drake's – Progreso – Los Angeles Loop 1.5 – 2.5 hours)**

After Drake's – Los Planes, this is the only other road that will take you only on gravel, this is also the one that will take you through more river / creek crossing. Again, this one starts on the beach on a rolling terrain, there are not real big steep (but there's some climbing), once you get to Progreso you have the option to come back on the same road or simply go farther up in the real steep hills of Rancho (really steep !). You can also go to Los Angeles on a more level road and once you reached the school there you'll do a little off the road biking in the forested hill (mostly old growth), you'll find couple hills to climb a couple creeks to cross then you'll be back in the gravel road near the beach. Also, you can go to Guerra and come back on the same road to Progreso; the road is pretty level but like everywhere there one or two climbs.

The most difficult ride is to Rancho, where there's some difficult climbing, but after the climb there's some serious downhill. Be careful with cars!!!

## **Canopy Tour**

**Cost:** \$65.00

**Duration:** 2+ Hours

**Time:** No Specific Time

For those with an adventurous spirit, we highly recommend the Canopy Tour. Comprised of nine elevated, wooden platforms, connected in a series by long, thick cables, you'll traverse across the forest canopy using a safety harness and roller system. The height of each platform varies, with the lowest situated at 75 ft. (22.75 meters) and the highest residing at 100 ft. (30.5 meters). As well, the distance between each platform also varies. The longest span is that which connects the first two platforms, at 223 ft. (68 meters), and the shortest being 75 ft. (22.75 meters).

The Canopy Tour begins just a few minutes walk from Aguila de Osa Inn. Simply follow the path that runs in front of the hotel to the right, and proceed over the short wooden bridge. The Canopy Tour office lies just beyond the bridge on the right side. Once there, you'll be outfitted with the necessary gear, i.e. helmet, harness, gloves, etc., and asked to sign a waiver. Shortly thereafter you'll be transported by vehicle to a trail that leads to the platforms. The ride lasts approximately 15 minutes.

### **TIPS**

*To ensure the highest level of safety we recommend you wear hiking shoes on this tour. As you traverse from one platform to another you will need sturdy shoes to position yourself when departing and arriving at any given platform.*

After a few minutes hiking along a relatively flat trail, your tour guide will lead you down a steeper section of the trail, which has a wooden handrail and large slabs of tree trunk to ensure proper footing. Once at the base of the trail you will be required to cross a stream/river before heading back up on the other side of the river valley towards the first platform. The hike from the roadside to the first platform takes approximately 20 minutes.

Upon arriving at the base of the first platform you will be formally introduced into the equipment, or at least that portion that is required in order to climb up to the first platform, which lies 100 ft. overhead. It's a very simple, short and safe climb, as you'll be connected to a rope that hangs adjacent to the metal staircase that you will be climbing. Once atop the first platform your guide will cover in greater detail the harness and cable system, as well as safety issues to ensure a fun, safe tour.

At that point you're ready to take your first traverse. Travelling from one platform to another happens rather quickly, particularly on the first two sets of platforms. Little time is available to view the canopy while traversing, however, ample time is available when positioned on each of the four platforms.

The length of the tour depends to a great extent on the number of people participating. The more people the longer the tour. To ensure the highest level of safety and enjoyment, Canopy Tour sets limits on the number of people who can participate on any one tour. The Canopy Tour is offered throughout the day, at no specific time. They will depart whenever a sufficient number of people express interest in going.

## **Night Tour**

**Cost:** \$35.00

**Duration:** 2 - 2 1/2 Hours

**Time:** 8:00 p.m. - 10:00 / 10:30 p.m.

Aguila de Osa Inn offers visitors a night tour through private trails located on our property. Lead by resident naturalist guides, the night tour awakens you to a world you might never know have existed.

Many rainforest inhabitants are nocturnal, making the rainforest an exciting and magical place to visit after dark. Equipped with lightweight, compact, state of the art ITT night vision optics, in conjunction with infrared laser beams, you'll be able to see and examine life that is normally hidden to the human eye. Throughout the tour either

Gustavo or Tracy will reveal interesting and informative aspects of cultural entomology - the impact of insects on our lives, and of us on theirs. Moths, iguanas, frogs, and spiders are common sightings, with snakes, ocelots and other species of animal life present but less frequently observed.

The tour begins shortly after dinner. There are several hiking trails in the area that may be utilized, but much depends on the weather and trail conditions at the time. The trails are well maintained, and easy to follow. Flashlights are provided, and will be your primary light source when walking through the rainforest. The hike lasts approximately 2 - 2 1/2 hours, and ends when you return to the hotel, at approximately 10:00 p.m.

### **San Josecito Beach Tour**

**Cost:** With a guide - \$75 per person, minimum 2 people / without a guide - \$30 per person  
**Duration:** Flexible  
**Time:** Flexible

Acclaimed as one of Costa Rica's most beautiful beaches, San Josecito is a naturalist's paradise, and just 15 minutes away by boat.

This is a place to relax and explore. Work on your tan, read a book, or if you need a day of rest San Josecito is just the place to be. And if you prefer something a little more active, then take a hike through the coastal forests with our naturalist guide to the beautiful "Rio Claro" where a refreshing dip will help you cool down.

While at San Josecito you may want to stroll through the Botanical Gardens, where you'll find many types of native plants, heliconia and bromeliads as well as examples of flora from five different continents of the world.

Here at San Josecito, the rainforest come right to the beach, allowing you to watch the wildlife without having to leave the comfort of your beach towel. Macaws are abundant, as are toucans and humming birds. Monkeys are also common, as are sloth's and coatis.

The wildlife doesn't stop at the beach though! Don your mask, snorkel and fins (provided by us for your use) slip into the clear waters and take a swim with a myriad of colorful fish. If you get lucky you may bump into a marine turtle or two.

Lunch is served on comfortable and shade picnic tables, with full amenities available such as changing rooms, toilets, and fresh water showers.

Departure times are flexible and sunset options are available. Just let reception know what you want to do and when you want to go and we will do our very best to accommodate your individual needs.

### **Mangrove Tour**

**Cost:** \$350.00 minimum or \$100.00 per person (children half price once the minimum has been reached)  
**Duration:** 4 - 6 Hours  
**Time:** 8:00 a.m. - 12:00 p.m. - 2:00 p.m.

Visit the mysterious and fascinating mangrove forest of Drake Bay. A hidden world, accessible only by boat, these flooded forests are the largest untouched mangroves to be found in Costa Rica. Home to nearly a 100 species of birds, including the endemic mangrove hummingbird (found nowhere else on earth) the entire region is a twitch-

#### **TIPS**

*During the rainy season months a rain jacket is suggested.*

*Hiking boots on this tour are recommended due to the lack of visibility.*

#### **TIPS**

*We highly recommend sun tan oil, hat, blanket, long sleeve shirt and long pants to protect you from the sun's rays.*

*As well, sandals, or some kind of light hiking shoes.*

*er's paradise. Heron's waders, owls, parrots and shore birds use this area as an important nesting and feeding ground.*

*Wildlife is prolific, with an abundance of reptiles including caimans, crocodiles, tree frogs, boas, iguanas and river turtles. Mammals are also very common, and you will very likely see three species of monkeys (howlers, squirrel, and white faced capuchins) as well as sloth's and coatis.*

*Mangroves are especially important to the region's ecology, as they provide nurseries for fish and shrimp. Without such forests, there would be very little life in the oceans.*

*Take a tour with our experienced naturalist guides, and venture into a beautiful maze of canals and rivers, as we search for the region's fascinating wildlife from the comfort of our boat.*

*There is no need to walk; this wildlife watching at its best. Sit back and enjoy the mangroves in comfort, let our boat be your legs and our guide be your eyes and enjoy a most interesting tour of the Osa.*

*Tours depart from the Aguila dock traveling for 25 minutes to the mouth of the mangrove estuary. We begin our exploration of the hundreds of small rivers, lagoons and hidden channels that exist there.*

*The price includes a delicious lunch in Sierpe at Las Vegas restaurant, cold beverages and fresh fruits, all enjoyed on board to maximize our time in the fascinating eco-system.*

*Come and join us on one of the most enjoyable tours to be found in the whole of the Osa Peninsula.*

# Guest Book Info

## Commitment to Eco-Tourism

### **Mission**

Aguila de Osa Inn has made a commitment to actively participate in protecting the environment. We are working together to increase awareness in our staff, our clients, and our community about our impact on the environment and the importance of protecting the surrounding ecosystems for future generations. We are also committed to using eco-tourism to develop and improve the community and environment we are a part of.

### **Eco-Tourism: Our Definition**

We define eco-tourism as environmentally and socially responsible tourism with a focus on experiencing and visiting natural areas. It has the potential to foster growth, understanding, appreciation and conservation of the nature and communities surrounding a destination. Up until now there has been no regulations within the industry to ensure the authenticity of eco-tourism destinations. The sustainable tourism certification programs that are being introduced around the world are a way to guarantee that the activities, products and businesses associated with the industry all meet a certain standard. This is exceedingly helpful for the consumer that demands to know that the places they travel to are protecting the environment and community from negative impacts.

### **Costa Rican Certification Program**

The Costa Rican government developed a Certification program for Sustainable Tourism (CST) in response to the lack of regulation in the tourism industry. The program seeks to categorize and certify each tourism company according to the degree in which its operations comply with four separate standards:

- Physical-biological parameters; the natural habitat
- Infrastructure and services; evaluating policies and systems
- External clients; education and participation of clients
- Socio-economic environment; the company's local involvement and impact

The goal of the program is to guarantee that the practices of the business are legitimately lessening tourism's impact on the environment and culture of the destination. Aguila de Osa Inn enthusiastically supports the CST and its efforts in regulating the tourism industry and, in addition, is one of the 9 founding members of the Sustainably Managed Association of Responsible Tourism (SMART). The SMART Network consists of hotels around the world that have developed superior management practices which address and support environmental conservation, cultural sensitivity and development, and increased traveler awareness to local efforts. For more information about our efforts visit SMART Destinations of the World ([www.smartdestinations.org](http://www.smartdestinations.org)) and Green Hotels of Costa Rica ([www.greenhotelscr.com](http://www.greenhotelscr.com)).



## **How Can You Help**

Aguila de Osa Inn asks that our guests join us in helping to conserve our local resources. It is easy to reduce your impact on the environment; here are a few simple steps we take to ensure that our consumption is kept to minimum.

- You can help conserve water by hanging your towels on the rack to dry. If you wish towels replaced daily leave them on the floor. We will change your linens every three days, if you wish them to be changed sooner simply place the linen change card on your pillow.
- Our water comes from our own well and is usually abundant. However, please be respectful of other guests and of our natural resources by being conscious of shower times.
- Our energy is supplied by diesel generators, to ensure that our system is run as efficiently as possible please turn off your fans and lights when not in use.
- Please only smoke in the main lodge or cabin areas, if ashtrays are not available ask for one at the reception.
- We have provided you with separate receptacles for recyclables and trash. Please place all glass, plastic, aluminum items in the recycling bin provided for you. This will help Aguila de Osa greatly reduce our waste.

## **Discovering the Osa Peninsula**

The Osa Peninsula has many opportunities for exploration. Whether you are interested in exploring the tropical rainforest or the Pacific Ocean you will see many species of beautiful native plants and animals. We encourage our guests to take advantage of all the diverse Osa Peninsula has to offer. Below are a few suggestions and guidelines to help ensure that you have a safe, responsible, and most importantly, enjoyable experience. Check out the Eco-Tips brochure provided for you by the Corcovado Foundation for more information.

- Please stay on the well-marked trails provided for you. The trails are monitored to ensure they are safe. However, because of the large amounts of rain we receive, trails can be slippery or muddy, use caution, especially on steep inclines and rocky areas.
- When hiking always keep your eyes down on the trail and stop first before looking around for animals. Look before placing your hand on anything for support, it could be something sharp or painful.
- While exploring you will encounter many different species of wild animals. We encourage you to take advantage of seeing these rare and amazing creatures, but please remember that you are in their home. Be cautious and respectful at all times and keep your distance. While it may seem helpful or fun to feed the animals, it is actually quite dangerous and harmful.
- Please do not take anything from the surround environment. Whether you are hiking, snorkeling, diving or horseback riding, the extraction of flora and fauna is illegal in the park area and can be harmful to the eco system and you!
- Remember to bring water on all outings. If you are going with a guide on a tour he will bring water, but if you are going alone take an abundant supply. It is very easy to get dehydrated here.
- When visiting the beach, don't go swimming in the ocean alone there are often strong currents and big waves. Always learn about the tides before you go. Use adequate protection from the strong Costa Rican sun.
- Last but not least have fun in this unique and special place!