



At Lapa Rios, you'll find your rainforest thrills in no time. Every hike is an opportunity to indulge the inner explorer; a chance to cross paths with a puma; a window to a world of wildlife. Fly in by propeller plane, lace up your boots and set out into our enigmatic ecosystem – every inch of our 1,000-acre reserve is just waiting to be explored.

Included with your stay:

3 a-la-carte multi-course meals daily, snacks & non-alcoholic beverages, all on-property guided tours, round trip transfer between Puerto Jimenez-Lapa Rios, Wi-Fi in designated area

Travel and Logistics:

We are happy to help you with your domestic flights or ground travel from San Jose to Lapa Rios and back.







ARRIVAL

Getting to Lapa Rios is an adventure in itself. Fly into remote Puerto Jimenez in a tiny 12-seater propeller plane and make your way to the lodge on rugged roads and across rivers. There'll be plenty of wildlife watching opportunities en route.

Spend the afternoon getting into the rainforest rhythm and fuelling up on gourmet food ahead of the jungle adventures to come. Our locally-inspired dishes use responsibly and organically sourced ingredients, and pack all the goodness you'll need to keep you on top explorer form.



WILD WATERFALLS & NIGHT WALKS

We'll deliver you some freshly-brewed Costa Rican coffee at sunrise so you can get ready for your first adventure: the Wild Waterfall Tour. Head out with our expert, local guides into virgin rainforest and along the Carbonera River to a majestic waterfall where you'll have the chance to swim and dive. Along the way they'll teach you all about the surrounding enigmatic flora and fauna.

By night, you'll be lacing up the boots again and ducking back into the jungle, this time in search of our unusual nocturnal wildlife, iconic tree frogs and creepy crawlies on the pre-dinner Night Walk.



SURFING & RAINFOREST REMEDIES

Jog down to our nearby beach for a glorious morning run – you'll have the sprawling coastline all to yourself for miles and miles, with plenty of wildlife-watching opportunities. After breakfast, head back down to the sands for a taste of the famous Costa Rican surf culture. Practice for a little while with a professional instructor then head into our warm waters – we've got world-class waves for novices and pros alike. Standing guaranteed!

In the afternoon, join our Bear Grylls-style Medicine Walk where you'll learn all about the traditional medicinal uses of plants and seeds as you walk through the primary rainforest.



CORCOVADO NATIONAL PARK

No Osa Peninsula adventure would be complete without a visit to the mega-biodiverse Corcovado National Park. Spend the day exploring the intricacies of this undisturbed ecosystem, home to almost 2.5% of the planet's biodiversity. It's not uncommon to see a number of endangered and endemic species including the tapir. Welcome to the most biologically intense place on earth.



TRAP CAMERAS & SELF-GUIDED PHOTOGRAPHY

Back at the lodge, delve into our most remote and pristine forests once more on the challenging Osa Trail. Walk between enormous ancient trees, stopping off at our trap cameras to review the footage. They're set up to keep an eye on our feline populations and to study their behavior.

Enjoy a final afternoon at Lapa Rios winding down and venturing out a last time on our self-guided trail. You'll be able to put everything you've learned about wildlife spotting into practice, exploring at your own pace and expertly capturing playful monkeys and sleepy sloths in action.

