



PLAYA CATIVO LODGE

GOLFO DULCE, COSTA RICA

PLAYA CATIVO TOURS & EXPERIENCES 2019

We offer a variety of unimaginable wildlife adventures and activities to experience one of the most biologically intense places on earth, which include non-scheduled, self-driven and guided tours, private expeditions and third-party operated guided tours.

There are also fascinating complimentary activities for our guest to enjoy. And a courtesy guided tour called “The Introduction to the Tropical Rain Forest Expedition” that we consider part of the authentic essence Cativo’s property and culture, it is offered per guest during their stay.

COMPLIMENTARY ACTIVITIES AVAILABLE FOR OUR GUESTS

• THE INTRODUCTION TO THE TROPICAL RAINFOREST GUIDED EXCURSION

This tour will take you to a nearby valley where a variety of birds and animals are often seen. Our nature guides will walk you through some interesting facts about natural history and the interaction of the tropical rainforest, which are usually noticed only by our experienced naturalists. Another interesting part of this tour is to visit Cativo’s organic farm, where our proud farmers will show the different medicinal plants, vegetables, fruits, legumes, as well as the entire process from seed germination to harvest and perhaps collect some organic eggs from the “happy hens”.

Included: Naturalist guide, use of rubber boots and walking stick.

Duration: 1.45 hours.

We recommend: Hiking shoes or rubber boots, short pants or lightweight long pants, water bottle, sunscreen, camera and binoculars.

• SELF-GUIDED WALKING TRAILS

Discover the magnificent diversity of habitats that Playa Cativo’s property has to offer, with an easy 45 to 60-minute hike where we have carefully developed a user friendly network of trails. Take the trail along the beach all the way to Buena Vista Pier, and see Cativo Bay from a different perspective, or loop around and pass by Cayetano’s Organic Farm, where you might find our farmers harvesting fresh vegetable or fruits or even picking some eggs. Continue to Valle de los Sainos, a place where you may see peccaries, agoutis, tyras, deer, monkeys and hundreds of birds. Check out the incredibly huge trees from the forest and our abundant fruit trees. Explore a variety of habitats including secondary rainforests and scenic views of the wetlands and enhance that sense of adventure that we all have within.

Contact our Adventure Center or Guests Services for more information.

Duration: 45 minutes to 2 hours.

We recommend: Hiking shoes or rubber boots, short pants or lightweight long pants, water bottle, sunscreen, camera and binoculars.



From the comfort of your room, please dial “0” or contact our Guest Services.
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• USE OF KAYAKS & PADDLE BOARDS AROUND CATIVO BAY

Paddle along Cativo Bay and explore the beautiful coastline... you'll be greeted by lots of fish, manta rays, turtles and dolphins in the crystal-clear waters of the Bay. If you feel comfortable and a bit daring stand up and paddle, for those that prefer sitting down and go a little further, kayaks are the way to go. Our staff is available to assist you with the outfitting and launching of boards and kayaks. They'll also be on-hand to receive you upon your return!

Contact our Adventure Center or Guests Services for more information.

Included: Use of equipment and equipment set-up.

We Recommend: Bathing suit, sunscreen, waterproof camera and water shoes.

• SELF-GUIDED CATIVO BAY SNORKELING

Pick up some gear and enjoy the experience of snorkeling at Cativo Bay. Our favorite place to snorkel is near the west pier, where you'll enjoy seeing a variety of tropical reef fish. Combine this activity with kayaking or paddle boarding for a perfect adventure in Paradise! Please ask our staff for available equipment and they will be more than happy to assist you.

Included: Use of equipment and equipment set-up.

We recommend: Bathing suit, sunscreen, waterproof camera and water shoes.

PLAYA CATIVO GUIDED EXPERIENCES *(Most tours require a minimum of two guests)*

• BIRDWATCHING

If birding is your passion, here is your chance to set off on one of the world's most exciting birding destinations!

With more than 920 recorded bird species in Costa Rica, the country boasts one tenth of the species of the world's total bird population. The diversity of birds in Playa Cativo is truly impressive for such a relative small area, with over 390 species of birds recorded in Piedras Blancas, Playa Cativo Private Nature Reserve and surroundings. Our privileged conditions allow us to observe bird species that inhabit beaches, wetlands, grasslands, valleys and even many migratory species.

Included: Naturalist guide, binoculars, checklist of common birds, use of field guides.

Price: \$35 per person.

Duration: 2 hours.

Time: 5:30 - 7:30, 15:30 - 17:30.

We recommend: Hiking shoes or rubber boots, short pants or lightweight long pants, water bottle, sunscreen, hat, camera, field guides and binoculars/spotting scope.

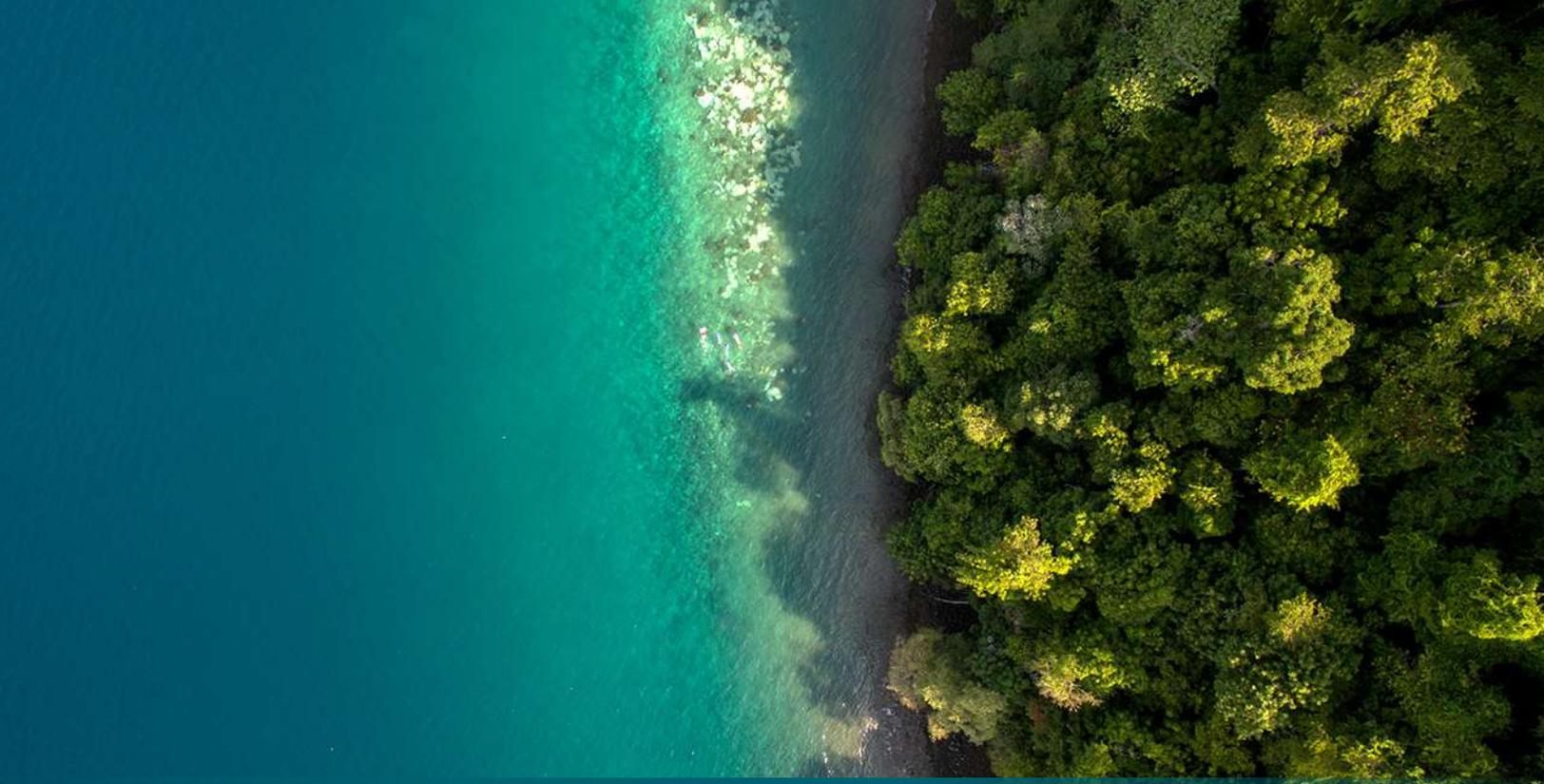


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• GOLFO DULCE SNORKELING EXCURSION

Some of the best snorkeling of the Golfo Dulce is right near the lodge. Let us take you to Punta Adela or Playa Valina for a local dive or Los Mogos for a long range half day adventure. At low tide, you will marvel at the brain coral reefs. At high tides, the underwater rock pinnacles that mirror the mountain top creates habitat for at least 30 species of tropical reef fish including Angelfish, Parrotfish, Triggerfish and Rays. The calm and pristine waters at 80° F (26°C) are perfect for a colorful snorkeling experience!

Included: Naturalist guide, equipment, boat transfer.

Price: \$70 per person.

Duration: 3 to 4 hours.

Times: 8:00 - 10:00, 14:00

We recommend: Lightweight clothes, bathing suit, oxybenzone free sunscreen, rash guard.

• PIEDRAS BLANCAS NATIONAL PARK HIKE (*PUNTA MONOS TRAILS*)

With the beauty and convenience of the surrounding National Park, Playa Cativo guests don't have to go far to see nature at its best. Parts of Playa Cativo private forest reserve are rugged and steep due to its characteristic topography, so this hike is rated as challenging. The flora of Piedras Blancas is one of the most diverse in Central America; learn about the ecology of the tropical lowland rainforest, experiencing different vegetation units. This forest is also home to giant old trees, some of them endemic and endangered; be prepared to encounter our top 5 of amazing giant trees!

Included: Naturalist guide, snacks, park entry fee.

Price: \$40 per person.

Duration: 2 - 2.5 hours.

Time: Anytime between 6:00 and 11:00.

We recommend: Lightweight pants or shorts, hiking shoes or rubber boots, binoculars, sunscreen, water bottle.



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• RIO ESQUINAS MANGROVE KAYAKING

We are blessed to have one of the largest and most pristine river systems in Costa Rica just few short beaches away. The river mouth mangroves lead to picturesque views of the forest and remote farms. The diverse terrain allows for some of the best birdwatching in the area especially at sunrise and sunset and a low tide, when the mudflats are exposed and become a feeding area for the aquatic birds. Our boat tows your kayak to the mouth of the river where you will embark on a peaceful excursion and experience the magic of nature while cruising down the river on kayak through amazing mangrove and rainforest scenery.

Included: Naturalist Guide, equipment set-up, boat transfer to/from Rio Esquinas, beverages and snacks.

Price: \$70 per person.

Duration: 3.5 to 4 hours.

Times: Anytime between 6:00 and 7:30.

Adventure level: high.

We recommend: Water shoes or sandals, short pants or light weight long pants, water bottle, sunscreen, hat, dry bag, camera and binoculars.

• NOCTURNAL RAINFOREST HIKE

Some creatures become active at night; specially amphibians, reptiles, arthropods and some night mammals. On this hike we will visit our frog ponds to encounter tree frogs and watch their different life stages, from eggs to tadpoles and adults. The hike continues along the rainforest and beach trail where you will see these habitats from another perspective.

Included: Naturalist guide, flashlight.

Price: \$32 per person.

Duration: 1.5 hours.

Time: 18:00.

We recommend: Hiking boots or rubber boots, light clothes, long sleeves, flashlight.



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• BIOLUMINESCENCE EXPERIENCE

Bioluminescence is a chemical reaction produced by living organism to emit light. The daylight vanishes but your adventure will be just beginning! Schools of fish create a phosphorescent trace which can look like a glowing cloud in the water. Explore this natural phenomenon by boat, observing as the water beneath you glow and sparkles with even the movement of your hands. An experience that is not to be missed! This tour is available only during and around new moon.

Included: Naturalist guide, beverages and snacks.

Price: \$30 per person.

Duration: 1 hour.

Time: 18:00.

We recommend: Light clothes, dry bag.

• RAINFOREST CASCADES EXPERIENCE

This hike will take you up to El León stream, through a series of cascades forming refreshing fresh water pools, the perfect place to witness the submarine origin of the lowland rainforests of the Golfo Dulce region. Most of the time you will walk along the stream course, hiking and climbing enormous rocks until you reach each pool. This riverine forest is the habitat of the Cativo trees, the ones that give name to our lodge and beach!

Included: Naturalist Guide, use of rubber boots, snacks.

Price: \$30 per person.

Duration: 1.5-2 hours.

Times: Any time after 09:30 and before 16:00.

We recommend: Rubber boots, light weight clothes, bathing suit, camera, dry bag.



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• DOLPHIN AND WHALE WATCHING

Golfo Dulce is one of four tropical fjords around the world, and home to a variety of marine animals, including cetaceans. Two species of dolphins spend their whole life cycles in Golfo Dulce, and between July and October it is possible to experience the arrival of the Humpback whales and their calves. Sea turtles, jumping stingrays, and marine birds can also show up during the ride. Combine this tour with snorkeling for a fantastic day in the water!

Included: Naturalist guide, equipment, beverages and snacks.

Price: \$70 per person

Duration: 2 hours

Times: 8:00 - 10:00, 14:00 - 16:00

We recommend: Light clothes, bathing suit, water bottle, sunscreen, hat, camera, binoculars, dry bag.

• PIEDRAS BLANCAS NATIONAL PARK HIKE (SAN JOSECITO TRAIL)

If you are an adventurous hiker and prefer a longer and more challenging hike, this half day expedition in Piedras Blancas National Park is for you. We will take you to Golfito, where after a 40 minutes ride by car we will start a horseback ride along the El Bonito river, with the company of a park ranger, until we reach the rangers station. At this point starts San Josecito trail, 6 km through steep slopes ending up at Golfo Dulce. This hike is physically demanding, with a high difficulty level and is not recommended for children under 12 years old.

Included: Naturalist guide, boat transfer, typical breakfast in town, snacks, park entry fee.

Price: \$150 per person

Duration: 6 hours.

Time: 05:30.

We recommend: Lightweight pants or shorts, hiking shoes or rubber boots, binoculars, hat, sunscreen, water bottle, extra pair of socks and pants, small backpack.



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• MARINE LIFE DISCOVERY

Explore Cativo Bay during low tide to discover all the life that emerges on the beach. Learn about the life of invertebrates and algae that are rarely visible on plain sight and find traces of the geomorphological formation of Golfo Dulce. A short and interesting walk that is perfect to warm up your day! This tour is available only at low tide.

Included: Naturalist Guide, magnifying glass.

Price: \$15 per person.

Duration: 1 - 1.5 hours.

Times: Anytime between 6:00 and 16:00.

We recommend: Light clothes, watershoes or flip flops, sunscreen, hat, sunglasses.

• SUNSET AT GOLFO DULCE

As the sun goes down over the mountains of the Osa Peninsula, an array of orange, pink and yellow colors create fantastic shapes on the sky. Enjoy a slow ride near the coast while observing the sunset with your favorite cocktail by your side! A visit to the mouth of the river will also allow you to watch flocks of birds gathering at their roosting sites. Sunset in the southern park of Costa Rica are not to be missed.

Included: Naturalist guide, beverages and snacks.

Price: \$30 per person.

Duration: 1.5 hours.

Time: 17:30.

We recommend: Light clothes, dry bag, camera and binoculars.



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• GOLFITO OR PUERTO JIMENEZ HALF DAY CITY TOUR

The port town of Golfito was built on Bananas, formed in 30's mainly by the United Fruit Company that moved its regional headquarters to this region. In the 1980s, declining markets, rising taxes, worker unrest and banana diseases forced the company's departure. This tour will take you around the city, the Northern part of town was the old United Fruit Company headquarters, and it retains a languid, tropical air, with its large veranda-decked homes. The guide will explain about the natural and social history, the unique architecture and why the differences in the construction of houses while experiencing the current way of life of the Golfitenos.

Puerto Jiménez has grown to become one of the largest towns on the Osa Península. This laidback town is one of the main gateways to the beautiful Corcovado National Park. It has a wonderful beach where you can relax while taking in the superb beauty of the Gulf. With a history of being a key gold mining and logging town before the Corcovado National Park was created, the locals in the area still log and mine gold here, but in much smaller numbers as this entire region is now a protected habitat. Most locals are nowadays dedicated to eco-tourism and fishing. Golfito and Puerto Jiménez are both about the same distance from Playa Cativo and have access to services like banks, clinics, drugstores, supermarkets and souvenir shops.

Included: Guide, boat, beverages and snack.

Price: Guest \$85 per person.

Duration: Haft Day

We recommend: Short pants or lightweight long pants, water bottle, sunscreen, hat, camera and binoculars.



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• OFF-GRID ALTERNATIVE ENERGY

We invite you to learn how Playa Cativo operates on 100% clean energy with its off-grid hydroelectric power and solar panels. Walk with us to the dam situated 1 Km away from the lodge, just up the hill. Witness the maintenance that has allowed this system to work continuously for over 30 years and keeps doing so in an efficient and environmentally friendly way. Let our proud staff show you how this gem of engineering works and listen to the stories about this amazing project that has provided Playa Cativo with unexpected amenities of the modern world in the remoteness of the rainforest.

Included: Naturalist Guide, rubber boots.

Price: \$30 per person.

Duration: 1 hour.

Times: Anytime between 6:30 and 16:00.

We recommend: Light clothes, hiking shoes or rubber boots, sunscreen, hat.

• ARTISANAL FISHING

We will take you on a scenic boat ride around Golfo Dulce to enjoy an activity that has been part of the lives of the Golfo Dulce villagers, previously as a way of surviving and now as a way to complement their meals. Our knowledgeable Captain and Guide, to whom fishing has been an important part of their lives, will show you the best spots for fishing around the Gulf, and perhaps you might bring your catch for dinner!

Included: Equipment, equipment set-up, bait, snacks and drinks.

Price: \$32 per person.

Duration: 2 hours.

Times: 6:00 - 8:00, 15:30 - 17:30.

We recommend: Light clothes, flip flops, sunscreen, hat, sunglasses, dry bag.



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BOAT TRANSFERS

Do you want to visit Golfito or Puerto Jiménez on your own and explore Osa Península and Drake Bay area? We can take you there and pick you up for your return trip any time within 6 am and 3 pm.

Notice: 24 hours' advance notice.

Included: Crew and boat.

Price: Guests \$95 - Prices are for one way or round trip, for 1 to 4 people.

Extra person is \$25.

Maximum is 8 passengers per trip.

Duration: Up to 2 hours wait included. \$40 per additional waiting hour or fraction.

THIRD PARTY - OPERATED TOURS

• OSA WILDLIFE SANCTUARY VISIT

Visit the Sanctuary to see and learn about the natural history, the ecological importance and conservation efforts for the wildlife found in the Southern Pacific zone of Costa Rica. Not only do you learn a multitude of interesting facts while interacting with some of the wildlife not able to live their natural lives in the wild, but you will be supporting the Foundation that saves and releases wildlife.

Included: Guide, boat and \$25 p/p donation to the Sanctuary.

Price: \$35 per person.

Duration: 2 hours.

We recommend: Hiking shoes, short pants or lightweight long pants, water bottle, sunscreen, camera and binoculars.

• CASA ORQUIDEAS BOTANICAL GARDEN TRIP

A 10-minute scenic boat ride along the coast of Golfo Dulce will take us from Cativo Bay to Casa Orquideas Botanic Garden, in San Josecito Beach. Ron and Trudy Macallister created this magnificent garden with a large variety of tropical plants, trees and orchids. They have been collecting them since 1970, taking advantage of the many exotic species, that biologist and other travelers brought to the area when Golfito was a banana mecca, to create this well designed botanic garden located at the bottom of a rainforest hill. * Closed on Fridays.

Included: Guide, boat and entry fee.

Price: \$30 per person.

Duration: 2 to 3 hours.

We recommend: Short pants or lightweight long pants, water bottle, sunscreen, hat, camera and binoculars.

• DEEP SEA FISHING

Full day deep sea fishing charter. Fish for marlin, sailfish, mahi mahi, yellow fin tuna, amber jack, rooster fish, and other species. Running time varies from 45 minutes to 1:30 hours to find some of the most productive waters in the world. Please see Customer Service to learn about boat sizes and prices. We strongly suggest making reservations before your arrival to Costa Rica due to the high demand.

Price: Up on request.

Included: Guide, boat and equipment and meal.

Recommend: Short pants or lightweight long pants, bathing suit, water bottle, sunscreen, hat, camera and binoculars.

IMPORTANT

All tours and activities are subject to change without notice. - Some activities fully depend on tide levels and weather conditions. - Most tours and activities have limited space and require a minimum of 12 hours' advance notice. - To ensure quality experiences, our tours are for a maximum of 8 participants (some for even less) and a minimum of 2 participants.

Private tours can be arranged at an additional cost, please contact us at Guest Services.



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