



Tour Operator:
Bahia Rica
Golfo de Nicoya, Costa Rica

Kayak – 3 Days Tour

The eco-friendly sea kayaking experience of a lifetime!

Experience the beautiful coastline of the Nicoya Peninsula from a sea kayak. We will paddle more than 3 days in calm bays with fascinating islands, where you can go ashore to explore untouched virgin beaches and more! Reefs with a diverse marine life can be observed from your sea kayak or you can simply jump into the water and take a closer look snorkeling. The jungle is growing right into the sea, and paddling in the mangroves gives you a unique experience and possibility to also look at the wildlife along the shore. We will camp two nights at different beaches and sleep in top modern expedition hammocks from Hennessy. All meals and snacks are included in the trip!

A very special treat on this multi-day trip is the night kayaking: Visible lights made by living creatures are known as bioluminescence. The water around your sea kayak will light up as you create waves, and every paddle stroke is like a firework!

The scenery while kayaking is simply unique! Bring your camera and a sense of adventure and enjoy an unforgettable Costa Rican experience!



The **schedule** below gives you a very good idea of the 3-day sea kayak adventure:

Day 1: We paddle into the Paquera mangroves and the Rio Grande river while it's high tide. The mangroves offer a unique atmosphere and a large variety of birds, crabs, and if we are lucky we may see raccoons and monkeys. Afterwards we continue our tour to Islas Pajaros. These islands are protected bird sanctuaries with large herds of pelicans and frigate birds. If the water is clear enough it's a fantastic idea to go snorkeling here. From Islas Pajaros we head to Playa Gigante and overnight at Isla Gitana. (approximately 13 km)

Day 2: On the second day, we continue paddling along the beautiful shoreline up to Playa Blanca, where we cross over to Isla San Lucas. Not only is Isla San Lucas a former prison island but also a national refuge. We'll walk the trails of the island and spend some time in the ruins where the guide will give you an insight into the history of the prison. We'll round the island on its northern side and paddle back past the strange looking islands of Pan de Azucar and Isla Guayaba. In the late afternoon we'll arrive at Isla Jesucita for a nice barbeque and a good night's rest in our hammocks. (approximately 24 km)

Day 3: There are many beautiful islands in the area! On the third day of the tour we will explore more of them. We paddle around Isla Cedros and Jesucita and go ashore to take a closer look at the local conditions. Isla Jesucita has its own old cemetery and on Isla Cedros there are some small local communities including a small primary school. We go ashore at San Pedro during low tide, have lunch and go snorkeling. Afterwards we paddle out to Islas Negritos, two islands that are protected bird sanctuaries. But here we are not primarily looking for birds, we keep our eyes peeled for spider monkeys. From Islas Negritos we head back to Bahia Rica and end our 3-day kayak adventure in the late afternoon. (approximately 16 km)

Accommodation details: For the nights, we will set up a camp at two different places where we will be sleeping in top-quality expedition hammocks from Hennessy. The Hennessy Hammocks are real jungle hammocks. They've got attached mosquito nets, detachable rain fly, support ropes, stuff sack and complimentary tree huggers to protect the bark of trees. Experience a new level of comfort – almost as good as your bed at home and maybe even better!

Other matters: Everyone will carry their own gear (hammock, clothes and other personal belongings, water and a share of the food provided).

Price: US\$ 390 per person
Duration: 3 days / 2 nights
Capacity: Minimum of 4 people

Price includes:

- Rental of sit-inside sea kayaks and paddles
- Life jackets and other safety equipment
- All meals, snack for breaks and drinks to the meals
- Accommodation in expedition hammocks
- Multi-lingual guide

Price excludes:

- Additional snacks and drinks
- Personal gear such as sleeping bags, towels, kayaking gloves, caps, sunglasses, sun cream etc.



www.vistalasislas.com

Reservations: Hotel front desk or info@vistalasislas.com or tel 26410722