



PURA OSA

Naturaleza viva · Turismo regenerativo

FREE OFFLINE GUIDE
2026 EDITION

THE OSA TRIP PLANNER

The Costa Rica most travelers *never reach*

Where to base yourself, how to get there, when to go, how to book Corcovado and how to travel so Osa is better for your visit. Made by someone from here.

14 pages

Works offline

Verified October 2026

No ads. No affiliate links.

START HERE

Osa at a glance

Osa is big and the roads are slow. Pick one or two bases and let the rest be day trips.



- Costa Ballena ● Sierpe & Diquís
- Drake, Caño & Corcovado
- Puerto Jiménez & Matapalo ● Golfo Dulce

AREA	BEST FOR	ACCESS
Costa Ballena	First trips, whales, families	Paved road
Sierpe & Diquís	Mangroves, history, the boat to Drake	Paved road
Drake & Corcovado	Rainforest, wildlife, snorkeling	Boat, plane or 4x4
Puerto Jiménez & Matapalo	Corcovado by road, surf, macaws	Paved road or plane
Golfo Dulce	Dolphins, surf, quiet beaches	Road, plane or water taxi

Time from San José

Dominical	3.5 h
Uvita	3.5–4 h
Ojochal	4 h
Sierpe	4.5–5 h
Puerto Jiménez	6–7 h
Golfito	6–7 h
Drake Bay	6–8 h road + boat · ~1 h by plane

FROM A LOCAL

“Osa is my life and what I love most in this world.”

— Geinier Alvarado Guzman, born in Cortés de Osa

DECIDE FAST

How long do you have?

Fewer bases, longer stays. Here is how most trips work.

4 days

One base

Uvita or Ojochal. Whales, Marino Ballena, Sierpe mangroves and the stone spheres of Finca 6. All paved roads, no boats to catch.

7 days

Coast + Drake Bay

Three nights on the Costa Ballena, then the boat from Sierpe to Drake Bay for Corcovado and Caño Island.

10 days

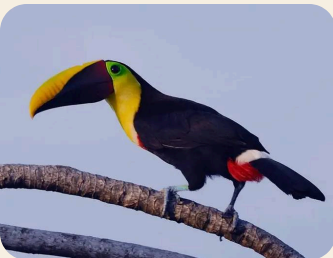
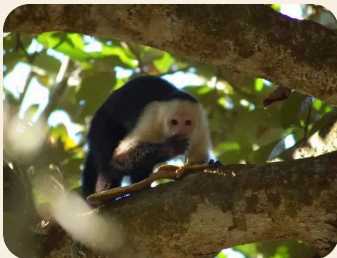
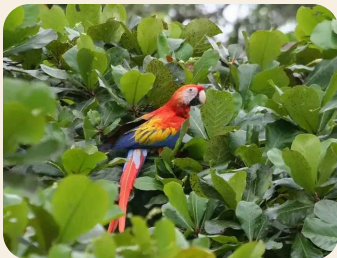
The whole region

Add Puerto Jiménez, Matapalo and the Golfo Dulce. Fly home from Puerto Jiménez.

Book in this order: Corcovado, Caño Island and domestic flights first. Lodges second.

Choose your base in 60 seconds

IF YOU WANT...	BASE YOURSELF IN	WHY
Whales, beaches, easy roads, family time	Uvita or Ojochal	Paved road, the most services, whale tours and waterfalls close by
Mangroves, stone spheres and the boat to Drake	Sierpe	River town, dock for Drake boats, Finca 6 is 15 minutes away
Corcovado by boat, Caño Island, wildlife	Drake Bay	Boat to San Pedrillo and Sirena; Caño is a day trip
Corcovado by road, macaws, surf	Puerto Jiménez / Matapalo	Banks, fuel, flights, guides; La Leona and Los Patos
Dolphins, quiet beaches, long left waves	Golfo Dulce	Golfito, Zancudo, Pavones and Punta Burica



The rule that saves your trip: two bases for a week beat five. Every move between bases costs half a day.

WHEN TO GO

The year in one table

Dry or green, whales or turtles: every season has its magic.

Best weather

December to April.
February and March are the driest.

Best for whales

August to October and
January to March.

Best value

May and June: sunny mornings, green forest, low prices.

Most difficult

October and November: heaviest rain, some closures.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rain (mm / month)	165	96	114	248	562	585	653	718	619	804	771	369
Humpback whales	●	●	●	●			●	●	●	●	●	●
Sea turtles nesting							●	●	●	●	●	●
Migrant birds	●	●	●	●							●	●
Big surf (Pavones, Matapalo)				●	●	●	●	●	●	●		
Easy Corcovado trails	●	●	●	●	●	●	●	●	●	●		●
Crowds and prices	●	●	●	●			●	●				●

● peak season ● possible or starting. Rain: monthly averages for Golfito (climate-data.org), around the Golfo Dulce, the wettest part of the region; the Costa Ballena gets somewhat less. Wildlife seasons are typical patterns and vary by year.

Best time for...

IF YOU WANT...	GO IN
Corcovado and long hikes	December to April
Humpback whales	August–October · January–March
Snorkeling and diving at Caño	December to April
Sea turtles	July to December
Birdwatching	December to April
Surfing Pavones	April to October
Finca 6 sunrise alignment	Around April · late Aug to early Sep
Low prices, quiet beaches	May, June and September

Green-season tips

- Plan boats and hikes for the **morning**; rain usually starts after lunch.
- Never cross a flooded river** by car or on foot.
- Pack a light rain jacket, quick-dry clothes and a dry bag. A 4x4 helps on gravel roads.
- Leave a spare day in your plans, especially if you fly or take a boat to Drake.
- In September and October confirm that your lodge and restaurants are open.

Water is warm all year: about 27–29 °C. Air on the coast: 21–28 °C, and it feels hotter with the humidity.

GETTING HERE

From the airport to Osa

Four steps, in the order that saves you time.

1 Fly to San José (SJO)

Direct flights from many US, Canadian, Mexican, Central American, Colombian and European cities. Book 2–4 months ahead. Dec–Apr and July are high season.

2 Sleep near the airport

Most flights land in the afternoon or evening. The drive south is best in daylight: spend the first night in Alajuela or near SJO and leave early.

3 Travel south

Rental car, private transfer, public bus or a short domestic flight (see below).

4 Pick one or two bases

Uvita, Sierpe, Drake Bay or Puerto Jiménez. Each has its own page in this guide.

Ways to travel south

OPTION	TIME	BEST FOR
Rental car	4 h to Uvita · 6–7 h to Puerto Jiménez	Freedom to stop; 4x4 for Drake by road
Domestic flight (SANSa)	45–60 min	Drake Bay, Puerto Jiménez, Palmar Sur, Golfito
Private transfer	4–7 h	Families and groups with luggage
Public bus	5–9 h	Tight budgets with time to spare

Prices at a glance (October 2026)

WHAT	PRICE
Bus San José → Uvita (Tracopa)	≈ ₡6,500 (US\$13), 4–5 h
Bus San José → Puerto Jiménez	₡8,565 (US\$17), ~7 h, daily at noon
Shared shuttle San José → Uvita	US\$60–75 per person
Private transfer San José → Uvita	US\$250–400 per vehicle
Rental car	≈ US\$50–80 / day + fuel + insurance
Flight San José → Puerto Jiménez	from ≈ US\$105–115 one way
Flight San José → Drake Bay	≈ US\$160–170 one way

Small planes, small bags

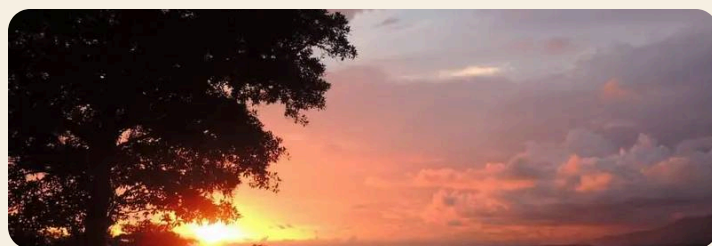
SANSa allows a carry-on of up to **4.5 kg** (50 × 30 × 20 cm) plus one personal item. Checked allowance depends on your fare. A soft duffel beats a hard suitcase.

Entry rules

Citizens of the US, Canada, the UK, most of the EU, Australia, Japan and others can usually enter visa-free for up to 180 days. Airlines may ask for proof of onward travel. Check Migración for your passport.

Before you fly

Install an **eSIM** so you have maps and WhatsApp on landing. Buy travel insurance that covers **medical evacuation**: the nearest hospital can be hours away by boat.



FROM A LOCAL

“I like to come down over the Cerro de la Muerte, cross the mountains and reach Pérez Zeledón, where I stop to enjoy its people, then continue to Dominical. If I am heading to Sierpe, I keep going along the Costanera.”

— Geinier Alvarado Guzman, born in Cortés de Osa

CORCOVADO NATIONAL PARK

Book it right

Tapirs, four monkey species, scarlet macaws. One of the most biodiverse places on Earth, and it has rules.

US\$15

per day, foreign adults
(@1,600 nationals), plus tax

1 guide

registered local guide
is mandatory

6 months

how far ahead
reservations open

7-4

park hours,
7:00 a.m. to 4:00 p.m.

October 2026. Sirena, Los Patos and El Tigre are closed for yearly maintenance and the heaviest rains. San Pedrillo and La Leona are open. From November, Sirena again admits up to 366 people a day. Sectors can change: **confirm with your guide before you book.**

SECTOR	ACCESS FROM	DAILY CAP	BEST FOR
Sirena	Boat from Drake, Sierpe or Puerto Jiménez; or on foot	366	The best wildlife; only station with lodging and meals (reserve)
San Pedrillo	Boat from Drake Bay	120	Shorter day trips; camping allowed
La Leona	Carate, by road from Puerto Jiménez	80	Beach and coastal forest; start of the walk to Sirena
Los Patos	La Palma, near Puerto Jiménez	80	Inland route to Sirena for experienced hikers
El Tigre	Dos Brazos, near Puerto Jiménez	80	Quiet trails and community tourism

Seven steps

1. Pick your month and a sector that is open.
2. Choose a base: Drake Bay (boat) or Puerto Jiménez / Carate (road).
3. Hire a registered guide or a tour that bundles everything.
4. Let the operator reserve your date.
5. Reserve Sirena lodging and meals separately, months ahead.
6. Pay the fees. The park fee does not cover guide, boat or meals.
7. Confirm 48 hours before: sector open, boat time, what to bring.

No swimming in beaches, rivers or lagoons inside the park.



What to budget

WHAT	PRICE
Day tour from Drake Bay	US\$110-165
Day tour from Puerto Jiménez	US\$160-180
Sirena overnight, from Drake	US\$350-545
Sirena overnight, from P. Jiménez	from ≈ US\$450

Day tours include boat, guide, park fee and lunch. Prices checked October 2026.

Common mistakes: no reservation or guide · booking Sirena for October · assuming the park fee covers everything · picking the cheapest tour without asking what happens if the sector closes.

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PAGE



Step-by-step booking



Sectors compared



Full Corcovado guide

DRAKE BAY

The wild Pacific side

No paved road in, no dock, no crowds. Plan two or three nights.

2–3

nights is the sweet spot:
Corcovado, Caño, slow day

~1 h

shared boat from Sierpe
(leaves about 11:30 a.m.)

US\$20

shared boat to
Drake village

Cash

bring dollars and colones;
do not rely on ATMs

Three ways in

Boat from Sierpe

The classic route through the Térraba-Sierpe mangroves, about 1–1.5 h. Boats return from Drake about 7:30 a.m. US\$25 to the Caletas sector, US\$30 to the Corcovado sector. Private boats leave any time.

Fly

About 50 minutes from San José with SANSA, from ≈ US\$160–170 one way. Strict baggage limits. Lodges arrange the 15–20 minute ride from the airstrip.

Drive (4x4 only)

Costanera Sur to Chacarita, Route 245, then the road through Rancho Quemado. About 2 h from Chacarita in the dry season, 3 or more in rain. Fill the tank at Chacarita. In heavy rain take the boat.

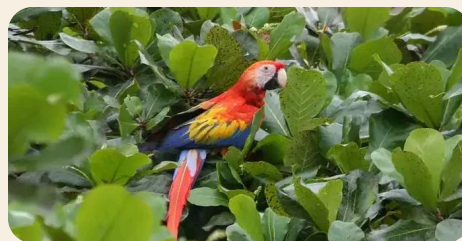
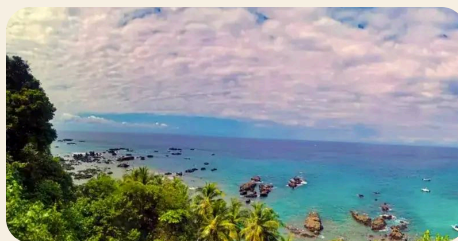
Wet landing. Boats stop in the shallows and you step into knee-deep water. Wear sandals, keep electronics in a dry bag, use a soft bag.

What things cost (October 2026)

WHAT	PRICE
Corcovado day tour	US\$110–165
Caño Island tour	US\$95–145
Budget room (guesthouse)	≈ US\$20–60 / night
Mid-range cabina	≈ US\$50–135 / night for two
Eco-lodge / boutique	≈ US\$120–300 / night for two
All-inclusive lodge	≈ US\$380–505 pp / night, 3–5 night packages + 13% tax

Good to know

- **Power and signal.** Lodges away from the center may run on solar with generators at set hours. Wi-Fi is limited: download maps and tickets first.
- **Caño Island** is a biological reserve about an hour offshore. No lodging, so it is always a day trip. Best visibility December to April.
- **Scarlet macaws** feed on the beach almond trees along the shore. Ask your lodge for dawn bird walks and night walks.



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Drake Bay guide



Getting to Drake Bay



Caño Island

UVITA & COSTA BALLENA

The easiest start

Paved road, the most services on the coast, and a national park that is also a whale nursery.

3.5–4 h

from San José
by car

17 km

south of Dominical,
Costanera Sur (Route 34)

3–4

nights to see
the best of it

Low tide

walk the Whale Tail,
go early



The Whale Tail

At low tide you can walk out along the sandbar that, from above, forms a whale's tail. Check the tide table and go early. The park fee is paid by card at the ranger station.

Whales and dolphins

Southern humpbacks arrive July to November (peak August to October); northern humpbacks December to April. Dolphins all year. Licensed boats leave from Uvita beach. The Festival de Ballenas y Delfines is held the first weekend of September.

Waterfalls

Uvita Waterfall has pools and a rock slide; a small fee (≈ \$1,000–1,500) helps the family that cares for it. **El Pavón** (Ojochal side) is a short walk. **Nauyaca** is two big tiers above Dominical, 30–45 minutes away.

Ojochal

A quiet village with the best restaurants in the south, the sea caves of Playa Ventanas (walk in at low tide) and a turtle reserve.

Dominical

A laid-back surf town at the mouth of the Barú River, 3.5 h from San José, with the Nauyaca waterfalls close by.

Forest and birds

The hills are still forest. Scarlet macaws, toucans, capuchins and sloths are common near lodges with private trails. A guided dawn bird walk is a great start to the day.

Local market

The Bahía Ballena market brings farmers, bakers and artisans together a couple of mornings a week (usually Wednesday and Saturday; ask locally).

Day trips

Sierpe mangroves (about 1 h) · Caño Island snorkeling tours from Uvita · Drake Bay and Corcovado, better as an overnight trip.



MONTH	WHALES AND NATURE IN UVITA
Jan–Mar	Northern humpbacks; driest, calmest sea
Jul–Nov	Southern humpbacks; turtles nest; green season
Sep	Peak whales; Whale Festival; wettest months begin
Oct	Wettest month; lowest prices

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Uvita guide



Whale season by month



Ojochal



Dominical

THREE MORE BASES

Sierpe, Puerto Jiménez and Golfo Dulce



SIERPE & DIQUÍS

Mangroves, boats and stone spheres

A river town in the Térraba-Sierpe wetland, one of the largest mangrove forests in Costa Rica, and the dock for boats to Drake Bay. 4.5–5 h from San José, about 1 h from Uvita.

- **Mangrove tour:** go early on the river, lunch riverside.
- **Finca 6:** stone spheres of the Diquís, UNESCO World Heritage since 2014, 15 minutes from Sierpe. Open Tuesday to Sunday, 8 a.m.–4 p.m. Foreign adults US\$7; weekends currently free for everyone. Confirm: +506 2211-5847.
- **Free stop:** the Palmar Sur park with Locomotive 84 (20 minutes).
- **Our stops:** Puerto Dock (boats to Drake), Oleaje Sereno and Donde Jorge, by the river.



PUERTO JIMÉNEZ & MATAPALO

Corcovado by road, macaws and surf

The only real town in the south of Osa: banks, fuel, flights and guides. 6–7 h from San José by road, about 50 minutes by plane.

- **Corcovado:** the practical base for La Leona (via Carate) and Los Patos. Day tours from US\$160–180, leaving around 5:30 a.m.
- **Cabo Matapalo:** 30–40 min away. Three right-hand point breaks, scarlet macaws and rainforest down to the sand.
- **Boat days** on the Golfo Dulce for dolphins.
- **Cross-gulf:** water taxi to Golfito (about 1–1.5 h).



GOLFO DULCE

A tropical fjord, empty beaches

Resident dolphins, humpbacks, quiet beaches and one of the longest left-hand waves on Earth. One of the wettest areas of Costa Rica.

- **Golfito:** old banana port; base for boat days. 6–7 h from San José.
- **Playa Zancudo:** long, quiet beach, 30 min by water taxi from Golfito. **Bring cash:** no ATM or fuel station.
- **Pavones & Punta Burica:** the famous left, turtle releases at Punta Banco (typically November to January) and the end of the road. 1.5–2 h from Golfito.
- Big surf April to October (south swells).

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Sierpe
mangroves



Finca 6
spheres



Puerto
Jiménez



Golfo
Dulce

ITINERARIES

Three trips that work

Built around real driving and boat times. Leave a spare day if you fly or take a boat to Drake.

4 days

Costa Ballena · Sierpe · Finca 6

- Day 1** **San José → Uvita**
Drive 3.5–4 h or take a transfer. Sunset on the beach.
- Day 2** **Whales and the Whale Tail**
Morning boat tour in Marino Ballena; walk the Tail at low tide.
- Day 3** **Sierpe and Finca 6**
Early mangrove tour, riverside lunch, stone spheres in the afternoon.
- Day 4** **Waterfall and back**
Swim at Uvita Waterfall or Nauyaca, then drive to San José.

7 days

Costa Ballena · Drake Bay

- Day 1** **San José → Uvita or Ojochal**
Costanera south, 3.5–4 h.
- Day 2** **Marino Ballena**
Whale and dolphin tour, then the Whale Tail.
- Day 3** **Waterfalls and Ojochal**
Nauyaca or El Pavón; Playa Ventanas caves at low tide.
- Day 4** **Finca 6 → boat to Drake**
Free stop at Palmar Sur park, spheres, then the ~11:30 boat.
- Day 5** **Corcovado**
Guided day to San Pedrillo, or Sirena when open.
- Day 6** **Caño Island**
Snorkel or dive; night walk in Drake.
- Day 7** **Fly or boat back**
Plane to San José (~1 h) or morning boat to Sierpe.

10 days

The whole region

- Days 1–3** **Costa Ballena**
Whales, Marino Ballena, waterfalls, Playa Ventanas.
- Day 4** **Sierpe and Finca 6**
Mangroves and spheres; sleep by the river.
- Days 5–7** **Drake Bay**
Corcovado, Caño Island, the coastal trail.
- Day 8** **Drake → Puerto Jiménez**
Boat to Sierpe, then drive about 3 h.
- Day 9** **Matapalo and Golfo Dulce**
Macaws and surf, or a dolphin boat day.
- Day 10** **Fly back**
Puerto Jiménez → San José (~50 min).

Only four days and Corcovado is the priority? Fly to Drake, do a guided Corcovado day and Caño Island, add a night tour and fly back.

Do not try to see everything. In the green season put tours in the morning and keep afternoons free.

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Itineraries
online



Interactive
map



Where to
stay



Weekend
trips

PACKING

Checklist for Osa

Print this page or keep it on your phone.

The five things people forget

- 1 Cash: Drake Bay, Zancudo and Pavones have few or no ATMs.
- 2 Shoes that can get wet: boats land on the beach.
- 3 A dry bag for phone, passport and camera.
- 4 A headlamp: night walks and power cuts.
- 5 A light bag: 4.5 kg carry-on on domestic flights.

Clothes

- ☐ Light, quick-dry shirts and shorts (cotton stays wet for days)
- ☐ Light long pants and a long-sleeved shirt for forest, evenings and mosquitoes
- ☐ Swimsuit and a rash guard for snorkeling
- ☐ A light rain jacket or poncho, all year
- ☐ A light fleece only if you visit the mountains

Shoes

- ☐ Closed hiking shoes or trail runners that can get wet
- ☐ Sandals with a back strap or water shoes for boat landings
- ☐ Ask your lodge: many near Corcovado lend rubber boots

Health and sun

- ☐ Insect repellent (DEET or picaridin)
- ☐ Reef-safe sunscreen, hat and sunglasses
- ☐ Prescriptions, small first-aid kit, motion-sickness tablets
- ☐ Refillable water bottle

Gear

- ☐ Binoculars (8x42 is ideal)
- ☐ Headlamp (red light is a plus)
- ☐ Dry bag and waterproof phone pouch
- ☐ Small daypack with a rain cover
- ☐ Snorkel mask, if you prefer your own

Money, phone and documents

- ☐ Passport valid for your whole stay; proof of onward travel
- ☐ Cash in colones and small US dollar bills
- ☐ eSIM or local SIM (signal is weak in remote areas)
- ☐ Power bank; 120 V, US-style plugs (types A and B)
- ☐ Travel insurance with medical evacuation
- ☐ Offline copies of bookings and this guide

Leave at home

- ✗ Heavy jeans and cotton hoodies
- ✗ Big hard suitcases if you will fly or take boats
- ✗ A drone, unless you have the permits
- ✗ Single-use plastic bottles and bags

SEASON	ADD TO THE BAG
Dry season (Dec–Apr)	More sunscreen, a sun shirt, electrolytes for hot hikes
Green season (May–Nov)	A better rain jacket, extra quick-dry socks, zip bags, a small towel
Whale season	Motion-sickness tablets and a camera with zoom

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Full list online

TRAVEL WELL

Leave Osa a little stronger

Sustainable travel asks how to do less harm. Regenerative travel asks how each visit can leave the place stronger.

Seven ways to travel regeneratively

1. **Hire local.** Certified guides, boat captains and drivers from Osa. Their income is the strongest argument for keeping the forest standing.
2. **Sleep where the money stays.** Family-run lodges and cabinas, ideally with CST certification and protected forest.
3. **Eat from here.** Sodas, markets, local fish and fruit.
4. **Respect the limits.** Pay park fees, keep whale-watching distances, never feed wildlife, accept visitor caps.
5. **Go slow.** Two bases for a week beat five.
6. **Leave no trace.** Refillable bottle, reef-safe sunscreen, take your trash out.
7. **Give back.** Donate or volunteer with local projects.



The Pura Osa origin seal

Identifies places rooted in Osa: local ownership or real local benefit, community staff and suppliers, care for forest, water and wildlife, honest information, and legal and safe operation. It is free, never sold, and not an official certification. Recommended places do not pay to appear.

Look for these

- **CST** (Certification for Sustainable Tourism): free, voluntary ICT program with Basic and Elite levels.
- **Ecological Blue Flag** for beaches, communities and businesses.

Spot greenwashing

Who owns it? Where does the staff come from? How much forest does it protect? What does it do with water and waste? Real answers are concrete; greenwashing stays vague.

Local projects you can support

Reserva Playa Tortuga

Ojochal · turtle hatchery, wetland monitoring

Fundación Corcovado

Drake Bay area · turtles, education

LAST

Golfo Dulce · sea turtle research

BioSur Foundation

Río Nuevo · rainforest reserve, research

Osa Conservation

Piro · turtles, restoration, regenerative farming

COPROT

Carate · community turtle-nest protection

Fundación Saimiri

La Palma · squirrel monkey conservation

Contact organizations before visiting or volunteering; programs and dates change. Pura Osa does not accept donations: it links to these groups and plans to return a share of commissions.

FROM A LOCAL

“My parents taught me ecology and regeneration long before they were fashionable labels. When we arrived in Uvita, the farm was cattle pasture; for decades we planted native trees when almost no one did, and today we have native forest.”

— Geinier Alvarado Guzman, born in Cortés de Osa

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Regenerative travel



Origin seal



Support Osa

Practical notes and safety

TOPIC	WHAT TO KNOW
Money	Cash in colones and small US dollars. Drake Bay, Zancudo and Pavones have few or no ATMs, and power or signal cuts can stop cards.
Signal	Weak in remote areas and gone inside Corcovado and parts of the Golfo Dulce. Download offline maps and keep this PDF.
Power	120 V, US-style plugs (types A and B). Remote lodges may run on solar or generators at set hours.
Health	Bring prescriptions and a small first-aid kit. Hospitals can be hours away by boat: get evacuation cover.
Emergencies	Dial 911 anywhere in Costa Rica.
Water	Ask your lodge about drinking water. Refill a bottle rather than buying plastic.

Safety on the water and trails

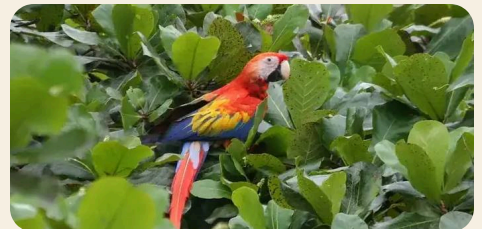
- **Never cross a swollen river or stream**, by car or on foot. Rivers rise fast after heavy rain. If in doubt, wait or ask a local.
- **No swimming** inside Corcovado: crocodiles and bull sharks live at river mouths.
- **Boat landings are wet** and the Sierpe river mouth can be choppy, especially September to November. Trust the captain's timing.
- **Do not drive after dark** on the Costanera. Allow extra time.
- **Valuables:** do not leave them in the car, including in guarded lots near the Sierpe docks.

Wildlife manners

- Keep whale-watching distances. Use licensed boats only.
- Never feed wildlife. Keep to trails.

Official and useful contacts

NEED	WHERE
Corcovado rules and fees	SINAC – Corcovado National Park (sinac.go.cr)
Visa and entry rules	Dirección General de Migración y Extranjería (Costa Rica)
Domestic flights	SANSA (flysansa.com): San José to Drake Bay, Puerto Jiménez, Palmar Sur, Golfito
Finca 6 stone spheres	Museo Nacional de Costa Rica · +506 2211-5847 · finca6@museocostarica.go.cr
Boat schedules Sierpe ↔ Drake	drakebayboat.com , or ask your lodge to book
Questions about this guide	hola@puraosa.com



Prices, hours and rules change. This edition was verified in October 2026 with operators, official sources and local knowledge. Park sectors can open or close with little notice. Confirm with your guide or lodge before you travel; the QR codes in this guide go to pages we keep updated.



Keep going online

Scan any code for the live, updated page. Prices, sector status and schedules are kept current on puraosa.com.



Plan your trip



When to go



Book Corcovado



Drake Bay



Uvita



Interactive map



Where to stay



Travel regeneratively



Written by someone from here

Geinier Alvarado Guzman was born in Cortés de Osa and grew up between Ballena, Tinoco and Uvita, long before tourism arrived. He has more than 20 years in tourism, today focused on regenerative travel across Latin America. He writes these guides from local knowledge and checks rules and fees with official sources.

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