



The Pacific Section

Day 1

Nápoles to Naranjillo camp

Distance: 16 km (300m ascent, 550m descent)

Intermediate level

Stay at a tent camp

Activities: 1 trek, Optional Achiote tour

Drive from San Jose to just beyond Nápoles so you can start your trek to Naranjillo at 10am.

You will start walking past Nápoles off the Quepos Tarrazu road. You will walk on a dirt road with lovely views and on the way have lunch at Rancho Turistico Buena Vista Tarrazu. This is a very unique place to visit with locally grown organic treats cooked by a very inventive local entrepreneur. The sign to enter says 500m but it is really 1km. After lunch you will walk a foot path to reach your camp ground which is only 2 ½ km beyond your lunch venue. Your meals will be provided by the town people of Naranjillo. The last part is a steep descent. If you have energy walk down to the river Naranjo. There is not much to do but listen to the silence here. Warm during the day a bit milder at night. They may offer you a tour of Achiote.



Naranjillo to Esquipulas

Distance: 12 km (1km ascent, 470m descent)

Intermediate Level

Stay at Casa Light of Dawn

Activities: 1 trek, Optional Vanilla tour

Day 2

Leave early 7:30 from camp and ask for early breakfast and ask for fruit to eat on the way- again to avoid the heavy sun and walk up from the river back to El Camino de Costa Rica (steep) and continue all the way down to Esquipulas. This is a gravel road and going down is difficult as you know being an experienced walker.

You will take a tour of tropical plants and visit a beautiful waterfall where you can bathe.



Day 3

Esquipulas to Quepos

Distance: 22 km (0m ascent, 0m descent)

Intermediate Level

Recommend staying at Karahe Hotel or Arboleda in Manuel Antonio

Activities: 1 trek

Walk some 8 kilometers of the last day trek to Villa Nueva to visit Villa Vainilla. Learn about their tradition of harvesting vanilla and other spices. Walk 3 more km for lunch at Coqui's among the palm oil trees and forget all the healthy eating habits and have some chicharrones, yucca and plátanos all cooked over wood. Transfer to walk through Palma Tica 8km and then cross the highway for the last 2km to enter Quepos. You will be transferred to Manuel Antonio to your hotel in time to take a dip in Pacific Ocean.

Walk to nearby restaurant anytime either along the beach or in town.



Day 4

Manuel Antonio to San José

Optional day to enjoy Manuel Antonio

Optional Activities: Visit Manuel Antonio National Park, Enjoy water sports

Spend your fourth day visiting Manuel Antonio National Park, one of the world's 12 most beautiful national parks (Forbes list). There are many water sports available and they are easy to schedule when you arrive. You can take surfing lessons or experience parasailing, scuba diving, snorkeling, sea kayaking, mountain biking and horse riding. Arrange for your return to San José late in the afternoon.

