



**Wild Heart of Costa Rica**  
Jungle Trekking & Wildlife Expedition

[www.merchantraveller.co.uk](http://www.merchantraveller.co.uk)



## Explorer informed travel

Daniel Eggington is an explorer who ventures alone, off the grid and off the map. His goal is to explore areas that are usually avoided due to difficult terrain, political issues, or a violent history. He aims to go beyond the headlines and fear to discover the true essence of a country, its culture, and its wildlife.

Throughout his explorations, Daniel has sought to find a way to safely introduce others to these hidden natural wonders. By "safely," he means considering the well-being of the clients, nature, and the indigenous communities.

After completing an exploration, Daniel continues to collaborate with the local communities to facilitate the entry of small guided groups into areas that are otherwise inaccessible to outsiders. Each expedition is unique, planned, and executed according to specific requirements under Daniel's leadership. The involvement of local communities is central to these expeditions. Local indigenous people host the expeditions in their homes, offering an authentic glimpse into their way of life. Furthermore, local guides provide a level of knowledge and connection that cannot be replicated by an outsider.

It's important to note that there are no typical travel packages, vacations, or holidays offered here. Instead, the focus is on providing a genuine taste of exploration in areas that are not just outside the reach of tourism, but literally off the map.



# Wild Heart of Costa Rica



## Overview:

Embark on an unforgettable expedition through one of the most biodiverse regions on the planet. This 12-day adventure takes you deep into the heart of Costa Rica's Osa Peninsula, home to the Corcovado National Park, where you'll encounter incredible wildlife, engage in cultural immersion, and learn essential jungle trekking skills in a pristine, genuinely wild environment.

Whether tracking jaguars, walking ancient trails, or learning from Indigenous communities, this journey promises a once-in-a-lifetime experience.

### **Adventure Travel – statement of risk**

Travelling through remote tropical environments inherently involves the risk of personal injury, illness, or death. Participants in these activities should fully understand and acknowledge these risks. Each participant is responsible for their actions and involvement.

## **Day 1 – Arrival in San Jose**

Upon arrival in San Jose, you will be greeted by our representatives and transferred to your hotel. After settling in, take some time to explore the vibrant city at your own pace. In the evening, enjoy a welcome dinner with the group.

## **Day 2 – Fly to the Osa Peninsula**

This morning, we embark on a journey to Puerto Jimenez on the Osa Peninsula, a region renowned for its incredible biodiversity. This area serves as the gateway to the primary jungle of Corcovado National Park.

## **Day 3 – Exploring Puerto Jimenez**

We will spend the day discovering the charming town of Puerto Jimenez, its stunning beaches, and vibrant local culture. We will also meet our local guides and support team, discuss safety protocols, and review essential gear to ensure we are well-prepared for the days ahead.

## **Days 4-6 – Corcovado National Park**

Early in the morning, we head into Corcovado National Park by all-terrain vehicles, travelling to the OSA Conservation Bunkhouse, our base camp in the heart of the jungle. Over these three days, we will immerse ourselves in the jungle environment, learning essential survival skills such as navigation, machete use, and camp-building. Our time will also focus on safety practices and camp hygiene to ensure a comfortable stay.

## **Days 7-9 – Jungle Expedition**

With Daniel as the lead guide, supported by knowledgeable local indigenous guides, we will embark on a multi-day expedition deep into the jungle. Experience the sights and sounds of the rainforest at night, camping under the dense canopy.

The indigenous guides will share their deep understanding of local flora, fauna, and cultural traditions, providing insight into how they coexist with the environment. During this unique adventure, watch for wildlife such as tapirs, ocelots, pumas, jaguars, American crocodiles, caimans, and a remarkable variety of insects, snakes, and spiders.

## **Day 10 – Return to Base Camp**

We trek back to base camp to refresh and relax. That evening, we will come together for a final team meal, celebrating our jungle adventure and reflecting on our unforgettable memories. The night will also be our final chance to be serenaded by the unique and captivating sounds of the jungle.

## **Day 11 – Return to San Jose**

Our journey comes full circle as we return to Puerto Jimenez and then back to San Jose.

We part ways at the San Jose, where you can catch your international flight, or if you're extending your stay in Costa Rica, we can arrange transportation to your next hotel.



## Previous Experience

Due to the remote areas visited, you will need to have a good overall fitness level and be in good health to join one of our expeditions.

This expedition is suitable for people with no experience of jungle trekking. However, to get the best from your time in Costa Rica, we offer a 2-day preparation weekend in the UK.

More information will be provided with your booking confirmation.

## Lead Guide and Local Staff

Daniel will lead the expedition with local indigenous guides, providing invaluable local knowledge. In addition to guides, we have our staff and local representatives to support the smooth running of the trip.



## Weather

The coastal region of Costa Rica has a typical tropical climate in that temperatures remain relatively high throughout the year, 30°C+.

During the rainy/wet season (May to October), heavy rainfall is expected at some point every day.

## Currency

The currency in Costa Rica is the Colón. The US Dollar is widely accepted, especially in San Jose, hotels and restaurants.



## Catering & Meals

We will have a kitchen at camp where a local chef will prepare traditional local and Costa Rican meals. Trekking/Backpacking type meals will be used during the 3-day expedition.

## Accommodation

We use tourist-class traditional Costa Rican hotels/hostels for San Jose and Puerto Jimenez. Base Camp is at an OSA Conservation bunkhouse with shared accommodation

## Equipment

A detailed equipment list will be provided with your booking confirmation. We provide specialist equipment such as hammocks, water purification, machetes and other tools required for the jungle.

## Language & Time

Spanish is the official language in Costa Rica. However, several indigenous languages are still spoken across the country. The country has one time zone, which is GMT-6 hours. Costa Rica does not adjust for daylight saving.

## Local costs

All accommodation and shared meals are included. Internal flights and transfers are also included. Additional costs would include any drinks or snacks outside of mealtimes and tips for local staff.

## Health

All our UK Guides are expedition first aid qualified, and all our staff hold first aid trained and carry a fully equipped first aid kit for medical emergencies. However, you should bring your own supplies of plasters, blister prevention, paracetamol etc. and any medication you are taking.

Contact your GP around eight weeks before your trip to check whether you need vaccinations or other preventive measures. Further information can be found at <https://travelhealthpro.org.uk>.

Be aware that Costa Rica has requirements for people arriving from countries at risk of Yellow Fever, and you may require a vaccination certificate to enter the country.

The following vaccinations are usually recommended for this expedition: Hepatitis A, Tetanus, Typhoid and Rabies.



## Insurance

To be adequately protected by travel insurance, you will need a specialist policy that caters for the activities and remote location of your trip with Merchant Traveller. It is a requirement of our booking conditions that you have such a policy.

We will provide details of recommended insurance providers with your booking confirmation.



## Visas

For UK guests, the latest travel advice can be found at <https://www.gov.uk/foreign-travel-advice/costa-rica>.

British Nationals do not require a visa to enter Costa Rica and can stay under a tourist visa waiver for up to 180 days. Passports must be valid for the period you are in Costa Rica plus one day, but we advise a minimum of 6 months.

For non-British Nationals, contact your local Costa Rica embassy or consulate for advice.

## Baggage

We suggest you pack light. If you plan to extend your time in Costa Rica before or after the expedition, we can arrange for baggage to be left in San Jose.

## Flights

All our expeditions exclude international flights.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

Not just an expedition—it's an opportunity to disconnect from modern life and reconnect with the raw beauty of nature

## Key Features

- **Guided by Experts:** Led by Daniel and local guides who know the region intimately.
- **Authentic:** Stay in traditional indigenous accommodation for a truly authentic experience.
- **Biodiversity Haven:** Encounter exotic birds, amphibians, reptiles and more in one of the world's last untouched and richest ecosystems.
- **Cultural Immersion:** Connect with local indigenous communities and learn about their unique way of life.
- **Adventure Photography:** Capture the unique rainforest, its wildlife, indigenous people and culture.

## Why Merchant Traveller?

We offer immersive, heart-pounding expeditions into the Earth's last untouched frontiers. Perfect for adventure seekers, wildlife enthusiasts, and cultural explorers.

Our small group expeditions ensure a personalised true taste of exploration.

**Are you ready to take the leap?**

visit us at [www.merchantraveller.co.uk](http://www.merchantraveller.co.uk)

*Unleash the explorer within!*





For further information about our expeditions including dates of our up-and-coming trips please visit

[www.merchantraveller.co.uk](http://www.merchantraveller.co.uk)

To enquire about expedition planning or consultancy, contact Daniel direct at: [info@merchantraveller.co.uk](mailto:info@merchantraveller.co.uk)



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