The itenerary for your trip to Parque Nacional Coiba:

Day 0: After 2 pm: Arrive at Hotel Heliconia in the afternoon.

7 pm: Dinner with other guests and the guide. The guide will give you more information about Coiba, its ecosystems and about what you can expect to see. You will also receive a fish ID guide in the form af a poster

Day 1: 7 am: Breakfast at Hotel Heliconia.

8 am: Leave for the Port in Palo Seco

8.30 am: Departure by boat for Coiba. The journey takes about 2 hours and 30 minutes. You have a good change to see brown pelicans, spotted dolphins, terns and shearwaters

11 am: Arrival at our private camp on Coiba

11.30 am: Departure for our first snorkel spot. This is a protectd bay with a beach and rocky reefs. You can enter the water from the beach and leisurely explore the reef.

1 pm Luch on the beach

1.30 pm: Register at parks office

2 pm: A visit to small rocky islets to see frigate birds, boobies and terns

3 pm: A walk in th eprimare forests of Coiba. We look for Coiba howler monkeys, Coiba agouties and forest birds. The guide will tell you more about the ecology of the forest and the history of the island

5.30 pm return to camp

7 pm: Dinner

9 pm: A walk on the beach to enjoy the stars and look for fishing bats.

Day2: 7 am: Breakfast at camp

8 am: Departure for a tour of the mangroves alang the Rio San Juan. Here we can see herons, kingfishers, snadpipers, crocodiles and the scarlet macaw.

9.30 am: A walk in the secondary forest towards the hot springs. The guide will explain diffrences between primary and secondary forest. We also look for monkeys and birds.

12.30 Lunch at camp

2 pm: Snorkel at Granito de Oro. This is the best spot on Coiba and you are likely to see sea turtles, many reef fish, schools of big-eye jacks and the occasional white-tip reef shark.

4 pm: Snorkel at Isla Machete, anotehr very good spot. Here there is rocky reef facing the open sea, where turtles and small sharks often pass by, and a shallow water coral reef with many reef fish, rock lobsters, corals, sponges and more.

5.30 pm: return to camp

7 pm: Dinner at camp

Day 3: 7 am: Breakfast at camp

8 am: Packing up camp. There is time for a beach walk or a morning swim.

9 am: Return to Hotel Heliconia. On the way back we keep an eye out for dolphins and sea birds.

11.30 Arrival at port

12 am: Shower and change at the hotel, followed by a light lunch and then you are on your way to your next adventure.