

DAY-BY-DAY EXPEDITION GUIDE

Marine Conservation Expedition
8-Day Detailed Itinerary
September 17th – 25th, 2026



Osa Peninsula • Costa Rica

Corcovado Wilderness Lodge In
partnership with Innoceana



8-Day Itinerary

An exclusive expedition blending luxury travel, world-class diving, direct access to marine scientists, and meaningful participation in one of Costa Rica's most ambitious coral restoration initiatives.

Set within one of the most extraordinary and remote coastal landscapes in Costa Rica, Corcovado Wilderness Lodge offers a unique combination of refined comfort and wild nature, elevating the expedition beyond traditional conservation travel.

Your presence directly supports Innoceana's long-term conservation and restoration work at Caño Island and across the Osa Peninsula.

Should you wish to extend your journey, our team will be delighted to assist in creating a seamless and fully personalized itinerary. From domestic flights and private transfers to additional experiences, extensions, and tailored services at the property, every detail can be thoughtfully arranged for you, offering a true concierge-style experience throughout your stay.

Participants will:

- Dive in one of Costa Rica's most biodiverse marine reserves
- Spend time with the scientists leading coral restoration at Isla del Caño
- Gain behind-the-scenes insight into active research and restoration planning
- Directly support Innoceana's conservation mission through their participation
- Return home as informed ambassadors for ocean resilience





DAY 1: Arrival & Private Welcome

Mid-morning: Transfer to the lodge, either via a scenic boat journey through the Sierpe mangroves or via Drake Bay, depending on your arrival route. Both options offer an immersive introduction to the wild beauty of the Osa Peninsula.

Afternoon: Arrival at Corcovado Wilderness Lodge, welcome refreshments, and a relaxed lunch featuring fresh, locally inspired cuisine. Time to settle into your villa, unwind, or begin exploring the property at your own pace.

Evening: Sunset welcome gathering overlooking the Pacific, followed by an intimate, fireside-style presentation: Who Is Innoceana?

An introduction to the organization's global work, conservation philosophy, and the story of Caño Island and its restoration.

Private welcome dinner, designed as a meaningful and relaxed first evening together.

DAY 2: Welcome Dives at Caño Island

Morning: Early breakfast followed by departure to Caño Island. The first dives are designed as a gentle and enjoyable introduction to the island's reefs, focusing on comfort, orientation, and connection with the underwater world.

Midday: Light lunch and time on the water to relax and absorb the experience.

Afternoon: Enjoy leisure time at the lodge, experiencing the unique balance of comfort and wilderness that defines Corcovado Wilderness Lodge.

Evening: Dinner at the lodge followed by an engaging talk with a special guest from a regional conservation partner.





DAY 3: Turtles, Sharks & Rays

Morning: Departure to Caño Island for dives focused on encountering the reef's most iconic species. Guests will learn to identify key families of sharks and turtles, while gaining insight into their behavior, ecology, and conservation challenges.

Conditions permitting, exploration of Bajo del Diablo offers the possibility of encounters with manta rays and other pelagic species.

Afternoon: Return to the lodge and time to rest or explore at your own pace.

Evening: Dinner followed by a discussion: What's Happening at Caño Island and What We're Doing About It.

DAY 4: Restoration Fundamentals: *Scientist for a Day*

Morning: Guests join Innoceana's research and restoration team for an introduction to marine restoration science. Learn how ecological data is collected underwater, including observation protocols, photographic documentation, and how scientists assess reef health over time.

Midday & Afternoon: Guided practice dives focused on skill-building, data awareness, and working as part of a research team, developing a deeper understanding of the science behind restoration.

Evening: Dinner followed by a lecture: Inside Innoceana's Novel Restoration Science, led by a member of the research team.





DAY 5 : Leisure & Insight

Morning: Scientific session including a virtual keynote by Dr. Caroline Palmer, sharing insights into coral resilience and reef restoration strategies in changing ocean conditions.

Late Morning & Afternoon: Time at leisure to enjoy the lodge and its surroundings. Optional land-based experiences may include guided jungle hikes, tree canopy exploration, spa treatments, or simply time to rest and reconnect.

Evening: Dinner at the lodge.

DAY 6: Restoration in Practice & Stewardship

Morning: Return to the field to take part in applied restoration efforts. Guests work alongside the research team on active restoration or maintenance activities, gaining insight into how projects are sustained over time.

Afternoon: Return to the lodge and time at leisure.

Evening: Dinner followed by a lecture: Cetaceans of the Osa Peninsula.





DAY 7: Cetaceans Monitoring

Morning: Marine expedition dedicated to the broader ecosystem. Guests search for whales, dolphins, and other marine life while participating in live acoustic monitoring using a hydrophone to listen beneath the surface in real time.

Afternoon : Return to the lodge and time to relax.

Evening: Closing circle and reflection session with the Innoceana team, exploring reef stewardship, conservation, and the role of responsible tourism, followed by a farewell dinner.

DAY 8: Departure

Morning: Departure from the lodge.

Guests leave not only inspired, but with a deeper understanding and genuine connection to the future of Caño Island





Inclusions

- **Accommodation:** 7 nights at Corcovado Wilderness Lodge
- **Meals:** Three daily vegetarian meals (breakfast, lunch, and dinner)
- **Scientific Program:** Talks, guided sessions, and theory classes led by the Innoceana team
- **Certification:** Certificate of completion of the program
- **Diving:** 10 guided dives
- **Equipment:** Full dive equipment provided
- **Conservation Materials:** All materials required for research and learning activities
- **Park Entrance Fees**
- **Transfers:** To and from Sierpe or Drake Bay airstrip and on-site transportation related to scheduled activities
- **Expedition Kit:** Selected expedition items

Not included:

- International Flights
- Travel or Medical Insurance (mandatory and to be arranged by the guest)
- Personal Expenses
- Alcoholic Beverages
- Optional Add-ons or Additional Experiences
- Dive training – **All participants must be certified divers prior to arrival.**

What to Bring

Participants are required to bring the following personal items to ensure comfort, safety, and full participation throughout the expedition.

Dive & Equipment

- Mask (optional)
- Dive computer
- Dive flashlight
- Camera

Personal Items

- Dry bag
- Natural insect repellent
- Reef-safe sunscreen
- Water bottle
- Notebook and pen

Clothing & Essentials

- Light clothing for warm weather
- Long-sleeve shirt for boat rides
- Raincoat
- Swimsuit
- Hat or cap
- Sunglasses





Payment and Cancellation Policies

A non-refundable deposit of \$1,500 USD per person is required to confirm the reservation and directly supports Innoceana's marine research and conservation efforts. The remaining balance is due 90 days prior to the expedition start date, at which time full payment becomes non-refundable.

Alliance between *Innoceana* and *Corcovado* *Wilderness Lodge by SCP*

This expedition supports active coral resilience research and long-term reef monitoring at Caño Island, while contributing to the protection of the wider ecosystem that sustains turtles, sharks, and other migratory pelagic species in the Eastern Tropical Pacific.

Through this alliance and the new expedition programs, we will support marine research, habitat restoration, and community education initiatives designed to safeguard coral reefs, marine wildlife, and coastal ecosystems. We will also create opportunities for our guests and staff to learn, participate, and become active allies in conservation, fostering a deeper connection between people and the ocean that sustains us all.

At Corcovado Wilderness Lodge, we believe that tourism can be a force for regeneration. This partnership strengthens our commitment to a model of hospitality that gives back one that honors the land and sea that make the Osa Peninsula so extraordinary.



Join the Expedition

Dive with purpose – Protect the ocean.

8-Night Expedition: USD 13,650 per person

Rates are subject to an additional 13% VAT (Value Added Tax).

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CORCOVADO
WILDERNESS LODGE
BY SCP HOTELS


Innoceana
COSTA RICA