

VISITOR INFORMATION

Whether coming for birding, as part of a class, fieldwork, or to volunteer, we're glad that you decided to visit us in the Osa Conservation Campus !



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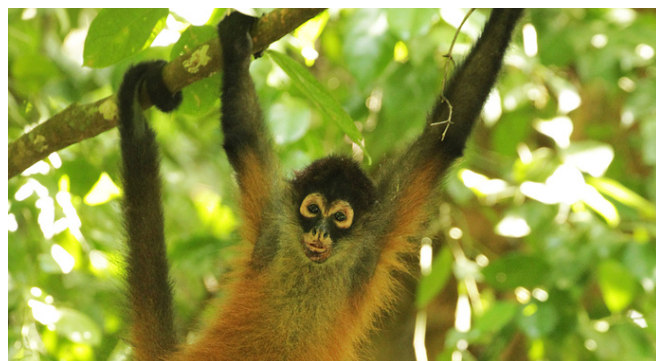
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OVERVIEW OSA CONSERVATION

Osa is a spectacular region. We are conveniently located between primary and secondary forests and coastal and freshwater ecosystems that provide habitat for birds, land and marine mammals, reptiles, amphibians, and lots more. We provide our station with fresh and local food from our **Osa Verde Regenerative Farm**, that has sustainable practices.



Osa Conservation is a non-profit committed to **preserving the globally important biodiversity of the Osa Peninsula**, ensuring the maintenance, restoration, and long-term viability of ecosystems in and around the **Osa Peninsula, Costa Rica**.

Osa Conservation takes a holistic approach to conservation, based on a **systematic understanding of the ecological, social, and economic relationships that shape environmental problems**.

Our work is based on science and supported by strategic partnerships, well-informed decision-making processes, and a strong commitment to improving lives through the protection of nature.

We recognize that for conservation to be successful, it must be accompanied by science, community engagement, and strong support systems on which to collaboratively build a more **sustainable future**.



How to get here

By Land transportation



By Bus

There are two buses daily from San José to Puerto Jiménez. The bus is operated by Blanco- Lobo Transport. The journey takes about 8 hours and costs approximately **\$ 17 USD** including taxes. (9.400 colones)

Tickets are purchased at the bus station. If you are taking a taxi to the bus terminal, tell the taxi driver: **"El bus para Puerto Jiménez. La parada de San Carlos 75 metros al norte a mano izquierda."**

Transportes Blanco

San José, Calle 14, Ave. 9-11

Tel: (506) 2257.4121

website: <http://www.grupoblanco.cr/>



San José - Puerto Jiménez:

Departing from: San José

Time: **12 noon**



Puerto Jiménez - San José

Departing from :Puerto Jiménez bus station

Time : **5 am**

Note: You are responsible for planning ahead and coordinating your flights with your ground transportation.



By air

The **Sansa** terminal is located right next to the **Juan Santamaria International Airport (SJO)**. To connect to your Sansa flight, walk outside of the international terminal and proceed left along the sidewalk. You will see the parking lot for the Sansa terminal on your left-hand side. Enter through the parking area and the office will be on your left-hand side.

Tel:

Local (506)2290.4100.

USA 1.887.767.2672

www.flysansa.com.

Flight schedules

Everyday (Monday to Sunday)

San José - Puerto Jiménez

- 5:35 a.m.
- 8:20 a.m, 8:30 am, 8:40 am.
- 11:00 pm.
- 13:00 pm
- 16:00 pm

Puerto Jiménez - San José

- 6:35 a.m.
- 7:10 a.m
- 9:20 a.m, 9:30 a.m, 9:40 a.m
- 12:00 pm
- 14:00 pm
- 17:00 pm





By car

There are two major routes to get to **Puerto Jiménez from San José by car (around 7 hours):**

Coastal route (faster route)

The coastal route leaves west from San José and goes via Quepos, And then south down the coast until it meets the Pan-American Highway in Palmar Norte, then on to the Osa Peninsula.

Approximately 30 kilometers past Palmar Norte is the turn-off for the Osa Peninsula, At Chacarita. There is a large gas station on the right-hand side of the road, Where you will find a sign that gives the mileage to Puerto Jiménez (77 kilometers).

At the end of the main road through town (at the gas station), you will see a sign to Corcovado. Turn right and follow the gravel road for about one hour to arrive at our facilities.

The Pan- American Route

The Pan-American Highway leaves south from San José through Cartago and over the mountains of Cerro de la Muerte, Through San Isidro, and onto the Osa Peninsula. This road takes 2 hours more than the Coastal route.



 **Osa Conservation Campus,
Osa Peninsula**



From Puerto Jiménez to Osa Conservation Campus

Our facilities are located about one hour from Puerto Jiménez. If you arrive at Puerto Jiménez by plane or bus, you will need to rent a car or take a taxi to get to our campus.

To the Biological station

The Local bus '**colectivo**' leaves on Mondays, Wednesdays and Fridays from Puerto Jiménez at **6 a.m and 1:30 p.m.** The cost is **\$USD 9 (5.000 Colones).**

To get to the "**Colectivo**" stop, you can use the map of Puerto Jiménez and write "Soda Colectivo". Tell the driver that you would like to get off at '**Conservación Osa.**' Walk past the school, cross the river and continue along the road until you reach the research center clearing (3-minute walk).

Taxi: The cost is **\$ 70 USD one-way.** You can find a taxi right out of the airstrip in Puerto Jiménez or you can contact us to book you a taxi in advance.



Where to stay along the way

Hotels near Juan Santamaría International Airport (Alajuela)

Hotel Aeropuerto- <http://www.airporthotelcostarica.com/>

Hotel BrillaSol- . [http:// www.hotelbrillasol.com/](http://www.hotelbrillasol.com/)

Hotel Pacande- <http://www.villapacande.com/>

Pura VidaHotel - [http:// www.puravidahotel.com/](http://www.puravidahotel.com/)

Cabinas Jimenez <http://www.cabinasjimenez.com/>

Cabinas Tropicales <http://www.cabinas-tropicales.com/>

Hotels in Puerto Jiménez

Cabinas The Corner
WhatsApp Business: +(506) 2735-5328
Email:cabinasthecorner@gmail.com

Hotel Inn Jimenez
<http://www.hoteljimenez.com/>

Cabinas Back packers
Teléfono: +(506) 8485-3804



This remote corner of Costa Rica harbors 2.5% of the biodiversity of the entire planet in less than a thousandth of a percent of its total surface area.



OSA BIOLOGICAL STATION

Staying at our Biological Station gives you quick access to mature rainforests as well as to the coastal habitat along the Pacific. Equipped with cabins, a dining area, and a laboratory, there is space to hold classes, discussions, and workshops.

The Biological Station is powered by solar and microhydraulic renewable energy systems. Therefore, we are conscious of reducing energy consumption taking into account that energy is sometimes available intermittently.

" An ideal location for researchers, students and volunteer groups to become immersed in tropical forest ecosystems."



Amenities

- Three cabins, each with 3 shared rooms and 2 shared baths (36 person capacity)
- Laboratory and classroom area
- Dining Hall and Common Area
- Internet access and electricity
- Each cabin is situated with 3 spacious, bedrooms with a capacity for 4 individuals in each room.
- Bedrooms are furnished with 2 bunk beds, dressers, shelves, outlets, and mosquito nets.
- Laundry service: twice a week (Tuesday & Saturday). However, we recommend to bring your hand-washing detergent
- **We provide towels and sheets, but you are welcome to bring your own set.**
- Cabins also include an indoor shower and bathroom, a tropical outdoor shower, a common area and sink combination.



Check in hours are from 11 am to 3 pm.

***Please contact us ahead if you need to arrive later.**

Check out is at 11 am.



Agroecological Osa Verde farm

Agroecological Osa Verde Farm supplies our dining hall with fresh food and serves as a demonstration of **sustainable, integrated farming practices** that can be easily adopted by local farmers, improving livelihoods and positively impacting the environment.

This is an ideal location for student groups and volunteers interested in **tropical agroecology and sustainable agriculture practices**.



Code of conduct

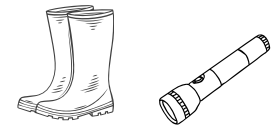
- No smoking or shoes inside buildings and platforms.
- Do not eat or leave wrappers in the rooms/platforms. This is the tropics, so if one ant finds your food, so will hundreds!
- Keep electronics and other valuables away from windows.
- Toilet paper goes in the provided bins. Never in toilets!
- Quiet hours are from 9 pm to 6 am (some visitors must rise very early).
- Please conserve water by limiting showers to 5 minutes.
- Conserve energy by turning lights off when not in use.
- Charging electronics during the day is more effective for renewable energy systems.
- Please recycle in the provided bins.
- Wear closed-toed shoes after sundown and always use a flashlight.
- Always dress appropriately for the research station
- Radios at the pavilion: for emergencies channel 1.

Check the Health & Safety Protocols here:

https://www.abcsuubmit.com/view/id_1g81fo_bnm_d44

Experience our trails

Our network of +30 km of trails offers naturalists, scientists, and recreationists access to a vast array of ecosystems and tropical plant and animal species. Made up of varying lengths and difficulties, the trails explore several microhabitats providing days of enjoyment and learning.



Always

- Sign out on the whiteboard and tell somebody what trails you will be on and when to expect you back.
- Carry a flashlight and trail map
- Wear rubber boots; they provide greater protection against snakebites
- Stay on marked trails
- Report issues or maintenance needs to the station.

Never

- Go out alone on the trails
- Handle snakes or other wild animals
- Leave trash on the trails
- Swim in the ocean (extremely dangerous rip tides)

Experience the culture

Language

A mixture of Spanish and English is spoken at our facilities. English speakers will have ample opportunity to practice and develop their Spanish language skills.

Food

Our staff and visitors enjoy a diet that blends local Costa Rican cuisine with a wide variety of international dishes. Please advise us in advance of your arrival of any and all **dietary restrictions**. During your stay, tell us of any days you will need to take packed meals or will be late for a meal so that we can plan accordingly. We practice the **"farm-to-table"** philosophy, emphasizing fresh, local foods right from our farm and minimizing the consumption of meat.

Costa Rica and the Osa peninsula

Costa Rica has long been a tourist destination for many. The beautiful beaches, breathtaking waterfalls, and expanses of lush rainforest provide ample opportunity for adventure. Costa Rica has **5%** of the world's biodiversity and supports a plethora of terrestrial and marine species.

The Osa Peninsula **is one of the most biologically diverse places on Earth**. The Osa harbors 50% of Costa Rica's biodiversity, which equates to 2.5% of the world's biodiversity.



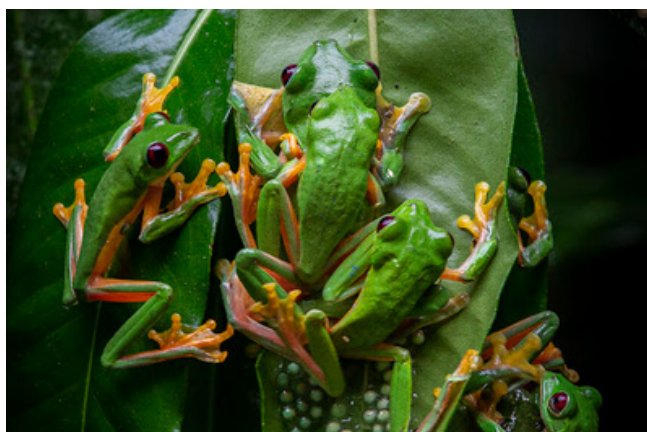
Weather

Temperatures on the Osa Peninsula are pleasant year-round. **The sunniest and warmest months are from January through April** with temperatures dropping slightly with the onset of the rains in May. October and November mark the height of the **wet season** on the Osa; **during this period it is possible to get more than one meter of rain in a month!**

Average Temperature: 26°C/79°F
Precipitation: 5000-6000mm /197-236
Humidity: 90%

Wet Season: June-Nov (rains most days, generally in the late afternoon and evening)

Dry Season: Dec-May (it still rains but much less)



The unique coastline helps support nesting beaches for four species of endangered sea turtles. The coastal waters are also frequented by dolphins and migrating humpback whales.

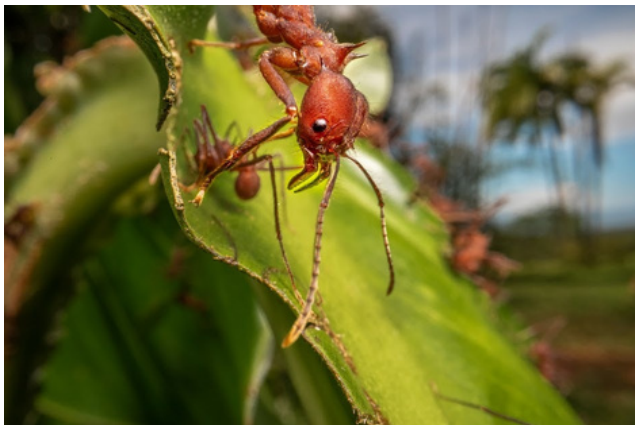
The variety of ecosystems and unique fauna and flora make the Osa a natural wonder and paradise begging to be enjoyed.

HEALTH & SAFETY

In general, Costa Rica is an extremely safe country for visitors. That said, **we strongly encourage all visitors and staff to be vigilant and aware of the potential hazards associated with traveling and living outside of their resident country.**

In addition, there are certain hazards associated with living in a remote field station. The majority of these pertain to the natural environment.

The **most common discomforts** are mosquitoes, sand flies, and other biting insects; sunburn; and dehydration. Sunblock and consumption of an adequate amount of water are absolutely essential.



INSECTS

While you will encounter mosquitoes, sandflies, and other biting insects on the Osa, their presence is not excessive. **A good insect repellent (preferably natural)** will protect you well.

Hazardous swimming conditions

The Pacific Ocean of Piro beach has strong currents and rip tides, powerful waves, and the occasional shark. It is **too dangerous for swimming** and we do not allow visitors to do so. There are safe swimming beaches nearby; please talk to our staff for beach swimming suggestions.

MEDICAL EMERGENCIES

We have a complete first aid kit and can handle most medical concerns on-site in case of an emergency.

Travel insurance

We require that all visitors have travel and medical insurance to cover them while in Costa Rica in case of an emergency.

Important: Inoculations & vaccines

You are responsible for your own inoculations and should consult with a travel clinic in your home country. Our staff doesn't take malaria medication and there have been no reported cases in the country for several years.

FREQUENTLY ASKED QUESTIONS

GENERAL INFORMATION



Internet & electronics

During your stay, you will have limited access to the internet. Laptops and other electronics can be used and charged. However, we do remind our visitors that these are susceptible to damage caused by high humidity and curious insects. Osa Conservation **takes no responsibility** for their loss or damage

Storage

We discourage visitors from bringing valuables or items of high personal value with them. Although we consider the facilities to be safe, **we cannot guarantee the safety of valuables and have no facility for storing them.**

Osa Conservation is not responsible for guaranteeing the security of such items.



Transportation

You are responsible for your transportation costs, including international and domestic flights, all domestic travel including arrival to the Osa Conservation Campus.



WHAT SHOULD I BRING?

- **KOLBI sim card:** Please notice that Claro does not work in the Osa Peninsula.
- Passport and ID
- Copy of medical and/or travel insurance
- Pack clothes for hot weather and rain, preferably quick-drying.
- Field and dark clothing (required for night patrols)
- High socks (to be used with rubber boots)
- Swimsuit
- Sunglasses/hat
- Light rain jacket
- Dry bag or waterproof backpack
- Rubber boots (mandatory for the trails; remember that they offer great protection against snakes. If you don't want to take them home, we are happy to accept donations.)
- Sandals and sneakers for the Station grounds (croc's or flip flops are great).
- Bathroom items (BIODEGRADABLE)
- Small first aid kit personal (Tylenol, cortisone, any medication needed)
- Trash bag or tote for dirty clothes
- Ziplock bag for camera or phone.
- Flashlight (if you work with turtles bring one with red light)
- Sunscreen
- Insect repellent (preferably natural)
- Water bottle
- Cash (dollars are accepted almost anywhere or you can get colones from ATMs of Puerto Jiménez or San José).
- Debit / credit card (widely accepted).

Avoid packing:

- Hair dryers, electric razors, or appliances that can use up our power-limited sources.
- Valuables



The peak of the sea turtle nesting season is around August to October, so anytime during these months is a great opportunity to see the hatchlings and turtles.

FREQUENTLY ASKED QUESTIONS



Recommended readings: **Costa Rica Information**

<https://www.visitcostarica.com/es/costa-rica/general-information>



WE HOPE TO SEE YOU SOON!