

Golfito, Puntarenas, Costa Rica

A sleepy ex-banana-company town hugging the Golfo Dulce — one of only four tropical fjords in the world — Golfito rewards adventurous cruisers with scarlet macaws, resident dolphins, and virgin rainforest with almost no crowds.

-  Pier (small/expedition ships)
-  Typical call: 6-8 hrs
-  USD widely accepted
-  Spanish
-  Eco / Wildlife

MY DAY IN PORT

Ship/Date: _____	Arrive: _____	All aboard: _____
Excursion: _____	Notes: _____	

GETTING ASHORE

Docking: Pier (Muelle Turístico) for expedition ships; tender for rare larger calls

Walk to center: 5 min to main street; American Zone ~15 min

Best For: Wildlife, sportfishing, dolphins, rainforest hiking

Don't Miss: Dolphin tour on the Golfo Dulce & historic American Zone

 Getting around:  **Taxi**  \$3–5 USD

TOP THINGS TO DO

- Golfo Dulce Dolphin & Snorkel Tour** — The Golfo Dulce shelters resident pods of bottlenose and spotted dolphins year-round.
- Piedras Blancas National Park Hike** — A short boat ride across the bay leads into one of Costa Rica's most biodiverse rainforests — home to all four native monkey species, sloths...
- Sportfishing Charter** — Golfito is world-famous for sportfishing.
- Finca Kobo Chocolate Farm Tour** — Across the gulf, this organic cacao farm takes you through the full journey from tree to bar — picking, fermenting, and tasting.
- American Zone Historic Walk** — Explore the distinct wooden stilt houses and administrative buildings built by the United Fruit Company for its managers in the 1930s–40s.

BEST WALKS

- Muelle to American Zone Historic Stroll** 1.5 km · 20 min · Easy · Flat — Walk north from the pier along the main road through the town centre, past local sodas and the public market, into the historic American Zone built by United Fruit.
- Playa Cacao Beach (Water Taxi)** 5-10 min by lancha · Easy · Bring bug spray — Cross the bay by water taxi to Playa Cacao, a dark-sand beach lined with palms and a couple of beachside bars like Siete Mares.

WEATHER · DAYLIGHT · MONEY

 CLIMATE (AVG °F · RAINY DAYS)				 DAYLIGHT &  MONEY	
Mon	High	Low	Rain	Apr 5:23AM–5:41PM · Jun 5:14AM–5:51PM · Aug 5:25AM–5:48PM · Sep 5:22AM–5:32PM · Oct 5:20AM–5:15PM	
Apr	84°	74°	24d	 USD widely accepted	
Jun	82°	73°	29d		
Aug	81°	73°	30d		
Sep	82°	72°	29d		
Oct	81°	72°	30d		

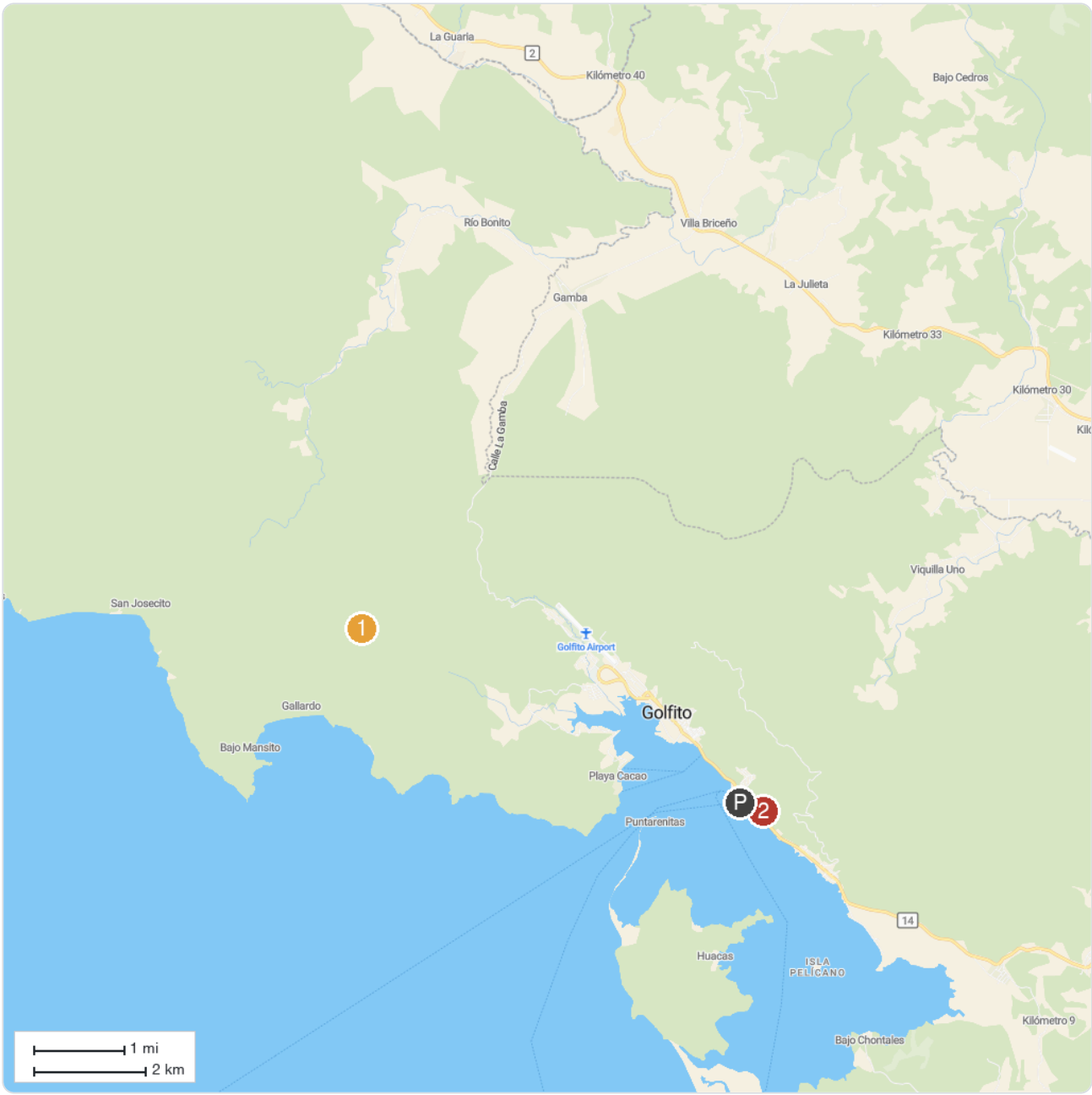
KNOW BEFORE YOU GO

- Bring a raincoat and dry bag. Golfito averages around 5 metres of rain per year — downpours arrive fast and leave fast. A packable rain jacket and a dry bag for electronics are essential.
- Bug spray is non-negotiable. Mosquitoes and no-see-ums are prolific, especially on beaches and jungle trails. Use high-DEET or picaridin repellent.
- USD is king. US dollars are accepted everywhere in Golfito. Keep small bills — change is often given in Colones. Credit cards work at the marina and larger restaurants.
- Water taxis unlock the best spots. The town beach is muddy, but Playa Cacao is just 5-10 minutes by lancha across the bay. Agree on a return time with your boat captain before they drop you off.
- Start early to beat the heat. Temperatures and humidity are intense by midday. Schedule hikes and walks for the morning — save the afternoon for the shaded marina restaurants or a beach bar.
- Look up for macaws — no effort required. Scarlet macaws are common in and around Golfito town. You may spot them from the pier or main street without any special excursion.

Golfito, Puntarenas, Costa Rica — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



1 Refugio Nacional de Vida Silvestre Golfito Rainforest reserve rising above town protecting the Golfito watershed and troops of howler and spider monkeys.

P Cruise port / terminal

2 Pueblo Civil de Golfito (Zona Americana) Preserved United Fruit Company neighborhood of wooden colonial-style houses from Golfito's banana-port era.