



DETOURS

GAY ADVENTURE TRAVEL

COSTA RICA ACTIVITIES BOOK 2015

ACTIVITIES FROM LA FORTUNA



RAFTING ON THE SARAPIQUI RIVER

The Sarapiquí River is one of Costa Rica's most-exuberant rivers.

You'll get over 2 hours of paddling near the Arenal Volcano with more than 20 continuous, class-3-4 rapids along more than 10 kms of lush, vibrant rainforest. Experienced and first-time whitewater rafters love the Sarapiquí River for this full-day, class 3-4 whitewater rafting experience.

You'll be picked up at your hotel in La Fortuna and travel through small, Costa Rican villages to the quaint town of San Miguel de Sarapiquí.

Here our trained guides will review the rules and safety guidelines with guests. Once everyone feels comfortable and ready, the ride begins. You'll be paddling for more than 2 hours.

You will make your way through exciting rapids like "The Pipeline," "The Terminator," and "Dos Locos". We'll stop along the way for a refreshing, tropical fruit break. Also included is a typical Costa Rican "casado" lunch.

You'll be back at your La Fortuna hotel about 4:00pm.

Price for this tour is \$86 per person (with a minimum of 2 people)

What to Bring for tour: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing and a towel



RAFTING ON THE BALSA RIVER

Experience the excitement and adrenalin of white water river rafting on this half day adventure on the rapids class II and III of the Balsa River. We'll drive for about 60 minutes from your La Fortuna hotel to the embarking place. Here your guides will explain the safety procedures and safety equipment before embarking down the river. Enjoy up to 2 exhilarating hours of white water action on this beautiful tropical river. Get wet through rapids such as the "Magnetic Rock" and the "Dredges". Enjoy a swim on the river's natural pools, plus some fresh tropical fruits and cold drinks and a succulent Costa Rican style lunch served at the end of tour.

You'll be pick-up from your hotel in La Fortuna about 8:30 am. And the estimated return time to the hotel is about 3 pm.

Price for this tour is \$72 per person (with a minimum of 2 people)

What's Included: transportation, bilingual guides, equipment, fruit, drinks and lunch.

What to bring for tour: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing and a towel



DUCKIE TOUR

The Inflatable Kayak, or “Duckie”, is a great alternative to rafting and the perfect way to experience the exhilaration of piloting your own craft down the river. Kayaking on a “Duckie” is unique because you are in control of your own raft at all times. The Duckie is agile and sturdy enough to take on serious rapids and ride low in the water giving even small waves the experience of being more intense. The Arenal River is a beautiful class II river located at the base of the Arenal Volcano and just a few minutes drive from your hotel in La Fortuna.

The Arenal River winds throughout the Arenal Canyon offering spectacular views of a lush tropical scenery and wildlife. You will start your adventure at the Arenal river bridge where your experienced instructors will take you through the equipment check, river safety lesson, instruct you on the fine art of paddling a Duckie and lead you through the class II rapids of the Arenal River. Along the way, we will stop midway to refuel with fresh tropical fruits and at the end of the adventure we will enjoy an ice cold natural drink. We'll also visit the exclusive “The Springs Resort” which offers the best Hot Springs, and Mineral Pools in the La Fortuna area.

You will also have access to the Perdido Springs (Lost Springs) which is a system of connected trails and seven naturally fed spring pools located within a lush forest canyon. You will also experience the Las Lagunas (The Lagoons) which includes two acres of lush landscape and an assortment of multi-level sun and shade terraces surrounding twelve semi-private pools. We will also include a short visit to the “Wild Cats Rescue Center” which provides rehabilitation to over 30 endangered species of wildcats.

Also included is a gourmet buffet lunch or dinner served in one of the restaurants in the Springs Resort area.

Starting times are at 7:30 am or 1:30 pm - The duration for this tour is about 6 hours

Price for this tour is \$124 per person (with a minimum of 2 people)

What’s Included: transportation, bilingual guides, equipment, fruit, drinks, entrance fee to The Springs Resort with free access to the hot springs complex and to the wildcats exhibit, and lunch or dinner.

What to Bring for tour: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing, bathing suit, and a towel



CANYONEERING

The rugged, mountainous terrain near the Arenal Volcano is ideal for canyoneering in Costa Rica.

This canyoneering adventure includes rappelling, down-climbing, river tracing, jumping into a natural pool and descending a huge, breath-taking tropical waterfall.

This is an experience of a lifetime!

Price for this tour is \$90 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, all the equipment, fruits, natural drinks and lunch.

What to bring: Quick-dry clothes (shorts and t-shirt are best), swimming suit, secure shoes (sports sandals or water shoes), change of clothes, sunscreen, and camera.



CLIFF DIVING

Without a doubt, this tour is for those looking for an even greater challenge than canyoneering the La Fortuna's waterfalls and mountains.

You'll be picked up from your La Fortuna hotel and will drive through beautiful country roads into the mountains. Later, we'll head deep down into the Costa Rican jungle. Your professional guide will suit you up with high quality harnesses and helmets before embarking out on your once in a lifetime rainforest expedition.

You start off with a heart-pumping rappel down an impressive 80 foot tropical waterfall. You'll drop into a large, deep pool of incredibly crystal-clear water and swim your way onto shore. This will prepare you for the following adrenaline-pumping adventures of this multi-sport canyon adventure.

You'll hike through the rainforest to a continuous series of waterfalls and cliffs. Your professional and experienced Guide will help you push your limits as you jump off 10 to 30 foot waterfalls and cliffs into the canyon's pristine natural pools.

No matter if it is a rainy or a sunny day, you are going to have tons of wild water fun and have a chance to see and enjoy the beautifully stunning nature of Arenal up close!

This tour departs about 8:45 am from your La Fortuna Hotel and has a duration of 5 hours.

Price for this tour is \$119 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, all the equipment, and lunch.

What to bring: Quick-dry clothes (shorts and t-shirt are best), swimming suit, secure shoes (sports sandals or water shoes), change of clothes, sunscreen, and camera.



RAINFOREST WILDLIFE TOUR

Join a 4 hour rainforest wildlife watching tour. This is a 3 kilometer walk through the exuberant Arenal's Rainforest. Here you'll enjoy the toucans, parrots, macaws, oropendolas, parakeets and other exotic birds. Many kinds of plants and trees, insects, some mammals and reptiles will also be available for watching during the tour. This tour also includes walking over 2 hanging bridges with lengths of 400 and 550 feet for a panoramic view of the forest and the volcano, and a visit to 2 beautiful waterfalls.

A professional naturalist guide, transportation to/from the hotel, and continental or Costa Rican style breakfast are included in this tour. Pick-up at your hotel in La Fortuna is at 6 am.

Price for this tour is \$70 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bath suit, towel, binoculars, and camera.



FLYBOARDING EXPERIENCE ON THE LAKE ARENAL

The Arenal Lake is an amazing place for this unique experience, rocketing through the sky on a Flyboard. You will fly over 32 feet (10 meters) above the water, swimming like a dolphin, or competing with your friends over who can stay up the longest.

The flyboard is a device which you attach to your feet and works with water propulsion provided from a sports watercraft to elevate you above the water. After you complete a 10 minute instruction class, you will be ready to enjoy 25 minutes of a pure adrenaline flyboarding experience. The propulsion is controlled by the tour operator's staff on a sports watercraft to give you the control if you are drifting off.

Safety equipment will be provided, including a helmet and a life vest. Additionally the Flyboard device is very comfortable and easy to learn to use.

Tour restrictions:

- * The Flyers must weight in between 45kg to 120kg
- * The Flyers must know how to swim.

The Tour starts at 8 am, 10:30 am, 12:30 pm, and 2 pm. Pick-up time from the hotels is provided 45 minutes prior to the starting time of tour.

Duration of tour: 25 minutes

Price for this tour is \$99 per person

What to bring for tour: comfortable clothing and shoes, an extra set of clothing, bathing suit, a towel, sun lotion, sun glasses, and camera.

Also available is Flyboarding plus a 2 and half hour Jet Ski tour on Lake Arenal for \$200 per person



JET SKI TOUR ON LAKE ARENAL

This is a 2 and half hour recreational and educational tour on Lake Arenal – the largest artificial lake in Central America. Your tour guide will teach you all you need to know about this impressive man made hydroelectric machine, which was first built in the late 1970s. You can also take pictures of the Arenal Volcano for some wonderful lifetime memories.

The starting times for this tour are 8 am, 10:30 am, 12:30 pm, and 2 pm. Pick-up from the La Fortuna hotels is provided 45 minutes prior to the starting time of tour.

Price for this service: \$155 per person / \$38 for the accompanier

What´s Included: transportation, professional Tour Guides, jet ski, helmet and life vest.

What to bring for tour: comfortable clothing and shoes, an extra set of clothing, a towel, sun lotion, sun glasses, and camera.

Also available is the Jet Ski tour plus a 25 minute Flyboarding experience on Lake Arenal for \$220 per person / \$90 for the accompanier.



STAND-UP PADDLING ON LAKE ARENAL

Stand Up Paddling looks exactly like it sounds: you stand up on a large, wide board (similar to a surfboard) and use a long paddle to move yourself along the tranquil waters of Lake Arenal with beautiful views of the majestic Arenal Volcano as your backdrop. You'll feel like you're walking on the water! And this activity is perfect for all kind of adventurers – no matter your level of experience.

This tour starts at 8:30 am, and 1:30 pm, and has a duration of 4 hours

Price for this tour is \$65 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, all the equipment, and snacks.

What to bring for tour: comfortable clothing and shoes, an extra set of clothing, bathing suit, a towel, sun lotion, sun glasses, and camera.



ARENAL LAKE KAYAKING

We encourage you to enjoy this beautiful lake in your own way. Paddle leisurely along the shoreline enjoying the scenery, drop a fishing line in, or put some effort into it for a good workout. You could catch one of ten species of fish. Throughout the tour, you will probably see howler monkeys along the shore, and many of the over 400 species of birds. Explore coves, lagoons, river outlets, and enjoy amazing views of the Arenal volcano.

Tour starts at 8 am and 1:30 pm, and has a duration of 4 hours

Price for this tour is \$70 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, all the equipment, and snacks.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, towel, binoculars, and camera.



EXTREME RIVER TUBBING EXPERIENCE

This tour is a journey into the rainforest of Arenal, which includes three canopy cables, a controlled 147 foot high fall and a path along the river for more than 3 miles in a personal tubing.

The tour takes about 2 hours and 45 minutes, the cable ride is around 1 kilometer and the path between them is 300 meters long. At the end of the cable segment, you arrive at a platform in a tree where the controlled high fall descends to the river, once in the water, each one takes their tubing and is carried away by the river current.

The combination of exciting adventure and the natural beauty offered by the rainforest and the river setting makes of this tour a memorable activity – if you are visiting the La Fortuna area.

Tour starts at 8 am and 1:30 pm, and has a duration of 4 hours

Price for this tour is \$78 per person

What's Included: transportation, professional tour guides, all the equipment, and snacks.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, an extra set of clothing, towel, and camera.



CAVE SPELUNKING

Join this exciting spelunking tour to the Venado caves. This is a 2 and half hour trek through underground waterfalls & smooth, stone passage-ways. You will see prehistoric, marine fossils & exotic cave formations. Transportation to/from your hotel in La Fortuna, professional guide, helmet, flashlight, cold drinks, and park entrance fees are included.

Depart times: 8 am or 1 pm

Duration: 4 hours

Price for this tour is \$87 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bathing suit, towel, binoculars, and camera.



MOUNTAIN BIKING RIDES

Come explore the countryside as you pedal over the roads which the stunning Arenal area offers.

Costa Rica is famous for mountain biking because of its beautiful scenery and variety of trails. In fact, the world renowned mountain biking race "Ruta de los Conquistadores" takes place here!

On this tour, we'll ride along beginner/intermediate-level rolling hills with surrounding views of the breath-taking Arenal Volcano and the spectacular rainforest jungle.

Tour starts at 8 am and 1:30 pm

Duration: 4 hours

Price for this tour is \$79 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, all the equipment, and snacks.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.

Ask about the challenging version, where you'll bike through farmlands, deep rainforests, and cross rivers and mud puddles.



CERRO CHATO VOLCANO AND WATERFALL HIKE

This extreme hike is perfect for those who like a good workout and are like to hike in extreme conditions. The Cerro Chato tour is an intense trek which takes you straight up through lush rainforest to the crater of the extinct Cerro Chato Volcano where you will see the emerald green lagoon. Once you've accomplished the extreme part, take your time hiking down to the base of the 150 foot La Fortuna waterfall and cool off in the tropical waters.

This tour starts at 7:30 am, and has a duration of 6 hours

Price for this tour is \$85 per person (with a minimum of 2 people)

What's Included: transportation, professional tour guides, and snacks.

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bathing suit, towel, binoculars, and camera.



HORSEBACK RIDING TO THE SLOPES OF ARENAL VOLCANO

Join a guided horseback riding tour to the Arenal Volcano. This is a 2 and a half hour adventure that goes through the slopes of the volcano, not on a conventional road but on a path through the mountain used by the pioneers of the region many years ago. You will cross rivers and beautiful landscapes, admire the Arenal Volcano from a close perspective and enjoy riding a horse in an isolated area. The tour includes a visit to an observation spot where you will see lava from old eruptions.

Depart times: 8:30 am or 1:30 pm

Price for this tour is \$55 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing and shoes, insect repellent, binoculars and camera.



HORSEBACK RIDING TO THE RANCHO MARGOT'S LOOK-OUT

Rancho Margot is a self-sustainable organic ranch and eco-lodge bordering the east side of the beautiful Lake Arenal. This area is well-renowned for the best views of the majestic Arenal Volcano.

Rancho Margot produces all the vegetables, meat, breads, milk and other dairy products they offer daily to their visitors – without using any chemicals during the cultivation and harvesting processes. Everything here is produced in total harmony with the environment.

They also produce their own electric power and potable water, and are world renowned for being pioneers and one of the first self-sustainable holistic leisure properties.

Rancho Margot probably offers the best horseback riding tour in the La Fortuna area. For 2 and half hours you'll experience the amazing rainforest and its abundant flora and fauna, and once you arrive at the look-out point located in the top of a hill, you'll enjoy some unique views of the Arenal Volcano and Lake Arenal. On a clear day it is also possible to view the Cerro Chato, over 60,000 hectares of virgin rainforest and the Tenorio, Miravalles, and Rincon de la Vieja volcanoes.

Start times are available at: 8:30 am and 10:30 am or 1:30 pm and 3:30 pm. The Pick-up time at your La Fortuna hotel is about at 7:45 am, 9:45 am, 12:45 pm or 2:45 pm.

Price for this tour: \$79 per person (Based on a minimum of 4 people)

What's Included: transportation, naturalist Tour guide, and bottled water. For an extra charge of \$20 per person a delicious organic lunch or dinner may be added to the tour.

What to bring for tour: comfortable clothing and shoes, insect repellent, sun lotion, sun glasses, and camera.



WALKING TO THE SLOPES OF ARENAL VOLCANO

At 3:30 pm, our naturalist tour guide will pick up the participant up at the hotel and then drive to the El Silencio private reserve, at the edge of the Arenal Volcano National Park.

Along this informative, beautiful walk, you'll learn about the behemoth Arenal Volcano, the secondary and primary tropical forest surrounding it and the interesting wildlife of the area. Once we finish the walk, we'll head to the active side to see if we can spot some of the bright red, molten rock falling from the volcano. At this point, we'll enjoy a natural drink and snacks.

On the way back we'll pass by the Baldi Hot Springs where your guide will assist you in getting your entry bracelet and show you the locker facilities, bar and restaurant areas.

You'll enjoy the thermal waters pools of the complex and the beautiful gardens. A delicious buffet dinner in the complex's restaurant is included.

Price for this tour is \$90 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing and shoes, bath suit, towel, an extra set of clothing, insect repellent, hat or cap, binoculars and camera.



VISIT TO CANO NEGRO WILDLIFE REFUGE

At 7:30 am, after breakfast, you join a guided visit to Caño Negro Wildlife Refuge. The tour begins with a 90 minute drive in an air-conditioned bus through the north zone of Costa Rica's farmlands.

Our certified bilingual naturalist guide will point out some of Costa Rica's agricultural bounty, including orange groves, passion fruit, papaya, pineapple, yucca, rice, corn, bananas, plantain, sugar cane and ornamental plants.

You will board a comfortable covered motor boat on the Rio Frio for a 2 hour panoramic river tour. Frequent sightings include three types of monkeys, bats, two and three toed sloths, iguanas, "Jesus Christ" lizards, turtles, caimans, and exotic birds.

We guarantee you'll enjoy this "once in a lifetime" experience.

Tour begins at 7:30 am. You'll be back at your hotel in La Fortuna about 5 pm

Price for this tour is \$79 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing and shoes, bath suit, towel, an extra set of clothing, insect repellent, hat or cap, binoculars and camera.



EDUCATIONAL TOUR AT FINCA LUNA NUEVA

Join a 4 hour guided tour in the organic/biodynamic herbal estate called Luna Nueva where you will learn about the rainforest, how it relates to us as humans and what we eat. This tour begins with a welcome refreshment, fresh fruit and introductions. You will then head out on an all-access Interpretive Rainforest hike. You'll have a chance to taste the local harvests of fresh vegetables and herbs and learn about medicinal plants and sustainable agriculture.

The tour will finish with a very healthy organic lunch straight from the farm.

Price for this tour is \$95 per person (with a minimum of 2 people)

Tour begins at 9 am. Duration: 3 hours

What to bring for tour: comfortable clothing and shoes, hat or cap, sun lotion, camera, and binoculars.



ATV TOUR

This is a 2 and half hour tour where you will travel through unpaved roads and trails while enjoying nice views of the Arenal Volcano, cattle farms, and the exuberant flora and fauna of the rainforest.

We'll also visit a look-out point located on a private farm where you'll enjoy nice views of 2 rivers, and hectares of virgin tropical rainforest.

The tour ends with a delicious Costa Rican style lunch at a local restaurant.

Price for this tour is \$109 per person / \$25 for the accompanier (with a minimum of 2 people)

Start times available are: 7 am, 11:30 am and 2:30 pm

What's included: transportation to/from the hotel, fully equipped ATV Honda, helmets, professional tour guide, and lunch

What to bring for tour: comfortable clothing and shoes, hat or cap, sun lotion, insect repellent, and camera.



ONE DAY TOUR TO MONTEVERDE CLOUD FOREST

After Breakfast, you will be transported by van to Lake Arenal, the largest artificial lake in Central America. Beautiful panoramic views of the lake and volcano are here for your pleasure.

After crossing the lake by boat, you will go by van to a private reserve in Monteverde, where you'll have a guided tour of the majestic cloud forest. This tour is a combination of trails and suspension bridges with lengths of 984 feet and heights above 500 feet that allows you to have a different perspective of the Cloud forest's flora and fauna. Also included is a ride on the Cloud Forest Aerial Tram and an exciting trip on the Zip lines.

The tour begins at 7 am, and includes water and land transportation, aerial tram, canopy, hanging bridges and lunch.

You'll be back in your hotel in La Fortuna about 6 pm.

Price for this tour is \$239 per person (with a minimum of 4 people)

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, binoculars and camera.



ARENAL AERIAL TRAM

Join a guided tour on the Arenal Aerial Tram and Sky Trek.

The **Aerial Tram** is a high technology cableway that includes a ride of 1600 meters (both ways) with altitudes between 1400 and 1600 m.a.s.l. The Tram will lead you up to the Continental Divide and to one of the tallest mountains in Monteverde.

You'll have a ride with short stops to observe the biodiversity of the cloud forest, the Arenal, Tenorio, Miravalles and Orosi volcanoes, the gulf of Nicoya, and the Guanacaste plains.

The **Sky Trek** is a system of zip lines connected from mountain to mountain, which together have a distance of 2.5 miles of linear cable.

The tour gives you the opportunity to fly attached to a cable and have a unique adventure and adrenaline rush at speeds up to 40 miles per hour with distances ranging up to 2500 feet and heights of 524 feet. In addition the tour also offers 5 observation towers that exceed the cloud forest treetops providing a stunning panoramic view.

The tour ends with a delicious Costa Rican style lunch or dinner served at complex's restaurant.

This is a 5 hour tour including an hour for lunch or dinner.

Start times available are 7:30 am, 8:30 am, 9 am, 10:30 am, 11:30 am, 12:30 pm, 2, 3 and 4 pm.

Price for this tour is \$90 per person

What to bring for tour: comfortable clothing and shoes, insect repellent, binoculars and camera.



HORSEBACK RIDING TO LA FORTUNA WATERFALL

Join an exciting horseback riding tour to La Fortuna waterfall, which is hidden in the middle of the magical rainforest of La Fortuna. En route to the waterfall, you'll enjoy wonderful views of the Arenal Volcano and the Cerro Chato, This last one is a sleeping volcano also located in La Fortuna area. And you will enjoy the exuberant flora and fauna of the rainforest.

This tour is guided by an experienced local cowboy, you'll ride on well-cared for horses which makes this tour a great experience for all ages.

For about an hour you will ride through magical natural trails within the rainforest till you arrive at a "parking" place. From here, you will walk down another natural trail – for about 10 minutes - to the base of the waterfall. At this point, you will enjoy a wonderful view of this 210 feet high waterfall and you will also be able to take a swim in the clear natural pools located here.

Then we'll go to the visitors center in the complex where you can change your clothing, use the rest rooms, eat or drink something in the restaurant or buy a souvenir in the store.

Later, we'll visit an Indian village located nearby, where you'll have time to visit with the members of the community, and learn about their history and customs. And you will be able to purchase their handcrafts.

Price for this tour is \$70 per person (with a minimum of 2 people)

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bathing suit, towel, binoculars, and camera.



FULL DAY AT ARENAL PARAISO OR TABACON HOT SPRINGS RESORT

Spend a full day relaxing in the warm waters coming straight from the the Arenal Volcano. Also enjoy the beautiful views of the volcano while you sip a cocktail, a whisky or a soda at the pool's resort. Or you can walk through the natural trails and enjoy of the exuberant flora and fauna of the Arenal's rainforest.

Transportation to/from your hotel in La Fortuna, unlimited access to the resort's grounds, pool and hot springs complex and a delicious a la carte lunch or dinner are included to this tour.

Price for this tour is \$99 per person

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, towel, and camera.

ACTIVITIES FROM MANUEL ANTONIO



TITI CANOPY TOUR

In the afternoon, an exciting canopy tour is on the agenda. For two hours you will travel through the trees viewing three types of monkeys, both two and three finger sloths, toucans, scarlet macaws and many other exotic species. Titi Canopy Tour operates one of the best Canopy Tours in Costa Rica offering spectacular views of the mountains and the valley of Quepos. There are 16 platforms on the tour with wires up to 450 meters long, a 45 foot high Rappel wall, 2 hanging bridges up to 15 meters high and 100 meters long and a Tarzan swing cable. The tour ends with a lunch or dinner at the restaurant in the resort.

The more adventurous can choose a Night Canopy option, a unique experience under the black veil of night and magical sounds of the jungle.

Price for this tour: \$70 per person

What's Included: transportation to/from the hotel, zip line tour, experienced tour guides, and lunch or dinner

What to bring for tour: comfortable clothing and shoes, sun lotion, insect repellent, and camera.



MANUEL ANTONIO'S DOLPHIN AND WHALE WATCHING TOUR

You will have fun on a Dolphin and Whale Watching Tour in Manuel Antonio Bay. You may also do some snorkeling on the reefs if you like, and treat yourself to another gorgeous sunset in Manuel Antonio Bay. Tour also includes a buffet lunch or dinner aboard the yacht.

Price for this tour: \$75 per person

What's Included: transportation, sailing tour, experienced yacht crew and guides, and lunch or dinner

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.



ATV TOUR

After a review of safety procedures, you will drive your own fully equipped ATV into the rugged mountains. A professional bilingual guide will lead you through rustic tropical settings. As you drive from San Antonio de Damas through the rainforest, you will pass beautiful waterfalls, natural springs, four different types of plantations: teak, rice, papaya and African palm. Your guide will point out interesting facts of the environment along the way.

Passing through several traditional Costa Rica towns gives you the opportunity to see the more rustic side of Costa Rica. Half way through the journey we will leave the ATVs on the trail for a short hike through the primary rainforest. With a little bit of luck we will see Titi monkeys, Toucans, Sloths, and various species of tropical birds. Then we'll enjoy a swim in refreshing crystalline waters of a breathtaking waterfall. We will end our tour with a delicious Costa Rican style meal at a local restaurant.

Name of Tour	Price for 1 person	Price for the accompanier	Duration
ATV only	\$98	\$35	3 and half hours
ATV + Canopy	\$149	\$92	7 hrs

Start times available are: 7:30 am, 11 am and 2:30 pm

What's included: transportation to/from the hotel, fully equipped ATV Honda, helmets, professional tour guide, and lunch

What to bring for tour: comfortable clothing and shoes, hat or cap, bathing suit and towel, sun lotion, insect repellent, and camera.



RAFTING IN SAVEGRE RIVER

The Savegre River provides Class II, III and some rare IV rapids that are more than manageable.

This is a full-day white water river rafting adventure with lots of “perks”

Price for this tour: \$85 per person

What’s Included: transportation, all rafting equipment, professional Tour guides, fruits and drinks, and lunch

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



RAFTING IN NARANJO RIVER

The wild and ever-changing Naranjo River White Water Rafting challenge is recommended for physically fit adventure seekers and experienced rafters who are familiar with Class III and IV rapids.

On this high-octane, half-day adventure, the trip begins when the Naranjo River drops steeply from the Costa Rican mountains and charges through pristine jungle gorges, then winds around rocky curves to take you on a wild, adventurous ride back to sea level waters. While your internationally-trained, bilingual guides and safety kayakers work with you to navigate this exciting river, you'll pass by (rapidly) stunning farmland, working cattle ranches, and beautiful African Palm Plantations.

Price for this tour on Class III and IV rapids is \$70 per person. And is available from May to December.

Price for this tour on Class IV and V rapids is \$89 per person. And is available from December to May.

What's Included: transportation, all rafting equipment, professional Tour guides, fruits and drinks

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



UVITA'S CANYONING TOUR

This tour starts with an introductory session at the Camp base where you'll be introduced to the tour guides and will receive full instructions on how to use your equipment (safety harness, descending gear and helmet). Later you'll be transported by a 4x4 vehicle through a Magical Bamboo forest and then up the ridgeline to the top of the canyon.

When you reach the first waterfall which is 7 meters (21 feet) high you will be taught the fundamentals and proper techniques of rappelling. Then you are on your way – with 5 more waterfalls to go! The largest of the falls is 27 meters (85 feet) high. The canyon ends at the Uvita River where you can swim in the pristine cold water natural pools, or just sun tan and relax.

Back at the Base camp, you'll have additional time for using the pool at the complex and enjoy refreshments.

The tour begins at 9 am, and has a duration of about 3 hours.

Driving time from Manuel Antonio to Uvita is 60 minutes each way

The Pick-up time at your hotel in Manuel Antonio is at 7:45 am. The estimated return time to Manuel Antonio is about 2 pm.

Price for this tour: \$149 per person (with a minimum of 5 people)

What's Included: transportation, all the canyoning equipment, professional Tour guides, and a refreshment at the end of the tour

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, extra change of clothing, sun lotion, sun glasses, and camera.



UVITA'S WHALES AND DOLPHIN WATCHING TOUR

We'll visit the famous Punta Uvita Whale's Tail landmark, the Ballena Island, the Tres Hermanas Islets and the Ventanas Sea caves. During the tour we search for *Humpback Whales (seasonally) and two different species of resident *dolphins. When granted the opportunity, you might see and hear the song of the Humpback Whales and or observe the acrobatic displays of the dolphins making this trip the best whale watching tour in Costa Rica.

Others species that are seen occasionally during the tour are: Bryde's Whales, Pilot whales, False Killer whales and Whale sharks. We also visit the coral and rock reefs to snorkel and observe the wonderful marine wildlife of the Marino Ballena National Park. While cruising in the boat you can enjoy the scenic beauty of the coastline of Costa Ballena and observe the diversity of shore and pelagic birds nesting in the Islets of the park. Later we'll visit Ventanas beach where you can observe wonderful rocky formations and the amazing caverns that were carved out by the ocean and tectonic movements over thousands of years.

The humpback whales visit the waters of Costa Rica and the Marino Ballena National Park between mid-July and late October (Southern Humpback Whales), and again in mid-December through late March (Northern Humpback Whales) as they migrate to and from feeding and mating grounds. The best time for snorkeling in these waters is during the dry months (December through June) because the waters are clearer so the visibility is better.

Price for this tour: \$137 per person (with a minimum of 5 people)

What's included: transportation, snorkeling equipment, bottle of water, fruits, professional naturalist guide, and park entrance fee.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



KAYAK AND SNORKELING TOUR IN MARINO BALLENA NATIONAL PARK

The Marino Ballena National Park covers an area of 110 hectares of land and 5,400 hectares of protected sea territory and offers some of the best beaches on the Costa Rican Southern Pacific Coast and it is an important sanctuary for the protection and conservation of the migratory whales which travel every year from the north to the south of the continent or vice versa looking for a place for mating and find abundant food for the adults and their calves. The park is also world famous for having a sandy beach strip in the shape of a whale's tail.

You will enjoy paddling and snorkeling over the beautiful coral reefs and discovering the different islands within the limits of the park aboard your kayak.

Price for this tour: \$129 per person (with a minimum of 5 people)

Start time available are 8 am and 1 pm

What's included: transportation, kayak and snorkeling equipment, bottle of water, fruits, professional naturalist guide, and park entrance fee.

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



CORCOVADO NATIONAL PARK TOUR

The Corcovado National Park is considered the most biologically intense place on the earth. After a 90 minute ride by covered boat you will arrive Corcovado about 9 am.

At the park we'll have two guided hikes along two different trails. The first hike lasts about 3 hours and the second one about 90 minutes. Throughout the hikes you'll have the chance to see a large amount of wildlife including three types of monkeys, sloths, coatis, raccoons, and tapirs as well as a large variety of birds, plants, and trees – some of them over 400 years old and currently endangered. At the end of the first hike, we'll serve a picnic lunch and on the second hike we'll visit a nice waterfall.

Additionally, on both the departing and return boat rides, there is a good chance of seeing whales, dolphins, turtles, and marine birds. And you'll enjoy fantastic views of the southern pacific Osa coastline.

Pick-Up time at your Manuel Antonio Hotel is at 6:30 am. The return time to Manuel Antonio is scheduled for 6 pm.

Price for this tour: \$179 per person (with a minimum of 5 people)

What's included: transportation, snorkeling equipment, bottle of water, pic nic lunch, park entrance fees, and professional tour guides.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



BEACH HORSEBACK RIDING TOUR

Once we pick you up at the hotel, the adventure in history, beauty and nature begins. You will learn first hand about Costa Rica's exotic plants and bio-diverse wildlife while you ride through the tropical jungle and head towards our world-class beaches – just minutes away from Manuel Antonio.

“Let Don Gilberto and his family show you the beautiful beaches of Costa Rica – on horseback! After a relaxing ride along the warm Pacific Ocean – with the pace determined by your comfort level and riding ability – you will stop for a drink and snack under the shadow of the palm trees.

Price for this tour: \$75 per person

Start time available are 10:30 am and 2:30 pm

What's Included: transportation, well maintained horses, naturalist Tour guide, fruits and drinks, and lunch

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



VISIT TO SANTA JUANA ECO FARM

Experience the magic of nature and enjoy a unique part of Costa Rican rural heritage at the “Santa Juana Eco Farm”. This guided nature, conservation and cultural expedition takes you along the lush, jungle-shrouded slopes of the Fila Chonta Mountains where the Rodeo, Coto and Paquita rivers are born. See the rushing mountain streams that feed these rivers on their journey to the Pacific Ocean and enjoy a refreshing swim beneath a mesmerizing waterfalls.

You'll also see fascinating regional wildlife, including a myriad of birds, insects and reptiles. Try your luck at organic Tilapia fishing, visit an authentic sugar mill powered by two massive oxen, and have the option to take a guided horseback ride.

Tour starts at 7 am

Price for this tour: \$124 per person

What's Included: transportation, naturalist Tour guide, fruits, drinks, and lunch

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



SEA KAYAKING TOUR

Whether you are an individual, group, or an adventurous group of friends, this challenging yet gratifying ocean kayaking adventure is for you. The adventure begins near the Pez Vela Marina in Quepos and winds along the Manuel Antonio coastline.

Indulge yourselves on a rare jewel of a beach – a hidden Manuel Antonio treasure at Biezans Bay – for a refreshing swim and delicious local snacks. And feel free to have your bilingual naturalist guide direct you to the best snorkeling spots as you experience three small but growing, active, and astounding coral reef systems nestled very close to the shore of Biezans Bay. Or just relax and enjoy the tranquility of a private white sand beach.

Price for this tour: \$67 per person

Start time available are 8 am and 1 pm

What's Included: transportation, highly educated bilingual guides and naturalists, all equipment, snacks, a hearty Costa Rican style meal

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



PADI SCUBA DIVING COURSE

If you want to see the beauty of what diving in tropical water has to offer without immediately committing to a certification course, then enroll in this program. This experience can be conducted in half a day and requires no previous diving experience. First watch a short DVD explaining dive fundamentals, techniques and theory, then cover the most important points with a PADI Professional, who will also answer any questions you may have. Then, under the direct supervision of a PADI professional you will discover how easy it is to use scuba gear in a pool and then when you are comfortable move on to do 2 ocean dives!!

Price for this tour:

\$145 per person in Manuel Antonio Bay

\$245 per person in Caño Island Sealife Refuge

What's included: transportation to/from the hotel, mask, fins, regulator, buoyancy compensator, submersible pressure and depth gauge and 3mm wetsuit. Boat, captain and dive master, tropical fruits, cookies, juices, and bottled water.

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



DIVING TOUR IN MANUEL ANTONIO BAY

The Manuel Antonio coastline with its 12 islands gives us the pick of numerous dive sites. All dives are guided by a PADI professional who has extensive knowledge and experience at our dive sites so that you will see the most marine life and underwater formations. The majority of our local dive sites are a maximum of 20 minutes from the port. During our surface interval (about 45 minutes) we can enjoy the beautiful views of the National Park. The majority of our dives are between 40 and 70 feet. We consider your experience, preferences and local conditions to guarantee your enjoyment.

We have abundant marine life with schools of Snapper, Jacks and Barracuda, plus White Tip Reef Sharks, various rays & sea turtles. You will see volcanic rock formations, with many varieties of hard and soft corals. Other residents are nigel Fish, Moorish Idols, Parrot Fish, Puffer Fish, Octopus, Eels & Crustaceans. Visibility ranges between 25 and 65 feet.

Price for this tour: \$105 per person

What's included: transportation to/from the hotel, mask, fins, regulator, buoyancy compensator, submersible pressure and depth gauge and 3mm wetsuit. Boat, captain and dive master, tropical fruits, cookies, juices, and bottled water.

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



DIVING TOUR IN CAÑO ISLAND

This is the most beautiful diving and snorkelling in Costa Rica, Isla del Caño is situated in Drake Bay about 2 hours boat journey to the south. Oceans Unlimited is the only local tour operator offering this unique trip to what has been described as a mini Cocos Island. We offer an exhilarating and safe passage to this unspoiled paradise. Along the way you can spot tropical Dolphins and Sea Turtles. When you arrive, abundant resident sea life surrounds you, giant schools of pelagic fish, Barracuda, Trevally Jacks and Pompano, white tip reef sharks and rays,. Visibility in this area often exceeds 80 feet.

We snorkel or dive 2 different sites, all accompanied by a professional bilingual guides. After checking out the local marine inhabitants we visit the island for a fantastic picnic lunch. Guests are then free to enjoy the unspoiled beach paradise before heading back to Manuel Antonio.

Price for this tour:

\$195 per person as a Scuba Diving Tour

\$135 per person as a Snorkeling Tour

What's included: transportation to/from the hotel, mask, fins, regulator, buoyancy compensator, submersible pressure and depth gauge and 3mm wetsuit. Boat, captain and dive master, national park entrance fee, a light breakfast, a picnic lunch in the island, tropical fruits, cookies, juices, and bottled water.

What to bring for tour: comfortable clothing and shoes, bathing suit and towel, sun lotion, sun glasses, and camera.



DEEP SEA FISHING TOUR

Join a world class sport fishing tour on the Manuel Antonio and Quepos area for catching Marlins, Sail Fish, Dorado, Wahoo, and more.

Price for this tour: \$440 per person

What's included: all fishing equipment, boat, captain, and 4 hour of world class fishing

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.



PARASAILING TOUR

Have a bird's eye view of the beautiful Manuel Antonio coastline from up to 600 feet above the Pacific Ocean.

This unbelievable experience is available to enjoy alone or you can fly together with one or two friends.

Price for this tour:

Single	Double	Triple
\$ 75	135	170

(for 15 minutes of parasailing)

Single	Double	Triple
\$140	195	N/A

(for 30 minutes of parasailing)

What's Included: transportation to/from the hotel, all parasailing equipment, bilingual instruction and you can choose the duration of tour from 15 or 30 minutes in the air.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



BANANA BOAT RIDE

Bounce and jump along the Manuel Antonio coastline while enjoying stunning views of the National Park.

Price for this tour: \$99 per person

What's included: a 30 minute banana boat ride.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



WATER SKI TOUR

Ski the cristaline waters of Manuel Antonio beach and have an amazing time you'll never forget.

Price for this tour: \$87 per person for a 30 minutes tour

\$150 per person for a 60 minutes tour

What's included: all water ski equipment, boat and captain.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



SNORKELING TOUR

An exhilarating trip along the beautiful Manuel Antonio National Park coast line; with views the beautiful beaches and exotic islands. Your boat ride is both exhilarating and safe, snorkle at least 2 different sites, An interpretive guide will tell you the interesting history of the area and we can spot giant Humpback Whales, Pan Tropical Dolphins, Rays, Sea Turtl and a wide variety of coastal birds including the Brown Boobies and Pelicans. No experien is necessary to discover the natural beauty of Costa Rica's underwater tropical paradise. \ provide instruction for beginners and there will be a guide in the water with you to point out t colorful tropical fish, including parrotfish, angelfish, butterfly fish and damsels.

Price for this tour: \$63 per person (with a minimum of 3 people)

What's included: all snorkeling equipment, bottle of water, and tour guide.

What to bring for the tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



JET SKI RENTAL

Explore the Manuel Antonio coastline aboard a modern Jet Ski

Price for this tour: \$80 per person for a 30 minutes tour

\$125 per person for a 60 minutes tour

What's included: transportation to/from the hotel, safety equipment, and instruction.

What to bring for tour: comfortable clothing and shoes, bathing suit, sun lotion, sun glasses, and camera.



SEGWAY TOUR

Enjoy gliding along on a brand new Off Road Segway while viewing and hearing about local wildlife, restaurants, local hangouts, Costa Rican food, and more.

Option 01

Tour starts at 12:30 pm at the Quepos Marina. We will ride to the Nahomi Park which offers beautiful panoramic views of the Pacific Ocean and often it is possible to see sloths and spider monkeys playing in the park's trees. Later we will ride along the raised walkway that borders Quepos and the Pacific Ocean. The raised walkway runs the full length of Quepos and offers beautiful views of the marina and the Pacific Ocean.

Price for this tour: \$62 per person

Duration: 90 minutes

What's included: Segway vehicle, training on how to drive the Segway correctly, safety equipment, bilingual Tour guide, and a bottle of water.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.

Option 02

This tour starts at 9 am or 3 pm at the Quepos Marina. We will ride to the Nahomi Park which offers beautiful panoramic views of the Pacific Ocean and it is often possible to see sloths and spider monkeys playing in the large trees of the park. Later we will ride along the raised walkway that borders Quepos on our way to the ferry that will take us to the beautiful Cocal Island where you'll find beautiful natural walk ways and endless beaches. Cocal is home to a small colony of friendly villagers and also was home of the 2013 World Body Board Championship. Touring the island of Cocal we stop at a Sugar Cane Plantation and you will sample & take some fresh cut sugar cane with you. We stop at a shaded beach area where you can pick your own coconut for a natural drink. After riding on the sands of the island and touring endless walk ways and trails, we head back to the ferry and return to the Quepos marina where tour ends.

Price for this tour: \$95 per person

Duration: 3 hours

What's included: Segway vehicle, training on how to drive the Segway correctly, safety equipment, bilingual Tour guide, and a bottle of water.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.

ACTIVITIES FROM LAS AGUAS VILLA



HORSEBACK RIDING TO THE NAUYAKA FALLS

Nauyaca Waterfalls is the ideal place for nature and adventure lovers. Here you are able to walk, swim, climb, jump, take photographs and spend a marvelous day in the warm waters of Rio Barucito, one of the most beautiful places in Costa Rica's South Pacific.

This is a great place in Costa Rica for adventure ecotourism, and it is a world recognized place for its beauty.

The **Nauyaca Waterfalls** are located in a canyon approximately eight meters wide.

One of the falls is forty-five meters high and the other, twenty meters high. Together forming a 1,000 square meter and six meter deep natural pool at the bottom. Getting to the falls by horseback takes about 1 hour. You will ride through a majestic rainforest and enjoy marvelous views of its flora and fauna.

The tour begins at 8 am and includes transportation, a light breakfast, professional tour guides, well-cared for horses and lunch. **This tour operates from Monday to Saturday.**

The pick-up time is at 7:25 am from the lobby at Las Aguas Resort. And you will return to the hotel about 2:30 pm.

Price for this tour: \$105 per person (with a minimum of 5 people)

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.



HIKING TOUR TO THE NAUYAKA FALLS

On this tour you will explore the unique Barucito river valley, decorated with beautiful bedrock formations and stunning natural terrain.

After a 30 minute moderate level hike, we'll get to the waterfalls with plenty of time to enjoy the breath-taking two-tiered waterfalls – considered by some people as the most beautiful falls in Costa Rica. You can swim in the 20 feet deep natural pools, take a sun tan, dive from the waterfall cliffs, or simply relax in the sun and have a wonderful time in this magical paradise. Those choosing the rappel, will receive training on how to properly and safely climb up and rappel down the 120 foot high cliffs.

Previous experience shows us this tour represents an amazing experience for participants because they enjoy the challenge of walking over the face of a cliff, an experience that usually allows them to lose their fear and leads them to a breakthrough in growth.

The tour begins at 8:30 am and includes transportation, professional tour guides, all the rappel equipment, and lunch.

The pick-up time is at 7:50 am from the lobby at Las Aguas Resort. And you will return to the hotel about 3:40 pm.

Prices for this tour:

As a trekking tour

\$ 109 per person (with a minimum of 5 people)

\$ 83 per person (with a minimum of 6 people)

As a trekking and rapelling tour

\$ 125 per person (with a minimum of 5 people)

\$ 105 per person (with a minimum of 6 people)

What to bring for tour: comfortable clothing, hiking shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.



GUIDED VISIT TO THE DIAMANTE WATERFALLS

Whether you seek high adventure soaked with pure adrenaline, or peaceful hiking through the pristine rainforest, this tour to the top of the spectacular Diamante Waterfalls is the choice for a memorable, once in a lifetime experience!. Artfully designed by nature, this place offers 10 spectacular falls including Costa Rica's tallest drop at 600 feet.

One of the most unique waterfalls on earth sits on top of the mountain. In between twin 90 foot falls there is an amazing open air cave that sleeps up to 30 people. While at the top you are able to hike to other waterfalls in the surrounding area, or enjoy some cliff diving and swimming in the natural pools. Along the way, you'll enjoy watching the howler monkey, many exotic birds and other wildlife, while you discover one of Costa Rica's most spectacular rainforests and thrilling river gorges.

This is a challenging 2 hour hike into the pristine cloud and rain forest, that is well worth the time and physical effort. This is also a great opportunity to inspire a sense of teamwork within the group, and enhance your awareness of the divine harmony in creation.

Also included is lunch served in the spacious and fully equipped open-air cave which is set behind the two 90 foot waterfalls. This tour begins at 9 am and includes transportation, professional tour guides, visit to an organic garden, hiking through natural trails in order to visit 4 magnificent waterfalls and 2 natural swimming pools, cliff diving, and lunch. The choice of rapelling the cliffs which borders the waterfalls is also available.

The pick-up time is at 7:50 am from the lobby at Las Aguas Resort. And you will return to your hotel about 4:00 pm.

Prices for this tour:

As a trekking tour

\$ 115 per person (with a minimum of 5 people)

\$ 86 per person (with a minimum of 6 people)

As a trekking and rapelling tour

\$ 129 per person (with a minimum of 5 people)

\$ 110 per person (with a minimum of 6 people)

What to bring for tour: comfortable clothing, trekking shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

ACTIVITIES FROM SAN JOSE



RAFTING TOUR ON PACUARE RIVER

This tour begins with an early pick-up at the participant's San Jose hotel. We drive north out of the city and begin our ascent into the cloud forest, passing through the stunning Braulio Carillo National Park. In the early morning it is possible to see three of Costa Rica's prized volcanoes: Barva, Poas, and Irazu. It is also a great opportunity to see unique cloud forest vegetation and a number of beautiful rain-fed waterfalls. Along the way we will pass several pineapple farms and get occasional views of the coastline. We will then stop at the Rio Palmas Restaurant, for a typical hot breakfast including fresh fruits and juices as well as traditionally brewed Costa Rican coffee. The lush gardens surrounding the restaurant provide opportunities to see hummingbirds, toucans and various types of lizards.

From here we travel directly to the Tres Equis pueblo where we will descend into the Pacuare river valley. There are many beautiful views along the way, including panoramic vistas of the Reventazon River Valley. Our guides will describe the flora and fauna, explain Costa Rica history, and provide details of Tico culture.

At the river's edge, clients are given the necessary equipment and a thorough explanation of paddling techniques, rescue strategy, and the proper team work vital to a successful river expedition down 28 kilometers of class II, III, and IV rapids on the Rio Pacuare. We then embark on a river odyssey through some of Costa Rica's most pristine cloud forests. While the river provides lots of whitewater action, there is also plenty of time to take in the sights. We will stop at several points to rest, take photos and hike to the base of a secluded waterfall (weather permitting).

After a long and challenging Class IV finale, we will catch our breath in the calm waters of Dos Montanas Canyon, where the river narrows into a steep-walled gorge dotted with waterfalls and perfect for swimming. The canyon then opens up and we again see signs of civilization as the trip nears its conclusion. Our bus awaits us with dry clothing and our return to the hustle and bustle of modern life. There is one final stop for a Caribbean lunch and we are on our way back through the beautiful Braulio Carillo National Park and back to the busy streets of San Jose City.

Pick Up time: 6 am / Return time: 6 pm

Price for the tour: \$99 per person (with a minimum of 2 people)

What to Bring for the tour: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing and a towel.

SAN JOSE CITY TOUR

After breakfast, you will join a guided tour of the beautiful museums and historical sites of San Jose City. This tour begins with an orientation and drive through the beautiful Sabana Park. Next, we will visit the historic National Theater. Completed in 1897, the theater is a masterpiece in art and architecture. Afterward we will visit one of the unique museums in the city.



We will continue to the University of Costa Rica, the Supreme Court and various other sites of interest. We will then stop in an art and craft store, allowing time for you to browse and buy some souvenirs. This is a 4 hour tour. Pick Up time at the Hotel Colours Oasis is at 10:30 am.

The Price for this tour is \$55 per person (with a minimum of 2 people)

This price includes transportation to/from the hotel, and a professional English speaking Tour Guide. It does not include entrance fees to the venues – about \$6 per person.

Pick Up time is at 12:45 pm

What to bring for the tour: comfortable clothing and shoes, hat or cap, rain poncho and camera.

Note: For about \$10 per person – you can add a Costa Rican style lunch to this tour.

Poas Volcano, La Paz Waterfall Gardens and Coffee Tour

We'll visit Doka Estate www.dokaestate.com for a guided tour of the property. Doka is a world renowned coffee plantation in Costa Rica. Here you will learn about the ancient farming techniques used to produce one of the best Gourmet coffees in the world. You will see the whole process involved in the cultivation, harvesting and roasting of Costa Rica's Golden Bean. And you are even invited to collect coffee beans from the plants along with the staff.

The tour in Doka Estate includes entrance to the park, a welcome cocktail, guided tour in the coffee plantations and free personal consumption of the Doka brand gourmet coffee, coffee based liquors and chocolates made from the coffee beans.

After Doka, we'll visit Poas Volcano. Here you will admire the impressive main crater with its sulfur fumaroles, the beautiful Botos lagoon and the exuberant flora and fauna that inhabit this national park.



Later we'll visit La Paz Waterfall Gardens where you will have a guided walk to the many attractions on the property, including 5 breathtaking waterfalls, a large butterfly farm, a hummingbird garden, a frog and snake garden, and a feline farm.

This tour ends with a buffet lunch served in the restaurant of the complex.

This is an 8 hour tour. Pick Up time at Colours Oasis Resort is at 6 am.

The Price for this tour is \$115 per person (with a minimum of 2 people)

This price includes transportation to/from the hotel, a professional English speaking Tour Guide, breakfast, the entrance fee to Doka Estate, Poas Volcano National Park and the La Paz Gardens Nature Park and includes lunch.

What to bring for the tour: comfortable clothing and shoes, hat or cap, rain poncho, binoculars and camera.



IRAZU VOLCANO AND OROSI VALLEY

This tour begins in Cartago, the country's former capital city, where you will visit the Los Angeles Basilica, the heart of Costa Rican's religious faith. Inside you will find a fine collection of small gold and silver images offered in the hope of healing.

Next, you will discover the country's highest volcano. At 11,000 feet above sea level, the Irazú Volcano is said to have an amazing resemblance to the moon's surface.

Following the visit to this National Park, the tour will take you to Lankester Gardens, where you will see a collection of beautiful neo-tropical orchids and other tropical plants.

Finally, you'll have a taste of colonial Costa Rica at the historic and colorful Orosí Valley, home of the country's oldest church.

If you want to experience a piece of Costa Rican history, this is the perfect tour for you!

Price for the tour: \$90 per person (with a minimum of 2 people)

The tour includes transportation, a bilingual tour guide, lunch, and the entrance fee to Irazu Volcano National Park.

Pick Up time is at 9 a.m. at Colours Oasis Resort. The return time is at 4:30 pm
What to Bring: Long Pants, Light Jacket or Sweater, Comfortable Shoes, and Camera.



POAS VOLCANO, SARCHI CITY AND COFFEE TOUR

The tour's first stop is the Poas Volcano National Park, where you will enjoy magnificent views of the Central Valley and the volcano's enormous crater - one of the biggest in the world.

Next, you will visit the beautiful coffee plantations of Doka Estate. Your tour guide will take you through the estate, visiting the plantations and the 96 year old "beneficio" or coffee mill. Having learned how premium coffee beans turn into a fabulous cup of java, you will enjoy a typical Costa Rican lunch.

You will then continue to the town of Sarchi, home of Costa Rica's most experienced artisans. Here, you will see first-hand how the typical famous oxcarts are built and painted and have an opportunity to purchase beautiful wooden souvenirs.

Price for the tour: \$80 per person (with a minimum of 2 people)

The tour includes transportation, a bilingual tour guide, lunch, and entrance fee to the different attractions.

Pick Up time: 8:00 am / Return time: 4 pm

What to Bring for tour: Long Pants, Light Jacket or Sweater, Comfortable Shoes, and Camera.



POAS CANOPY TOUR

The Poas Canopy Tour is located in the Poas Volcano area, around 60 minutes by car from downtown San Jose. It follows a set of rigid quality standards and safety rules, according to international standards.

The tour is approximately two hours, and it is an adrenaline filled experience, in which the visitor takes a journey through the treetops on fourteen cables suspended high above the jungle trails, with the help and under the supervision of highly qualified and professional personnel. This exciting adventure ends when you glide down on an impressive 1980 foot long cable.

Price for the tour: \$105 per person (with a minimum of 2 people)

Pick Up time: 10:30 am / Return time: 5:30 pm

What is included: transportation from/to San Jose, a Costa Rican style lunch, and canopy

What to Bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.

We can also include in this tour: a guided visit to Poas Volcano National Park or a guided visit to La Paz Waterfall Gardens - for an extra charge per person.



TORTUGUERO NATIONAL PARK

On this tour you will travel with a bilingual naturalist guide on an air conditioned bus. You will be driven through Braulio Carrillo National Park, where you'll have the opportunity to see beautiful views and abundant rain forest vegetation and stop for breakfast at a typical Restaurant. After breakfast, the trip will continue to La Pavona deck, driving through banana plantations on the way. We will stop at a banana packing plant to explain the process of growing and exporting this fruit.

At La Pavona, you will board a covered boat that will take you to the town of Tortuguero, passing the Tortuguero canals, and arriving about 12:00 noon. Upon arrival, you will enjoy an 'all you can eat' lunch.

After lunch we will take a walk through the rainforest to learn how nature works and to get a feel of the tropical rainforest, plus enjoy a boat tour through TORTUGUERO CANALS. Covering 29,000 hectares, TORTUGUERO is one of the most important nesting sites for *Chelonia midas*, the green sea turtle, where these forests and waterways are also home for endangered mammals such as sloths, monkeys, agoutis, coati mundis and manatees.

There are also abundant birds, such as toucans, trogons, egrets, herons and aningas, as well as crocodiles, turtles and countless colorful butterflies, including the beautiful blue morpho. And the boat trip offers a chance to see many of these rare animals up close.

At 3 pm, we start the drive back to San Jose, where we will arrive around 7 pm.

Price for the tour: \$99 per person (with a minimum of 2 people)

The tour includes land and boat transportation, a bilingual tour guide, breakfast, lunch, and entrance fee to Tortuguero National Park.

Pick Up time at Colours Oasis Resort is at 6 am

What to Bring for tour: hat or cap, light clothes and covered shoes, rain gear, mosquito repellent, and camera.



TORTUGA ISLAND TOUR

The Gulf of Nicoya has a beautiful group of islands that are home to seabirds, white sands, and the flora and fauna that make our Central Pacific coast so special. Within these islands, we find the world-famous Isla San Lucas, site of the highest security prison in Costa Rica, where human rights did not exist for the prisoners. The time when this prison was in use is known as the dark age of the Costa Rica justice system.

Also located 12 miles from Puntarenas, near Kuru and across from Playa Organo, is Isla Tortuga (Turtle Island) with 120 hectares, 4 main hills and 500 meters of beachfront. It is maintained as a park and has won the Bandera Azul (blue flag), a distinction conferred by the Costa Rica government for excellent ecological conservation.

All of these ingredients make this trip one of the most popular tours in Costa Rica. At this island, we spend approximately 4 hours, during which you can enjoy a variety of activities including canopy, hiking, kayaking and snorkeling, or you can simply take a sun bath on the white sand beaches or enjoy the cristaline waters Tortuga Island offers.

Price for the tour: \$105 per person (with a minimum of 2 people)

The tour includes land and water transportation, bilingual tour guide, typical breakfast, tropical fruits, natural drinks, fish cocktail, snacks, and live music aboard the vessel. And a delicious buffet lunch on the beach.

Pick Up time at your San Jose Hotel is at 6 am / Return time is about 8 pm

What to Bring for tour: Light Clothes, Bathing Suit, Towel, Sun Block, Hat, Comfortable Shoes, Sandals, and Camera.



Costa Rica Folklore Night

We'll visit a restaurant located on the top of one of the mountains that surrounds the city of San Jose, and have a memorable Costa Rican style dinner and enjoy the stunning views of San Jose city at night.

Also local artisans, coming from different regions of Costa Rica, will exhibit their unique creations that you will have an opportunity to purchase.

This evening ends with a traditional masquerade extravaganza and a lively fireworks show.

Price for this lovely evening: \$75 per person (with a minimum of 2 people)

The tour includes transportation, bilingual tour guide, welcome cocktail, fireworks show, folklore dances show, a typical dinner, and marimba music.

This tour is available on Wednesday and Thursday evenings only.

Pick Up time at Colours Oasis Resort is at 6 pm / Return time is about 10:30 pm

What to Bring for tour: casual clothing, a sweater, and a camera