

# TOURS FROM LAS AGUAS VILLA



## HIKING TOUR TO THE NAUYAKA FALLS

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

After a 30 minute moderate level hike, we'll get to the waterfalls where there is plenty of time to enjoy the breathtaking 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 experiences 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 9:30 am and includes transportation, professional tour guides, all the rappel equipment, and lunch.

## Prices for this tour:

### As a trekking tour

**\$85 per person** (with a minimum of 6 people)

### As a trekking and rapelling tour

**\$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.

**Note:** You can join this tour either while going to Tinamaste from Manuel Antonio Beach or to Manuel Antonio Beach from Tinamaste.

Our driver will make a four hour stop in the activity park, so you will have time for lunch and also time to join and enjoy this tour.



## **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.

## **Prices for this tour:**

### **As a trekking tour**

**\$ 99 per person** (with a minimum of 6 people)

### **As a trekking and rapelling tour**

**\$ 120 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.

**Note:** You can join this tour either while going to Tinamaste from Manuel Antonio Beach or to Manuel Antonio Beach from Tinamaste.

Our driver will make a six hour stop in the activity park, so you will have time for lunch and also time to join and enjoy this tour.



# TOURS IN MANUEL ANTONIO BEACH



## CARARA NATIONAL PARK

Enjoy a relaxing hike for a few hours through the tropical rain forest with our highly educated bilingual naturalists guides. On this tour you will see giant red Macaws and other large local and migratory birds, several type of monkeys and many big crocodiles that live in the Tarcoles River ecosystem estuary and adjacent to the Carara Park and it's protected biological corridor.

**What is included:** transportation, park entrance fees, professional tour guides, and all equipment needed for bird watching and wildlife spotting.

**Price for the tour: \$85 per person** (6 people as minimum is required)

**What to Bring:** Comfortable clothing and shoes, Sunscreen, Insect Repellent, Hat or Cap, binoculars and Camera

**Note:** You can join this tour either while going to Manuel Antonio from San Jose or to La Fortuna from Manuel Antonio.

Our driver will make a three hour stop in the activity park, so you will have time for lunch and also time to join and enjoy this tour.



## WALKING IN MANUEL ANTONIO NATIONAL PARK

At 7:30 a.m., after breakfast, you will join a guided tour of Manuel Antonio National Park. We will take you through nature trails to see the flora and fauna including monkeys, sloths and many species of birds in the impressive Rainforest. You will have leisure time to take a swim in the pristine waters or tan in the sun on the white sand beaches of the park.

**Price for this tour: \$65 per person** (2 people as minimum is required)

**What's Included:** transportation, park entrance fee, professional tour guide, and fruits and natural drinks

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



### **“KIDS SAVING THE RAINFOREST” WILDLIFE SANCTUARY**

KIDS SAVING THE RAINFOREST specializes in the rescue and release of wild animals in the rainforest. However, in addition to animals that regain their health and are returned to the wild, there are many animals that cannot be released, so KSTR offers those animals a safe sanctuary in which they can thrive and enjoy life, along with receiving good nourishment and care.

During the tour, you will see the following animals:

- + 5 types of monkeys, including Spider Monkeys, White Faced Monkeys, Squirrel Monkeys, Tamarins, and Marmosets
- + Nocturnal Kinkajous (if they are awake)
- + Parrots and Parakeets
- + Sloths

KIDS SAVING THE RAINFOREST has the largest multi-species enclosure in Central America where humans can walk through a cage inside of the enclosure while the monkeys and the other animals climb all around you.

At the end of tour, you can take a swim in pool on the complex or purchase a souvenir in the KSTR store.

The tour starts at 9 am and ends about 11:30 am. Pick-up from main hotels in Manuel Antonio starts at 8:15 am.

**Price for this tour: \$75 per person**

**What's Included:** transportation, park entrance fee, professional tour guide, and a fruits snack

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



### **TOUR TO THE HIDDEN WATERFALLS**

This hidden waterfalls are located about 50 minute drive from Jaco beach. From the point where the Van is parked, you'll have to walk for about 15 minutes through beautiful cattle farms and natural trails to get to the waterfalls. Here you also find three nice natural pools and will have plenty of time for swimming and relaxing while enjoying the good company provided by the exuberant rainforest wildlife and flora.

**Price for this tour: \$110 per person** (this price is based on a minimum of 4 people)

**What's Included:** round transportation, professional Tour guide, bottled water and fruits

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





## THE RAINFOREST CANOPY TOUR

On this adrenaline charged adventure tour you will travel through the trees and witness the wonders of the magical rainforest for two and half hours. It begins with a 25 minute drive from the center of Quepos, and on the way you will pass through a working African Palm plantation.

This Rainforest Canopy Tour offers the newest and safest canopy experience, including the only double-cabled canopy in this area. Each individual is equipped with a harness, a double pulley system, hand brake, helmet, three safety lines, and automatic and semi-automatic carabineers.

There are 9 lines and 14 platforms, with wires up to 350 meters long, a 35 meter Rappel descending from a platform, and 1 hanging bridge up to 30 meters high and 8 meters long. With minimal walking required, this tour is friendly and safe for people of all-ages.

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

### Price for this tour: \$85 per person

Start times available are: 7:30 am, 10 am and 1 pm

**What's included:** transportation to/from the hotel, all the equipment, and lunch.

**What to bring for this tour:** comfortable clothing and shoes, sun lotion, and insect repellent

**Note:** for an additional \$45 per person, we can add a 2 and half hour "Flying-like" Superman Tour to the Rainforest Canopy experience.



## SUPERMAN TOUR

This tour makes you feel like a favorite comic super-hero flying over the skyline of a metropolis.

Standing over 1 km long, this super "mono- rail" trip offers one of the most beautiful and breathtaking rides over the rainforest you may ever experience in a lifetime.

This double-cabled flying trip is equipped with the latest equipment including a full body harness, a helmet with windshield and two double pulley systems.

Also included is a guided motorized tour on a teca plantation to learn about the whole process of cultivation, harvesting and packing of this highly valued wood for exportation.

### Price for this tour: \$60.50 per person

Start times available are: 7:30 am, 10 am and 1 pm

Duration: 2 and half hours.

**What's included:** transportation to/from the hotel, all the equipment, and lunch.

**What to bring for this tour:** comfortable clothing and shoes, sun lotion, and insect repellent

**Note:** for additional \$65 per person, we can add a 2 and half hour zip lining to this tour.



### **WATERFALL RAPELLING**

After being instructed on the safe and proper use of the latest Black Diamond equipment we will begin our hike into the canyon (this is a 20 to 30 minute walk). Your naturalist guide will stop along the way to point out interesting flora and fauna including monkeys, toucans and Scarlet Macaws.

At the top of a gorgeous 300 foot waterfall, we will rappel down the face of 4 waterfalls from 60 to 90 feet high each, however you will be “safe and backed up” at all times by your professional guide.

A short hike further, and we will “ZIP-OUT” on 2 Canopy Ziplines. The longest is over 2,000 feet! We will then enjoy a tropical fruit snack and a beverage before returning you to the hotel.

The price for this tour is \$150 per person (this price is based on a minimum of 4 people)

**What is included:** transportation to/from the hotel, professional tour guides and a fresh fruit snack.

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

Pick-up time from Manuel Antonio beach is at 11:50 am / Return time is about 6:30 pm



### **CLIFF DIVING ADVENTURE**

This is a full day tour that everyone will enjoy. We begin with a drive south to the wild and rugged Osa area where we will hike to five waterfalls in three different locations. Each waterfall is longer and more awesome. You can swim in the pool of these gorgeous falls, or just enjoy the view from dry land. One of the falls has a rope swing so that you can swing and then jump off into the natural pools below. And one has a natural water slide.

Then we will have some lunch at a Costa Rican restaurant. And after lunch we will hike deep into the Costa Rica Rain Forest to the most magnificent 75 foot waterfall in Costa Rica. If conditions are right, you can jump from 20, 30, 45, or 75 feet into the deep pool at the base of the falls.

It is only a five minute hike to the first two locations and the last hike is about thirty minutes.

**The price for this tour is \$135 per person**

**What is included:** transportation to/from the hotel, plus professional tour guide and lunch.

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

Pick-up time from Manuel Antonio beach is at 8:30 am





### **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: \$80 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**

This tour is a drive for 2 and half hours through the beautiful primary and secondary rainforests and alongside the Canas River aboard a fully automatic "All Terrain Vehicle". There will be stops for taking memorable pictures of the forest and the waterfalls along the route and you also have an opportunity to cool off and swim in beautiful natural pools.

Name of Tour	Price for 1 person	Price for 2 persons	Duration
ATV only	\$109	\$140	4 and half hours
ATV + Canopy	\$180	\$295	6 hours

Start times available are: 7:30 am, 10 am and 1 pm

**What's included:** transportation to/from the hotel, fully automatic ATV Polaris or Yamaha, helmets, professional tour guide, bottled water, 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: \$99 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: \$80 per person**

**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.





### RAIN FOREST 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 on horseback along the warm Pacific Ocean – with the pace determined by your comfort level and riding ability – stop for a drink and snack under the shadow of the palm trees.

**Price for this tour: \$80 per person** (this price is based on a minimum of 2 people)

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 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: \$97 per person** (this price is based on a minimum of 4 people)

**What's Included:** transportation, 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.



### 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 at 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: \$75 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.



### MANGROVE TOUR

A highly trained naturalist guide will take you on a roofed boat or kayak through the peaceful Damas Island Mangrove while the abundant wildlife comes to you – sometimes directly into the boat.

You will see a wide variety of flora and fauna, while you learn about the important role that the mangroves play in the conservation and balance of the ecosystem.

The mangroves protect shorelines from damaging storms and hurricane winds, waves, and floods. Mangroves also help prevent erosion by stabilizing sediments with their tangled root systems. They also maintain water quality and clarity by filtering pollutants and trapping sediments originating from land.

Mangroves also serve as valuable nursery areas for shrimp, crustaceans, mollusks, and many kinds of fish.

Mangroves also provide a rich source of food while also offering refuge to many species of fish, reptiles, and birds. Many are threatened and endangered species like caimans, sloths, sea turtles, some rare snakes, and birds like the peregrine falcon, and pelicans.

**What is included:** Land and water transportation, park entrance fees, professional tour guides, and lunch.

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

The start time for this tour is subject to the tide conditions which vary according to the time of day and the season of the year.

The pick-up time at the Quepos/Manuel Antonio hotels is approximately 50 minutes prior to the scheduled starting time of the tour.

**What to Bring:** Comfortable clothing and shoes, Sunscreen, Insect Repellent, Hat or Cap, binoculars 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 experiences. First watch a short DVD explaining dive fundamentals, techniques and theory, then recover 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 in a pool and then when you are comfortable move on to do 2 oceans dives!!

### **Price for this tour:**

#### **\$180 per person in Manuel Antonio Bay**

**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 an 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; Angel Fish, Moorish Idols, Parrot Fish, Puffer Fish, Octopus, Eels & Crustaceans. Visibility ranges between 25 and 65 feet.

### **Price for this tour: \$109 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.



## SNORKELING TOUR

An exhilarating trip of the beautiful Manuel Antonio National Park coast line; taking in views of the beautiful beaches and exotic islands. Your boat ride is both exhilarating and safe, and you will snorkel at least 2 different sites. An interpretive guide will tell you the interesting history of the area and we can spot the giant Humpback Whale, Pan Tropical Dolphins, Rays, Sea Turtles, and a wide variety of coastal birds including the Brown Boobies and Pelicans. No experience is necessary to discover the natural beauty of Costa Rica's underwater tropical paradise. We will provide instruction for beginners and there will be a guide in the water with you to point out the colorful tropical fish, including parrotfish, angelfish, butterfly fish and damsels.

### Price for this tour: \$90 per person

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

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



## FRESH WATER MANGROVE FISHING TOUR

This is a 4 hour fishing adventure in the mangrove of the Damas Island. Besides enjoying the abundant wildlife here, you can catch and bring home a snook, red snapper, corvina, or many others.

**The price for this fishing trip is \$365** (maximum of 4 people aboard the boat).

**What's included:** Transportation to/from the hotel, a 24 foot boat, captain, all the fishing equipment and bait, fishing license, natural drinks, fruits, and lunch.

**What to bring:** Comfortable clothing and shoes, sun lotion, sun glasses, and camera

The pick-up time for this adventure is 5:45 am in the lobby at Hotel Vela Bar. You'll be back at the hotel about 1 pm .





## WORLD CLASS DEEP SEA FISHING TRIP

This is a full day world class fishing adventure in the rich waters of Manuel Antonio and Quepos - one of the best fishing areas in Costa Rica.

You'll have tons of fun and excitement on this trip, with a good opportunity to land a large sailfish, or marlin, a big yellow fin tuna, a dorado, a wahoo, and more.

**The price for this fishing trip is \$655** with a maximum of 4 people aboard the boat.

**What's included:** Transportation to/from the hotel, a 30 foot boat, captain, all the fishing equipment and bait, fishing license, natural and alcoholic drinks, and lunch.

**What to bring:** Comfortable clothing and shoes, sun lotion, sun glasses, and camera

The pick-up time for this adventure is 6:35 am in the lobby at Hotel Vela Bar. You'll be back at the hotel about 4:30 pm.



## 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 it alone or you can fly together with one or two friends.

### Price for this tour:

Single	Double	Triple
\$ 87	139	185

(for 15 minutes of parasailing)

Single	Double	Triple
\$140	200	255

(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 enjoy of stunning views of the National Park

**Price for this tour: \$35 per person – for a 30 minute tour -** (this price is based on a minimum of 4 people)

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: \$35 per person -** for a 30 minute tour – (this price is based on a minimum of 4 people)

**\$50 per person -** for a 60 minutes tour - (this price is based on a minimum of 4 people)

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.





### **JET SKI RENTAL**

Explore the Manuel Antonio coastline aboard a modern Jet Ski

**Price for this tour: \$90** for a 30 minute tour – Up to 2 persons on the Jet Ski

**\$160** for a 60 minutes tour - Up to 2 persons on the Jet Ski

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 oftenly 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: \$55 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 tours stars 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 oftenly is possible to see sloths and spider monkeys playing in the park's large trees. 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: \$99 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.

**YOGA INSTRUCTION, BODY MASSAGES AND SPA TREATMENTS are also available.**

# TOURS 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 \$88 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 \$76 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 \$130 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 in Costa Rica is ideal for canyoneering.

This canyoneering adventure includes rappelling at 3 waterfalls, 1 platform and 1 rock wall, hiking through the rainforest while you enjoy spectacular views of nature, river tracing, a 100 ft long zip line, and climbing up a rock in a beautiful canyon.

This is an experience of a lifetime for people from all ages! And no previous experience is required.

**Price for this tour is \$95 per person**

**What's Included:** Transportation to/from the hotel, professional tour guides, all the equipment, and lunch.

The start times for this tour are 8 am, 10 am, and 1 pm

Pick-up time from main hotels in La Fortuna starts at 7:30 am and 12 noon. You'll be back at the hotel about 4 and a half hours later.

**What to bring for this tour:** Quick-dry clothes (shorts and t-shirt are best), secure shoes (sports sandals or water shoes), a 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 \$115 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 or lunch are included in this tour.

Pick-up at your hotel in La Fortuna is at 7 am or 8 am or 9:30 am or 12 noon or 1 pm or 4 pm.

**Price for this tour is \$79 per person**

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



### **RAINFOREST NOCTURNAL TOUR**

The beautiful LaFortuna rain forest at night offers a completely different experience than at daytime. You have not experienced the rainforest until you have experienced it at night.

At night it is possible to see about 50 % more species of insects, amphibians, reptiles and even mammals and that's because a major portion of wildlife have nocturnal habits. There are also some species of exotic flowers that only blossom at night.

During this 2 and half hour moderate exploration of the rainforest you will enjoy the magical night-time sounds of the rain forest. And as you trek over the natural trails and hanging bridges with the guide, you will see frogs, snakes, lizards, and mammals such as kinkajou, coatis, caucels and margays, along with nocturnal birds such as the barn owl. For lovers of nature – this tour is a must !

A professional naturalist guide, equipment for proper observation of the wildlife, transportation to/from the hotel, and the park entrance fee are included in this tour.

**Price for this tour is \$80 per person**

Pick-up at Mountain Paradise Hotel is about 5:30 pm – The estimated return time to the hotel is 9 p.m.

**What to bring for tour:** comfortable clothing, hiking shoes or tennis, insect repellent, 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.

**\$115 for a 25 minutes experience for one single 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.





### **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 / \$45 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 / \$85 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 \$69 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 \$75 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, towel, binoculars, and camera.



## **KAYAK OR BOAT FISHING ON LAKE ARENAL**

Serious anglers are going to love this 4 hour kayak or boat fishing adventure on beautiful Lake Arenal – the largest man-made lake in Central America.

If you choose a kayak, you'll be in a top-quality, specially-designed craft equipped with a large variety of bait and gear that will lure the different species that inhabit the lake, including the famous Rainbow Bass (aka Guapote) or a Tilapia or Machacas, and more. All of this under the silent shadow of the majestic Arenal Volcano that provides the perfect backdrop for this memorable moment.

**Price for this tour is \$270** (Up to two persons in a boat fishing)  
**\$147** per person in a kayak

Pick-up from the main hotels in La Fortuna starts at 8:30 am – The estimated return time to the hotel is 1:30 p.m. But if you prefer to start the tour earlier, that's possible too.

**What's Included:** transportation to/from the hotel, professional tour guide, all the equipment, and snacks.

**What to bring for this tour:** comfortable clothing and shoes, sun lotion, sun glasses, towel, 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 \$145 per person (with a minimum of 2 people)**

**What's Included:** transportation, professional tour guides, all the equipment, lunch and leisure time to enjoy the hot springs complex.

**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 \$85 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 \$80 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.**



## HELICOPTER TOUR IN LA FORTUNA

This is a fantastic way to see the beautiful Arenal volcano area from the air. For 30 minutes you'll fly over the gorgeous Arenal volcano crater, you'll have unbelievable views of the Arenal Lake, the hidden waterfalls, wild water rivers, and the splendor of the Arenal rainforest that one can only appreciate from the air.

Don't forget to bring your camera because you'll want to keep the memories of this unique and worry free adventure!

**Price for this tour is \$455 net per person** (based on a minimum of 4 people)

**What is included:** Transportation from your hotel to the La Fortuna's air strip and back to your hotel, plus a professional helicopter pilot.

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

Pick-up time at your San Jose or La Fortuna hotel is at your convenience.

Note: the price for this tour it is the same departing from the San Jose airport which is the Helicopter's base location. We recommend you start this tour from San Jose airport, because you'll enjoy an extra 30 minute helicopter ride for the same rate.

After the tour, you can be dropped off in La Fortuna or back in the San Jose airport.



### **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 \$89 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 \$60 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 \$95 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 \$85 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 2 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. Driving time to/from La Fortuna: 30 minutes each way

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



## MI CAFECITO COFFEE TOUR

This is a beautiful place. A coffee co-op in a natural setting, with hiking trails and views of a nice river. The tour includes a complete demonstration of how coffee is made, from the tiny seedling, to a mature three-year-old plant, to harvesting, drying, peeling, and roasting. Here nothing is wasted - even the skins of the beans are used in a huge worm-composting area. They also raise tilapia for sale as well as sugar cane. A demonstration of sugar cane pressing is included.

There is a nice restaurant on site that offers good Costa Rican style food and, of course, assorted coffee drinks.

100% organic, arabica coffee, both whole-bean and grounded, is for sale on site at affordable prices.

**The Price for this tour is \$34 per person** – for the Coffee Tour only with snacks included

The Price for this tour is **\$40 per person** – for the Coffee Tour with lunch included

**\$9,50 per person** – for having lunch only

**What's Included:** transportation, Park entrance fee, a 60 to 90 minute guided tour of the property, professional tour guide, and typical lunch.

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



## 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 \$129 per person / \$50 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 \$269 per person** (with a minimum of 4 people)

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



### ONE DAY ADVENTURE TOUR TO MONTEVERDE CLOUD FOREST

After Breakfast, you will be transported in a 4x4 vehicle to beautiful Monteverde in a picturesque trip where you'll enjoy beautiful panoramic views of the Lake Arenal, the Arenal volcano and the rain forest.

In Monteverde we'll visit a private reserve, 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 provide a different perspective of the Cloud forest's flora and fauna. Also included is a ride on the Cloud Forest Aerial Tram and a Costa Rican style lunch.

Also included is a visit to the Monteverde Extreme Park with time for exploring the grounds. And for those who want an adrenaline rush, there is an amazing experience of falling from the tallest platform for Bungee jumping in Central America. This once in a lifetime experience is available for the most extreme adventurers where the individuals jump from a tram located 470 feet above the ground. This is something you'll certainly tell your friends and family about when you are back at home!

This tour departs from Mountain Paradise Hotel about 7 am, and includes transportation in a 4x4 car with a bilingual driver, professional tour guide in all tours, a ride on the aerial tram plus hanging bridges and the bungee jumping, park entrance fees and lunch.

This tour leaves from main hotels in La Fortuna about 7:30 am and you'll be back at the hotel about 7 pm.

**Price for this tour is \$395 per person** (with a minimum of 2 people)

**\$355 per person** (with a minimum of 4 people)

**What to bring for tour:** comfortable clothing and shoes, insect repellent, sun lotion, sun glasses, hat or cap, 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 \$109 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 \$80 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 OF RELAXATION AT ARENAL PARAISO OR TABACON RESORT OR THE SPRINGS RESORT**

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

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

#### **Price for this tour is**

**\$77 per person at Arenal Paraiso Resort** (with a minimum of 2 people)

**\$112 per person at Tabacon Resort .....**(with a minimum of 2 people)

**\$115 per person at The Springs Resort..** (with a minimum of 2 people)

PRICES AVAILABLE FOR 1 PERSON OR MORE THAN 2 UPON REQUEST

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

**Note:** for additional \$20 per person - you can add a guided tour of The Springs Resort's private natural reserve where you can watch a wide array of wildlife including felines such as cougars, jaguars, and ocelots. The white faced and the spider monkeys, sloths, deer, beautiful scarlet macaws and toucans, several type of humming birds and some reptiles.