

Tours of Arenal 2014

*All tours are per person, based on the adult rates.
Many tours also have child rates:*

*Arenal 4-in-1, or other combo tours with different options, including: Hanging Bridges, Volcano Hike & Visit to Ecotermas or Tabacon Hot Springs
Hot Springs Day Pass - Baldi, Ecotermas, Paradise, or The Springs Los Perdidos
Canopy Vista Zipline
Club Rio Multi-Adventure Package (The Springs Resort & Spa)
Coffee Roasting
Coffee Farm & Roasting Combo
Arenal Volcano National Park Hike
Arenal Volcano Natural History Walk with The Springs Resort Hot Springs
Arenal Hanging Bridges Tour
Caño Negro Rio Frio Boat Tour
Wildlife Safari Float
White Water Rafting – Class 2-3 – Rio Balsa,
White Water Rafting – Class 3-4 – Rio Toro
Mambo Combo - Canyoneering & White Water Rafting Combo
Lost Canyon Adventure Canyoneering
Canyoning Waterfall Rappel (Pure Trek)
ATV Adventure
Birdwatching Tour
Kayak On Lake Arenal or Peñas Blancas River
Rio Celeste Tour
Sky Tram, Sky Walk & Sky Trek (zip line) Tour Options
Cerro Chato Expert Hike
Horseback Riding To Fortuna Waterfall
Fortuna Waterfall by Car/Van
Venado Caves Tour
Stand Up Paddling (SUP) on Lake Arenal
Mountain Bike Ride Moderate to Challenging Options
Sport Fishing on Lake Arenal Tour*

All prices are subject to change without notice. Please ask your travel consultant for the most current tour pricing. Additional transfer costs might apply when staying at Lost Iguana or The Springs Resort.





Arenal 4-in-1 Combo Tour
Hanging Bridges & Ecotermiales
 STYLE: Nature & Relaxation

Start the day visiting the Arenal Hanging Bridges, over 2.5 km of trails and 15 bridges in the rainforest! Next, hike down a windy path to view the famous 70-meter La Fortuna Waterfall.

The tour continues to the Arenal National Park where the tour guide will talk about the natural and geological history of the volcano, and you can cross a path of solid lava from 1992.

Afterwards, enjoy the relaxing hot springs and waterfalls of the small and intimate Ecotermiales Hot Springs. At the end of the day, enjoy a delicious buffet dinner before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide & entrance fees.

DURATION: **12h** AGE: **ALL** INTENSITY:  Rate per person: **\$211**

ESSENTIALS:
 Change of clothes, swim wear, sun screen, comfortable hiking shoes, towel, insect repellent.

Arenal 4-in-1 Combo Tour
Hanging Bridges & Tabacon
 STYLE: Nature, Relaxation & Family

Start the day visiting the Arenal Hanging Bridges, over 2.5 km of trails and 15 bridges in the rainforest! Next, hike down a windy path to view the famous 70-meter La Fortuna Waterfall.

The tour continues to the Arenal National Park where the tour guide will talk about the natural and geological history of the volcano, and you can cross a path of solid lava from 1992.

Afterwards, enjoy the relaxing Hot Springs and waterfalls of Tabacon Hot Springs. At the end of the day, enjoy a delicious buffet dinner before you are taken back to your hotel.

Included: Lunch, dinner, transportation from/to your hotel, naturalist guide & entrance fees.



DURATION: **12h** AGE: **ALL** INTENSITY:  Rate per person: **\$227**

ESSENTIALS:
 Change of clothes, swim wear, sun screen, comfortable hiking shoes, towel, insect repellent.



Arenal 4-in-1 Combo Tour
Safari Float & Ecotermiales
 STYLE: Nature & Relaxation

Start the day with the sights and sounds of the Peñas Blancas River Safari Float! Next, hike down a windy path to view the famous 70-meter La Fortuna Waterfall and take a refreshing swim.

The tour continues to the Arenal National Park where the tour guide will talk about the natural and geological history of the volcano. Afterwards, the bus will take you on a short ride to the small and intimate Ecotermiales Hot Springs. At the end of the day, enjoy a delicious buffet dinner before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide & entrance fees.

DURATION: **12h** AGE: **5+** INTENSITY:  Rate per person: **\$211**

ESSENTIALS:
 Long pants, hiking shoes, bath clothing, camera, binoculars, sun lotion, repellent, light sweater and rain coat.

Arenal 4-in-1 Combo Tour

Safari Float & Tabacon

STYLE: Nature, Relaxation & Family

Start the day with the sights and sounds of the Peñas Blancas River Safari Float! Next, hike down a windy path to view the famous 70-meter La Fortuna Waterfall and take a refreshing swim.

The tour continues to the Arenal National Park where the tour guide will talk about the natural and geological history of the volcano.

Afterwards, the bus will take you on a short ride to the stunning Tabacon Hot Springs. At the end of the day, enjoy a delicious buffet dinner before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide & entrance fees.



DURATION: AGE: INTENSITY:

12h

5+



Rate per person:

\$227

ESSENTIALS:

Change of clothes, swim wear, sun screen, comfortable hiking shoes, towel, insect repellent.



DURATION: AGE: INTENSITY:

5h

ALL



Rate per person:

\$156

ESSENTIALS:

Swim suit, towel, change of clothes, binoculars, extra cash for additional drinks, camera.

Hanging Bridges & Ecotermals

STYLE: Nature & Relaxation

The hanging bridge tour is the iconic tour of Costa Rica. It takes you into the thick of the rainforest to a 250 hectare reserve. Nature lovers will enjoy a 3 km hike across 15 suspension bridges across the rainforest canopy.

Your naturalist guide will explain the surrounding area, you'll learn about the history of the rainforest as well as look for wildlife.

Afterwards, enjoy the relaxing hot springs and waterfalls of the small and intimate Ecotermals Hot Springs. At the end of the day, enjoy a delicious buffet dinner before you are taken back to your hotel.

Included: dinner, transportation from/to your hotel, naturalist guide, hanging bridges and hot springs entrance fee, snacks & drinking water.

Baldi Hot Springs

STYLE: Relaxation & Family

A visit to Arenal Volcano would not be complete without making time to enjoy the local thermal hot springs. The volcano's geothermal activity heats the water underground. As the water comes up and flows into the local streams, it also carries with it the therapeutic minerals!

You will be picked up from your hotel and driven to the nearby Baldi Hot Springs resort to enjoy the 25 different tempertured pools dotted around their property. One of the pools has a wet bar and there are 3 fast sliding boards! The Baldi Hot Springs are very popular for families and groups and are one of the most reasonably priced hot springs in the area.

Included: dinner, transportation from/to your hotel, entrance fee.



DURATION: AGE: INTENSITY:

4.5h

ALL



Rate per person:

\$56

ESSENTIALS:

Bathing suit, towel, water shoes/sandals, camera, extra cash for locker rental and drinks.



Ecotermales Hot Springs

STYLE: Relaxation & Couples

Ecotermales is the smallest of the Arenal Hot Springs and accepts no more than 100 visitors at a time. Ecotermales is perfect for couples, honeymooners and smaller groups looking for a unique and intimate experience in a tranquil rainforest setting. There are four thermal hot spring pools in total varying in temperature with the coolest being 91° F and the hottest being 105° F. One of the pools has a waterfall that you can stand beneath.

Spend 3 hours bathing in the mineral enriched hot springs and enjoy a wonderful authentic and traditional Costa Rican meal at the Ecotermales restaurant.

Included: dinner, transportation from/to your hotel, hot spring's entrance fee.

DURATION:

4.5h

AGE:

ALL

INTENSITY:



Rate per person:

\$76

ESSENTIALS:

Swim suit, towel, change of clothes, extra cash for drinks, camera.

Paradise Hot Springs

STYLE: Relaxation & Family

The Paradise Hot Springs are some of the newest hot springs in the area. You'll travel a short distance from you hotel to the hot springs entrance. Take a dip in 'Palma Real' and 'Los Papiros' thermal pools. The thermal and natural looking waterfalls will sooth and relax your entire body. Or for a hydro massage experience, try out their 'Ginger Jacuzzi' and their newest attraction: 'Oasis Jacuzzi'.

Spend 3 hours bathing in the mineral enriched hot springs and enjoy a wonderful authentic and traditional Costa Rican meal on the property.

Included: dinner, transportation from/to your hotel, hot spring's entrance fee.



DURATION:

4.5h

AGE:

ALL

INTENSITY:



Rate per person:

\$52

ESSENTIALS:

Swim suit, towel, change of clothes, extra cash for additional drinks, & camera.



The Springs' Hot Springs

STYLE: Relaxation & Family

Try each of the eighteen freeform, landscaped pools that are all surrounded by lush rainforest and volcano views. Temperatures range from 83°F to 103°F and there are several different environments from raging waterfalls to tranquil forest. Kids will also love the adventurous waterslide!

After enjoying a couple of hours in the hot springs, sit down to a buffet dinner at at the resort before heading back to your hotel feeling refreshed and relaxed.

The high level of natural salt chlorines in the spring water makes them the cleanest hot springs in Arenal. This is also a great property for families!

Included: inner, transportation from/to your hotel, hot springs entrance fee.

DURATION:

5h

AGE:

ALL

INTENSITY:



Rate per person:

\$80

ESSENTIALS:

Swim suit, towel, change of clothes, extra cash for additional drinks, & camera.

Canopy Vista Arenal

STYLE: Adventure & Nature

Set in the tropical rain forest near the Arenal Volcano and at the edge of the Children’s Eternal Rainforest, this is the ultimate quintessential rainforest canopy ziplining experience! Enjoy this great adventure with the team of highly qualified professional guides.

Spend an adrenaline-filled 2 hours sailing above the rainforest canopy with amazing views along 12 cables measuring from 600ft up to 2,500ft.

This is a great excursion for adventure lovers. Not recommended for people who suffer from vertigo or the faint hearted.

Weight limit: 200 pounds

Included: transportation from/to your hotel, local expert guides and equipment.



DURATION:	AGE:	INTENSITY:	Rate per person:
4h	4+		\$55

ESSENTIALS:

Secure shoes, comfortable clothes, insect repellent, & camera.



DURATION:	AGE:	INTENSITY:	Rate per person:
6h	ALL		\$99

ESSENTIALS:

Bathing suit, change of clothing, long pants, rain gear, river shoes, hiking shoes, sun block, & repellent.

Club Rio Multi-Adventure Package

STYLE: Adventure & Family

Club Rio Multi-Adventure Package gives you a full day of exciting activities all in one convenient location.

Choose two tours from a list of adventurous activities, including inflatable kayaking on the river, river tubing, horseback riding, mountain biking, rock climbing wall or a guided nature tour.

The package also includes a tour of the jungle cat exhibit, wildlife sanctuary, on-site hiking trails and a day pass to the resorts’ hot springs.

Transportation to and from The Springs Resort is not included but it can be arranged.

Included: lunch, choice of two adventure tours, day pass to the hot springs, expert guides and equipment.

Coffee Farm Visit

STYLE: Cultural

Visit a local coffee farm where you get to see what it takes to produce a great cup of Joe! You’ll be handed a handwoven basket and will head out to the coffee field to pick the coffee (seasonal). You’ll learn the entire process of what pickers look for and how they determine the quality of the beach.

After a short break, walk 50-feet to visit the small nursery that is sprouting new coffee trees that will be planted. You will be encouraged to work in the nursery, weeding and planting the sprouts for the new batch of baby coffee trees. Finally, enjoy the fruits of your labor with a fresh cup of coffee before heading back to your hotel!

Roundtrip tour transportation to hotel not included.

Included: entrance fee & bilingual guide.



DURATION:	AGE:	INTENSITY:	Rate per person:
2.5h	ALL		\$25

ESSENTIALS:

Camera, rain jacket, sun block, comfortable walking shoes.



Coffee Farm & Roasting Combo

STYLE: Cultural

Get fitted with a traditional picker's basket and head out to the coffee farm to learn what the process for coffee harvesting. You'll learn how they determine the quality of the beach and how many beans go into one cup of coffee!

Next you'll watch the coffee be sorted in 'Parijuelas', and learn the importance of the drying process. You can try roasting coffee in a 70-year old wood burning stove using a turn of the century hand roaster as well as grind the fresh-roasted coffee beans in a grinding machine dating back to 1875.

Enjoy a sample of fresh brewed light, medium and dark roasts, plus chocolate-covered coffee beans.

Roundtrip tour transportation to hotel not included.

Included: entrance fee & guide.

DURATION: AGE: INTENSITY:

3.5h

ALL



Rate per person:

\$40

ESSENTIALS:

Camera, rain jacket, sun block, comfortable walking shoes.

Coffee Roasting Tour

STYLE: Cultural

Tour begins with a quick overview of the different stages of coffee during the dry milling process. Tío Ramón's house, built in 1930, is still home to original furnishings from the late 19th and early 20th centuries. This house is where the coffee is roasted in a 70 year old wood burning stove using a turn of the century hand roaster. After the coffee is roasted, you will grind the fresh-roasted coffee beans in a grinding machine dating from 1875.

The final stage prior to the tasting is the brewing of the coffee that you just ground and enjoy a sample of fresh brewed light, medium and dark roasts, plus coffee liqueurs and chocolate-covered coffee beans.

Included: entrance fee & guide. Round trip tour transportation for 1-8 people is \$32. Minimum 4 adults.



DURATION: AGE: INTENSITY:

2h

ALL



Rate per person:

\$25

ESSENTIALS:

Camera, rain jacket, sun block.



Arenal Volcano National Park Hike

STYLE: Nature

A guided hike through the national park is the best way to learn about the history of the volcano and the surrounding wildlife around the volcano. The 2 km hike is designed to look for a variety of wildlife including deer, monkeys, snakes, toucans, and much more! There is a wide range of plants growing in the area including bromeliads, ceiba, cirri, laurel and fungi.

On a clear day you will have great views of the Arenal Volcano, Arenal lake and the neighboring 3500-year old extinct volcano Cerro Chato. This excursion is a great way of learning about the natural history of the area. Hiking is intermediate & you will experience gravel and loose rock on the lava beds.

Included: transportation from/to your hotel, park entrance fee, certified nature guide, water.

DURATION: AGE: INTENSITY:

3.5h

ALL



Rate per person:

\$49

ESSENTIALS:

Hiking shoes, comfortable clothing, raincoat, repellent.

Cerro Chato Expert Hike

STYLE: Nature & Sports

One of the best hiking trails in the country! This tour begins near La Fortuna waterfall. There you start the hike toward the summit of Chato Hill through a very dense primary forest. Once there, you will see the lagoon on top and will have time to explore the surroundings. As you descend through the dense forest, you will be able to see exotic birds, plants, animals, insects and immense trees. End the hike by going to La Fortuna Waterfall, where you can cool yourself off with a swim or just sit back and enjoy the natural beauty.

Recommended only for people with good fitness levels.

Included: packed lunch, transportation from/to your hotel, bilingual naturalist guide, trail entrances.



DURATION:	AGE:	INTENSITY:	Rate per person:
6.5h	13+		\$75

ESSENTIALS: Hiking boots or closed-toe shoes, water, sunscreen, bathing suit, change of clothes, insect repellent and rain gear.



Arenal Volcano Natural History Walk with The Springs Resort Hot Springs

STYLE: Nature & Relaxation

The Arenal Volcano was once surrounded by lush dense rain forest until a huge eruption occurred in 1968 where 3 craters burst open and covered the area in lava. The lava beds then dried and over time the forest re-energized and is now a protected national park spanning over 26,000 hectares.

After your hike in the Arenal National Park, head to The Springs Resort to spend a couple of hours enjoying 18 luxury thermal hot springs with temperatures ranging from 83 °F to 103°F. This is a great way to relax and relieve stress before heading for a wonderful buffet dinner at The Springs resort.

Included: dinner, transportation from/to your hotel, park entrance, certified nature guide, water and hot springs entry.

DURATION:	AGE:	INTENSITY:	Rate per person:
5h	ALL		\$135

ESSENTIALS: Comfortable clothes & shoes, hat, swim suit, towel, change of clothes, extra cash, camera, sun block, insect repellent.

Hanging Bridges Tour

STYLE: Adventure & Nature

The Arenal rain forest hanging bridges are located in a 250 hectare reserve of primary forest! This is a great 2.5 hour walk that allows you to have close contact with nature and learn more about the primary forest!

The 3km trail loops you through the mountainous area and into the rainforest. 16 state-of-the-art bridges introduce you to the forest's rich biodiversity. Ten bridges are static and the other 6 are hanging bridges, whose length range between 22-98 meters.

The forest is home to many animals and birds like howler monkeys, poison dart frogs, snakes, toucans and parrots. This is a great family tour!

Included: transportation from/to your hotel, park entrance, certified nature guide,



DURATION:	AGE:	INTENSITY:	Rate per person:
3.5h	ALL		\$62

ESSENTIALS: Comfortable clothes & shoes, hat, swim suit, towel, change of clothes, extra cash, camera, sunscreen, insect repellent.



Arenal Volcano Hike Tour with Dinner and Visit to Hot Springs
 STYLE: Nature & Relaxation

This is a great half day excursion for families, couples and friends who like moderate hikes, are interested in the local area and wish to bathe in thermal hot springs!

Hike for 2kms in the volcano national park enjoying a range of wildlife like monkeys, birds and various plant species and learning about the natural history of the area, before heading to the local hot springs. You can choose between Ecotermales thermal hot springs, the smallest of the Arenal hot springs accepting no more than 100 visitors at a time, and Tabacon, whose pools are the most luxurious in the area and are dotted all over the properties rain forest gardens.

Included: Dinner, transportation from/to your hotel, bilingual guide, entrance fees.

DURATION: AGE: INTENSITY:

6h **ALL** 

Rate per person:

\$115
 \$149 for Tabacon

ESSENTIALS:

Sturdy shoes or boots, swim suit, towel, change of clothes, extra cash for additional drinks, camera.

Caño Negro & Río Frio Boat Tour
 STYLE: Adventure, Nature & Sports

This boat trip is an incredible sightseeing experience and chance to see a huge variety of different animals and birds of Costa Rica! Take a 2-hour scenic drive to a small town near Nicaraguan border. Enjoy a 3-hour river tour along the slow flowing Rio Frio, winding through canyons to the Caño Negro lake, passing by tropical rainforest, pastures & marshland.

Spot three different types of monkeys (spider, white-faced and howler), three-toed sloth, caimans, & turtles. There are also around 200 species of migratory and resident birds. Your guide will point out different animals and birds along the way and teach you about the ecological history of the area.

Included: lunch, transportation from/to your hotel, bilingual guide.



DURATION: AGE: INTENSITY:

9h **ALL** 

Rate per person:

\$71

ESSENTIALS:

Comfortable, light clothing, comfortable shoes, camera, binoculars, sun lotion and insect repellent.



Wildlife Safari Float
 STYLE: Adventure & Family

The Safari Float tour is set on the Penas Blancas River that runs through the Tilaran Mountain range. This is a perfect half day excursion for families and groups looking for a peaceful wildlife experience.

Enjoy 2-hours on a completely relaxing inflatable raft that takes you along the river where you can discover the sights and sounds of the rainforest. Spot an array of tropical birds such as toucans, kingfishers, as well as lots of animals like monkeys, sloths, poison dart frogs, caimans and iguanas! Your naturalist guide will be a wealth of information on the area and will help you spot those hard to see animals.

Included: transportation from/to your hotel, naturalist guide, life jackets.

DURATION: AGE: INTENSITY:

3.5h **5+** 

Rate per person:

\$53

ESSENTIALS:

Comfortable clothing, sneakers or sandals that cover the toe completely and strap on, sun block, cameras.

White Water Rafting - Rio Balsa Class 2-3

STYLE: Adventure & Sports

The River Balsa offers Class II-III rapids and is perfect for beginners but still challenging enough to make it an exciting excursion!

After a 40-minute drive to the river, the professional guides will give you a safety talk and paddling instructions before you set off paddling along the scenic river where you can see lots of wildlife like monkeys, sloths and tropical birds such as ospreys, oropendolas and toucans.

Moderate physical condition required. Fit enough to paddle for 2.5+ hours

Included: lunch, transportation from/to your hotel, bilingual guides, rafting equipment, frutas & bottled water.



DURATION: **6h** AGE: **10+** INTENSITY: Rate per person: **\$69**

ESSENTIALS: Comfortable clothes that will get wet, swim wear, strap on sandals or water shoes, change of clothes & sun block.



White Water Rafting - Rio Toro Class 3-4

STYLE: Adventure & Sports

The Río Toro is the closest class 3-4 river to La Fortuna and the Arenal Volcano. It offers over 45 continuous rapids along its 16 kilometers of deep-canyon gorges—more than any other river in Costa Rica. Here you often see sloths, monkeys and tropical birds, such as toucans and the Montezuma oropendula.

If river conditions are unsuitable for the Toro river, our head guide might make the call to change to a back-up river of similar or equal level which is only 20-minutes further and/or offer another tour, such as our half-day whitewater raft tour on the Río Balsa

Included: lunch, transportation from/to your hotel, bilingual guides, rafting equipment, fruits & water.

DURATION: **9h** AGE: **13+** INTENSITY: Rate per person: **\$85**

ESSENTIALS: Comfortable clothes that will get wet, swim wear, strap on sandals or water shoes, change of clothes & sun block.

Lost Canyon Adventure Canyoneering

STYLE: Adventure & Nature

This unique, multi-sport adventure combines rappelling, down-climbing and river tracing a series of 6 waterfalls in a deep, tropical canyon. The largest waterfall will be 200ft!

Upon arrival, guides will give you a thorough safety talk about important rappelling & down-climbing techniques. Practice them as you make your way down the river by river-tracing & rappelling! The hike back up takes 10-minutes; take your time to enjoy the intense rainforest that surrounds you.

Finally, change into your dry clothes and then sit down to a traditional Costa Rican meal before heading back to your hotel.

Included: lunch, transport to/from your hotel, professional guides, delicious home cooked meal, towel.



DURATION: **4h** AGE: **13+** INTENSITY: Rate per person: **\$105**

ESSENTIALS: Comfortable clothes, comfortable shoes, hat, camera, sunscreen & insect repellent.



Mambo Combo—Canyoneering & White Water Rafting Tour

STYLE: Adventure, Sports & Nature

Make the most of your limited vacation time! Combine the exciting ‘Lost Canyon’ adventure with white water rafting tour on the Class II-III Río Balsa. Your full day of pure adrenaline will include waterfall rappelling, down-climbing and river tracing along a pristine, rainforest canyon and then go rafting on the beautiful Class II-III Río Balsa.

This is the perfect blend of whitewater, wildlife, fun, rolling rapids and vibrant jungle. You’ll finish off this fun-filled day with a delicious lunch.

Included: breakfast & lunch, transportation from/to your hotel, bilingual guides, all necessary safety equipment, towels, fruit break & water.

DURATION: **8.5h** AGE: **13+** INTENSITY:  Rate per person: **\$160**

ESSENTIALS:
Comfortable clothes that will get wet, swim wear, secure shoes (tennis or water shoes) and change of clothes.

Canyoning Waterfall Rappel

STYLE: Adventure, Spors & Nature

This will be one of those days you will remember forever! A 30-minutes drive with a 4x4 truck will take you to the entrance of the rainforest. Your guides will give you a thorough safety talk about important rappelling & down-climbing techniques.

Rappel to the bottom of a 350-foot canyon, through 3 waterfalls and one rock dry face. You may spot wildlife such as monkeys, sloths and tropical birds along the way while you hike between each rappel!

After completing the rappelling, head back to base camp to shower and change into dry clothes. Then, sit down to a traditional Costa Rican lunch before heading back to your hotel.

Included: lunch, transportation from/to your hotel, rappeling equipment, bilingual guides.



DURATION: **4.5h** AGE: **5+** INTENSITY:  Rate per person: **\$98**

ESSENTIALS:
Clothing to get wet, adventure sandals, tennis or light hiking boots, change of clothes.



ATV Adventure

STYLE: Adventure, Spors & Nature

The ATV tour gives you the opportunity to explore the volcano area in an adventurous way by driving along roads only accessible to ATVs.

You will meet your bilingual guide at base camp who will go through the necessary safety instructions. Practice a little bit on your fully-equipped ATV before heading off along scenic trails, passing small traditional villages and plantations of banana, papaya, yucca, avocado and fruit trees. Halfway through the trail, you will take a break and enjoy a swim in the natural waters along the banks of El Salto River.

Included: lunch, transportation from/to your hotel, fully equipped ATV, safety helmet, bilingual guide.

DURATION: **4h** AGE: **6+** INTENSITY:  Rate per person: **\$95**

ESSENTIALS:
Comfortable clothing, swimming suit, towel, insect repellent, sneakers/water shoes, camera.

\$125 for 2 on 1ATV

Birdwatching Tour

STYLE: Nature

Costa Rica is home to 850 types of birds, making this country a bird watcher’s dream! Your day starts very early at around 5:30am. You will take a short drive to either the rainforest, Lake Arenal, El Silencio Nature Reserve or the Proyecto Asis Animal Rescue refuge

Your location depends on the season and the best birding options. Your tour guide will know best and wherever you head there will be an amazing concentration of bird life awaiting you! Enjoy the beautiful Costa Rican morning and natural beauty on easy walking trails before heading back to your hotel.

Included: transportation from/to your hotel, local expert guide, trail entrances & snack.



DURATION:	AGE:	INTENSITY:	Rate per person:
4h	ALL		\$65

ESSENTIALS: Secure shoes for hiking, comfortable clothes, long pants, bug repellent, camera, binoculars and sunscreen.



Kayak on Lake Arenal

STYLE: Sports & Nature

Lake Arenal is the largest lake in Costa Rica. Man-made in 1974, it is a place where you can find many resident and migratory birds like the flycatchers, kingfishers, great blue herons, anhingas and at times mammals like howler monkeys can be seen in the surroundings.

After a 20-minute ride to the lake, your bilingual guide will get you ready to kayak. Beginners will learn basic kayaking techniques from your guide.

This is a great tour for anyone looking to enjoy a pleasant time kayaking on the calm waters of Lake Arenal with breathtaking views of the Arenal Volcano!

Included: transportation from/to your hotel, local expert guides and equipment.

DURATION:	AGE:	INTENSITY:	Rate per person:
4.5h	4+		\$53

ESSENTIALS: Comfortable clothes, sandals, sun block, repellent, camera, binoculars, towel and raincoat.

Kayak on Peñas Blancas River

STYLE: Adventure & Sports

Set just 30-minutes from Arenal near the Tilaran Mountain range, kayak your way through the Peñas Blancas River. This is a perfect halfday excursion for anyone looking for a calm wildlife experience, kayaking along a river through dense rainforest.

As you paddle along the river, discover the sights and sounds of the rainforest and experience the peacefulness of the jungle. You will be able to spot wildlife such as an array of tropical birds like oropenolas, toucans and kingfishers, as well as lots of animals like monkeys, sloths, caimans and iguanas! Your naturalist guide will be a wealth of information on the area and will help you spot those hard to see animals.

Included: transportation from/to your hotel, kayak equipment, naturalist guide.



DURATION:	AGE:	INTENSITY:	Rate per person:
4.5h	4+		\$53

ESSENTIALS: Comfortable clothes, sandals, sun block, repellent, camera, binoculars, towel and raincoat.



Rio Celeste Tour

STYLE: Relaxation & Family

The Rio Celeste hike is a great full day excursion for anyone looking for a moderate hike for 3.5 hours in a beautiful, unique part of Costa Rica. Here you will experience a primary rainforest and see the stunning Rio Celeste waterfall!

After a 2-hour drive, you'll arrive to the park entrance. Hike for 1.5-hours along the trails searching for monkeys, sloths and tropical birds until you arrive at 'Los Teñideros', the entrance of the celeste color the river got its name from. Continue hiking for another 1.5 hours; see the famous waterfall and bubbling hot springs. Have a hearty local meal at Don Pedros restaurant before returning to Arenal.

Included: lunch, transportation from/to your hotel, park entrance fee, bilingual naturalist guide, fruit & water.

DURATION: **10h** AGE: **8+** INTENSITY:  Rate per person: **\$113**

ESSENTIALS:
Comfortable clothes, long pants and hiking shoes, swim suit, camera, repellent, rain coat, towel and sun lotion.

Sky Tram & Sky Walk Tour

STYLE: Adventure & Nature

This is a unique way of exploring the rainforest from different perspectives!
Board a gondola and soar through the rainforest taking in the incredible views of the mountainous area. The tram can be stopped at any time to spot wildlife and take photos. Enjoy the landscape views from the wide observation platform at the end which overlooks Lake Arenal.
The second leg of the trip has you walking on trails through the rainforest. Your bilingual guide will be a wealth of information pointing out native plants, animals and birds.

Included: tram ride, hanging bridges entrance fee & bilingual guide.



DURATION: **5h** AGE: **ALL** INTENSITY:  Rate per person: **\$64**

ESSENTIALS:
Light clothing, comfortable shoes, camera, sun lotion, insect repellent, & camera.

+ \$13 for transport



Sky Tram & Sky Trek Tour

STYLE: Adventure & Nature

Board a gondola and soar through the rainforest taking in the incredible views of the mountainous area. There you can see the rainforest, Lake Arenal and on clear days you can even see the Nicaragua Lake!

Sky Trek is the zipline part of the tour. It consists of a system of zip lines that allows you to observe the rainforest and its landscape from above the canopy. The tour includes 8 cross-sectional cables that together have a total length of 1.7 miles with distances from 100 to 2460 feet and a maximum height of 660 feet. This is one of the longest ziplines in the country.

Included: tram ride, zipline, all equipment and safety procedures & bilingual guide.

DURATION: **4h** AGE: **8+** INTENSITY:  Rate per person: **\$77**

ESSENTIALS:
Light clothing, comfortable shoes, camera, sun lotion, insect repellent, & camera.

+ \$13 for transport

Sky Tram, Trek & Walk Combo

STYLE: Adventure & Nature

Ascend to the continental divide on this high technology cableway that includes a ride of one mile with altitudes between 4500 to 5250 feet above sea level. After an exciting tram ride, get ready for the Sky Trek Canopy tour! Ride down on a circuit of ziplines stretching across deep canyons and between treetops.

Sky Walk offers you another opportunity to get a perspective on the dynamic rainforest at a much slower pace. Here you can enjoy two amazing waterfalls, and a stunning cantilever platform 100 feet high with spectacular views of the forest, volcano and lake.

Included: tram ride, zip-lining, hanging bridges entrance fee, all equipment and safety procedures, bilingual guide.



DURATION: AGE: INTENSITY:

7h

8+



Rate per person:

\$93

+ \$13 for transport

ESSENTIALS:

Secure shoes, comfortable clothes, insect repellent, & camera.



DURATION: AGE: INTENSITY:

4h

8+



Rate per person:

\$77

+ \$13 for transport

ESSENTIALS:

Light clothing, comfortable shoes, camera, sun lotion, insect repellent.

Nocturnal Sky Tram & Sky Trek

STYLE: Adventure & Nature

This is an adventurous way of experiencing the rainforest at night. Ride in a tram car over the rainforest and hear the sounds of wildlife all around you. Your local bilingual guide will explain what you are hearing and you could possibly see some nocturnal animals. The tram can be stopped at any time to spot wildlife and take photos.

The guide will then take you through a safety talk about the canopy zipline. You will be fitted with your harness, helmet and gloves before setting off along 10 zip line cables that range in length from 200 to 750 meters.

Included: tram ride, zip-lining, all equipment and safety procedures, bilingual guide.

Horseback Riding to La Fortuna

Waterfall

STYLE: Nature & Family

After getting suited up with your gear and a short riding demonstration, you will be assigned your horse for the day! Your horseback riding adventure begins as you pass local cattle farms and tropical forests, all with stunning views of the Arenal Volcano and the rainforest. Stop at the replica of a Maleku Indigenous tribe 'palenque' to learn a little about one of Costa Rica's few remaining indigenous tribes from this area. After another short ride, you'll take a 20-minute hike to get to the base of a 230-foot high waterfall. You can swim a little before returning back to your horse.

Note: Some horseback riding experience is recommended. Weight limitation: 200lb

Included: transport from/to your hotel, guide, horse, equipment, & entrance fee.



DURATION: AGE: INTENSITY:

4.5h

8+



Rate per person:

\$65

ESSENTIALS:

Comfortable clothes and long pants, closed shoes, hat, sun screen, swim suit and towel.



La Fortuna Waterfall by Van/Car

STYLE: Nature & Family

A visit to La Fortuna Waterfall is a great way to spend halfday in the rainforest enjoying the natural beauty of your surroundings! La Fortuna Waterfall is fed by the River Tenorio and found at the base of the dormant volcano of Cerro Chato.

A 20-minute drive will take you through local cattle farms and agriculture. After that, spend 20-minutes hiking downhill into the forest until you reach the base of the 230-foot high La Fortuna waterfall. Swim in the fresh water and enjoy the stunning rainforest and wildlife all around you for one hour. Relax with some drinks and snacks before hiking back up to the car to go back to your hotel.

Included: transportation from/to your hotel, guide, snacks and entrance fee.

DURATION: **4h** AGE: **ALL** INTENSITY:  Rate per person: **\$75**

ESSENTIALS:
Wear comfortable clothes, shoes, hat. Bring camera, cash and sunscreen.

Venado Caves Tour

STYLE: Nature, Adventure & Family

This is a great option for adventurous couples, friends and families with an interest in learning about Costa Rican geology. After a 1-hour ride to the cave entrance, your tour guide will go through the safety instructions and fit you with a helmet, torch and caving boots. Spend 1.5-hours climbing, crawling and walking through the cave, passing underground rivers along the way! Do not be surprised if you get wet & dirty! See marine fossils, bats, spiders, snakes, scorpions and centipedes! Parts of the cave have narrow openings where you will crawl to get through; also there are some steep climbs!

Please note: not suitable for anyone who suffers from claustrophobia!

Included: transportation to/from your hotel, guides, entrance fee, equipment & snacks.



DURATION: **4.5h** AGE: **9+** INTENSITY:  Rate per person: **\$68**

ESSENTIALS:
Comfortable light clothing, spare change of clothes, camera, insect repellent.



Stand Up Paddling (SUP) on Lake Arenal

STYLE: Sports & Nature

Stand up paddling has its roots in ancient Polynesia and looks exactly as it sounds. You stand up on a large, wide, super buoyant surfboard and paddle yourself forward with a long paddle. This activity is ideal for anyone looking to try something new!

Lake Arenal is the one of the largest bodies of fresh water in Central America and the ideal location to take a lesson in paddle surfing. Spot birds as you glide along and be in awe of the view of the Arenal Volcano! See if you can stay up or whether you end up going for a swim in the lake! Be prepared to get wet.

Included: transportation from/to your hotel, guide, equipment, snacks & drinks.

DURATION: **4h** AGE: **6+** INTENSITY:  Rate per person: **\$65**

ESSENTIALS:
Comfortable clothing to get wet in, change of clothes, towel, camera, binoculars, and sunscreen.

**Mountain Bike Ride:
Volcano & Lake**
STYLE: Sports, Nature & Family

This moderate scenic route along Lake Arenal will give you an opportunity to get excellent views of the volcano, surrounding jungle and farmlands.

Begin your ride on an old road connecting the Arenal Dam with the main entrance to Arenal Volcano National Park. Your guide will set you up with your own suspension bike, helmet and gloves. After a brief safety talk, take off on a very scenic 8-mile ride through the trails.

Older children's bikes are available.

Included: transportation to/from your hotel, brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, support vehicle for the entire tour, water, snack.



DURATION: AGE: INTENSITY: Rate per person:

4h

ALL



\$75

ESSENTIALS:

Comfortable, light clothes, closed shoes, sunglasses, sun block.



DURATION: AGE: INTENSITY: Rate per person:

4h

10+



\$75

ESSENTIALS:

Comfortable, light clothes, closed shoes, sunglasses, sun block, swim suit and towel.

**Mountain Bike Ride:
Hills, Pueblos & Swimming Holes**
Sports & Nature

If you are an avid mountain biker and want to check out the back roads of stunning Arenal Volcano, you're in for a treat. This moderate-to-challenging ride will take you along back roads and windy hills as you pass through quaint, country-side pueblos. Your experienced guide will have you make stops at some fun swimming holes to cool off and take a breather. You'll be traveling the distance of about 16 miles on tough terrain.

**Must be physically fit!

Included: transport from/to your hotel, brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, support vehicle for the entire tour.

Sport Fishing on Lake Arenal
20' Bass Boat

Enjoy a day of spectacular fresh water fishing on Costa Rica's largest lake, Lake Arenal. Your guide for the day is Master Angler Tirsio Hidalgo, a local legend with over 30 years of experience. Tirsio will take you out on his professional 20 foot bass boat complete with 175hp Mercury motor, trolling motor, and all bait & tackle (spinning rods, bait casters, and fly rods). Fishing here will be targeting tilapia, mojarra, the hard fighting machaca, and the delicious rainbow bass.

Pick up is at 5:30AM.

Included: (full day tour): lunch, snacks, drinks (beer/water/soda), transportation from/to the hotel.

Max 2 people per boat



DURATION: AGE: INTENSITY: Full day:

8.5h

ALL



\$465

ESSENTIALS:

Hat, sunglasses, sunblock, light clothing, camera.

Half day: \$280

Additional Info:**TOUR DURATION**

Stated tour duration time is approximately the length of the tour and the transportation time to and from the activity. Depending on the location of your accommodation in Guanacaste area, these times may vary.

TIPS FOR TIPPING

Tipping is a personal choice, but you should know that most people who work in tourism here depend on tips as part of their income. While it's not expected; it's definitely very much appreciated. The amount you tip is based on the length of your tour as well as the service of your guides. For a short , half-day or less tour \$3-\$5/person is sufficient. For a longer or full-day tour \$7-\$10/person would be appropriate. Tipping for fishing trips is usually 10% of the cost of the fishing trip.