



La Fortuna Activity Catalog 2026

Mil Besos Costa Rica

This guide will help you with planning your activity selections in Costa Rica! Costa Rica has so much to offer from surfing to hiking and whitewater rafting.

Please contact us with any questions:
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La Fortuna Activity Catalog 2026

Note: There are multiple Pick up Zones in La Fortuna..

Zone 1 Rates are illustrated in this Chart.

Some zones / hotels have higher pricing due to higher transportation cost.

If your hotel is located in one of the other zones, we will advise you of the difference in rates.

Tour Name (Please Scroll Down for Tour Description)	Adults	Kids	Includes (see key below)
	Rate \$ USD	Rate \$ USD	
ATV 3 hr Discovery Adventure (\$101 single or \$128 double)	101	101	P/G/T
Arenal Coffee & Chocolate Tour	93	54	E/P/T
Arenal Hanging Bridges Natural History Walk - Mistico	80	70	E/T/G
Arenal Sloth + Bird Tour	80	55	E/T/G/S
Arenal Volcano Hike (Silencio -1968 Trails)	70	57	E/T/P
Arenal Volcano Hike + Eco Termales Hot Springs + Meal	176	117	E/T/P/D
Arenal Volcano Hike & Paradise HS with meal	146	111	E/T/P/D
Paradise Hot Springs Day Pass + Lunch or Dinner (add 60min spa treatment \$40)	100	65	E/D/T
Eco Termales Hot Springs Day Pass + Lunch or Dinner	107	70	E//D/T
The Springs Hot Springs Day Pass (Based on availability) No meal	150	150	E/T
Birding Tour or Night Walk	80	70	E/T/G
Catamaran Cruise on Lake Arenal	165	165	L/P/G
Ecoglide Arenal Park Canopy & Tarzan Swing	75	75	E/T
Eco Garden Night walk (add Dinner for \$15.)	78	65	E/P/S/T
Eco Garden Sloth Tour	78	65	E/P/S/T
Eco Garden Medicinal Plants Tour	91	65	E/P/S/T
El Fogon de Chela/ Cooking Class	80	80	D/P/T/G
Flora & Fauna Garden at Danaus Eco Center	97	62	E/P/T
Hike & Nature (Hanging Bridges & Waterfall)	150	115	E/L/P/T
Horseback to La Fortuna Waterfall	146	135	T/S/P
Horseback to the Arenal Volcano	81	80	S/P/T
Kayaking on Lake Arenal			
La Fortuna Waterfall & "La Finquita" Farm	81	72	E/P/T/L
La Roca Canyoning	100	84	E/T/L/GP
Maleku Indigenous Cultural Tour	55	52	E/G/T
Mundo Aventura Big AMA Canopy Zipline (Over The La Fortuna Waterfall)	83	70	E/T/G
Poas Volcano & La Paz Waterfalls Garden One Day Tour	350	225	E/P/L/T
RainForest Chocolate Tour	54	43	P/S/T
Río Celeste Hike	150	114	E/T/P/LG
Safari Float on Río Peñas Blancas - Canoa	73	48	E/T/G/S
Sport Fishing at Arenal Lake (Half Day)	213	182	P/G/S/T
Sport Fishing at Lake Arenal (Full Day)	260	198	P/G/S/L
Stand up Paddle Boarding on lake Arenal	73	54	T/P/S
Sky Tram, Sky Trek, Sky Walk & Lunch	216	163	P/T/L
Sky Tram & Sky Walk Guided	144	92	P/T
Sunset View on Boat at Lake Arenal (Wine & Cheese)	114	81	P/S/T



Tour Name (Please Scroll Down for Tour Description)	Adults	Kids	Includes (see key below)
	Rate	Rate	
Wildlife Nature Float + Chocolate Tour	102	102	E/T/P/L
Wildlife Nature Float +Tortilla Making	108	108	E/T/P/L
Whitewater Rafting Class 2-3 Río Balsa	82	82	E/T/P/LG
Whitewater Rafting Class 3-5 Río Sarapiquí (Depending on water levels)	102	102	E/T/P/LG
Whitewater Rafting + ATV Single	122	122	E/T/P/L
Whitewater Rafting + ATV Double	160	160	E/T/P/L
Whitewater Rafting + Canopy	144	144	E/T/P/LG
Whitewater Rafting + Canyoning	166	166	E/T/P/LG
Whitewater Rafting + Chocolate Tour	105	105	E/T/P/L
Whitewater Rafting + Tubing	110	110	E/T/P/L
Unique Caño Negro Wildlife Refuge boat tour along Río Frío - Canoa	94	66	L/P/T/G
Venado Caves Tour	170	135	E/P/T/S

*******All above pricing is subject to 13% sales tax*******

Notes / Notas:
Mínimo Operación 2 pax / 2 Pax needed to operate unless specified above.
All Tours includes: Transportation, Professional Certified Bilingual Guide, Entrance Fees, Equipment and Insurance
E: Entrance Fee/Entrada. B: Breakfast/Desayuno. L: Lunch/Almuerzo. D: Dinner/Cena. P: Drinks/Bebidas.
S: Snacks/Bocadillos T: Transport G: Guide / Guia
*Transportation Prices can vary depending on hotel location on all tours
Rates may change in case of a major cause / Tarifas sujetas a cambios debido a una situación de fuerza mayor
Rafting: Children must be 12 yrs or older
ATV: This is a self driven 4 wheel all terrain vehicle where the passenger rides behind the driver.



TOUR DESCRIPTIONS

We work with many tour providers across the country. We hand-select the providers we work with based on their experience, quality of service provided, their enthusiasm for what they do, quality of communications, fair pricing, and reliability. We have assembled the various providers into destination catalogs for one easy list. Descriptions below are as provided from individual providers. Descriptions, pricing and policies may be updated at any time as providers update their offerings.

Arenal Coffee + Chocolate Tour

We will start with the exciting Coffee Tour, where you will have the opportunity to explore the captivating history of coffee and its importance in our country, from the seed to the final cup, experiencing each phase of its process. The delicious and sweet continuation is the Chocolate Tour, an incredible experience where you will actively participate in the tasting and preparation of this exquisite fruit, from the seed to the drink. Our unique infrastructure protects your experience from the changing climate of the Arenal area, offering a completely covered tour. Whether the day is sunny, humid, or rainy, our indoor trails will provide you with protection, allowing you to enjoy without worrying about the weather. Don Juan Tours Arenal is a completely accessible family destination, with cement-paved paths that facilitate the movement of wheelchairs and strollers throughout the property. Join us for an inclusive and captivating experience, where history, aromas, and flavors are intertwined at every step of the journey!

Departure time: 8:00am, 1pm

Included: Bilingual naturalist guide, transportation in an A/C bus, beverages, snacks.

What to bring: Light comfortable clothing, tennis shoes, camera, sunscreen and insect repellent.

Arenal Hanging Bridges Natural History Walk

Mistico Arenal Hanging Bridges Park is located near the Lake and Arenal Volcano in a Tropical Rainforest. A journey of 3km allows you to visit comfortably and enjoy the forest attractions by 15 bridges and 6 Hanging Bridges and visit a waterfall of 45 meters high. The trails are of an anti-slip concrete surface and its slopes have been smoothed. Mistico Arenal Hanging Bridges Park is ideal for hiking and wildlife observation. You can find more than 700 species, including trees, lianas, epiphytes and herbs. Our experts will introduce you to discover the wonderful secrets of this forest that is a natural sanctuary. One of the benefits of having the guidance of a specialist is their wide knowledge of the species that inhabit the reserve, which allows the guest to observe more species both in the canopy and the forest floor. The expert eye of the guide will give you a valuable opportunity to appreciate the balance of the mystical life that happens every moment during the guided tour.

Departure time: 8:00am, 9:00am, 10:00am, 12:00pm, 1:00pm and 2:00pm

Included: Bilingual naturalist guide, transportation

What to bring: Light clothing, tennis shoes (closed shoes only), binoculars, camera, sunscreen lotion and insect repellent.



Arenal Sloth + Birds Tour

This tour offers an enriching experience for those interested in getting closer to the wildlife of La Fortuna, within a preserved natural environment. Along a 1.5 km (0.9 mile) trail easily accessible and suitable for the whole family. There is a chance to spot two- and three-toed sloths, as well as a wide variety of tropical birds and other native Wildlife. The trail winds through a reforested secondary forest and is taken at a relaxed pace, allowing participants to fully appreciate the biodiversity of the ecosystem and enjoy a respectful connection with nature. During the walk a naturalist guide shares interesting information about the species that may be encountered, especially the habits, diet, and characteristics of sloths. The experience encourages mindful observation and appreciation of wildlife in its natural setting. At the end of the walk, we continue to “La Finquita,” where a traditional Costa Rican snack is served, made with locally sourced ingredients. This moment provides an opportunity to relax in an authentic setting, wrapping up the experience with local flavors surrounded by nature.

Departure time: 8:00 am, and 1:00pm

Included: Expert guides, high quality gear , Transportation, snacks and drinks.

What to bring: Camera,Light comfortable clothing, closed toe shoes and insect repellent.

Arenal Volcano Hike

The tour begins with a 20 minute trip to the far west side of Arenal Volcano, where you’ll spend about one hour exploring the Silencio Trail. Our expert bilingual naturalist guide will find the animals, point-out indigenous rainforest plants and educate you about their medicinal properties. Frequent sightings include: monkeys, wild boars, two types of toucans, White-Nosed Coatis, Oropendola birds, Golden Eyelash Vipers, Boa Constrictors, White-tailed Deer, Great Curassows. Before dark, you’ll continue to the observation point, which offers the closest, most direct lava flow view. Relax, enjoy a drink and listen to the incredible sounds of the volcano. If the cloud cover is high enough, expect to see a dazzling sky. Your guide will explain the history of this magnificent volcano as you listen to a variety of frogs, toucans, and insects, and watch thousands of lightning bugs.

Departure time: 8:00am & 3:00pm

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing, tennis shoes (closed shoes only), binoculars, camera, sunscreen lotion and insect repellent.



Arenal Volcano Hike & Hot Springs + Meal

Arenal Volcano is one of the most popular attractions in Costa Rica and for good reason! Today you will learn all about it, the wildlife that inhabits the surrounding jungle and then wind down at the amazing Tabacon Hot Springs Resort. After picking you up at your local hotel, the tour starts off at one of the reserves at the base of the volcano. Your bilingual guide will lead the way telling you all about the history of the iconic volcano including the deadly 1968 eruption. While Arenal is not erupting at the moment, it can start back up at any time. Scientists still consider the sleeping giant to be an active volcano. There are plenty of signs of life including frequent steam and the hot springs that flow from the base. The tour through the reserve will be on a trail through secondary jungle. With a little luck and cooperation from Mother Nature you may be able to see exotic wildlife such as sloths, monkeys, toucans, iguanas, peccaries and more. After an hour and a half to two hours of walking and hiking through the reserve, you will be brought to the Hot Springs of your choice surrounded by jungle and lush tropical gardens that highlight the main attraction, the soothing hot springs. Each choice offers guests a wide variety of hot springs pools and streams of varying temperatures and sizes, so you will surely find the perfect spot to relax and take in the beauty. After two to three hours at the Hot Springs you will be picked up and returned to your area hotel. Note that the El Silencio Trail is normally used, but this is subject to change as are approximate times.

Departure time: 8:00am & 3:00pm

Included: Bilingual naturalist guide, transportation, entrance, beverage and meal

What to bring: Light comfortable clothing, bathing suit, water shoes, change of clothes, binoculars, camera, sunscreen lotion and insect repellent.

ATV 3 hr Discovery Adventure

This tour is tailor-made for adventure enthusiasts who thrive on four wheels. Suitable for both children and adults, it combines elements of nature, lush vegetation, adventure, and abundant flora and fauna into one exhilarating experience. With paths winding through the forest, opportunities to swim in the Arenal River, and breathtaking vistas.

It's a paradise for nature lovers and photography enthusiasts alike. Participants will be treated to unique landscapes and an immersion into the history, nature, and culture of the northern region. Along the route, they'll marvel at the majestic Arenal Volcano, take in stunning views of the Fortuna Valley, and be awed by the impressive Arenal Volcano. To cap off a day filled with adventure and nature, a visit to Villa Maleku awaits, promising a glimpse into the indigenous customs and culture of the northern zone.

Departures: 10:00am. / 3:00pm

Includes: Transportation, equipment, Bilingual guide,

What to Bring: Tennis shoes, Camera, Driving licence, sunscreen, light clothing, change of clothing



Eco Termales Hot Springs Day or night Pass + Meal

At Ecotermales, find true peace while enjoying the therapeutic embrace of our modern and intimate volcanic hot springs, with temperatures ranging from 99°F to 106°F (37°C to 41°C). You can also stroll along hundreds of meters of paved trails through the rainforest, share romantic moments by the waterfall, and enjoy refreshing cocktails at the poolside bar. Elevate your stay by enjoying the flavors of Costa Rica in our authentic restaurant, where you will find à la carte and buffet options, both at lunch and dinner, to discover the local gastronomy. We limit our admission to a maximum number of people in each of our 2 daily shifts to ensure intimate moments of relaxation, allowing you to find your rhythm amidst the lush rainforest. With sustainability as our pillar, Ecotermales Fortuna represents a commitment to you and our planet, where harmony and renewal become your companions.

Day pass: 10:00am to 04:00pm **Night pass** 05:00 p.m. to 09:30 p.m.

Included: entrance, lunch or dinner, towel + locker, Transportation

What to bring: bathing suit, flip flops, cover up, dry clothes for dining, camera, cash for drinks at the bar and towel deposit

Paradise Hotspring Day Pass + Meal

Slip into our natural thermal pools with a full day pass. Our attractions feature thermo-mineral hydromassage, unique in the area. Paradise's water is natural geothermal water heated by the action of the Arenal Volcano. Explore a lush tropical garden between visits to the 7 steaming pools and waterfalls, relax in a shady private hut or try a luxurious hydro-massage. Enjoy clean, well-appointed facilities that include a swim up bar and an à la carte restaurant with stunning views of the Arenal volcano while you relax in this tropical haven. A full range of body treatments are also available in the Spa with a prereserved upgrade.

Hotspring hours: 11:00am to 9:00pm

Included: entrance, lunch or dinner, towel + locker, wheelchair access, Transportation

What to bring: bathing suit, flip flops, cover up, camera, cash for drinks at the bar and towel deposit

The Springs Hot Springs Day Pass

Embedded in scenic patches of rainforest, our luxury hot springs provide our guests with great views of the volcano and a multitude of options. With temperatures ranging from 83 degrees Fahrenheit to 104 degrees Fahrenheit and environments that vary from raging waterfalls to tranquil forest experiences, our guests can find the perfect pool for their mood and the current weather conditions. Tests of our hot mineral springs reveal an ideal natural combination of high bicarbonate and high chlorides with relatively low sulfur content to provide a truly pleasurable soaking experience. At The Springs Hot Springs come to relax and bathe in luxury hot spring pools at various temperatures which are surrounded by tropical gardens. Our hot springs water is rich with minerals and it might stain your bathing suit or the rocks might snag it, so we recommend wearing a dark color non-expensive bathing suit to enjoy our hot springs. We have lockers, changing rooms and towels available for you, they are free of charge. Also an array of restaurants and bars to choose from.

Pass valid: 9:00am to 10:00pm

Included: entrance, lockers, towels, transportation

What to bring: bathing suit, flip flops, cover up, camera, cash/card for drinks and food at the bar and restaurants



Birding Tour

Mistico Arenal Hanging Bridges Park is part of the biological corridor that allows the flow of species that inhabit between the Volcanic Mountain Range of Guanacaste and the Tilarán mountain range. In our reserve you can observe species of birds from the highest part of the forest such as the bell bird, the Tucancito Esmeralda as well as inshore species such as toucans, turkeys, and hummingbirds that inhabit trees present as West Indian mahogany (Swietenia mahagoni, Maquenque and golden fruit). Mistico Arenal Hanging Bridges Park is an ideal place for trekking for bird watching and the preference of the guides' specialists of the area to carry out observations and successfully count species of both local and migratory birds. Also at best, more than 350 species of birds have been observed, including species of height, coastal and migratory. The excellent visibility from the bridges also allows you to appreciate the massive migrations of birds of prey between November and February of each year.

Departure time: 6:00am

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing, tennis shoes (closed shoes only), binoculars, camera, sunscreen lotion and insect repellent

Night Walk

The primary forest at night is a completely different and unique experience than during the day. Costa Rica currently makes up 5% of the biodiversity of the world and that allows visitors to have a rich observation of species in its forest reserves. If we compare, for example, the population of butterflies we find more than 2,000 species of butterflies are diurnal and 4,500 nocturnal. That is more than twice! Something similar happens with the activity of some amphibians, reptiles, mammals, and some species of exotic flowers that only bloom at night. Mistico Arenal Hanging Bridges Park offers its guests the opportunity to observe the forest in the dark of the night with the Mistico Night Walk. The tour is in our trails passing through the hanging bridges. It is also possible to observe animals as frogs, snakes, lizards, mammals such as Kinkajou, coati, cauceles or margays, nocturnal birds such as the owl and the barn owl in addition to the edge of the nocturnal species that inhabit the reserve will give the guest a spectacle in the magical setting of the darkness of the night.

Departure time: 6:00pm

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing, tennis shoes (closed shoes only), binoculars, camera, sunscreen lotion and insect repellent.

Catamaran Cruise on Lake Arenal

Lake Arenal is the only place in the region to enjoy a Catamaran cruise with access to the best points of the coast. The coasts are surrounded by lush vegetation and high in the Blue Mountains, you can see windmills that produce energy. Unique landscapes that you want to capture in your photographs. While the breeze from the lake caresses your face, it is time for a beverage of your choice and a typical meal and dance.

Start time: 7:30 AM / 2:00 PM Duration: 4 -5 hours

Included: Transportation (with additional cost based on location), naturalist guide, entrance, Food and beverages, Tour aboard the catamaran. Catering service, Bar. Water activities: (kayak, slide, diving ramp). Dance floor, DJ with music.

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, rain gear (rainy days).



Ecoglide Arenal Canopy Tour

Located in La Fortuna, in the town of San Carlos you will find Arenal Ecoglide Park is one of Costa Rica's newest adventure parks. Arenal Ecoglide Parks canopy is built following the highest standards, approved by I.C.T. (Instituto Costarricense de Turismo) and insured by I.N.S. (Instituto Nacional de Seguros) providing major security to our customers. Our Canopy at Arenal Ecoglide Park is known for having two separate cables, the first cable is the one you glide on, the second is for major safety precautions. The canopy consists of 15 cables and 18 platforms which are divided into three sections that are found mostly in the trees, which are designed to provide our visitors greater contact with nature. On our tour you will find one of our major attractions, the Tarzan Swing, which guarantees you will have the greatest adventure. You will forget about work, and all your worries will disappear while you enjoy your vacation, as you fly through the trees like Tarzan.

Schedule: 8:00a.m., 10:00a.m., 1:00 pm & 3:00pm

Includes: Transportation, equipment, guides and drinks

To Bring: Comfortable clothing, closed shoes, insect repellent and camera.

Restrictions: Maximum weight 300lbs, Children over 2 yrs with parental authorization providing the harness fits.

EcoGarden Night Walk

The Night Walk tour is considered one of the best ecological activities to share with the family; where you can see around 30 species of frogs, sloths, alligators, turtles and a great variety of insects. All these animals are living in their natural environment, turning our night walk into a wild experience where you must activate all your senses.

At the end of the tour you will enjoy delicious

fresh water with ginger, natural soda and some corn-based empanadas.

Start time: 6:00 PM Duration: 2 hours

Included: Transportation (may be additional cost based on location), naturalist guide, entrance, snacks and beverages

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, rain gear (rainy days).

Eco Garden Sloth Tour

This activity is an ecological walk focused on finding sloths where you can enjoy them in their natural habitat.

The tour begins in open areas and then we go to the Eco Garden Ecological Park where we can appreciate a great variety of plants, birds, frogs, turtles, alligators, becoming a pleasant and very entertaining tour.

This is a personalized tour loaded with wonderful surprises that only nature can provide.

Enjoy the adventure and at the same time contribute to the conservation of the environment.

Start time: 7:30 AM / 10: 00 AM / 2:00 PM Duration: 2.5 hours

Included: Transportation (may be additional cost based on location), naturalist guide, entrance, snacks and beverages

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, rain gear (rainy days).



Eco Garden Medicinal Plants Tour

In this tour we will learn about the healing power offered by trees, herbs, roots, vines, medicinal plants and even some lianas that help prevent diseases such as cancer, diabetes, allergies, stress, among others.

At Eco Garden Arenal we also have plants rich in minerals such as iron, calcium, magnesium and chlorophyll. To mention some of the plants that you can find in our garden: ginger, moringa, chaya leaves and black pepper.

Start time: 7:30 AM / 2:00 PM Duration: 2.5 hours

Included: Transportation (may be additional cost based on location), naturalist guide, entrance, snacks and beverages

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, rain gear (rainy days).

El Fogon de Chela / Typical Cooking Class

Learn to cook some traditional Costa Rican food from a local grandmother, who knows all the secret tips. Dona Chela will help you to prepare the dishes with ingredients from her garden, which you can also wander around before and after you cook. You'll cook your food in the traditional, old school way, by using the wood-fired stove in the kitchen. Learn a few typical Costa Rican dishes. Try to get all the cooking secrets from grandma while using local ingredients grown right there on the property. Enjoy what you've cooked along with a natural drink and enjoy a folkloric dance presentation.

Departure time: 11:00am and 4:00pm

Included: Bilingual naturalist guide, Lunch or Dinner, Beverage.

What to bring: Light comfortable clothing, camera, and insect repellent.

Flora + Fauna Garden at Danaus Eco Center

The Danaus Eco-Center is a biological reserve where they develop conservation programs, training, environmental education and sustainable production. It has trails through secondary forest, where you can observe in their natural habitat to a wide variety of plants and animals. One of the main attractions of the place is the butterfly breeding center, with a special place for the display of larvae, pupae and eggs, where they reproduce near of 30 different species of butterflies. The Danaus Eco-center protect a natural water spring declared a site of national importance and monitoring nesting colonies of aquatic birds, crocodiles, basilisks, iguanas, amphibians, among others.

Departure time: 8am, 11:00am.

Included: Bilingual naturalist guide, transportation in an A/C bus, entrance fee, beverages

What to bring: Light comfortable clothing, tennis shoes, camera, sunscreen and insect repellent.



Hike + Nature (hanging bridges + La Fortuna Waterfall)

The activity begins with a visit to the Arenal Hanging Bridges, a 3-kilometer (2-mile) trail through natural surroundings

that includes 16 bridges, 6 of which are hanging bridges reaching up to 55 meters (180 feet) in height. Accompanied by a naturalist guide, participants will learn about the biodiversity of the rainforest and observe the wildlife that inhabits different levels of the ecosystem, all with the Arenal Volcano as a backdrop.

The next stop is La Fortuna Waterfall, reached via a trail of approximately 500 steps that leads into a lush tropical forest. At the end of the descent lies an impressive 70-meter (230-foot) waterfall, whose waters flow into a natural pool perfect for those who wish to take a refreshing swim surrounded by nature.

The tour concludes with a farm-to-table lunch at La Finquita Restaurant, where dishes are prepared with fresh local ingredients from the property, highlighting the traditional flavors of Costa Rican cuisine—a perfect blend of nature and gastronomy to complete the experience.

Departure time: 8:00am and 1:00pm

Included: Bilingual naturalist guide, transportation, snacks, beverages and lunch

What to bring: Light comfortable clothing, bathing suite, binoculars, camera, sunscreen lotion and insect repellent.

Horseback to La Fortuna Waterfalls

Saddle up for adventure and unsurpassed natural beauty as you go horseback riding to La Fortuna Waterfalls. Imagine yourself riding through the countryside to a beautiful waterfall surrounded by jungle! The day starts off when you are picked up from your local hotel. You will then be brought to the ranch, near Arenal Volcano. Your guides will equip you with a helmet and then provide a brief instructional safety course. They will also size you up for the best fitting horse and then you will be on your way. The mostly unpaved road to the La Fortuna Waterfalls provides gorgeous views and a glimpse into the local rural culture. You will pass by homes of various shapes and sizes including small farms. On clear days, the views of the Arenal Volcano are incredible. Bird watchers will delight as you pass by areas that are well known for excellent bird watching. The entire time you will be climbing in elevation and eventually you will have beautiful views of the countryside and the Talamanca Mountains. When you arrive at the end of the road you will leave your horse tied up and visit the incredibly beautiful La Fortuna Waterfalls. After passing through the entrance you will cross a small hanging bridge and then walk through to the scenic view point. Be prepared with your camera as the view is spectacular! Those that do not wish to hike down to the base of the waterfall can stay in this area which also has seating. Those that wish to go to the base will hike down several hundred steps to the natural pool below falls. The river continues below and there are several swimming holes surrounded by jungle and magnificent beauty. The La Fortuna Waterfalls are a towering 70 meters high, providing an amazing backdrop. After spending a little time below the falls, you will hike back to the top. This is not an easy hike, but worth it for those that are physically fit. Your guide will lead you back down the country road and through farmland until you reach the stables. After the tour you will be returned to your La Fortuna area hotel.

Departure time:

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing (long pants), bathing suit, tennis shoes (closed shoes only), binoculars, camera, sunscreen lotion and insect repellent.



Horseback to the Arenal Volcano

The adventure begins when you ride the horse to the base of the most active volcanoes in the world. This is a good combination of horseback riding, primary and secondary forest, cattle farm, and beautiful scenery. During the trip you pass by one of the more interesting places around the volcano. Also you can appreciate many species of birds, a great variety of butterflies, wild animals, and a great diversity of lush plants of the tropical rainforest, then you continue riding through the rain forest, next to a natural lake, where the awesome landscape, the whisper of the wind, and the silence make us value our existence and the wonderful Mother Nature... and do not forget the permanent image at the mysterious Arenal Volcano. This tour is highly recommended for adults and children over the age of ten, unless they have previous horseback riding experience.

Departure time: 8:30am & 1:30pm

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing (long pants), tennis shoes (closed shoes only), hat, binoculars, camera, sunscreen lotion and insect repellent.

Kayaking/ Stand up Paddle Board on Lake Arenal

Enjoy a pleasant morning of kayaking or Stand up paddle boarding on Lake Arenal with a breathtaking view of the Arenal Volcano. You may observe different species such as: flycatchers, kingfishers, egrets, herons, cormorants and anhinga. The view is spectacular with the lake on one side of you, and the erupting volcano on the other.

Departure time: 8:00am

Included: Bilingual naturalist guide, transportation, kayaks, beverage

What to bring: Light comfortable clothing, bathing suite, water shoes, binoculars, camera, sunscreen lotion and insect repellent.

La Fortuna Waterfall & "La Finquita" Farm

Enjoy an exhilarating journey with a visit to the majestic La Fortuna Waterfall & La Finquita Farm! Standing at an impressive 70-meter-tall Waterfall, you'll venture down approximately 530 steps through a forest teeming with native trees of the region to reach the captivating base of this natural wonder. After indulging in a refreshing swim in the crystal-clear waters of the waterfall, immerse yourself even further in the beauty of nature as you make your way to "La Finquita Farm & Restaurant." Once at "La Finquita," embark on a serene stroll through the property's landscapes, where the rich agricultural tradition of the region unfolds in all its splendor. Named in homage to the small, picturesque farms dotting the area, La Finquita offers an authentic and unique experience of Costa Rican life. Throughout your journey, our guide will lead you to explore the fascinating world of organic farming and the innovative use of microorganisms in cultivating healthy products. You'll discover the fundamental importance of these practices, ensuring that the foods produced at La Finquita are chemical-free, guaranteeing their purity and quality for human consumption. Get ready for an unforgettable experience that seamlessly combines the wonder of nature at La Fortuna Waterfall with the authenticity and connection to the land at La Finquita. A journey that will transform your perception of agriculture and conscious eating!

Note: The walk is only recommended for people in good shape.

Departure time: 8:00am and 2:00pm

Included: Bilingual naturalist guide, transportation,

What to bring: Light comfortable clothing, bathing suite, binoculars, camera, sunscreen lotion and insect repellent.



La Roca Canyoning

A naturally formed canyon on the slopes of Arenal volcano is the scenery of the most dynamic adventure in Costa Rica. You will challenge your adventurer spirit at the Spider Monkey Canyon, splashing through crystal clear streams, conquering the magnificent canyon walls with the rappel techniques, jumping into clear pools of water and across natural formed rock walkways, walk a challenging hanging bridge and fly through the canopy on a zip line is part of what you will experience in this paradise. First time rappelling? You will be instructed by professional guides step by step on how to use ropes, belays and pulleys. You will always be in the best trained hands.

Departure time: 8:00 am, and 1:00pm

Included: Expert guides, high quality gear, Transportation, lunch and drinks.

What to bring: Waterproof Camera, bathing suit, Light comfortable aquatic clothing, closed toe shoes only, change of clothes, sunscreen lotion and insect repellent.

Maleku Indigenous Cultural Tour

We pick up our clients at the hotels at the specified time to take the pathway that will take us to one of the most important agriculture zones in Costa Rica: the Northern Plains. We drive for about one hour to get to the Indigenous reservation set by the government, in this reservation we find three Maleku communities known as El Sol, Margarita and Tonjibe. We will visit the Tonjibe community where we will meet a local family, which as the rest of families, had to adapt themselves to a new life style to survive and keep their traditions and culture intact, Their ancient life style goes against new environmental government laws, such as their housing materials, their diet and medicines; but even so they are working to preserve most of their traditions such as their language, dances, diet, dressing, and the use of natural medicines. That is why they are open to tourism for visiting their homes to watch their life style and also by selling their handcrafts; this cultural encounter involves visiting one of their traditional houses, a walk thru their graveyard to learn how they used to bury their family members in the past; also we will walk thru a botanical garden where they get their medicines from different plants that they use; and a performance of one of their traditional tribal rituals. We will end with a typical Maleku lunch. After that we will go back to the hotel.

Departure time: 8:00am, 10:00 + 1:00pm

What to bring: Hiking shoes or tennis, camera, sun block, insect repellent, water bottle.

We include: Guide, admission fee to the park, and transportation.

Mundo Aventura Big AMA Canopy Tour

This is an authentic adventure in the rainforest that is full of adrenaline and in harmony with the environment. On arrival your guide will provide and fasten your harnesses. Once everybody is ready to go a brief safety presentation will be provided, then your group will take a 20-minute tractor ride through the fields and up to the jungle. You will then hike in another 15 – 20 minutes to the course. This Zipline adventure consists of 12 cables with a full course length of over 3 kilometers! This is one of the fastest courses in Costa Rica and among the most interesting. The highlight of the tour is a cable that traverses the canyon in front of the gorgeous la Fortuna Waterfall. This zipline is up to 120 meters high and 980 meters long! After the zip line adventure, you will visit the Maleku Cultural Rescue Center and learn about their culture.

Minimum Age : 7 years - 3 ft. 10" - 51 lbs.

Hours : 8:00 am ; 10:30 am ; 1:30 pm

Includes : Bilingual Naturalist Guide and transportation

We Recommend : Closed shoes and light clothing/long pants, mosquito repellent, sunscreen, refillable water bottle.



Poas Volcano & La Paz Waterfall Gardens One Day Tour

As you wander the trails of La Paz Waterfall Gardens your senses will delight at the five waterfalls that line the trail. With the construction of Waterfall Gardens, guests are afforded views from platforms above, below and in front of the falls for great waterfall photo opportunities. The La Paz Waterfall is the most famous waterfall in Costa Rica where visitors often stop on the road to take photos on their way to Sarapiquí or Arenal but the best waterfalls are actually above the La Paz waterfall along a steep canyon accessed by our safe hiking trails making these five waterfalls the most easily accessible waterfalls in Costa Rica. Combined with a hike to the Poás Volcano National Park, the biggest crater in Costa Rica. Poás is active, but we can't expect to see a full-fledged eruption or even any lava flow here, the activity consists of gasses and volcanic sediment ponds that our guide will point out at the time we are just next to the crater. Into the park it is possible to appreciate a special kind of flora and fauna and the views of the central valley are just spectacular.

Departure time: 7:30am

Included: Bilingual naturalist guide, transportation, lunch and drinks

What to bring: Light comfortable clothing (bring a jacket), tennis shoes (closed shoes only), hat, binoculars, camera, sunscreen lotion and insect repellent.

Rainforest Chocolate Tour

With the view of the Arenal Volcano enjoy the sweetest rainforest experience, discovering the ancient secrets of chocolate. From its discovery and use in Tropical America, to the processing of the product we know and enjoy today. Considered as "a gift from the God's" the cacao tree was very important to the ancient culture, and was used not only as a ceremonial drink, but its seeds were also used as a currency because of its economical value. In this "hands on" program, you will have the opportunity to learn interesting aspects of cocoa and chocolate, from its origin and history, participating in all the production process, from the harvesting of the fruit, drying and grinding of the seed, also the developing of the traditional drink of our ancestors, and of course enjoying a high quality organic chocolate. Enjoy this journey through the history, culture, traditions and the flavor.

Start time: 8:00 a.m. / 10:00 a.m. / 1:00 p.m. / 2:00 p.m.

Included: Transportation with additional cost based on location, naturalist guide, entrance and beverages

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, sunscreen (sunny days) or rain gear (rainy days).



Río Celeste Hike

We leave La Fortuna at 7am for this fascinating adventure combining a discovery of nature's magic with the chance to observe wonderful flora and fauna. The tour lasts approximately 10 hours all together and on clear days it's possible to get a view of the Arenal, Tenorio and Miravalles Volcanoes and sometimes even Lake Nicaragua. The Celeste River zone is one of the most beautiful areas of Costa Rica. On the way we stop for a rest in a picturesque village and then continue on towards the "Rio Celeste" in the Tenorio Volcano National Park. On arriving at the park we set off on a 7km (approximately 4 miles) hike which passes by the River Celeste Lagoon, a great place for taking photographs. Finally we arrive at the river itself where mother nature magically mixes the water of two crystal-clear streams, changing the water's color to a beautiful bright, light-blue (hence the name "Rio Celeste" or Light-Blue River). The hike continues on through the mountains on rough paths into the jungle discovering an area of the volcano where gasses are expelled at very high temperatures. At the end of a steep but interesting walk down, we get to see, in all its splendor, the Rio Celeste Waterfall which is impressive not for its size but for its unique colors. After the waterfall there is a tough hike back to the park entrance where we are served a delicious, well- deserved lunch.

Departure time: 7:00am **Minimum 3 People**

Included: Bilingual naturalist guide, transportation, lunch + beverage

What to bring: Valid Passport, Light comfortable clothing, hiking shoes (closed shoes only), rain coat, bathing suit, binoculars, camera, sunscreen lotion and insect repellent.

(Recommended for active hikers in good physical shape)

Safari Float Trip on the Peñas Blancas River

Experience the peacefulness of the forest traveling on the Peñas Blancas River offering the chance to observe many different animals such as monkeys, sloth, iguanas, tortoises, crocodiles and many bird species. Our rubber dinghies don't use a motor so you can enjoy the sounds of nature as we paddle down the river offering you the opportunity to take photos. You will be accompanied by an experienced naturalist guide who will explain many fascinating details about the trees, plants, birds and animals. Then Tita Yolanda will invite you to her kitchen and garden for tasty treats.

Departure time: 7:50 a.m. and 1:50 p.m. Duration is about 5 hours

Included: Bilingual naturalist guide, transportation and typical Costa Rican snacks, coffee, sugar cane and chocolate.

What to bring: Light clothing, sandals or sneakers, refillable water bottle, binoculars, camera, sunscreen lotion and insect repellent.

Sport Fishing on Lake Arenal

Casting and Trolling for four hours at the Arenal Lake, trying for an especial fish: *Rainbow Bass* (Guapote) and a great fighter: *Machaca or Sabaleta*. Fishing boats and first class professional equipment are included. Fruits, snacks and beverages are provided on the tour. Season for fishing at Arenal Lake is practically good all year around, with the best results on summer days.

Departure time: 5:30 am & 12:30 pm

Included: Bilingual naturalist guide, transportation in an A/C bus, fruits, snacks and beverages

What to bring: Light, comfortable clothing, sandals or tennis shoes, camera, sunscreen lotion and insect repellent.



Stand Up Paddle Boarding on Lake Arenal

Stand Up paddle boarding (SUP) is a fantastic activity that the whole family can enjoy, no ages. With all action sports, it is important that you learn the correct technique from minute one; thus, our guides will give you some techniques to start paddling. The Arenal Lake offers great scenery to enjoy your first time on a SUP, with a short brief you can start paddling our calm lake and start enjoying the breathtaking views of Arenal Volcano and wildlife around. At your arrival to the Arenal Lake, our guides will take you to our floating platform, where we will gear you up and start our floating exploration. Our “Nalu” Stand Paddle Boards are ergonomic and specially designed for the best experience, with an aerodynamic shape, and built for the best comfort, these boards will make your experience more suitable and fun than using a modified surfing board. SUP delivers a full-body workout and thus has become a popular cross-training activity. Moreover, since you stand at your full height, you can enjoy unique views of everything from the mountains in the horizon, to the wildlife present at the lake. It does not matter if you are a novice or an expert, SUP can be enjoyed by anyone, the only requirement is to dare to have a great day and leave all your stress behind. Once you are comfortable balancing on the board in flat water, it is time to take off on a longer excursion -where the real fun begins –. Start exploring this marvelous lake; visiting a peninsula, racing for a bit, gazing at the wildlife while our guides explain to you the surroundings; or just relax and enjoy the incredible views around as you paddle, immersing yourself on a relaxing, peaceful, but adventurous half day outing.

Departure time: 8:00 am & 1:30 pm

Included: SUP, lifejacket, Bilingual naturalist guide, transportation in an A/C bus, picnic fruits and beverages

What to bring: Light, comfortable clothing, sandals or tennis shoes, camera, sunscreen lotion.

Sky Tram & Trek

To have a great adventure on the Sky Trek, you must ride on the Sky Tram first, in order to reach the highest point of the Arenal Reserve. Then you will start the adventure, full of adrenalin over the top of the wonderful trees. Sky Trek consists of a zip line system that shows you the Arenal rainforest and its landscape from a different perspective; taking into account your safety with a completely innovative system. The tour includes 8 cross-sectional cables that together have a total length of 2.8 Km. with a distance from 30 to 760 meters, and from 20 to 200 meters of height. The cables go on through the trees and also above them, where you may see the gorgeous Arenal Volcano, if the weather allows it. During the Sky Trek tour you will be always with two qualified guides who are credited by the Costa Rica Tourism Board. In addition, the first two zip lines are practice cables; after them, you may choose if you want to continue on the Sky Trek, or go back on the Sky Tram.

Departure time: 7:30 am & 2:30 pm

Included: Bilingual naturalist guide, transportation and beverages

What to bring: Light, comfortable clothing, tennis shoes, camera, sunscreen lotion and insect repellent.

Sky Walk

Sky Walk uses trails and a series of suspension bridges for a more relaxing introduction of the flora and fauna of the forest canopy. It allows a vision of the forest from a different perspective which starts with a hike on the ground and then taking you to explore the treetops, a hardly discovered habitat called the “canopy” with a naturalist guide. In Costa Rica, Sky Adventures was the pioneer in building hanging bridges, with the introduction of Sky Walk, to admire the forest from unique viewpoints. Sky Walk’s bridges span across canyons and bring visitors face to face with the upper level of the forest canopy.

Departure time: 7:30 a.m. / 12:45 p.m.

Included: Transportation, naturalist guide, entrance and beverages

What to bring: Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, sunscreen (sunny days) or rain gear (rainy days).



Sunset View on Boat at Lake Arenal (Wine & Cheese)

Lake Arenal is the best place in the region to enjoy a sunset, but access to the best points of the coast is only possible by boat. The sunset illuminates the west flank of the volcano with warm colors, the details of the crevices and canyons are best appreciated at sunset, these are the scars that mark the mountain in each period of activity. The coasts are surrounded by lush vegetation and, high in the Blue Mountains, you can see windmills that produce energy. Unique landscapes that you want to capture in your photographs.

While you navigate in these calm waters, the boat will be right between the volcano and the sunset, in the journey of about two hours, it is common to observe herons, kingfishers, and aningas and with a bit of luck you will also observe mammals such as sloths monkeys or coatis.

Your guide will provide very interesting information that will allow you to understand the history of the lake and the volcano and how both came to be so visited by tourists from all over the world.

As the sun sets and the breeze from the lake caresses your face, it is time for a glass of good wine and cheese to celebrate the end of a wonderful day.

Included: Naturalist Guide, Wine and Cheese, Drinks and beers, transportation

What to bring: Comfortable clothes, camera, and binoculars.

Wildlife Nature Float & Chocolate Tour

Your day of adventure and sweet indulgence starts with a Safari Float down the Peñas Blancas. This is a wonderful river trip for the youngest to the oldest nature lover in your group. You will move along at a leisurely pace down the Peñas Blancas River to improve your opportunities to sight the abundant life that inhabit this river. Monkeys, the Long-Nosed bat, iguanas, Jesus Christ lizards, caimans and much more reside along the banks of the River. After returning to the dock, you will depart for the Sweet Chocolate Tour, where you will learn about the history of chocolate from its discovery and through the process of making chocolate in the delicious forms we enjoy eating now. During this hands-on discovery, you will participate in the production, harvesting of the cacao, drying techniques and grinding the seeds. At the end of the tour, you will get a chance to sample some of the high-quality gourmet chocolate! Sweet day, indeed.

Departure time: 7:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent.

Wildlife Nature float & Tortilla Making

Your day of adventure and cultural immersion begins on the Peñas Blancas Safari Float, the perfect spot for everyone from the very youngest to the very oldest nature lover in your group to get close enough to hear the sounds of the wildlife. Monkeys, the Long-Nosed bat, iguanas, Jesus Christ lizards, and much more reside along the banks of this amazing river. After returning to the dock, you will depart for the Doña Mara Tortilla Making Experience, and visit with a local family. This time at Doña Mara's home will teach you the meaning of "Pura Vida" (pure life) experienced by rural Costa Ricans. This authentic cultural experience should be a part of everyone's visit to Costa Rica!

Departure time: 7:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent.



White Water Rafting Class II & III. Balsa River

Experience the excitement and adrenaline of the white water tour on this half day adventure!! Located 50 minutes from La Fortuna, *Balsa River* provides an excellent setting to enjoy rafting for the whole family. Get wet and wild through rapids such as ¡“Magnetic Rock” and “Dredges”! A 15-minute break in the river allows us to taste delicious tropical fruit while enjoying a tropical setting, surrounded by monkeys, toucans and other exotic species. On the way back to Fortuna town we will enjoy a delicious lunch at “Vida Campesina” a traditional country estate with the aim to let visitors experience the genuine and peaceful way of country life in Costa Rica. You will enjoy a delicious typical lunch prepared on the original wood stove and served in a traditional way.

Departure time: 10:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 8 to 65 years

White Water Rafting Class III & IV Sarapiquí River

Join us and get prepared for an exciting and thrilling time with a full day of challenging class III & IV white water rafting! Set deep in the Costa Rican rainforests, *Sarapiquí River*, declared as National Patrimony, gives us the perfect blend of natural beauty and one of the best white water rafting in the country, with big waves and amazing technical rapids. After meeting with your river guide we will drive 90 minutes to the put in where the fun begins! Your guides will explain the safety procedures and safety equipment before embarking down the river. Then we will take the PLUNGE and start the adventure! Halfway through our journey we will “re-fuel” on the river bank and enjoy some delicious tropical fruits while soaking in the tropical surroundings. At the end of our journey, a cold drink and dry towel will await you before a short ride where you can change into dry clothes and have a delicious Typical Costa Rican Lunch.

Departure time: 8:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 13 to 55 years

Whitewater Rafting & ATV Tour Combo

Get ready for the action and Kick start your day with a Bang!! .. This morning it is time to enjoy the trails near the Majestic presence of the Arenal Volcano on your own atv quad inside of a private farm where you will love the views from Volcano and La Fortuna Town. Once we finish with the views we will drive around 30 minutes to the Arenal River, a perfect place to get delicious cold drinks and to take a little break before we get back to the lobby where we will have a really nice snack to get more energy to continue with your next stop.... Balsa River. Once we arrive at the river our raft guides will teach you everything you need to know and give you some time to demonstrate your skills before taking off on an action-packed two-hour rafting tour, the Balsa River is one of the best in the area. Our Team will stop along the way, so you can jump off the banks or take a swim. They will prepare fresh tropical fruits and offer you a refreshing ice cold drink. At the end of the tour, you will be treated to a well-deserved Costa Rican lunch.

Departure time: 7:30am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 8 to 65 years



Whitewater Rafting & Canyoning Combo

This action-packed, full adrenaline Raft & Rappel combo is sure to be the highlight of your vacation! Start your adventure with a 30 minute trek in a 4 X 4 to the tropical rainforest on the outskirts of La Fortuna in the shadow of the majestic Arenal Volcano. After gearing up and a short safety and rappelling briefing, you embark on a short hike on a trail through the rainforest. Once you arrive you will descend down the first waterfall into the spectacular canyon below, climb the side of the canyon wall, zip-line across the canyon and rappel down to the canyon floor. After a short trek out of the canyon on a magical trail, jump back in the 4x4 vehicle waiting to take you to the Balsa River. Enjoy two hours of exhilarating white water rapids including “Magnetic Rock” and “Dredges” along this beautiful, tropical river. Enjoy a delightful swim, and reinvigorate yourself with fresh tropical fruits and a cold drink. At the end of the rafting trek you will enjoy a delicious Costa Rican lunch.

Departure time: 7:30am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing (pants or leggings), bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 13 to 55 years

Whitewater Rafting & Chocolate Tour Combo

Immerse yourself in the aromas and delicious flavors of the world of chocolate. During your taste tour you will discover the history of chocolate. You will love to see the transformation of the Cacao bean into the dark chocolate products. While participating in the hands-on demonstration of the chocolate-making process, you will get the opportunity to get crazy mixing chocolate with different exotic ingredients such as Jamaica flower, natural cinnamon, nutmeg and chili powder. Once you have sampled these delicious treats, we will drive you to the adventure paddling your way through the fast flowing rapids on class II-III Balsa River. Get wet and wild through the rapids. Tops off with hearty Costa Rican lunch and some fun surprises!

Departure time: 8:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 8 to 65 years

Whitewater Rafting & Canopy Ziplining Combo

This Rafting/Zip package is designed for extreme thrills! Consists of the 7 most extreme zip line cables of the park. Begin the tour with an adrenaline filled climb up a 18 meter high tower (54 feet) to fly over a 120 meter (360 feet) high canyon - the highest place in the park. You will cross a hanging bridge to our longest cable – 980 meters (0.6 miles) high above La Fortuna Waterfall with great views of downtown. Finally you will glide across the cables at high speeds of up to 70 km/hr (43MPH). Continue this amazing day with the best whitewater rafting Tour in Balsa River class II&III, end this wonderful day with a delicious Costa Rican Typical lunch.

Departure time: 7:30am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 13 to 55 years



Whitewater Rafting & Tubing

White Water Rafting and Tubing Combo from Arenal Volcano is a great way to start your Costa Rica Holiday. Be prepared for the an exciting time on this White Water Rafting and Tubing Combo, get wet and wild as you raft through rapids class III. In the second section of the river, we will change directions and continue our trip on Tubes! White Water Tubing gives you an adrenaline-packed experience with the freedom to tube wherever the river takes you! The trip route passes through thrilling Class I-II rapids on the Balsa River. Splash over ledges, bounce through drops, and ride some wild wave trains down the rapids in our specially designed tubes.

Departure time: 10:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 13 to 55 years

White Water Tubing Balsa River

White water tubing gives you an exciting experience and the freedom to tube wherever the river takes you! The white water trip route passes through class I-II excitement on the Balsa River. Splash over ledges, bounce through holes, and ride some wild wave trains in our specially designed white water tubes. There is a significant amount of paddling and maneuvering involved in this trip. It's recommended for participants who are confident swimmers and with previous whitewater experience.

Departure time: 11:00am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, lunch, dry towels

What to bring: Light comfortable clothing, bathing suit, water shoes (No Flip Flops), change of clothes, binoculars, camera (waterproof), sunscreen lotion and insect repellent. **Note:** 13 to 55 years

Unique Cano Negro Riverboat Safari

The wildlife reserve Caño Negro is one of the most important reserves for incredible bird watching and observation of wildlife in Costa Rica. Caño Negro is also home for many sloths, monkeys, caimans, bats as well as numerous tropical plants. After a welcome drink and a snack, we slowly and silently cruise to this exceptional Rio Frio in our comfortable boat where you can enjoy the beautiful flora and fauna. Upon return you will be served a typical, delicious lunch in the restaurant "El Caiman" which is nicely placed on the riverbank of "Rio Frio".

Departure time: 7:30am

Included: Bilingual naturalist guide, transportation, entrance, beverage, snack, and lunch

What to bring: Light comfortable clothing, water shoes, binoculars, camera (waterproof), sunscreen lotion and insect repellent.



Venado Caves Tour

We start with a 45 minute drive to the private farm where the caves are located. Upon arrival you will be given a flashlight & helmet, and fitted for rubber boots (size 11 or larger must wear their own shoes). Our expert bilingual naturalist guide will start with a brief history of the caves. A short hike later and you are standing in amazement at the river flowing from the cave entrance. There are no lights or walkways, so you will feel as if you are the first person to discover them. Turn on your flashlight, jump into the river, and watch out for those spiders on the walls! There is no turning back now. It's a little difficult to walk up the river, but that's just part of the adventure. Be prepared to squeeze through small holes, crawl through tight passages, climb small rock formations, crawl on your stomach with only your head above water in a narrow tunnel as fish swim by, or walk up small waterfalls. Feel the air move around your face as bats fly just above your head. Notice how they have carved their nests out of solid rock. We seldom lose a tourist! Enjoy the numerous stalactites, stalagmites, coral, and chimneys as you journey back in time. The "Papaya" formation is spectacular. This is an experience you will never forget! Recommended only for people in good shape.

**Please wear old shorts and T-shirt, NO jewelry, bring cotton socks for the rubber boots, a change of clothing, towel, & soap. (The owner does not allow cameras because of almost certain damage!)

Note: The walk is only recommended for people in good shape.

Departure time: 8:00am and 2:00pm

Included: Bilingual naturalist guide, transportation

What to bring: Light comfortable clothing**Please wear old shorts and T-shirt, NO jewelry, bring cotton socks for the rubber boots, a change of clothing, towel, & soap. (The owner does not allow cameras because of almost certain damage!) and insect repellent.