



## San Jose Activity Catalog 2019/2020

Mil Besos- Costa Rica

This document will help you to plan out your activities while in Costa Rica! Costa Rica has a ton to offer from surfing and white water rafting to hiking and bird watching. Please feel free to contact the team at Mil Besos at [info@milbesoscostarica.com](mailto:info@milbesoscostarica.com) or 1-877-888-9151 .



## San Jose Activity Catalog 2019/2020

<b>Tour Name (Scroll down document for descriptions)</b>	<b>Adult Rate</b>	<b>Children Rate</b>
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### Special Notes

**Rates and descriptions** may vary over time as providers perform updates.

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

\* asterisk means meal included

**Children** 0-5 years are free / Children 6 years + pay full rate / Note: Children rate applies when minimum quantity to operate the tour has been reached. Otherwise they pay regular adult rate.

**All Tours include:** Transportation, Snack, Water, Professional Certified Bilingual Guide, and Insurance. (note snack not included with surf or paddleboard). Entrance fees included where applicable.

**Minimum requirements:** Some tours require 2 or more individuals in order for the tour to take place

### 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. We review these manuals every 6 months as providers typically do annual updates.



### **Canopy Zipline San Luis**

Carried securely by a system of zip lines, you will soar weightlessly through the expanse of virgin forest that grounds the tour, and find yourself in intimacy with the habitats of Costa Rica's distinct cloud forest wildlife.

The San Luis Canopy Tour also presents the Elevator, a thrilling feature that securely lifts visitors high above the forest canopy, granting a paramount view of the surrounding area.

Though customer enjoyment is the main objective, San Luis Canopy Tour ensure safeness above all as a keystone principle: all personnel and facilities carry up-to-date certifications from the Costa Rica Institute of Tourism.

San Luis Canopy takes pride in their credentials and by them guarantees with confidence that this tour is among the most professional, informative, and enjoyable in Costa Rica. San Luis Canopy has 12 different zip lines and 18 platforms, plus their famous "Tarzan Swing Trails" and "Fly like Superman".

**What to Bring:** Light Comfortable clothing, closed toe shoes, Light jacket, sweatshirt or rain coat & insect repellent

**Includes:** round trip transportation, bilingual guide (English / Spanish), canopy tour & lunch

**Duration:** 7 hours

**Location:** San Ramón, Central Valley

**Estimated Departure from San José:** 7:30 A.M. – 8:30 A.M.

### **San Jose City Tour**

During this journey we will visit the National Theater, also known as "The jewel of San José", a masterpiece in art and architecture built by Costa Ricans and completed in 1897.

Then we will visit the Museum of Gold (an archaeological interest site), then the Central Market, place full of the Costa Rican cultural heritage and traditions, where you will be able to browse and buy some local art crafts.

We will also visit the Metropolitan Cathedral. As we travel around the city, we will point you out several historically important or main buildings in our city, for example The Costa Rica University, The Old Train Station, The National Liquor Factory, The National Supreme Election Bureau, the Asamblea Legislativa (equivalent to The Congress), The Metallic Building, some parks and various sites of interest. This will be an introduction to our Capital City, and information about our economy, cultural, politics, religion and general current events. Also, we will visit an Art Gallery, where you will be able to get some souvenirs to take back home.

**What to Bring:** Light Comfortable clothing, comfortable walking shoes & Camera

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees to gold museum and national theater.

**Duration:** 5 hours

**Location:** San José, Central Valley

**Estimated Departure from San José:** Between 11:30 A.M. – 12:30 P.M.



### **Doka, Grecia & Sarchi Tour (Oxcart Factory)**

The Doka-Grecia and Sarchi tour is a relaxing yet very enjoyable tour in which you will learn about our history and traditions. Also a great opportunity to get some coffee and souvenirs to take back home.

First we will go to Doka Coffee Estate, where we will have a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world.

The careful process involved in the cultivation, harvesting and roasting of the Golden Bean will then be illustrated, very hands-on, and then we will savor the delectable product. After the coffee tour we will enjoy a Costa Rican lunch buffet.

Then we will continue to Grecia, a very typical and traditional town, where we will admire the metal church, a building that has a rare architecture, with high ceilings, ornate stained glass windows, and classical lines.

Next we will visit the town of Sarchi, known as the birthplace of Costa Rica's Artisans. In Sarchi, you will be able to appreciate many of the art crafts and souvenirs that Costa Rica has to offer, as we visit a factory and souvenir shop managed by the local artists. Also you will see the world's largest ox cart according to the Guinness Book.

The cart is 2 stories high, nearly 45 feet long (14 meters) and weighs 4400 lbs. (2 tons), and took 70 days to complete. Made out of wood (cedar) and decorated with bright colors, designed based on our typical and traditional oxcarts.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fee Doka coffee tour & lunch

**Duration:** 7 hours

**Location:** Alajuela, Central Valley

**Estimated Departure from San José:** 9:00 A.M. – 10:00 A.M.

### **La Paz Waterfalls Gardens**

At La Paz Waterfall Gardens we will go through walking trails surrounded by lush tropical rain forest. Here we will appreciate flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, and hummingbirds. There are also, educational animal exhibits to enjoy such as the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is definitely a tour enjoyed by nature lovers from all ages. After the tour, we will enjoy a buffet lunch (rated 4 Forks by the Costa Rican Tourism Council) that includes multiple selections of Traditional Costa Rican dishes and much more.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fee & lunch

**Duration:** 7 hours

**Location:** Alajuela, Central Valley

**Estimated Departure from San José:** Between 09:30 A.M. – 10:30 A.M.



### **Poas Volcano, Doka Coffee, Grecia & Sarchi Tour**

Then we continue to Poas Volcano National Park, it is an active 2,708-metre (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April, 2017. At the Volcano we will have time to enjoy the impressive main crater with its sulfur fumaroles.

Next, after visiting the volcano, we will have time to enjoy a delicious lunch at Doka Estate we will stop to learn more about our golden bean, which is a term used to describe the unique and savory coffee of Costa Rica. Then we will continue our trip through the fern, flower and strawberry farms taking in the scenic vistas along the way.

Our third stop is the town of Grecia, considered one of the cleanest towns in Latin America. Grecia is home to one of the only Metal Churches in Central America. The church is a national monument that fills its inhabitants with pride. Then shortly after visiting the metal church, in order to experience the local lifestyle, we will also visit the central market area, unique to the area.

Our last stop along the way is the town of Sarchi, known as the cradle of Costa Rican artisans. Here we will take in the artistic work of the local artisans, as they create the famous typical oxcarts. Then, we will be able to shop for that special souvenir to take back home.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

**Duration:** 8 hours

**Location:** Alajuela, Central Valley

**Estimated Departure from San José:** Between 7:00 A.M. – 8:00 A.M.



### **Doka Coffee & Poas Volcano Tour**

We will visit the Doka Coffee Estate for a delicious breakfast. Then we will be treated to a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. The careful process involved in the cultivation, harvesting and roasting of the Golden Bean will then be illustrated, very hands-on, and then we will savor the delectable product.

After the coffee tour, we will continue to Poas Volcano National Park, where there is a noticeable change in temperature and exuberant vegetation of the cloud forest.

The Poás Volcano, is an active 2,708-metre (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April, 2017.

At the Volcano we will have time to enjoy the impressive main crater with its sulfur fumaroles, and hike on a trail to the beautiful Botos Lagoon as we learn about the different ecosystems in the park.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & breakfast

**Duration:** 8 hours

**Location:** Alajuela, Central Valley

**Estimated Departure from San José:** Between 06:00 A.M. – 07:00 A.M.

### **Tiquicia View Point**

This evening tour takes you to discover Escazu -the Capital's upscale suburb.

On route a winding paved mountain country road with awesome "vistas" brings you to Tiquicia. Here a traditional farmhouse with 150 year old tiles awaits to offer you a genuine Costa Rican ambiance where you will be able to sample local food together with national drinks served in the kitchen area.

A typical dance presentation takes place during your stay while you enjoy amazing views of the entire Central Valley.

**What to Bring:** Light Jacket & Camera

**Includes:** transportation, Bilingual guide (english/spanish), Welcome cocktail, Snacks, Dinner (typical buffet), Open bar (national beverages) & Show (noche tica)

**Duration:** 4 hours

**Location:** San José, Central Valley

**Estimated Departure from San José:** Between 17:30 – 18:30



### **Orosi Valley & Lankester Garden**

We will stop at the Virgin of the Angels Basilica – a famous peregrination site for many believers, some of which travel for days or even weeks on foot, in a pilgrimage of faith, to the site. The Basilica has large vaulted ceilings and exquisite examples of stained glass windows, a rich displays of carvings, statues and other pieces of art.

Next, after we visit the Basilica we will stop at the Lankester Gardens, a University of Costa Rica Center for investigation that protects more than 800 species of orchids, bromeliads and countless species of other plants.

Then, we will continue to the Valley of Orosi, an area that overflows with unparalleled beauty. We will be able to visit one of the few remaining colonial churches and we will stop to enjoy a tasty typical lunch at one of the local restaurants.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

**Duration:** 7 hours

**Location:** Cartago Central Valley

**Estimated Departure from San José:** Between 09:30 A.M. – 010:30 A.M.



### **Poas Volcano, Doka Coffee & La Paz Waterfalls Gardens**

We will visit the Doka Coffee Estate for a delicious breakfast. Then we will be treated to a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. The careful process involved in the cultivation, harvesting and roasting of the Golden Bean will then be illustrated, very hands-on, and then we will savor the delectable product.

After the coffee tour, we will continue to Poas Volcano National Park, where there is a noticeable change in temperature and exuberant vegetation of the cloud forest.

The Poás Volcano, is an active 2,708-metre (8,885 ft) stratovolcano. The crater of the volcano is over a mile across and 1050 feet deep. It has erupted 40 times since 1828, including April, 2017.

At the Volcano we will have time to enjoy the impressive main crater with its sulfur fumaroles, and hike on a trail to the beautiful Botos Lagoon as we learn about the different ecosystems in the park.

After Poás, we will continue to La Paz Waterfall Garden, where we will enjoy a buffet lunch (rated 4 Forks by the Costa Rican Tourism Council) that includes multiple selections of Traditional Costa Rican dishes and much more.

At La Paz Waterfall Gardens we will go through walking trails surrounded by lush tropical rain forest. Here we will appreciate flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, and hummingbirds. There are also, educational animal exhibits to enjoy such as the Aviary, the Butterfly Observatory, Hummingbird Garden, Serpentarium, Jungle Cats Exhibit, and the Frog Exhibit. This is definitely a tour enjoyed by nature lovers from all ages.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

**Duration:** 10 hours

**Location:** Alajuela, Central Valley

**Estimated Departure from San José:** Between 06:00 A.M. – 07:00 A.M.





### **Irazu Volcano & Thermals Hacienda Orosi**

On the top of the volcano you can observe the main craters and on a clear day Pacific Oceans and Caribbean Sea. As we descend to the city of Cartago we will stop at the Virgin of the Angels Basilica that according to religious custom is a peregrination site for many believers. Surrounded by rainforest and lush vegetation, La Hacienda Orosi has been blessed by mother earth with nascent hypothermal mineral water.

These rich springs of mineral hypothermal “telluric” waters (non-magmatic or volcanic ), are filtered between the layers of the earth and spring in the middle of the rainforest at more than 65 degrees Celsius. The minerals, salts and ions that compose this water enrich the skin tissues, stimulate the senses. Hacienda Orosi is a mystical land where the positive energy is perceived as you walk, tranquility as you breathe and peace as you enjoy of this place.

**What to Bring:** Swimsuit, Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

**Duration:** 9 Hours

**Location:** Cartago City, Central Valley

**Estimated Departure from San José:** Between 6:30 A.M – 7:30 A.M.



## **Adventure Combo**

Costa Rica provides White Water Rafting experiences that take your adrenaline to top levels and fascinating Canopy Tours going high above the treetops. Now you can enjoy the two activities in an extraordinary way.

Discover the natural marvels of Sarapiquí; an extensive territory located in the northeastern area of the country, with a variety of crystal clear rivers, an abundance of beautiful tropical forests and villages inhabited by friendly and laborious people.

Leaving San José the tour traverses the majestic scenery of Braulio Carrillo National Park and arriving at Sarapiquí we will enjoy two adventurous attractions: the Canopy Tour in the middle of a secondary forest with trees of high altitude and after lunch the White Water Rafting in the agitating waters of the Sarapiquí River.

The Canopy Tour takes about one and a half hour. We go through nine cables of different lengths, stretching over the forest, with the last one crossing the Sarapiquí River.

The rafting at Sarapiquí River has different levels between class II and class III, presenting a vibrant scenery to those who want to participate in this exciting activity. Nine miles of unexpected rapids in combination with calm and relaxing intervals makes this an unforgettable experience for bird watchers, nature and adrenaline lovers.

In lieu of the white water rafting, you may opt for a horseback riding tour. Same rate applies.

A minimum of 3 passengers is required for this tour to operate. Your reservation will be placed on hold until the tour meets the minimum number of required passengers. Once this requirement is fulfilled, we will send you a confirmation message.

**What to Bring:** Swimsuit, Towel, Change of Clothing, Light Comfortable clothing, comfortable shoes or water shoes for rafting, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees & lunch

**Duration:** 10 hours

**Location:** Sarapiquí, West Caribbean

**Estimated Departure from San José:** Between 7:00 A.M. – 08:00 A.M.



## **Irazu Volcano**

The Irazu Volcano (Volcán Irazú) is situated in the Cordillera Central just a few kilometers from Cartago, and it is a relatively short and pleasant drive from the Capital city of San Jose.

The trip begins by ascending the breathtaking summit of the Irazu Volcano, passing all types and forms of vegetation, from coffee plantations, to ferns, depending on the elevation. The trip leads up to a spectacular view of the massive crater which is home to a lagoon with a mystical green hue surrounded by jagged rocks.

It should be mentioned, that on a clear day you can actually see both the Atlantic and Pacific Oceans!

After an exciting tour of the volcano, we will descend to the historical city of Cartago. We will stop at the Virgin of the Angels Basilica – a famous peregrination site for many believers, some of which travel for days or even weeks on foot, in a pilgrimage of faith, to the site. The Basilica has large vaulted ceilings and exquisite examples of stained glass windows, a rich displays of carvings, statues and other pieces of art.

**What to Bring:** Light Comfortable clothing, comfortable shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish) & entrance fees

**Duration:** 6 hours

**Location:** San José, Central Valley

**Estimated Departure from San José:** Between 6:30 A.M. – 07:30 A.M.

## **Arenal Volcano & Tabacon Hot Springs**

This is one of the most popular tours we offer. This tour shows the best of both worlds, in terms of the raw untamed beauty of the imposing Arenal Volcano, which is juxtaposed against the lush and soothing thermal waters of Tabacon Hot Springs. All this, set against a backdrop of lush vegetation and breathtaking views of the nearly perfect conical shaped lines of the volcano.

Enroute to the Arenal Volcano, we will stop at the famous town of Sarchi, known as the birthplace of Costa Rica's Artisans. In Sarchi, you will be able to appreciate many of the art crafts and souvenirs that Costa Rica has to offer. Also you will see the world's largest ox cart according to the Guinness Book. The cart is 2 stories high, nearly 45 feet long (14 meters) and weighs 4400 lbs. (2 tons), and took 70 days to complete. Made out of wood (cedar) and decorated with bright colors, designed based on our typical and traditional oxcarts.

The journey will then continue, traversing diverse plantations with agricultural products, including pineapple and plantain farms, mango groves, ornamental plants and even cattle ranches until arriving to the small town of La Fortuna, and stopping to enjoy lunch at a cozy restaurant with a magnificent view of the volcano.



The impressive Arenal Volcano is a magnificent natural wonder that is situated in La Fortuna (The Fortune) of San Carlos, previously assumed to be dormant, until in 1968, when it experienced a major eruption. Now is visited by tourist from all around the world hoping for the opportunity to witness volcanic activity, such as the white plumes of smoke that emanate from the conical shaped behemoth.

Then you will go on to relax at one of the best hot springs in the area where you will revel in the cleansing and rejuvenating effects of the thermal waters, as well as an optional massage or other special treatment, if you choose, that must be reserved ahead of time to ensure availability. Spa treatments are not included and are payable directly at the resort. Tabacon Hot Springs combines the four elements of nature; the heat of the volcano, the flowing waters of the hot springs, the pure air of the rainforest, and the fertile earth of the Fortuna de San Carlos Region. There are five main springs source highly mineralized water that is heated underground by the Arenal Volcano's magma. You will find dozens of cascading waterfalls and warm pools along the riverbed, of varying temperatures, water flows and degree of privacy.

An essential part of exploring the wondrous world of the Tabacon Hot Springs is soaking in the cascading thermal waterfalls. This natural hydrotherapy is a surefire way to achieve proper relaxation. The river-pool temperatures range from 72 to 105 degrees Fahrenheit. And for a perfect ending, before going back to San José, a wonderful dinner will be served with a great view of the volcano so that you do not miss any opportunity to look at the classically shaped volcano.

**What to Bring:** Swimsuit, Towel, Light Comfortable clothing, comfortable closed toe shoes, water shoes, Light jacket, sweatshirt or rain coat, camera, binoculars & insect repellent.

**Includes:** round trip transportation, bilingual guide (English / Spanish), entrance fees, lunch & dinner

**Duration:** 13 hours

**Location:** Arenal Area, Northern Region

**Estimated Departure from San José:** Between 7:30 A.M. – 8:30 A.M.