



## Las Catalinas Activity Guide 2021-2022

Mil Besos Costa Rica

This document will help you explore your activity options for your stay at Las Catalinas! Costa Rica has so much to offer from surfing, to hiking, and ziplining. Please do not hesitate to contact us at 1-877-888-9151 or [info@milbesoscostarica.com](mailto:info@milbesoscostarica.com)

## Las Catalinas Activity Catalog 2021

Tour Name <small>Click on the tour name to see descriptions of each tour</small>	Adult Rate	Child Rate	Includes (See key below)
<b>On Site at Las Catalinas</b>			
Mountain Biking Short Loop 1.5 hours (Min. 2 person to operate, or add + \$25 if 1 person)	85	85	Guide + Equip
Mountain Biking Long Loop 2.5 hours (Min. 2 person to operate, or add + \$35 if 1 person)	110	110	Guide + Equip
Mountain Biking Old Guanacaste Waterfall (Min. 2 person to operate, or add + \$100 if 1 person)	175	175	Guide + Equip
Stand Up Paddle Lesson 1.5 hours (Min. 2 person to operate, or add + \$30 if 1 person)	70	70	Guide + Equip
Stand Up Paddle Lesson + Coastal Expedition 3 hours (Min.2 person to operate, or add + \$35 if 1)	100	100	Guide + Equip
Kayaking Lesson 1.5 hours (Min. 2 person to operate, or add + \$30 if 1 person)	70	70	Guide + Equip
Kayaking & Snorkeling Lesson 2 hours (Min. 2 person to operate, or add + \$35 if 1 person)	90	90	Guide + Equip
Kayaking & Snorkeling Lesson 3 hours (Min. 2 person to operate, or add + \$35 if 1 person)	120	120	Guide + Equip
Stand Up Paddle Board Rentals – 1 hour	35	35	Rental
Stand Up Paddle Board Rentals – 2 hours	45	45	Rental
Stand Up Paddle Board Rentals – 3 hours	55	55	Rental
Stand Up Paddle Board Rentals – 4 hours	65	65	Rental
Stand Up Paddle Board Rentals – Full Day	80	80	Rental
Single Kayak Rental – 1 hour	35	35	Rental
Single Kayak Rental – 2 hours	45	45	Rental
Single Kayak Rental – 3 hours	55	55	Rental
Single Kayak Rental – 4 hours	65	65	Rental
Single Kayak Rental – Full Day	80	80	Rental
Double Kayak Rental – 1 hour	50	50	Rental
Double Kayak Rental – 2 hours	60	60	Rental
Double Kayak Rental – 3 hours	70	70	Rental
Double Kayak Rental – 4 hours	80	80	Rental
Double Kayak Rental – Full Day	95	95	Rental
Snorkel Set Rental Per Day	18	18	Rental
<b>Off-Site Providers, will pick up at Las Catalinas</b>			
Discovery Pass to Diamante Animal Sanctuary	66	58	E/T/G
Animal Sanctuary + Cultural (Production of cacao, coffee, and sugarcane.) Combo Tour	79	68	E/T/G
Diamante Aerial Pass (Zipline)	102	87	E/T/G
Diamante Adventure Pass (Zipline, Sanctuary, Culture, Jungle, Beach & Lunch)	142	119	E/T/G
Diamante Horseback Riding (1 hour)	79	79	E/T/G
Diamante ATV (Single) (1 hour)	92	n/a	E/T/G
Diamante ATV (Double) ( 1 hour)	102	n/a	E/T/G
Arenal Volcano One Day Tour & Baldí (2)	198	145	E/L/P/D
Arenal Volcano One Day Tour & Ecotermales (2)	230	170	E/L/P/D
Arenal Volcano One Day Tour & The Springs (2)	235	235	E/L/P/D
Arenal Volcano One Day Tour & Tabacón (2)	250	188	E/L/P/D
Barra Honda Caves (Spelunking)	165	165	E/L/P
Beach Tour & Snorkeling	110	100	L/P
Beach Tour & Surf Lessons	185	170	L/P
Borinquen Adventure Day (Canopy + Horseback + Lunch + Hot Springs)	180	165	E/L/P
Borinquen Adventure Day Full (HB+ZL+WAT+HS)	188	150	
Buena Vista Mega Combo Adventure	184	156	E/L/P
Canyon Lodge Adventure Combo	160	145	P
Class 2&3 White Water Rafting (1)	130	104	E/L/P
Class 3&4 White Water Rafting (Tenorio Rafting) (1)	145	145	E/L/P
Early Bird Watching Tour	116	93	P/S

Forest & Beach Horseback Riding @ Conchal Beach	90	90	P/S
Horseback Riding @ Papagayo area	90	90	P/S
Liberia City & Shopping Tour	83	73	P
Monteverde Cloud Forest Experience (Coffee Tour & Hanging Bridges)	197	167	E/L/P/D
Monteverde Cloud Forest Experience (Coffee Tour, Sky Tram & Canopy Zipline Tour.)	260	205	E/L/P/D
Miravalles Volcano Combo Tour	155	122	L/P
One Day Adventure Combo Guachipelin	175	149	L
One Day Nature Combo Guachipelin (WF +Serp.+Frog.+BF+HS)	140	130	E/L/P
Palo Verde National Park Boat Tour & Lunch	108	85	L
Rincón de la Vieja National Park Guided Hike & Liberia CT	108	85	L
Rincón de la Vieja 4 Wateralls Hike NEW!	137	122	L
Rincón de la Vieja Full Day (Hike + Lunch + Hot Springs)	165	160	L
Rio Celeste & Finca Verde Nature Farm	150	120	L
Rio Celeste & Heliconias Hanging Bridges	158	126	L
Rio Celeste & Tenorio Volcano Guided Rainforest Hike	130	105	L
Rio Perdido Adventure Retreat	180	162	L
Safari Float Tour on Corobicí River	122	110	E/L/P
Santa Rosa National Park Guided Hike & Liberia City Tour	108	85	L
Tamarindo Mangrove & Estuary Tour on Boat	87	80	S
Sensoria: Land of Senses	242	242	E/L/P
Pacific Green Turtle Nesting Tour at Night	126	126	S
ATV Sunset (drive \$39 / passenger \$19)	39	39	N/A
ATV & Jet Ski Combo Tour (4 hours) (drive \$196 / passenger \$97)	196	196	N/A
ATV Golden Coast (drive \$140 / passenger \$70)	140	140	N/A
ATV North Beach & Snorkeling (drive \$75 / passenger \$38)	75	75	N/A
ATV South Beach & Snorkeling (drive \$80/ passenger \$40)	80	80	N/A
ATV North Beach Tour (drive \$64 / passenger \$33)	64	64	N/A
ATV South Beach White Sand Tour (drive \$68 / passenger \$34)	68	68	N/A
ATV Top Of The World Tour (drive \$80 / passenger \$40)	80	40	N/A
ATV Cliff Jumping Tour (drive \$40 / passenger \$20)	40	40	N/A
ATV & Monkey Sanctuary (drive \$92 / passenger \$46)	92	92	N/A
ATV Canopy (driver \$129 / passenger \$66)	129	129	N/A
ATV Conchal Beach & Lobster BBQ Tour (drive \$135 / passenger \$68)	135	135	N/A
ATV North Beach Surf Trip (drive \$165/ passenger \$52)	165	165	N/A
ATV South Beach Surf Trip (drive \$175/ passenger \$60)	175	175	N/A
Estuary Kayaking Tamarindo	150	150	N/A
Catamaran Cruise with meal and snorkeling (Transportation not Included)	95	95	N/A
Coastal Kayaking & Snorkeling	148	148	N/A
Group Surf Lesson Playa Grande	116	116	
Semi Private Surf Lesson Playa Grande	130	130	
Private Surf Lesson Playa Grande	196	196	
Group Surf Lesson in Tamarindo	166	166	N/A
Private Surf Lesson in Tamarindo	224	224	N/A
Scuba 2 tank (if certified)	160	160	N/A
Canopy Zipline	53	53	N/A
Sportfishing – Please inquire for rates based on # of participants.			N/A

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

## Special Notes

**How to Reserve:** Include your requested activities in your group reservation form or email us at [guests@milbesoscostarica.com](mailto:guests@milbesoscostarica.com) with activity selections and participant names (and ages if any children).

**Minimum requirements:** Most tours require 2 or more adult participants for the tour to place.

**Children** 0-4 years are free

**Child rate** with most tours is for ages 5-12 years old and applies when minimum quantity to operate the tour has been reached. Example: if 1 adult and 1 child participate in a tour that require 2 person minimum, the child may be charged an adult rate.

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

**All Tours include:** Transportation (if applicable), Beverages, Professional Certified Bilingual Guide, Equipment and Insurance. Chart Key for inclusions:

**E:** Entrance Fee

**B:** Breakfast

**L:** Lunch

**D:** Dinner

**P:** Drinks

**S:** Snacks

**Other Activity Requirements:**

- (1) Children must be over 8 yrs, on Tenorio River children must be over 10 yo.
- (2) Minimum 4 pax to operate, Passport must be valid at least for six months before expiring. Bring Original Passport.

## Tours Descriptions

### Diamante Animal Sanctuary (Discovery Pass)

Diamante's Animal Sanctuary is one of the finest wildlife education centers in Costa Rica. Lush gardens surround the shaded walking trails and offer guests the opportunity to explore the rich biodiversity of Costa Rica. Diamante is home to a large variety of Costa Rican animals that are in need. Some of the animals in our care have been born in other wildlife management programs for scientific and educational purposes; others are rescued and placed in our management by the authorities of Costa Rica. These animals are not fit for life in the natural environment and are cared for by a large team of qualified and dedicated professionals.

**Duration:** 2 hours approx.

**What to Bring:** Comfortable clothes, sunscreen, camera, bug repellent, and comfortable shoes.

### Diamante Aerial Pass

Diamante's Costa Rica zip line course is a must-do experience offering the longest ride times and featuring The Howler, a nearly mile-long ocean view zip line. Also included is a free fall quick jump. The dual lines let guests share their experience with their families and friends, riding side by side. This Guanacaste zip line is designed and engineered for fun and safety and built according to ACCT standards. Diamante uses state-of-the-art carbon lines, and an automatic braking system, so guests never have to touch the lines. The team of trained guides and the professional equipment enhance the entire experience.

**Duration:** 2 hours approx.

**What to Bring:** Comfortable clothes, sunscreen, camera, bug repellent, and comfortable closed toe shoes.

**Zipline Restrictions:** Minimum weight is 60 lbs. (27 kilos) for the short lines and Quick Jump and 85 lbs. (40 kg) to do the entire circuit, including Superman. Maximum weight is 280 lbs. (130 kg)

### Diamante Horseback Riding

Discover Horseback Riding tours in Costa Rica's best parts at Diamante Eco Adventure Park, the ideal way to experience spectacular views, backcountry wildlife, and trails winding through a dry tropical forest. The tour also includes a stop on the Pacific Ocean. With our professional riding staff you can enjoy a private tour or ride with a group. We cater to all levels of experience and no previous experience required for our horseback riding tours in Costa Rica.

With over a 100 acres to explore, we offer several trails from beginner to advanced. Diamante's team works with you to design the perfect experience for you and your group. Great for riders who prefer to take it easy. There is no previous riding experience required for you to participate.

**Duration:** 1 hours approx.

**What to Bring:** Comfortable clothes, sunscreen, camera, bug repellent, and comfortable shoes.

### Diamante ATV tour

At Diamante, your **ATV tours Costa Rica** experience is unique! We focus on safety as you tour throughout private trails all located within the property. Each ATV tour is professionally guided and takes you along dirt paths that wind through the jungle and lowland forest. Comfortably explore nature as you slowly climb up hills that have beautiful views of the Pacific Ocean. This one-hour ATV rental includes a short orientation and safety talk and is ideal for novice riders and those who enjoy a scenic ride with a focus on natural surroundings. If you want to experience the best ATV tours in Guanacaste, Costa Rica, join us at Diamante!

**Duration:** 1 hours approx.

**What to Bring:** Comfortable clothes, sunscreen, camera, bug repellent, and comfortable shoes.

## **Diamante Adventure Pass**

The Adventure Pass combines multiple tour options into one outstanding package giving guests the ultimate flexibility to enjoy everything at Diamante at their pace with activities for everyone of all ages.

A Diamante fun-filled day includes a fantastic zip line course with the longest ride times and features a nearly mile-long ocean view line Superman style, a 30-foot free fall “Quick Jump” and a Hanging Bridge over Crocodiles. Costa Rica’s best and only ocean view dual Zip Line allows guest to share this experience with family and friends, riding side by side.

Diamante’s Zip Line is designed and engineered for fun and safety according to ACCT standards. Diamante uses state-of-the-art carbon lines, and an automatic braking system, so guests never have to touch the lines.

The Adventure Pass also provides unlimited access to Diamante’s Animal Sanctuary recognized as one of the most beautiful Wildlife Education Centers in Costa Rica. The Sanctuary is home to a large variety of Costa Rican animals placed in our care and managed by a team of qualified and dedicated professionals. The unique design of the habitats allows guests to view and learn with the bi-lingual staff eager to share their knowledge. The Animal Sanctuary is home to frogs, snakes, crocodiles, monkeys, sloths, exotic birds, butterfly observatory and a variety of cats such as pumas and jaguars. The Botanical Garden, filled with fruit trees, flowers and plants is the location of the “Traditional House” a replica of a typical farmhouse common in the area 100 years ago. Diamante offers a unique “hands-on” cultural experience with coffee, chocolate and sugar cane.

Hammock Beach is the ideal spot to continue with the Adventure Pass and enjoy exclusive access to the beach for added activities such as stand up paddle boarding, snorkeling and kayaking or sit back relax in hanging chairs and hammocks. Included for free with the Adventure Pass, guests can refuel at Diamante’s ocean view restaurant and enjoy a highly rated Costa Rican buffet at the Welcome Center; including coffee and fruit drinks from 11 am to 3 pm.

**Duration:** 5 hours approx.

**What to Bring:** Comfortable clothes, bathing suit, sandals/water shoes, towel, sunscreen, camera, bug repellent, and comfortable shoes.

**Zipline Restrictions:** Minimum weight is 60 lbs. (27 kilos) for the short lines and Quick Jump and 85 lbs. (40 kg) to do the entire circuit, including Superman. Maximum weight is 280 lbs. (130 kg)

## **Catamaran & Snorkeling Tour**

Silently glide along Costa Rica’s Gold Coast while passing some of Guanacaste’s exotic bays, white sand beaches and tropical jungles. Gaze off the bow with a cold tropical drink prepared and served by our crew as you scan the seas for dolphins, sea turtles, flying fish or even a breaching whale. Stop in a tranquil bay, drop anchor and frolic in the blue Pacific. Snorkel in the bay or run down the deserted white sand beach while the ever helpful crew prepares a picnic meal. The Catamaran will set sail and you will hear the waves slide along as the sunsets, illuminating the clouds left in the sky. Bring your camera and capture the moment everyone throughout the world talks about!

**Departure:** 7:45 am or 1:30pm

**What you should bring:** Bathing suit, towel, sun protection

## **Barra Honda Caves Hike (spelunking)**

**Duration:** Full day.

**Description:** The Barra Honda National Park main attraction is an intricately large system of limestone caverns which house a multitude of capricious forms and figures. Reef rocks constitute Barra Honda hill, of 300mts tall, which means, by old reefs that sink caused by an elevation provoked by tectonics faults 60 millions of years ago. You can enjoy these caves and see the flora and fauna of this place, you can see coatis, agutis, anteaters and monkeys also point out species of tree and medical plants. This Hike takes around one hour approx. and can be considered difficult based on your physical fitness.

**What to bring:** hiking or running shoes, binoculars, camera, sun hat.

**Includes:** Lunch, Snacks, Bottle Water and fruit juice.



### **Arenal Volcano One Day Tour**

Duration: Full day.

**Description:** Your vacation in Costa Rica will not be completed without visiting La Fortuna area with its active volcano and its Humid Forest, the best way to enjoy this volcano will be taking the hike near by the Arenal Volcano national park to walk on the first lava flow (1968), at this place you also have the chance to see some of present activity (**depending of weather conditions**), plus the view from the Arenal lake, !great hike!!, followed by a delicious lunch at the hot springs restaurant, then time to relax your mind and body as you enjoy the therapeutic volcanic hot water springs, surrounded by mother nature, rain forest, volcano and magnificent infrastructure of pools, waterfalls and wet bars that will make your visit to this place very pleasant. On the way back to Guanacaste the dinner will be served at a local restaurant in Tilarán Town. Hot Springs choices: The Springs, Ecotermalas, Tabacón and Baldi (each are different rates).

**What to bring:** Swimming suit, rain poncho, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, some money for lockers and hat.

**Includes:** Lunch, dinner, water bottle, fruit juice, guide, transportation, entrance fee to the park and the hot springs.

### **Borinquen Adventure Day**

Duration: Full day.

**Description:** Enjoy an exciting ride up the mountain and through the plains with beautiful views of Guanacaste's pacific coast and Rincón de la Vieja volcano. After horseback riding we will prove if you have what it takes to fly over the tree tops, zipping across the canyon in front of the breathtaking Borinquen Waterfall or leave behind rules of the road with ATV or take an exciting ride on a military designed vehicle. Activities can be enjoyed same day, rates depending on package selected. A delicious lunch is waiting for us to recover energies and then finish our journey into our world famous and relaxing hot spring center.

**What to bring:** Swimming suit, warm clothing, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, money and hat.

**Includes:** Horseback riding, Canopy Tour, Lunch, Hot Springs, water bottle, guide, transportation, entrance fee for combination tour.

### **Buena Vista Mega Combo Adventure**

Duration: Full day.

**Description:** This full day combination tour that includes the canopy tour, hot springs, waterslide, natural spa, and horseback ride. This fun filled day has something for everyone, adrenaline seekers or nature lovers. Come with us and enjoy gliding through the forest during the canopy tour, then slide down the 400 mts (1200 f) water slide, after these two activities, a delicious lunch will give us the energy to ride the horses to get to a beautiful natural spa, at this place you will have the opportunity to soothe your muscles with therapeutic volcanic mud and hot water pools.

**What to bring:** Swimming suit, warm clothing, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, money and hat.

**Includes:** Lunch, water bottle, fruit juice, guide, transportation, entrance fee for combination tour

### **Palo Verde National Park and Guaitil Pottery**

Duration: Half Day. The driving time is depending of your location

**Description:** The hydrologic characteristics of the Tempisque River have created conditions to form these international important wetland ecosystems. Palo Verde National park is an exceptional place for birdwatchers and nature lovers in general, a two hour boat trip will introduce us into these important ecosystem, crocodiles, monkeys, iguanas and more wildlife that you ever imagined. After this great opportunity to see wildlife, we will visit the town of Guaitil traditional pottery artisans.

**What to bring:** Hiking shoes, running shoes or sandals, binoculars, camera, sun block, mosquito repellent, money, sun glasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guide, transportation, entrance fee to the park.

## **Rio Celeste Guided Rainforest Hike**

Duration: Full day.

**Description:** A legend tells that after god was done painting the sky, he washed the brushes in the river that now receive the name of Rio Celeste (Light Blue River). This peculiar color is given by a chemical reaction that reflects the sunlight through the water, and occurs during the joining of two streams that give birth to the river, this place is known as the "Teñideros". Rio Celeste is one of the most beautiful and scenic rivers in Costa Rica, located in the lush rainforests of Tenorio Volcano National Park, undiscovered by mass tourism. The park is home to an incredible biodiversity of flora and fauna, including the tapir, wild cats, monkeys, toucans and a vast variety of amphibians and reptiles. Once at the park entry we start the hike through this primary Rain Forest, several fauna species and exuberant flora are easily found in this ecosystem, during this 3 hour walk we visit a magnificent waterfall, the place where the river dies with the light blue coloration, hot water springs (swimming not allowed for park's administrative rules); fumaroles of volcanic gases, where temperatures up to 1500 °F are expelled from time to time, and the "Borbollones", where exhaust gases at the base of the river give the appearance of boiling water. This tour is recommended for hikers or anyone who loves natural outdoors and is in good physical shape.

**What to bring:** Comfortable clothes, hiking shoes, sandals, binoculars, camera, sun block, money and hat.

**Includes:** Lunch, water bottle, fruit juice, guide, transportation and entrance fee to the park.

## **One Day Adventure Combo Guachipelín**

Duration: Full day

**Description:** Canopy tour, Rock climbing, Tarzan swing, via ferrata, hanging bridges, that's just the first activity that will be done in the morning, then a delicious lunch to get our energy back for the next activity, horseback riding through the dry forest and beautiful pasture land, for the last part of the day, what can be better than relaxing in hot water pools, water that comes directly from the volcano Rincon de la Vieja, also cover your body with volcanic mud extremely therapeutic, the volcano that is being the most important part of the beautiful panoramic views that you will be seeing all day.

**What to bring:** Swimming suit, Hiking or running shoes, straps sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, sun glasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation and the entrance fee for the combo tour.

## **One Day Nature Pass at Guachipelin**

Let's explore some nature in Guanacaste area. Rincón de la Vieja area is well known for its beauty, great biodiversity and natural landscapes. See incredible nature, wonderful wildlife, and amazing volcanic activity and scenic beauty at Rincon de la Vieja Volcano. Take a walk into the Hacienda property and discover our famous museums, such: Butterfly Garden, Serpentarium (including taking a picture with a live boa!) and Frog Exhibit. We can also walk to Look-out Point, visit the Waterfalls at Rio Negro and have some relaxation time at the hot springs there with some volcanic mud bath.

**What to bring:** Swimming suit, Hiking or running shoes, straps sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, sun glasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation and the entrance fee for the combo tour.

## **Safari Float Tour on Corobicí River**

Duration: full day

**Description:** Floating for 2 hours on a raft boat, down the Corobicí or Tenorio Rivers (depending of water level) you will immerge yourself into a special ecosystem The Dry Gallery Forest, with gigantic kapoks and fig trees, many species of wildlife such as Monkeys, Birds, Iguanas, Crocodiles along the river shore and on the tree tops, incredible relaxing tranquility plus a little bit of adventure when you pass some very safe class 1 & 2 rapids, great way to enjoy your vacation days in Guanacaste.

**What to bring:** Swimming suit, straps sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, sunglasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation, full equipment.



## **Class 2 & 3 White Water Rafting**

Duration: half day

**Description:** Rio Colorado White water rafting is a breathtaking experience, specially knowing that Costa Rica hosts several of the top class rivers and guides in the world. The adventure starts with safety and equipment manipulation class that will give you all the information necessary to enjoy this extreme sport to the maximum. Then you will get on your way as your guide navigates you through class II and III rapids on the Rio Colorado. This is a great river for those who have never done rafting before and those that want the emotion of rafting without going overboard. After the rafting we finish our adventure with a delicious lunch. (Children must be over 9 years old.)

**What to bring:** Swimming suit, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, money and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation, and full rafting equipment.

## **Safari Float Tour on Corobicí River**

Duration: full day

**Description:** Floating for 2 hours on a raft boat, down the Corobicí or Tenorio Rivers (depending of water level) you will immerge yourself into a special ecosystem The Dry Gallery Forest, with gigantic kapoks and fig trees, many species of wildlife such as Monkeys, Birds, Iguanas, Crocodiles along the river shore and on the tree tops, incredible relaxing tranquility plus a little bit of adventure when you pass some very safe class 1 & 2 rapids, great way to enjoy your vacation days in Guanacaste.

**What to bring:** Swimming suit, straps sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, sun glasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation, full equipment.

## **Early Bird Watching Tour**

Duration: Half Day.

With over 850 species of birds Costa Rica is a great place for birding. With your experienced naturalist guide, you will be able to view some of the following eye-catching species; The Cattle Egret, Crested Caracara, Laughing Flacon and the Squirrel Cuckoo just to mention a few. Our guides carry binoculars and field handbooks to help you understand and learn about these magnificent birds. Witnessing these spectacular birds is optimized in the early morning or as the day cools into the evening when they are most active

**What to bring:** running shoes, binoculars, and camera.

**Includes:** Coffee, Snacks, Bottle Water and fruit juice

## **Rincón de la Vieja Guided Hike**

Duration: Full Day.

**Description:** One of the best places in the country for hiking, the quality of its trails, its great weather, the quantity of fauna and flora, the panoramic views, all the residual volcanic activity such as boiling mud pools and fumaroles that you will find as you walk this trail, all these characteristics plus our tour guides, makes the tour a very unique and special one. Combined with a stop on Liberia City for lunch time and shopping.

**What to bring:** Hiking or running shoes, rain poncho, binoculars, camera, sun block, mosquito repellent, sunglasses, hat.

**Includes:** Lunch, water bottle, fruit juice, guide, transportation, entrance fee to the park.

### **Santa Rosa National Park & Liberia City Tour**

Duration: Half Day.

**Description:** Today you will go on the Santa Rosa National Park Tour. This is a tour through one of the least explored national parks in Costa Rica. First we will start off at the La Casona building which is a historic compound used by the Costa Ricans in the 1856 war in which they rallied against invading forces and saved their freedom. We will then go on a short hike through the tropical dry forest in search of wildlife. After the hike we will visit the city of Liberia to shop for souvenirs and eat lunch. Participants should be in good physical condition as it is very hot in this area.

**What to bring:** hiking or running shoes, camera, spending money, sunglasses, hat.

**Includes:** bottle water, entrance fee, lunch at Liberia

### **Monteverde Cloud Forest Experience**

Duration: Full Day.

**Description:** After driving through the wide open and semidry scenery of the pacific low lands the green and hilly views will start getting your attention, this means we are entering the clouds forest of Monteverde, where don Juan Coffee tour is located; we will take a nice visit to this coffee plantation and experience some of the best coffee in the world. Then we will continue our way to Selvatura Private Preserve, at this place we have the options of either gliding through the cloud forest with the Canopy Tour or hiking the nature trail that is connected with 8 Hanging Bridges above the trees canopy, then you will have a moment with the Hummingbirds.

**What to bring:** Hiking or running shoes, warm clothing, Rain Poncho, binoculars, camera, sun block, mosquito repellent, sunglasses, hat, money.

**Includes:** Lunch, water bottle, guides, transportation and the entrance fee for the Selvatura tour.

### **Turtle Nesting Tour at Night**

Duration: Depends of tide. Only between Nov – Apr.

**Description:** This is an opportunity to see the the Green Turtle as it lays eggs. This tour starts in the evening and we will join a park ranger. With a little luck we will have the opportunity to observe as the mother digs her nest and lays eggs.

**What to bring:** Hiking shoes or sandals, passport, warm and dark clothing.

**Includes:** Water bottle, guide, transportation, entrance fees to the park

**Note:** For reservation minimum two days before, passport number required for this tour. No cameras allowed.

### **Class 3&4 White Water Rafting (Tenorio Rafting)**

Duration: Full Day.

Today is a fun filled day of adventure! The Rio Tenorio is an awesome whitewater rafting river and one of the most scenic in Costa Rica. Your tour starts with an introduction to rafting and a brief safety lesson. You will then be on your way crashing and splashing through class III and IV rapids. The Rio Tenorio is an excellent river for those that have rafting experience or those in good physical condition.

**What to bring:** Strap sandals, mosquito repellent, sun block, hat, sun glasses

**Includes:** Water bottle, fruit juice, fresh fruits, lunch, guide, and transportation

### **Horseback Riding: Papagayo Area**

For a unique experience through the typical forest of Guanacaste lands, our tame horses are always ready to start this journey with us. A variety of forest and mountains trails, beaches, mountain hills, will take you to a real natural adventure. The horseback riding takes approximately 2 hours, and of course we will give you an extensive briefing to remind you how to ride them. Our horses are gentle and the horseback riding is very safe, we go on your speed and we work with the best equipment available.

**What to bring:** Long pants, closed shoes, repellent, sun screen and hat.

**Includes:** Horses, equipment, guide, beverages, entrance fee and Insurance

### **Miravalles Volcano Combo Tour**

As the name suggests, this tour is based around Miravalles Volcano, which is one of the most active and least visited volcanoes in Costa Rica. The tour starts by driving around the volcano to a farm, where we will take a horseback ride or horse drawn carriage back to a nature trail for an easy guided hike where we will see wildlife and waterfalls. You will pass through areas with natural hot springs, steam vents, and geysers as well. This will be followed up with a mud painting and cleansing in the hot springs.

**What to bring:** Swimming suit, rain poncho, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, and hat.

**Includes:** Lunch, water bottle, guide, transportation, entrance fee to the park and the hot springs.

### **Liberia Shopping and City Tour**

You can still walk around the center of Liberia and have a glimpse of what was the white city. Historically, Liberia has been called "La Ciudad Blanca" because of its white adobe houses, white dirt roads and its people who dressed all in white because of the extreme heat. Here you will have the opportunity to buy souvenirs.

**What to bring:** Hiking or running shoes, camera, spending money, sun hat.

**Includes:** Lunch, Bottle Water and Fruit juice

### **Beach Tour and Surf Lessons**

On this tour you will visit some of the most beautiful beaches in Costa Rica and get to learn how to ride the waves! You will start off with a Tour of Flamingo Beach; this is a tranquil, white sand beach, then we will move on to Playa Grande, this huge beach is known best for turtle nesting and we will finish off the tour in Tamarindo Beach where you will learn how to surf. Our trained and fun instructors will guarantee that you will be able to stand up on your surfboard and ride your first wave. Children must be over 10 years old.

**What to bring:** Ability to swim and a good sense of humor. Bathing Suit, Change of clothes, sunscreen.

**Includes:** Transportation, bilingual certified guide, equipment and Lunch with ocean view

**Departure:** according to tide

### **Beach Tour and Snorkeling**

On this tour you will visit some of the most beautiful beaches in Costa Rica and get to explore the wondrous marine life below! You will start off with a Tour of Flamingo Beach; this is a tranquil, white sand beach, next stop the pristine beach of Conchal where will stop to snorkel and see all the beautiful and colorful marine life. then we will move on to Playa Grande, this huge beach is known best for turtle nesting and we will finish off the tour in Tamarindo Beach best known for surfing!

**What to bring:** Ability to swim and a good sense of humor. Bathing Suit, Change of clothes, sunscreen.

**Includes:** Transportation, bilingual certified guide, equipment and Lunch with ocean view

**Departure:** according to tide

### **Canyon Lodge Adventure Combo**

**Duration:** Full day

What a better way to start our journey to Costa Rica than doing our most famous attractions. Let's begin with some horseback riding in the morning to know the area and admire the Rincón de la Vieja Volcano; and then continue with a nice Canopy Tour thru the open forest and rappel our climbing wall with a magnificent view of a Canyon formation made by the Colorado River. After lunch there is a challenging water tubing trip on the river waiting for us, to finish at the Hot Springs where we will rejuvenate ourselves with the therapeutic volcanic mud and relax a bit from this Adventure Day.

**What to bring:** Swimming suit, Hiking or running shoes, straps sandals, change of clothing, binoculars, camera, sun block, mosquito repellent, sunglasses and hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation and the entrance fee for the combo tour.

## **Río Perdido Adventure Retreat**

**Duration:** Full Day.

We will begin with a scenic hike on one of the main trails, guided by one of our guides. As part of the hike, visitors will have the opportunity to swim in different parts on the crystal-clear river. At river's edge multiple springs convert a cool stream into the soothing thermal river, with temperatures ranging from 90 to 115 degrees Fahrenheit. After a visit to the springs, an authentic culinary experience awaits you at the restaurant. You will find thermal pools with a private swim-up bar, hanging bridge, a panoramic view of the dry-forest and volcanic range. This area is covered in gigantic tombstone-like volcanic rocks that tell of a cataclysmic eruption that occurred thousands of years ago, a scene unlike anything you will see elsewhere in Costa Rica or anywhere else in the world. Under the guidance of renowned adventure designers, we have created a sequence that will please and surprise. Our inspiring Rio Blanco canyon is the main stage for the awesome cable-based adventure, which includes: 15 platforms: 6 of them are rock-based, 9 are suspended on the canyon walls, A pendulum cable, A 50ft "Tarzan swing", A 90ft challenge bridge, 4 via ferratas\* with lengths varying from 15 to over 30ft, 5 zip lines with lengths varying from 260 to over 800ft, water station in the middle of the circuit.

**What to bring:** Swimming suit, warm clothing, hiking or running shoes, sandals, change of clothing, binoculars, camera, sun block, money and hat.

**Includes:** Aerial Canyoning, Lunch, Trails, Hot Spring River, Hot Spring Pools, water bottle, guide, transportation, and entrance fee for combination tour.

## **SENSORIA: Land of Senses!**

**Duration:** Full day

You begin the land of senses with a refreshing fruit juice specially made to give you the welcome to our treasured forest! You will be surprised by the difference of scenery: suddenly you will find yourself in a tall, lush green forest when minutes before we were driving for what seemed like endless dry plains of Guanacaste region. After drinking your tropical juice and changing to more comfortable clothes, we will take you to visit the charming jungle trail called Sensoria. Get ready for a spectacle of Blue Springs, delicious thermal pools, energetic waterfalls and a chance to see some of the famous wild creatures of Costa Rica, this naturally protected wildlife sanctuary located at the foot of the Rincon de la Vieja volcano. After an inspirational 3-4 hour hike through the rainforest, learning about its mysteries and its fascinating inhabitants, relax in a natural pool of warm volcanic water. Be careful, you may want to stay forever!

**What to bring:** Swimsuit, hiking or running shoes, water sandals, change of clothing, binoculars, camera, sunscreen, insect repellent sunglasses, and a hat.

**Includes:** Lunch, water bottle, fruit juice, guides, transportation and the entrance fee for the combo tour

## **ATV – Jet Ski Combo (4 hours)**

Enjoy three hours of ATV riding, one hour of Jet Skis and amazing views and beaches. We'll start with three exciting hours on the back roads of Guanacaste's rugged terrain. Hop on your ATV and ride to an elevation of over 1,200', replete with spectacular views, take pictures of a lifetime and experience the top of the world. Then, its back down the mountain through your choice of beginner, medium or advanced trails to sea level and start exploring the coastline for which Costa Rica is justifiably world famous. Stop at beaches that are only accessible by ATV and enjoy a variety of different topographies, wildlife and plant life unique to each location. After the land-based portion of your outing, you can ride your ATV right up to the beach and hop on your jet ski at either Playa Potrero or Playa Flamingo. The jet ski adventure lasts two enticing hours: you'll explore the sea, visit beaches only accessible by water, ride along the coastline and have the option to snorkel at locations specially chosen by your guide.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes/watershoes, light clothing that you will not worry to damage, bathing suite, towel, sun protection and insect repellent.

### **ATV – Sunset Tour**

A nice fun short tour sometimes referred to as the happy hour tour. Jump on an ATV and have our guide take you to see the famous sunset of Flamingo then grab your drink of choice as you watch the sun disappear over the horizon. For the adventurous watch the sunset twice once from the beach then race up the mountain to watch it set again.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing that you will not worry to damage, sun protection and insect repellent.

### **ATV – Gold Coast**

From Flamingo to Tamarindo we will take you on a fun filled afternoon of snorkeling and more beautiful beaches than you could ever imagine. Your ATV tour will take you to the hidden beaches along the coast only accessible by ATV. Along the way you might see monkeys, bird-life and wildlife and there are also opportunities for refreshments and food as well as beach swimming.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing that you will not worry to damage, sun protection and insect repellent.

### **ATV – North Beach & Snorkeling**

Spend the afternoon exploring and snorkeling at beautiful beaches accessible only by ATV. See six different beaches and then let us take you on a guided snorkeling tour at one of a few secret spots along the coast that only we know of. (Snorkel gear included).

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – South Beach & Snorkeling**

Spend the afternoon exploring and snorkeling at Guanacaste's beautiful southern coastline beaches accessible only by ATV. See six different beaches and then let us take you on a guided snorkeling tour at one of a few secret spots that only we know of. (Snorkel gear included).

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – North Beach Tour**

Spend two and a half hours exploring beautiful beaches accessible only by ATV. Follow the north coast up from Flamingo stopping to see some beautiful vistas, beach fronts and natural beauty. See Sugar Beach, Danta Beach, Prieta Beach, Penca Beach and Potrero Beach. Bring your bathing suit so you can stop along the way and swim in the ocean.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – South Beach White Sand Tour**

Another one of our most popular **ATV tours** starting in Flamingo Beach, Guanacaste, Costa Rica, you will spend two and a half hours exploring the beautiful beaches along the southern coastline from Flamingo towards Tamarindo. We will visit 5 beautiful beaches along the way winding our way through back trails and ATV fun filled back roads. Beaches Visited: Flamingo Beach, Brasilito Beach, Conchal Beach, La Minas beach and Bahia De Los Piratas. Along the way we will stop for refreshments and beach swimming.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – Top of The World Tour**

On this tour the scenery is breathtaking and so is the ride getting there. We will take you to an elevation of 1240' feet up winding mountain trails such as the Monkey Trail in Guanacaste and the Donkey trail that puts you out right in front of the world famous Danta Beach and Las Catalinas Project. Once you get to 1240' you can see for miles in every direction. After a quick stop for refreshments We will then take you to 5 different beaches where you can swim, snorkel or just play in the sand before you are on your way back.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – Cliff Jumping Tour**

Designed for the fearless and not for the faint of heart! Hop on an ATV and ride to two different beaches before ascending to the high point of Flamingo's cliffs. Then jump into the water below or will you chicken out? Climb up the side rocks to get back to the cliff face and jump again...if you dare.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.



### **ATV – Monkey Sanctuary Tour**

The ATV Monkey Sanctuary Tour, Flamingo Beach, Costa Rica is one of our most popular Guanacaste ATV tour activities. Visit the Monkey Sanctuary at the Top of the World Monkey Trail. On this tour not only is the scenery is breathtaking, but you will also stop at the world famous Monkey Sanctuary. About the Congo Trail Monkey Sanctuary, Costa Rica: Orphaned baby monkeys are not always adopted by another family of monkeys but if they are found in time they are brought here. Unfortunately they never develop the skills to survive in the wild so they must live at the sanctuary forever. Your ATV tour price includes admission to the Monkey Sanctuary which helps cover the operating costs. Then hop back on your ATV and ride home via the Donkey Trail for some advanced and challenging ATV riding (Optional) down to sea level then visit 3-5 different beaches (Dantita Beach, Danta Beach, Prieta Beach, Penca and Potrero Beach) on the final stretch. On private tours guides can stop for lunch if requested. This is one of the best Flamingo ATV Tours available in the area and we at Flamingo Adventures pride ourselves on having the best Guanacaste ATV tours available when visiting the area. This is one of the best excursions Guanacaste Costa Rica has to offer.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – Canopy Zipline Tour**

Our guides will take you up to the mountains on the Monkey Trail. The trail begins behind Potrero Beach by ATV to the Congo Trail Zip-Line Canopy Area. Spend your time up in the top of the Guanacaste Trees and maybe you'll spot some Howler Monkeys or Spider Monkeys. After 2 hours zip-lining through the jungle, as you have never experienced it before, have some refreshments and try the extreme option if you still have strength. Tip: Try the extremely terrifying Tarzan swing. Then hop back on your ATV and ride home via the Donkey Trail for some more advanced and challenging ATV riding (Optional) down to sea level at Danta Beach where the Catalinas project is located. Then visit 5 different beaches on your way back to our office. (Dantita Beach, Danta Beach, Prieta Beach, Penca and Potrero Beach) on the final stretch. On private tours guides can stop for lunch if requested.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – Conchal Beach & Lobster BBQ Tour**

This is not only an exciting ATV and snorkeling tour but also a culinary treat! This ATV adventure brings you up into the mountains of Guanacaste, Costa Rica's rugged Pacific coastline where we will take you to an elevation of 1240 feet where you can see for miles! Spend the afternoon exploring the mountains and beaches of Guanacaste's Pacific Coastline and Snorkel spots. Then park your ATV on Conchal Beach while we prepare a delicious lobster barbecue for you, or perhaps you prefer Red Snapper or Flamingo fish? Let us know in advance and we will have it waiting. Then watch the sunset as you enjoy your meal as the last of the sun's rays disappear from the horizon. (BBQ included. Menu: Grilled Lobster or Kebabs, Tortillas, Vinagrette, one beer or soft drink. Menu upgrades available: Steak Tenderloin, Side dishes, Dessert, Drinks.

**Difficulty:** Easy to Medium

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **ATV – Surf Trip To The North or South**

This adventurous trip begins with a one-hour ATV trip to Playa Grande or Avellanas beach, where you will prepare yourself to invade some of the biggest and most powerful waves in the country. Taken through the paths towards this beach, you will be able to appreciate the birds and animals of the area. This tour with the right waves in Avellanas beach can be taken by beginners with our Guides.

**Duration:** 4 hour Tour

**Departure:** Departure according to tide (3.5 hour before High Tide) /

**Difficulty:** Easy to Medium / Surfers (beginners for lessons welcome)

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment, Surfboard (Softop or Regular)

**What you should bring:** Tennis Shoes, light clothing that you will not worry to damage, sun protection and insect repellent.

### **ATV – Surf Trip To The South**

Designed for the more experienced and advanced surfers, this tour will lead you through tough, fun and adventurous paths. You will be able to go through the forest, cross rivers and have the opportunity to experience being in the heart of nature. The path will lead you to some of the most beautiful beaches, with some of the largest and most famous waves in Costa Rica such as the river mouth of Avellanas, Lola's and/or Playa Negra.

**Departure:** Departure at 9:00am (Mon – Sat) / 9:30am (Sun) / **Duration:** 7 hour Tour

**Difficulty:** Easy to Medium / Surfers (beginners for lessons welcome)

**Min & Max:** Min 2 drivers – Max 10 Drivers / 10 Passengers

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Tennis Shoes, light clothing no worry to damage, bathing suit, towel, sun protection and insect repellent.

### **Kayak Tour to the Tamarindo Estuary**

The perfect trip for nature lovers, where you can row through the calm waters of the estuary found between Tamarindo Beach and Playa Grande. If you are lucky, on sunny days you will be able to observe a variety of bird species, crocodiles, iguanas and other animals.

**Departure:** Departure according to tide.

**Duration:** 2.5 hour Tour

**Difficulty:** Easy

**Min & Max:** Min 2 – Max 15

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Bathing suit, towel, sun protection and insect repellent.

### **Kayak Snorkeling Tour in Tamarindo**

As you row through the blue smooth waters of Tamarindo beach towards the white sand Capitán Island, you will be able to enjoy the beautiful colors of the water, and observe underwater coral reef, and exotic fish. This tour is perfect to be done with the family. (Snorkeling equipment and drinking water included).

**Departure:** Departure according to tide.

**Duration:** 2.5 hour Tour

**Difficulty:** Easy

**Min & Max:** Min 2 – Max 15

**Includes:** Bottled Water, Bilingual Guide, Equipment

**What you should bring:** Bathing suit, towel and sun protection

## **Stand – Up Paddle Boards**

First timers will enjoy the challenge of balance. Our stand-up paddle boards feature step deck and rail. The built-in deck grip provides maximum traction. The benefit of a good workout is an unexpected bonus. It is faster and easier to learn than it looks. Join in on the fun of this new growing sport.

**Departure:** between 9:00am and 3:30pm

**Duration:** according to rental time

**Difficulty:** Advanced (children 15 years old or older)

**Min & Max:** 2 boards

**Includes:** Bottled water, Bilingual Guide, Rash Guard

**What you should bring:** Bathing suit, towel and sun protection

## **Surf Lessons**

If you have EVER wanted to surf, Tamarindo Beach is the place to do it! Warm water, light currents and no rocks are just a few of the reasons Tamarindo is ranked in the top 10 for best places to learn how to surf in the world. This Surf School is located directly in front of this magical beach break and is Tamarindo's original Surf Shop which has been operating since 1989. Come Learn to Surf with us and Make a Memory to last a Lifetime! (Shower & Changing Room Available)

**Departure:** Lessons are offered EVERY DAY @ 9am, 11am, 1pm & 3pm

**Duration:** 20 Minute Safety and Basic Instruction on the Beach and 1hr 40min in the Water

**Difficulty:** Advanced (children 15 years old or older)

**Min & Max:** Maximum of 4 People/Instructor

**Includes:** Rash Guard(Surf Shirt), Soft-Top Surf Board, Locker and a Professional Instructor

**What you should bring:** Bathing suit, towel and sun protection

## **Scuba Diving**

Isla Catalinas are a group of islands formed by the volcanic rocks that emerged to the surface off the Flamingo Bay, displaying an excellent environment and setting for our abundant marine life. Usually, we are able to observe underwater huge manta rays, white tip reef sharks, spotted eagle rays, devil rays, schools of rays with cow noses, as well as schools of jacks and grunts. The bottom is mostly volcanic and the average maximum depth is 70 – 80 feet. Visibility, currents and conditions in general tend to change every day. Currents, when present, are not strong, divers drift with it and the boat follows to pick them up at the end of the dive. Visibility varies from 30 feet to 60-70 feet, depending on the day and the season. This voyage includes two immersions, water and snacks.

**Departure:** 7:30am - according to pick up location between 6:45am – 7:15am

**Duration:** 5 hours

**Difficulty:** Certified Divers / Beginners are welcome (Theory & pool practice)

**Min & Max:** min 2pax

**Includes:** Natural juices, cookies, full equipment, transfer

**What you should bring:** Bathing suit, towel and sun protection

## **Zip Line - Canopy Tour Pinilla**

With this tour you can feel as if you were flying in the middle of the forest were safety always comes first. Let our expert guides take you in our 8 cables and 10 platforms while you enjoy the beautiful views from the canopy of the trees, what makes this tour one of the most exiting environmental activities. You can purchase your best pictures on site if available.

**Departure:** 8:00 a.m. - 10:30 a.m. – 2:30 p.m.

**Duration:** 1 hour Tour (plus drive time, approximately 1 hour each way)

**Difficulty:** Any age is welcome

**Min & Max:** min 2pax

**Includes:** Bilingual naturalist guide, bottled Water, fruit, and transfer.

**What you should bring:** Light comfortable clothing, bug repellent and sun protection.

## **Rincón de la Vieja 4 Waterfalls Hike**

We start our adventure with a walk for an hour on beautiful trails in the forest to reach the Victoria waterfall, taking the picturesque scenery of the tropical forest and observing the nature that we find on the way. Once in the river, there is a small and steep descent to the pool of the waterfall. The impressive Victoria Waterfall falls dramatically 35 meters to the Rio Negro. The surrounding canyon has unique vegetation and topography and you can swim in the crystal-clear waters in the pond at the base of the waterfall. With our bilingual naturalist guide, you can continue walking the path through the tropical forest to enjoy the best views of the volcano, incredible nature, volcanic activity and wildlife. In the park live more than 300 species of birds, and many other animals, such as armadillos, peccaries, iguanas, coatis, white-faced, howler and spider monkeys. Two twin falls called Las Chorreras fall in a spectacular pool of blue sky minerals. A small canyon of volcanic rock surrounds the falls and the pool, creating an intimate tropical oasis for a refreshing dip. We will also visit the La Oropéndola Waterfall. With its impressive 25 meters, it falls into a bubbling pool of turquoise color in the lush canyon of the White River, creating an incredible tropical oasis. And finally, we will see the Rio Negro waterfall, which is born from a source of thermal water.

**What to bring:** Hiking, running shoes, bathing suit, binoculars, sun block, camera and hat.

**Includes:** Transportation, Water bottle, fruit juice, lunch, guides, transportation.

**Duration:** Full Day (8-9 hrs).

Recommended for people in good or normal physical condition.

**Minimum:** 2 pax.

## **Sport Fishing**

Would you like to experience great fishing that is perfect for the family as well? A short 20-minute run takes you to deep waters, where an abundance of fish awaits you. We believe that hook retrieval is the ultimate form and pioneers in the effort to conserve the big game fish of the Pacific. We have a variety of boats with different features, gears and sizes that will make your fishing experience unforgettable. Red Snappers, Tuna, Wahoo, Marlin are just a few of the fish you will catch with our experienced captains. On board you will enjoy beverages and snacks during the whole tour.

**Off Shore** it is possible to catch Sail Fish (Pez Vela), Mahi Mahi (Dorado), Yellow Fin Tuna (Atún de Aleta Amarilla) y Marlin (Marlin). Off shore bottom fishing we use balihoo, decoys as bates and for inshore we use live bate. \*\*For live bait please check in a day ahead.

**Inshore** you can catch Rooster Fish (Pez Gallo), Snappers (Pargos), Wahoo's (Guaju), Barracuda (Barracudas), Amber Jack (Jurel), Gropper (Cabrilla), Macarela y Balck Tuna (Atún negro) (which is used as life bate).

**Full Day Fishing Trip:** 8 hrs of Fishing at 35miles Offshore approximately. Includes: bottled water, sodas, beers, snacks, cookies and sandwich (ham or chicken, cheese, lettuce and tomatoes)

**Half Day Fishing Trip:** 4 hrs of Fishing at 10miles approximately, inshore near the coastline. Includes: bottled water, sodas, beers, snacks/cookies.