



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.
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Jaco Activity Catalog 2025

Mil Besos Costa Rica



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Tour Name (Scroll down document for descriptions)	Adult Rate	Children Rate	Includes (see key below)
Zipline Canopy Tour	70	70	E/P/S
Extreme Canyoning (minimum 12 years old)*	90	90	E/P/S/L
Horseback Riding & Waterfalls	75	75	E/P/S
ATV Jungle Adventure (2 hrs) \$25 additional for passenger	75	75	E/P/S
ATV Jungle Adventure & Waterfalls (3 hrs) \$25 additional for passenger	95	95	E/P/S
ATV Jungle Adventure & Waterfalls (4 hrs) \$25 additional for passenger	125	125	E/P/S
ATV Zipline Combo (3 hrs) \$70 additional for passenger	140	140	E/P/S
Buggy Jungle Adventure 2 hrs (Double \$150) \$20 additional for person up to 4	150	150	E/P/S
Buggy Jungle & Waterfalls 3 hrs (Double \$175) \$20 additional for person up to 4	175	175	E/P/S
Zipline + Buggy 3 hrs (Double \$264) \$70 additional for passenger	264	264	E/P/S
Chocolate experience	45	45	E/P/S
Horseback Riding to Waterfalls	75	75	E/P/S
Carara National Park	92	92	E/P/S
Manuel Antonio National Park*	110	110	E/P/S/L
Tortuga Island Tour (Min 5 people)	200	200	E/P/S/L
Aerial Tram Jaco Rainforest Adventure Park	80	60	E
White Water River Rafting Savegre*	132	132	L/P/S
Crocodile & Jungle River	79	79	E/P/S
Catamaran Day tour to Playa Fantacia (sunset tour)*	129	89	E/P/S/L
Sportfishing – Please inquire for rates based on # of participants.			

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 a regular adult rate.

All Tours include: Transportation (Can Vary Depending on hotel Location), Snack, Water, Professional Certified Bilingual Guide, and Insurance. (note snacks not included with surf or paddle board). Entrance fees included where applicable.

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

ATV: This is a self driven 4 wheel all terrain vehicle where the passenger rides behind the driver.

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



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.

Vista Los Suenos Zipline Canopy Tour - Duration: 2 Hours (approx.)

This tour is designed not only as an extreme adventure, but a way to enjoy nature without harming the environment. Our property boasts spectacular views of Herradura Bay and Island, and the Nicoya Gulf. Within the property, you will see scarlet macaws, chestnut mandibled toucans and white faced monkeys in their natural environment. This property has 80 acres of land and 50% is protected by the government institution FONAFIFO.

The adventure starts on a 15-minute ride aboard our specially designed tractor. Once we reach the top of the mountain, our bilingual guides will explain -step by step- all the safety procedures you must follow to enjoy your Zip Line adventure, we then descend to the bottom via a series of zip lines, including 12 platforms and 10 cables with a total cable distance of 3.5 kilometers, among them longest cable in the area (2400 ft.) at the end we will greet you with fresh tropical fruits and cool water. Along the way our professional photographers will capture the best pictures of your adventure, and will have them available for purchase at the end of the tour.

Duration: 2 Hours 8am to 3pm Leaves every hour

Includes: 15 minutes tractor ride, 10 cables and 12 platforms, bilingual guides, insurance, safety equipment, fruits, water and breathtaking views of the Pacific Ocean.

What To Bring: comfortable clothes, sunscreen, tennis shoes, sunglasses, cameras are optional, we provide professional photography service.

Extreme Canyoning

The Vista Los Suenos Extreme Canyoning experience will take you hiking in the rainforest, rappelling down amazing waterfalls, trekking the river beds and jumping into natural swimming pools!

Your adventure kicks off with a 15-minute tractor ride, you will then take a 15-minute hike to the starting platform. During this hike you will find some step areas as well as some steps. Upon arrival to the first platform, you will get all the safety instructions, and start with our 250 ft auto guided rappel descent. Our second decent is a rappel down the face of a 70 ft waterfall, shortly after you will descend our biggest waterfall, an amazing 150ft rappel. We still have lots of fun. This is a high level of difficulty and should be in good physical condition. Min age is 12 years old.

Duration: 4 hours 8am, 12pm

Includes: Bilingual certified guides, tractor ride, nature hike, waterfall rappels, natural slide, avalanche,fruits, water, snacks, and lunch.

What To Bring: Camera, Towel, Water shoes (mandatory) Extra Clothes.



Horseback Riding and Waterfall Tour

This is perhaps one of the best ways to discover the wonders of the Costa Rica rainforest. Vista Los Suenos Adventure Park has some of the best-kept horses and views in the area, only 20 minutes from Villa Caletas and Playa Hermosa area. Come and discover nature at its best in our private and exclusive 80-acre property, where you will also enjoy our own private waterfalls and natural swimming pools.

You may be able to spot some great wildlife such as toucans, scarlet macaws, and white-faced monkeys. Upon arrival at the waterfalls and swimming pool area, you will have some time to relax and enjoy the waterfalls and natural slide. The tour starts at our beautiful Herradura Costa Rica base, just 10 minutes from Jaco Beach and Los Suenos Resort. Once you arrive we will equip you and depart on our journey to the waterfalls and natural swimming pools. Along the way, you will see farms, get a close look at nature, as you start ascending through the rainforest, during the tour your bilingual guide will provide bottled water and at the end of your journey we will greet you with fresh tropical fruits.

During your Costa Rica Horseback Adventure our professional photographers will capture the best moment and have them available for purchase at the end of your tour.

Duration: 2 hours 8am to 3pm Leaves every hour

Includes: bilingual guides, insurance, safety equipment, entrance to the Waterfalls, fruits, water, breathtaking views of the Pacific Ocean

What To Bring: long pants, water shoes or strap on sandals (for the waterfalls), tennis shoes, swimwear, towel, sunscreen and sunglasses.

2 HRS ATV Jungle Adventure

Welcome to the best Jungle & River ATV Adventure in Costa Rica. This tour starts in our adventure center, where all the safety instructions are given by your bilingual guide before you begin your journey you will have the opportunity to drive a few laps on our specially designed private practice track. We will then depart on this amazing adventure along jungle trails, following rivers and fun muddy dirt paths. Time and trail conditions allowing, you to take a quick swim in our natural swimming pool. During the tour your guide will have water, and at the end of your Costa Rica ATV adventure, we will greet you with fresh tropical fruits.

Duration: 2 hours 8am to 3pm Leaves every hour

Includes: bilingual guides, insurance, safety equipment, fruits and water, breathtaking views of the Pacific Ocean and Honda Fourtrax 420cc and Kymco 300cc vehicles are used on the tour.

What To Bring: extra clothes, tennis shoes, sunglasses and sunblock, swimming clothes, credit card for deposit.

Please Note: Drivers must be 18 years. ATV passengers must be a minimum of 8 years old. You may get dirty on this tour, please dress appropriately. If the path is wet, it can become very muddy. You are going into the jungle and insects are to be expected. Insect repellent and bandanas are available for sale.



3 + 4 HRS ATV Jungle Adventure with Waterfalls

This is the best way to experience a real ATV adventure in Costa Rica, in our adventure center, you will receive driving instructions and then before you begin your journey you will take a test run on our specially designed private track. From here on, your guide will lead you along the beautiful Costa Rica jungle trails, following rivers and dirt paths, after a short 5 minute hike in the forest, you will then arrive at your own private waterfalls only 10 minutes from Jaco Beach and Los Suenos Resort, here you will have time to swim and enjoy nature, during the tour your guides will have cool water and at the end we will greet you with fresh tropical fruits.

Duration: 3 or 4 hours 8am to 3pm Leaves every hour

Includes: bilingual guides, insurance and safety equipment, entrance to the Waterfalls, fruits and water, Honda Fourtrax 420cc and Kymco 300cc vehicles are used on the tour.

What to bring: Extra clothes, sunglasses, sunblock, tennis shoes, swimming clothes, credit card for vehicle deposit.

Please Note: Drivers must be 18 years. Must bring a credit card for vehicle deposit. ATV passengers must be a minimum of 8 years old. You may get dirty on this tour, please dress appropriately. If the path is wet, it can become very muddy. You are going into the jungle and insects are to be expected. Insect repellent and bandanas are available for sale.

ATV or Buggy Zipline Combo

This is one of the most popular tour combinations in Costa Rica. You get to experience the Rainforest from a bird's-eye view and also explore the paths, trails, rivers, and lots of muddy roads in a transitional rainforest located only 10 minutes from Jaco Beach and Los Suenos Resort. You will start with our famous ZipLine Tour in the Costa Rica Treetops; this tour includes a 15-minute tractor ride up to the top of the mountain; you will then descend on a series of 12 platforms and ten cables, including one of the longest in Costa Rica's Central Pacific. After the Zip Line, it's time to pump your adrenaline on our ATV or buggy Waterfall adventure. This tour will give you a different perspective and views of the Jaco Beach area. Here we have it all: trails, mud, jungle, ocean views, rivers, and the best bilingual guides to make this an experience of a lifetime. The package does not include lunch, but for an additional cost, Vista Los Suenos offers a Costa Rican "Typical Casado." This traditional dish combines rice, beans, salad, fried plantain, vegetables, one portion of meat, a natural drink, and dessert. If you choose this option, once your tour ends, we will wait to serve your lunch in a beautiful, fresh, open-air area surrounded by nature; you can also buy additional drinks at the park.

Duration: 3- 4 Hours 8am to 3pm Leaves every hour

Includes: 15 minutes tractor ride, 10 cables and 12 platforms, bilingual guides, insurance, safety equipment, fruits, water and breathtaking views of the Pacific Ocean.

What To Bring: comfortable clothes, sunscreen, tennis shoes, sunglasses, cameras are optional, we provide professional photography service.



2 HRS Buggy Jungle Adventure

Welcome to the best Jungle & River Buggy Adventure in Costa Rica for 2 people. This tour will put you in the driver's seat of some of the best Honda 4x4 off-road vehicles out there. In our adventure center, you will receive all the driving instructions, and then before you begin your journey you will take a test drive on our specially designed private track. From here on, your bilingual guide will lead you along the jungle trails, following rivers and fun muddy dirt paths. Time and trail conditions allowing, you can take a swim in our natural swimming pool, the guides will have cold water along the ride, and at the end, we will greet you with fresh fruits and water.

Duration: 2 hours 8am to 3pm Leaves every hour

Includes: bilingual guides, insurance, safety equipment, fruits and water, breathtaking views of the Pacific Ocean and Honda Side by Side vehicles are used on the tour.

What To Bring: extra clothes, tennis shoes, sunglasses and sunblock, swimming clothes, credit card for vehicle deposit.

Please Note: Drivers must be 18 years. Must bring a credit card for vehicle deposit. Buggy passengers must be a minimum of 4 years old. You may get dirty on this tour, please dress appropriately. If the path is wet, it can become very muddy. You are going into the jungle and insects are to be expected. Insect repellent and bandanas are available for sale.

3 HRS Buggy Tour Including Waterfalls

Welcome to the best Jungle & River Buggy Adventure in Costa Rica for 2 people, this tour will put you in the driver's seat of some of the best Honda 4x4 off-road vehicles out there. In our adventure center, you will receive all the driving instructions and before you begin your journey you will take a test run on our specially designed private track. From here on, your guide will lead you along the jungle trails, following rivers and dirt paths, you will then arrive at your own private Waterfalls only 10 minutes from Jaco Beach and Los Suenos Resort, here you will have time to swim and enjoy nature at its best, during your adventure the guides will have cool water and at the end of the tour we will greet you with fresh tropical fruits.

Duration: 3 hours 8am to 3pm Leaves every hour

Includes: Buggy tour, waterfalls, bilingual guides, insurance, safety equipment, fruits and water, breathtaking views of the Pacific Ocean and Honda Side by Side vehicles are used on the tour.

What To Bring: extra clothes. Tennis shoes, sunglasses and sunblock, swimming clothes, towel, credit card for deposit.

Please Note: Drivers must be 18 years. Must bring a credit card for vehicle deposit. Buggy passengers must be a minimum of 4 years old. You may get dirty on this tour, please dress appropriately. If the path is wet, it can become very muddy. You are going into the jungle and insects are to be expected. Insect repellent and bandanas are available for sale.



The Chocolate Experience

The Chocolate Experience will start with a short nature walk, where we will introduce you to the Central Pacific transitional forest, during the walk, we can observe the amazing flora and fauna, then it's time to start with the Chocolate Experience, Vista Los Sueños Adventure Park has the first International Cocoa collection of the Central Pacific, during this experience you will learn about the different varieties of Cocoa, as well as the ancestral history and the impact on the world economy and the most important part is that you will be able to try the actual Cocoa fruit before the process, also be part of the Cocoa production process, as well as trying different types of Chocolate and mixing it with tropical fruits. At the end of the experience, there will be organic chocolate bars with different Cocoa percentages as well as other Cocoa products for purchase.

Duration: 2 hours 8am to 3pm Leaves every hour

Includes: Guided tour with bilingual guide, tasting of chocolate and fruits.

What to Bring: comfortable clothes, sunscreen, tennis shoes, sunglasses, and a camera.

Horseback Riding to Waterfall

This is perhaps one of the best ways to discover the wonders of the rainforest. Vista Los Sueños has some of the best kept horses and views in the area. Come and discover nature in our private and exclusive 250 hectares property, after a nice 45 minute ride, you will hike for 10 minutes until you get to our pristine private waterfalls, where you can swim in our natural pools.

Duration: 2 hours 8am to 3pm Leaves every hour

Includes: Guided tour with bilingual guide, tasting of chocolate and fruits.

What to Bring: comfortable clothes, sunscreen, tennis shoes, Bathing suit, sunglasses, and a camera.

Carara National Park Tour

This reserve is at a crucial meeting point between the dry tropical forests to the north and the wet rain forests to the south, which means that it's possible to see strangler figs and deciduous kapok trees alongside acacias and cacti. Since the park is surrounded by ecosystems land, it forms a necessary oasis for all the wildlife inhabiting the transitional zone. Over 400 different species of birds inhabit the reserve, though your chances of spotting rarer species will be greatly enhanced with the help of an experienced guide.

Duration: 4 hours 7:30am

Includes: Bilingual Guide, air conditioned transportation, entrance fees, H2O, snacks.

What to Bring: comfortable clothes, walking shoes, sun block, insect repellent, hat, camera and binoculars.



Manuel Antonio National Park

Manuel Antonio National Parks offers a beautiful coast line and diverse rainforest, an ideal area to enjoy the outdoors, white sand beaches, Costa Rica National Parks: sites in the Central Pacific coast of Costa Rica, contains several short trails, all of which are easily accessible and well maintained. These provide the best opportunity in Costa Rica to see both white-faced and squirrel monkeys, sloths and more Costa Rica wildlife. Costa Rica Area: While much of Costa Rica has been stripped of its forests, the country has managed to protect a larger proportion of its land than any other country in the world.

Duration: 6 hours 6:30am Maximum 54 people

Includes: Bilingual Guide, air conditioned transportation, entrance fees, beach time at the park, lunch, Visit to Quepos, Palm Tree Plantations and insurance

What to Bring: Walking shoes, swimming suit, camera, hat, sunglasses and sunblock.

Tortuga Island Tour

Enjoy a relaxing cruise aboard a beautiful boat to Tortuga Island where you will enjoy a white sand paradise. Upon arrival to the island you will have the opportunity to snorkel and view beautiful fish. Halfway through the day you will be served a delicious BBQ chicken lunch. Relax on the beach, play in the blue ocean waters or enjoy other activities on the island for a nominal fee like kayaking, waverunners and banana boat ride.

Duration: 4 hours 8:00 am - 4 pm Minimum 5 pax

Includes: Air conditioned transportation, lunch, fruits & snacks, non alcohol included, sodas, water, snorkel included, equipment and more.

What to Bring: Sandals, swimwear, sunscreen, towel & camera.

Aerial Tram Jaco Rainforest Adventure park

This attraction is one of the most unique Costa Rica excursions at Jaco Beach, featuring 18 gondolas with a maximum for 9 passengers each, including one bilingual (English/Spanish) naturalist guide. We will reach the canopy and the rich ecosystem of Costa Rican tropical forests, one of the many beautiful destinations in Central America. Upon advance request we can provide guide assistance in other languages.

A Day in the Aerial Tram : Aerial Tram treetop flight, Medicinal Plants Garden, Butterfly Garden, Sky Deck, Expert naturalist guide.

Duration: 2 hours There are many attractions that you can add at this theme park including ziplines, high rope obstacle course and decent wall. Ask about creating your custom combo package.

Includes: Bilingual Guide, transportation, entrance fees

What to Bring: Tennis shoes or boots, long pants, insect repellent, sun block, camera and binoculars.



Crocodile & Jungle River

The Crocodile River Boat Safari is a one of a kind must do tour! It takes place on the Tarcoles River in Central Pacific Costa Rica. Get up-close with American crocodiles of all sizes, and observe an abundance of beautiful exotic birds! Enjoy spectacular rainforest scenery and cruise through dense mangrove forest canals. Spot jungle wildlife such as iguanas, lizards, and monkeys, and experience our one-of-a-kind crocodile feeding show! Our tour duration is approximately 1 hour and 45 minutes and visitors receive a complimentary bottle of cold water. Our two well-maintained river boats with a capacity for 105 passengers contain all appropriate safety equipment and operate with 150HP motors. All of our permits, certificates and insurance are up-to-date. Jose's Crocodile River Tour is the best way to get up-close with Costa Rica's wildlife and natural beauty....an adventure you must experience!

Duration: 3 hours 8:30am, 10.30am, 1.30pm, 3.30pm

Includes: Bilingual Guide, transportation, entrances fees, H2O.

What to Bring: Tennis shoes or boots, long pants, insect repellent, sun block, camera and binoculars.

Whitewater Rafting Rio Savegre

This adventurous, family-friendly, full-day trip is a unique white water river rafting adventure with lots of perks. As the Manuel Antonio specialist, our world-class, internationally-trained, bilingual guides and safety kayakers will expertly guide and teach you how to navigate through this exciting river experience. You and the fellow rafters, together with your guide will work as a team and build your way up to a breathtaking yet manageable adventure - teamwork makes the dreamwork right. In the end you and your team will be leaving completely satisfied and happy that you experienced one of Costa Rica's famous rivers, the Savegre.

Starting with a 4x4 ride into the tropical jungle of Costa Rica with awe-inspiring scenery of more remote areas of the Savegre. Your journey begins at Silencio, a little local village famous for their cooperative community with a long and interesting history. After a "bumpy road" journey, we will make a stop at a typical Tico restaurant, order the food you want to eat for lunch after the tour and you will get the chance to use the restrooms before the real adventure begins. The bus now takes the course towards the meandering mountains and the starting point of your white water river rafting adventure.

The Savegre River provides Class II, III, and IV rapids that are manageable in sturdy rafts that accommodate 2 to 6 people comfortably. Our guides know the river in and out, so they will at some points give you the chance to jump in the water if you want to and just float with the river - then you really can feel the power of the river in a safe and magical way. The guides always have something up their sleeves that will surprise you in the best way and put a smile on your face (if you do not already have one). On the way, you will make a stop by a magnificent and powerful waterfall, where you can take a bath and enjoy some delicious fruits that the guides provide for you. Along the river rafters will observe egrets, osprey, toucans, parrots, king mackerels, cormorants, and many other species local to this protected area of the primary tropical rainforest. After a steady 13 mile trip down the river, we come to the finish line and wind our way back to the little village of Silencio where our hot lunch "Tico Style" is waiting for us. Our satisfied, well-traveled, and now experienced Savegre River rafters enjoy a leisurely trip back home to Manuel Antonio.

Duration: Full Day 7am

Includes: Transportation, lunch, bilingual guides, safety kayakers, security, fruits and juice.

What to Bring: Sturdy sandals or water shoes, a bathing suit, sunscreen, bug spray, towels, change of clothes.



Catamaran and Snorkeling Day tour to Playa Fantasia

Our catamaran day tour is a great 4.5 hour catamaran tour with a visit at Playa Fantasia for a fresh BBQ lunch prepared by our chef on the beach. Guests enjoy a 40 minute cruise to Playa Fantasia. We drop anchor and guests can jump from the roof or float in the tranquil waters. We head into the beach where clients have access to an open bar, beach lounge chairs, hammocks, paddle boards, surf board, snorkel gear and boogie boards. After lunch and some fun in the sun we head back to port searching for whales, dolphins and mantas.

Includes: 50ft catamaran with professional Captain and Crew. Access to our secluded beach club at Playa Fantasia, a white sand beach with two volcanic reef formations home to a wide variety of marine life. Snorkel Equipment, Boogie and paddle boards, surf boards and Lounge chairs provided. Transportation from Jaco included.

Light Lunch: Chicken and Steak Kabobs with two fresh salads. Fresh bread. Fresh fruits during the tour and appetizer dips.

Open Bar: Cuba Libres, Vodka Soda, Vodka Cranberry, Orange Juice, Fruit Punch, Cranberry Juice, Sodas, water, Imperial and Imperial Light. Pina Coladas, Margaritas and Mojitos. (7 alcoholic beverages per person).

What to Bring: Please bring ID in order to use all water equipment, towels, sun block, camera and money for tipping.

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.

Offshore it is possible to catch SailFish (Pez Vela), Mahi Mahi (Dorado), YellowFin Tuna (Atún de Aleta Amarilla) y Marlin (Marlin). Offshore bottom fishing we use balihoo, decoys as bait and for inshore we use live bait. **For live bait please check in a day ahead.

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

Full Day Fishing Trip Includes: Consist on 8 hrs of Fishing offshore

Included: bottled water, sodas, beers, all tightly sealed, snacks, cookies and sandwich (ham or chicken, cheese, lettuce and tomatoes)

Half Day Fishing Trip: Consist on 4 hrs of Fishing inshore. This is near the coast line.

Included: bottled water, sodas, beers, all tightly sealed, snacks/cookies.