



## **Manuel Antonio Activity Catalog 2025**

Mil Besos Costa Rica

This guide will help you with planning your activity selections in Costa Rica!

Costa Rica has so much to offer from surfing to hiking and whitewater rafting.

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## Manuel Antonio Activity Catalog 2025

Tour Name (Scroll down document for descriptions)	Adult Rate	Children Rate	Includes (see below Key)
Ocean King Catamaran with Snorkel *	93	73 (ages 6-10)	L/P/S/T
Savegre Whitewater Rafting Class II/III * over 8 years only	110	110	L/P/S/T
Naranjo Whitewater Rafting Class III+ over 12 years only	89	89	P/S/T
Mangrove Kayak Estuary * over 7 years only	79	79	L/P/S/T
Mangrove Kayak at Night * over 8 years only	89	89	L/P/S/T
Ocean Kayak & Snorkel over 8 years only	79	79	L/P/S/T
Horseback to Tacori Mountain and Waterfall*	95	95	L/P/S/T
Manuel Antonio Natural History Walk	73	73	E/P/S/T
Manuel Antonio Natural History Walk Deluxe*	109	109	E/P/S/T/L
Carara National Park & Bird Watching *	119	119	E/P/S/T/L
Mangrove Boat Tour *	95	95	L/P/S/T
Mangrove Boat Tour at Night *	99	99	L/P/S/T
Zip Line & Canopy Tour (Titi) 4 - 6 yrs child rate	90	80	P/S/T
Zip Line & Canopy Tour (Iguana) Over 6 years old	100	100	L/P/S/T/E
ADR Adventure Park (Zipline, Rappel, Tarzan Swing, Waterfall)	140	140	L/P/S/T
Rainmaker Rain Forest Hiking *	119	119	L/P/T/E
Amphibious & Reptiles Night Walk	91	91	E/T/P
FreshWater Mangrove Fishing (for boat 1 to 4 people)	485	N/A	E/P/T/S
ATV Waterfall Adventure – Single ATV \$105 / Double ATV \$150* Over 6 yrs*	105	105	E/P/T/S/L
Waterfall Chaser Tour (MASS)*	145	145	E/P/T/S/L
Jet Ski Tour – 30min \$85 60min \$150	85	85	P/S/T
Surf Lesson (per person, as part of group)	100	100	P/S/T
Semi Private Surf Lesson	150	150	P/S/T
Jurassic boat snorkeling Tour	65	65	P/S/T
Parasailing Regular \$100 Single   \$155 Double   \$210 Triple Over 4 years only	100	100	N/A
Stand Up Paddle Board Manuel Antonio CoastLine (per person, as part of group)	69	45	P/S/T
Stand Up Paddle Board Isla Damas Mangrove (per person, as part of group)	75	50	P/S/T
Scuba 2 tank (if certified \$136) Non certified \$189	136	N/A	E/T/P
Pedal Kayak Damas Island Mangrove	85	60	E/T/P
Sportfishing – Please inquire for rates based on # of participants.			

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

### Special Notes

**Rates and descriptions** may vary over time as providers perform updates. \* 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 the regular adult rate.

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

#### **Includes:**

**E:** Entrance Fee/Entrada. **B:** Breakfast/Desayuno. **L:** Lunch/Almuerzo. **D:** Dinner/Cena. **P:** Drinks/Bebidas. **S:** Snacks/Bocadillos.

**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. If you don't see what you would like just ask us and we will locate a provider if possible.*

### **Ocean King Catamaran**

The Ocean King Catamaran is 100 feet long, it's brand new and has all the amenities for your satisfaction. Our boat has 2 Jacuzzis for more than 15 people, 2 giant trampolines, and 2 cross water slides, a giant bar, a main area for more than 100 people and a second floor tanning deck for more than 100 people, 4 bathrooms and 4 showers, 4 rooms and a living room. The tour is a walk down the coast of Manuel Antonio Quepos, which includes an all-inclusive system in food, excellent drinks alcoholic, nonalcoholic, fruits, snacks, and a delicious lunch. Throughout the tour our great staff will be helping you in everything that you need and will invite you to join all of our wonderful activities. Our tour includes a stop in the beautiful beach of Beisanz, one of the best areas in Manuel Antonio to go snorkeling which is included in our package for your enjoyment. Our tour also includes the search for dolphins and whales (depending on the sea conditions of course, is not 100% guaranteed), as well as the amazing enjoyment of the sunset in Quepos and Manuel Antonio. After you enjoy our tour, we return to the Marina Pez Vela in Quepos, where you will be picked up by our transportation, which will take you back to your hotel or destination.

**Duration:** 4 hours 9am, 2pm

**Included:** Bilingual naturalist guide, transportation, lunch, drinks

**What to bring:** Towels, sun block, sunglasses, swimsuit, camera, extra clothes, etc.

### **Savegre White Water Rafting**

This adventurous, family-friendly, full-day trip is a unique white water river rafting adventure with lots of "perks" and expert internationally-trained, bilingual guides for your safety. 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 stop at locally known swimming spots and breathtaking waterfalls, if the rafters want a break from paddling, and there is always time to enjoy the abundant variety of wildlife along the river. On most trips, rafters will observe egrets, osprey, toucans, parrots, kingfishers, 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 wind our way back to the little village of "Silencio" where a gladly awaited hot lunch "Tico Style" and local refreshments are waiting. Once fed, happy and well-traveled, our now experienced Savegre River rafters spend a leisurely trip home driving back to Manuel Antonio with a great new adventure story to talk about!

**Duration:** 6 hours 8am to 12:30pm All year long

**Included:** Round trip transportation, breakfast and lunch, bilingual guides, safety kayakers, all equipment needed, security, fruits and juice.

**What to bring:** Good for adults and children over 8 years of age who are relatively fit for paddling. Wear or bring sturdy sandals or water shoes, a bathing suit, sun block, bug spray, towels, and extra change of clothes.



### **Naranjo White Water Rafting**

The wild and ever-changing Naranjo River White Water Rafting challenge is recommended for physically fit adventure seekers and experienced rafters who are familiar with Class III and IV rapids. On this high-octane, half-day adventure, the trip begins where the Naranjo River drops steeply from the Costa Rican mountains and charges through pristine jungle gorges, then winds around rocky curves to take you on a wild, adventurous ride back to sea level waters. While your internationally-trained, bilingual guides and safety kayakers work with you to navigate this exciting river, you'll pass by (rapidly) stunning farmland, working cattle ranches, and beautiful African Palm Plantations. Unlike the Savegre River Adventure, the Naranjo River Rafting Trip packs all its punches in a 7 mile ride that keeps your adrenaline level high for several hours. Water levels can rise rapidly on this Costa Rican treasure of a river, especially during the rainy season (May-October), which definitely brings the difficulty level up for any experienced rafter. After an adrenaline-kicking trip, enjoy local snacks and refreshments before heading back to reality, well, back to Manuel Antonio anyway.

**Duration:** 4 hours 8am, 11 am May to December

**Included:** Round trip transportation, breakfast and lunch, bilingual guides, safety kayaks, all equipment needed, security, fruits and juice.

**What to bring:** Wear or bring sturdy sandals or water shoes, a bathing suit, sun block, bug spray, towels, and extra change of clothes.

### **Ocean Kayak & Snorkeling**

Since we are the Manuel Antonio specialist, come experience one of Costa Rica's most striking coastlines and National Park – by open-seat ocean kayak. Whether you are an individual, a group, or an adventurous family, this challenging yet gratifying ocean paddling adventure is for you. The adventure begins near the developing Pez Vela (SailFish) Marina in Quepos and continues along the Manuel Antonio coastline. Indulge yourselves at a rare jewel of a beach – a hidden Manuel Antonio treasure at Biesanz Bay – for a refreshing swim and delicious local snacks. And feel free to have your bilingual naturalist guide direct you to the best snorkeling spots as you experience three small but growing, active, and astounding coral reef systems nestled very close to the shore of Biesanz Bay. After an unforgettable experience at Biesanz, continue paddling – if you choose to do so – towards Manuel Antonio National Park and wonder at the nearby nesting islands where exotic boobies and frigates call home year round. Ask your naturalist guide to steer you towards their favorite species' nesting spots and most popular locations for local aquatic marine life. And finally end your adventure with a relaxing yet rewarding hot lunch in typical Costa Rican flavor near the beach at a local Manuel Antonio hot spot before you return to your Costa Rican residence. Overall, this kayaking adventure is fun for just about every one, yet it is a terrific way to experience the exotic Costa Rica coastline in a way that only Manuel Antonio can be shown.

**Hours:** 8 AM – 12 PM or 1 PM – 5 PM

**Requirements:** Some experience in open-seat kayaking is preferred, and a reasonable fitness level is recommended since this adventure involves kayaking in the open ocean, where some strong waves and surf are common. Children under age 10 might have to paddle in a double kayak with an adult. We recommend wearing comfortable clothes and shoes that can get wet, and do not forget your bathing suit, camera, sunscreen, hat, and towel.

**Includes:** Round trip transportation, bilingual and naturalists guides, snorkeling equipment, lockers, fruits, juice and lunch - Single or Double Open-Seat Kayaks Available



### **Horseback to Tacori Waterfalls Tour**

The Horseback Ride to Tacori Waterfalls is a unique tour that combines natural beauty, nature, and local culture into one unique experience. In one action packed tour you will horseback ride on a country farm, walk through the jungle, observe and swim beneath a waterfall, and then spend time at the family farm, enjoying a traditional Costa Rican meal! The day starts when you are picked up from your local area hotel. Those staying in Manuel Antonio will drive for about 20 minutes to the farm after picking up other adventurers. When you arrive at Rancho Don Gilberto, you will meet your guide. He will fit you with a helmet, provide a brief safety and instructional speech on horseback riding, and then you will be matched with your horse. You will ride along a trail that eventually cuts through fields and forest for about an hour. Then you will walk along a trail towards the waterfalls. Along the way your guide will tell you about the plants, animals, and history of the area. There are two waterfalls at the Tacori Waterfalls. Don't forget your camera for the stunning views! And don't forget your bathing suit so you can swim below the falls! After taking in the scenery and cooling off in the stream, you will ride back to the private rancho for a delicious Costa Rican style meal. Casados, BBQ, and fresh local fruits will be served. You will also have time to see and learn about indigenous herbs and plants. Following lunch, you will be returned to your hotel.

**Hours:** 4 hrs duration 7:30 AM – 1:30 PM

**Requirements:** Make sure you are able to ride at least at an easy pace for about 2 hours. We recommend wearing comfortable clothes and possibly long pants, a bathing suit, bug repellent, sun block lotion, camera, hat, towel, and maybe an extra change of clothes to wear after swimming and riding in the Tocori River and waterfalls. We respect and protect our Animals; the weight limit is 200 pounds.

**Includes:** Round trip transportation, bilingual and naturalists guides, all equipment needed, a delicious lunch or dinner, fruits and juice.

### **Manuel Antonio National Park**

Manuel Antonio National Park is the smallest park in Costa Rica, but one of the largest in terms of biodiversity. The park is loaded with wildlife such as sloths, monkeys, toucans and parrots. With a little luck and cooperation from Mother Nature, your bilingual naturalist guide will lead the way pointing out a plethora of wildlife, flora and fauna. You will also learn about the history of the Quepoa Indians and Costa Rica's past in regard to this stunningly beautiful Manuel Antonio area. The day starts off with pickup at your hotel and then you will be driven to the park for the safari to begin. The trails of Manuel Antonio National Park are well-groomed and are considered easy to walk. Your guide will have special gear for spotting wildlife, so bring your camera along. After walking the park trails and spotting wildlife, you will reach the beach where you can take a dip. So do not forget to bring your bathing suit and towels. The park provides changing facilities. After the beach you will make your way back through the trails and possibly see more wildlife. After the tour you will be returned to your hotel.

**Duration 4 hrs** 6:30 AM, 10:30 AM or 12:30 PM **Ask your guide if you want to stay at the Park after the Tour**

**Requirements:** Passport required. Easy walk or hike, depending upon your abilities and self-paced tour. You might want to bring water, a camera, sunscreen, bug spray, and your binoculars while you hike in the Park, and if you so desire bring your bathing suit and towel for a relaxing beach time during the tour.

**Includes:** Transportation, bilingual and certified naturalists guides, entrance fee, fruits and juice

**Upgrade: Deluxe Tour of the Manuel Antonio National Park**

**Includes:** Lunch in addition to the above description and a later start time



### **Carara National Park Tour**

Looking for the best chance to see beautiful Scarlet Macaws and giant crocodiles? If so, look no further as the Carara National Park tour provides your best odds of seeing both. The tour starts when you are picked up from your local hotel in Manuel Antonio, the drive will take about 1.5 hours to reach the park. This drive will take you along the scenic Central Pacific coastline. You will pass through local villages between the mountains and coast. There will be African palm plantations, cattle ranches, rice fields and more. When you arrive at Carrara, your naturalist guide will lead the hike through the trails. Different trails are used at different times of the year based on rainfall. You can expect fairly groomed trails, but there will be some inclines and declines. Some trails are more strenuous than others, so please inform your guide of any physical limitations. You should also be aware that there are usually muddy conditions. Carara National Park is a primary nesting area for the beautiful and boisterous Scarlet Macaws. Sighting these colorful over-sized parrots is a primary goal. While we cannot guarantee anything with nature, the odds are good that you will see one or more of these gorgeous and graceful birds. Many other species of birds, mammals, reptiles and amphibians call Carara home. You will have a good chance of spotting white faced monkeys, sloths, and peccaries. Trogons, toucans and many other species of birds are all common. You will likely see iguanas, basilisks and possibly frogs or snakes. This truly is an amazing place to observe wildlife! Following the hike you will be driven to the Rio Tarcoles Bridge to observe giant crocodiles. At times, there can be scores of these enormous carnivores right below you! After the tour you will be returned to your hotel.

**Duration:** Full day 7am

**Requirements:** Good for individuals, families or even large groups (children over 7 yrs old). We recommend hiking shoes, comfortable clothes for the tropical rainforest, bug repellent, sun block lotion, hat or visor, camera, and binoculars.

**Minimum:** 4 people per Tour

**Includes:** Round trip transportation, entrance fees, bilingual and naturalists guides, delicious lunch, fruits and juice

### **Damas Mangrove Boat Tour**

Located on the Central Pacific coast, a little north of Manuel Antonio, the Damas Island Estuary is a great place to observe rare and exotic wildlife. This tour will take you through this interesting refuge on a covered riverboat, allowing you to sit back and enjoy the scenery and natural surprises around every turn. The day starts off when you are picked up from your local area hotel. Most guests will be coming from Manuel Antonio, which equates to about a 20 – 30 minute drive. Once you reach the refuge, you will meet your guide and board the boat for your safari. The riverboat is covered to protect from sun or rain. It is equipped with a quiet engine so you have a better chance of hearing the wildlife and guide. Your bilingual guide is certified by the ICT as a professional naturalist guide ensuring you receive the best information on the wonders you will witness. The Damas Island Estuary is loaded with wildlife! It is not uncommon to see playful capuchin monkeys, silky anteaters, sloths, and other mammals. Of course, there are plenty of reptiles including boas, crocodiles, and caiman. Many coastal migratory birds stop in at different times of the year. Egrets, herons, and spoonbills are commonly observed. The tour is tide dependent as its on a coastal estuary. Be prepared to spend around 2.5 hours on the boat. After returning to the dock, you will enjoy a traditional Costa Rican meal at a local restaurant. You will have time to swap stories with your fellow adventurers and guide. Following the meal, a transfer will be provided back to your hotel. The tour is expected to last around 4 hours including transfers from Manuel Antonio.

**Hours:** Tour Times depend on the Ocean Tides

**What to Bring:** Casual and comfortable clothes and shoes for tropical weather, good for all ages, individuals, families or even large groups, camera and bug repellent.

**Includes:** Round trip transportation, bilingual and naturalists guides, delicious meal, fruits and juice



### **Damas Mangrove Kayaking**

Kayaking through the mangroves is a thrilling way to immerse in the habitat that provides a home for the wildlife! The tour starts off when you are picked up from your hotel in Manuel Antonio, the drive will be around a half hour. You will be driven to the Damas Island Refuge where you will meet your guide and prepare for the experience. Your guide will provide a brief instructional course for kayaking as well as your lifejacket. You will be provided with either a single or double sit on top kayak which are assigned based on availability and guides discretion. Then you will be on your way, paddling through the estuary. The refuge is home to large populations of caimans and crocodiles, which can be observed at nearly every turn! It's not only reptiles though as the area is also home to capuchin monkeys, anteaters, sloths and other mammals. Birdwatchers will delight as many species either live here or migrate through including parrots, toucans, roseate spoonbills, herons and other waterfowl. The kayaking will be done at group pace, so you will never be left behind. While experience is not necessary for this adventure, keep in mind that you will be in a natural setting with wild animals! The kayaking portion is expected to last a few hours in hot, humid weather as well. After kayaking is complete you will enjoy a traditional Costa Rican meal at a local Tico restaurant. Tour times for this fun filled excursion depend on tides. After the tour you will be returned to your hotel. In total, the tour is expected to last about 4 hours.

**Hours:** Tour Times depend on the Ocean Tides

**Requirements:** Excellent for adventurous individuals, families or groups of any age who want to learn and experience nature first hand – but children under age 10 might have to paddle in a double kayak with an adult. We recommend that you are relatively physically fit for paddling in an open-seat kayak for a few hours, and please wear comfortable clothing and water shoes that might get wet, sun block lotion, towel, camera, and a hat.

**Includes:** Round trip transportation, bilingual and naturalists guides, kayaks and all equipment needed, security, a great meal, fruits and juice. Single or Double Open-Seat Kayaks Available

### **Amphibious and Reptiles Night Walk**

Experience the magic of the most exotic nocturnal creatures on the night jungle walk near Manuel Antonio National Park. Its biodiversity creates a perfect setting for visitors to have the opportunity to see local reptiles, toads, insects and tree frogs, while immersing themselves in the raucous symphony that fills the night air of this rainforest sanctuary. This is a living research laboratory created by Mother Nature herself. With our team of enthusiastic naturalist guides, join us for a one-of-a-kind Costa Rican experience for adventurers of all ages. Tours are in English and Spanish for one or more participants and depart every night from 5:30 pm to 7:30 pm. The Night Walk is a unique journey into the nocturnal world of the rainforest. We search the banks of the stream for amphibians and listen to the nocturnal life of more than a dozen species of frogs.

**Duration:** 2 to 3 hours 5:20 p.m

**Requirements:** Good for all ages – Comfortable Clothes, and Camera.

**Includes:** Entrance fee and bilingual interpretive guides and Round Trip



### **Rainmaker Rain Forest Hike**

This ecologically and educationally focused hiking experience is geared towards a mix of adventure, education, nature and ecology. Excellent for Nature lovers, birdwatchers, or even large groups, people of all ages will enjoy this adventure because of its variety, options and biodiversity. Hike through partly shaded paths carved directly out of the primary Costa Rican tropical jungle as you explore with your bilingual naturalist guide. Explore the exotic plants and wildlife of the mountainous jungle in a personalized and relaxing experience. You will also get to enjoy swimming in one of the pristine cool water natural pools along the trail. The pace of this adventure is determined by your skills and interests, and the abundance of wildlife you want to stop and observe – all in its natural habitat. Watch several species on the Rainforest trees, hunt for nocturnal silky anteaters and several types of non-poisonous snakes resting in the tropical rainforest, and listen to the songs of the various birds as they glide above your group curiously looking for adventure.

**Duration:** All day 7:30 AM

**Requirements:** Easy walk or hike, depending upon your abilities and self-paced tour. Good for families, children over 5 years or even large groups, camera, bug spray, a hat, and binoculars and good hiking boots or hiking shoes bathing suit.

**Includes:** Transportation, bilingual and naturalists guides, lunch, bottle of water

### **Zipline and Canopy Tour Titi**

Imagine soaring through the rainforest canopy like an eagle! The Titi Canopy Zipline tour will allow you to fly through the treetops from platform to platform at surprisingly high speeds. After being picked up from your Manuel Antonio hotel, a transfer will be provided to the Titi facilities located near the Quepos Airport. Your guides will be waiting and will size you up and suit you up for the adventure. Safety gear includes a helmet, gloves and harness. Then you will be provided with a brief safety course. Only using the best equipment, the Titi Canopy Company has a perfect safety record. The Titi course will take you through dense jungle, high above the jungle floor. You will zip between twenty platforms located in various positions, but mostly in the trees. You will even cross a tree top suspension bridge in the canopy! In total, this fun course allows you to zip across ten zip lines with the longest being 1,475 feet. At the end, you will have the option of topping it all off with a rappel and then a Tarzan Swing! The Titi facilities are located in one of the most biologically intense locations in Costa Rica. While this is primarily an adventure tour, you may have the opportunity to see wildlife such as any one of three species of monkeys that inhabit the area, sloths, poison dart frogs, toucans, iguanas or more! After the adventure you will be provided with drinks, fresh fruit and snacks as the guides help you out of the safety gear. The tour is expected to last around 3.5 hours including round trip transportation from your local area hotel. Of course, this is subject to change due to the nature of the adventure.

**Hours:** 8:00AM, 11:00AM, 2:30PM

**Requirements:** 4 - 6 years olds are considered children and must have an adventurous spirit, wear comfortable clothing, bug repellent and camera.

**Includes:** Round trip transportation, bilingual and naturalists guides, all equipment needed, great snacks and refreshments.





### **Zipline and Canopy Tour Iguana**

ZIP LINE & CANOPY TOUR Leap from the treetops and witness the wonder and awe of the jungle canopy in this thrilling adventure! Follow our guides as they take you high into the forest where you will soar from platform to platform on our eco friendly cables. Our ziplines are unique to the area, combining all of the following features into our innovative system: • Double Cabled Lines – The only system of its kind in the area • Longest Cables – More line time for extended fun • Safety Features – All lines and equipment are in compliance with international safety standards • Automatic Braking System – Hands-free breaking allows for more leisurely riding • More Treetop Activities – Explore our 9 lines, 17 platforms, 2 hanging bridges and 1 controlled rappel (belays) • Equipment and Safety Gear – All riders are equipped with a harness, double pulley, three safety lines, gloves, helmet and automatic & semi-automatic carabineers (Apex Rock and Petzl equipment)

**Hours:** 7:30AM, 9:30AM, 1:30PM

**Requirements:** Must be at least 6 years old and have an adventurous spirit, wear comfortable clothing, bug repellent and camera.

**Includes:** Round trip transportation, bilingual Naturalist guide, snacks, entrance fee, Lunch Included – Enjoy a traditional, home cooked Costa Rican meal with your tour.

### **ADR Adventure Park (Zipline, Rappel, Tarzan Swing, Waterfall)**

Experience more than **10 exciting adventures** in 1 mind blowing tour!

Immerse yourself in this magnificent property located in the heart of Costa Rica's protected rainforest. **ADR Adventure Park** will give you not only one of the most complete adventures during your vacation, but also an unforgettable journey through lush, pristine vegetation that is surrounded by amazing waterfalls and wildlife. On this tour you will get the chance to hike through the jungle while your guide points out interesting flora and fauna along the way. The exciting part of being in a natural setting is you never know what you might see!

This isn't your typical zip line tour, you will zipline through the canopy, above waterfalls, free fall into a waterfall pool, rappel down canyons and waterfalls, and swing like Tarzan. Experience for yourself, the beauty of the **ADR Adventure Park**, located just 40 minutes from Manuel Antonio up in the mountains of San Antonio de Damas. Our tours are unique experiences.

**Hours:** 7:45 AM / 8:45 AM / 10:30 AM Duration 5 - 6 hours.

**Requirements:** Must be at least 8 years old and have an adventurous spirit

**What to bring:** wear comfortable clothing, bug repellent and camera, change of clothing

**Includes:** Round trip transportation, bilingual Naturalist guide, snacks, entrance fee, Lunch Included – Enjoy a traditional, home cooked Costa Rican meal with your tour.



### **Fishing in the waters of the Mangroves in Damas**

This is one of the most unique fishing tours in Costa Rica. This tour takes place in the estuary of Damas Island where you will discover the flora and fauna of the tropical rainforest and the delicate mangrove ecosystem while you cruise quietly in one of our vessels through the numerous water channels. Once your guide has spotted the perfect location, you will stop and begin with the sport fishing. You will be able to catch snooks, roosters, corvinas, mackerel, red snapper and black snapper. This activity is perfect for an experienced fisherman or a family. Capture the magic of the mangrove waters and learn about trolling or the local art of fishing with yo yos which is spectacular. Your specialist guide will assist you and prepare live bait, assist with the equipment and watch out for your comfort with refreshments and more. Don't leave Manuel Antonio without having experienced the beauty of the Mangroves and this incredible fishing adventure.

**Hours:** Service schedule depends on tides

**Requirements:** Suitable for all ages, bring your camera and insect repellent.

**Includes:** Round trip transportation, bilingual guide, snacks, soft drinks, fishing equipment and live bait

### **ATV / Waterfall Adventure**

Rev up your motors for a high speed adventure! The FourTrax ATV offroad adventure in Manuel Antonio is an awesome adventure that will take you through backroads, jungle and farms. The day starts off when you are picked up from your Manuel Antonio hotel. You will be brought to nearby San Antonio de Damas where the adventure begins. When you arrive, your guide will provide you with a safety and operation class, helmet and ATV with semi-automatic transmission. Then you will be on your way ripping down the backroads with your guide and fellow adventurers. The tour will take you through several small rural villages. You will also pass through papaya, African palm, teak and rice plantations. This is a side of Costa Rica that few tourists see, sure to provide an enlightening experience. Eventually you will reach the Rainmaker Rainforest Reserve where you will leave your quad and take a one mile hike into the jungle. With a little cooperation from Mother Nature you may have the chance of seeing monkeys, sloths, toucans, parrots, dart frogs or any of the many other species of wildlife that inhabit the park. After about 20 – 30 minutes of hiking you will reach a towering 150 foot waterfall where you can rest, relax and swim. After cooling down you will hike back to your ATV and then ride back to the adventure center. A typical Costa Rican meal will be waiting for you to replenish after the adventure. Then a transfer will be provided back to your hotel. This tour usually lasts around four hours, though this is subject to change. No experience is necessary, though drivers must possess a valid drivers license and be at least 16 years old. If the guide does not believe that you will be able to operate the ATV safely they will ask you to pair with one of your fellow travelers or double up with the guide.

**Hours:** 7:30AM, 11:00AM, 2:30PM (only during dry season) Duration 3- 4 hours.

**Requirements:** wear comfortable clothing, bug repellent swimsuit, towel, sunglasses, sunscreen and camera. Driver must be 16 years old. Must be at least 6 years old to participate.

**Includes:** Round trip transportation, bilingual Naturalist guide, snacks, entrance fee, lockers, safety helmets, Lunch Included – Enjoy a traditional, home cooked Costa Rican meal with your tour.



### **Waterfall Chaser Tour**

Have you ever dreamt of chasing waterfalls? Well on this full day tour you will do exactly that with MASS. The escapade will begin with hotel pick-up followed by a brief 20 minute drive down the coast to the first waterfall of the day. This first waterfall provides a preview of the day to come with beautiful surrounding jungle greenery and a fun waterfall that has two jump points at ~8 and 14 feet for those looking for some extra adventure. There is also a beautiful pool to refresh in for those who would like to swim.

The next stop on this adventure is a second waterfall that is also home of a unique butterfly garden. This is a magnificent waterfall and is the perfect destination for those looking for an adrenaline rush. This waterfall has a 20-foot natural waterslide where those looking for an adventure can slide down and then drop an additional 10 feet and land in a pool below. There is also a 14 ft cliff jumping option here. For those looking for a more mellow experience, relax in the tranquil pool or swim and enjoy the jungle.

Following the falls, we will head to El Pavon waterfall. At this waterfall we take you by rope behind the cascading falls and into a cave to view the waterfall from a whole new angle and experience the feeling of being inside of a big wave barrel. From this cave you can jump right into the waterfall and enjoy the rush of water surrounding you. Next to this waterfall is an incredible organic tilapia farm where we will stop for lunch and you will experience the best in farm to table dining. Last but not least, we will head to a breathtaking Jurassic-like beach with amazing beach caves. The beach caves start on the beach and open into the ocean and are simply remarkable. At this destination there is time to explore the beach and the caves and if the tide is right even body surf within the beach caves. This is a full day waterfall chaser tour where you will experience a variety of different sites as well as hear some facts about the area, history and nature.

**Duration:** Full day 8am

**What to bring:** Towel, sunscreen, bathing suit, waterproof camera or gopro, cell phone with waterproof case.

**What is included:** Transportation Guide, bottled water, tropical fruit snacks + typical lunch served on the tour.

### **Jet Ski**

This is a guided jet ski tour in Manuel Antonio Park and surrounding beaches. The tour leaves from Marina Pez Vela in Quepos. Choose between 30 minutes or 60 minutes.

**Duration:** 30 to 60 min 7:30am , 10:30am, 1:30pm, 3:30pm

**What you might see on the tour:** Tropical fish, turtles, dolphins and whales when in season. Occasionally, even monkeys in the park beaches.

**What to bring:** Towel, sunscreen, bathing suit, waterproof camera or gopro, cell phone with waterproof case.

**What is included:** Transportation from Quepos/Manuel Antonio hotel or private home to Marina and return transport. Guide, life jackets, snorkels and masks, bottled water and tropical fruit snacks served on the tour.



### **Surfing Lesson**

Today is your big chance to fulfill one of your oldest dreams - you will learn how to surf! The day starts off with basic lessons on the beach as your instructor teaches you the basics. You will then go in the water and learn how to catch the real waves and surf in the warm tropical waters of Manuel Antonio. This fun filled half day adventure includes transportation, guide, and board.

**Departure:** Departure according to tide

**Duration:** 3 hour Tour

**Difficulty:** Easy

**Includes:** Bilingual instructor, surfboard chosen by instructor, rashguard, water and tropical fruit snack.

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

### **Jurassic Boat Snorkeling tour**

2 hour panoramic tour around Manuel Antonio Park and surrounding beaches. The tour leaves from Marina Pez Vela in Quepos. This tour can also be made private for \$400. fee for 1 -6 \$50. per person extra up to 16

**What you might see on the tour:**

Tropical fish, turtles, dolphins and whales when in season. Occasionally, even monkeys in the park beaches.

**What to bring:** Towel, sunscreen, bathing suit, waterproof camera or gopro, cell phone with waterproof case.

**What is included:** Transportation from Quepos/Manuel Antonio hotel or private home to Marina and return transport. Guide, life jackets, snorkels and masks, bottled water and tropical fruit snacks served on the tour. Alcoholic beverages available for \$10 extra per person. Private tour includes 4 alcoholic beverages per person

**Tour times:** 9:00 AM + 1:00PM (hotel pickup times vary depending on location and are approximately 30 mins before your time)

### **Parasailing**

Experience a bird's eye view of the beautiful Manuel Antonio coastline from up to 600 feet above the Pacific Ocean. Parasailing with Aguas Azules is so easy and relaxing... When you choose our Beach Parasailing Option, you will be harnessed up, connected, and given safety instructions before taking a few steps on the beach and then effortlessly floating through the air. As your flight comes to an end, you'll be gently lowered, landing in the refreshing Pacific and then will be picked by a jet ski and transported back to the beach. We offer a **REGULAR** beach parasailing option, which includes about 15 minutes in the air and a **LUXURY** option which includes about 30 minutes flying in the air. Ask about pricing for the **LUXURY** option.

**Duration:** 9am to 1pm

**What to bring:** Towel, sunscreen, bathing suit, waterproof camera or gopro, cell phone with waterproof case.

**What is included:** Transportation from Quepos/Manuel Antonio hotel or private home to Marina and return transport. Guide, life jackets, harness



### **Stand Up Paddle Board Tour Manuel Antonio CoastLine**

Paddle board on Costa Rica's most lush coastline. Whether a first timer or an avid paddle boarder, there is not a better spot to enjoy Paddle Boarding than in Manuel Antonio. Our certified guides will get you standing up right away and will offer tips to get you paddling like a pro.

**Duration:** 3 Hours 8:45am, 2:45pm

**Tour Times:** Depends on the tides

**What to Bring:** Sandals or Flip Flops, Waterproof Camera, Towel, Sunscreen

**What's Included:** Transportation, Snacks, Water

### **Stand Up Paddle Board Tour Damas Mangrove**

Mangroves are trees or shrubs that grow along salt or brackish water. They have tangles of exposed roots, which allow them to withstand changing water tides. Mangroves help reduce erosion and their complex root systems attract fish and other animals seeking nutrients and shelter. For this reason the **Isla Damas mangroves are one of Costa Rica's most eco-diverse areas** and are vital for the preservation of many wildlife species. Come **meet the variety of creatures that call this island home** while navigating the tight quarters of the mangroves **on our eco-friendly paddle boards!**

**Duration:** 3.5 Hours

**Tour Times:** Depends on the tides

**What to Bring:** Sandals or Flip Flops, Waterproof Camera, Towel, Sunscreen

**What's Included:** Transportation, Snacks, Water

### **Pedal Kayak Damas Island Mangrove**

The mangrove forests of Damas Island are located only a short 15-minute drive from our home base in Quepos. Manuel Antonio invites us to immerse ourselves in the awe and wonders of this coastal safe haven to take in the spectacular flora and fauna. See one of Costa Rica's most biodiverse areas all while navigating the tight quarters of the mangroves in our state of the art pedal drive kayaks. This is a kayak excursion in Manuel Antonio you won't want to miss!

**Duration:** 3.5 Hours

**Tour Times:** Depends on the tides

**What to Bring:** Sandals or Flip Flops, Waterproof Camera, Towel, Sunscreen

**What's Included:** Transportation, Snacks, Water



### **Scuba Diving**

Coastal area near Manuel Antonio provides an excellent environment and setting for our abundant marine life. Dives typically last 45 minutes and you will see volcanic rock formations, with various hard and soft corals. We have an abundant marine life with schools of Snapper and Jacks, plus White Tip Reef Sharks, Angel Fish, Moorish Idols, Parrot Fish, Puffer Fish, Octopus, Eels, Crustaceans, Sea Turtles and in season (Dec – May) the giant Manta Ray. 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.

**Duration:** 5 hours 7:30am to 12:30pm and 12:30pm to 4pm

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

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

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

### **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.