



Monteverde 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. Please contact us with any questions:
guests@milbesoscstarica.com
1 877 888 9151



Monteverde Activity Catalog 2025

Tour Name	Zone 1 Rate	Kids Rate	Includes
Canopy Zipline Tour (Add Superman for an additional \$14 per person)	80	56	E/T/G
Guided Hanging Bridges Tour	80	56	E/T/G
Butterfly Garden Tour	35	28	E/T/G
Sloth Sanctuary	50	38	E/T/G
Reptiles, Frogs & Serpents at the Herpetarium	35	28	E/T/G
Canopy Zipline & Hanging Bridges Combo	117	82	E/T/G
Canopy Zipline + Hanging Bridges with guide + Butterfly Garden	139	97	E/TG
Hanging Bridges + Butterfly Garden + Sloth Sanctuary	103	72	E/TG
Hanging Bridges + Butterfly Garden + Sloth Sanctuary With Lunch	138	107	E/T/G/L
Canopy Zipline + Hanging Bridges + Sloth S. + Butterfly +Reptiles + Lunch	210	158	E/T/G/L
Mountain Bike Tour	35	35	T/G
Coffee Tour 3 In 1 + Chocolate Tour + Sugar Cane Demonstration	51	23	E/T/G
Night Coffee Tour 3 In 1	56	31	E/T/G
Birdwatching Tour	100	100	E/T/G/B
Hot Springs and Horseback Ride	93	93	E/T/G/S
Santa Elena Cloud Forest Reserve Hike	83	83	E/T/G/S
El Tigre Waterfall hike (full package with guide) Add the Bike Zipline \$30	101	90	E/T/G
Curicancha Reserve Hike Monteverde	95	95	E/T/G/P/S

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

Notes / Notas:

Mínimo Operación 2 pax / 2 Pax needed to operate unless specified above.

All Tours includes: Transportation, Professional Certified Bilingual Guide, Entrance Fees, Equipment and Insurance

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

S: Snacks/Bocadillos **T:** Transport **G:** Guide

*Transportation Prices can vary depending on hotel location on all tours

Rates may change in case of a major cause / Tarifas sujetas a cambios debido a una situación de fuerza mayor



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.

Canopy Zipline Adventure

Our Canopy Tour guides start by harnessing you with all the appropriate equipment after which they will lecture you on all the safety procedures to enjoy this amazing adventure with our "Safety First" motto. You will then be flying through 12 cables and 18 platforms with an optional Tarzan Swing at the end of the adventure. Selvatura Park is one of the longest Canopy Tours in Costa Rica. Also it is the only canopy tour located inside the Monteverde Cloud Forest. If you are looking for an extreme Monteverde canopy tour and amazing rides, Selvatura Park's Zip Lines are your best choice. The tour usually takes between 2.5 and 3 hours and can be done by adventurers from ages 4 and older. It is a safe adventure for everyone although restrictions may apply. **(Add the Superman Zipline if you dare for an additional \$14 per person)**

Duration: 2.5 hrs 8:30 am, 11:00 am, 1:00 pm, 2:30 pm

Included: Bilingual naturalist guide, transportation

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

Selvatura Hanging Bridges

The Hanging Bridges Guided Hike offers an amazing glimpse into the canopy of the cloud forest! The hike includes 3 kilometers of terrestrial trails and 8 bridges from 55 a 157 meters long through the treetops allowing you to view the forest from all perspectives. This fun filled half day tour includes guides, transportation, and entrance to the private reserve.

Duration: 1.5 hrs 7am - 4pm

Included: Bilingual naturalist guide, transportation

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



Butterfly Garden Tour

Enjoy a guided walk inside one of the world's largest live butterfly exhibitions with an area of over 29,000 square feet (2,700 square meters). Come and enjoy all the wonders that you may discover in this marvelous World of Butterflies.

Included: Bilingual naturalist guide, transportation

Duration: 45 min 7am - 4pm

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

Sloth Sanctuary

Introducing our latest attraction at Selvatura Park: The Sloth Sanctuary! Our sanctuary was born through the cooperation with the Caribbean Sloth Sanctuary, a foundation that shares our vision of conservation, and has worked in the rescue, conservation, reintroduction, and monitoring of sloths in their natural habitat for over 20 years. Where sloths can travel freely between paths specially created so that they experience with some 20 sloth specimens. We've designed a natural exhibit At Selvatura Park's Sloth Sanctuary, we want you to have a close can roam among the trees and foliage of the exhibition. This provides a safe distance that allows observation while preventing as much stress on the animals as possible. These beautiful mammals have arrived at our sanctuary as refugees from the effects of poaching, habitat destruction, orphanage, illness and accidents among other reasons that prevent them from being reintroduced to their natural habitat.

Included: Bilingual naturalist guide, transportation

Duration: 45 min 7am - 4pm

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

Reptile, Frogs and Serpents at the Herpetarium

In our Reptile and Amphibian Exhibition you will find frogs, lizards, geckos and snakes, more than 30 species! In this guided tour, you will be able to observe live reptiles and amphibians inside terrariums with specialized climate control which provides these wonderful creatures a home-like habitat.

Duration: 45 min 7am - 4pm

Included: Bilingual naturalist guide, transportation

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



Canopy Zipline & Hanging Bridges Combo

This Combo is an awesome way to explore the cloud forest! The day starts off with a Canopy Zipline adventure, which is a MUST DO for anybody adventurous that visits Costa Rica! This thrilling high speed, high flying course offers 15 zips as you soar through the air from platform to platform via wheel and harness for a bird's eye view of the rainforest. To top it all off, you can also do a Tarzan swing! The Hanging Bridges offer an amazing glimpse into the canopy of the cloud forest! The hike includes 3 kilometers of terrestrial trails and 8 bridges through the treetops allowing you to view the forest from all perspectives. This fun filled full day tour includes guides, transportation, and entrance to the private reserve.

Duration: 4 hours 7am - 1:30pm

Included: Bilingual naturalist guide, transportation

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

Hanging Bridges + Butterfly Garden + Herpetarium + Lunch

Here visitors will walk on eight different bridges with various lengths ranging between 150 feet (50 meters) up to 510 feet (170 meters) and altitudes ranging between 36 feet (12 meters) up to 180 feet (60 meters). Enjoy a guided walk inside one of the world's largest live butterfly exhibitions with an area of over 29,000 square feet (2,700 square meters). Come and enjoy all the wonders that you may discover in this marvelous World of Butterflies. In our Reptile and Amphibian Exhibition you will find frogs, lizards, geckos and snakes, more than 30 species! In this guided tour, you will be able to observe live reptiles and amphibians inside terrariums with specialized climate control which provides these wonderful creatures a home-like habitat

Duration: 4 hours 7am - 1:30pm

Included: Bilingual naturalist guide, transportation & Lunch

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

Zip Line Canopy Tour + Hanging Bridges + Butterfly Garden + Lunch

You will then be flying through 15 cables and 18 platforms with an optional Tarzan Swing at the end of the adventure. Selvatura Park is one of the longest Canopy Tours in Costa Rica. Also it is the only canopy tour located inside the Monteverde Cloud Forest. Here visitors will walk on eight different bridges with various lengths ranging between 150 feet (50 meters) up to 510 feet (170 meters) and altitudes ranging between 36 feet (12 meters) up to 180 feet (60 meters). Enjoy a guided walk inside one of the world's largest live butterfly exhibitions with an area of over 29,000 square feet (2,700 square meters). Come and enjoy all the wonders that you may discover in this marvelous World of Butterflies.

Duration: 5 to 6 hours 7am - 12pm

Included: Bilingual naturalist guide, transportation & Lunch

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



Coffee Tour 3 in 1

A bilingual guide will lead you through the famous coffee farm, showing the process from plant to cup. This is an opportunity to immerse in a Costa Rican tradition. You will also be able to purchase coffee directly from the Don Juan plantation. We have now incorporated a chocolate tour with our coffee tour to introduce a new and exciting feature and what could be better than the perfect combination between/ of chocolate and coffee; while also contributing towards reviving Costa Rican tradition and culture. On the tour you will be completely immersed for 30 minutes within the world of chocolate enjoying its delicious aromas and learning about its history. You will participate in the chocolate making process and have the opportunity to taste the fruit of the cacao and observe how the small cocoa beans are magically converted into a rich tasting chocolate drink. You will get an insight into the traditional methods that our ancestors used to roast the beans, separate the husks and grind the beans. At the end of the tour you can enjoy the taste of the chocolate you've made in a variety of forms; liquid chocolate, plain chocolate, spiced chocolate and of course, coffee chocolate. Last but not least you get to enjoy a sugar cane demonstration. Here you will learn about the historical reason why many farmers had sugarcane mills on their farms. Together you will extract the sugarcane the traditional way and then enjoy a glass of pure sugarcane juice as well as a few pieces of the cane itself. This 3 hour tour includes transportation, snacks, and coffee samples.

Duration: 2 hours 8am, 10 am, 1pm, 3pm

Included: Bilingual naturalist guide, transportation

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

Night Coffee Tour

Don Juan Night Coffee Tour is a new and UNIQUE addition to our services, which marks distinctions, combining the tradition of coffee with Monteverde's nocturnal activity. You will develop an understanding of the culture and tradition of coffee while immersed within a natural environment full of fun and adventure. The tour begins at 6pm right around the time many nocturnal animals are becoming active. The tour takes place on the Don Juan farm by the side of a river which is home to many species of frogs and toads, their vibrant colors and night calls arousing your senses. You will also get the chance to see a variety of nocturnal mammals and birds on the move. On the other hand you might also spot those that are sleeping peacefully, perched on a branch in the treetops. As well as the amazing nocturnal wildlife you will also get the chance to observe how those tiny coffee seeds are transformed into one delicious cup of coffee. At the end of the tour you will get to enjoy a cup of coffee while absorbed in the pure beauty of Monteverde

Duration: 2 hours 5:30 pm

Included: Bilingual naturalist guide, transportation

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



Birdwatching Tour

Monteverde has almost 50% of Costa Rica's birds. This tour is specialized for bird lovers and those who are not worried about starting the adventure very early in the morning. The tour consists of taking a walk in the forest through trails with easy accessibility with a route of 1 to 3 kilometers and with a duration of 3 hours. Our guides will be in charge of searching with their special equipment for the beautiful birds and make your experience amazing.

Duration: 3 hours 6am

Included: Bilingual naturalist guide, transportation, breakfast, high powered telescope

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, T-shirt, Long pants (short if a particularly hot day), Closed hiking boots or walking shoes, Rain jacket, Insect repellent, Light backpack

Hot Springs and Horseback Ride

Enjoy a relaxing bath in a unique thermal pool in the middle of the forest in Monteverde, in Finca La Lindora, 10 minutes from the center of Santa Elena. The temperature of this thermal spring is around 37 degrees Celsius. To reach this beautiful oasis you will take a 45-minute horseback riding tour, where you can also admire the beautiful landscape surrounding the property. You can enjoy the pool for an hour, then you will return to the starting place again on horseback for another 45 minutes to take transportation back to the hotel. On the way you can choose to stop for a drink and snack included.

Duration: 3 hours 8:00 am, 11:00 am, 1:00 pm, 2:30 pm

Included: Bilingual naturalist guide, transportation, refreshments

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, T-shirt, Long pants (short if a particularly hot day), Closed hiking boots or walking shoes, Rain jacket, Insect repellent, Light backpack

Santa Elena Cloud Forest Reserve Hike

The tour consists of visiting the beautiful Santa Elena Cloud Forest Reserve. Where you will find a great abundance of epiphytes (plants that grow on other plants), which reach their greatest diversity in this medium. Like the beauty of bromeliads, and orchids. The trunks and branches are almost covered with lichens, mosses and liverworts, the latter with greater diversity. Such a density of these and the epiphytes are extremely important during dry periods as they store water that then flows to the lowlands. Part of the funds generated in this reserve are destined to communal and national aid, as this is a conservation area administered by the Santa Elena Professional Technical College. Our transportation and tour guide will pick you up at the previously scheduled time normally 8:30 am.

Upon arriving at the reserve, you will take a walk with our guide on the trail called El Encantado, with a distance of 3.4 km and is around 2:30 hours long. You will appreciate the beautiful vegetation and the possibility of observing the birds and mammals of the area. There is also a view of the Arenal Volcano.

Duration: 2.5 hours 8:30am

Included: Bilingual naturalist guide, transportation, refreshments

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, T-shirt, Long pants (short if a particularly hot day), Closed hiking boots or walking shoes, Rain jacket, Insect repellent, Light backpack



El Tigre Waterfall hike

Now... THIS IS ADVENTURE!

The trail is very well marked and easy to follow. You will pass through 4 big waterfalls and 9 bridges (hanging bridges and natural tree bridges) . The hike is 5.2km, intermediate level. At the end of the trail there will be horses waiting for you to climb this part of the tour and it is about 35 min. No experience needed. A delicious typical lunch is included. You will be able to choose between multiple options (also veggie)

Duration: 3 hours.

Included: Bilingual naturalist guide, transportation

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, T-shirt, Long pants (short if a particularly hot day), Closed hiking boots or walking shoes, Rain jacket, Insect repellent, Light backpack

Do you feel adventurous? Try this!

The zipline bike is the new attraction at El Tigre Waterfalls. You can add the experience to the big hike or the full package and do it at the end of the hike. 3 different cables from 90 to 130 meters long. 70 meters above the river. Are you ready?

This can only be added to the waterfall hike and must be over 15 years of age.

Mountain Bike Tour

This tour takes place on beautiful rarely traveled routes with panoramic views surrounded by mountains and forests. If the weather permits, you can appreciate some volcanoes along the way, such as Arenal Volcano, Tenorio, Miravalles and Rincón de la Vieja as well as the surrounding towns. The transportation will pick you up at the time previously indicated in your reservation. Then you will get your mountain bike and equipment and receive safety instructions and so on from your guide. The level of difficulty on a scale of 1 - 10 is between 5 and 6, so we recommend good physical condition for this sport. Regarding clothing we recommend renting our special uniforms otherwise bring sports clothing that allows you to breathe comfortably preferably pants or shorts. If at any time any of the participants cannot finish the journey, we will call a transport for you, which will have an extra cost depending on the location and will be paid by the participant. The bicycles will be checked before starting the tour, any damages are at the participant's expense. After finishing the tour you will return to your hotels.

Duration: 1:30 to 2:00 hours (15 to 20 km) 9am, 2:30 pm

Included: Bilingual naturalist guide, transportation, bike, helmet, insurance policy

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, T-shirt, Long pants (short if a particularly hot day), Rain jacket, Insect repellent, Light backpack, tennis shoes.



Curicancha Reserve Monteverde

The tour consists of visiting the Curicancha Reserve. This is a new reservation that it is increasingly visited and recommended by different tourists, thanks to its variety of biodiversity. Finishing the walk, you will be able to visit the Cheese Factory and buy from its delicious products, or also, visit CASEM, a crafts store made by local women. When finished, they will return to their hotels by the same route, or to the place where you want them to be dropped off in Monteverde. And thus ends our tour to the Curicancha Reserve.

Duration: 3 hours 7am, 1pm

Included: Bilingual naturalist guide, transportation, snacks, beverages

What to bring: Camera, Hat, Sunglasses, Water, Sunblock, Long pants (short if a particularly hot day), Closed hiking boots or walking shoes, Rain jacket, Insect repellent, Light backpack.