



Guanacaste Activity List 2018/2019

Our Costa Rica Wedding

This document will help you to plan out your activities while in Costa Rica! Costa Rica has a ton to offer from hot springs, to hiking, to white water rafting.

If any questions, please contact the OCRW team at info@ourcostaricawedding.com or 1-877-490-7774.

Guanacaste Activity Catalog 2018/2019

Tour Name (Descriptions of each are in the back of the document)	Adult Rate	Children Rate	Includes (See key below)
Arenal Volcano One Day Tour & Baldí (1)	175	140	E/L/P/D
Arenal Volcano One Day Tour & Ecotermes (1)	199	159	E/L/P/D
Arenal Volcano One Day Tour & The Springs (1)	218	174	E/L/P/D
Arenal Volcano One Day Tour & Tabacón (1)	223	156	E/L/P/D
Barra Honda Caves (Spelunking)	165	165	E/L/P
Beach Tour & Snorkeling	108	97	L/P
Beach Tour & Surf Lessons	180	162	L/P
Borinquen Adventure Day (Canopy + Horseback + Lunch + Hot Springs)	160	112	E/L/P
Borinquen Adventure Day Full (HB+ZL+WAT+HS) (7)	169	118	
Buena Vista Mega Combo Adventure	152	122	E/L/P
Buena Vista Extremo	170	136	E/L/P
Canyon Lodge Adventure Combo	155	140	P
Class 2&3 White Water Rafting & Adventure Rappel (2)	155	138	E/L/P
Class 3&4 White Water Rafting (Tenorio Rafting) (2)	140	140	E/L/P
Early Bird Watching Tour	79	63	P/S
Heliconias Hanging Bridges & Rain Forest Hike	129	103	E/L
Forest & Beach Horseback Riding @ Conchal Beach (10)	90	90	P/S
Horseback Riding @ Papagayo area (5)	90	90	P/S
Liberia City & Shopping Tour	79	63	P
Monteverde Cloud Forest Experience (Coffee Tour & Hanging Bridges)	190	152	E/L/P/D
Monteverde Cloud Forest Experience (Coffee Tour, Sky Tram & Canopy Zipline Tour.)	245	196	E/L/P/D
Miravalles Volcano Combo Tour	150	120	L/P
Nicaragua One Day Tour (3) (5)	195	176	B+L
One Day Adventure Combo Guachipelin	160	144	L
One Day Nature Combo Guachipelin (WF +Serp.+Frog.+BF+HS) (2) NEW!	135	108	E/L/P
Palo Verde National Park Boat Tour & Lunch	105	84	L
Rincón de la Vieja National Park Guided Hike & Liberia CT	105	84	L
Rincón de la Vieja 4 Waterfalls Hike NEW!	129	103	L
Rincón de la Vieja Full Day (Hike + Lunch + Hot Springs) NEW!	145	116	L
Rio Celeste & Tenorio Volcano Guided Rainforest Hike	125	100	L
Rio Celeste, Tenorio Volcano & Heliconias Hanging Bridges	152	122	L
Rio Perdido Adventure Retreat	175	158	L
Safari Float Tour on Corobicí River	120	108	E/L/P
Santa Rosa National Park Guided Hike & Liberia City Tour	105	84	L
Tamarindo Mangrove & Estuary Tour on Boat (6)	79	71	S
Sensoria: Land of Senses	200	160	E/L/P
Vandará Hot Springs and Adventures (Adventure Package)	150	120	E/L/P
Vandará Hot Springs and Adventures (Relaxation Package)	160	144	E/L/P
Pacific Green Turtle Nesting Tour at Night (4)	115	92	S
ATV SUNSET - 1 HOUR - (drive \$68 / passenger \$34)	68	68	N/A
ATV MOUNTAIN TRIP - 2 HOURS (drive \$102 / passenger \$42)	102	102	N/A
ATV GOLDEN COAST - 3 HOURS (drive \$150 / passenger \$56)	150	150	N/A
ATV SNORKELING - 3 HOURS (drive \$116 / passenger \$56)	116	116	N/A
ATV NORTH SURF TRIP - 4 HOURS (drive \$145 / passenger \$56)	145	145	N/A
ATV SOUTH SURF TRIP - 7 HOURS (drive \$154 / passenger \$58)	154	154	N/A
ATV HORSE BACK RIDING (drive \$154 / passenger \$78)	154	154	N/A

ATV CANOPY - 3 HOURS (drive \$154 / passenger \$78)	154	78	N/A
Estuary Kayaking	68	68	N/A
Catamaran Cruise with meal and snorkeling	85	85	N/A
Coastal Kayaking & Snorkeling	70	70	N/A
Surf Lesson (in group, combined with others)	45	45	N/A
Surf Lesson (Semi Private)	65	65	N/A
Surf Lesson Private	80	80	N/A
Stand Up Paddle Board Lesson	65	65	N/A
Stand Up Paddle Board Private Lesson	120	120	N/A
Stand Up Paddle Board Rental for 2 Hours	30	30	N/A
Stand Up Paddle Board Rental Full day	60	60	N/A
Scuba 2 tank (if certified)	105	105	N/A
Canopy Zipline (5)	45	45	N/A
Sportfishing – Please inquire for rates based on # of participants.			N/A

Special Notes

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

Children 0-4 years are free and in some cases, 5-12 years old can receive special rates in some cases- please ask! Note: Children rate applies when minimum quantity to operate the tour has been reached. Otherwise they pay regular adult rate.

All Tours include: Transportation, Beverages, Professional Certified Bilingual Guide, Entrance Fees, Equipment and Insurance.

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

Possible Extra Transportation Fees: Zone 3 / Zone 3: Hiace: \$40 net | Coaster \$80 net. Other areas please quote.

Table Other Information

Includes:

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

Other Activity Requirements:

- (1) Add \$8 for National Park, Add \$16 for Hanging Bridges, Add \$50 For Canopy Tour, and Add \$62 for Sky Tram or Rafting.
- (2) Children must be over 8 yrs, on Tenorio River children must be over 10 yo.
- (3) Minimum 4 pax to operate, Passport must be valid at least for six months before expiring. Bring Original Passport.
- (4) Available from Early November to Late January, Passport Number required. Not available on week 52 of the year.
- (5) Transportation Costs may vary depending on pick up location. Only children over 5 years old.

Tours Descriptions

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

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, I 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.

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.

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.

We include: 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.

We include: 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.

We include: 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.

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

Class 2 & 3 White Water Rafting & Adventure Rappel:

Duration: half day

Description: Rio Colorado White water rafting and rappelling 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 rappel down with certified equipment and 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.

We include: 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.

We 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 this 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, sun glasses and hat.

We include: 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, sun 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, sun glasses and hat, money.

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

Nicaragua One Day Tour.

Duration: Full Day.

Description: Nicaragua is a beautiful country of a very rich culture and a history full of proud and difficult memories. Our journey to our northern neighbor starts very early in the morning to avoid lines on the border. On the other side we will stop for a delicious breakfast near of Rivas city. We continue our way to Granada city, one of the first founded cities in America by Europeans, a colorful place, built on Spanish colonial architecture that nowadays still remains. At Granada we visit the most important monuments of the city on a horse drawn, like Spanish used to do it 200 years ago; we will see the main church known as the “Catedral”, “The Plaza de España” which is one of the best view points for the magnificent Nicaragua Lake and many others; we take lunch on a nice restaurant with a historical view. After lunch we drive towards to Masaya City, a very typical Nicaraguan Town and we visit the active Masaya Volcano and the National park, a natural attraction that we cannot miss on our trip; we finish our stay at Masaya with a visit to the local market when you will have the chance to see the local pottery and pick up a souvenir. We get back to Costa Rica to drop you off at your hotel in the evening.

Departure: 5:00am. **Return:** 8:30pm.

Includes: Transportation with AC, bilingual professional guide, all tours described, entrance fees at the park, beverages, breakfast, lunch and insurance.

What to bring: Passport and ID, comfortable clothes; hat, camera and repellent.

Note: Exit Taxes are included.

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

We include: 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.

Includes: Lunch, Bottle Water and Fruit juice

Recommendations: Hiking or running shoes, camera, spending money, sun hat.

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, sun screen.

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, sun screen.

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

Departure: according to tide

Vandar  Hot Springs & Adventures (Tizate Wellness Self Sufficient Garden):

When nature invites us to be part of it, it gives us its best... Vandar  Hot Springs & Adventures was born at the edge of the Tizate River cradled by the infinite song of its course that harmonizes with the magic sounds of insects, birds, mammals and amphibians. Several choices of activities can be enjoyed by our clients, Horseback riding, Canopy Tour and, of course, our relaxing and gorgeous spa. Relaxing at our hot spring pools or getting a spa treatment, two options from which you cannot refuse. You can also enjoy our garden day or night.

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

Includes: Menu Lunch or dinner, water bottle, fruit juice, guide, transportation, entrance fees, equipment and insurance

Heliconias Suspension Bridges & Rain Forest Hike Tour.

Duration: 7 hours approx.

Located between Miravalles Volcano and Tenorio Volcano, Heliconias private reserve offers spectacular views over the town of Bijagua and Lake Nicaragua offering you the opportunity to experience eco-tourism and nature at its finest. Here you will find a quiet and peaceful atmosphere that provides an opportunity to explore the incredible biodiversity in over 73 hectares of rainforest in our protected private reserve which adjoins Tenorio Volcano National Park. A guided tour through our suspension bridges trail will bring you closer to the wonderful biodiversity of the rainforest, a privileged area for those who love birds and nature. Canopy level bridges will allow you to experience safely the great complexity of the forest from a different perspective. Our guides will teach you many things about the forest and they will help you to identify plants, birds and other wildlife. Being in the rainforest as it wakes up is a dazzling experience you will not forget.

What to bring: Hiking or running shoes, Rain Poncho, binoculars, camera, sun block, mosquito repellent, sun glasses, hat, copy of your passport.

We include: Lunch, water bottle, bilingual guides, transportation and the entrance fee.

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, sun glasses and hat.

We include: 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 – Sunset Tour

Enjoy one of the best sunsets on the pacific coast from a lookout point in the mountains of Tamarindo, from where you can see Playa Langosta, Tamarindo and all the way to Playa Grande. Departure from 8:00 a.m. to 4:30 p.m.

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 – Mountain Tour

This Mountain Tour is considered one of the most exiting trips across the dry forest of Guanacaste region. Incredible views from the top of the mountains and of the wild life will make this tour simply unforgettable. We recommend this trip for the all family. Departure between 8:30 a.m. to 3:00 p.m.

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

Being one of the most popular tours, the Golden Coast ATV tour will lead you through paths of the deep forest, up to the golden beaches or southern Tamarindo. Following the guide you will be able to spot animals such as howler monkeys, eagles, tropical birds and iguanas. The tour is considered for intermediate and experienced drivers. Departure between 8:00 a.m. to 3:00 p.m.

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 – Canopy Zipline Tour

This tour offers 100% guaranteed adrenaline! To reach the location of the canopy tour, you will travel on ATV, through the mountains, rainforest and across small rivers. Once you arrive to the canopy site, you will find zip lines up to 500 meters (approx. 550 yards) long, displaying the beauty of the forest from the top of the trees. We return, on our ATV's back to the same departure point. Departure times from the hotel 9:00 a.m. - 11:00 a.m. – 1:00 p.m.

Duration: 3 Hour Tour

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

This adventurous trip begins for a one-hour ATV trip to Playa Grande, where you 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. Departure according to tide.

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 trespass the forest, cross rivers and have the opportunity to experience being in the heart of nature. The path will guide 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.

ATV/Snorkeling Tour

This exciting combination of land and water brings you to the delight of riding an ATV through the forest with a diversity of ecosystems. Once you reach the beach, the astonishing view invites you to dip yourself in the warm waters. This tour will take you to Playa Real or Playa Mina, where you can snorkel for an hour, and observe the most exotic fish in all sizes, colors and shapes. This trip can also extend itself and lead you to see some typical towns of Guanacaste Province, before returning to our installations.

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.

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

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 for All Customers)

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 must consider 1 hour in round trip transportation, so you can reach Pinilla Town, this is the place where the Zip Line Canopy Tour is located at. You can purchase your best pictures on site if available.

Departure: 8:00 a.m. - 10:30 a.m. – 2:30 p.m. From Tamarindo Headquarters

Duration: 1 hour Tour

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.

We include: 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 balihoos, decoys as baits and for inshore we use live bait. **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 Black Tuna (Atún negro) (which is used as live bait).

Full Day Fishing Trip Includes:

Consist on 8 hrs of Fishing at 35 miles Off shore approximately.

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 at 10 miles approximately, This is in shore near the coast line. Included: bottled water, sodas, beers, all tightly sealed, snacks/cookies.