



Manuel Antonio 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.

Manuel Antonio Activity Catalog 2018/2019

Tour Name (Scroll down document for descriptions)	Adult Rate	Children Rate
Ocean King Catamaran with Snorkel *	85	65 (ages 6-10)
Savegre Whitewater Rafting Class II/III *	95	n/a
Naranjo Whitewater Rafting Class III+	70	n/a
Mangrove Kayak Estuary *	65	65
Mangrove Kayak at Night *	75	75
Sea Kayak & Snorkel *	65	65
Horseback to Tocori Mountain and Waterfall	70	70
Manuel Antonio Natural History Walk	59	59
Manuel Antonio Natural History Walk Deluxe Time	95	95
Carara National Park & Bird Watching *	105	105
Mangrove Boat Tour *	65	65
Mangrove Boat Tour at Night *	75	75
Zip Line & Canopy Tour (Titi)	80	65
Canopy Night Tour (Titi)	90	65
Canyoneering Tour	95	95
Rainmaker Rain Forest Hiking *	99	99
Amphibious & Reptiles at Night	65	65
Fresh Water Mangrove Fishing	390/boat	0
ATV Adventure – Single ATV	99	0
ATV Adventure – Double ATV	129	0
2 Hour Jet Ski and Snorkeling Tour – Single Jet Ski	130	0
2 Hour Jet Ski and Snorkeling Tour – Double Jet Ski	160	0
Surf Lesson (per person, as part of group)	69	69
Private Surf Lesson	80	80
Stand Up Paddle Board Manuel Antonio Coast Line (per person, as part of group)	65	65
Stand Up Paddle Board Mangroves	75	75
Stand Up Paddle Board Surfing Lesson	65	65
Scuba 2 tank (if certified)	109	n/a
Sportfishing – Please inquire for rates based on # of participants.		

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 regular adult rate.

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

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. We review these manuals every 6 months as providers typically do annual updates.

Ocean King Catamaran

The Ocean King Catamaran is a 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 Beizans, 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 of 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 enjoyed 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.

Hours: 9:00 AM and 2:00 PM

Requirements: Any age allowed. 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 rain forest. 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!

Hours: 8 AM – 3 PM – Full day

Requirements: 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.

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



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 when 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.

Hours: 8AM–12PM or 12PM–4PM

Requirements: We strongly recommend that adventurers (adults and children over age 11) be physically fit and prepared for Class IV rapids, water shoes, a bathing suit, sun block lotion, bug spray, towel, and change of clothes.

Includes: Round trip transportation, bilingual guides, safety kayakers, all equipment needed, security, fruits and juice.

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 (Sail Fish) 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 Biezans 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 Biezans Bay. After an unforgettable experience at Biezans, 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, fruits and juice - Single or Double Open-Seat Kayaks Available

Horseback to Tocori Waterfalls Tour

The Horseback Ride to Tocori 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 Tocori 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: 8 AM – 1 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, 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 are compromise to respect and protect our Animals; the limit of the weigh is 230 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.

Hours: 7 AM – 12 PM or 12 PM – 3:30 PM

Ask your guide if you want to stay at the Park after the Tour

Requirements: 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

Hours: 9:30 AM – 1:00 PM

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 Scarlett 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 Carara, 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 Scarlett Macaws. Sighting these colorful over-sized parrots is a primary goal. While we cannot guaranty 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.

Hours: 7 AM – 5 PM

Requirements: Good for all ages, individuals, families or even large groups. We recommend hiking shoes, comfortable clothes for the tropical rain forest, 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

Requirements: 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! Its 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 at Night

Experience the magic of the most exotic nocturnal creatures on this jungle night walk at the wild life refuge of Si Como No. There visitors will have the opportunity to see local reptiles, toads, insects and tree frogs, while immersed in the raucous symphony that fills the night air of this tropical jungle sanctuary. This is a living research laboratory directed by renowned biologist and amphibian expert Jimmy Mata, who with his team of nature guides has created a unique Costa Rican Experience for adventurers of all ages. This is a unique odyssey into the nocturnal world of the tropical rain forest. You will visit the amphibian water gardens and listen to the nightlife of over dozen species of frogs. Exhibits - Amphibian Aquatic Garden the Amphibian Aquatic Nocturnal Garden is a series of waterways and pools ecologically design to provide the different species with an ideal year around habitat to reproduce. Here you will see and learn about the different species of amphibians in their 3 stages of metamorphosis. At night their call provides you with a 5 star live concert that deserves to be listened to.

Hours: 5:30 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 bio-diversity. 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 rain forest, and listen to the songs of the various birds as they glide above your group curiously looking for adventure.

Hours: 8 AM - 12 PM or 1 PM – 5 PM

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

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

Zipline and Canopy Tour Day or Night

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 ziplines 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: 7:00AM / 9:00AM / 11:00AM/1:00PM/3:00PM / 5:30PM

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 and naturalists guides, all equipment needed, great snacks and refreshments.

Canyoning Adventure Tour

This tour combines all the BEST elements of the most exciting adventure tours in Costa Rica beginning with our Skilled Suspension Bridges, Waterfall Rappelling, Our Famous “Monkey Drop”, Inclined Rappel, Tree Climbing Ladders, Canopy Tour Zip Lines and last but not least Tree-Top Rappelling. Included in your ticket price is round trip transportation from your hotel or villa in Manuel Antonio or Quepos. A thirty minute drive from Manuel Antonio or Quepos through the Costa Rican countryside brings you to our base camp. From there you will be taken in a four wheel drive vehicle into the beautiful rainforest which marks the entrance of the tour. Your adventure takes place within 80 acres of protected land. Our adventure course was built with great care so as to be in harmony with its natural surroundings. You will feel immersed within the Costa Rican rainforest and experience its incredible biodiversity. We often encounter Blue Morpho Butterflies, Jesus Christ Lizards, Leaf Cutter Ants and other wildlife. We are always happy to answer any Flora and Fauna questions you may have. During the actual adventure there will be short breaks for refreshing snacks, fruits, tea, and water. After the tour you will be served a delicious “Comida Tipica” – a typical Costa Rican meal!

Hours: 8:00am & 12:30pm

Includes: Round trip transportation, bilingual guide, snacks and lunch

What to Bring: Wear shoes that will stay on your feet. No Flip flops. Also remember to wear and comfortable clothing. We suggest you bring a change of clothes and a towel can be handy.

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 yoyos 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. Min 2 people required.

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

ATV Adventure

Rev up your motors for 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.

2 Hour Jet Ski and snorkeling tour

This is a guided jet ski and snorkeling tour in Manuel Antonio park and surrounding beaches. The tour leaves from Marina Pez Vela in Quepos.

What you might see on the tour:

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

What to bring: Towel, sunscreen, bathing suit, waterproof camera or gopro, cellphone 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 snack served on the tour.

Tour times: 7:30, 10:30, 1:30, and 3:30 (hotel pickup times vary depending on location and are approximately 30 mins before tour time)

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, Lesson surfboard and Rashguard

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

Stand Up Paddle Board Tour

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

Tour Times: Depends on the tides

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

What's Included: Transportation / Snacks / Water/Snorkel Gear

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.

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

Sport Fishing

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

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

****For live bait please check in a day ahead.**

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

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 in shore near the coast line. Included: bottled water, sodas, beers, all tightly sealed, snacks/cookies.