

# ***COSTA RICA TOURS!***

We're going to have a great time in Costa Rica with these awesome tours! These prices represent a discount of at least 20% off the regular rate and in some cases even more.

## **La Fortuna, Arenal Tours:**

**Jan 6th, 4:30 p.m.**

### **Tabacon Grand Spa Thermal Resort Hot Springs with Dinner.**

After our flight and bus ride this is the perfect antidote and a great way to get this trip started. You may have already heard of this resort. It's unbelievable.

There are many naturally occurring hot springs around the world, But the perfect combination of volume, temperature and mineral content (low sulfur content to prevent strong odors) that is present in Tabacon Grand Spa Thermal Resort is unique in Costa Rica and worldwide. Hot springs are considered a natural expression of Earth's inherent energy.



Geologically, Tabacon

Resort's thermal natural springs are 97% rain-based and 3% magma-based. Rainwater enters the earth through fissures on the surface and is then heated by magma found in the earth's core. Once heated, the waters rise to surface, taking with them minerals found in the earth's rocky stratus.

There are three thermal springs that naturally surface and flow in the property at 50 degrees Celsius (122 degrees Fahrenheit). Total volume generated by the three springs is 80 liters per second (approximately 20 gallons / second). In total, there are five different springs that exist throughout the property, with temperatures ranging from 25 degrees Celsius (77 degrees Fahrenheit) to 50 degrees Celsius (122 degrees Fahrenheit).

There are two main branches to the thermal river that flow through the gardens, and one cold river spring that flows down from the rainforest in the back area of the Temazcal. Two more springs are captured for cold water consumption for guest use in the resort. Tabacon was the first Hot Springs resort open to the public in the Arenal Volcano Region, and is still the top rated, most acclaimed and publicized luxury Hot Springs and Spa resort in Costa Rica.

After checking in at our resort we'll bus over to Tabacon to enjoy the springs and a very nice buffet dinner. The restaurant is located at the hot springs resort and features stations with salads, vegetables, different types of meats, pasta and soft beverages.

**Our price is \$75 with transportation.** (reg. \$100 with transportation). We need 30 people to get this special discounted rate. [www.tabacon.com](http://www.tabacon.com)

## Jan 7th, 7:30 am - Pure Trek Canyoning / Waterfall Rappel or Waterfall Hike

### Waterfall Rappel



Join Pure Trek Canyoning as we explore the secrets that lie hidden in the depths of a Rainforest canyon. Since 2002 Pure Trek has been leading the new multi-sport adventure “Canyoning” by rappelling and hiking in the spectacular canyon. You will rappel down some of the most spectacular waterfalls in Costa Rica! You will be moving through a “slot” canyon in a rainforest jungle hidden in the mountains above the



small town of La Fortuna below the famous Arenal Volcano.

”... ”...*The best adventures of Costa Rica*” *Frommers Guide to Costa Rica* No experience needed. Family friendly! *Lunch included.*

**Our price - \$80 (reg. \$103)**

### Jan 7th, 10:00 am - Waterfall Hike La Fortuna Waterfall Hike.

Set at a short distance from the town of La Fortuna, the La Fortuna waterfall emerges from dense jungle greenery before plummeting some 200 feet (65 m) into an emerald pool below. The La Fortuna Waterfall offers some of the most gorgeous scenery in all of Costa Rica. The 70-meter ribbon of water falls into a great swimming hole, surrounded by lush tropical forest, protected by the local conservation project.



Those that have brought along swimming suits and a hearty sense of adventure can swim in the chilly water below the fall. Others can enjoy a picnic along the rocky shoreline or a round of nature photography – indeed; it’s hard to take a bad picture in a place as beautiful as this.

**Our price - \$25 with guide, entry fee and transportation (reg. \$59).**

### Jan 7th, 4:00 pm - SUNSET LAKE CRUISE

Enjoy a pleasant sunset on **Arenal Lake** and breath taking views of the **Arenal Volcano**. **Arenal Lake** is a place that offers many natural attractions and from which you can watch the **Arenal Volcano**. Due to the beauty of the landscapes and lush vegetation, **Arenal Lake** surrounding areas have become an excellent spot for boat rides.



In this two hours boat ride you will have the opportunity to see a huge variety of birds such as “**Flycatchers**”, “**Kingfishers**”, “**Anhinga**” and mammals such as **monkeys**, **coatis** and **sloths**. During the trip our guide will give you all the information about the area. Includes naturalist, drinks and fruit. Alcoholic drinks are welcome! After our tour we will be taken to a nice restaurant for a group dinner (not included - more info to come). **COST:** Our very special group rate on this tour is **just \$35** (reg \$99)!

### Jan 8th, 8:30 am - White Water Rafting Toro River Class III-IV



Join us for a great day of rafting! Set deep in the Costa Rican rain forests and fed by waters from the Poas volcano, the Toro river winds 13Km (about 9 miles) through the canyon filled with dramatic scenery and heart pumping excitement. The Toro River offers some of Costa Rica's best white water with big waves, technical rapids and continuous whitewater.

Our journey begins with a 1 hr scenic drive through the Eastern portion of central Costa Rica through the beautiful pineapple, papaya and yucca fields with Volcano Arenal set in the backdrop. Once we reach our destination, our trained/skilled guides will review the rules and safety guidelines for the river to familiarize yourself with your job as paddlers then we will take the *PLUNGE* and head down river. We will enjoy the spectacular scenery and a thrilling ride. Halfway through our journey we will "re-fuel" on the river bank and enjoy some delicious tropical fruit while soaking in the tropical surroundings. At the end of our journey, a cold drink and dry towel will await you before a short ride where you can change into dry clothes and have a *delicious Typical Costa Rican lunch* and transportation included.

**Our price - \$65 (reg. \$90).**

### Jan 8th, 1:00 pm - Pure Nature Safari (Floating Experience):

Experience the peacefulness of the forest floating down the Frío River with the opportunity to observe plenty of wildlife along it. Many different animals such as monkeys, sloths, iguanas, turtles, caimans and numerous bird species can be spotted.

Our boat doesn't use a motor, so, you can enjoy the sounds of nature as we paddle down the river offering you the best opportunity to take marvelous photos. Our naturalist guide will help you to find the secret living treasures of this world and describe them to you. At the end **we will share a very unforgettable experience with a real Costa Rican Family** while eating some homemade snacks at their farm and practice some Spanish with them (Spanish Lessons are free!!!).

**COST: \$50 (reg. \$72)**



### Jan 9th, 8:30 am - Horseback Riding to Arenal

For horse-lovers and those who wish to enjoy the most fascinating scenery in the Arenal Conservation Area, our one hour horseback ride is perfect. This tour is apt for beginning and expert riders. Our professional, experienced, bilingual guides will carefully choose the right horse for you and give you all necessary instructions to teach you to control your horse. All of our horses are calm, manageable, and well trained for this type of activity. Our clients will enjoy speeds apt for the least experienced of the group, or have the



opportunity to join a group that better matches their riding level. Inform your guide of your level of experience.

The trails gradually go up through the farmlands, where you will discover the biodiversity that surrounds you including a variety of ferns, bromeliads, woodlands, sugar cane, green pastures and an excellent view of giant trees such as the "Higueron". Finally, we will reach the Silencio Observation Point, where you will have the opportunity to view the magnificent Arenal Volcano and its dry lava trails from prior eruptions. Be sure to have your camera ready to capture this awe inspiring sight. After which, we will ride back to the stable, taking the same route down.

**COST: \$55** (reg. \$69).

### **Jan 9th, 10:00 am - Arenal Hike**



The Arenal Volcano tour transports guests to the active northwest side of the volcano. The tour begins with a hike and depending upon which side of the volcano the lava is flowing, we go either to the trail "Los Tucanes" at the National Park or Mirador El Silencio..It is possible to observe a great variety of plants, wildlife, magnificent lava rock formations and the Arenal Lake.

During the tour, our experienced guides will provide interesting and educational information regarding the history of the majestic mountain and the Arenal Volcano

National Park. The tour concludes with a relaxing stop at the mineral hot springs.

**Our price is \$35** (reg \$64) **with the guide and transportation**

### **Jan 9th, 2:00 pm - "The Springs" Spa Resort and dinner.**

With a spectacular view of the Arenal Volcano, natural hot and cold springs, four unique dining experiences, and an impressive full service Spa, [The Springs Resort](http://springscostarica.com) and Spa at



Arenal promises to overwhelm you in every aspect of quality, service and design. There are optional activities at this resort including some kayaking or tubing down the river at their Club Rio. A free shuttle is provided. Check out <http://springscostarica.com/club-rio-outdoor-center.php> or you may want to try a massage at their spa!

[http://springscostarica.com/spa\\_fitness\\_center.php](http://springscostarica.com/spa_fitness_center.php)

We went in here on our last trip to Arenal and everyone really enjoyed it. The Springs offers a free tour on Jungle Cats of their preserve for wildlife viewing. They care for a Puma, seven ocelots, twenty three margays, and two jaguarondis, along with Capuchin monkeys,

Squirrel monkeys and assortment of other animals. This tour is at 4 pm every day and departs from the hotel reception area.

**OUR PRICE: \$65** with transportation, entry fee and dinner

### Jan. 10th, 8:30 am – ATV ADVENTURE TOUR



Our adventure begins into our private farm located next to the volcano and National Park. Here you will be introduced to our professional bilingual guide, who will give you all the information you need to begin your adventure on top of your Quad. The tour begins

with instructions on how to operate the vehicles and safety rules. Then you will start your adventurous ride through the tropical rainforest. This is an experience you will never forget! Some loony turns, wild jumps and a lot of adrenaline running through your body – all safe --. You will trek through roads which can only be accessed by ATV. The ATVs are brand new Honda 420 models, which are in excellent conditions and give you the opportunity to access areas otherwise unavailable. **OUR PRICE:** \$79 for your own or \$50 to share

**INCLUDES:** Transportation, water, Honda 420cm2 ATV, goggles and helmet.

To Bring: Comfortable clothing, closed shoes, sunscreen if sunny.

## Manuel Antonio Tours:

Jan 11th, 9:00 am -

### Manuel Antonio National Park Tour

With the establishment of Manuel Antonio National Park in 1972, the people of Costa Rica decided to preserve for future generations one of the most beautiful and bio-diverse areas in the world. Although it is the country's smallest national park, the stunning beauty and diversity of wildlife in its 4.249 acres is what makes this place a must see for every visitor in the country.



Manuel Antonio offers a charming combination of rain forest, beaches and coral reefs. This beautiful park is home to sloths, three species of monkeys (white faced, squirrel, howler), iguanas, and millions of colorful little land crabs. Some of the trails afford spectacular ocean views. Our naturalist guides will take you on an amazing jungle experience.

Walk for about 3 miles on easy trails searching for unique animals and plants. During our tour you will learn about the symbiotic relationship between many animals and plants. Let us help you get your own "national geographic" type photos with your digital camera through any of our top of the line spotting scopes. There is a beautiful beach at the end of this tour so you may want to come prepared with your suit and towel to spend the day.

<http://costa-rica-guide.com/Natural/ManuelAntonio.html>

**OUR PRICE:** \$30 pp with entry fee and 2 guides

### Jan 11th, 1:00 pm - Canopy Safari Tour

Sail high above the rainforest canopy and experience Manuel Antonio's most popular adventure sport: the canopy zip line. This exhilarating tour was actually invented in Costa Rica, and has since been featured on the Discovery Channel. This is an adventure for people of all ages and interests, and is certainly one of the highlights of Costa Rica.



*Now featuring: 18 platforms, 10 zip lines, 2 repel lines, one suspension bridge, One "Tarzan swing", a butterfly farm and serpentarium!!!*

Canopy Safari provides tourists a unique activity and ecological experience, and almost anyone of any age can participate! Young children can be carried by the guides. You do not need to be in great physical condition and it is not strenuous. This tour offers an adventurous tourist the opportunity to ascend into the forest canopy and see jungle life from a perspective available previously to only a select few researchers and photographers

Our company objective is to provide tourists a unique activity and ecological experience while at the same time helping to aid in the preservation of the world's endangered rainforest through direct financial support to conservation, education, and reforestation efforts. *(Snacks included)*. **Our price - \$65 (reg \$85)**.

### Jan 12th Your Choice: Mangrove Kayak at Damas Island or Rafting Savegre River Class III



#### **Mangrove Kayak at Damas Island.**

Quietly explore the protected estuaries of Damas Island. Easily paddle the lush mangroves to watch the abundant wildlife which includes many shy birds, mammals and reptiles that live in this tropical habitat known as the mangrove. Immerse yourself in indescribable beauty, where nature reveals its flawlessness. In the



mangrove, everything flows harmoniously; the blend of fresh and salt water, the diversity of the most extraordinary plants and the wildlife in its entire splendor. This tour will show you nature's unparalleled wonders, just 10 minutes from Manuel Antonio. The canals lead you on a ride through nature and time... let the current carry your kayak through this miraculous experience! Paddle protected inland waterways, a perfect place to learn this magical way of exploring coastal mangrove areas and seeing wildlife. None of this trip is in the open ocean and the pace of this trip is according to your abilities. **Our Price \$55 (reg \$69)**. *Lunch included.*



#### **White Water Rafting Savegre River Class III**

The road trip to the rafting site offers picturesque views of African palm plantations, little towns, small rivers and jungle vegetation. Your guide will gladly tell you all about the things you see along the way. Occasional stops will be made for bathroom breaks or to take photographs.

Upon arriving at the put in you will receive a safety talk and an opportunity to practice before getting into the river. The rafts in this Manuel Antonio tour are built for 6 passengers and guides will travel in kayaks alongside you to ensure your safety. Savegre River boasts class 3 rapids and is filled with bends and turns of excitement.

You will spend approximately 2 ½ hours in the raft taming the rapids, taking occasional pit stops to rest and admire some of the region's beautiful flora and fauna.

Towards the end of this Manuel Antonio tour, the river waters become calm and easy, allowing you to take a closer look at birds flying overhead and colorful vegetation adorning the shoreline.

Your drive back to base camp will be much shorter, you will arrive in about 30 minutes where you can change your clothes and savor a *delicious homemade lunch*. Upon completing this Manuel Antonio tour transportation back to your hotel will be provided. This river boasts class 3 rapids all year long, during dry season it also boasts some class 2 rapids. **Our price - \$79** (reg \$99).

### Jan 13<sup>th</sup> Your Choice: ATV tour or Horseback Riding Tour.



#### **ATV Tour (12 slots available for each tour time 7.30 AM - 11.00 AM)**

After hearing our safety & security instructions, drive your own fully-equipped Honda ATV into the rugged mountains, where your professional bilingual guides lead you through rustic tropical settings, unpaved roads, giant African Palm Plantations, real working cattle farms, and typical Costa Rican towns like Naranjito, Londres, Villa Nueva and Esquipulas.



Reward yourself by indulging in different natural swimming holes along the gentle river banks of the Gallega River, where you can swim in refreshing, crystalline waters.

Send your exotic journey with a *delicious Tico-style meal* at our private Finca Anita, while viewing stunning mountain vistas and Costa Rica's unique tropical ecosystem – all beautiful at any time of year. They do not recommend 2 people sharing due to the terrain. **Our Price: \$79 (reg. \$110).**

#### **Horseback Ride Tour in Manuel Antonio Area. (18 slots available)**

Your tour starts on the picturesque property of Londres that includes stables, an open air waiting area and bathrooms. Here you will receive riding instruction, safety tips and practice time, before heading out to explore the rainforest. This Manuel Antonio tour allows you to uncover the exotic secrets that lie within this secondary rainforest. Your horse ride lasts approximately 2.5 hours round trip and it will be highlighted by views of the valley, verdant vegetation and numerous wildlife species such as birds and reptiles. You will cross many small rivers and view several spectacular waterfalls.





At the end of the trail there is a beautiful waterfall where you will be able to rest for about 30 minutes. You can lounge on the grass or take a swim. When we reach Londres at the end of the tour you will be served a delicious lunch made with local ingredients and enjoy a little conversation before heading back to your hotel. **Our Price: \$60 (reg. \$72) - Lunch included.**

<http://www.horsebacktour.com/Tours.html>

## Jan 14<sup>th</sup>, 1:00 pm WHALE & DOLPHIN WATCH AND SNORKEL TOUR



Our tour is a walk down the coast of Costa Rica, Manuel Antonio in Quepos, which includes all inclusive, excellent drinks (alcoholic and nonalcoholic), delicious fruits and 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 to all our wonderful activities. Our tour includes a stop in the beautiful beach *beizans* one of the best areas in Manuel Antonio to make the snorkeling, which is included in our package for your enjoyment.

Our tour also includes the search of dolphins and whales as well as the amazing enjoyment of the sunset in Quepos and Manuel Antonio.

Then you have enjoyed all our tour we return to the Marine Pez Vela in Quepos where you will be pick up by our transportation that will take you back to your hotel or destination

The Ocean King catamaran is 100 feet long, it's brand new and have all the amenities for your satisfaction.

Ocean King has:

- two jacuzzis for more than 16 persons
- two giants trampolines
- two crossslides
- a giant bar
- a main area for more than 100 people
- a second floor for more than 150 people
- four bathrooms and four showers
- four rooms and a living room.

**NOTES:** If you're picking between the ATV tour in La Fortuna and Quepos, I'm told the one in Quepos will be more challenging.

If you're picking between the river rafting in La Fortuna and Quepos, the one in La Fortuna is more challenging.

**SEE ATTACHED TOUR SIGN UP FORM AND  
PLEASE SIGN UP BY DECEMBER 1st**