

Manuel Antonio Vacation Rentals TOUR MENU



Be sure to take advantage of all that Manuel Antonio has to offer during your short stay in the area. With so much to see and do, planning ahead could make the difference between a relaxing week, and going home feeling rushed. Let us help customize the right itinerary for you.

To book all Tours, call Susan at 8913-9415

White Water Rafting

"Such an epic day! The crew was amazing and the rapids were incredible."

Naranjo River

The Naranjo River has two different runnable sections. From Mid-April until the end of November, you can run the lower river. The Naranjo blasts out of the mountains crashing through rocky gorges. Even after breaking into the open valley, it remains aggressive throughout its course to Londres town. Below Londres the lower sections of the Naranjo River gradually settle as they flow towards the Pacific. This trip is for first time or experienced paddlers looking for challenges at class III-IV rapids

Minimum Age: 12 years

Price: \$79 + tax per person Deposit: \$20 per person

The Naranjo River - EL CHORRO

From January through May you can run the Upper river, known as El Chorro. The upper section is available for rafting only during the dry season, and is considered to be some of the greatest and most challenging rapids in the country. This trip is for experienced paddlers looking for challenges at class IV - V rapids.

Minimum Age: 15 years

Price: \$99 + tax per person Deposit: \$20 per person

Trip time: 3 ½ - 4 hours (½ day) Two tours daily: 7:00 am and 11:00 am Includes: Transportation, full meal after tour & a fruit snack at the river Cash & Credit cards accepted



"Our family had a terrific experience on the Rio Sevegre. Our kids (ages 7 & 11) loved every minute, and were able to handle paddling without problem."

Savegre River

A trip of unsurpassed beauty, lush vegetation, gorgeous scenery and exploding white water await you.

The Savegre River is a magnificent stretch of coastal white water that begins its clear water course by winding out of a sparsely inhabited valley covered with jungle vegetation.

This, the most beautiful river in the forest, will bewitch the adventuresome beginner and the experienced rafter alike. Fruit snack & water will be served on the riverbank.

This river runs tours all year long

3/4 Day Trip: 7:00 am -2:00 pm

Allow for 1-hour scenic drive to Savegre River and 30 minutes on the return.

Includes: breakfast, lunch & transportation

Price: \$105 + tax per person Deposit: \$20 per person

Cash & Credit Cards accepted

El Santuario Canopy Tour

"Not just another tourist attraction, El Santuario Canopy Adventure features Central America's longest dual zip lines"

Zip lining

More than 500 acres of rain forest make up the El Santuario property, and include primary and secondary jungle. Our "Sanctuary" gives you a glimpse into the amazing bio diversity of the rain forest.

Climb up a Lechoso tree, zip off the platform in the Chilamata and see the orchids growing all up and down the trees, and rappel down the side of the giant Ceiba tree. Butterflies and hummingbirds will join you as you relax in the rancho at the beginning and end of your zip line adventure.

The tour features Costa Rica and Central America's longest zip line at over 4,300 feet (yes over 8/10's of a mile!), 14 Tree platforms, 6 hanging bridges, 3 nature walks, 1 double belay rappel, 10 double anchored ziplines totaling over 3.6 kilometers in total length. The touch-less system allows the rider to relax and enjoy the zip line ride without the worry of braking themselves at the end of the lines. Same adrenaline, more safety! 2 Tours Daily: 7:00am or 10:00am

Includes: Lunch & transportation

Minimum Age: 5 years old

Price: \$80 + tax per person Deposit: \$25 per person

Cash or credit cards accepted

Canopy Safari Tours

"A full-blown adventure tour!"

Zip lining

With 20 platforms, 11 zip-lines, 2 repel lines, Tarzan swing, Superman line, quick jump, suspension bridges, and spectacular walking trails through the jungle, the trip begins with an amazing drive through the tropical rainforest where you will have the opportunity to spot toucans, Titi monkeys, poison dart frogs, and more!

You will arrive at the ranch house set on a mountainside with a spectacular river in the background. Here you will be served breakfast or lunch depending on your tour time. You will then sail through the treetops of the tropical rainforest canopy, zipping over the trails far below.

Expert guides will lead you in this exciting adventure into the heart of the rainforest. From the 11 exhilarating zip lines to the 2-pulse pounding repel lines & a Tarzan swing, plus the brand new Superman line, you are guaranteed a thrilling adventure!

Now featuring a Butterfly Farm, Caiman Pond, and Serpentarium.

Three tours daily: 7:30 am and 1:30 pm

Trip time: 5 1/2 hours

What to bring: Hiking boots or secured shoes, long pants or long shorts

Includes: breakfast or lunch & transportation

Price: \$80 per person Deposit: \$25 per person

Cash or Credit Cards accepted

Titi Canopy Night Tour

"I loved being in the jungle at night and listening to all the different sounds. We even had a possum on our line that needed to be cleared off!"

Zipline Night Tour

If you like to enjoy an exciting and different tour, Titi Canopy night tour is one which can be enjoyed by people aged 4 years and up.

The Canopy tour property actually connects to the biological corridor which is the Manuel Antonio Park. A rare opportunity to surround yourself by jungle in the dark and possibly encounter some of the many nocturnal animals that live in the Manuel Antonio Park area.

There are 22 platforms, some built on the ground and the others hang 90 feet above it from robust trees in the primary forest, with ages ranging from 100-200 years. There are 12 cables, a Tarzan swing and an optional rappel line.

To book this Tour call Susan 8913-9415

Tour Time: 5:30 pm

Trip Time: 3 1/2 - 4 hours

What to bring: tennis shoes or secured shoes, long pants.

Includes: transportation and dinner

Price: \$80 + tax per person. Deposit: \$30 per person.

Cash & Credit Cards accepted

Day time tours also available at \$80 per person

ADR Adventure Parl

"There's nothing like it anywhere!"

10 in 1 tour

Immerse yourself in the forest of San Antonio de Damas, and let us take you on an unforgettable adventure through the jungle! This ten in one tour is for the true adventurer looking for a new challenge.

Begin the journey by HUMMER while you travel down the barrel of a river. After the ride, we will have a 10 minute hike through our nature trails before we get to our main Quarters. Here our guides will give you your special equipment and instructions.

Now, let the Fun continue and rise as we will take you hiking VIA FERRATA, which means that you will be walking at the borders of the canyon, attached to the walls by special ropes. While you walk down the Canyon of Río Damitas, you will find the first RAPEL; this is a small one of just 13 meters. From here you will continue and fly over a waterfall in our first ZIP LINE of 35 meters.

The next one will make you go through a waterfall and FREE FALL into a pristine pond. Here you will find a new RAPEL, that leads to a new ZIP LINE of 30 meters that will take us to our CAVING LADDER which is an ascent of about 6meters that will get us to 'La Gallerial' our natural platform from where you do a mix of RAPEL AND ZIPLINE from the top of a waterfall (about 60 meters).

From here you take the last CANOPY ZIP LINE of 150 meters from the top of the waterfall to a tree platform. And here you have the final RAPEL from the tree top to the river side (25 meters) Departures: 7:00am or 10:00am

Reservations: Limited to 10 people per tour

Includes: Transportation, breakfast or lunch, bilingual guides

What to bring: Wear long or short pants with closed toe shoes (Keens are perfect), and plan on getting wet. Bring dry clothes for the ride home

Price: \$130 + tax per person Deposit: \$30 per person

Waterfall Climbing and Rope Course Adventure

"Here is an activity for the adrenaline seekers."

Mixed Activity Tour

Combine waterfall climbing and rappelling with a few zip lines, a hanging bridge, and a plunge into the pool at the base of a waterfall for a day full of excitement and adventure. The tour requires some upper body strength and stamina, and a desire to challenge yourself with something new.

You will climb in the trees and zip line your way to the top of the 90 foot waterfall, so that you can rappel down, climb back up and rappel back down again. Hike through the jungle to the second waterfall for a "monkey drop", a guided plunge down 45 feet into a refreshing natural pool for a chance to relax and enjoy. A short ropes course leads you to the final rappel down a tree, 45 feet to the base. From here head back to the ranch for a lovely typical meal before heading home.

To book this Tour call Susan 8913-9415

2 Tours daily in high season 7:00am or 12:00pm

One departure in low season 8:30am

Trip Time: 5 hours

Includes: Transportation, meal, snack, guides and equipment

What to bring: Comfortable clothes to get wet, and a change of dry clothes, towel, repellent, sturdy shoes either tennis shoes or water sandals with a closed toe.

Minimum age: 8 years old

Price: \$95 + tax per person Deposit: \$25 per person

Off Road Maverick Tour

"This is your chance to drive a Can-Am Maverick through the Costa Rican rainforest. Get muddy and have fun!"

4 person ATV vehicles

This is no boring sightseeing ride...there is NO other tour like this! Don't miss out on this once in a lifetime opportunity!

We keep the tour groups small to allow the guides to customize the tour and maximize your experience! Reserve your tour now and lock in this

adrenaline-fueled Costa Rican experience!

Go over bridges, through palm plantations and the rainforest, cross a river (water level permitting) and up a mountain to a beautiful 450ft waterfall. Take a swimming break and have a snack before heading back. You might even encounter monkeys & toucans! You can't do this at home...so get your camera out and take those Instagram-worthy photos!

This is a great option for families interested in an ATV tour, but the kids aren't yet old enough to drive.

Tour duration: 4 hours

Tour times: 7:30a.m. & 12:30 p.m. Green Season: morning only tours.

Minimum people per tour: 1 person Maximum: 12 people

Includes: Bi-lingual guides, safety equipment, snack, and transportation

What to bring: Camera, swim suit, shoes that will stay on your feet that can get wet

Price based per Maverick: \$490 for one or two people, \$350 for three or four people,

Deposit: \$25 per person

eler Adventure Tour

"One of the most highly talked about adventure tours."

All-Terrain Vehicles

Drive 30 minutes outside of town up into the mountains where your tour begins. You will receive instructions and be given your 4-wheeler. Follow a hair raising guided tour up into the mountains surrounded by lush rainforest, through streams, and along rivers. You will not believe how fresh the smells are and how big the plants and flowers are in this climate.

You will then stop, take a short jungle hike to a waterfall with a natural swimming hole. After cooling off at your leisure, you then jump back on your 4 wheelers for another exiting ride through the jungle and return to the rancho where you will be served a delightful "Tico style" lunch.

To book this Tour call Susan 8913-9415

2 Tours Daily: 7:00 am/12:30 pm.

Trip time: 4 hours

Includes: transportation and lunch

What to bring: Bathing suit, towel & camera

Minimum age for drivers is 16

Price: \$110 per ATV one person only or \$140 per ATV double riders Deposit: \$20 per ATV

Cash & Credit Cards accepted

Jungle Buggy

"The perfect adventure for the entire family."

Our very unique "Go anywhere, ATV Limousine" is the perfect way for your entire family or group to travel through the jungle, relaxing and taking in the sites while sipping on your favorite beverage — as getting there is part of the adventure.

Enjoy the diverse beauty of the Country as we venture deep into the Costa Rican rainforest, traveling through the palm plantation, crossing streams, past local towns on our way to one of the most beautiful waterfalls in Central America.

After our 4-wheel excursion, we will arrive at the top of the mountain where we will encounter a short hike to a thrilling and heart pounding 400 foot long suspension bridge that leads to two incredible waterfalls that drop into an 8 meter deep natural swimming hole.

After a brief swim (if you like), we will get back in the Buggy and travel a short distance to one of the most incredible views in the world looking out over the Savegre river, Rafiki Lodge and the Pacific Ocean. Few people have witnessed this unbelievable view!

On our return we will stop for an amazing Costa Rican lunch and take in more of the sheer beauty of the Jungle while keeping our eyes open for Monkeys, Toucans, Scarlet Macaws and many other Costa Rican animals.

Tour time: Flexible, but typically leave by 9:00 - Approx. 5 hours

What to bring: Hiking shoes, swimming suit and towel (if you want to swim), camera, Sunglasses and a big smile!

Minimum 4 people and can accommodate up to 7 guests maximum in one buggy

Maximum tour size: 14 people. Ask about pricing for larger groups.

Price: \$110 per person. Deposit: \$20 per person.

Deposit forfeited with cancelation less than 7 days before tour

To book this Tour call Susan 8913-9415

Cash only

Los Campesinos Waterfalls and hanging bridges

"Stunning. We were led along the jungle road by a blue morpho butterfly. We found that very special."

Tour like a Tico

A hiking adventure for the whole family. Cross hanging bridges, Swim beneath stunning waterfalls, and admire exotic plants and animals in this protected eco reserve, a community project.

After the hike, you will be the guests in the home of reserve residents Victor and Corona Mora. While Mora prepares a home cooked meal, Victor will show you through the gardens of fruit, vegetables, and herbs, and teach you how to press fresh sugar cane juice. A great combination of natural beauty and appreciation for traditional Costa Rican Culture.

The trails are well defined and moderately steep in places.

To book this Tour call Susan 8913-9415

Departure: 9:00am back at 3:00pm

Includes: Transportation, breakfast or lunch, bilingual guides

What to bring: Wear comfortable clothes, a bathing suit, and shoes for hiking that can get wet. Bring dry clothes for the ride home.

Price: \$85 per person Deposit: \$20 per person

All Day Waterfall Tour

"Off the beaten track find waterfall slides, caves and unspoiled beaches."

Come with us on a full day of adventure. We will be on the ocean, in the jungle, jumping from waterfalls, sliding down waterfalls, exploring caves and adventuring in Costa Rica unlike any other tour.

We will start the day by heading south to explore some of our favorite places in Costa Rica. We will be seeing 3 waterfalls, all of which you can jump from, and at each of these spots are places to explore as well.

We will also visit an almost secluded beach that is outlined with caves and palm trees. This tour is for the adventurer who wants to get away from the crowds and truly see what Costa Rica's hidden side has to offer. Better than exploring on your own, because the guides will uncover secret spots, lead the way, and show you how to navigate the falls if you want to climb or jump.

To book this Tour call Susan 8913-9415

Duration: Full Day

Tour Time: 10:00am

What to Bring:

Shoes or Rugged Sandals (NO Flip Flops), Camera, Towel, Sunscreen, Bug Spray, Extra Set of Dry Clothes

Included:

Transportation, Lunch, Natural Fruit Drink, Snacks, Water

Availability: 20 people maximum, 4 people minimum

Price: \$130 + tax Deposit: \$30

Fill the bus or add \$30 per person to make the tour private

Add **\$30** per person to include a Paddle Board session too!

Nauyaca Falls

"Two powerful waterfalls, one amazing experience."

The largest of the area's waterfalls, just an hour south of Manuel Antonio, Nauyaca waterfall can be explored several different ways.

The traditional tour is on horseback with an early morning start, and larger groups. Transportation is not included, so ask for pricing based on your group size.

The adventurous way to see these majestic waterfalls would be to hike in with a guide, a little later than the horseback riders, so that the waterfall pools are not at all crowded. These guides love to cliff dive, and are happy to lead you up the face of the waterfall, if you feel the urge. No safety lines, or security measures, so it's a very personal decision for anyway interested in big thrills. The walk in is at least an hour, mostly uphill, and very scenic. This a fantastic option for hikers who like to combine activity with a work out.

People interested in the falls, but not so inclined to work out may be happier choosing the secret VIP option. This private back entrance to the property makes the falls an easy 20 minute walk away. Same amazing end result as you arrive at this wondrous waterway, with very little effort.

Work directly with your concierge for schedules and pricing based on your group size.

Luna Vida Tours

"Luna Vida is Cara's vision to connect more people to nature so that they may thrive via new experiences in adventure, wellness and community."

Mirror Waterfall and Naranjo River

This beautiful excursion is designed for hearty and experienced hikers who want to to be guided off the beaten path for an unforgettable Costa Rican experience. Take a rugged Waterfall hike in pristine rainforest. Swim in the pool at the base of the waterfall. It is better than a spa as the water falls all around you. Dry off and make your way to Dona Luzin's cozy campesino home to enjoy a traditional Tico meal made by Dona Luzin herself. It's a cultural experience of the time honoured Costa Rican way of life. After your meal you can even dip in the beautiful Naranjo River at her private farm.

Tour time: 8:00 am

What to bring: Long pants or Long shorts, walking shoes, insect repellent & camera, suncreen and bathing suit

Tour Length: 6 hoursDifficulty: ChallengingTo book these ToursPrice: \$100 per personcall Susan 8913-9415Deposit: \$20 per person

Hanging Bridges and Giant Patacones

Los Campesinos is a local project of hanging bridges around a 220 foot waterfall in a rural community providing outstanding hiking deep in the mountains. Hike from Los Campesinos, up and over the mountain and across the Savegre suspension bridge to the village of Santo Domingo forming a loop excursion instead of back and forth. As part of the hike, take a dip in refreshing swimming hole at the base of the waterfall.

Experience a trapiche and enjoy fresh fruit with one of the founders of the project. Wrap this unique experience up with a delicious and interactive lunch in a local home with our long time friend, Dona Edith.

Tour time: 8:00 am

What to bring: Long pants or Long shorts, walking shoes, insect repellent & camera, suncreen and bathing suit

Tour Length: 6 hours Difficulty: Intermediate

Price: \$110 per person Deposit: \$20 per person Cash or credit card accepted

Birding

"Costa Rica has approximately 850 bird species, 600 of which are non-migratory."

This tour starts early in the morning, 5:00a.m. so we can be there at sunrise.

Villa Nueva is 40 minutes driving outside of Manuel Antonio, from Villa Nueva to the highest part of Esquipulas it is covered by tropical wet forest, premontane rainforest, and premontane wet forest. Here moss, epiphytes, and tree ferns are luxuriance.

The large trees reach 100ft (30m) and are so loaded with epiphytes that branch falls and tree falls are frequent, producing an irregular canopy with many gaps.

The understory is composed of soft woody shrubs large-leave herbs, palms, and fern. This habitat is home for around 350 bird species.

Birding here is great, among the most common bird species found here are White Hawk, Red-lore Parrot, White-crowned Parrot, Bayheaded Tanager, Green Honeycreeper, Yellow-crowned Euphonia, White-necked Jacobin, and Great Antshrike just to mention a few. Tour time: 5 hours total

Pick up time: 5:00 a.m. Return: 10:30a.m

What to Bring: Comfortable walking shoes, suntan lotion, sun block, camera, sun glasses, hat

Includes: Transportation, breakfast, and bilingual guide.

Price: \$85 per person, Deposit: \$10 per person

Cash Payment Only

Manuel Antonio Nationa Park Tour

"Ht's all about the guides. It's just amazing how they are able to spot animals we never would on our own."

Manuel Antonio National Park

Manuel Antonio National Park is the most visited park in the country. Drawing visitors with its white sand beaches and amazing wildlife, the park is a must see destination for anyone visiting the area. Combining primary and secondary tropical rainforest, the park is home to 109 species of mammals and 184 species of birds. You can feel free to follow the hiking trails and explore the park on your own.

A more comprehensive understanding of the delicate ecosystem can be obtained with the help of a trained naturalist guide. The park guides visit the park daily, and are very in tune with the patterns of movement of the animals, meaning that they know exactly where to look to find the varied species. They have superior scopes and binoculars for enhanced viewing, and extensive wildlife knowledge.

Please note: The park is closed on Tuesdays. And visitors can no longer bring single-use plastic bottles or snacks into the park. Please pack your reusable water bottle and you can get food and snacks in the park itself. Tour time: Your choice, although early morning is best

Includes: transportation, park admission fee, light refreshment

What to Bring: walking shoes, light clothes, bathing suit/ towel, binoculars & camera

Price: \$55 + tax per person. Deposit: \$10 per person

Private tours available. Ask about pricing.



"The Costa Rican mangrove is unique to the rest of the world; a vital aspect of nature thatintricately fits into the ecosystem of the entire planet."

Kayak Mangrove or Coastal Paddles

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 all of its splendor, we can 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 mystical experience!

Coastal paddle tours allow you to view the coast from Quepos to beautiful Manuel Antonio!

Tour times are tide dependent

Trip Time: 4 hours

What To Bring:

bathing suit, sun block, camera (water proof is essential), dry clothes

Includes: transportation and lunch

Price: \$70 + tax per person. Deposit: \$20 per person.

Cash or credit card accepted

The Mangrove Estuary Jour

"So peaceful and gorgeous. I now love kayaking!"

Explore the Mangroves

Located 15 minutes from Manuel Antonio, the Damas Island mangroves allow you to travel calm waterways, with the dramatic backdrop of the spectacular Fila Chonta Mountains. An experienced guide takes guests through the estuary that is home to whiteface monkeys, caimans, boa constrictors, sloths, and anteaters, as well as a host of exotic birds, plants and flowers. You may even catch a glimpse at the rare 'silky pigmy anteater', barely bigger than the human hand.

To book this Tour call Susan 8913-9415

Trip Time: 4 hours total

Includes: Transportation, guide, beverages on the boat & lunch

What To Bring: Suntan lotion, sunglasses, insect repellent & camera.

Price: \$70 + tax per person Deposit: \$20 per person

Tour times are tide dependent

Cash or credit card accepted

Mangrove Night Tour

"Amazing, amazing, amazing to see animals at night, from a boat, in a mangrove -- in Costa Rica!"

Mangrove Night Tour

This is the original Tour at Damas Estuary. Enjoy a real night "safari"at the Mangroves. You will enjoy the spectacular natural beauty of the Flora, Fauna and wild night life of different species of needle fish, mullet fish (most of the time they jump into the boat) birds, bats, raccoons, anteaters, sloth and snakes. The most exciting part of this tour will be the experience of searching for crocodiles. The boat tour will provide exciting probabilities to get close to the animals in their own habitat. A great opportunity to get some unique photos.

Trip Time: 3.5 hours

Includes: Transportation, refreshments and dinner

Price: \$80 + tax per person Deposit: \$20 per person

Cash or credit cards accepted

Tour times are tide dependent

Horseback Waterfall Tour

"It was such a lovely day on horses and Muñeca the little dog went everytwhere with us! We loved it."

Horseback Riding

In the mountains outside of Quepos, this horseback tour is where you will see some incredible views, surrounded by lush vegetation, primary and secondary forests. The observation of birds and animals in the area is a fundamental part of the journey. After we enter the forest and observe the marvels of beautiful scenery, we arrive at the river. Once there, we start a new endeavor under the forces of nature.

On the river the return trip is equally interesting: the horses take you around the river through lush vegetation, where you pass butterflies (like the traditional blue morph), many varieties of birds and wild life, including toucans & occasionally the illusive red tailed macaws. Occasionally around the river you can see raccoons walking around, as well as other types of four legged creatures.

At the end of your adventure on horseback you can enjoy a refreshing beverage and a delicious lunch. Tour time: 8:30 A.M.

What to bring: Long pants or Long shorts, walking shoes, insect repellent & camera

The waterfall may be low in dry season

Price: \$70 + tax per person Deposit: \$20 per person

Cash or credit card accepted



"Our family's favorite day in Costa Rica!"

Scenic Coastline Workout

Paddle board on Costa Rica's most lush coastline. Whether a first timer or an avid paddle boarder, there is no better spot to enjoy Paddle Boarding.

Our certified guides will get you standing up right away and will offer tips to get you paddling like a pro. Our destination will be 1 of 5 beaches that you will not visit on any other tour.

For the fearless, these guys also offer extreme hiking tours to explore Waterfalls in the southern zone. Ask Susan if it sounds inter-

Schedule: 9am or 3pm

What to Bring: Sandals, Waterproof camera, bathing suit, towel, sunscreen

Includes: Transportation, snacks, water

Price: \$65 + tax per person Deposit: \$20 per person

Parasailing above Manuel Antonio Beach

"We have memories of the sky, we felt really safe with all the equipment, highly recommended for all locals and visitors of Manuel Antonio"

Let us give you a bird's eye view of the beautiful Manuel Antonio coastline from up to 600 feet above the Pacific Ocean. It is so easy and relaxing, anybody can do it!

We will explain the simple steps you will take to fly, and get you hooked up. You'll take a few steps as you float from the beach into the air and enjoy spectacular views as you soar through the sky! Pass along the beach and say hi to all the excited spectators! Descend slowly and gently into the always warm and tranquil Pacific Ocean and return to the beach by Jet Ski.

Take home memories from your fantastic and unique experience that will last forever! Parasailing is completely safe and secure. We have flown clients from 3 to 80 years old – all different shapes and sizes! The company is fully insured, has 20 years of experience and regularly conducts full safety inspections of all equipment.

All flights are subject to final approval by the Captain based on weather, ocean conditions and physical condition of clients. **Includes:** transportation to the beach, all safety equipment, bilingual instruction and approximately 15 minutes in the air.

Available only for two or three people with a combined weight of less than 400 lbs. (180kg) Children under 5 will fly with adult.

Price for one person: Customer must weigh less than 450 lbs. (205kg).	\$ 85.
Price for two people together:	\$140.
Price for three people (combined weight of less than 400 pounds)	\$185.
Includes all of the above, but 1 client will be in the air for 30 minutes.	\$140.
Includes all of the above, but 2 clients will be in the air for 30 minutes.	\$210.
Includes all of the above, but 3 clients will be in the air for 30 minutes.	\$260.

Jet Ski Tour

"We saw things and places we would have not normally seen. It was beautiful!"

Tours Daily

We offer a unique, guided safari in which a group can observe and enjoy the beautiful islands, animal species, history and coastline of Manuel Antonio National Park, with safety and respect for the environment, in an exotic and thrilling wave runner experience.

Our tour is fun for the family and all ages with no experience necessary. Enjoy the following landmarks and activities along the way:

Dolphin Hunt, Snorkeling, Punta Quepos, Isla Larga, Isla Oloquita, Isla Verde, Punta Cathedral, Islas Gemelas, Playas Manuel Antonio, Playa Beisanz, and Playa Doctor.

To book this Tour call Susan 8913-9415

Tour time: 7:30 am, 10:30 am, 1:30 pm or 3:30pm

Duration: 2 hours plus transportation time

Includes: Wave runner, Guide, transportation, life vest, fresh fruit & water, Marina entrance fees, snorkeling equipment & wildlife-eco information

Price for a Single: \$130 + tax Price for a Double: \$160 + tax Deposit: \$20 per person



"When your arms are sore the next day, you know fishing was good..."

Sport fishing

Quepos is one of the world's finest sport fishing locations. Marlin Magazine recently named Quepos one of the best locations in the world for "all around action".

In shore angling requires only a short run to the fishing grounds, is relatively inexpensive and offers great views of the coast. Expect lots of Roosterfish, Dorado (Mahi-mahi), Jack Crevalle, Snapper and Mackerel to complete your catch. The offshore reefs will provide good numbers of Amberjack, Snapper, Tuna, Black/Blue Marlin and all the Sail Fish you can imagine when in season.

To book this Tour call Susan 8913-9415

Included: Beverages and snacks for half day, and lunch for full day trips.

Transportation, tips, and fishing licenses not included

Prices are for 23-46ft boats (for larger boats please inquire for more information):

Full Day Offshore: From **\$800** to **\$2500** Half-Day Inshore: From **\$350** to **\$1200** Full Day Inshore: From **\$750** to **\$1600 Deposits: 20%** of boat price

Fishing license an additional **\$15** per person

Prices are dependent on the number of people and size of boat



"Our kids didn't stop talking about the dolphins for days afterward". It was a really magical experience for all of us."

Dolphin Watch

Aboard one of several first rate catamarans, we offer your choice of a morning or a sunset sail into the Manuel Antonio Marine Preserve. (Sunset Sail is seasonal: Nov.-June)

Dolphins often play in the wake as we sail silently through the blue Pacific waters. The rushing of wind and waves are frequently interrupted by the splash of dolphins and whales coming near for a closer look.

A swim and snorkeling break offers the viewing of many different kinds of beautiful reef fish, while enjoying the cool waters. Seasonally, sea turtles frequent the waters off the Marine Reserve as well.

The sunset cruise offers the wonders of the offshore islands in a spectacular setting as the sky changes colors in the Departure Schedule: 8:30am or 1:30 pm

Includes: transportation, snorkeling equipment, lunch, fruit, soft drinks and rum cocktails

What to bring: swimming suit and towel (if you want to swim), camera, Sunglasses and a big smile!

Price: \$80 + tax per person Deposit \$25 per person

Cash or Credit Cards accepted

Manuel Antonio Surf School

"Costa Rica surfing is a unique experience for the steady production of swells & breaks and the incomparable natural beauty of the area."

Surf School

We will pick you up and drive you to the beach, where you'll learn to surf like a pro. All surfboards and equipment are top of the line and well maintained for your safety and fun.

Before getting into the water our bilingual instructors will give you a safety talk and demonstrate the first steps of surfing. The guides will add their antics and local knowledge of the flora & fauna to your day!



Trip Time: 4 hours

What To Bring: bathing suit/towel, sun block, camera (water proof is better), dry clothes, lots of enthusiasm and a good sense of humor.

Includes: transportation, 3 hour surf lesson, surfboard, drinks, fruit

Price: half day \$80 per person. Deposit: \$20 per person.

Payment is cash only

Tour times are tide dependent Private lessons also available



"Native to Central America and Mexico, vanilla is the only edible member of the orchid family, the largest plant family on the planet."

Rainforest Spice Tour

This unique opportunity to visit a working spice farm should not be missed by any true 'foodie'.

The "Flavors of the World" spice plantation tour and tasting begins with a visit to the post-harvest warehouse where we dry, process, and package our spices and explain their ancient origins, histories and properties. We continue with a gentle walk through the plantation, with sensory stops along the winding 'Epiphyte trail', where you will experience the sights, tastes, aromas, and flavors of tropical spices, essential oil plants, tropical flowering plants and rock gardens. You will pass the fish pond on your way to the Punta Mira Viewpoint, where you will be delighted by an assortment of gourmet chocolate, vanilla, and Ceylon cinnamon treats.

A stop at the Spice Shoppe rounds out the tour. The focus of the farm is sustainability, and we have been certified organic since 1992.

Duration of Tour: 3-1/2 hours

Tours start at: 8:30 am or 12:30pm

Includes: transportation, bilingual guide, gourmet spice tasting

What to Bring: comfortable walking shoes, camera

Price: \$55 per adult, Children under 13 half price. Deposit: \$15 per person

Only cash accepted

Chocolate Tour

"A combination of traditional luxury agriculture practices – coffee, cane, and chocolate"

Firstly, the chocolate tour starts with the cultural and biological background of cacao in the world and here in Costa Rica. It further introduces you into the collecting, fermenting, grinding and finally the making of chocolate, the drink of the gods.

Secondly, we talk about coffee and its importance for Costa Rica's economic and cultural development. We have a showroom with important coffee picking instruments and real producing plants to better explain the process of coffee production. We will show you how to make Café-Chorreado, the real Costarican practice of preparing coffee.

Finally, we will look at one of the most important aspects of Costarican culture and tradition, the trapiche: A sugar cane mill run by two beautiful oxen (Fast & Furious). Here we grind sugar cane to extract the juice and make all types of local and delicious candy (Dulce, Sobado, Espumas and Miel) you can try. This is for sure the sweetest tour in the area.

We are in a private jungle-preserve only 10 minutes from Manuel Antonio. The presence of wild animals like sloths, monkeys, birds and frogs is common. Be ready for anything.

Schedule: 9am or 1pm pick up time

Minimum: 2 people.

What to Bring: Closed shoes, camera, raincoat, light clothing

Includes: Transportation, tour guide, water and coffee, chocolate and candy tasting

Price: \$55 per person, \$35 per child up to 12 years old/ \$20 Deposit

Butterfly Botanical Tours

"Ten percent of known butterfly species worldwide reside in Costa Rica."

Manuel Antonio Nature Park

The Butterfly Botanical Gardens and reptile Lagoons at the Nature Refuge is a living laboratory of nature conservancy, and an example of sustainable development, where you will see a variety of butterflies, as well as flora, including precious tropical hardwood trees ranging from 150 to 200 years old.

Visitors are able to observe the life cycle of butterflies in its four stages of metamorphosis, as well as having the opportunity to spot the Cara Blanca, Howler and Titi monkeys. These animals use the refuge as a biological corridor, which is connected to the adjacent Manuel Antonio National Park.

Now featuring a reptile lagoon and aquatic tropical gardens as additional options to the tour.

To book this Tour call Susan 8913-9415

Schedule: One hour tours starting at 8:00 am - the last tour at 4:00 pm.

Tours and Prices: 40 minute Butterfly Garden or Reptile Lagoon: - *\$15* per adult, *\$8* children 12 and under

One hour Reptile lagoon and butterfly garden: - \$25 adult, \$15 children

Two hour hike of Amphibian water garden, reptiles and butterflies: - *\$35* adult, *\$25* children

Night Amphibian Tour

Tour Time: 5:30pm Tour duration: 2 hours Minimum age: 6 for night tours

Price: \$39 adults / \$29 from 6 to 12 years

Cash & Credit Cards Accepted

Kids Saving The Rainforest

"In 2018, Kids Saving the Rainforest became a partner of GlobalGiving"

Wildlife Rescue Centre

Founded in 1999 by a couple of 9 year olds, KSTR specializes in the rescue and release of wild rainforest animals.

There are many amazing and unique success stories to hear firsthand from our animal caretaker. In addition to helping injured and abandoned animals regain their health and return to the wild there are many animals which cannot be released, and KSTR offers safe sanctuary to them. Their unreleasable guests are given an environment in which they can thrive and enjoy life, along with great nourishment and care.

You will see the following animals in the Sanctuary: 5 types of monkeys, including Spider Monkeys, White Faced Monkeys, Squirrel Monkeys, Tamarins, Marmosets, as well as Nocturnal Kinkajous (if they are awake), and Parrots.

The multi-species enclosure is the largest in Central America and is designed for humans to walk through a cage inside the enclosure allowing the monkeys climb all around you.

After the snack you will have time to shop in the KSTR Store and take a swim in their pool.

Includes: Transportation, snacks, bilingual tour guide

Schedule: 9am — 12pm Monday, Wednesday, Thursday, Friday and Saturday

What to Bring: Walking shoes, light clothes, bathing suit, towel, binoculars & camera

Price: \$60 + tax per person Deposit: \$10 per person

Rainmaker

"Rainmaker Mountain is one of the last remnants of primary rainforest in Costa Rica's Central Pacific region."

Private Nature Reserve

Rainmaker is home to 60% of all of the flora and fauna species found in Costa Rica! The caretakers of this park are dedicated to the conservation and protection of the Fila Chonta mountain range on Costa Rica's Pacific side.

Visitors can expect to observe the great biodiversity of flora and fauna found within the carefully designed hiking trails.

Certified nature interpreters guide you throughout these trails to a series of waterfalls culminating to a natural pool at which our guests enjoy a refreshing dip. A series of suspension bridges, connected by platforms, creates the Rainmaker Canopy Walkway System totaling 651 feet (200 mt) long, will transport you through the river canyon to enjoy a beautiful tree top canopy. The system was designed to allow the visitor the unique opportunity to view the forest and his inhabitants from 160 feet (50 meters) above.

Rainmaker actively supports the teachers and school of San Rafael Norte by providing school supplies, and facilitating its resources to the local students as a site for outdoor education classes. This imparts the urgency for continued rainforest conservation to those whose everyday existence is threatened by its loss.

The astonishing views of the coastline, mountain streams, waterfalls and the magnificence of its rainforest, make Rainmaker an essential destination for nature lovers. Tour time: your choice

Includes: Transportation, snacks, bilingual tour guide, admission

What to Bring: Walking shoes, light clothes, bathing suit/towel, binoculars & camera

Price: \$90 + tax per person Deposit: \$10 per person

Or explore this private reserve on your own with **a \$20** admission fee.

Jungle Hot Springs

"Tensions melt away in an ancient, soothing, natural spa."

After a one hour scenic drive through the lowland coastal region and picturesque forest roads, the natural spring at Aguas Thermals are just steps away.

Once on site you will find two rustic hot spring pools, built by hand, where you can relax and use the natural clay and mud for a detoxifying facial & body mask. After the clay dries, it leaves your skin feeling silky smooth. There is also a stream nearby for swimming, where you can enjoy the small pools. You can relax with your friends or go down the 10 meter long natural rock slide. The cool river is a nice contrast to the warm pools.

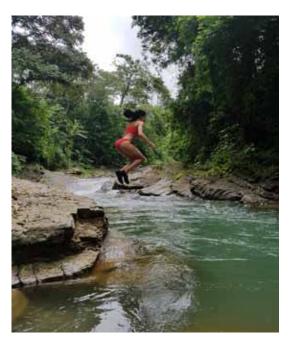
Lunch is provided by a local family. These springs were discovered just a few years ago, and the natural style of development fits in well with the surroundings and local community.

Schedule: 8 or 9am start time, 4 — 5 hour tour

What to Bring: Sandals, bathing suit, towel, sunscreen, dry change of clothes

Includes: Transportation, entrance fee, and lunch

Price: \$85 per person/ \$20 Deposit Cash Only





Scuba Diving

"If you enjoy nature, you will love Costa Rica below the surface of the ocean."

Thanks to the visionaries like the late Jacques Cousteau, our Central American country has been developing into one of the Pacific Coasts most popular diving destinations. With our new dive center in the Central Pacific Region, Oceans Unlimited offers a full spectrum of services. We offer PADI Resort Courses for the entry level diver, as well as other PADI Course Instruction for the more experienced diver who wants to advance their skills. We are all about showing you a great diving experience!

Our custom 41 foot diesel powered dive vessel will insure small boat quality diving with large boat comforts. The boat features; dive platform, ladders, tank racks, dry storage, fresh water shower and sound system.

Our colorful rock & reef formations are home to huge schools of barracuda, jacks and grunts. There are also numerous species of pelagic fish, turtles, groupers, snappers, angels, Moorish idols, trumpet fish and various types of eels and crustaceans.

Visa and MasterCard accepted

To book this Tour call Susan 8913-9415

Manuel Antonio Park

A 1/2 day tour for the experienced diver. Includes all equipment 2 Tank Dive

Price: \$113 + tax per person / Deposit: \$20 per person.

Discover Scuba Diving Course & Diver

5 Hours with instruction & dives. Includes: scuba lesson at the pool, with 2 ocean dives. Must dive with a dive instructor no deeper than 40ft/12mtrs all equipment included.

Price: \$165 + tax per person / Deposit: \$20 per person

Isla de Caño

A full day trip to this isolated wilderness. Includes all equipment, 2 dives, breakfast, lunch and snack, Padi guide and transport

Price: \$199 + tax per person / Deposit: \$20 per person