



*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:** \$ 95 + 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:** \$105 + 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

# White Water Rafting



*"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.

**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:** lunch & transportation

**Minimum Age:** 6

**Price:** \$115 + tax per person

**Deposit:** \$20 per person

*\*\*This river runs tours all year long\*\**



# 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:** 4 years old

**Maximum Weight Limit:** 275 pounds

**Price:** \$85 + tax per person

**Deposit:** \$25 per person



# 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 Superman line, Caiman Pond, and Serpentarium**

**Two tours daily:** 7:30 am and 10:30 am

**Trip time:** 5 ½ hours

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

**Includes:** lunch & transportation

**Minimum Age:** 4

**Weight Limit:** 275 pounds

**Price:** \$95 + tax per person

**Deposit:** \$25 per person



# ADR Adventure Park

*"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 Galleria" 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

**Includes:** Transportation, 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

**Minimum Age:** 8

**Price:** \$140 + 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.

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:** \$100 + tax per person

**Deposit:** \$25 per person



# 4-Wheeler 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.

**3 Tours Daily:** 7:00 am / 10:00am / 2:00 pm

**Trip time:** 4 hours

**Includes:** transportation and lunch

**What to bring:** Bathing suit, towel & camera

**Minimum age** for drivers is 16

**Price:** \$110 + tax single seater

..... \$140 + tax double seater

**Deposit:** \$30 per vehicle

*\*\*Waterfall flowing strongly is seasonal\*\**

# Jungle Buggy



*"The perfect adventure for the entire family."*

## Go anywhere ATV Limousine

It 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:** 8 am. Approx. 5 hours

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

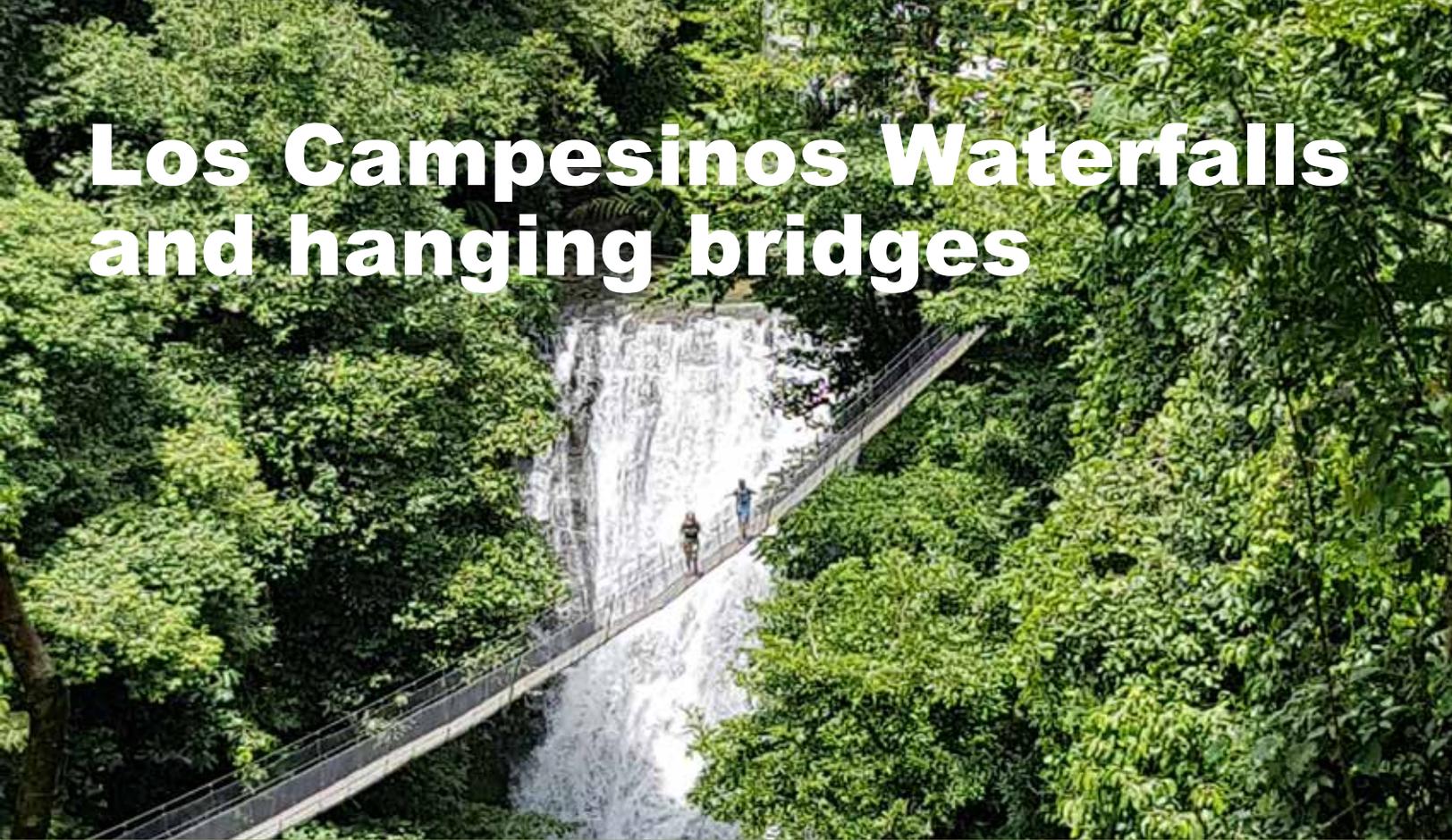
**Minimum 4 people** and can accommodate up to 7 guests maximum in one buggy

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

**Price:** \$110 per person Cash Only please

**Deposit:** \$20 per person

# 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.

**Departure:** 8:00am back at 2:00pm

**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:** \$110 per person Cash Only please

**Deposit:** \$20 per person



# All Day Waterfall Tour

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

## Jungle Waterfall Adventure

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.

**Duration:** Full Day

**Tour Time:** 9:30am

**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 per person

**Deposit:** \$30 per person



# 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.

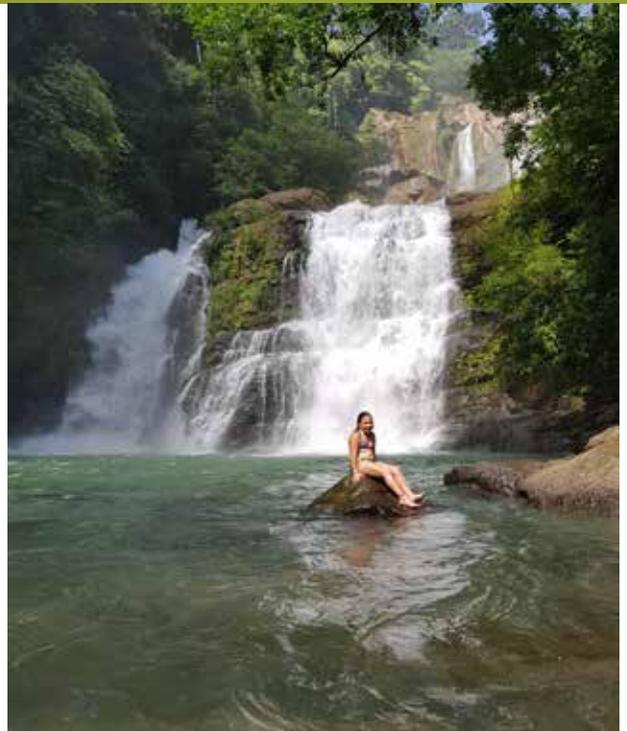
The adventurous way to see these majestic waterfalls would be to hike in with a guide, a little later than the horseback riders, so that the waterfall pools are not at all crowded. These guides love to cliff dive, and are happy to lead you up the face of the waterfall, if you feel the urge. No safety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

People interested in the falls, but not so inclined to workout 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.

**Guided Tour Price: \$130 + tax** per person

**Deposit: \$30** per person

Other Options - request pricing



# 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."*

## **Jungle yoga, Rainforest hike, Waterfall plunge, and cultural lunch in a local home**

We pick you up and head into the forested mountains of Esquipulas. We will visit a private farm and head out on a leisurely one-hour hike in primary rainforest and learn fascinating fun facts about the Costa Rican jungle! Following the hike, we will visit Chorro Ecolodge to enjoy a private yoga class customized for any level of practice (yes, even beginners) on an elevated platform in the rainforest with sounds of the river below. After the hike we will have some fresh local fruits and walk down a short trail to a cascading waterfall alongside the Naranjo river to cool off. Keep your eyes peeled for Blue Morpho butterflies and Toucans! Following the adventures, we visit our friend Doña Luz for an authentic, interactive cooking experience in her cozy home. Learn to make tortillas and experience the true campesino lifestyle.

**Tour time:** 8:00 am

**Tour Length:** 6 hours

**Includes:** Transport, yoga class, guided hike, visit to a private farm & lunch

**Ages:** All ages: Family friendly

**Price:** \$120 +tax per person

**Deposit:** \$20 per person

## **Hanging Bridges, Waterfall swim, home-cooked lunch and Trapiche experience!**

Head out of Manuel Antonio in our 4x4 vehicle to a unique community forming a cooperative for eco sustainable tourism. Cross one of the highest hanging bridges in the country, learn about the local flora and fauna, and enjoy a refreshing dip in a 120 foot waterfall deeply hidden in primary rainforest. After cooling off in the waterfall, we will hike up to the home of one of the founders of the cooperative to enjoy a special lunch with our friend Doña Corona in her quaint home. Explore her garden, sample local fruits, learn about the campesino lifestyle, and afterwards join an interactive experience of pressing sugar cane with a traditional sugar mill or trapiche.

**Tour time:** 8:00 am

**Tour Length:** 6 hours

**Ages:** 6 and up

**Includes:** Transport, entrance to hanging bridges, guided hike, visit to private home & lunch.

**Price:** \$120 + tax per person

**Deposit:** \$20 per person

# 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, Bay-headed 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:** \$135 + tax per person

**Deposit:** \$20 per person



# Manuel Antonio National Park Tour

*"It'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. Visitors can no longer bring single-use plastic bottles into the park. Please pack your reusable water bottle. You may enter with a snack, limited to sandwiches and pre-cut and peeled fruit in reusable plastic containers less than 800ml in size.

**Tour time:** Your choice, although early morning is best

**Includes:** transportation, park admission fee, and guide

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

**Price:** \$60 + tax per person or private tours available

**Deposit:** \$10 per person

# Estuary or Sea Kayaking



*"The Costa Rican mangrove is unique to the rest of the world; a vital aspect of nature that intricately 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!

**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

*\*\*Tour times are tide dependent\*\**



# Mangrove Estuary Tour

*"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.

**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\*\**

# 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

**Tour times are tide dependent**

**Price:** \$80 + tax per person

**Deposit:** \$20 per person

# Horseback Waterfall Tours



*"It was such a lovely day on horses and Muñeca the little dog went everywhere 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:** 8:00am

**Included:** Breakfast and lunch and transportation.

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

**The waterfall may be low in dry season**

**Price:** \$75+ tax per person

**Deposit:** \$20 per person



# Stand Up Paddleboarding

*"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 interesting to you.

**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"*

## Bird's Eye Views

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 as a single, double or triple with a combined weight of less than 400 lbs. (180kg) Children under 5 will fly with adult.

**Price: \$ 85 + tax** for 1 person

.....**\$140 + tax** for 2 people together

.....**\$185 + tax** for 3 people together

**Deposit: \$20** per person

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

**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 & wildlife-eco information

**Minimum Age:** 4 years old

**Minimum Age to drive alone:** 14 years old

**Price:** \$130 for a single seater

.....\$160 for a double seater

**Deposit:** \$20 single /\$30 double

# Sport Fishing



*"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.

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

***Transportation, tips, and fishing licenses not included***

**Prices:** All boats are private charters. The pricing depends on the number of people and the size of the boat required.

A group of people, including a man in a blue shirt and a woman in a pink dress, are leaning over the railing of a white catamaran boat. They are looking towards a dolphin that is leaping out of the blue ocean water. The boat has a blue circular logo on its side. The background is a vast expanse of blue ocean under a clear sky.

# Catamaran Tour

*"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 afterglow of the setting sun.

**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



# Brisa Elegante Sailboat

*"A great experience on the water in a classic sailboat with a great crew"*

## Private Sailboat Cruise

Whether a four-hour group tour or a full week private charter, you can enjoy a memorable, distinctive experience aboard this 100-foot wooden yacht - the only one of its kind in Central America.

The Brisa Elegante is a luxurious two-mast Gulet, built by world-class craftsmen in 2010 in Turkey. Built and maintained to provide guests with exquisite comfort and a unique sailing experience.

The yacht features two expansive teak decks for sun or shade, grand banquet tables, wet bar, multiple spacious lounge areas, and a selection of water toys.

We regularly spot dolphins, turtles, manta rays, frigate birds, pelicans, and brown boobies during the cruise.

Special Occasion tours available upon request.

**Tour Time:** Leaves Marina Pez Vela at 8:30 am for the morning cruise or early afternoon for the sunset cruise.

**Duration:** 4 hours

**What to bring:** Bathing suit and towel for swim and snorkel stop.

**Includes:** Welcome drink, fruit snacks, and a fresh cooked lunch or dinner.

**Price:** \$120 per person

**Deposit:** \$20 per person



# 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

**Tour times are tide dependent**  
**Private lessons also available**

**Price:** \$80 - \$90 + tax per person

**Deposit:** \$20 per person



# Villa Vanilla

*"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:** \$65 + tax per person

**Deposit:** \$15 per person



# Chocolate Tour

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

## Food for the Gods

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, rain-coat, light clothing

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

**Price:** \$59 + tax per person

**Deposit:** \$15 per person



# 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.

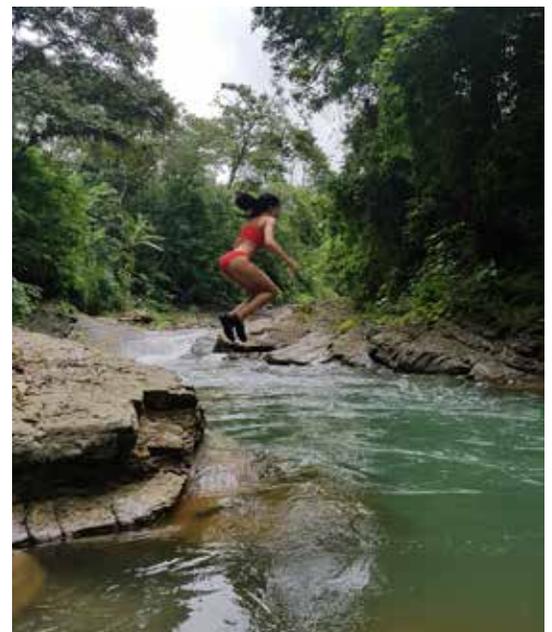
**Schedule:** 8 or 9am start time, 4 – 5 hour tour

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

**Includes:** Transportation, entrance fee, and lunch

**Price:** \$85 per person Cash Only Please

**Deposit:** \$20 per person





# Sukia Nature Park

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

**Butterflies and Crocs: 1.5 hours:** This is a unique experience where you can enjoy a peaceful visit to the butterfly garden, a beautiful and unforgettable treat! Sukia is home to many types of these magnificent insects, as well as the world famous Blue Morpho which will be flying around you as you pass through. We share plenty of information about the intriguing and magical life stages of this wonderful insect.

The Crocodile Lagoon hosts rescued species cared for at Sukia to prevent them from being a part of illegal trading. You can learn more about crocodiles as well as see them up close. You will also be supporting their wellbeing in the refuge.

**Price: \$40** per person

## **Jungle Night Walk: 2-hour guided walk**

When the night arrives, the whole forest changes, and this tour is about it, you will have an extraordinary experience, while discovering the behavior, the colors and the sounds of the forest in night time, it is totally worth it. Night sounds and mysteries revealed!

**Price: \$50** per person

**Daytime Nature Tour: 2-hour guided walk** Tour through the stunning wildlife refuge in an unforgettable experience. You will learn about the amazing biodiversity of the rainforest, conservation, and the value of the most important ecosystems of Costa Rica. You will visit both the butterfly garden and the crocodile lagoon as well as take a guided walk through the refuge's trails to the waterfall within.

**Price: \$50** per person

## **Canopy Tour**

A nearby two-hour canopy zipline option, in the heart of Manuel Antonio

9 lines, 10 tree platforms, 1 Elevated, anchored river platform

Suspended platform, 2 nature jungle trails

3 suspension bridges, 100 foot waterfall rappel (optional)

And includes a visit to the butterflies and crocodiles

**Price: \$80** 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:** \$20 per person



# 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.

## Manuel Antonio Park

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

**Price: \$124** 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: \$172** 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: \$215** per person