

COSTA RICA TOURS!

We're going to have a great time in Costa Rica with these awesome tours!

La Fortuna, Arenal Tours:

Jan 7th, 4:00 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

Jan 8th - 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 - \$78 (reg. \$98)



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. \$45).

Jan 09th White Water Rafting Toro or Caño Negro Wildlife Refuge Tour.



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 - \$68 (reg. \$85).

Morning Caño Negro Wildlife Refuge Tour.

The Caño Negro Wildlife Refuge is considered one of the richest sites in the continent for the observation of birds. Beside an abundance of birds, Caño Negro is also refuge of many other animals like: sloths, three types of monkeys, caimans, lizards, bats, and native flora of the wet land.

Tours, leaves from La Fortuna, driving for about an hour and a half until Los Chiles, which is a rustic town that meets to only five kilometers of the border of Nicaragua, it is here where we take the boat down to Río Frío for about three hours. From the



beginning of the trip, our professional guide will explain each one of the plantations that we will see on the way, as well as the flora and fauna of the region

During the green (rainy) season from May to October, water from the mountains is plentiful and the Río Frío overflows its banks to form Lago Caño Negro positioned smack in the middle of the flyway for migrant North and South American birds. Millions of birds arrive

here to winter over during the dry season beginning in December. The water level falls continuously for the next three to four months until all that is left is the main channel of the Río Frío and the migrants depart.

Among the many birds found in Caño Negro are: glossy Ibis, black-necked stilt, neotropical cormorants, American anhinga, northern jacana,



American widgeon, wood stork, white Ibis, black-bellied tree duck, northern shoveler, snail kite, green backed heron, roseate spoonbill, and blue-winged teal. This is one of the best places to see the Nicaraguan grackle, whose only Costa Rican habitat is Caño Negro and other marshy areas just south of Lake Nicaragua. *(Lunch included)*
Our Price - \$45 with lunch and transportation (reg. \$60). Must get at least 11 people for this discount.

**Jan 10th - Arenal Hike and Hot Springs
Arenal Volcano Hike and The Springs Spa and Resort and dinner.**



We will have 2 departures for this tour – a late morning departure for people who are not going to Cano and a late afternoon departure for those who are. So it is possible to do both tours.

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.



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 and Spa at Arenal promises to overwhelm you in every aspect of quality, service and design.

Our price is \$85 with the guide, transportation, entry fee and dinner (reg. \$122).

Jan. 11th Morning is open for other tours

We will be departing our hotel at noon on Jan 11th. If you're not toured out and missed one of these tours you would have time this morning for one of these tours: Hanging Bridges Tour, Zip Line Tour, Horseback Riding or Waterfall Hike. Our activity contact would be able to get you signed up since there most likely won't be too many people interested. There are plenty more tours coming up in Quepos...

Manuel Antonio Tours:

Jan 12th –

Morning Tour

Manuel Antonio National Park Tour

We'll just pay the park fee and go in ourselves for this tour. If you prefer a guide you can sign up with our front desk. The entry fee is \$6. They are charging \$42 for a guided tour, but you may find that worth while. So I'm not going to have you sign up in advance for this one. I will attempt to line up a guide at a more reasonable price while we are there.



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.

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

Manuel Antonio, Afternoon Tour - 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 - \$56 (reg \$70).

Jan 13th 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 \$52 (reg \$65). 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 \$98).

Jan 14th 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. **Our Price: \$76 (reg. \$95).**

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: \$52 (reg. \$65) - Lunch included