

# Los Suenos Tours- Explore Costa Rica

## Carara National Park

Carara is well known for its diversity in flora and fauna, being a transitional forest with a combination of the eco system from both the dry tropical forest and the humid rainforest. It is also home to a large population of the rare Scarlet Macaws.



## Arenal Volcano & Tabacon Hot Springs

This famous volcano is an awesome spectacle, with its constant eruptions. Time will also be spent at Tabacon Resort, relaxing in the thermal hot springs.

## Mangrove and Crocodile Adventure

This adventure takes place in the waterways and mangroves surrounding the mouth of the Tarcoles River. Your experienced naturalist guide will explain the importance of this unique eco-system, while pointing out the great variety of birds to be found in the area.



## Poas Volcano & Sarchi

A short hike will take you to see one of the largest craters in the world. Then take a visit to Sarchi, home of the arts and crafts of Costa Rica, such as painted ox carts, and wooden furniture.

## Monkey Trail Canopy Tour

This exciting tour is a thrill of a lifetime as you traverse through the tropical forest on a system of platforms and cables. Using very safe equipment and in the hands of expert guides, you climb to the tree tops for a birds eye view, and then experience the exhilaration as you rapidly glide between each platform.

## Bijagual Waterfalls

The tour combines a 45 minute horseback ride up the mountains, and then a hike, where you will see the biggest waterfall in the area.

## White Water Rafting

The Savegre River is class III rapids, a great adventure for beginner and the experienced rafter alike.



## Skyway Tour at Villas Lapas

Walk over a series of suspension bridges, high over and through a nearby private forest reserve is an excellent way to enjoy the tropical forest.

## Horseback Riding

This is one of the best ways to enjoy the tropical scenery, mountains, and panoramic vistas while exploring the countryside on horseback.

## Rain forest Aerial Tram (Pacific)

Enjoy the scenic view of the pacific coastline and approach small waterfalls as you fly above the treetops.

## Sea Kayaking

Paddle through the warm waters enjoying this popular sport, the perfect way to appreciate nature and the beautiful scenery of the Pacific coastline.

## Tortuga Island Tour

Enjoy a day in the sun on board Calypso's 71 foot state-of-the-art catamaran, Manta Raya. Sit in one of the fresh water deck pools or lie on one of the giant nets overlooking the ocean while cruising the calm waters of the Gulf of Nicoya on the way to the beautiful white sand palm studded beach.

## Manuel Antonio National Park

The diverse wildlife, including monkeys, iguanas and sloths, are just some of the attractions of this beautiful National Park, along with the white sandy beaches and blue waters of this Pacific Paradise.



## Dolphin Watch

Come aboard and see the beautiful dolphins, whales, sea turtles, and birds of the Manuel Antonio Marine Preserve.

## Pura Vida Gardens & Waterfalls

A naturalist guide will introduce you to a world of plants: Heliconias, Bougainvilleas,...and much more.