



Manuel Antonio National Park

Let an experienced naturalist guide take you on a hike to observe the diverse wildlife and exotic vegetation of the beautiful Manuel Antonio Park. Highlights of the park are its white sand beaches and its resident fauna, including monkeys, iguanas, raccoons, agoutis, sloth's and many different birds.

Tour Includes: A/C Vehicle, entrance fee, refreshments, naturalist guide, lunch and free time in the park and shopping in the village.

Departs: 7:00 am.

Duration: 8 hours.

Driving time: 1.1/2 hr.

Minimum: 4 people. **CLOSED ON MONDAYS.**

Recommendations: camera, hiking shoes, bathing suit, bugs spray, sun block, towels, extra clothes, physical conditions.

Bijagual Waterfalls Horseback Riding

Plunging from steep cliffs deep down in the jungle, the Bijagual (pronounced bee – ha – wall) Waterfalls await to be discovered by explorers willing to take a challenge and extract its secrets. Travel a country gravel road and enjoy breathtaking views of the Pacific Ocean. After this scenic drive, continue on horseback to access this magical place, a trail will lead down to the falls. Note: the hiking part of this tour is physically demanding

Tour Includes: A/C Vehicle, Horseback ride, naturalist guide soft drinks and snacks.

Departs at: 7:30am

Duration: 7 hours

Minimum: 4 people.

Recommendations: camera, long pants, hiking shoes, bathing suit, sun block, towels, physical conditions, bugs spray.

Carara National Park

The importance of Carara is its geographical location between the Tropical Dry Forest of the north region of Costa Rica, and the humid Rainforest to the south. The Transitional Forest has flora and fauna from both these ecosystems.

The park is the ideal environment for such wildlife as the scarlet macaw, toucans and monkeys, and offers great opportunities to bird watchers

Note: An early morning departure is best for wildlife observation.

Tour Includes: A/C Vehicle, entrance fee, refreshments, naturalist guide and fruit salad.

Departs at: 7:30am and 1:30pm.

Duration approx: 4 hours

Minimum: 2 people.

Recommendations: bugs spray, camera, hiking shoes, sun block, physical conditions.

Mangrove and Crocodile Adventure

This adventure takes place along the Guacalillo estuary and delta of the Tárcoles River, near the Carara National Park. The area is surrounded by mangroves and located in a transitional forest, where literally hundreds of different kind of mammals, birds and reptiles flourish. This is a nesting site of the Scarlet Macaw and has large colonies of crocodiles – some measuring up to 18 feet in length!

Tour Includes: A/C Vehicle, refreshments, fruit salad and naturalist guide,

Time: 7:45am or 2:45pm

Duration approx.: 3 hours

Minimum: 2 people.

Recommendations: camera, hat, sun block, sunglasses, bugs spray.

Turu Ba Ri Tropical Park

Turu Ba Ri is a theme park aimed at adventure and ecological tourism; it covers 236 hectares of land. During the Aerial Tram ride you can see the entire tropical garden, the surrounding areas and the Río Grande de Tárcoles. You will also visit some nature trails, botanical gardens and Butterfly Garden that is comprised by an impressive 1.150 square-meter structure, which makes this one of the largest butterfly gardens in the country. Also you can enjoy of the best Canopy tour in the country or the unique Superman Cable in America.

Tour Includes: Visit to the Park, Tram ride and your option of one adventure tour: 1- Horseback Riding 2- Canopy (8 Cables) or 3- Sensational/Superman Cable (50 seconds at 50 miles speed)

Departs at: 8:00am

Minimum: 4 people. **Duration:** 6 hours

Recommendations: bugs spray, camera, hat, sun block, binoculars, sunglasses.

Rain forest Aerial Tram (Pacific)

The Aerial Tram Park is an eco-tourism project protecting an area of 222 acres, allowing visitors to discover the hidden secrets and hanging gardens of the tropical forest from above on an open-air gondola, passing by a waterfall and offering you panoramic views of the ocean. Your naturalist guide will take you into the heart of a transitional rainforest and will accompany you in the Serpentarium, Heliconias, Bromeliad – and Medicine Plants Gardens.

Tour Includes: A/C Vehicle, refreshments, fruit salad and naturalist guide,

Departs: 7:30am, 9:30 AM and 1:30 PM

Minimum: 2 people. **-Duration:** 3 hours

Recommendations: bug spray, camera, hat, sun block, binoculars, sunglasses.

Tortuga Island Tour

Enjoy a cruise with a setting of soft ocean breezes, warm sand and the rhythmic crashes of the surf. Our Island Cruise goes to Tortuga Island, the jewel of the studded Gulf of Nicoya, a location boasting a fortune in natural assets including a white-sand beach, turquoise water, submarine wonders and tropical dry forest.

Tour Includes: A/C Vehicle, entrance fee, refreshments, breakfast, lunch and naturalist guide,

Departs at: 7:30 AM

Duration: 10 hours

Minimum: 2 people.

Recommendations: Camera, bathing suit, extra clothes, sun block, towels, sunglasses

White Water Rafting

This rafting tour is a full-day adventure, starting with a journey on a gravel road that winds the remote backcountry of Quepos, you will enjoy a rafting trip with class II/III/IV rapids. There is time to enjoy great swimming ponds and see a large variety of birds in the dense primary jungle surrounding the river.

Note: Rapid levels depend on weather conditions.

-Tour Includes: A/C Vehicle, rafting equipment, refreshments, naturalist guide, breakfast and lunch.

Departs at: 6:15 AM.

Duration: 12 hours

Minimum: people.

Recommendations: Bug spray, camera, hat, sun block, binoculars, sunglasses.

Canopy Tour – (Zip Line)

This trip will guarantee a full range of excitement for adventurous visitors. You are invited to enter the forest canopy and see jungle life from a unique and different perspective. The tour consists of gliding along steel cables from tree to tree using the best quality pulleys and climbing gear. The height of the platforms are up to 110 ft. above the ground level. After this exciting Canopy Tour there is time to relax on a white sand beach.

Tour Includes: A/C Vehicle, entrance fee, refreshments, fruit salad and naturalist guide,

Departs at: 7:40am, 10:40am & 1:40pm Duration approx. 3 hours

Minimum: 2 people.

Recommendations: Hiking shoes, bathing suit, sun block, towels, physical conditions, bugs spray.

Horseback Riding

Explore the beauty of the Mid Pacific countryside like an authentic “Sabanero” as Costa Rican cowboys are called. The trails head through jungle and pastures – home to a variety of wildlife. All horses are well trained, and saddles and equipment are professionally maintained.

Note: this tour is also for less experienced riders.

Tour Includes: A/C Vehicle, refreshments, fruit salad and naturalist guide,

Departs at: 8:00am and 1:30pm. Duration approx. 3 hours

Minimum: 2 people.

Recommendations: Long pants, hiking shoes, hat, sun block, sunglasses, bug spray.

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.

Tour Includes: A/C Vehicle, snorkeling equipment, refreshments, fruit salad and naturalist guide,

Departs at: 7:50 AM and 2:00 PM

Duration: 3 ½ hours

Minimum: 2 people.

Recommendations: Bathing suit, extra clothes, sun block, towels, sunglasses.

TRANOPY Tram + Canopy (Zip-line) Combo.

The innovative TRANOPY tour combines the peaceful observation of an aerial tram ride with the adrenaline-pumping action of a canopy tour. Also a professional naturalist guide will accompany you, pointing out some of the secrets of the rainforest. Adventure and nature are tours!

Departs at: 7:30 am & 1:30 pm

Duration: 3 ½ hours

Minimum: 2 people

Recommendations: Light comfortable clothing and shoes, camera, sun block, sunglasses, bug spray.

Dolphin Watch

This tour is a close-up look at the incredible wonders of our imposing coastline. Marvel at mysterious islands with jagged rock formations, towering cliffs and nesting grounds to sixteen vibrant schools of fish and many other marine creatures that inhabit these waters.

Note: Snorkeling depends on visibility due to weather conditions.

Departs at 6.30 am

Minimum: 4 people.

Duration: 7 hours

Recommendations: Camera, bathing suit, extra clothes, hat, sun block, towels, sunglasses.

Poás Volcano & Sarchí

The road to the park passes quaint villages, coffee plantations, dairy farms and spectacular views. The Poás Volcano features two impressive craters: one active and one that holds a crater lake. Your guide will take you on a hike to observe the 4331 ft wide active crater which often has sulphuric smoke rising out of it and its unique dwarf could forest with species of birds and plants native to the park.

On the way back to the hotel, visit Sarchí, the cradle of Costa Rican artisan work, offering great opportunities to buy some souvenirs.

Note: visibility of the crater depends on weather conditions.

Tour Includes: A/C Vehicle, entrance fee, refreshments, naturalist guide and lunch.

Departs at: 7:30am (Driving time 3 hours)

Minimum: 4 people. **-Duration:** 10 hours

Recommendations: Camera, long pants, hiking shoes, sweater, sun block, sunglasses.

Arenal Volcano Baldí Hot Springs

This trip takes us to the Central Valley and winds around the Central Volcanic Mountain Range, passes by tranquil towns, pastoral scenes, cloud forest and gorgeous views.

We end up on the rolling plains of San Carlos, dominated by the impressive cone of the Arenal Volcano, famous for its incredible eruptions, lava streams and incandescent rock explosions, resembling natural fireworks displays.

We will visit lush tropical gardens and natural hot springs – in an ideal setting to observe the volcano.

Note: Visibility of the volcano depends on weather conditions.

Tour Includes: A/C Vehicle, entrance fee, refreshments, naturalist guide, lunch and diner.

Departs at: 8:00am (Driving time 4 hours).

Minimum: 4 people. **-Duration:** 12 hours

Recommendations: Long pants, bathing suit, light sweater, sun block, towels, sunglasses.

Los Sueños Tours - Los Sueños Marriott Ocean and Golf Resort

Tel: (506) 2630-9058 Fax: (506) 2630-9068

marriott.com/sjls