

Mangrove Estuary Tour



A tour that the whole family can enjoy, located only 15 minutes from Quepos, Damas Island allows you to flow through calm waterways with the dramatic backdrop of the spectacular Fila Chonta mountains.

Our experienced guides take you on a tour through the estuary that is home to White Face Monkeys, Caymans, Boas and Sloths as well as a host of exotic birds, flor and fauna.

This activity is suitable to everyone.

- Tour times 7:45 am, 10:45 am & 1:45 pm
- Tour Duration: 2-3 hours
- Price: INCLUDED (Kayak or Boat)
- What to bring: Sunscreen, bug spray, camera, water

• Includes:



Mangrove or Sea Kayaking



Mangrove Kayaking: In the mangrove, everything flows harmoniously; the blend of salt and fresh water are home to beautiful birds, mammals and reptiles that live in this tropical habitat. Let the current carry you through this mysterious experience!

Sea Kayak: This tour will allow you to see the breathtaking coast from Quepos to Manuel Antonio, passing islands and inlets that are

- Tour times are dependent on tides
- Tour Duration: 3 hours
- Price: INCLUDED (Kayak or Boat)
- What to bring: Swimwear, Sunscreen, Dry Bag, Change of clothes, bug spray
- Includes:



National Park



Manuel Antonio's National Park, is one of the most bio diverse parks in the entire world! It is the smallest park in the country but the most visited because of its rainforest, beaches, coral reefs and plethora of wildlife! The forest is home to sloths, monkeys, iguanas, butterflies, birds and thousands of small, colorful crabs. Take a natural history hike with your bilingual guide, who will point out the diverse wildlife that you might otherwise miss. After hiking with your guide, you can enjoy one of the multiple pristine beaches and have your playground for the day! The National Park is only 5 minutes from your vacation home.

- Tour Time: 7:00 AM & 12:00 MD
- Tour Duration: 3 hours
- Price: INCLUDED
- What to bring: Easy walking shoes, towel, sunblock, extra water. The park does not allow chips, cookies, etc to avoid things left behind
- Includes:



Traditional Cooking Class



Explore the culinary culture of Costa Rica during your cooking class in Manuel Antonio. You will learn some of the lesser-known dishes this country has to offer and teach you how to cook them yourselves in a few easy steps. Enjoy the speciality coffees, sugarcane juice and learn about medicinal plants.

Tortillas plus a new dish each day of the week

Kids-friendly dishes and alternatives

Vegetarian (v) and vegan (V) dishes

- Tour Time: 11:00am
- Tour Duration: 3 hours
- Price: INCLUDED
- What to Bring: Tennis shoes, sportswear or comfortable clothes, bug spray, sunscreen, water, camera
- Includes:



Catamaran Tours



Aboard our Catamaran Tours you will be offered either a morning or sunset option. Dolphins often play in the boat's wake as you sail peacefully through the Pacific Ocean waters. A swim and snorkeling break offers views of beautiful, tropical reef fish while enjoying the cool and calm waters.

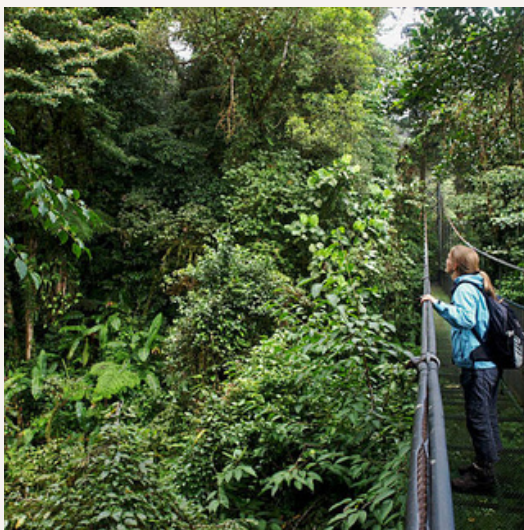
The sunset cruise offers the wonders of the offshore islands in a spectacular setting as the sky changes colors in the afterglow of the sun setting.

This adventure is only 10 mins from your vacation home.

- Sunset Cruise
- Tour Time: 3 1/2 hours
- *Private tour prices available upon request*
- Price: INCLUDED
- What to bring: Swimwear, towel, sunscreen camera
- Includes:



Rainmaker



Rainmaker Mountain home to 60% of all of the flor and fauna in Costa Rica. On this tour, you will enjoy and engage in the great bio diversity as you are guided through designated trails. Certified nature guides will lead you to a series of waterfalls and swimming holes, where you can enjoy a refreshing dip. A series of suspension bridges hold this magical forests' walking system together totaling 651feet. This system was designed to allow visitors a unique opportunity to view the forest and its inhabitants from 160 feet above. This adventure is 40 mins from your vacation home!

- Bird watching tour: 5:00 AM (3-4 hours duration) *minimum 4 people*
- Price: INCLUDED (optional)
- What to bring: Walking shoes, light clothes, binoculars or a camera
- **Private Day Time Tours Available Upon Request**
- Includes:



Private Waterfall Buggy Tour



This tour takes you on an exhilarating ride through the jungle and mountains, with opportunities for breathtaking views and visits to stunning waterfalls.

After arriving, you will hike 5 minutes to where you will encounter a 400ft suspension bridge that leads to a swimming hole in the middle of the jungle venturing down into incredible views. You can relax under the falls and once finished you will enjoy a delicious lunch.

- Tour Time: Flexible but typically around 8:00 AM
- Duration: 5 hours
- Price: INCLUDED (optional)
- What to bring: Swimsuit, towel, dry clothes, camera, a bag that zips, non-slip shoes
- Includes:



Nauyaca Waterfall



Nauyaca is the best waterfall in all of Costa Rica. The drive to the falls is 1 hour, followed by a gorgeous 45-minute hike (worth every minute). All ages can do the hike, but there are parts going uphill that could be difficult. There are multiple falls here and both are spectacular, the bottom fall is perfect for swimming and relaxing, and the top fall with an option to jump 10ft, 15ft, 20ft, or 37ft with the help of experienced guides. You can stay at the falls for around 40 minutes, spending your time there how you please before hiking down (much easier).

For those who do not want to do the long hike, we have a short 15 min alternative route to this trail

- Tour Time: 7:30 AM Duration: 6 hours
- Price: INCLUDED (optional)
- What to bring: Swimwear, hiking shoes, sunblock, extra water
- Min tour size: 4 people
- Includes:



Zip Lining Tours



Zip Lining in Manuel Antonio is very unique, built entirely within the cloud forest allowing intrepid visitors to soar through the forest canopy at exciting speeds. This state-of-the-art course of suspended high-weight-capacity cables zig-zag among the treetops with sweeping views of the forest and beyond providing thrill-seekers the ride of their lives

Talk to your concierge about the different options

- Two Tours Daily: 7:45 AM and 10:45 AM & 1:30 PM (only dry season)
- Tour Duration: 4-5 hours
- Minimal Age: 5 years old
- Price: INCLUDED (optional)
- What to Bring: secure walking shoes, shorts or long pants, bug spray, towel, and change of clothes
- Includes:



Safari Horseback Riding



Take a peaceful ride to a family owned ranch outside of Quepos. This property has over 300 acres of pristine forest and jungle, with a plethora of birds, cows, butterflies and much more. This is much more than a horse riding tour, but also an opportunity to see a different way of life and to see something very cultural to Costa Rica. On your ride you will search for poison dart frogs, monkeys and the pairs of Scarlet Macaws. Towards the end of the tour, you'll stop by a waterfall where you'll have the option to relax and take a dip. Your tour will finish with a fantastic local lunch.

- Tour Time: 7:30 AM & 12:30 MD - Tour Duration: 4 hours
- Price: INCLUDED (optional)
- What to Bring: Long shorts/pants, walking shoes, insect repellent, swimsuit, towel, sunscreen
- Includes:



Hot and Cold Springs with Mineral Waters & Natural Water Slide INCLUDED (optional)



Located approximately one hour from Manuel Antonio, you will travel through the rural countryside surrounded by tropical rainforest, until you reach a private farm owned by an authentic Costa Rican family.

Here you will experience their rustic farm and incredibly beautiful natural pools conveniently placed so that guests can relax in multiple mineral pools adjacent to each other. The water is not HOT, but rather a comfortable warm.

These pools are located next to a small creek where visitors can swim, jump from rocks, and also enjoy a natural water slide when water level allows it.

Let our guides show you this secluded jewel of the rainforest! While you're relaxing in the natural springs, you will be provided with fresh tropical fruits of the season

Every tour has round transportation from your hotel or villa, guides, snacks & lunch. We also provide a cooler for you to take ice and drinks of your own.

