

# TOURS *Description*







# TORTUGA ISLAND

*on board of Costa Cat Catamaran*

The tour will depart at 7:45 AM and will take approximately 45 minutes to get to Island. As you board the Costa Cat the crew will greet you with fresh Costarican coffee, freshly made muffins, and fresh local fruits. Once we arrive at the island there are plenty of fun things to do. Included with your Tortuga Island Cruise is a snorkel trip, an Eco trail hike and a ride around the bay on the “banana” boat. In addition, the island offers a variety of watersport rentals such as wave runners, paddle boards, kayaks, paddle boats and also the “Aquanaut” underwater experience.



## *Includes*

- Certified bilingual guides
- Light breakfast serve on board
- Full lunch at the Island
- Natural drinks, sodas and water
- Rum Punch and Margaritas
- Lounge chairs, umbrellas and beach toys, snorkel, banana boat and eco trail



## *What to Bring*

- Swimming suit and / or shorts of a quick drying material
- Towel
- Sunscreen (spf-15 or higher)
- Hiking shoes or similar and flip flops
- Camera



## *Departure Times*

- 7:45 am from Los Sueños Marina
- Duration: 8 hours approx.





# MANUEL ANTONIO

## *National Park Tour*

All this amazing wildlife right at your fingertips, each and every adventure you plan will take you through this amazing wilderness, with fun and adventure at every turn. Manuel Antonio contains a charming combination of rain forest, beaches and coral reefs. It is located around one hour away from the Resort.



### *Includes*

- Certified bilingual guides
- Park entrance fee
- Bottled water
- Hiking through the park trails
- Swimming time on the beach
- Typical lunch
- Transportation to/from your condo



### *What to Bring*

- Swimming suit and / or shorts of a quick drying material
- Towel
- Sunscreen (spf-15 or higher)
- Hiking shoes or similar and flip flops
- Camera



### *Departure Times*

- 7:30am
- Minimum:4 people
- Duration:8 hours approx.

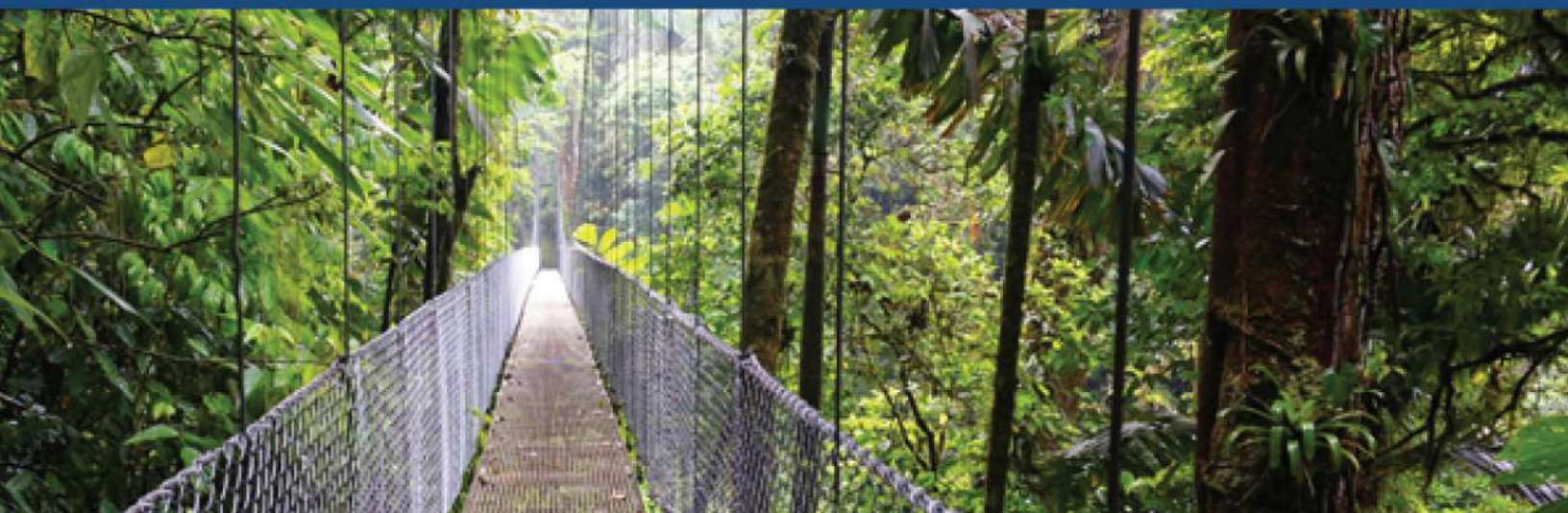




# CARARA

## Cloud Forest Tour

Offers endless wildlife viewing possibilities. As it is a transition zone between a drier region to the north and a wetter region to the south, Carara presents a wide diversity of plant life with over 1,400 plant species. It is home to one of the few remaining breeding grounds for the majestic scarlet Macaw.



### *Includes*

- Certified bilingual guides
- Park entrance fee
- Bottled water
- Hiking through the park trails
- Transportation to/from your condo



### *What to Bring*

- Comfortable clothe
- Sunscreen (spf-15 or higher)
- Hiking shoes or similar
- Camera
- Binoculars



### *Departure Times*

- 7:00amMinimum:4 people
- Duration:4 hours approx.





## MONTEVERDE

### *Cloud Forest Tour*

price may go up if adding more activities as it is butterfly farm, humming bird garden, Tarzan swing, zip lining... As you are guided through the canopy of the cloud forest via suspended bridges, platforms and trails of the famous skywalk. This is one of the safest and most comfortable ways to learn about the marvels of this region.



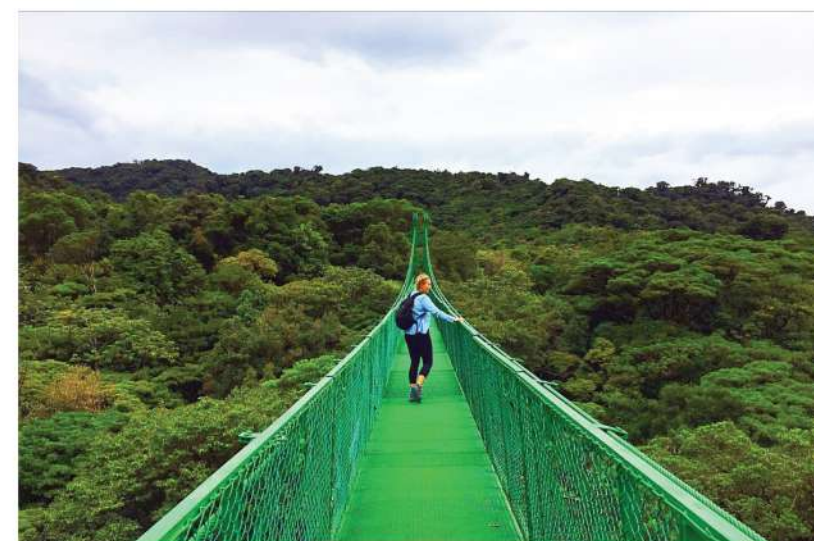
### *Includes*

- Certified bilingual guides
- Entrance fee
- Bottled water
- Hiking through the bridges/trails
- Transportation to/from your condo
- Typical lunch



### *What to Bring*

- Comfortable clothes
- Rain coat
- Hiking shoes or similar
- Camera
- Binoculars



### *Departure Times*

- 7:30am
- Minimum:4 people
- Duration:10 hours approx.





# DAMAS ISLAND

## *Monkey Tour*

Explore the wonders of the unique Costa Rican mangrove ecosystem. Make sure you keep your eyes wide open so you can spot bird species, reptiles, ant eaters and white faced monkeys. While you silently observe this amazing habitat your guide will offer explanations about the flora and fauna found in this incomparable region.



## *Includes*

- Professional bilingual guide
- Bottled water
- 2 hour river boat tour
- Transportation to/from your condo



## *What to Bring*

- Comfortable light cloth
- Sun screen (spf-15 or higher)
- Comfortable shoes or sandals
- Camera



## *Departure Times*

- 7:45 am and 9:45am
- Minimun: 4 people
- Duration: 4 hours





# CANOPY TOUR

*Zip-line*

This tour is an adrenaline-pumping ride through the treetops via a secure system of zip lines. Including 14 platforms and 12 cables with a total cable distance of 3.5 kilometers, among them longest cable in the area (2400 ft). It is located about 15-20 minute away from the Resort.



## *Includes*

- 12 cable and 14 platform
- Bilingual guides
- Insurance and safety equipment
- Fruits and water
- Transportation to/from your condo



## *What to Bring*

- Comfortable clothes
- Sunscreen
- Tennis shoes
- Sunglasses
- Camera is optional, we provide professional photography service (surcharge)



## *Departure Times*

- 8:00am, 9:00am, 10:00am, 11:00am, 1:00pm, an 3:00pm
- Minimum: 2 people
- Duration: 2.5 hours approx.





# WHITE WATER

## *Rafting tour*

A journey of unsurpassed beauty, jungle vegetation, and exploding whitewater. For the adventuresome beginner and experienced rafter the class III rapids will have you filled with adrenaline as you paddle hard over the waves. Along the way you will be astounded by the awesome canyons and primary rainforest of Costa Rica. Located about 2 hours away from the Resort.



## *Includes*

- Professional certified bilingual guides
- All the professional gear, US coast guard approved
- Breakfast (not at 10:30am pick up) fruits, snacks and full lunch
- Transportation to/ from your condo



## *What to Bring*

- Swimming suit and/or shorts of a quick drying material
- Towel
- Sunscreen (spf-15 or higher)
- A complete change of clothes
- Rubber soled shoes
- Camera is optional, we provide professional photography service (surcharge)



## *Departure Times*

- 5:45am, 10:30am
- Minimum: 4 people
- Duration: 9 hours approx.





## HORSEBACK RIDING AND MUD SPA

### *Tour*

This tour is perfect for first timers and experienced riders alike. A perfect combination of riding, nature exploration, relaxation and fun. Surrounded by amazing flora, you will arrive at a beautiful spring fed waterfall in the heart of the jungle; here enjoy the natural volcanic spa mud that will leave you feeling refreshed and rejuvenated. Located about 45 minutes away from the Resort.



### *Includes*

- Professional bilingual guide
- Bottled water
- Fruits
- Transportation to / from your condo



### *What to Bring*

- Long pants for riding
- Swimming suit
- Towel
- Sunscreen (spf-15 or higher)
- Hiking shoes
- Camera



### *Departure Times*

- 7:45am, 12:45pm
- Minimum: 2 people
- Duration: 4 hours approx.





# ATV

## Tours

2 Hours, 3 Hours, 4 Hours  
through cattle fields, farms, small  
creeks, rivers, bridges, diverse  
vegetation, small rural towns and other  
beautiful attractions reflecting the real  
traditional Costa Rica living. It is  
located about 45 minutes away from  
the Resort.



## Includes

- Professional bilingual guide
- Bottled water
- Fruits
- Transportation to / from your  
condo



## What to Bring

- Comfortable light cloth
- Sunscreen (spf-15 or higher)
- Hiking shoes
- Camera



## Departure Times

- Any time
- Minimum:2 people
- Duration:upon tour type





## MANGROVE BIRD WATCHING & CROCODILE

*Adventure Tour:*

Get upclose with American crocodiles of all sizes, and observe an abundance of beautiful exotic birds, enjoy spectacular rainforest scenery and cruise through dense mangrove forest canals, spot jungle wildlife such as iguanas, lizards that run on water, mangrove crabs, and more. It is located about 25 minutes away from the Resort.



### *Includes*

- Professional bilingual guide
- Bottled water
- Fruits
- Transportation to / from your condo



### *What to Bring*

- Comfortable light cloth
- Sunscreen (spf-15 or higher)
- Hiking shoes
- Camera



### *Departure Times*

- 7:30am, 9:30am, 11:30am, 1:30pm, 3:30pm
- Minimum: 2 people
- Duration: 3 hours





## *Includes*

- Professional bilingual guide
- Bottled water
- Fruits
- Transportation to / from your condo

# SURFING

## *Lessons*

Discover the adventure in one of the best activities you can do when you get to this country. You will return home completely enveloped in the culture of surfing. Located about 15 minutes away from the Resort.



## *What to Bring*

- Comfortable light cloth
- Sunscreen (spf-15 or higher)
- Hiking shoes
- Camera



## *Departure Times*

- Any time
- Minimum:2 people
- Duration:upon tour type





## HORSEBACK RIDING WITH WATERFALL

### *Tour*

Upon arrival to the waterfalls and swimming pool areayouwill have some time to relax and enjoy the waterfalls and natural slide.The tour starts at our beautiful Herradura Costa Rica base, just 10 minutes from Jaco Beach and Los Suenos Resort. Once you arrive we will equip you and depart on our journey to the waterfalls and natural swimming pools. Along the way you will see farms, get a close look at nature, as you start ascending through the rainforest, during the tour your bilingual guide will provide bottled water and at the end of your journeytropical fruits.During your Costa Rica Horseback Adventure our professional photographers will capture the best moment and have them available for purchase at the end of your tour.



### *Includes*

- Bilingual guidesInsurance and safety equipment
- Entrance to the Waterfalls
- Fruits and water
- Breathtaking views of the Pacific Ocean



### *What to Bring*

- Long pants
- Water shoes or strap on sandals (for the waterfalls)
- Tennis shoes
- Swimwear Towel



### *Departure Times*

- 9:30 am, 10:30 am, 12:30 pm and 1:30 pm.
- Minimum: 2 people
- Duration: 2 hours.





# WATERFALL

## Tour

Experience the true meaning of 'Pura Vida' as this guided trip takes you to the rain forest in the hills above the Pacific Ocean to a majestic setting of pure Costa Rican natural harmony. We will take a 4x4 drive up the mountain over 1000' to get to our private reserve. Your guide will stop along the way to point out interesting flora and fauna and the incredible views of the ocean and countryside. After a short (5 minute) downhill hike we will start our adventure through the river. We will hike up the river using trails and bridges that criss-cross the river allowing us to enjoy the multiple smaller, interactive waterfalls and natural pools. There are 4 different swimming holes and many waterfalls to get under. These natural pools will invite you to swim in the fresh mountain spring water and submerge under the falls for an invigorating massage. For the more adventurous there are a couple of places you can jump into the pools from 4' and up to 25'! At the last pool we will enjoy some fresh tropical fruit before the 10 minute hike back to the truck. During the entire tour we are totally surrounded by beautiful Costa Rica virgin rain forest. Bring your camera and your guide will keep it in a dry bag and make sure you get all those amazing pictures!



## Includes

- Transportation
- English speaking guide
- Fresh fruit and entrances



## What to Bring

- Water shoes or strap on sandals (for the waterfalls)
- Tennis shoes
- Swimwear
- Towel
- Sunscreen and sunglasses



## Departure Times

- Daily from 7am to 11am and 1pm to 5pm
- Minimum: 2 people
- Duration: Half Day





# CANYONING

## Tour



Canyoning or Canyoneering is an exciting multi-sport adventure that is gaining popularity for the masses. We have combined Zip lining, Waterfall Rappelling, and Hiking along with optional Swimming and Cliff Jumping as high as 25 feet. Canyoning is no longer just for die hard adventurers and expert climbers anymore. At Jaco Canyoning you have the opportunity to experience true Canyoning even if you have never been in a harness. Just 20 minutes from Jaco we will arrive at our base to start your adventure. After a beautiful 4x4 trip up the mountain you will be outfitted with latest and safest gear from Black Diamond in the USA. You will be instructed on the safe and proper use of our equipment then begins your 5 minute hike to the first zipline. After 2 “zips” over the river we will do a dry training rappel to familiarize you with the proper technique. A short hike down river and we will have some swimming and cliff jumping (4-25’) opportunities if you desire! Now it is time to get wet! 4 rappels through the waterfalls and YOU will do it all on your own. At all times you will be “safe and backed up” by your guides! After a short climb up we will exit the canyon and hike 15-20 minutes back to the truck. By the time you are finished you can say “I am a canyoneer!” and can check this off your bucket list. enjoy a tropical fruit snack and a refreshing beverage before returning to your hotel. Fun for the whole family – we have taken people from ages 7 – 78 on this exciting excursion. All you need is a little sense of adventure! Note: If you have any physical limitations that you are unsure of please contact us to see if this is an issue or not. The hike out, while steep, is on an excellent trail and is only a ¼ mile.



## Includes

- Fruit snack
- Entrance fees
- Bilingual guides
- Certified gear



## What to Bring

- Water shoes or strap on sandals (for the waterfalls)
- Tennis shoes
- Swimwear
- Towel
- Sunscreen and sunglasses



## Departure Times

- Daily from 7am to 11:30am and 1pm to 5:30pm
- Minimum: 2 people
- Duration: 4.5 hours





## THE EXTREME ADVENTURER

### *Waterfall Tour*

This is an allday quest geared toward adrenaline junkies but also for the more subdued. There are no jumps that are required so if you are travelling with an adventurous spirit but just want to watch or swim that is fine too. It starts with a drive south to the wild and rugged Osa area. We will trek to five different waterfalls in three locations with each one getting bigger and more beautiful. You can observe the falls from dry-land, swim in the pools or climb up and jump right in! It is up to you to decide what you are up for. One of the falls has a rope swing that you can swing and then jump off into the natural pools below. The next Waterfall has jumps from 8-40 feet and a natural water slide. We will then enjoy an authentic Costa Rican meal at a typical local restaurant. After lunch we will enjoy a 4×4 trek deep in the mountains to arrive at arguably the most magnificent waterfall in all of Costa Rica. When conditions are right you'll have the option of cliff jumping from 20, 30, 45 or 75 feet into the deep pool at the base of the 75' falls. During this tour you will be deep into the Costa Rica Rain Forest. The first 2 locations have a 5 minute hike to the falls and the last hike is only 30 minutes.



### *Includes*

- Transportation
- Naturalist English speaking guide
- Lunch
- Entrances



### *What to Bring*

- Water shoes or strap on sandals (for the waterfalls)
- Tennis shoes
- Swimwear
- Towel
- Sunscreen and sunglasses



### *Departure Times*

- Daily from 7am to 5pm
- Minimum: 4 people
- Duration: All day





## RAINFOREST AERIAL TRAM

### *Tour*

Experience first-hand all the secrets the transitional rainforest keeps while you fly above the treetops accompanied by a magnificent ocean view, a relaxed environment and a peaceful experience in harmony with nature near Jaco, Costa Rica.



### *Includes*

- Transportation
- water
- Tour featuring 18 gondolas, Heliconias and Bromelias Garden, Terrarium, Butterfly Garden
- Expert naturalist guide



### *What to Bring*

- Closed-toe shoes
- Light and comfortable clothes
- Camera



### *Departure Times*

- 7:10 am / 8:50 am / 11:20 am / 1:20 pm





## TRANOPY

### Tour

Our very own Tranopy Tour (tram + canopy zip lines). Ascend the mountain in our gondolas and then descend it by soaring over the treetops. Feel real adrenaline as you fly where the birds are with amazing ocean views and a cool breeze refreshing your whole body. Our controlled-breaking system allows you to zip-line without the need of grabbing the cable so you experience great sensations while flying carefree. For your safety and comfort we also have double cables, double harness, platform with handrails and top of the line equipment so that your adventure is unforgettable! This canopy tour includes 10 cables and 15 tree platforms, some of them connected with peaceful and pretty natural trails. This is the safest and most entertaining zip line course on the central pacific coast.



### *Includes*

- Transportation
- water
- Tour featuring 18 gondolas, Heliconias and Bromelias Garden, Terrarium, Butterfly Garden
- Expert naturalist guide



### *What to Bring*

- Closed-toe shoes
- Light and comfortable clothes
- Camera



### *Departure Times*

- 7:10 am / 8:50 am / 11:20 am / 1:20 pm





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