



Activities & Tours



Summary of Things To Do

Sport fishing, scuba diving, surfing, sea kayaking, white water rafting, mountain biking, horseback riding and zip lining through rainforest canopy are only a few of the activities you can enjoy here at Manuel Antonio!

If that's not enough to keep you exhilarated or if you want to approach things at a different pace, then why not look at our wildlife and relaxation tours?

Here the mountains literally meet the sea and the ecosystem is teeming with over a 200 species of mammals, birds, insects and reptiles. Hike or stroll through the National Park and meet white-faced, squirrel and howler monkeys, three toed and two toed sloths, coatis, agoutis, brilliantly colored land crabs, exotic frogs, butterflies, toucans and laughing falcons, to name just a few. Afterward, kayak or boat out to a secluded bay and snorkel with our wonderful sea life, go whale watching or relax with a cocktail on a romantic sunset cruise.

The question here may not be what to do, but how you are going to manage to do everything you want to - after all, there are only 24 hours in a day!

Adventure	Nature and Relaxation
ATV Tour	Catamaran Tour
Thrill Seekers Canopy	Trimaran Sunset Sailing Tour
Family Friendly Canopy	National Park Tour
Paddle Boarding	Horseback Riding - Beach Tour
Sport Fishing - Inshore	Horseback Riding - Mountain Tour
Sport Fishing - Offshore	Kayak Mangrove Tour
Surf School	Spice Plantation Tour
Surf Lessons with Local Instructors	Wildlife Nature Reserve
Waterfall Rappelling	Diving Manuel Antonio
Jet Ski Coastal Tour	Isla de Cano - Diving & Snorkelling
White Water Rafting	Rainmaker Nature Reserve
10-1 Adventure Tour	Spa Services

Let us help you Plan your Vacation:

We recommend booking in advance to ensure that your chosen activities can be scheduled to fit your vacation itinerary. Don't worry! We will do everything for you, from booking your transportation to scheduling a private chef, to recommending the right tours for you and so much more.



Questions? Just Ask Your Concierge!

Call: 8320.6145 or email: planning@myvacationcostarica.com

ATV Adventure

Have a need for speed? This is the tour for you. Get your adrenaline pumping while exploring the sites through the Costa Rican forests.

Start your engines and let the adventure begin! Drive through the beautiful primary and secondary rainforest and alongside the Rio Cañas on the only fully automatic ATVs in the Quepos / Manuel Antonio area. Stop by two waterfalls for photo opportunities and a chance to cool off in the natural pools beneath the cascades. Each driver is equipped with a motor helmet, visor and a 330cc Polaris Trailblazer (for single riders) or a 350cc Yamaha Grizzly (for double riders), both models are fully automatic.



What's Included:

- Local transfers
- Professionally trained bilingual guides
- Fully automatic 330cc Polaris Trail Blazer and 350cc Yamaha Grizzly
- Safety helmets
- Fruits and refreshments
- Lunch

What to bring:

- Sturdy shoes
- Comfortable clothes
- Bathing suit / towel
- Sunscreen
- Sunglasses
- Insect repellent
- Camera

Tour Details:

Duration: approx 3 hours

Times of Tour: 7am, 10am, 12.30pm*

* - Dry Season Only

Tour Restrictions:

Minimum age for drivers is 16 years. Children less than 16 years old may still enjoy this adventure tour as a passenger (double ATV) with a driver over 16 years old.

Price of Tour: \$105 single ATV / \$135 double ATV



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Thrill-Seeker Canopy Adventure

This tour is not for the fainthearted so if you fancy something a little more adventurous, this is the zip line tour for you! At over 3/4 of a mile this tour has Central America's longest single zip line!

Imagine yourself soaring high above the jungle floor. As you fly through tree tops you can observe some of the most beautiful flora and fauna in the Costa Rican rainforest. The exhilaration of a zip line canopy adventure tour is, most likely, unlike anything you have ever experienced!

Our professionally trained guides will lead you safely and securely over, under, and through the canopy on our double anchored touch less lines.



Our proprietary, dynamic braking system provides you an extra measure of safety as you traverse the lines without the need to worry about braking (or breaking!) yourself.

We are passionate about offering truly unique educational opportunities. Not only will you take away memories that will last a lifetime - you will learn some history, a little about the rainforest and the beautiful country that hosts over 5% of the world's biodiversity.

During your two hour journey, you will travel across 14 tree platforms, a series of 11 zip lines, 3 nature walks, 6 hanging bridges, a rappel secured by a top and bottom belay and air stairs.

What's Included:

- Local transfers
- Professionally trained bilingual guides
- All equipment
- Professional Photographer (rate does not include pictures)
- A delicious meal, refreshments and snacks.

What to bring:

- Sturdy shoes
- Long shorts
- Camera
- Sunscreen
- Insect repellent
- Bathing suit

Tour Details:

Duration: 5 hours
 Tour Times: 7:00am - 10:00am

Price of Tour: \$75 per person



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Family Canopy Adventure

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 is an adventure for people of all ages and interests. It will certainly be one of the highlights of your Costa Rican adventure!

You will be provided with a unique activity and ecological experience, plus almost anyone of any age can participate! Young children can be carried by the guides allowing the whole family to enjoy this tour together! You do not need to be in great physical condition to participate because this tour is not strenuous.

We now feature: 18 platforms, 10 zip lines, 2 rappel lines, one suspension bridge, one "Tarzan swing", a butterfly farm and a serpentarium!!!

The objective is to provide you 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.



What's Included:

- Local transfers
- Professionally trained bilingual guides
- All equipment
- Professional photographer (rate does not include pictures)
- Drinks, fresh fruit and snacks
- Breakfast or lunch
- Serpentarium and Butterfly Garden

What to bring:

- Sturdy shoes
- Long shorts
- Camera
- Sunscreen
- Insect repellent

Tour Details:

Duration: 5 hours

Price of Tour: \$75 per person

Times of Tour: 7:30am, 10:30am, 1:30pm



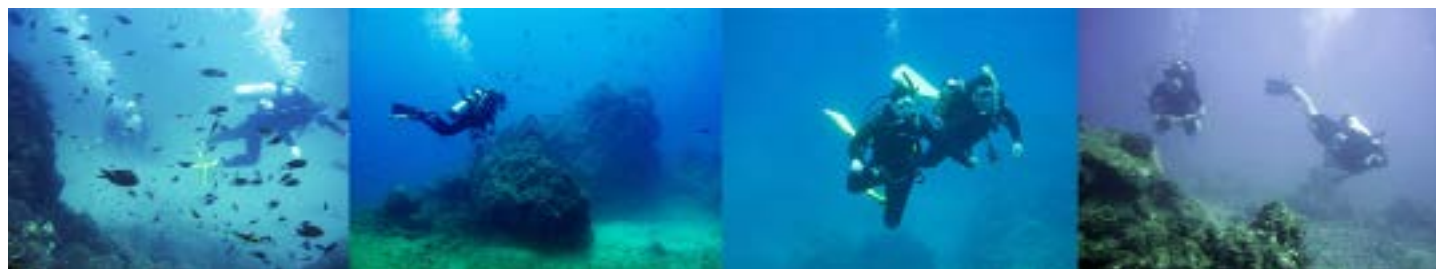
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Diving the Pacific Ocean

If you like adventure and want to experience something different then Manuel Antonio is the place for you. The warm waters, relaxed atmosphere and friendly people will give you an experience that you will never forget. We have a variety of different dive sites and most locations are limited to one boat. You will never experience the feeling that there are more divers than fish!

We offer a number of different exciting dive trips in the Manuel Antonio area. All our trips leave from the Pez Vela Marina in Quepos. We can also cater private dive or snorkel charters.



Visibility: In the Quepos and Manuel Antonio area there is a high nutrient content in the water, this brings us an unbelievable amount of marine life. Though the visibility does vary it is normally in the region of 30 - 65 feet in the dry season (Dec - May) and 10 - 40 feet in the rainy season (June - November).

Water Temperature: There is very little variation throughout the year. Temperatures range from mid 80's to low 70's. For exposure protection we would recommend either a 3mm full or short wetsuit.

Average Dive Depths: 40 - 80 ft

Marine Life: We have an abundance and wide variety of marine life on the Central Pacific Coast of Costa Rica. Schools of Snapper, Jacks and Grunts cruise by. You can get up close and personal on the reef with Angel Fish, Moorish Idols, Surgeon Fish, Giant Damsel Fish, an array of Puffer Fish, Scrawled File Fish, Octopus, a variety of Eels and Crustaceans. Plus Reef Sharks, Rays, Sea Turtles, Pan Tropical Dolphins and in season the majestic Humpback whales and Manta rays (Dec - April).

Underwater Topography: We have a variety of soft and hard coral formations and an amazing underwater environment formed by the intense volcanic activity that formed this area.

Tour Details:

Tour Times: 7:30am, 12:30pm

What's Included:

Professionally trained dive or snorkel guide
All equipment
Tropical fruits, cookies, juices, water.

Price of Tour: \$98 (2 Site/2 Tank)



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Isla de Caño Snorkelling & Diving Tour

Visit an exotic tropical paradise

This unique island tour is one of the most beautiful diving and snorkelling areas in the whole of Costa Rica and has been described in terms parallel to the renowned Isla de Coco.

Isla del Caño is situated in Drake Bay about 1.5 hours boat journey to the south of Uvita (65km south of Manuel Antonio). We offer an exhilarating and safe passage to this unspoiled paradise.

On the way to the island, watch out for Spot Pan Tropical Dolphins and Sea Turtles. Once at Caño Island be amazed by the abundant resident sea life that surrounds you; giant schools of pelagic fish, Barracuda, Trevally Jacks, Pompano, White Tip Reef Sharks and Rays. Visibility in this area often exceeds 80 feet.

Whether you opt to enjoy a snorkelling or diving tour, you will visit two different sites, accompanied at all times by professional bilingual guides.

After checking out the local marine inhabitants we move to another island for a fantastic picnic lunch. Guests are then free to enjoy the unspoiled beach paradise before heading back to Manuel Antonio.

Advance bookings only - Reserve to avoid disappointment!

What to bring:

- Bathing suit
- Sunscreen
- Hat
- Sunglasses

What's Included:

- Professionally trained dive or snorkel guide
- All equipment
- National Park fees
- Tropical fruits, juices, water, and a picnic lunch

Tour Details:

Departs: 7:00am
Returns: approx 3pm

Tour Notes:

Not recommended for children under 7 years old

Price of Tour: \$115 snorkelling / \$165 diving



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Kayak Mangrove Tour

The trip starts on the Savegre Bridge. Here, everyone is introduced to their kayak just before taking off and leaving civilization behind! On the Savegre, the water is calm, but the current allows guests to float without much paddling. This part of the river is home to countless water birds and reptiles. Soon the sound of waves crashing on the beach of Playa El Rey welcomes you to the estuary. Once there, you will pull out of the water for a short break. Next you will enter into the mangrove system, where the channel gets narrower and the trees get taller.

Just when it seems the route is too narrow, you will enter into the mouth of the Portalon River and make your way up the estuary into the Mangroves of the Portalon. This area is filled with white-faced monkeys, many birds, tree boas and maybe even a crocodile! The tranquillity through this section is indescribable!

The mangrove section ends in a private wilderness reserve. At this point guests have an opportunity to drag their boats into the Pacific and attempt to break the surf (Not possible if waves are too big). If they make it through the surf, the last 3 km are through the open ocean. This portion is stunning and ends with guests surfing their kayaks right to the beach camp.

If guests choose to end the trip in the mangroves, they are transported through the reserve 3 kilometers to Rafiki's new beach camp. The camp has 4 luxury safari tents nestled around a fantastic swimming pool, right on the beach.



Tour Details:

Duration: 3 hours
Tour Times: Tide dependant

What's Included:

- Bilingual Guides
- Snacks and Refreshments
- Lunch or Dinner on the Beach

Price of Tour: \$75 per person | **Transport:** \$80 per group

What to bring:

- Comfortable Clothes
- Swim wear
- Towel
- Sunscreen
- Bug Spray
- Camera
- Change of Clothes



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National Park Guided Tour

This is one of the area's most popular tours! Despite its small size, Manuel Antonio National Park is known as the most beautiful National Park in all of Costa Rica. The mountains literally meet the sea and the ecosystem is teeming with over a 200 species of mammals, birds, insects and reptiles. With our experienced bilingual guides, you will have the opportunity to see a great diversity of wildlife you might otherwise miss, as well as hearing the many interesting stories about the history and geography of the area during this guided walk along spectacular beaches and through the jungle.

Let our professionally trained and very knowledgeable guides lead you through the rainforest so that you don't miss a thing! They will not only make sure you see all wildlife that the rainforest has to offer, but will educate you on the flora and fauna of Costa Rica as well!



Tour Details:

Duration: approx. 3 hours
Time of Tour: by appointment

What to bring:

Camera, binoculars, bug spray, sun screen, light clothes, hiking shoes
Bathing suit and towel (if planning to stay and swim in the Park after the tour).

Price of Tour: \$46 Adult / \$36 Children under 12 years / No charge for children under 4 years

What's Included:

Local Transfers, professionally trained, bilingual guide, top of the line spotting Equipment and binoculars, park entrance fee



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Sport fishing Inshore

Quepos is the most visited Sport fishing destination in Costa Rica. Located 5 miles north of the picturesque Manuel Antonio National Park, the Quepos fishing region offers excellent inshore and offshore fishing throughout the year.

With over 15 years experience in providing sports fishing packages, our crew are experts and renowned for continuously pulling in big inshore catches of Rooster fish, Mackerel, Snook, Red Snapper and more!



Boats	Size	Cap	Full Day	1/2 Day
Luhrs Yacht with twin CAT 660 HP each	44'	8 Max	\$1,600	\$1,200
Cummins single inboard diesel 330hp	31'	5 Max	\$1,000	\$800
Costa with Center Console and Yamaha 255	26'	4 Max	\$700	\$500

What's Included:

- Bilingual Captain
- Bilingual Mate
- All equipment and bait
- Snacks, refreshments and beer
- Lunch (full day only)

What to bring:

- High Factor Sunscreen
- Sunglasses with croakies cord

Departure Time:

7:00 am

What's not Included:

- Costa Rican law states that each fisherman must purchase a fishing license at the port. Cost \$15 / valid 1 week.
- Transportation to and from marina

Sport fishing - Offshore

Quepos has quickly become one of the most visited Sport fishing destinations in Costa Rica. Located just 5 miles north of the picturesque Manuel Antonio National Park, the Quepos fishing region offers excellent offshore fishing throughout the year and hosted the world championships in both 2014 and 2015!

Offshore catches include Marlin, Sailfish, Yellow fin Tuna, Dorado, Wahoo and more! So if you are ready to make a full day of it nothing will get your heart pumping like feeling the rod bend over and the reel screaming when your hooked up with a Giant Pacific Sail Fish or Marlin!



Boats	Size	Cap	Full Day
Luhrs Yacht with twin CAT 660 HP each	44'	8 Max	\$2,200
Cummins single inboard diesel 330hp	31'	5 Max	\$1,250
Costa with Center Console and Yamaha 255	26'	4 Max	\$800

What's Included:

- Bilingual Captain
- Bilingual Mate
- All equipment
- Snacks, refreshments and beer
- Lunch

What to bring:

- High Factor Sunscreen
- Sunglasses with croakies cord
- Motion Sickness Medicine (if needed)

Departure Time:

7:30 am

What's not Included:

- Costa Rican law states that each fisherman must purchase a fishing license at the port. Cost \$15 / valid 1 week.
- Transportation to and from marina



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Surf School

Don't know how to surf? Let us teach you! Whether you are seven years old or seventy-seven years old, a beginner or experienced, we have the class for you. With three decades of experience in teaching around Quepos and Manuel Antonio, our instructors know the very best surfing spots and, of course, when and where to catch the best waves.

We also have extensive knowledge regarding the tides and therefore know when and where to take our students depending on their level of experience, maximizing the fun factor but while also ensuring safety.

We use specially designed surfboards for each level of experience. We have long boards made out of a special lightweight material, perfect for beginners, as well as fiberglass boards for the slightly more advanced. For those experienced surfers, we can also provide you with shorter, more traditional boards for riding the waves in style.



Duration	Type	Cost
3 Hours	Group Class (3pax)	\$70
3 Hours	Semi Private Class (2pax)	\$85
3 Hours	Private Class (1pax)	\$95

Lesson Times:

- 9 am, 11 am, 2pm (tide dependant)

What's Included:

- Local transfers
- Professionally trained, bilingual guides
- All equipment

What to bring:

- Bathing suit/towel
- Sunscreen **SPF50+**
- Camera

Surf Lessons - Local Instructors

Learn how to catch some killer waves from some of Manuel Antonio's very own local surf boys! These instructors will give you the confidence and skills that you need to ride the waves! You will gain a basic understanding of the ocean and leave with a few key techniques that will help you when you are paddling out on your own.

Whether you are a beginner or know your way around a board, these instructors will teach you skills you've never been taught before and bring your surfing to the next level. Enjoy fruits and refreshments during your lesson to help keep your energy level high. Hang ten!



Lesson Details:

	Duration	Cost
Regular Lessons	2-3 hours	\$55
Private Lessons	2-3 hours	\$65

What's Included:

- Professionally trained bilingual instructors

What to bring:

- Bathing suit/Towel
- Sunscreen
- Camera

Simply need a board? No problem!

We have top of the line equipment ready for you!

	Hour	Half Day	Full Day
Surf board	\$10	\$20	\$30
Boogie board	\$ 3	N/A	\$10



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Waterfall Rappelling - Extreme Canyoning

Canyoning in Manuel Antonio is the ideal tour for the adventure traveller. This off-road trip takes you to a part of the rainforest most tourists don't get to see. A true Costa Rican paradise experience travelling through quaint Tico villages with flora and fauna, you never know what you might see!



The journey starts by crossing a 125 meter long and 45 meter high suspension bridge, which will take your breath away. Then the real fun begins. . . .

Our safety conscience and professionally trained guides will lead you up the first 45 meter high waterfall, all you have to do is rappel down! And of course once you've done it, you'll want to do it again, so off you go to the second waterfall which is 55 meters high.

When it's time to relax you can enjoy a typical Costa Rican lunch overlooking the swinging bridge and canyon waterfall. The entire experience is closely controlled by certified guides and only the best, safest, certified climbing equipment is used.

Tour Notes:

The minimum age for this tour is 8 years old, and no previous climbing experience is needed. Keep in mind that you will get soaking wet on this tour, but that makes it even more fun!

What's Included:

- Local Transfers
- Professionally trained bilingual guides
- All equipment
- Meal by the waterfall at end of tour

What to bring:

- Tennis shoes
- Extra clothes
- Bathing suit & Towel
- Sunscreen & Insect repellent

Tour Details:

Duration: 5 hours
Tour Times: 7:30am, 12:30pm

Price of Tour: \$75 per person

Wave Runner Adventure Tour

Experience Manuel Antonio from a whole different perspective. On this adrenaline pumping tour, search for exotic marine life and enjoy the beautiful sights of one of Costa Rica's most beautiful coastlines.

With our Jet Wave Runner Tour you will enjoy a unique excursion on fast, easy to use, new Yamaha and Honda wave runners that will let you take pleasure in the sights around Manuel Antonio National Park.



At our platform at the new Pez Vela Marina, our bilingual guides will give you a safety briefing and show you how easy it is to use your jet ski. You don't need any previous experience and you don't need to worry as they are very safe. On the platform we have lockers where you may store your personal items.

Tour Notes:

Drivers need to be at least 16yrs old
Children under 18 need a parent's signature to participate on this tour

Tour Details:

Length: approx. 2 hours
Times: 7:30am, 10:30am,
1:30pm, 3:30pm *
*December - May Only

What's Included:

- Local transfers
- Fully bilingual guides
- Life vests
- Snorkelling equipment
- Snacks and refreshments
- Dolphin and marine animal search

What to bring:

- Sunglasses with croakies cord
- Sandals / water shoes
- Sun protection
- (lotion, hat, T-shirt)
- Towel
- Waterproof camera

Price of Tour: \$130 single / \$160 double



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White Water Rafting - Rio Naranjo

If you enjoy adrenaline filled vacations with heart pounding adventures, white water rafting is the sport to for you! Rated as being among the best white water rafting spots in the world, Costa Rica is a paddler's delight.



During the rainy season (May-December) the Rio Naranjo is the most challenging white water in the area. You can go charging through continuous Class III and Class IV rapids with the best guides in the area.

If you are up for a little more adventure and you are an experienced rafter, we have something for you! Try the upper section of the Naranjo, the Chorro. It is one of the premier rafting trips in Central America and the only class IV/V rafting available during the dry season (December-May). Located just outside of Quepos in a spectacular wilderness canyon with tight, technical rapids and steep drops.

*Previous rafting experience recommended for this world class stretch of white water.

Tour Details:

Duration: 4 hours (Naranjo) 4 hours (Chorro)
Tour times: 7:30am, 12:30pm

What's Included:

- Local Transfers
- Professionally trained bilingual guides
- All equipment
- Snacks and refreshments

What to bring:

- Sturdy Water Sandals
- Comfortable clothes
- Bathing suit
- Sunscreen
- Insect Repellent
- Sunglasses with croakies cord
- Towel & a change of Clothes

Price of Tour: \$65 per person (Naranjo)
\$90 per person (Chorro)



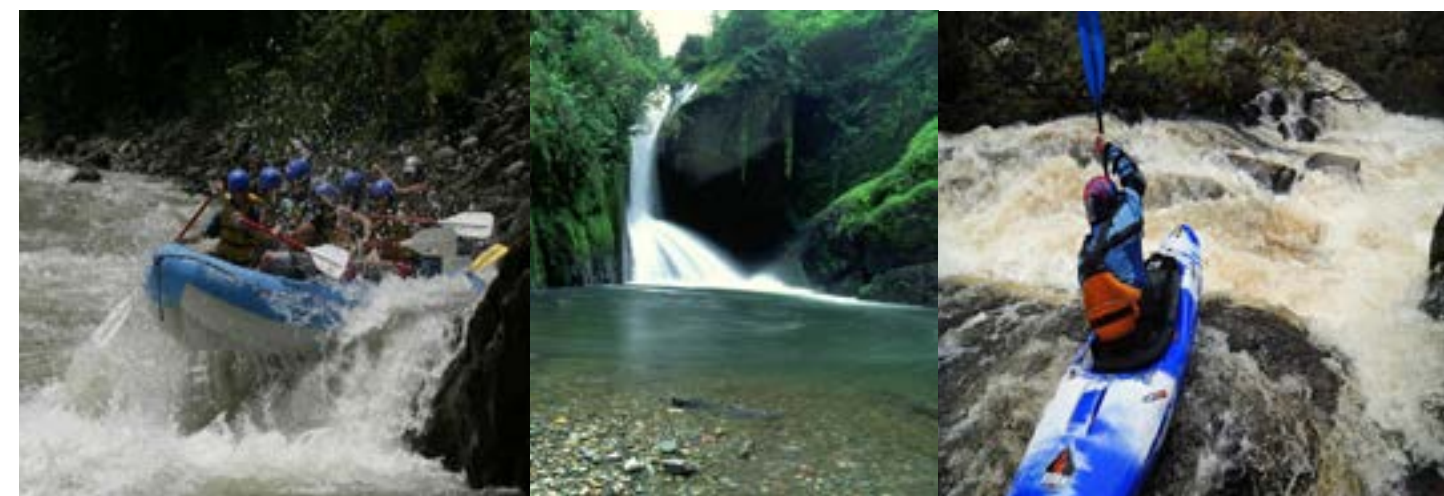
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White Water Rafting - Rio Savegre

Travel deep into the rainforest for a full day adventure on one of the cleanest rivers in Central America. This trip includes a short hike to some of the most spectacular waterfalls in the area where you can get out of your raft, enjoy the breath taking scenery and go for a swim. At the waterfall you will be provided with snacks and refreshments as well.

In the rainy season (May-December), you will encounter big-water Class III rapids with roller coaster type waves. In the dry season, (December-May) you can raft with a guide, or challenge the rapids one on one in your own inflatable kayak (ducky). Expert guides will be there to help you navigate the rapids. There is no rafting experience necessary to raft on the Savegre, plus our guides are great at working with folks of all experience levels!



Tour Details:

Duration: 6 hours
Tour times: 7:30am, 12:30pm

What's Included:

- Local Transfers
- Professionally trained bilingual guides
- All equipment
- Snacks and refreshments
- Meal
- Waterfall Swim
- Professional Photographer (price not included)

What to bring:

- Sturdy Water Sandals
- Comfortable clothes
- Bathing suit
- Sunscreen
- Insect Repellent
- Sunglasses with croakies cord
- Towel & a change of Clothes

Price of Tour: \$90 per person



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10-1 Adventure Tour

You will start your adventure by heading to San Antonio de Damas, where you can either take the Hummer or ride horseback while you travel down the barrel of a river. After this, you will have a short hike through nature trails before arriving at the main quarters. Here, your guides will give you all the special equipment and instructions needed to keep you safe and maximize your fun during this adventure!

Now, let the fun continue as you start hiking Via Ferreta, which means that you will be walking at the borders of the canyon, attached to the walls by special ropes. While you walk down the canyon of Río Damitas, you will get rid of all your fears as you experience the Tarzan swing for a couple of swings, then you will find the first rappel, a small one of just 13 meters.

From here you will continue fly over a waterfall on the first zip line. The next one will take you literally through a waterfall and let you free fall into the pristine pool below! Next you will rappel to a new zip line, then down to a swinging ladder, which will drop you at "La Galeria", our natural platform. From here you will do a mix of rappelling and zip lining from the top of a 60 meter waterfall! This is the adventure of a lifetime and it will leave you wanting to come back again, guaranteed!



Tour Details:

Duration: approx. 7 hours
Tour Times: 7:00am, 10:30am

What's Included:

- Local Transfers
- Professionally trained bilingual guides
- All equipment
- Breakfast or Lunch
- Professional photos (Price not included)

What to bring:

- Sturdy shoes
- Comfortable clothing
- Extra clothes
- Towel
- Sunscreen & Insect repellent

Price of Tour: \$130 per person



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Stand Up Paddleboarding

Try the hottest new water sport now here in Manuel Antonio, Stand Up Paddleboarding! Experience secluded beaches, the calm waters of hidden coves and the beautiful coastline of Manuel Antonio. There are no surfing or other special skills needed. The ultra long and stable board allows you to balance while standing up, sitting, kneeling or even lying on your stomach. We supply the board, the equipment, and guide you through everything you need to enjoy yourself.

It is a very relaxing way to enjoy the coast line, mountain views, and sea life beneath you.

We look forward to showing you our favorite parts of Manuel Antonio looking from the ocean in.



What's Included:

- Local Transfers
- Professionally trained bilingual guides
- All equipment
- Snacks and refreshments

Board Rentals:

(For experienced paddle boarders)

- \$20 1 hour rental
 - \$30 2 hour rental
 - \$40 1/2 day rental
- Longer rentals available upon request

What to bring:

- Bathing suit
- Towel
- Sunglasses with croakies cord
- Extra clothes
- Sunscreen

Lockers are available on-site

Tour Details:

Duration: Approx. 3 hours
Tour Times: Dependant on the tide please ask!

Price of Tour: \$65 per person without snorkeling \$75 per person with snorkeling



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Family Catamaran Tour

The service on board this catamaran was designed for the enjoyment of the whole family. There are two trampolines, where you can enjoy the sunny and cool mornings during the early voyages, or the vibrant sunsets in the afternoon.

On the top level you will find our Tsunami slide where you can shoot off into the water for a dip in the beautiful Pacific Ocean.

On this cruise, you will sail along the Pacific coast for approximately 4 hours. During the tour, visitors have the opportunity to see dolphins, stingrays, sea turtles and migrating whales (seasonal). Halfway through the trip, the boat stops, allowing you time to use the slide, take a swim around and also snorkel in one of Manuel Antonio's best snorkelling spots, Biesanz Bay.



Tour Details:

Length of the tour: 4 hours

What's Included:

- Local Transfers
- Bilingual guides
- All snorkelling equipment
- Snacks, meal and refreshments
- Alcoholic beverages

Tour Times:

9:00am and 2:00pm

What to bring:

- Bathing suit
- Sunscreen
- Sunglasses with croakies cord
- Towel

Price of Tour: \$80 per person, children under 6 are free



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Trimaran Sunset Sail



If you are looking to enjoy amazing views of Manuel Antonio while seeing different marine wildlife and watching the sun set in a more intimate setting then this is the tour for you!

The captain navigates the vessel along the coast while the guide gives you information about the sites, aquatic life and answers any questions you may have, ensuring a pleasant trip. From the boat you will have the opportunity to see dolphins, stingrays, sea turtles, and migrating whales, as well as the major islands in the area including Olocuita, Isla Larga and Isla Verde. During your journey you will be provided with natural drinks, sodas, water, special cocktails and beer.

You will visit Punta Quepos and Punta Cathedral, the latter being located on the coast of Manuel Antonio National Park. Then the Captain will loosen the sails and allow the calm winds to direct the boat, taking you to Playa Puerto Escondido.

After enjoying the different islands you will continue sailing to a beautiful beach called Biesanz, where you will be provided with equipment for snorkelling. After snorkelling, it is time to enjoy a delicious lunch or dinner, according to the time schedule of the tour.

Tour Details:

Length of the tour: 4 hours

What's Included:

- Local Transfers
- Bilingual guides
- All snorkelling equipment
- Snacks, meal and refreshments

Tour Times:

9:00am and 2:00pm

What to bring:

- Bathing suit
- Sunscreen
- Sunglasses/Hat
- Beach Towel

Price of Tour: \$75 per person, children under 6 are free



Questions? Just Ask Your Concierge!

Call: 8320.6145 or email: planning@myvacationcostarica.com

Horseback Riding - Beach Tour

This is a first class equestrian experience in the midst of a tropical paradise. It is a unique combination of mountain, beach and cattle ranch riding. Our horses are very gentle, mild mannered and will gladly take you wherever you would like to go! Tours will be designed based on your specific horse riding experience.

You will enjoy this Costa Rican Nature experience located within an authentic working ranch of Monterey, which is 20 minutes south of Jaco. After trotting through the cattle ranch you will go through the forest until you reach a magnificent beach. Where you can trot along the ocean's edge atop your horse! Enjoying wonderful views as you gallop through the sand.

When your horse riding expedition comes to an end it is time to enjoy a magnificent Costa Rica lunch or dinner at a quaint restaurant with a pool! Here you are welcome to put on your swim gear and enjoy the nice cool waters of the pool, rewarding your body for the journey it just finished!

*If you choose to drive yourself to the starting location, directions can be provided for you. It is a 45 minute drive.

*You can also choose to be picked up by the tour company and be shuttled to and from this fabulous excursion.



Tour Details:

Length of tour: 2 hours on horseback
Time of Tour: 8am and 3pm

What's Included:

- Local transfers (\$85)
- Bilingual, professionally trained guides
- Snacks, refreshments and a meal

Price of Tour: \$55 (excludes transportation) \$85 (includes transportation)

What to bring:

- Sturdy shoes
- Comfortable clothes
- Bathing suit/ Towel
- Sunglasses
- Sunscreen
- Change of clothes
- Camera

Horseback Riding - Mountain Tour

This is a horseback riding adventure in Costa Rica that you will never forget! Our tours are limited to small groups of a lucky few who will have the opportunity to ride on a real working cattle ranch located on over 1,000 stunning acres.



You will traverse many types of terrain during your adventure from primary rainforest, to creeks, to cattle pastures, to African palm, and tropical fruit plantations. Visitors to the farm also have the chance to spot many types of animals such as the Titi monkeys, foxes, coatis, and toucans.

Your guides are all bilingual experienced horsemen who love their country and can not wait to share the secrets of the Costa Rican countryside with you! So come on out and enjoy a beautiful horseback ride with us.

Tour Details:

Length of tour: 2 hours on horseback

Tour Times:

8am and 2pm

What's Included:

- Local transfers
- Bilingual, professionally trained guides
- Fruits and snacks
- Swimming in a secret river in the heart of the rainforest
- Strong, healthy Paso Fino Costa Rican horses

Price of Tour: \$75 per person

What to Bring:

- Sturdy shoes
- Comfortable clothes
- Bathing suit
- Sunglasses
- Sunscreen
- Hat
- Towel



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Rainforest Spice Plantation Tour

The Spice Plantation is located in the Central Pacific rain forest 10 miles east of Quepos overlooking Manuel Antonio National Park. The plantation includes 27 acres of agriculture production and 125 acres of primary and secondary rainforest.

Major spices include vanilla, true ceylon, cinnamon, cocoa, black pepper, allspice, turmeric, and a variety of exotic fruits, essential oil and medicinal plants. We also showcase our unique collection of epiphytes (airplants) including orchids, bromeliads, and tilandsias.



Vanilla is the most popular flavor in the world and is the plantation's major crop. It is also the second most expensive flavoring agent and the reason for its high cost is the labor-intensive nature of vanilla cultivation and processing.

During the Spice Plantation Tour you will experience the sights, tastes, and aromas of vanilla, cinnamon, pepper and other tropical spices, essential oil plants, and a wide variety of tropical ornamental plants. After visiting the warehouse and plantation, you will experience our new "Flavors of the World" tasting. Our in-house pastry chef will prepare a variety of flavorful drinks and gourmet spice treats for you and your group to sample. All items are made fresh on the farm from scratch and use as many ingredients from the plantation as possible. Come taste the flavors of the rainforest and get inspired to try a little cooking and baking at home with some fresh organic spices!

The last stop is at our famous "Spice Shoppe" where visitors and chefs alike stock up on vanilla beans and extract, ceylon cinnamon, savoury chili-infused hot chocolate and other products grown on the farm to give as gifts or try in their own recipes!

Credit cards not accepted. Please plan accordingly. We apologize for any inconvenience.

Tour Details:

Duration: 2.5 hours
Time of Tour: 9:00am, 1:00pm

What's Included:

- Local transfers
- Bilingual guides
- 'Flavors of the World' tasting

What to bring:

- Sturdy shoes
- Sunscreen
- Sunglasses & hat

Price of Tour: \$50 per person



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Wildlife Reserve - Fincas Naturales

Fincas Naturales Wildlife Refuge is a 25 acre private park with nature exhibits and trails totalling 1,500 meters (4,500 feet), designed for all ages. The refuge has developed three exhibits including the Butterfly Botanical Gardens, an impressive Aquatic Garden, and the new Crocodile Lagoon.

Fincas Naturales is a living laboratory of nature conservancy where you will see a variety of Flora and Fauna, including monkeys, agoutis, and precious tropical hardwood trees.

Details of Tours:

The Butterfly Botanical Gardens

A uniquely designed garden atrium with plant & insect exhibits

Duration: 1 hour
Rates: \$15 Adult / \$8 Child (<12)

The Reptile lagoons & Butterfly Garden

The combination of Reptiles exhibit and Butterfly Gardens

Duration: 1 hour
Rates: \$20 Adult / \$10 Child (<12)

Amphibian water gardens, Reptile Lagoon & Butterflies Botanical Gardens

Duration: 2 hours
Rates: \$35 Adult / \$25 Child (<12)

Aquatic Tropical Gardens, Reptiles Exhibits & Butterfly Botanical Gardens plus a Nature Interpretive Walk

Duration: 3 hours
Rates: \$45 Adult / \$35 Child (<12)

Jungle Night Walk

A unique odyssey into the nocturnal world of the tropical rain forest. Visit the amphibian water gardens and listen to the nightlife of over dozen species of frogs.

Duration: 2 hours
Rates: \$39 Adult / \$29 Child (6-12)
Min. age 6 years



What's Included:

Transfers, Entrance Fee, Bilingual Guides

What to bring:

Hiking shoes, trousers, bug repellent, camera



Questions? Just Ask Your Concierge!

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Spa Parties

Enter a world where stress dissolves like sugar in hot coffee. In this tranquil haven, the windows are wide open to the beauty of the surrounding rainforest.

Our expert staff of spa practitioners offer an inspired menu of wellness services in the climate-controlled comfort of our treatment rooms.

Our facility includes private lockers, plush bathrobes, complimentary fruit and beverages, relaxation area, steam room, plunge pool, whirlpool, a swiss shower and yoga area for individual practice or scheduled classes (in high season only).



Facial Care Collection

From deep cleansing and hydrating to cellular regeneration, each facial will leave the skin nourished and radiant.

- Purifying Facial
- Gentleman's Facial
- Pacifica basic cleansing

Hand and Feet Collection

Treat yourself to a lavish manicure/pedicure within the lush environs of a tropical rainforest.

- Spa Manicure
- Spa Pedicure
- Polish change
- Paraffin treatment for hands or feet
- Fatigued Foot Treatment Reflexology

Body Treatment Collection

Rehydrate and rejuvenate tired and dry skin with one of our luxuriant natural body wraps

- Pacifica Seaweed Body Mask
- Après Soleil Aloe Soothing Wrap
- Ginger & Orange Wrap
- Cacao Fantasy Wrap
- Pacifica Detox Marine Polish
- Costa Rica's Volcanic Mud Wrap
- Cappuccino Scrub
- Honey Almond Exfoliation

Please contact your Concierge for pricing and availability



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In House Massage Therapy

Receiving a massage is luxurious and relaxing, however the benefits extend beyond the surface. Bodywork strengthens the immune system, calms the nervous system, flushes toxins from the muscles reducing pain and tension, improves range of motion in joints, oxygenates tissues and internal organs, produces a toning effect on your skin, and releases natural endorphins from your brain that increases joy, peace, and relaxation.



HOLIS SYNERGIE - We combine techniques including Swedish massage, Deep Tissue Reflexology, Energy Work and more.

45 min - \$70, 60 min - \$85, 90 min - \$110

PURE BLISS - This incredibly relaxing Swedish massage uses light to medium pressure incorporating long, soothing, and fluid strokes to stimulate blood flow, oxygenation, and circulation to the tissues.

60 min - \$75, 90 min - \$100

PURE BLISS FOR TWO - Enjoy this signature massage with a friend or loved one. Two of our therapists will work side by side for a shared experience.

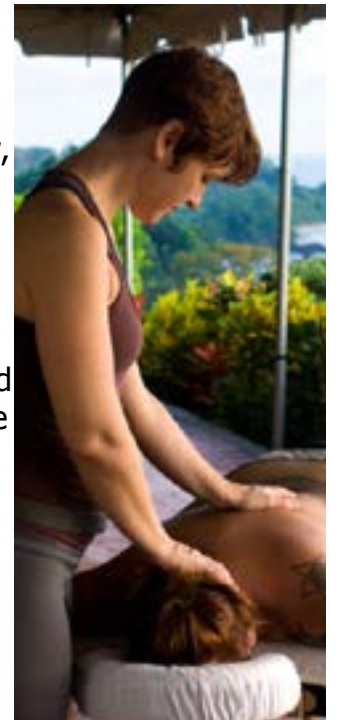
60 min - \$150, 90 min. - \$200

UNPLUGGED - Two therapists will work in unison to stimulate and reset the nervous system to harmonize the rhythm of your body and allow for a deeper state of relaxation.

50 min - \$140

TRADITIONAL THAI - This ancient massage practice from Thailand uses acupuncture points and passive stretching to give your body profound relaxation, increased flexibility and energy. Please wear comfortable clothing.

90 min - \$115



Imagine all this without ever leaving your vacation villa!
Appointments available upon request.



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