

Canopy Tour

This is a tour which can be enjoyed by all people who like full adventure. Everyone who travels in suspension cables from platform to platform will enjoy the humid tropical forest. Professional guides will be happy to take you to the primary and secondary forest where you can enjoy different types of animals, birds, insects and plants. There are 16 platforms, four of them are built on the ground and the other twelve hang 90 feet above from the robust trees in the primary forest. **DURATION:** 4 hours approximately.

INCLUDES: Transportation, bilingual guides, fruits, snacks, beverages, security equipment, and 16 platforms.

WHAT TO BRING: Sun tan lotion, camera, hiking shoes.



Damas Island Estuary Boat Trip

Description: Enjoy in a cover boat tour through the complex and beautiful estuary system of Damas Island. An eco-friendly boat, designed for comfort and security will take you, next to naturalist guides to see a variety of biological relationships between many organisms in this delicate habitat.

DURATION: 4 hours approximately. **INCLUDES:** Transportation, bilingual guides, beverages and lunch or dinner. **WHAT TO BRING:** Sun tan lotion, sunglasses, camera, sun hat, visor, mosquito repellent.



Damas Island Kayaking Tour

Description: Explore the wonderful world of mangroves just 15 minutes away from the Manuel Antonio area. Discover a variety of amazing wildlife. You will float under lush canopy forest, silently watching a spectacular variety of birds, snakes, ant-eaters, and many groups of white face monkeys.

DURATION: 4 hours approximately. **INCLUDES:** Transportation, bilingual guides, beverages and lunch or dinner. **WHAT TO BRING:** Sun tan lotion, sunglasses, waterproof camera, sun hat, visor, mosquito repellent, bathing suit and beach towel.



Horseback Riding Tour

Discover the secrets of the rainforest; learn about exotic and medicinal plants. Give yourself the opportunity to enjoy one of the most beautiful landscapes of the area riding along with the primary rainforest, the view of the valley, the waterfalls, and the spectacular surrounding tropical of rainforest. Just located 25 minutes away from Manuel Antonio.

DURATION: 5 ½ approximately. **INCLUDES:** Transportation, bilingual guide, snacks, beverages, lunch or dinner. **WHAT TO BRING:** Sun tan lotion, sunglasses, camera, sun hat, visor, long pants, hiking shoes, mosquito repellent, camera and bathing suit. **RATING:** Moderate, age restrictions may apply.



Manuel Antonio National Park

Follow a professional guide through one of Costa Rica's most famous National Parks. Spectacular natural beauty and peaceful atmosphere attract many visitors to Manuel Antonio annually; explore a park that gathers numerous species of butterflies, monkeys, snakes, orchids, etc. Enjoy a guided walk inside one of the world's finest parks.

DURATION: : 3 ½ Hours approximately. **INCLUDES:** Transportation, bilingual guides, park entrance fee and fruits.

WHAT TO BRING: Sun tan lotion, camera, sunglasses, hiking shoes (beach towel and bathing suit optional).



Savegre River White Water Rafting

Pick you up from your hotel and drive 1 hour and 20 minutes to the Savegre River put in. The road trip to the rafting site offers picturesque views of African palm plantations, little towns, small rivers and jungle vegetation. Your guide will gladly tell you all about the thing you see along the way. Occasional stops with be made for bathroom breaks or to take photographs. Upon arriving at the put in you will receive a safety talk and an opportunity to practice before getting into the river. The rafts in this Manuel Antonio tour are built for 6 passengers and guides will travel in kayaks alongside you to ensure your safety. Savegre River boasts class 3 rapids and is filled with bends and turns of excitement. You will spend approximately 2 ½ hours in the raft taming the rapids, taking occasional pit stops to rest and admire some of the region's beautiful flora and fauna. Towards the end of this Manuel Antonio tour, the river waters become calm and easy, allowing you to take a closer look at birds flying overhead and colorful vegetation adorning the shoreline. Your drive back to base camp will be much shorter, you will arrive in about 30 minutes where you can change your clothes and savor a delicious homemade meal. Upon completing this Manuel Antonio tour transportation back to your hotel will be provided. This river boasts class 3 rapids all year long, during dry season it also boasts some class 2 rapids. Participants must be at least 8 years old.

DURATION: 5 ½ hours approximately.

INCLUDES: Transportation, bilingual guide, fruits, snacks, lunch and beverages.

WHAT TO BRING: Sunglasses with croakies cord, bathing suit, waterproof camera, sandals and beach towel.

DIFFICULTY: Moderate/ Challenging



Ocean Kayaking & Snorkeling

This Manuel Antonio tour is the perfect choice for those interested in getting wet and seeing nature! Transportation will be provided to pick you up from your hotel and drive you to the local Quepos dock. You will kayak for approximately 2 ½ hours (roundtrip), during your journey you will paddle past islands and inlets where you can observe and admire numerous marine aviary species and their nesting grounds. Partway through your route you will stop at a beautiful hidden bay to rest and enjoy a refreshing snack. You can take advantage of the 30 minute pit stop to snorkel on this secluded coastline that goes by the name of Bisanz beach. Water visibility varies depending on the season. You are most likely to spot parrotfish, starfish, angelfish and if you are lucky a sea turtle or two! This challenging Manuel Antonio tours allows you to discover the stunning examples of nature both above and below the ocean's surface; from pelicans to flying fish, you can see it all! Upon returning to the dock head back to base camp to enjoy a little conversation over a delicious homemade meal. Transportation will be provided to return you to your hotel. Kayaks are available in 1 passenger and 2 passenger format. Kids must be at least 8 years old to paddle alone. Sea kayaking is much easier than river kayaking, this Manuel Antonio tour does not require previous experience.

DURATION: 4 hours

INCLUDES: Transportation, bilingual guides, beverages and lunch or dinner.

WHAT TO BRING: Suntan lotion, sunglasses, camera, hat, visor and beach towel.

DIFFICULTY: Medium

