TOUR BOOK
HIGHLIGHTS
MANUEL ANTONIO NATIONAL PARK
Enjoy the charms of Manuel Antonio National Park, with its striking white-sand beaches, clear tranquil waters and abundant wildlife on this nearby tour. Though the highlights of the park are its two white sand beaches - Espadilla Sur and Manuel Antonio - the park also protects coastal rain forest, a mangrove swamp, coral formations and 12 islands that serve as seabird sanctuaries. Your guide will teach you about the park’s distinctive plant life and locate camouflaged fauna, which includes 109 mammal species and 200 species of bird. See 3 species of monkeys, agouti, sloths, deer, toucans, hawks, hummingbirds and more.

After a more challenging hike? Ask us about our other tour options within Manuel Antonio National Park

What to bring: sunscreen, hiking shoes or sneakers, insect repellent, hat, swimsuit, towel & camera

Includes: transportation, water, bilingual guide, entrance fee & fruit

Departure time: 7:45am & 1:00pm

Length: 4 hours

Driving time: 15 minutes
Surfing Lessons
Feel the adrenaline of catching a wave with some of our very own Arenas del Mar pro surfers. Embrace our Manuel Antonio surf lifestyle while enjoying the warm waters of the Pacific. No experience necessary!

What to bring: bathing suit, towel, sunscreen & camera
Includes: fruits, water, surf instructor & equipment
Time of activity: tide dependent, ask at the concierge
Length: 3 hours
Driving time: none (onsite)
Minimum age: 5 years old
Night Walk Tour
Night Walk Tour

Explore the forest at nightfall while walking the jungle paths through the hotel grounds down to the beach. Along the path, creatures such as frogs, snakes, spiders, anteaters, opossums and bats may be observed. The opportunity to see, hear and experience the thrill of the nocturnal wildlife on this gentle tour is incredibly rewarding.

What to bring: long pants, hiking shoes or sneakers, insect repellent & camera

Includes: naturalist guide, flashlight & water

Departure time: 6:00pm

Length: 1.5 hours

Driving time: none (onsite)
This tour is ideal for adventurers wanting to experience a form of authentic rural life. The people of the Quebrada Arroyo community are the protectors of the Los Campesinos Reserve, which is located by the Savegre River on the Central Pacific coast. Delve into the forest in the company of experts familiar with the medicinal uses of indigenous plants. Cross the river over a suspension bridge 40 meters above a large waterfall, then cool off in natural pools or gaze at the Pacific from a lookout point. This adventure in a small mountain community is the perfect complement to the beaches of Manuel Antonio.

What to bring: hiking shoes or sneakers, insect repellent, bathing suit, towel & camera

Includes: transportation, tour guide, water & lunch

Departure time: 8:00am

Length: 6 hours

Driving time: 50 minutes

Minimum age: 5 years old

Minimum participation: 2 people
Hike To Naúyaca Waterfall
This nature tour is perfect for hikers and adventure lovers. After hiking 2.5 miles through the rainforest to the beautiful Nauyaca falls, you can swim under and around two incredible waterfalls, one of which stands at 120ft and the other at 60ft. Before embarking on the return hike, a snack will be provided while you relax on the surrounding boulders, listening to the calming waters and enjoying the spectacular views.

**What to bring:** sunscreen, hiking shoes or sneakers, insect repellent, binoculars, hat, swimsuit, towel & waterproof camera

**Includes:** transportation, water, bilingual guide, entrance fee, pinic lunch

**Departure time:** 7:45am

**Length:** 6 hours

**Driving time:** 1 hour

**Minimum age:** 12 years old

**Minimum participation:** 4 people
Rainmaker Tropical Rainforest Tour
The best tropical rainforest immersion experience in the area. This private reserve hosts a wonderful network of trails and hanging bridges amongst a panorama of vibrant greens and gushing streams and waterfalls. Rainmaker is an ideal place to witness tropical flora and fauna preservation at its best and the rich biodiversity that has flourished from these local efforts.

What to bring: hiking shoes with good traction, hiking pants or shorts, breathable sport shirt, rain jacket, sunscreen & insect repellent. Hats are fine although they may restrict your peripheral vision in the forest.

Includes: transportation, guide, water, entrance fee & fruit

Departure time: 7:00am & 1:00pm

Length: 4 hours

Driving time: 30 minutes

Minimum participation: 2 people
Big Day Tour
(Bird Watching)
Around the stunning open fields and secondary forest of the Fila Chonta mountain foothills where the lowlands and middle elevation converge, you'll find some world-class bird watching. Here you may spy birds such as the black mandible toucan, the scarlet macaw, Baird's trogon, laughing falcons, a diversity of tanagers, flycatchers and hummingbirds. This tour is also a fantastic opportunity for landscape photography.

**What to bring:** sunscreen, hiking shoes, insect repellent, binoculars, hat & camera

**Includes:** transportation, water, naturalist guide & fruit

**Departure time:** 5:30am

**Length:** 4 hours

**Driving time:** 40 minutes

**Minimum age:** 10 years old

**Minimum participation:** 2 people
RAINFOREST & WILDLIFE
Nocturnal Rainforest Adventure
When the sun starts to set, the rainforest comes alive. Tune into the impressive chorus of our noisy nocturnal wildlife as you duck into the jungle in search of the many enigmatic creatures of the night. Discover red-eyed tree frogs and snakes, rare owls, translucent glass frogs, eyelash vipers and more alongside our eagle-eyed nature guides on this exciting walk. For those wishing to explore the secret world of rainforest reptiles and amphibians in particular, this is an unmissable adventure.

What to bring: comfortable clothes, hiking shoes or sneakers, insect repellent camera, binoculars, raincoat & sunblock

Includes: transportation, water, snacks & naturalist guide

Departure time: 5:10pm

Length: 4.5 hours

Driving time: 50 minutes

Minimum participation: 2 people
Explore our hotel grounds and learn all about the many exotic birds found here. Head out at sunrise or sunset into our private nature reserve where more than 163 species of birds such as toucans, laughing falcons, blue crowned motmots, hummingbirds and many more have been spotted.

**What to bring:** comfortable clothes, closed walking shoes & camera

**Includes:** water bottle, bird list & naturalist guide

**Departure time:** 6:00am & 4:00pm

**Length:** 1.5 hours

**Driving time:** none (onsite)

**Minimum age:** 2 years old
Walking Sunset Tour
Walking Sunset Tour

For wildlife lovers this tour of Arenas del Mar’s reserve and the surrounding area is an amazing encounter with the rainforest. Admire how the flora and fauna co-exist harmoniously with human development and catch glimpses of different species, such as nesting toucans, flycatchers, monkeys, two and three toed-sloths, iguanas, agoutis, frogs and snakes.

What to bring: hiking shoes, water, camera & insect repellent

Includes: naturalist guide

Departure time: 4:00pm

Length: 1.5 hours

Driving time: none (onsite)
HIDDEN
MANUEL ANTONIO
Hidden Manuel Antonio

Step off the beaten path on this special hike, designed to show you the more remote corners of Manuel Antonio National Park. We’ll take you exploring past patches of mature primary forest, hidden beaches, and up to impressive viewpoints, spotting plenty of wildlife en route. Manuel Antonio might be Costa Rica’s most popular National Park but there are still many secrets to discover in this rich ecosystem.

What to bring: comfortable clothes, hiking shoes or sneakers, insect repellent, camera, binoculars, raincoat & sunblock

Includes: transportation, water, snacks & naturalist guide

Departure time: 1:00pm
Length: 3 hours
Driving time: 50 minutes
Minimum participation: 2 people
Minimum age: 12 years old
Plant a Tree
Take part in our important reforesting efforts while enjoying an amazing experience, learning all about our native tree species and planting them with your very own hands.

**What to bring:** hiking shoes or sneakers, insect repellent, water & camera

**Includes:** naturalist guide

**Departure time:** 1:00pm

**Length:** 35 minutes

**Driving time:** none (onsite)
Cloud Forest Bird Watching
Head up into the mountains to explore some of Costa Rica’s most elevated highlands – you’ll find a whole new world bursting with biodiversity and birdlife up in the clouds. On this tour, you can choose to either visit the hummingbird gardens, to hike in the cloud forest, or to enjoy a coffee tour. Along the way, we’ll help you spot some of the country’s most iconic birds and plants. With a little luck, you’ll even catch a glimpse of the famous resplendent quetzal.

**What to bring:** comfortable clothes, hiking shoes or sneakers, camera, binoculars, raincoat & sunblock

**Includes:** transportation, water, snacks, lunch & naturalist guide

**Departure time:** 4:00am

**Length:** 10 hours

**Driving time:** 2.5 hours

**Minimum participation:** 2 people
Carara National Park is an ornithologist’s Disneyland. Here where the Tropical Dry Forest meets the Tropical Humid Forest, birdlife thrives amongst a rich variety of flora. Keep your binoculars close to catch the Scarlet Macaws in action alongside a colorful array of other birds including the Orange-collared Manakin and the Turquoise-browed Motmot.

**What to bring:** comfortable clothes, hiking shoes or sneakers, camera, binoculars, raincoat, mosquito repellent & sunblock

**Includes:** transportation, water, snacks, lunch & naturalist guide

**Departure time:** 5:00am

**Length:** 7 hours

**Driving time:** 1.5 hours

**Minimum participation:** 2 people
Barú National Wildlife Refuge
Barú National Wildlife Refuge

Sitting on the Osa’s northern border – a region of Costa Rica known as one of the most biologically intense places on earth – Barú protects a wealth of endangered species including the Central American Tapir, the White-lipped Peccary, the Great Curassow, and Pumas amongst others animals. Explore the extensive network of trails with an expert guide, discovering lush ecosystems including tropical humid forests, wetlands, tall grass and coastal environments along the way.

**What to bring:** comfortable clothes, hiking shoes or sneakers, camera, binoculars, raincoat, mosquito repellent & sunblock

**Includes:** transportation, water, snacks, lunch & naturalist guide

**Departure time:** 6:00am and 12:30pm

**Length:** 5.5 hours

**Driving time:** 1 hour

**Minimum participation:** 2 people
Costa Rica’s wetlands offer the perfect environment for birds to flourish – they’re close to the ocean and they provide plenty of food. Here you’ll be able to see a variety of exotic aquatic birds, hummingbirds and kingfishers. During dry season, the wetlands also host a number of sun-seeking migrating species from North America – see them all just a short drive from Arenas del Mar.

**What to bring:** comfortable clothes, hiking shoes or sneakers, insect repellent camera, binoculars, & sunblock

**Includes:** transportation, water, snacks & naturalist guide

**Departure time:** 5:00am and 3:00pm

**Length:** 3 hours

**Driving time:** 30 minutes

**Minimum participation:** 2 people
ADVENTURE & ADRENALINE
Mountain Horseback Riding Tour
Ride up into the Cerro Nara mountains on an incredible journey into our Costa Rican culture. Up in the hills you'll discover lush vegetation at every turn and peaceful landscapes astride gentle horses. You'll also enjoy a refreshing swim in the natural and crystal clear mountain springs, and ride through winding streams to the private ranch.

**What to bring:** comfortable clothes, hiking shoes, bathing suit, towel, sunscreen, insect repellent & camera

**Includes:** transportation, bilingual guide, water, fruit & lunch

**Departure time:** 7:30am

**Length:** 4.5 hours (half-day tour) or 7 hours (full-day tour)

**Driving time:** 30 minutes

**Minimum age:** 6 years old
Mountain Biking
Mountain Biking

Enjoy the natural riches of the area as you mountain bike through some of Costa Rica’s most beloved rural landscapes. Follow a guide along country roads and across rivers, finishing off the thrilling ride with a refreshing dip in the river. What’s exercise if it’s not an adventure too!

What to bring: comfortable clothes, sneakers & sunblock
Includes: transportation, water, snacks, bicycle & guide
Departure time: 7:00am and 2:00pm
Length: 3.5 hours
Driving time: 20 minutes
Minimum participation: 2 people
Minimum age: 12 years old
Tarzan Canopy Tour has its installations in a beautiful 450 acre conservation rainforest close to the town of Santa Juana. It has a total of 12 platforms, 9 cables, a Tarzan swing, a suspension bridge and a rappel. The finale is a 550 meter cable that crosses the valley overlooking the Pacific Ocean and a series of magnificent waterfalls. After enjoying the zip lines, a delicious typical Costa Rican dish awaits you in a restaurant in the middle of the jungle. You can finish the day with a swim in crystal clear fresh waters.

**What to bring:** comfortable clothes, towel, hiking shoes or sneakers & insect repellent

**Includes:** transportation, fruit, water, tour guide & lunch

**Departure time:** 7:20 am & 10:20 am

**Length:** 5 hours

**Driving time:** 45 minutes

**Minimum age:** 5 years old
Glide through the trees and witness the Costa Rican jungle from above in this truly remarkable adventure. Gear up for 9 lines, all double-cabled in accordance with international safety standards, 14 platforms, two controlled rappels (belay systems) and hanging bridges. Adventure awaits!

**What to bring:** sunscreen, hiking shoes or sneakers, insect repellent & camera

**Includes:** transportation, fruits, water, tour guide & lunch

**Departure time:** 7:30am, 10:00am & 1:00pm

**Length:** 5 hours

**Driving time:** 40 minutes

**Minimum age:** 4 years old
Manuel Antonio
Coastering Experience
Coastering in Manuel Antonio is a challenging and stimulating way to experience the magic and wonder that attracts visitors to the area. Head beyond the hotels and restaurants of the town to a trail that winds through coastal forests, along secluded beaches, above steep cliffs with astonishing coastal lookouts, and finishes in a beautiful bay of white sand beaches and crystal waters. This coastal hike is only for physically fit individuals that have ample hiking experience and are ready to climb, jump, and scramble over rugged, coastal terrain.

**What to bring:** hiking or running shoes with good traction, shorts or running tights, swim suit, hat, sunglasses, sunscreen, insect repellent, water & camera

**Includes:** transportation, guide, water & fruit

**Departure time:** 7:30am or 2:30pm (depending on the tide)

**Length:** 2 hours approximately

**Driving time:** 10 min to trail head
The raging Naranjo River White Water Rafting challenge is recommended for physically fit adventure seekers and experienced rafters who are familiar with Class III and IV rapids. This half-day adventure begins where the Naranjo River drops steeply from the Costa Rican mountains and charges though pristine jungle gorges, then winds around rocky curves, taking you on a wild ride back to sea level waters. While you experience this exciting river, you'll quickly float past stunning farmland, working cattle ranches and beautiful African palm plantations.

Class: III  
Season: June-November

What to bring: swimsuit, comfortable clothes, sneakers or water shoes, towel, waterproof sunscreen & change of clothes  
Includes: river gear, water, fruit, lunch, bilingual guide & transportation  
Departure time: 8:00 am  
Length: 4 hours  
Driving time: 30 minutes  
Minimum age: 15 years old
Savegre White Water Rafting
This adventurous, family-friendly, full day adventure will take you on a journey of unsurpassed beauty and exploding whitewater. At the lower Savegre the whitewater rapids are exciting but not too demanding, giving you space to admire the spectacular jungle scenery. Just behind the shroud of lush foliage of this pristine river you'll also find a number of truly magnificent waterfalls. There you may enjoy their natural swimming pools surrounded by blooming heliconias.

**Class:** II-III-IV

**What to bring:** bathing suit, comfortable clothes, sneakers or water shoes, towel, waterproof camera & waterproof sunscreen

**Includes:** river gear, water, fruit, lunch, bilingual guide & transportation

**Departure time:** 8:00 am

**Length:** 8 hours (full day tour)

**Driving time:** 50 minutes

**Minimum age:** 6 years old
An opportunity of a lifetime to enjoy spectacular nature in the mangroves of Damas Island. This is the perfect place to learn about one of the most important and mysterious ecosystems in the world where the rainforest meets the ocean. Enjoy the tour by kayak or boat.

What to bring: comfortable clothes, towel, sunscreen, insect repellent & camera

Includes: transportation, bilingual guide, equipment, fruit, water & lunch or dinner

Departure time: tide dependent, ask the Concierge

Length: 4 hours

Driving time: 35 minutes

Minimum age: 6 years old
Snorkeling Tour

Adventure out on a boat around the warm waters of Manuel Antonio to enjoy views of impressive rock formations and an array of flora and fauna before taking a dip at Biesanz Beach, one of the hidden hidden gems of the area. Below the surface of Costa Rica's Central Pacific Ocean, you'll discover a new world of underwater wonders and rich marine life.

What to bring: bathing suit, towel, sunscreen & waterproof camera

Includes: transportation, tour guide, water, fruit, snorkeling gear & lunch

Departure time: 8:00am, 11:00am & 2:00pm

Length: 3 hours

Driving time: 15 minutes

Minimum age: 4 years old
Paddle Boarding
Paddle Boarding

Test your balance by paddle boarding in the warm waters of the Pacific while enjoying the view out to sea and toward the beautiful coast.

What to bring: bathing suit, towel & sunscreen
Includes: transportation, instructor, water, fruit & equipment
Departure time: depending on the tide; please inquire at the reception
Length: 2.5 hours
Driving time: 10 minutes
Minimum age: 6 years old
Whale Watching
Whale Watching

Take advantage of the opportunity to spot pilot whales and humpback whales during their southern migration to our tropical waters for their mating season. At Playa Uvita, you will sail along the coast of the Pacific Ocean for three hours in search of whales and dolphins, passing by the beautiful Roca Ballena, Las Cavernas in front of Playa Ventanas, Roca Viuda and the Tres Hermanas incredible natural rock formations.

What to bring: bathing suit, sunscreen, camera, towel & comfortable clothes

Includes: transportation, naturalist guide, park entrance fees, boat tour & picnic lunch

Departure time: 7:15am (Monday, Wednesday, Friday)

Length: 6 hours

Driving time: 1 hour

Minimum participation: 2 people in July and August, 4 people in September

Minimum age: 4 years old
CULTURE
Farmer's Market Tour
Join this tour for a firsthand taste of Costa Rican culture, colors and flavors. In the city center of Quepos, witness a coastal town in action on a Friday evening as people follow their routines buying lottery tickets, grabbing cabs and shopping at the market. From tasty fruits to supple treats, local crafts and traditional essentials, a stimulating experience awaits.

What to bring: comfortable clothes, hiking shoes or sneakers, camera & money for treats or crafts

Includes: guide, transportation and water

Departure time: 5:20pm

Length: 1.5 hours

Driving time: 10 minutes
Spice Tour at Villa Vanilla
Spice Tour at Villa Vanilla

Take a tour of a tropical spice farm, and smell, see and taste everything from vanilla, cinnamon and cocoa to black pepper, allspice, essential oils and medicinal plants. You'll see how the spices are dried and packaged too. Villa Vanilla is located 10 miles east in the foothills overlooking Manuel Antonio National Park. The farm consists of 27 acres of tropical agriculture production, surrounded by 125 acres of primary and secondary rainforest.

What to bring: comfortable clothes, hiking shoes or sneakers, insect repellent & sunscreen

Includes: transportation and guide

Departure time: 8:30am & 12:30pm (closed on Sundays)

Length: 3.5 hours

Driving time: 30 minutes
Interested in Costa Rican culture and traditions? A visit to the heart of Quepos is a great opportunity to learn all about our national identity as well as the ancient Quepoa civilization. We’ll show you the ocean-front city center and surroundings, shining a light on the main industries of the area and the most notable spots including our famous pier. Prepare to experience Pacific coast living like a local.

**What to bring:** comfortable clothes, closed walking shoes, camera, binoculars, raincoat & sunblock

**Includes:** transportation, water, snacks & naturalist guide

**Departure time:** 3:15pm

**Length:** 2 hours

**Driving time:** 20 minutes

**Minimum participation:** 2 people
Making Tortillas
Making Tortillas

This walking tour takes you around the hotel property and behind the scenes to Petatillo, our staff area. Here, we'll show you how tortillas are made the old fashioned way. Make your very own tortilla to savor with a good cup of coffee or a cup of agua dulce ("sweet water") for an authentic Tico experience.

What to bring: hiking shoes or sneakers, insect repellent, water & camera

Includes: tour guide

Departure time: 2:30pm

Length: 1 hour

Driving time: none (onsite)
Join us behind the scenes to learn about our history, nature and green practices all in one tour. In our native plant nursery, sericulture, and composting area, you will see what happens to the organic waste we produce at the hotel. In the recycling center, learn about the hotel’s philosophy for reducing waste and saving energy. This unique experience will show you how your stay at Arenas Del Mar, while relaxing and fun, is having a positive impact on our environment.

What to bring: comfortable clothes, hiking shoes or sneakers, camera & insect repellent
Includes: naturalist guide, water & refreshment after the tour
Departure time: 1:30pm
Length: 1 hour
Driving time: none (onsite)
Experience, Learn, Connect, Relax