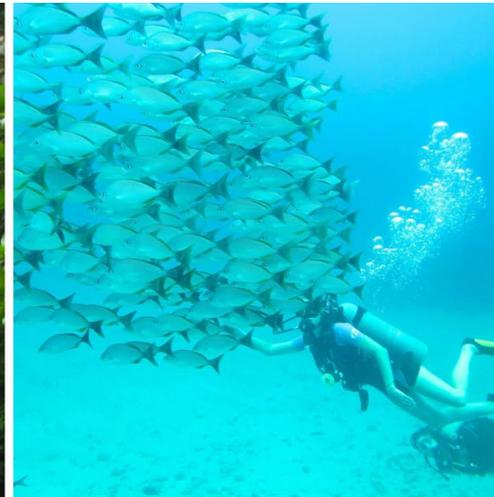


TRAVEL LEADERS[®]

Costa Rica Tour & Activity Suggestions



Costa Rica

Introduction

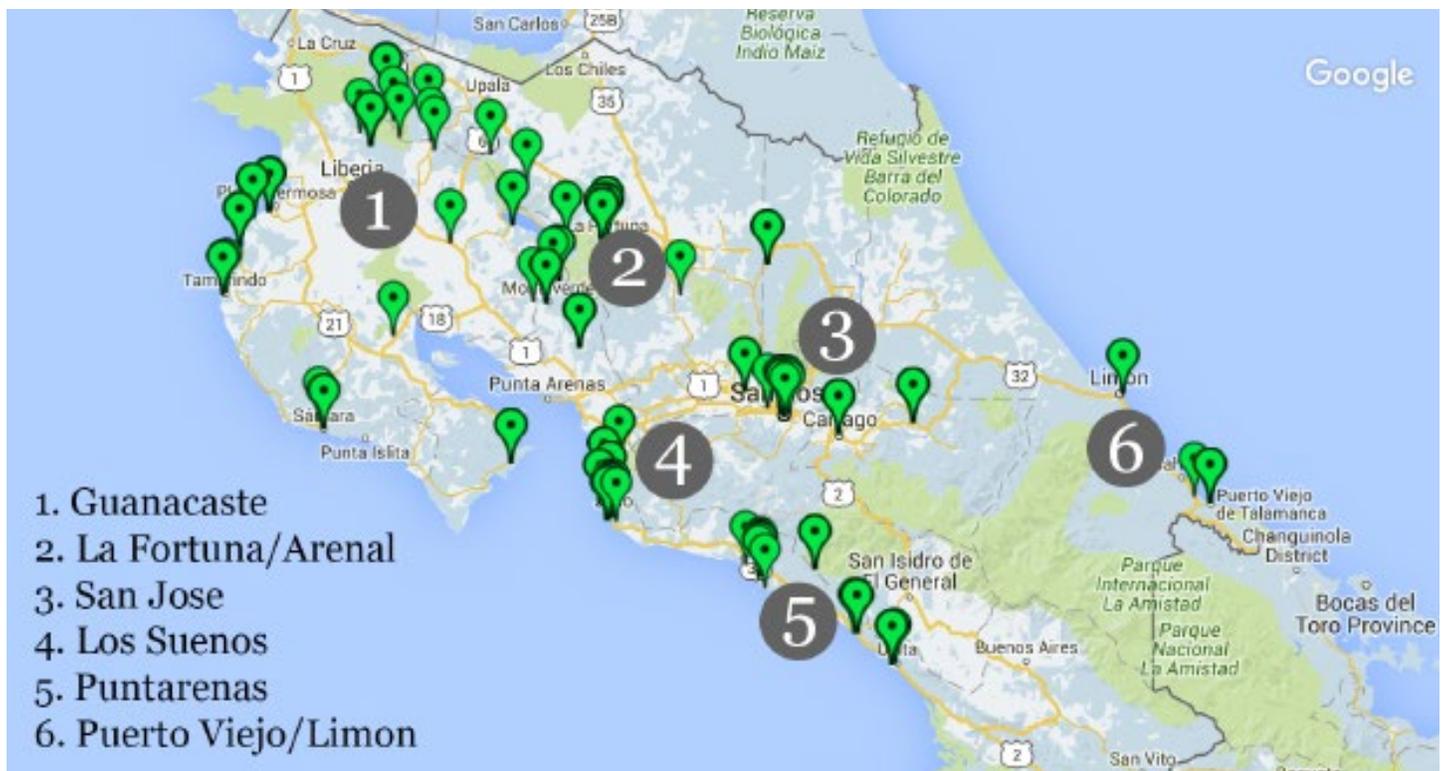
Costa Rica is an incredible country with more activities and attractions than any single trip can contain. With Pacific and Caribbean coastlines, volcanoes, rainforests, wild rivers and 5% of the world's biodiversity, Costa Rica is the perfect destination for those who love active, outdoor experiences.

No matter what part of Costa Rica you are visiting, there are many activity options that are great for families with children, and there are also adventurous options for those adults looking for an adrenaline rush that they may not find back home.

This guide covers some of the highlights and suggestions for those staying in the main regions in Costa Rica. It is important to note that there are many more options available, as shown by the map below. So let us know what you are interested in, and we can try and customize the right experience for you.



Map of Costa Rica Tours & Activities by Region



Guanacaste



Rio Celeste & Tenorio Volcano

If you enjoy hiking, nature and spectacular waterfalls, then we recommend that you visit Rio Celeste and Tenorio Volcano National Park. We will take you on a hike where you will learn all about the local flora and fauna, see the boiling volcanic mud pots, and finally, the Rio Celeste Waterfall. This river has a magical blue color that occurs due to a unique chemical reaction in the water. You won't want to miss it!



Pacific Catamaran Cruise

Set sail on the open seas in one of our catamarans. You will be picked up from your villa and taken on a relaxing cruise along the Guanacaste coast. You can stop to enjoy activities like snorkeling, kayaking and more. If you are lucky, you may even spot dolphins, flying fish, sea turtles and more. We will also serve up some delicious snacks and refreshing beverages during the cruise.



Blue River Resort & Hot Springs

Costa Rica is full of adventure, but sometimes you just need to relax! That is exactly what you will get to do if you visit the Blue River Resort and Hot Springs. In addition to more active options, we can connect you with a day pass that will give you access to multiple hot springs, a fresh water pool, a natural mud bath and sauna, botanical gardens, butterfly and hummingbird gardens, a waterslide, and more.



Scuba Diving & PADI Courses

Scuba diving is something that everyone should try at least once. You can do a Discover Scuba Dive if you aren't yet certified, you can get your PADI Scuba Certification, or if you are already qualified, you can go out for any number of fun dives! People who scuba dive in Guanacaste often see a variety of sea life that ranges from large schools of fish to rays, white-tip reef sharks, moray eels and more.

Guanacaste



Zip Lining in the Northern Rainforest

Zip lining is a staple of Costa Rica, and it is an experience that shouldn't be skipped. From Guanacaste, you can visit Northern Costa Rica's rainforest and zip across nine cables that combine for a 4 km journey through the tree tops. You can even try the famous Tarzan Swing. During your adventure you will see waterfalls, wildlife and a beautiful river. When you finish, you can enjoy the botanical gardens and hot springs!



Snuba & Snorkeling

If you would like to go snorkeling while in Guanacaste, then we have plenty of options for you, but we also recommend trying Snuba! This unique activity is the perfect way to experience the feeling of "breathing underwater" without the training that is necessary for scuba diving. You will breathe from a regulator that is attached to the boat above, thus enabling you to stay under the surface for an extended period of time.



Day Trips to Granada, Nicaragua

When you are this close to Nicaragua, you have to cross the border and check it out! We have a tour that will take you through the beautiful streets of Granada via horseback carriage. You will then be taken to Masaya City where you will visit the active Masaya Volcano and National Park. Afterwards we will visit a local pottery artisan so that you can take home a souvenir from this great day trip.



Spelunking in Barra Honda Caves

It wasn't until the 1960s that the Barra Honda Cave system was discovered and studied, because before that everyone thought it was a volcano! The sound of the whirling bats was mistaken for the sound of rumbling volcanic activity. Take a tour into multiple rooms within the caves to admire the incredible limestone formations that include stalactites and stalagmites.

La Fortuna & Arenal



Hiking on Arenal Volcano

The famous Arenal Volcano is the perfect place to go hiking. You have the option of taking different trails, and you will not only get great views of the Volcano, but you will see an abundance of plants and wildlife. An experienced guide will be sure to point out everything and educate you about the history of the Volcano. Many hikes can also be combined with a stop at one of the local natural hot springs as well.



Volcanic Hot Springs

There are a number of natural, volcanic hot springs in the La Fortuna area. Baldi Hot Springs is one of the popular options, and here you have the option to relax in nine different pools with a range of different temperatures. They also have a bar and restaurant on the premises so that you can have nothing to worry about and simply relax.



Arenal Hanging Bridges

The hanging bridges tour is the most innovative way to hike through the rainforest as it takes you as close as you can get to the rainforest canopy and the wildlife that lives high up in the trees! The trails are suspended high above the forest floor and stretch over a mile and a half long. All of the trails are generally very flat, making this the perfect tour for people of all ages and all endurance levels- children love this tour!



Canyoning

This adventure activity is a must when in the La Fortuna and Arenal region. You will hike deep into the rainforest, and then you will rappel your way down steep canyon walls and waterfalls. You may also have the chance to jump off ledges into the deep pools of the river below! There is no better way to get a thrill in Costa Rica.

La Fortuna & Arenal



La Fortuna Waterfall Hike

This tour begins by descending the 500-meter trail to the magnificent La Fortuna Waterfall, renowned for its 70 meter (229 feet) high falls and its crystal clear waters. Along the trail, you will observe plants, trees, and animals, which inhabit the area like sloths, toucans, orioles, butterflies, and more. You can choose to swim in its refreshing waters, take amazing photographs, or simply relax and take it all in.



Horseback Riding at Arenal Volcano

There are many ways to enjoy the impressive Arenal Volcano, but doing it via horseback is one of the best. This adventure will take you through primary and secondary forests, farmland and by a lake. You will have the chance to really experience the beauty of the La Fortuna on this tour, which is great for everyone over the age of 10.



Zip Line Canopy Tour

Zip lining is a popular activity throughout Costa Rica, but in the La Fortuna area, you have several options for experiencing life in, and above the trees. At the Sky Adventures Park, you can zip down cables up to 2,460 feet long! You will also have a naturalist guide who will point out the local plants and animals and teach you all of the interesting facts about the area.



Birdwatching

Costa Rica is a world famous birdwatching destination because of the wonderful diversity of species that call this country home. There are many trips in the immediate area, but if you decide to take a day trip to Juan Castro Blanco Cloud Forest, you may have the best chance to see the majestic resplendent quetzal!

San Jose



Horseback Riding Above the Valley

From San Jose we will pick you up and transfer you via private coach to a lodge high above the Central Valley where we will enjoy breakfast amidst the breathtaking vistas of the city below. We will then saddle up on our horses and ride along the Continental Divide, learning about the history of the trails and the flora and fauna all around us along the way. You will gallop through fields, farms and forest and enjoy incredible views.



San Jose City & Culture Tours

San Jose has several local attractions that you shouldn't miss while you are in town. The Central Market is full of local culture, including some of the freshest fruits and vegetables you will ever taste! You can also tour the local museums, taste fresh brewed coffee, visit the shops of local artisans, and even see how traditional masks are made.



White Water Rafting & Zip Lining Combo

If you want an action packed day out of San Jose, we'll pick you up and take you to a private reserve where you will zip through the tree canopy and learn how to rappel down waterfalls. After lunch, we will take you for the second adventure of the day, white water rafting on class II and III rapids of the Pejibaye River.



Zip Lining & Hot Springs at Arenal

Take a day tour to La Fortuna, home of the famous Arenal Volcano. Here, you will have the opportunity to zip line through lush rainforest while enjoying incredible views of the tree canopy and all of its resident birds and animals. Afterwards, you will get to slow down the pace and soak in the rejuvenating waters of local volcanic hot springs. The views of Arenal Volcano alone will make this a worthwhile day trip!

Los Suenos



ATV 4x4 Tours

The area around Jaco and Los Suenos is full of great trails for ATV enthusiasts. You can have the opportunity to ride through the jungle, past waterfalls, and up to panoramic view points where you can see the beauty of the area from above. Some tours will even allow you to stop and take a refreshing swim under a waterfall, or visit a local village for an authentic taste of Costa Rica.



Crocodile River Tours

The Tarcoles River is home to some of the largest American Crocodiles in the world. Many tourists stop and view them from the bridge just outside of Jaco, but we recommend the up-close view you will get with a river eco-tour. If you are lucky, you may even get to see one of these incredible large reptiles receive a snack from your courageous tour guide!



Kayak & Snorkel Combo Tours

The Pacific Coast of Costa Rica includes miles of incredible beaches, but we recommend a kayak & snorkel tour to help you get a new perspective of the coast line! These tours will have you paddle along the coast, to some special snorkeling spots that are away from other tourists. This is the perfect way to get a great taste of the beauty above, and below the water.



Stand Up Paddle Boarding

If standing up is more of your style, then we suggest joining one of our Stand Up Paddle tours. This activity has become very popular in recent years, and it is not only a great way to experience the beautiful coastline, but it is a fantastic workout. This tour is great for beginners and advanced paddlers alike.

Los Suenos



Waterfall Adventure Tours

Waterfalls are certainly beautiful to look at, but they are particularly fun to swim under, climb up, rappel down and jump off of! You have access to several combinations of waterfall tours that will satisfy both your love for the outdoors and your adventurous spirit. You are bound to have a great time, and you are also guaranteed to learn a lot about the flora and fauna that you encounter along the way.



Deep Sea Fishing

The Pacific Coast of Costa Rica is teeming with trophy gamefish. A deep sea fishing trip here will give you a great chance to catch sailfish, mahi mahi, tuna, wahoo and a variety of other species. There is nothing quite like having a fish that weighs more than you on the end of your line!



Carara National Park Eco Tours

A visit to Carara National Park is essential for anyone who wants a great chance of seeing the majestic scarlet macaw in its natural habitat. This National Park also includes the Tarcoles River Basin and is home to a diverse amount of exotic plants and animals. An eco-tour here is a great option for any nature lover.



Horseback Riding: Beach or Jungle

Whether you prefer to ride on the beach or past waterfalls in the jungle, the Los Suenos area has a few great options for horseback riding. There is no better way to experience the jungle while covering a sizeable distance. Because the horses are quiet and fit in with the sounds of their surroundings, you are likely to have great wildlife viewing opportunities in addition to a simply enjoyable time.

Puntarenas



White Water Rafting

Costa Rica has some great rivers for white water rafting, and the incredible landscapes that the rivers carve through provide for wonderful scenery and wildlife viewing as well. You can go rafting in a traditional white water raft as a group, or you can try 'jungle tubing' and float down the rapids in an individual rafting tube. Trips are available on the Savegre, Naranjo and Chorro Rivers.



Whale & Dolphin Watching

If you happen to be in Costa Rica between mid-July to late-October (Southern Humpback Whales), between mid-December and late-March (Northern Humpback Whales) then you can go whale watching and see these magnificent mammals as they migrate to and from feeding and mating grounds. If you are traveling outside of these seasons, then you can still head out and see the dolphins all year long.



Cano Island Scuba Diving & Snorkeling

Marino Ballena National Park and Cano Island are both great locations for snorkeling and scuba diving, but if you have the opportunity to choose one, we would recommend Cano Island. This destination is famous for its large schools of fish, virtual guarantees of spotting white-tip reef sharks, large sting rays and much more.



Stand Up Paddle Manuel Antonio

Many people visit the popular Manuel Antonio, but few get to experience the beauty of the Park from just off of the shore. That is exactly what you get to do if you choose one of our stand up paddle tours. In addition to being a great work out, these tours will take you along the coast where the jungle meets the sea, where you can keep an eye out for wildlife as you paddle along. Paddle board yoga tours are also available.

Puerto Viejo



Chocolate Tour + Jaguar Rescue Center

Learn how organic chocolate is made from scratch. Be sure to taste the finished product and take some home for your friends. You also have the option to add on a visit to the Jaguar Animal Rescue Center that serves as a refuge and rehabilitation center for many local animals including wild cats, monkeys, snakes, sloths and much more. Please note that the resident animals change frequently.



Horseback Riding on the Beach

Horseback riding is a fun experience in general, but there is something special about riding on the beach. This tour will take you along Punta Uva, on a healthy horse chosen based on your abilities. You will ride along the beach and then return along a path through the wetlands, where you will be able to observe and learn about many of the resident plants and animals.



Eco Tours in Cahuita National Park

Cahuita National Park is famous for its white sand beaches, coral reefs, lush vegetation and resident wildlife. Your guide will take you on a hike through the Park and explain interesting facts about the flora and fauna you will find along the way. You can also visit the local village of Cahuita, learn about the local culture and enjoy a Costa Rican lunch.



Zip Line Canopy Tours

Hike into the jungle and up into the tree canopy to start your zip lining journey down 2,760 meters of cables across 10 platforms. Your naturalist guide will teach you about the local flora and fauna as you glide through the forest. At one point in the journey, you will even have the chance to descend from the platform to the ground with the popular Tarzan Swing.