

Manuel Antonio Beach and Arenal Volcano Adventure

6 days, 5 nights / \$399 per person

Includes: All transportation between hotels via private shuttle
5 nights lodging
Catamaran cruise with lunch or Whitewater Rafting from Manuel Antonio
Arenal Volcano National Park Hike
Buffet dinner and entrance to Tabacón Hot Springs in Arenal
Zip Line Canopy Tour in Arenal

Day 1: Arrival at Costa Rica

At the airport we will meet you and give you a short briefing and suggestions for your exciting adventure in Costa Rica. We will go with you to your hostel in San Jose.

Day2: Travel to Manuel Antonio Beach Town

You will be picked up by the shuttle bus at your hostel early in the morning. You will enjoy a scenic drive to the beach and then be able to enjoy the soothing sound of the waves as you relax near the beach at your friendly hotel.

Day 3 Option #1

Catamaran Island Adventure & Manuel Antonio National Park



Departure: 10am

Duration: 4 hours

Includes: lunch, beverages, snorkeling equipment, safety equipment and transportation from hotel.

Sail the crystal clear waters of Costa Rica's coast in style and comfort on board our luxury catamaran. Relax on board a catamaran and watch the beautiful coastline of Manuel Antonio slip by. We often see wild dolphins; and if we are lucky, sea turtles, manta rays and migrating humpback whales. After an excitement day, enjoy the sunset over the Pacific from the porch of your hotel.



Day 3 Option #2 Naranjo River White-Water Rafting

An exciting Class III-IV river, only 30 minutes away from the Manuel Antonio area the Naranjo River is the natural southern border of Manuel Antonio National Park. The section we run goes from the town of Villanueva in the mountains, to the Llamarón Bridge on the road from Quepos to Dominical. On this 8 miles of whitewater we will run rapids like “La Piñata”, “El Cesar” & “Robin Hood”. On the second half of our run the river opens up on the Pacific flatlands giving us the opportunity to enjoy the view and see many species of birds like the Ringed King Fisher and the White Ibis. With a little bit of luck we might be able to see one of the crocodiles that live on the rivers edge!!

The adventure starts at your hotel, where our van will pick you up and take you to the put in of the river, passing through the towns of Naranjito & Villanueva. Once there our guides will give you the necessary gear for the activity (helmets, PFD's, paddles) and after our safety talk we will start our descent through the rapids of the Naranjo River. This is a half day trip and includes a snack.



In the afternoon we suggest that you visit the Manuel Antonio National Park which protects several endangered species of animals and plants, including the squirrel monkey, also known as the “mono titi”, shown in the picture to the left.

We recommend that if you would like a local naturalist guide, that you contract one at the national park. (If you take part in a pre-arranged tour from your hotel it will be \$45+ per person.)

Day 4: Trip to Arenal, Hike in the volcano and dinner

You'll be picked up by the shuttle bus from your hotel in Manuel Antonio in the morning. Enjoy a scenic drive to the Arenal/La Fortuna area. You will be dropped off at the front door of your hotel, with a wonderful location near the center of La Fortuna so that you can enjoy the local atmosphere and access to many restaurants.

In the afternoon you'll enjoy a beautiful guided hike in the Arenal Volcano National Park. It is possible to observe a great variety of plants, wildlife, magnificent lava rock formations and the Arenal Lake just in time for sunset! During the tour, your experienced guides will provide interesting and educational information regarding the history of the majestic volcano and the National Park.

At night you will be treated to a buffet dinner and a luxuriant soak at Tabacón Hot Springs, one of the most celebrated hot springs in the world.

Day 5: Canopy Tour – zip lines in the rain forest



Before leaving Arenal you will go on a pure adrenaline adventure. Travel from tree to tree and platform to platform using pulleys on horizontal traverse cables, sailing through the treetops of the tropical rainforest canopy, and over the trails far below. Expert guides assist you during this exciting journey through the different layers of the virgin rain forests and explain what's going on around you. This will definitely give you a unique perspective of the rainforest.

Your adventure to Arenal will conclude with another scenic drive back to the Central Valley and your in the afternoon. The shuttle will pick you up at the hotel in La Fortuna and take you back to your lovely hostel in San Jose.

Day 6: Departure

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Costa Rica

