

Manuel Antonio Beach Adventure

3 days, 2 nights

- \$209 per person with lodging in a private room in a bungalow (single occupancy)
- \$169 per person with lodging in a private room in a bungalow (double occupancy)
- \$149 per person with lodging in a dorm-style room with other travelers

Includes: round trip transportation via private shuttle bus from San Jose area
2 nights lodging
Catamaran cruise with lunch

Please note: We can provide a special rate if you are coming from or going to a different destination, or to extend your stay in the area.

Day 1: Arrival

You will be picked up by the shuttle bus at your San José hotel in either the morning or afternoon, depending on your preferences. You will enjoy a scenic drive to the beach and then be able to enjoy the soothing sound of the waves as you relax in a bungalow at your friendly hotel.

Day 2: Catamaran Island Adventure



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 exitment day, enjoy the sunset over the Pacific from the porch of your hotel. *Depending on individual interests, this can be substituted for another activity; please see below*



Day 3: Manuel Antonio National Park

We recommend that you take a taxi or bus to the Manuel Antonio National Park very early in the morning since that's when the animals are most active – before 7am would be best. 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.) Depart from your hotel in Manuel Antonio on the shuttle bus at 1:45pm, arriving at the airport hotel at 5:30pm and back to San Lorenzo by dinnertime.



Alternative activity options for Day 2

Canopy Adventure Tour

Departures: 7:00 am / 10:00 am / 1:00pm All tours are subject to availability. 1:00 pm tours are not always available.

Duration: The tour lasts approximately 5 hours

Includes: transportation, food and all equipment, bilingual guide

Sail high above the rainforest canopy and experience Manuel Antonio most popular adventure sport: the canopy zip line. This exhilarating tour was actually invented in Costa Rica, and has since been featured on the Discovery Channel.

The first canopy course was built in 1997 with the help of a team of experts who build high ropes courses in the United States and in Europe. Our tour begins with an amazing drive through the rainforest out to our canopy site.



During the ride there are many stops for everyone to learn about the flora and fauna of the area. Our local bilingual guides have a vast knowledge of the area and love to share the many secrets that the rainforest holds with our clients. A spectacular river is the backdrop for these platforms carefully built in the canopy of the rainforest.

Clients are able to traverse from tree to tree and platform to platform using pulleys on horizontal traverse cables, as they sail through the treetops of the tropical rainforest canopy, and over the trails far below. Our canopy course consists of 21 platforms, 9 “zip lines”, and 2 rappel lines, one suspension bridge and a "Tarzan swing". Our expert guides assist the clients in this exciting journey through the different layers of primary and secondary rainforest. They point out and explain the many different types of flora and fauna; from poison dart frogs, to the “walking palm tree”. As a result; at the end of the tour our clients are able to walk away with a newfound knowledge of Costa Rican wildlife.

White Water Rafting

add \$5 per person



Duration: 5-7 hours

Includes: Bilingual Rafting guides, round trip transportation, all high quality equipment.

You will receive instruction briefing of the safety produces and techniques that you will need to enjoy your time on the river. Then we are ready to run the river! Feel the excitement as our certified guides escort you down the river.