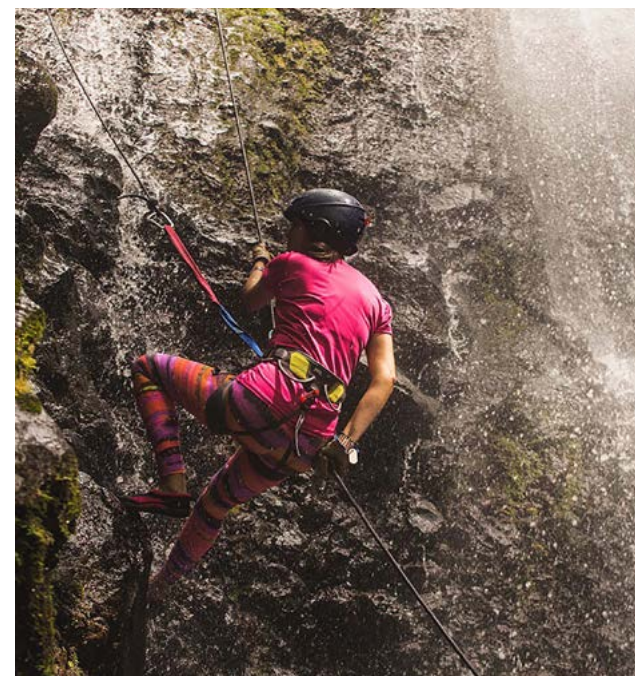




# ADVENTURE GUIDE



# OUR HEALTH & SAFETY PROTOCOL



## DEEP CLEANING

Each unit is guaranteed to be thoroughly disinfected before leaving for service.



## DAILY CLEANING RECORD

Drivers verify that the transport unit has the daily cleaning record, also a record of cleaning products used.



## INFORMATION

Tour guides and drivers must guard a safe social distance and inform passengers about the protocols that must be followed during the service.



## PRODUCTS DISINFECTANTS

Clients will have guaranteed access to hand sanitizer, disinfectant rug when entering the units, disposable towels for hand drying.



## DO NOT SHARE ARTICLES

Staff will not share personal belongings and avoid handling or contact with passenger belongings.



## DISINFECT SURFACES

Continuously touched surfaces should will be cleaned and disinfected, with special emphasis on handles, rails, belts, seats, the driver's cab, dashboards, mirrors, windows, and others.

















## SYMPTOMS OF THE VIRUS

Clients should not show to the activity if they show symptoms of the Covid-19 virus such as cough, sore throat, fever, or breathing difficulty. If a passenger shows any of these symptoms, they will not be able to board the vehicle.

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# ZIP LINES

Imagine yourself flying over exotic jungles of Costa Rica while experiencing full adrenaline, extreme speeds and the challenging heights on a Zip Lines tour.

The adventure starts with a short 15-minute ride aboard specially designed tractor to ascent to the top of the mountain where you will receive a safety briefing, showing you -step by step- the correct position of your body and your hands to brake when needed.

The adrenaline and emotions are guarantee along the 2 hours descent, through a series of 10 cables and 12 platforms with heights up to 45m above the ground and lengths ranging from 80m to 570m (the longest cable in the area) with the possibility to reach speeds from 60 to 80 km/h.





## ADVENTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanigh & English).  
Entrance fee.  
Security equipment.  
Fruits & water.



**What to bring:**

- Comfortable clothing with lightweight short pants, cotton t-shirt and tennis shoes.
- Adventure Sunglasses with UV protection and sunscreen.
- Do not forget insects repellent, aluminium water bottle and GoPro camera style.



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# HORSEBACK RIDING

The Central Pacific Coast is a paradisiacal destination with breathtaking landscapes, exotic jungles, pristine streams, and stunning waterfalls that are hidden deep in the mountains. Hit the amazing views along the 9km trail as you gently ride your horse surrounded by the exotic tropical flora and local wildlife, such as birds, mammals, and hundreds of insects. Halfway of the tour, you will be impressed by hidden waterfalls where you will have leisure time (30 Minutes) to having fun on the water's edge, either jumping, swimming, or submerge under the falls of fresh mountain spring water.





## ADVENTURE



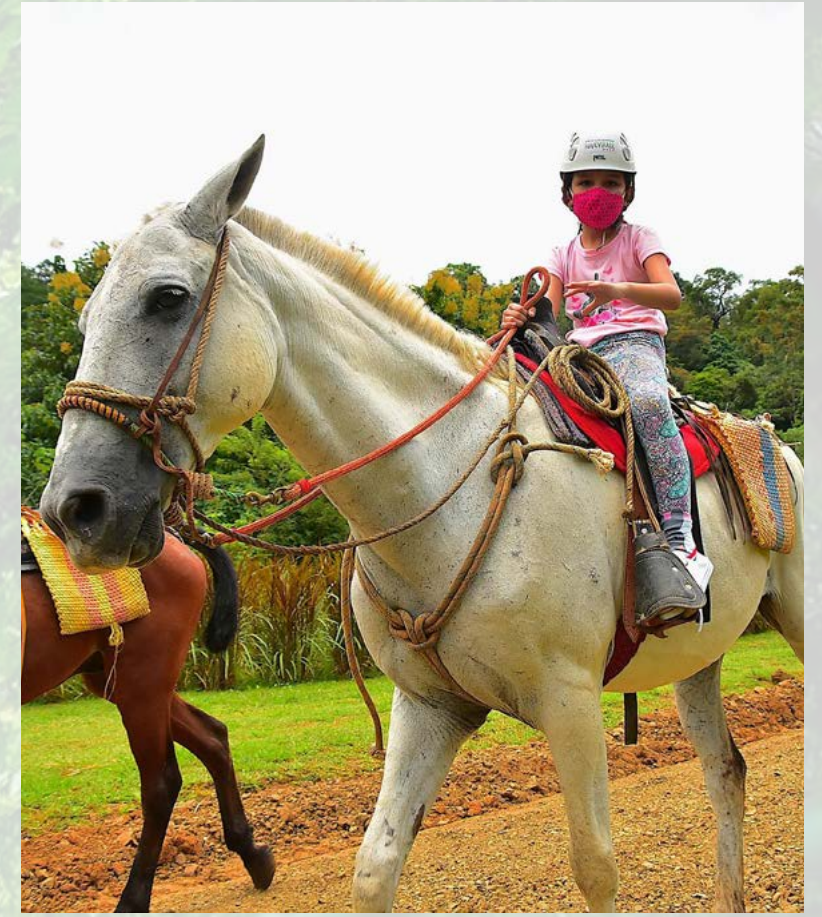
**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English).  
Entrance fee.  
Security equipment.  
Fruits & water.



**What to bring:**

- Comfortable clothing with long pants, cotton t-shirt and hiking boots.
- Adventure Sunglasses with UV protection and sunscreen.
- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.





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# ATV JUNGLE ADVENTURE

This fun and exciting excursion brings you the possibility to explore the rugged landscapes with the thrill of riding an ATV 100% off roads with a little more horsepower and bigger adrenaline rush.

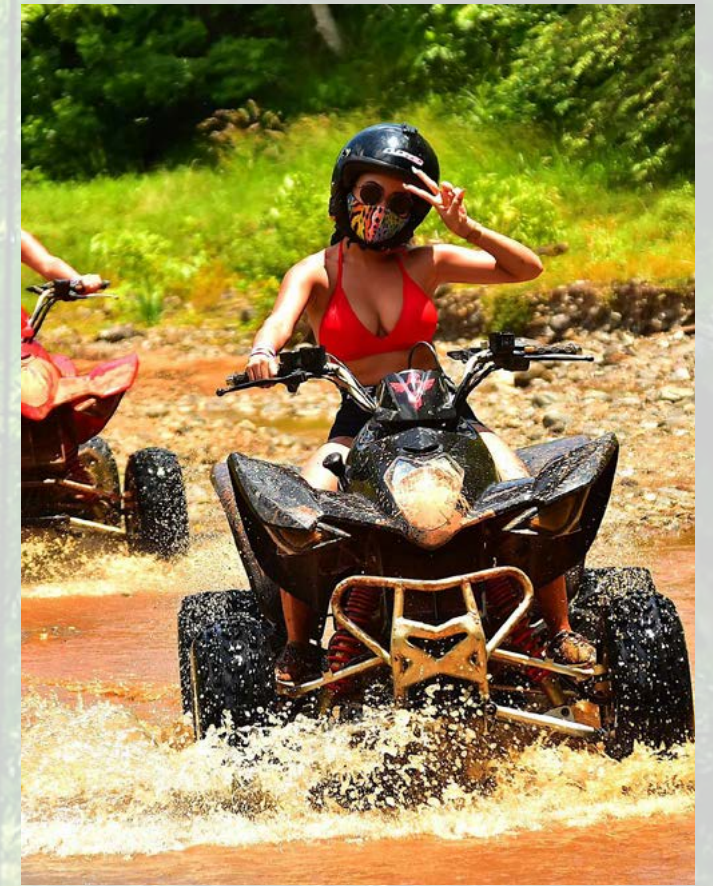
ATV tour will take you over remote trails around a jungle-covered scenic hillside and heading to impressive lookouts, rarely visited by others.

Along the different dusty roads, you will have a lot fun driving through crazy turns, wild jumps, dirt paths and crossing streams and muddy puddles (from May to November) and will have the opportunity to really open it up and have a lot of adrenaline running through your body.

Halfway of the tour, you will be impressed by hidden waterfalls where you will have leisure time (30 Minutes) to having fun on the water's edge, either jumping, swimming or submerge under the falls of fresh mountain spring water.







## ADVENTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanigh & English).

Entrance fee.

Security equipment.

ATV.

Fruits & water.



### What to bring:

- Comfortable clothing with lightweight short pants, cotton t-shirt and hiking boots.

- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)

- Adventure Sunglasses with UV protection and sunscreen.

- Do not forget insects repellent, aluminium water bottle and GoPro camera style.

**Notes:** Drivers must be 18 years



# OFF-ROAD BUGGY

Nothing increase your adrenaline more than drive a Recreational Off highway Vehicle (ROV). No terrain is off limits to these 4x4 beasts and thanks to their power and agility, exploring the landscapes of Central Pacific has never been more exhilarating.

Go off the beaten track to explore of mountains looking for wildlife, or plunge into muddy and shallow rivers to get a fresh perspective on the environment surrounding you.

The variety of terrains found in this daring landscape, means that you are in for the ride of a lifetime, and the best part is you have the control in your hands and you're free to rip up the soil wherever you want, leaving your stresses and worries behind in the dust.

Halfway of the tour, you will be impressed by hidden waterfalls where you will have leisure time (30 Minutes) to having fun on the water's edge, either jumping, swimming or submerge under the falls of fresh mountain spring water.





## ADVENTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Entrance fee.

Security equipment.

Buggy Car.

Fruits & water.



### What to bring:

- Comfortable clothing with lightweight short pants, cotton t-shirt and hiking boots.

- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)

- Adventure Sunglasses with UV protection and sunscreen.

- Do not forget insects repellent, aluminium water bottle and GoPro camera style.

**Note:** Drivers must be 18 years old.





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## Zip Lines + ATV

This excursion offers you the possibility to experiencing full emotions, extreme speeds and the challenging heights on the Zip Lines tour in combination with the fun and exciting ATV tour that brings you the possibility to explore rugged landscapes with bigger adrenaline rush.





## ADVENTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English)  
Entrance fee.  
Security equipment.  
ATV.  
Fruits & water.



### What to bring:

- Comfortable clothing with lightweight short pants, cotton t-shirt and hiking boots.
- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)
- Adventure Sunglasses with UV protection and sunscreen.
- Do not forget insects repellent, aluminium water bottle and GoPro camera style.

**Note:** Drivers must be 18 years



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# ZIP LINES + BUGGY

This excursion offers you the possibility to experiencing full emotions, extreme speeds and the challenging heights on the Zip Lines tour in combination with the fun and exciting Recreational Off highway Vehicle (ROV) tour that brings you the possibility to plunge into muddy and shallow rivers to get a fresh perspective on the environment surrounding you.





## ADVENTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Entrance fee.

Security equipment.

Buggy car.

Fruits & water



### What to bring:

- Comfortable clothing with lightweight short pants, cotton t-shirt and hiking boots.

- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)

- Adventure Sunglasses with UV protection and sunscreen.

- Do not forget insects repellent, aluminium water bottle and GoPro camera style.

**Note:** Drivers must be 18 years





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## SAVEGRE RIVER RAFTING CLASS III & IV

Considered as one of the cleanest river in Central America, Savegre River begging its journey from the highlands of the Talamanca Mountain Range and it runs through the Quetzals National Park where obtains mostly of its crystal waters.

Savegre River will be challenging as it offers an exhilarating white-water experience on Class II-III rapids with fun splashes and bumpy enough for the adventure seekers but also mellow enough for those that are a little nervous with easy waves and stops along the river to the enjoy its calm pools.







## ADVENTURE



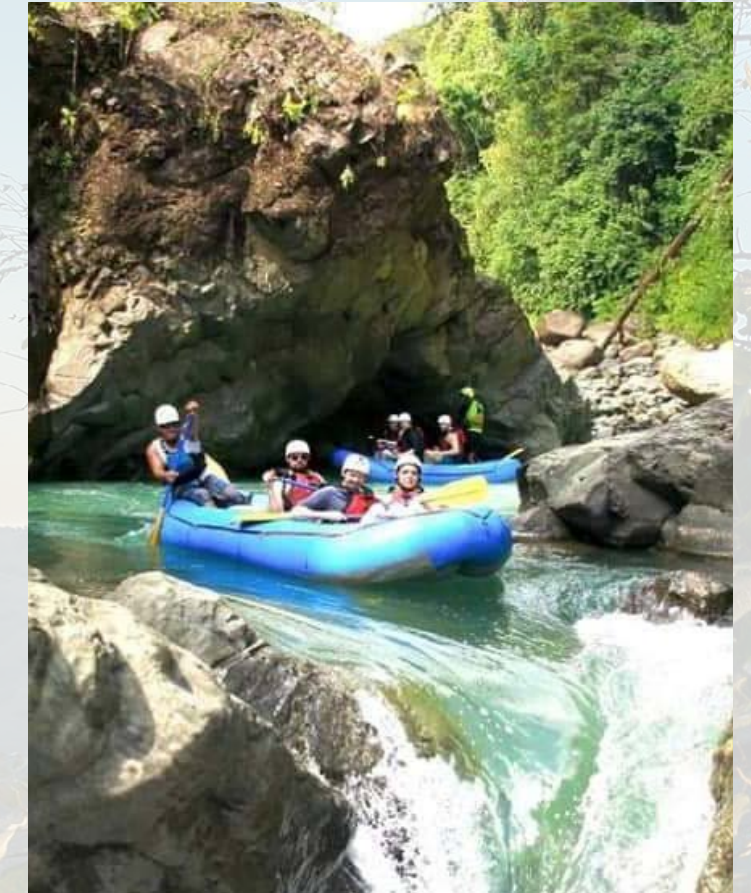
**Duration:** Full day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanigh & English).  
River rafting activity.  
Security equipment.  
Lunch & Natural Drinks.



**What to bring:**

- Quick-Dry Swimwear & slip-resistant water shoes (Flip-flops are not allowed)  
Change of clothes
- Adventure Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle and GoPro camera style.



## SLOTHS, MACAWS AND JAGUARS SANCTUARY

Visit Natuwa Wildlife Sanctuary, a refuge that protects approximately 600 animals of 32 species, including sloths, scarlet and green macaws, jaguars, ocelots, tapirs, monkeys, and some animals from other countries.

It's important to clarify that this excursion has not been designed as a visit to a Zoo. The idea is to have an educational environment and conservation introduction about wildlife and the threats they face, such as the loss of habitats, road accidents, illegal hunting, or animal trafficking. The sanctuary provides a quality captivity life for those animals that could not return to their habitats due some of these reasons.





## ADVENTURE



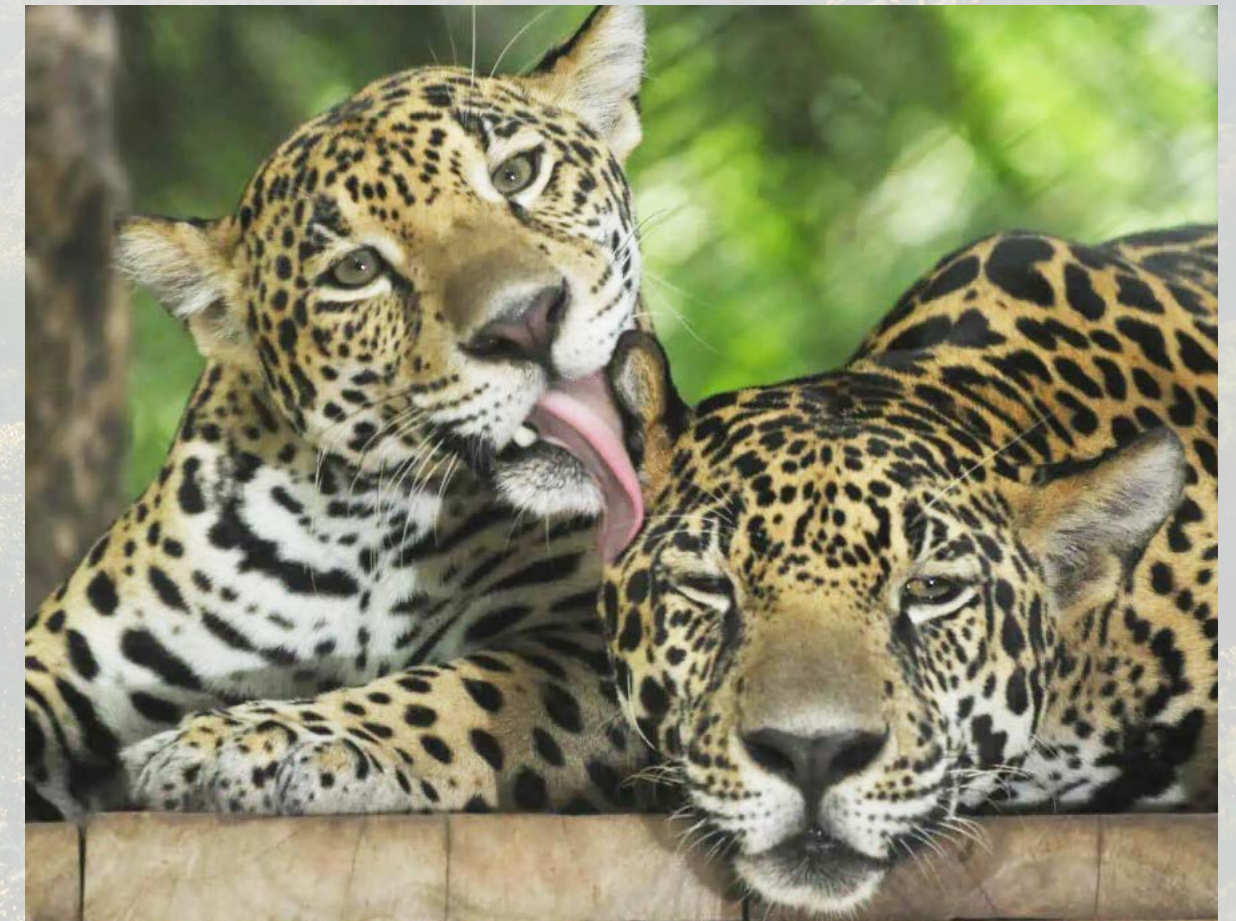
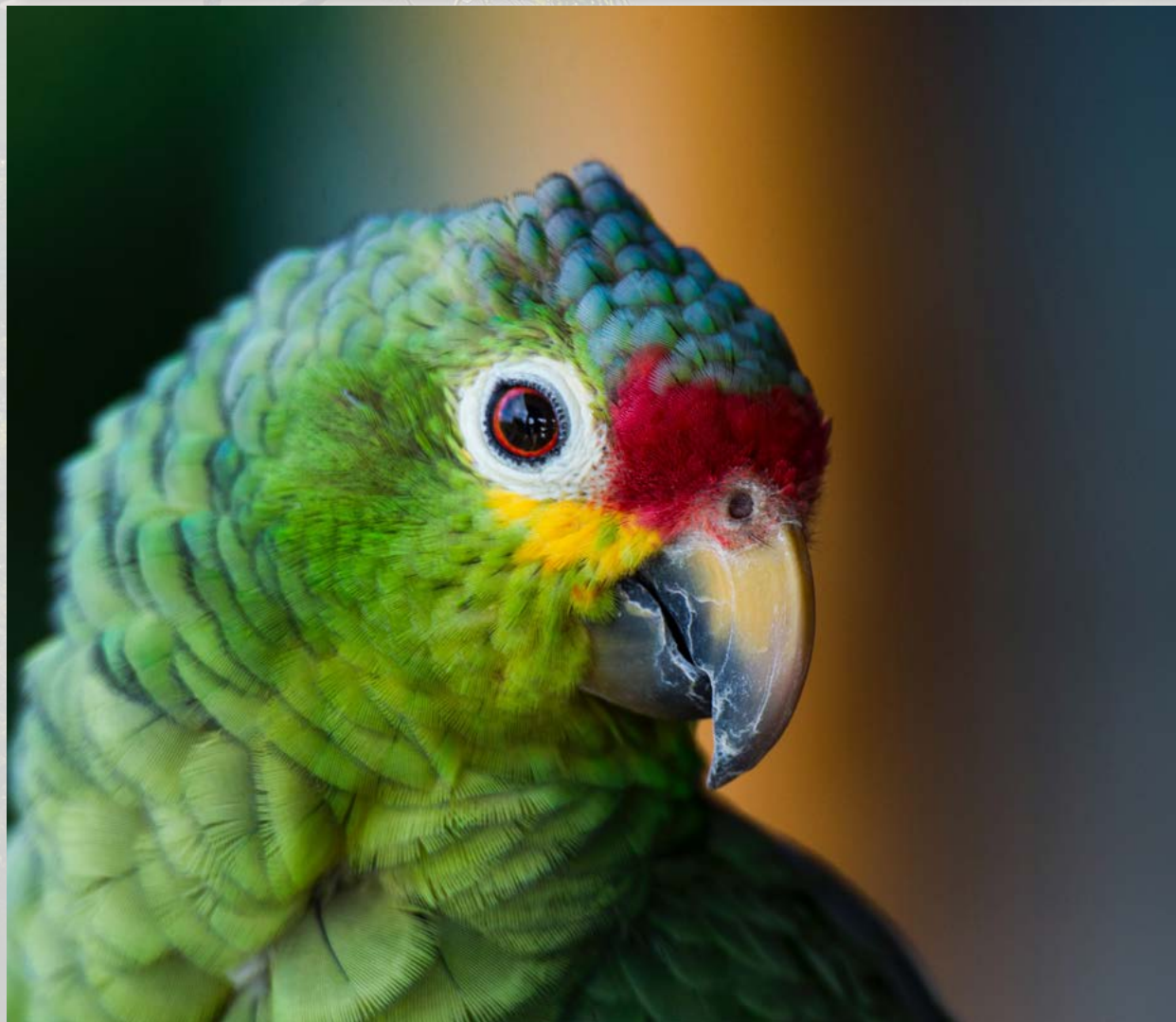
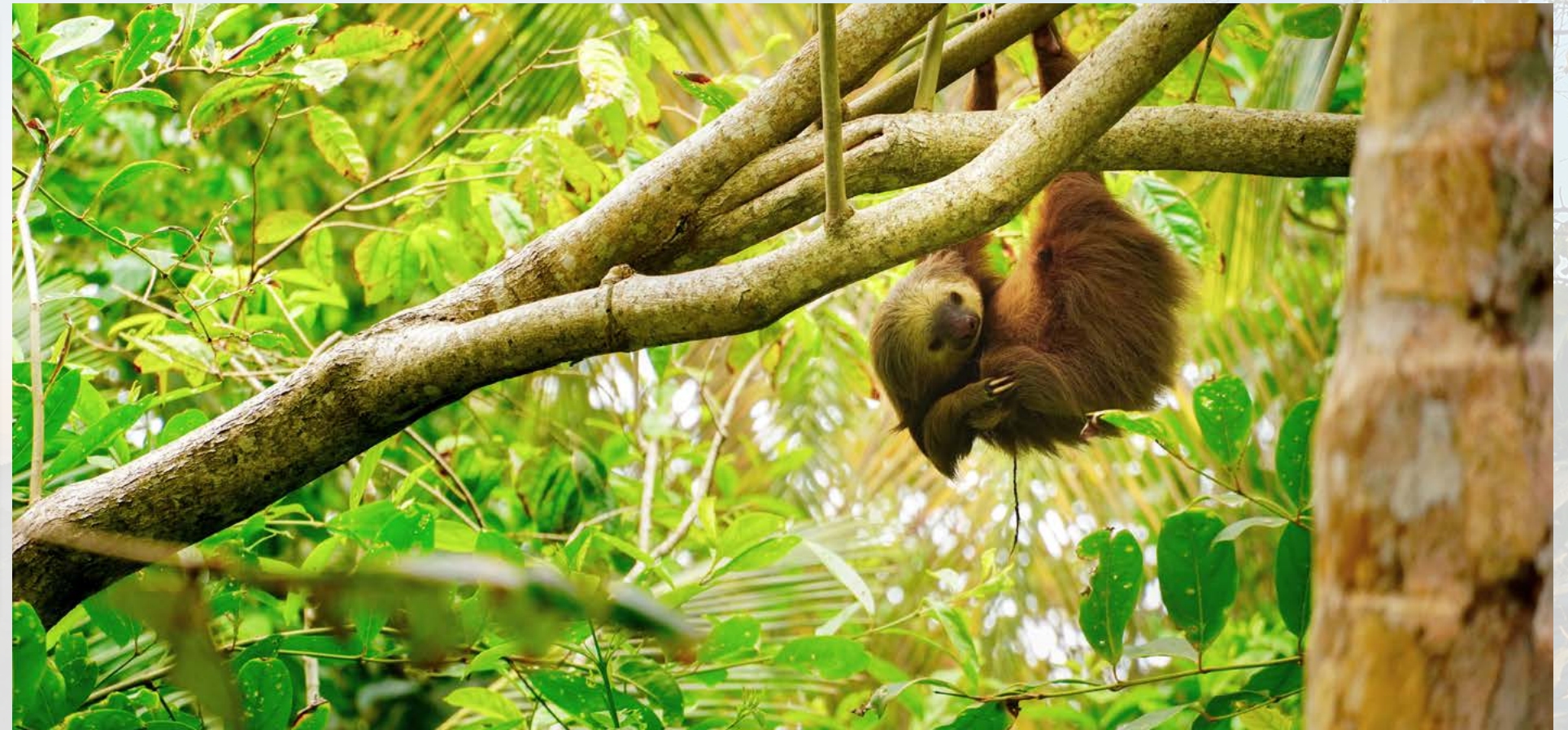
**Duration:** Full day.

**Includes:** Air-conditioned Tourist transportation with Spanish speaking driver  
Certified Bilingual Guide (Spanish & English)  
Entrance fee to Natuwa Sanctuary  
Lunch & Natural Drinks



**What to bring:**

- Comfortable clothing & comfortable shoes.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and sunscreen
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.





# MANUEL ANTONIO NATIONAL PARK HIKE

Manuel Antonio National Park is considered as one of the most beautiful national parks in Costa Rica thanks to its crystal-clear beaches, coral reefs and exuberant tropical jungles. It has 683 hectares where species of flora and fauna coexists in different habitats, including mangroves, marine environments, islands and a lagoon of 14 hectares. These ecosystems, serve as home to hundreds of wildlife including Howler, white-faced, and Titi monkeys, iguanas, colorful birds like toucans, sloths, raccoons, white-tailed deer, little crabs and Agutis.

With the help of an experienced naturalist guide, you will be walking through the rainforest along of 1.5km of easy-access trail that will lead to the pristine beach.



## NATURE

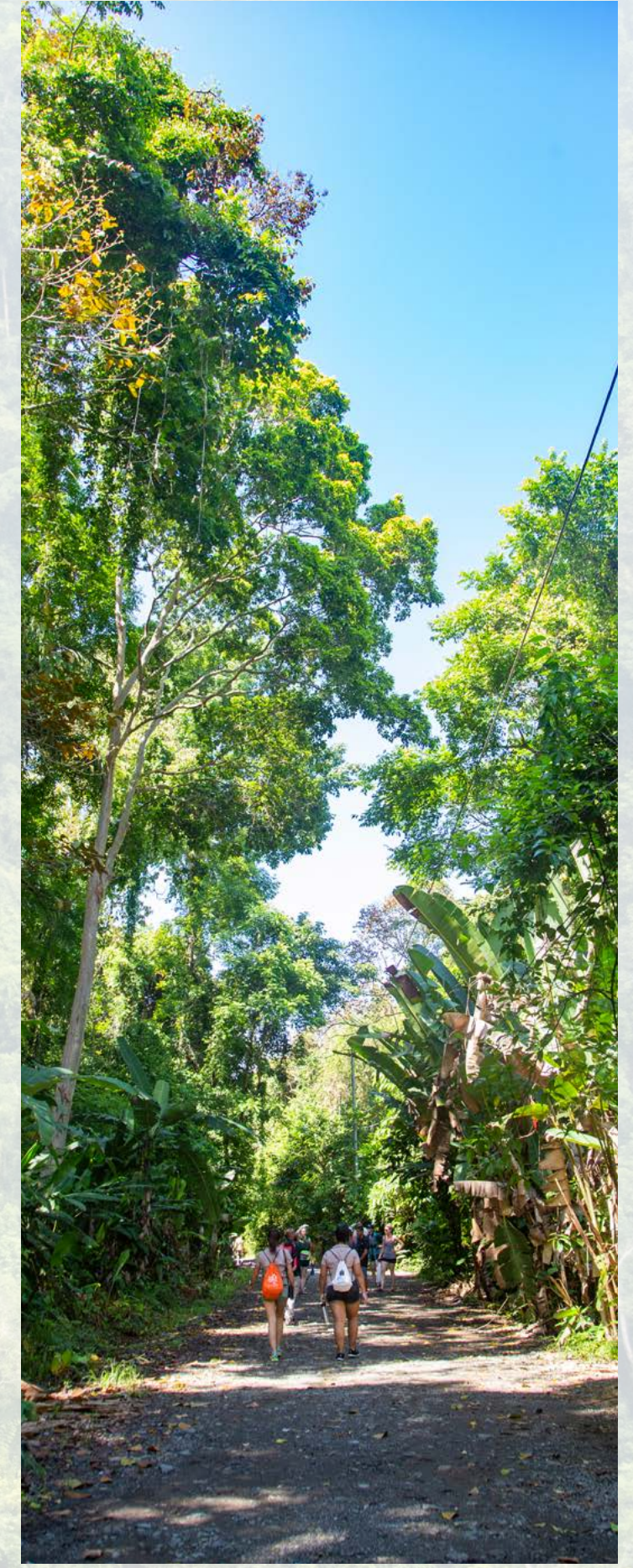
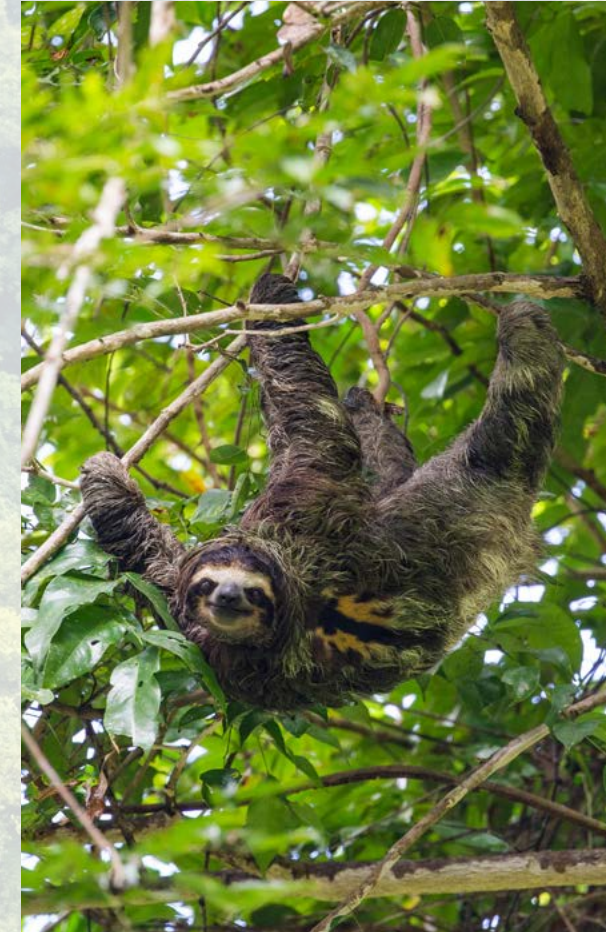
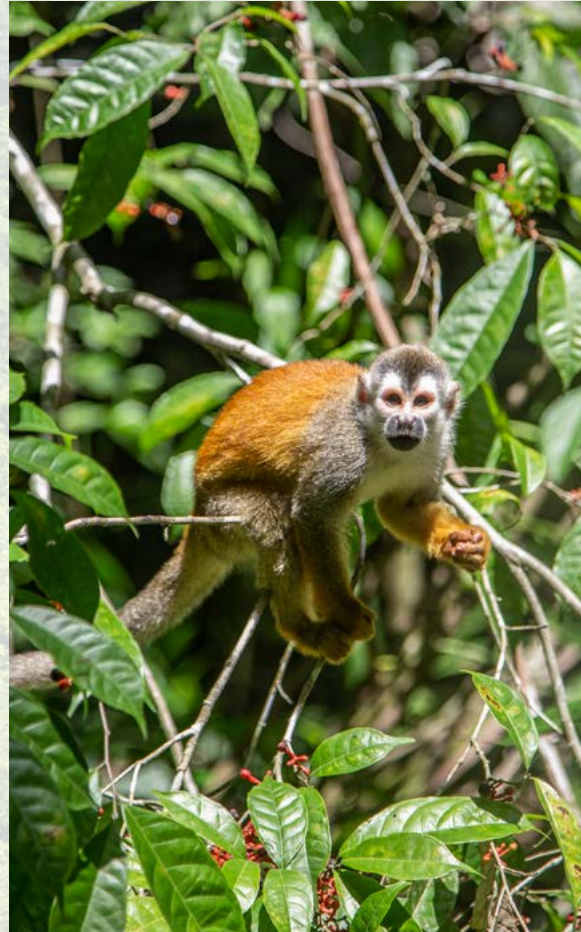
 **Duration:** Full day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanigh & English).  
Entrance fee to Manuel Antonio National Park.  
Lunch & Natural Drinks.

 **What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.
- Swimsuit, towel and change of clothes (for leisure time at the beach)
- Hiking boots or sturdy sneakers with good grips are best.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.

**Notes:** The Manuel Antonio National Park is closed on Tuesdays. Also, it has a limited number of visitors per day. In case of full capacity, we offer as a substitute option, the visit to Punta Mala Wildlife Refuge. Consult with the Swiss Travel tour desk, the rate that applies.



## WILDLIFE & MANGROVES BY BOAT

The area of the Tárcoles River's mouth, together with the Carara National Park and the Guacalillo mangroves, creates a natural corridor for dozens species of birds, mammals and insects, considered as one of the richest sites in the entire central pacific coast.

Once on the river edge, you will aboard a very spacious, comfortable and safe boat, covered with a special roof for protection from the weather conditions and that navigates silently thought the river and mangroves.

The river is a paradise to get up-close with American crocodiles of all sizes while the Guacalillo mangrove forests provide a great habitat for four different species of mangroves: tea, black, red and white mangrove.





## NATURE

 **Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English).  
Boat Tour.

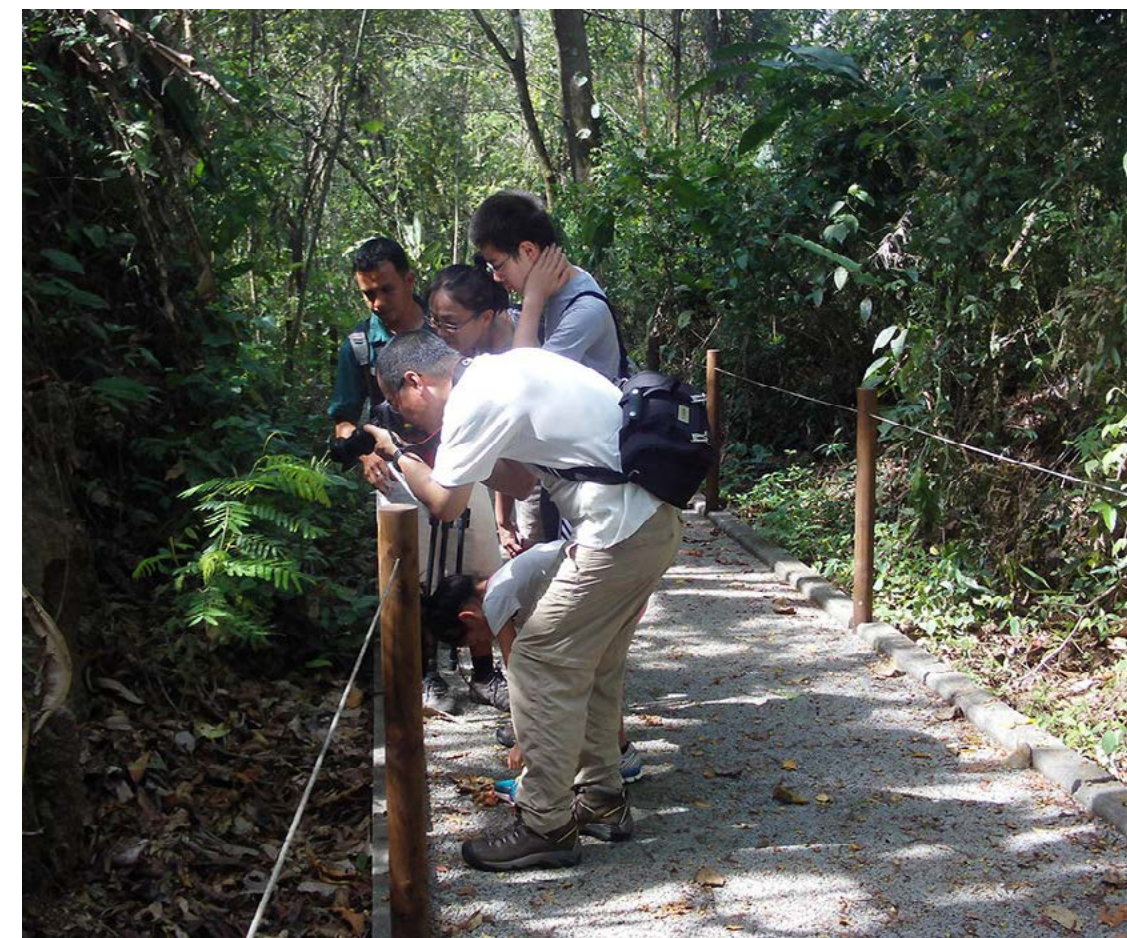
 **What to bring:**

- Comfortable clothing & comfortable shoes.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.



# CARARA NATIONAL PARK HIKE

This beautiful National Park is located right in the heart of the Central Pacific Coast, in a transition area between the northern dry forest and the humid rainforests of the Southern Pacific. Its 5,242 hectares are dedicated to preserving the habitat of Monkeys, Sloths, Frogs and dozens of colorful birds, including the country's largest remaining wild populations of Scarlet Macaws. Once on site, there are 5 different trails with lengths ranging from 650m to 3km. During the walk, the professional naturalist guide will provide detailed information about flora and fauna biodiversity and the interactions that occur between the wild species with the hundreds of vines and epiphytes that abound in these jungles.





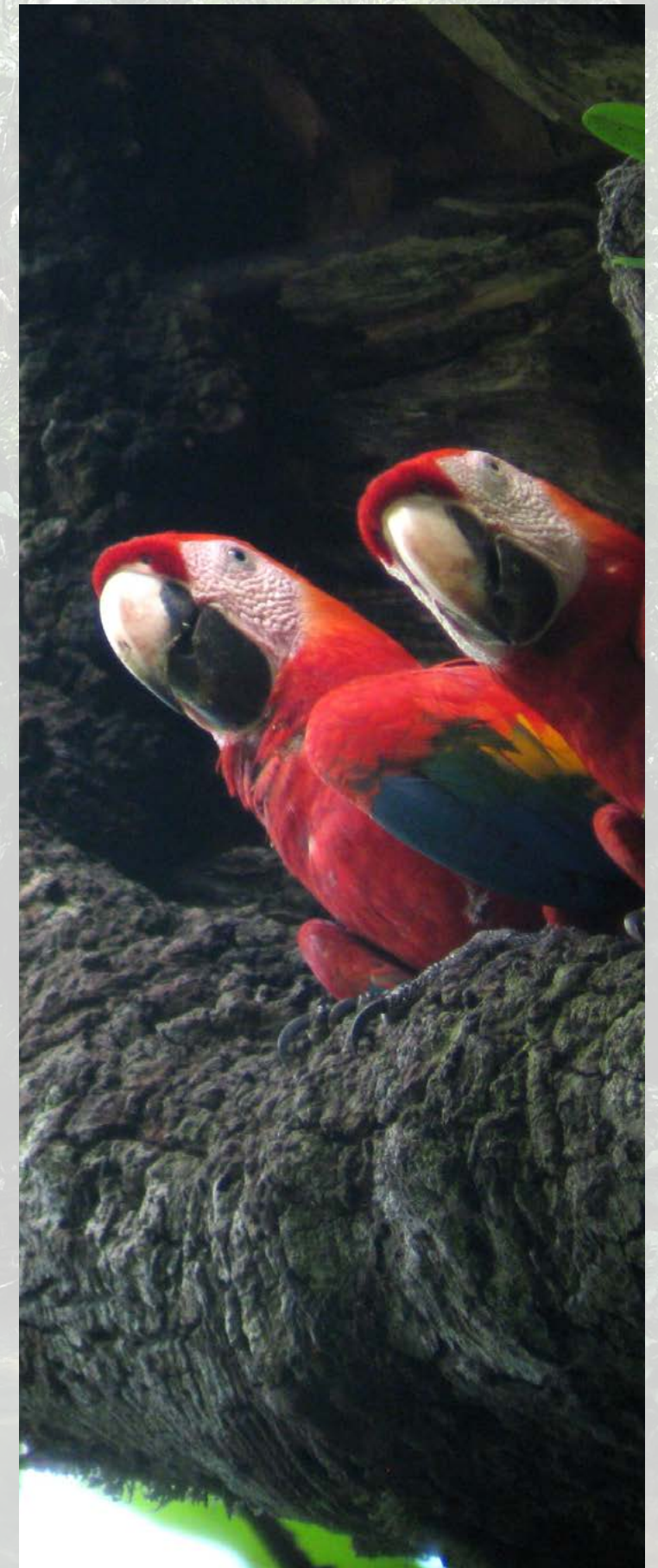
## NATURE

 **Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanigh & English).  
Entrance fee to Carara National Park.

 **What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.
- Hiking boots or sturdy sneakers with good grips are best.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.



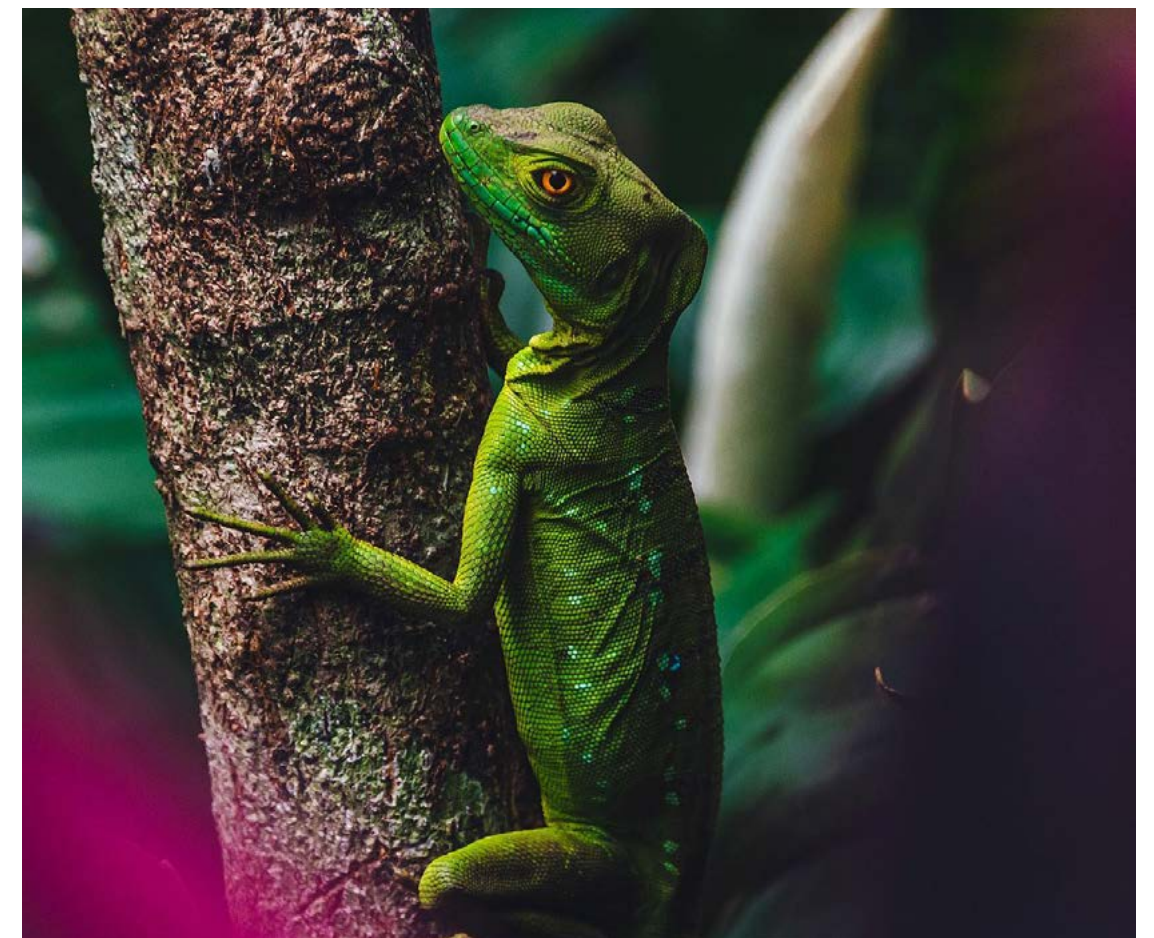


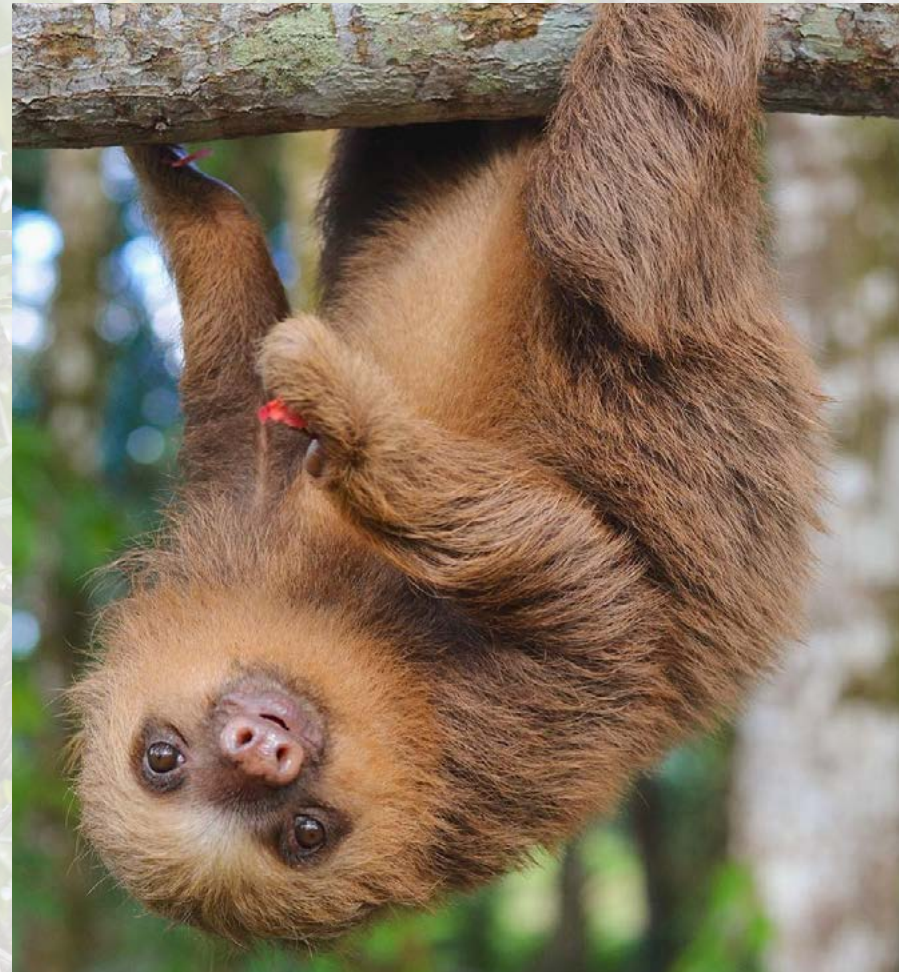
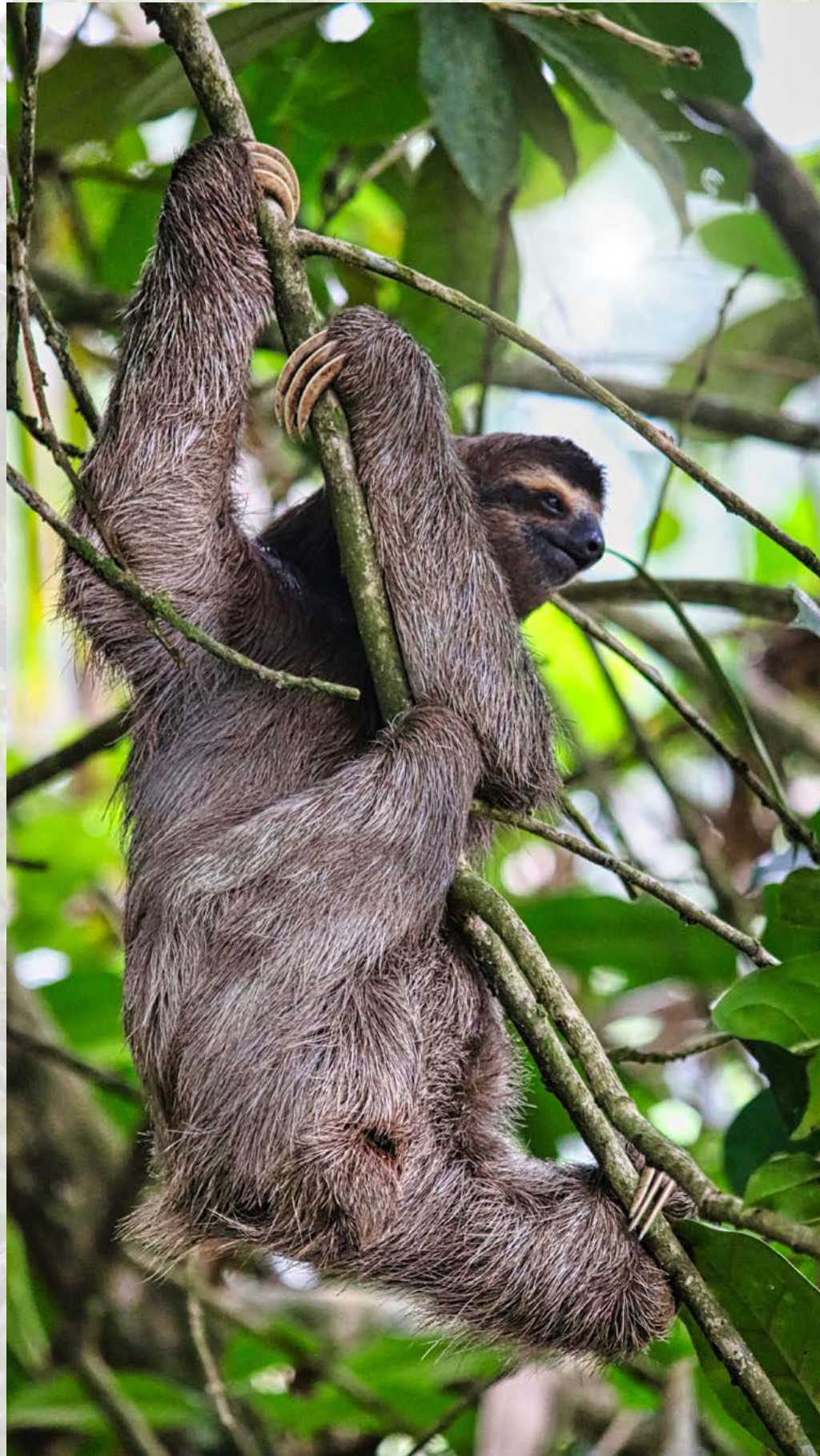
## IN SEARCH OF SLOTHS & NIGHT WALK

Sloths are plentiful throughout Costa Rica but due to its growing popularity, the main purpose of this excursion is to educate the participants about the importance of preserving the natural habitats of sloths and to try to change the erroneous tendency to think that due to their “smile and tenderness” they could be to be hugged.


Just before sundown, the jungle becomes alive! There is a transition period in which most of the wild species begin their activity, allowing you to discover many incepts, mammals and amphibians not seen in daylight.


Then you will start the walking adventure through a 650ft (200 meters) easy-flat trail that goes around some habitats that facilitate the observation of nightlife while you learn important characteristics about their ecosystems.





## NATURE

 **Duration:** Half Day or at Night Including Night Walk  
**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English).  
Entrance fee.

 **What to bring:**

- Comfortable clothing with lightweight long pants and cotton t-shirt.
- Hiking boots.
- Do not forget insects repellent, aluminium water bottle and camera.

## BIRDWATCHING & SCARLET MACAW KINGDOM

The Central Pacific Coast of Costa Rica is considered one of the country's best birding destinations. Over 400 species between migratory and resident birds have been identified here.

This birding paradise sits in a transition area. To the northwest of Carara National Park, higher temperatures and lower rainfall create what is called the tropical dry forest. To the south, higher rainfall creates much lush, tropical rainforest, while the coast provides its own unique habitats with open areas, mangroves, and some swamps.

Undoubtedly, the colorful scarlet macaw is one of the most famous tropical birds in the world. These impressive birds were once nearly extinct in Costa Rica, but thanks to the country's conservation efforts, isolated populations of Scarlet Macaws have expanded into healthy flocks along the entire length of the Pacific Coast, becoming Costa Rica one of the easiest and most accessible places in the world to see it.





## NATURE

 **Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English).

 **What to bring:**

- Comfortable clothing with lightweight long pants and cotton t-shirt.
- Hiking boots.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.

## MONTEVERDE CLOUD FOREST

Nestled in the highlands of Costa Rica, Monteverde is a magical mist-shrouded place where you will feel awe-struck with its otherworldly beauty thanks to its variable climates and high altitude that has created an extraordinary Ecological Sanctuary and a great option if you enjoy eco-tourism.

The eco-tourist walk, combines 2.5km (1.55miles) beautiful trails on the ground and 6 suspension bridges that rise above with distances up to 236m (774ft) and heights up to 70m (230ft) to explore the treetops.

The professional guide will provide you a different perspective of the forest with intriguing facts about the ecosystem of the canopy, making brief stops along the way to point out the most relevant species of the flora and fauna. Also, you will visit a family-run business and learn all about the traditional methods of production in a local farm. You will visit coffee and cacao plantations as well as sugar cane crops.





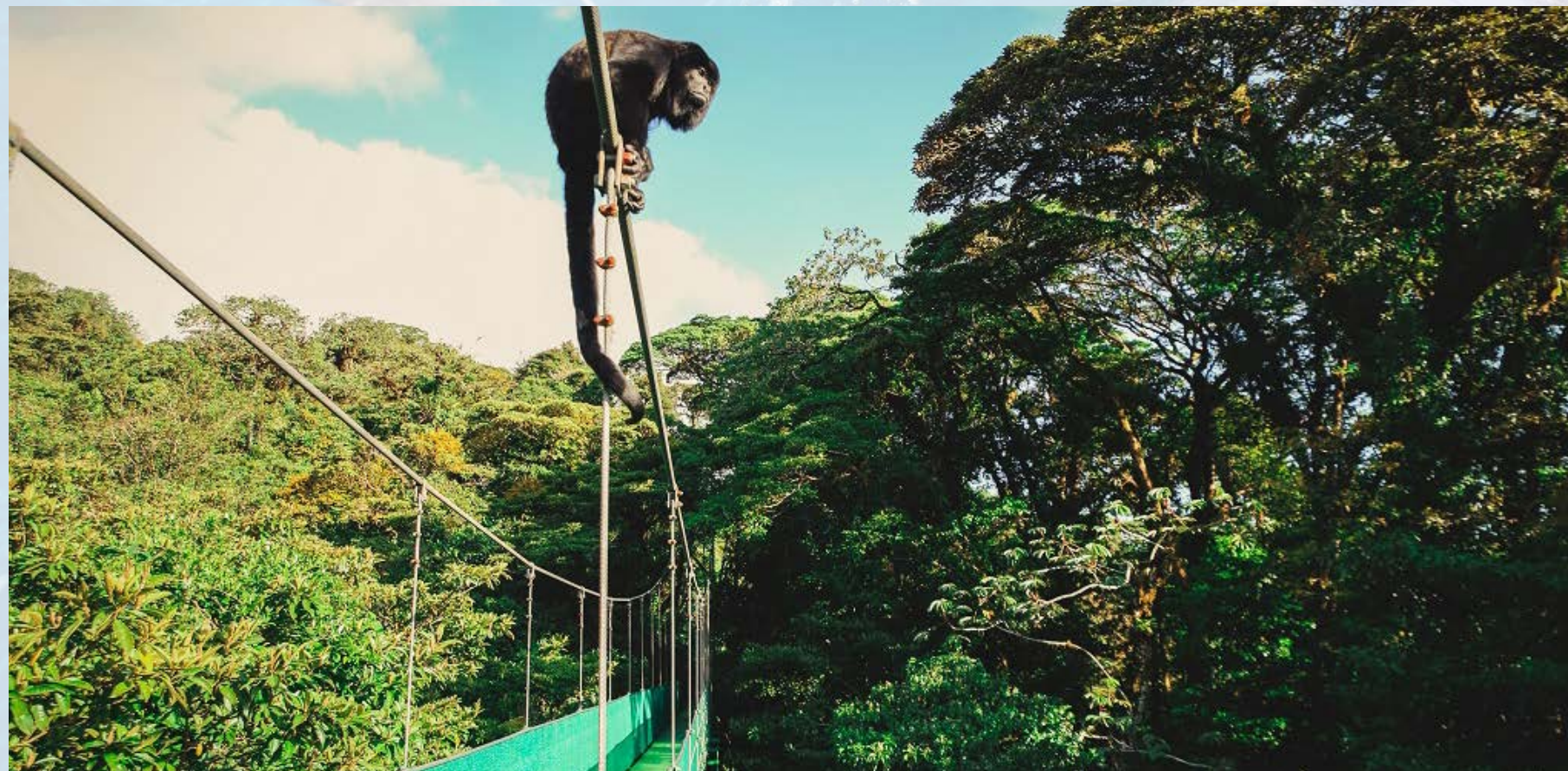
## NATURE & CULTURE

 **Duration:** Full day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanish & English).  
Entrance fee to Monteverde Cloud Forest reserve  
Lunch & Natural Drinks

 **What to bring:**

- Comfortable clothing with lightweight lonh pants and cotton t-shirt.
- Hiking boots
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.



## AERIAL TRAM JACO

Pacific Aerial Tram is an eco-tourism project of 90 hectares of protected forests, which offers the safest way to discover not only the most interest and exuberant hidden secrets of the tropical forest but also scenic views of the Pacific Coast during a tram ride, offering you a different perspective of this natural paradise.

You will aboard the open-air gondolas with canvas awnings that flies slowly above the treetops. Along the 1.8km aerial tram circuit, you will explore every level of the tropical transitional forest, from the ground to the treetops.

The visit also includes a Butterfly Garden, an educational experience regarding not only of the lifecycle of these wonderful insects but also the importance of the conservation of nature and reforestation.

There is a small section of medicinal plants where you will learn their uses, harvesting and relevance.





## NATURE

 **Duration:** Half day.

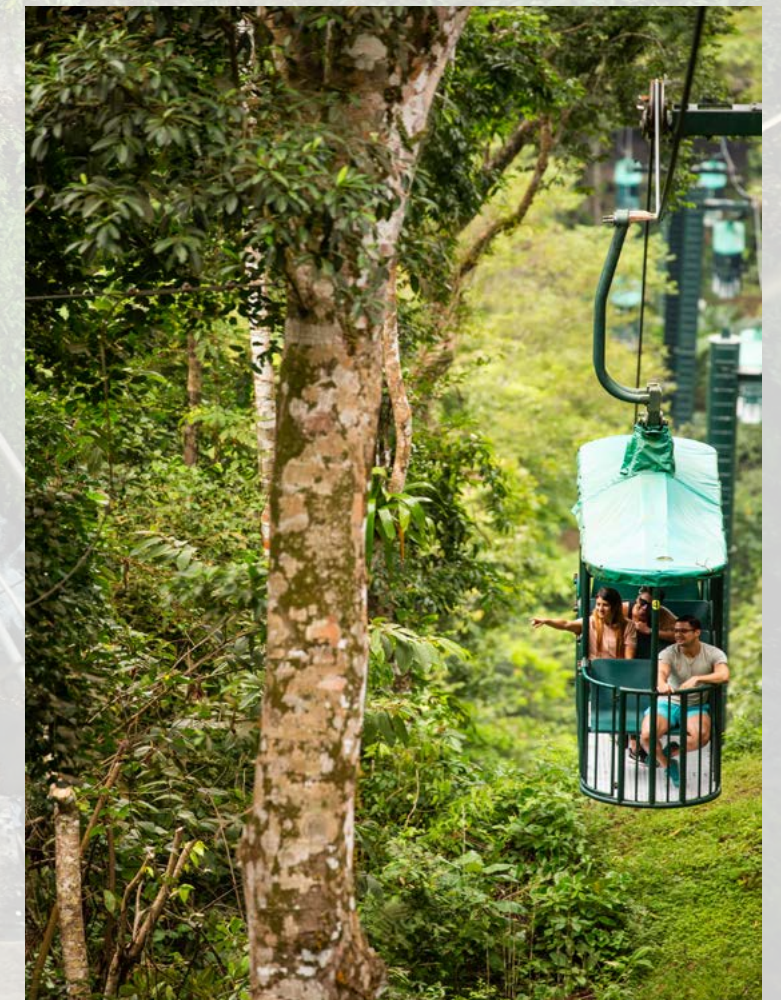
**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanigh & English).

Entrance fee to Pacific Aerial Tram.

 **What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.
- Hiking boots or sturdy sneakers with good grips are best.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.





# Zapaton Indigenous Reserve & “The King” Waterfall

In Costa Rica, there are eight indigenous tribes spread throughout the country. They often do not receive the same attention as other indigenous groups of America, because they aren't as well known.

On the Central Pacific Coast, the Huetares tribe is one of the smallest in the country, with only 340 population through 3515 hectares that cover the Zapaton Indigenous Reserve.

After you meet the community, you will start the 1-hour hike on irregular terrain with some lookouts that are strategically located on the trail to enjoy the stunning views of the mountains. Then, you will start to go down to one of the longest and widest waterfalls in Costa Rica: The King of Zapaton.





## CULTURE & ADVENTURE



**Duration:** Full day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Entrance Fee.

Lunch & Natural Drinks.



**What to bring:**

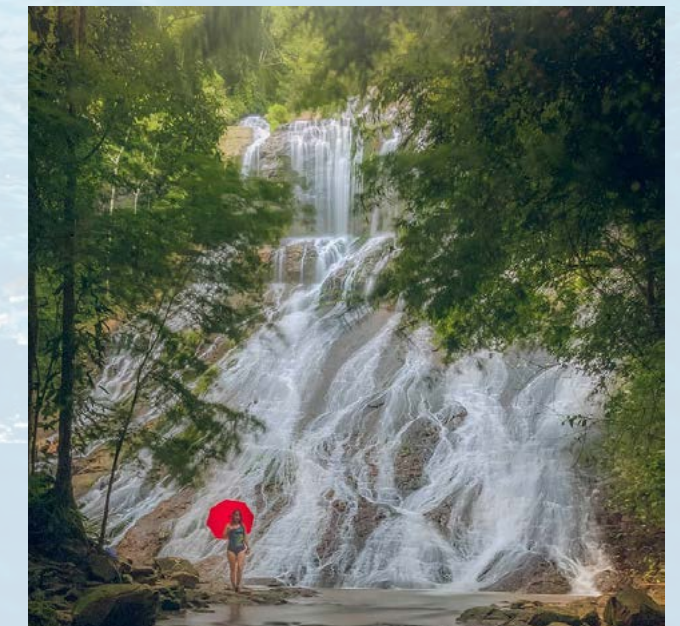
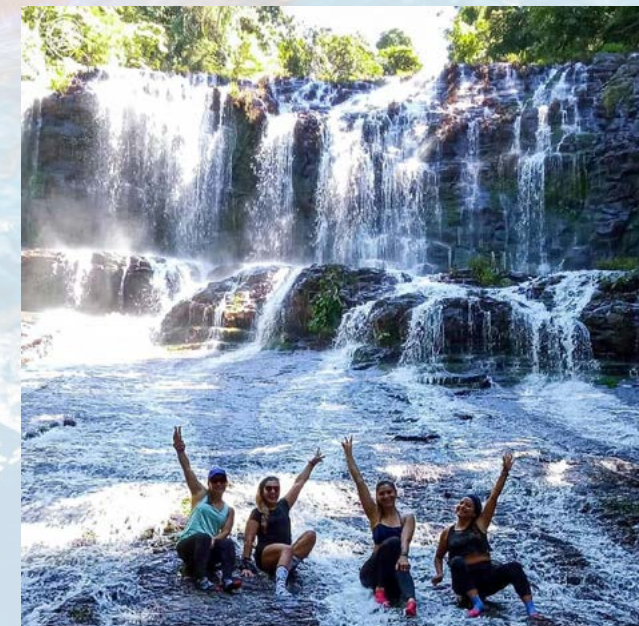
- Comfortable clothing with long pants, cotton t-shirt and hiking boots.

- Adventure Sunglasses with UV protection and ecofriendly sunscreen.

- Swimsuit, slip-resistant sandals, towel and change of clothes (for the Waterfall)

- Do not forget insects repellent, aluminium water bottle, binoculars and camera.

**Notes:** It is important to consider that some of the main objectives of this visit are to support these native communities and learn about their traditions, their culture, and way of life of Costa Rica's first inhabitants but in a spirit of tolerance and respect for the diversity of religious, philosophical and moral beliefs.





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## Jaco City Walk & Local Art Tour

Jaco is the most charming city on the Central Pacific Coast. A beach town, which has it all! Surrounded by rolling green hills covered with lush jungles and farm pastures in the distance, Jaco sits in a wide bay with rocky points on each end and backed with a gray-sand volcanic beach, perfect for world-class surfing.

Along its bustling streets and backdrop of palm trees, it is possible to find open-air trinket shops, surfside shops, and a nice mixture of culture, history, and friendly locals, the perfect setting for a laid-back atmosphere.

The first stop will be at the Jaco's Community Center, an ONG dedicated to promoting the Well-Being of youth through recreational facilities such as a skatepark with ramps, a basketball court, and a library.

Art, love, and nature are the interconnected themes for impressive murals. The inspiration for the enormous artworks comes from ancestral traditions and the authenticity of its people. As well, as Central Pacific fauna such as toucans, pink spatulas, and scarlet macaws.

The excursion concludes at sunset with a visit to a hidden treasure called El Miro Ruins, a lookout point that offers a panoramic view of the Jaco Bay, while the sky displays thousands of red, orange, and yellow hues, and the scene suddenly looks like the most beautiful painting ever seen.





## CULTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Entrance Fee.



**What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.
- Hiking boots or sturdy sneakers with good grips are best.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Eco-friendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.

**Notes:** Highly recommend combining this excursion with the Sunset Cocktails and Dinner experience, available at an additional cost in a Luxury hilltop restaurant overlooking the Pacific Ocean.



## Sustainable Farming & Organic Chocolate Tour

Costa Rica is a country widely recognized for its ecotourism and sustainable practices. This excursion will allow you to visit a sustainable project where you will learn how they use the natural and cultural resources, to improve the quality of life of local communities, an eco-friendly project renowned for its environmental commitment and for integrating a Sustainable Agriculture model.

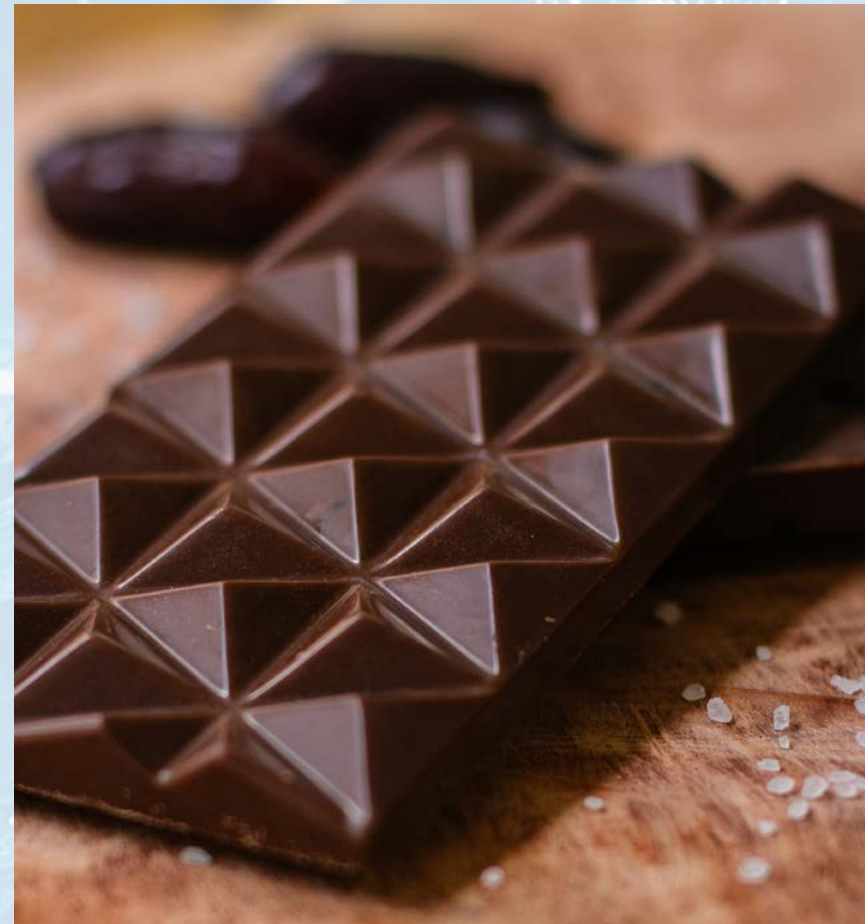
The project is 100% self-sufficient and contributes to minimizing the impact on soil fertility, helps to clean the water systems, and provides benefits to the environment, public health, animal welfare, rural economies, and local workers.

At the orchard, you will have the opportunity to select some of the vegetables that you will delight later at the healthy lunch.

Considered as “a gift from the Gods”, the cocoa tree was of great importance for the aboriginal culture of Central America, not only for the ceremonial use, but also for its economic value as it was used as currency in many tribes, including Costa Rica.

You will learn about the origins, its production and one of the most enriching aspects of taking this tour is getting to meet the people who do all the process of elaboration from the seed to the bar.





## CULTURE & SUSTAINABILITY



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanigh & English).

Entrance Fee.

Lunch & Natural Drinks.



**What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.

- Hiking boots or sturdy sneakers with good grips are best.

- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.

- Do not forget insects repellent, aluminium water bottle, binoculars and camera.





# Artisanal Fishing

The small fisheries community of Tarcoles is located on the Central Pacific Coast of Costa Rica. For many years, they faced declining fish stocks due to a combination of overharvesting by commercial shrimp boats and unsustainable fishing practices.

Since 2013, Costa Rica has banned Trawl fishing. This remarkable decision reaffirmed the country's commitment to its tradition of environmental protection and directly benefited small- and medium-scale longline fishing vessels that are the only ones authorized to operate within these areas.

You will learn all about the traditional fishing methods that have been passed from generation to generation and that nowadays are essentials to keep alive the lifestyles and culture of this community and its history.







## CULTURE



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanigh & English).

Artisanal Fising.

Snorkeling Equipment.

Lunch & Natural Drinks.



**What to bring:**

Comfortable clothing with long-sleeve shirt. Quick-Dry Swimwear, water shoes, change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.





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# CHOCOLATE: A SWEET EXPERIENCE

Chocolate is delicious, chocolate is healthy and Chocolate makes people happier!

Discover the wonders behind one of the world's most tantalizing and favorite foods — chocolate!

Approximately one billion people eat chocolate every day and probably you are one of those who have wondered where chocolate is coming from. It's important to clarify that this tour is not designed as a visit to a chocolate factory. The idea is to show the natural process that was used by ancestral civilizations, that includes harvesting, fermentation, drying, milling of the seeds, to try to show up the final product we consume nowadays.





## CULTURE



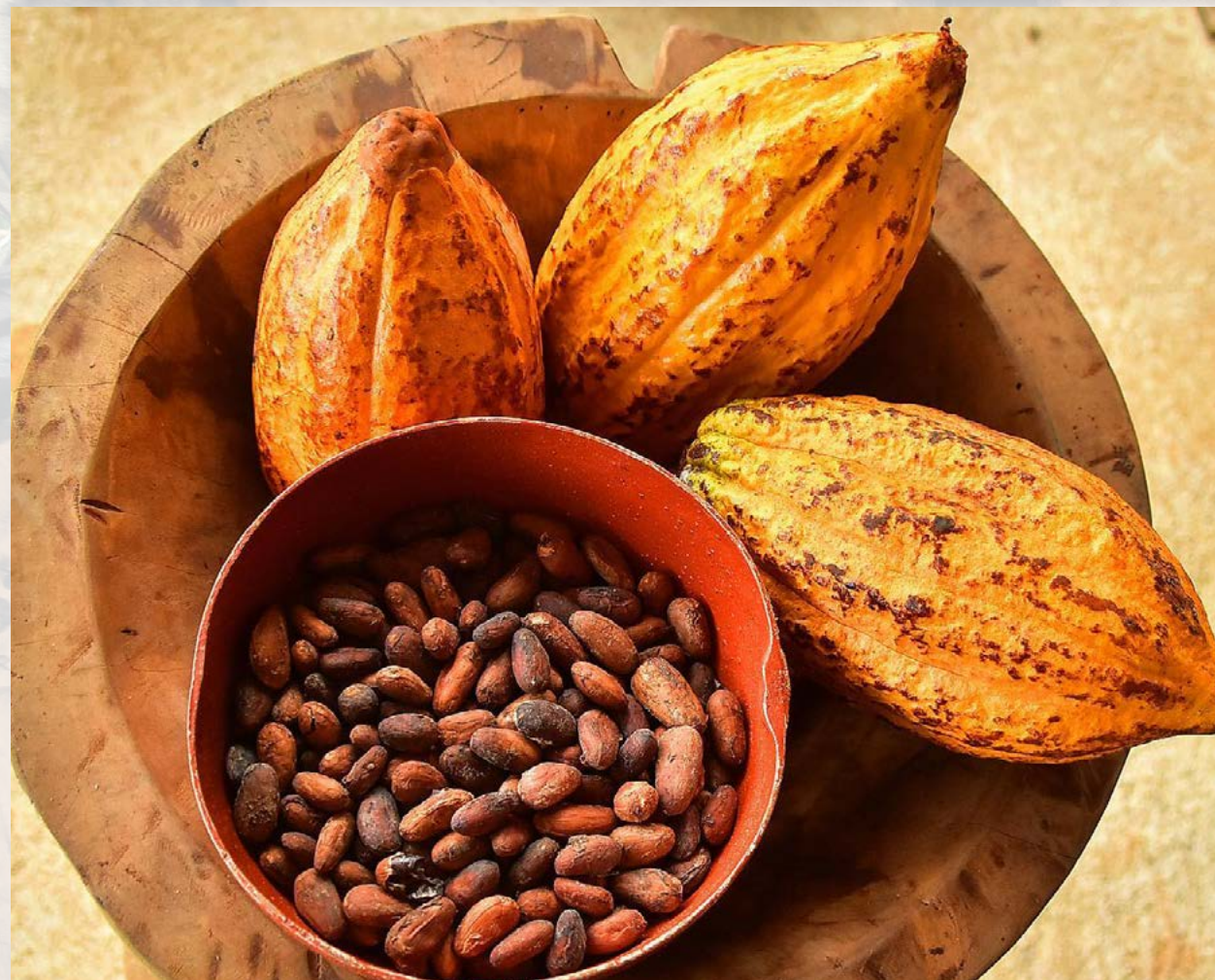
**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified bilingual guide (Spanigh & English).  
Entrance fee.



**What to bring:**

- Comfortable clothing with lightweight short pants and cotton t-shirt.
- Hiking boots or sturdy sneakers with good grips are best.
- If it is sunny, bring sun visor hat or similar, Sunglasses with UV protection and Ecofriendly sunscreen.
- Do not forget insects repellent, aluminium water bottle, binoculars and camera.



## SUNSET WINE AND STARRY DINNER

Sunsets are among the most magical moments that everyone should cherish more often. It is the time in the evening when you last see the sun disappearing on the horizon. At sunset, time stops, and silence takes over, creating an atmosphere of total calm while the Sun embraces the ocean. The sky displays thousands of red, orange, and yellow hues. Suddenly the scene looks like something of a divine masterpiece! Enjoy a dramatic outdoor setting at a lookout point that will make you feel like you are on top of the world while you admire a beautiful sunset, directing your gaze to the sky and sharing some wine with a good companion. When nightfall, enjoy a memorable dining experience in the open air, full-service ambiance surrounded by the untouched tropical rainforest.





## GASTRONOMY

 **Duration:** Half day.

**Includes:** Air-conditioned Tourist transportation with Spanish speaking driver

Certified Bilingual Guide (Spanish & English)

Dinner & Wine

 **What to bring:**

- Casual dress code





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## RAINFOREST DETOX YOGA AND MEDITATION

Costa Rica's lush rainforests and green emerald coasts lure travelers from all over the world who are looking to have deep detox from stress and their daily grind. In this paradise, you can experience Wellness tourism as part of a lifestyle that combines healthy eating, body movements, and soul-nourishing activities, while reconnecting with nature to strengthen your mind, body, and inner peace. Detox experience invites you to unwind and enter a spacious open-air yoga terrace or Rancho, where you will feel yourself go. Relax your mind to the sounds of birds and slowing waving trees, surrounded by exuberant jungles and gardens.





## WELLNESS

 **Duration:** Half day.

**Includes:** Air-conditioned Tourist transportation with Spanish speaking driver

Entrance Fee

Professional Bilingual Instructor (Spanish & English)

Yoga Class

Meditation Class

Tropical Fruits

 **What to bring:**

- Comfortable Yoga Clothing.



## CATAMARAN - SAILBOAT - SUNSET TOUR

There is nothing like the feeling of sunbathing on the bow of a sailboat or catamaran that's quietly making way over the Pacific Ocean with a cocktail, friends, chilling music, the ocean breeze, and the sound of the waves.

### **Catamaran to Tortuga Island:**

A gorgeous 120 hectares sanctuary and the perfect destination to spend the day chilling out and enjoying a beach getaway surrounded by stunning turquoise waters.

### **Catamaran to Fantasia Beach:**

As soon as anchor is dropped, you will have the opportunity to jump from the roof and float in the tranquil waters. For adventure ones, the tour includes paddleboards, surfboard, boogie boards and snorkel gear.

### **Sunset Tour:**

After some time chilling and laying back, there are no words that can describe the sensation and the tranquility of watching a multicolored sunset on the horizon that makes you want to freeze the moment so you can live a whole life in it.







## RELAX



**Duration:** Half day or full day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Catamaran.

Lunch & Natural Drinks.



**What to bring:**

Quick-Dry Swimwear, sandals are not allowed on board (All passengers must be barefoot, there's a selected area to leave the sandals), change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.



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## SPORT FISHING IN-SHORE OR OFF-SHORE

The Costa Rica's central pacific coast, specifically in Herradura area, provides fertile fishing grounds which turns into a year round full of action for approximately 15 varieties of sport fish.

### **Off Shore Fishing**

Also known as Deep-Sea fishing, is the perfect trip for anglers looking to target species such as marlin, sailfish, mahi mahi and large tunas.

### **Inshore & Bottom Fishing**

Inshore is best for clients looking to catch mackerel, snook, jack and the incredible rooster fish. Run time to fishing grounds is 15-45 minutes.



## AQUA SPORT

 **Duration:** Half Day or Full Day.

**Includes:** Boat Tour.  
Experienced Captain & Mate (Spanish & English).  
Fishing License.

 All fishing equipment, bait & lures.  
Snacks & Fresh Fruits.

Lunch and beverages (full Day Option).

### **What to bring:**

Quick – Dry Swimsuit, slip-resistant sandals, towel and change of clothes, adventure sunglasses with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.

**Notes:** Sport Fishing Tour departs directly from Herradura Beach.





# SEA KAYAKING

This fun excursion will allow you to paddling through the rolling waves and currents of the Pacific Ocean to one secluded beach, where you can take a refreshing swim and if weather allows, practice snorkelling and spot some of the marine species of the area.

The emerald-green mountains and breathtaking ocean view will be part of the scenery. The ocean adventure extends to, beach community bathed by the blue waters of the ocean and where you can take a refreshing swimming on the selected beach. Sometimes and according with the visibility, tide and waves, it is possible to practice snorkelling in the rocky beach to admire the sea life including crustaceans, molluscs and plenty of colourful tropical fish.



## AQUA SPORT



**Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.

Certified bilingual guide (Spanish & English).

Kayak Equipment.

Tropical Fruits.



**What to bring:**

Quick-Dry Swimwear, Water shoes, change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.

**Notes:** Must bring a photocopy of your passport.



## SURF LESSON



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Surfing is very a popular water activity in the world, where wave riders stand up on a surfboard, which glide across the surface of the water until the wave breaks upon the shore and loses its energy.

Costa Rica is one of the top surfing destinations in the world to learn surfing. With an average water temperature of 84 degrees and consistent waves throughout the year, Jaco Beach has amazing surf breaks for first-timers.

The lesson time depends on the time of the ocean tide that day. Check with the sales executive who will reconfirm you the pick-up time.



## AQUA SPORT

 **Duration:** Half day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified Bilingual Instructor (Spanish & English).  
Surf Equipment.  
Tropical Fruits.

 **What to bring:**

Quick-Dry Swimwear, Sandals, change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.

**Notes:** Must bring a photocopy of your passport.



## JET SKI - HAVING FUN IN SEA!

Jet Ski is a popular and funny water activity that will allow you to discover secluded hidden beach paradises along the pacific coast of the Central Pacific Coast.

There is no need for a licence to ride a jet-ski, nor is previous experience necessary, however, you must be able to swim. Neither does it require physical strength nor technical expertise and you can enjoy a ride on a jet-ski individually or with a partner.

Leaving directly from Herradura Beach, you will ride for around 90 minutes along the emerald coast until arrive to Playa Fantasia, a beautiful white sand secluded beach with access only by water.



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## AQUA SPORT

 **Duration:** 90 minutes.

**Includes:** Bilingual Instructor (Spanish & English).  
Jet Ski.  
Life Vest.

 **What to bring:**

Quick-Dry Swimwear, water shoes, change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.

**Notes:** Credit Card deposit is required.  
Jet Ski Tour departs directly from Herradura Beach.





## STAND UP PADDLE TOUR

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Stand-up paddleboarding is a recreational activity, which has become one of the fastest-growing water sports in recent years, and the reasons abound. It is easy to learn, is an excellent workout for the entire body, providing incredible fun and unique way to explore hidden gems at the ocean, rivers, or lakes.

To add this great experience to your adventures list, you will use a stand-up paddleboard (SUP), a large board similar to a surfboard, that can be used either for paddling sitting, and relaxing while you are enjoying the scenery or for standing atop and maneuvering using a paddle, being an excellent exercise for fitness.



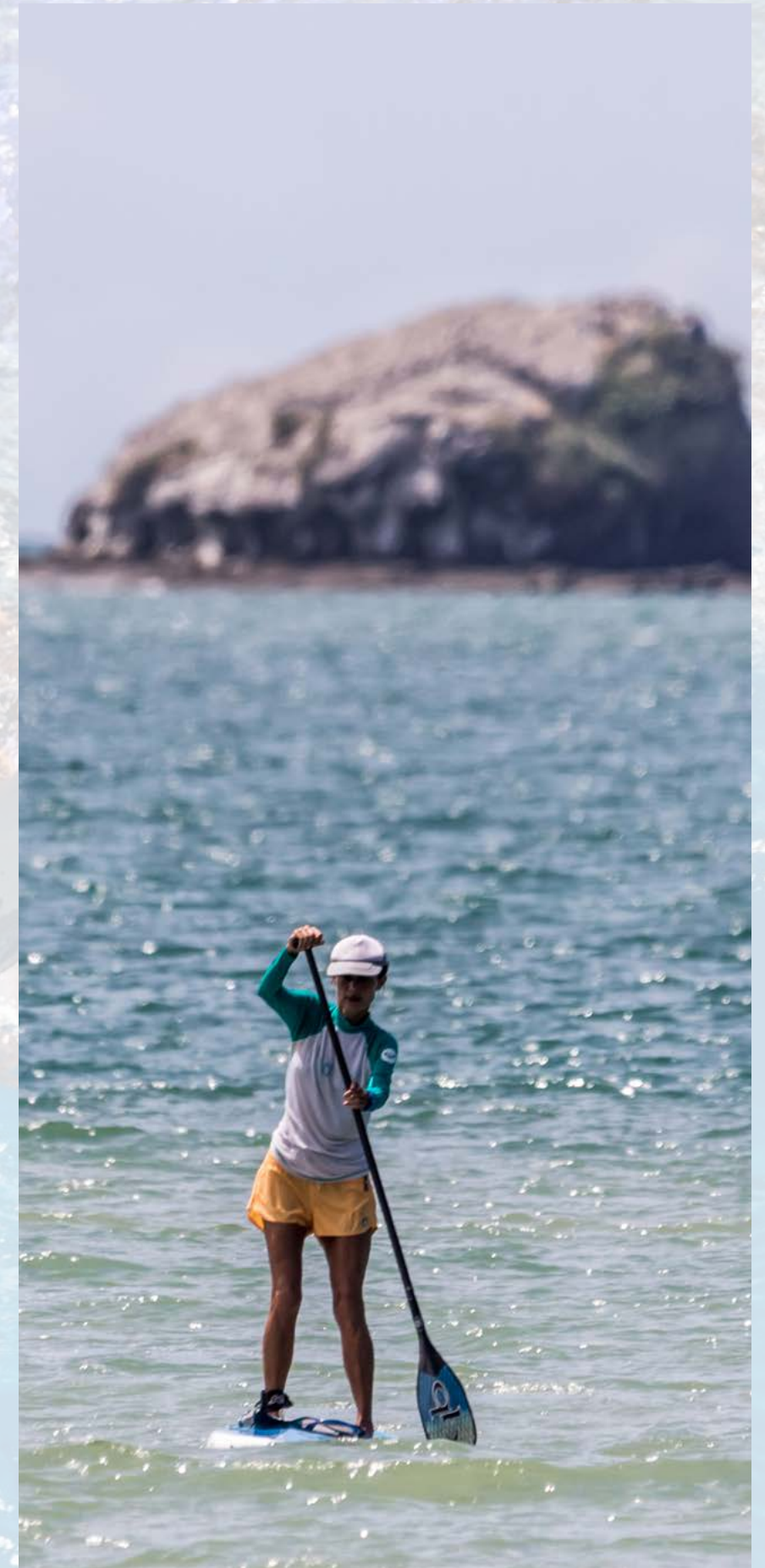
## AQUA SPORT

 **Duration:** Half Day.

**Includes:** Air-conditioned tourist transportation with spanish speaking driver.  
Certified Bilingual Instructor (Spanish & English).  
Stand Up Paddle Equipment.

 **What to bring:**

Quick-Dry Swimwear, water shoes, change of clothes, sun visor hat or similar, Sunglasses for water sports with UV protection, eco-friendly water resistance Sunscreen, and Go Pro camera.





*With the Accent on Service*

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