



Tours of Arenal

All tours are per person unless otherwise stated, based on adult rate. Many tours also have child rates.



All prices are subject to change without notice. All prices are valid until **June 30th, 2022**. Please ask your travel consultant for the most current tour pricing. Additional transfer costs may apply depending on tour operator.



DURATION:13h

AGE:4+

INTENSITY:⚡⚡⚡

Rate per person:
\$293

ESSENTIALS:
Change of clothes, swimwear, sunscreen, comfortable hiking shoes or sneakers, towel, and insect repellent.

Arenal 4-in-1 Combo Tour

Hanging Bridges & Ecotermales Hotsprings

This full-day tour will have you visiting the best spots of Arenal Volcano area. Start the day with a guided 2-mile hike through the rainforest reserve with hanging bridges.

Next, hike down a windy path to view the famous 230 ft La Fortuna Waterfall. The tour continues to the Arenal National Park where a naturalist guide will talk about the volcano’s natural and geological history.

Enjoy the relaxing hot springs of Ecotermales Hot Springs. At the end of the day, savor a buffet dinner before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide, and entrance fees.

Arenal 4-in-1 Combo Tour

Safari Float & Tabacon Hotsprings

Visit the exstensive Tabacon Hot Springs and have a full-day adventure with a child-friendly rafting option.

The day will start with a safari float tour on Peñas Blancas River, followed by a visit to the 230 ft La Fortuna Waterfall, where you can take a short swim.

The next stop is the Arenal National Park, with guid-ed walk to the volcano base.

Afterwards, relax at the stunning Tabacon Hot Springs. At the end of the day, enjoy a buffet dinner before returning to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide and entrance fees.



DURATION:13h

AGE:ALL

INTENSITY:⚡⚡⚡

Rate per person:
\$312

ESSENTIALS:
Change of clothes, swimwear, sunscreen, comfortable hiking shoes or sneakers, towel, and insect repellent.

Arenal 4-in-1 Combo Tour

Safari Float & Ecotermales Hotsprings

This is full day tour that includes a child-friendly rafting option. Start the day with the Peñas Blancas River Safari Float.

Enjoy a smooth glide down the river while spotting the wildlife in its natural habitat. Next, hike down a windy path to the impressive La Fortuna Waterfall and take a refreshing swim.

The tour continues to the Arenal National Park where the tour guide will talk about the volcano’s natural and geological history.

Finish your day with a visit to small and intimate Ecotermales Hot Springs. Enjoy a dinner before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide and entrance fees.



DURATION:13h

AGE:ALL

INTENSITY:⚡⚡⚡

Rate per person:
\$288

ESSENTIALS:
Change of clothes, swimwear, sunscreen, comfortable hiking shoes or sneakers, towel, and insect repellent.



DURATION:14h

AGE:ALL

INTENSITY:⚡⚡⚡

Rate per person from:
\$220

ESSENTIALS:
Bathing suit and towel, camera, hat, raincoat, hiking shoes, a change of clothes, bug spray and sunblock.

Arenal 4-in-1 Combo Tour

Farm Experience & Arenal Lake

Combine up to 4 different activities for a day full of fami-ly-friendly exploration.

Start the day with a sloth spotting hike in a private sanc-tuary to take as many photos as you can of these animals, and then head to a family-owned farm. Here you get first-hand experience of several traditional activities, from milking cows to sugar cane juice extraction.

Then head to the Arenal Volcano National Park, where you do a short hike to admire the vegetation and animals and then hop on a boat to explore the man-made Arenal Lake.

Finish the day at one of Arenal’s many hot springs. This tour is perfect for those who want a day full of outdoor activities. Options with fewer activities are available.

Included: any necessary equipment, snacks, bottle of water, bilingual guide, entrance fees, lunch, round trans- portation.



DURATION:13h

AGE:6+

INTENSITY:⚡⚡⚡

Rate per person:
\$312

ESSENTIALS:
Change of clothes, swimwear, sunscreen, comfortable hiking shoes or sneakers, towel, and insect repellent.

Arenal 4-in-1 Combo Tour

Hanging Bridges & Tabacon Hotsprings

You’ll visit Arenal Hanging Bridges, with over 2 miles of trails and 16 bridges in the rainforest, and hike down a winding path to view the famous La Fortuna Waterfall.

The tour will also take you to the Arenal National Park, where you’ll have a guided tour about the nat-ural and geological history of the volcano.

The last stop is Tabacon Hot Springs, where you can relax in the largest network of naturally flowing thermal mineral springs in Costa Rica.

At the end of the day, enjoy an exensive buffet dinner at Tabacon before you are taken back to your hotel.

Included: lunch, dinner, transportation from/to your hotel, naturalist guide, and entrance fees.

Arenal 3-in-1 Combo Tour

Hanging Bridges & La Fortuna Waterfall Hike

Great option if you are already staying at a hotel that has hot springs, but want to see as much as possible in one day.

Start your tour with a 2-mile hike through a private reserve with hanging bridges. Then, visit the amaz-ing La Fortuna Waterwall.

Third stop is Arenal Volcano National Park. The fi-nal one is a visit to the educational farm, with organ-ic buffet lunch cooked for you over a wood stove.

If you have kids younger than 4 in your party, consider using this combo with “Safari Float” (safe rafting) instead of the first tour.

Included: lunch, transportation from/to your hotel, naturalist guide, hanging bridges and national park entrance fees.



DURATION:10h

AGE:4+

INTENSITY:⚡⚡⚡

Rate per person:
\$210

ESSENTIALS:
Change of clothes, hiking boots or sneakers ONLY, swim-wear, sunscreen, towel, and insect repellent.



DURATION:

6h

AGE:

ALL

INTENSITY:

Rate per person:

\$171

ESSENTIALS:
Hiking shoes, swimsuit, towel, camera, change of clothes, sun lotion, repellent, extra cash.

Hanging Bridges & Titoku Hot Springs

Nature & Relaxation

The hanging bridges hike is great to get up close and personal with the native flora and fauna of the rain forest and then enjoy a soak in the thermal hot springs. The 2-mile trail features 16 hanging and standing bridges through the forest’s rich biodiversity and loop through the mountainous area. This is fun and informative 2.5 hour walk allows you to have close contact with the nature surrounding and learn more about the primary forest. Walk is rated moderate.

Then head to Titoku Thermal Hot Springs, to bathe for 2 hours mineral enriched waters.

Included: dinner, transportation from/to your hotel, naturalist guide, and entrance fees.

Hanging Bridges & Ecotermals

Nature & Relaxation

This option of hanging bridges & hot springs combo features 6-pool hot springs, without much crowds. Nature lovers will love a 2-mile hike across 16 suspension bridges across the rainforest canopy. Your naturalist guide will explain the surrounding area, you’ll learn about the history of the rainforest as well as look for wildlife.

Afterwards, enjoy the relaxing hot springs and waterfalls of the small and intimate Ecotermals Hot Springs. At the end of the day, enjoy a buffet dinner before you are taken back to your hotel.

Included: dinner, transportation from/to your hotel, naturalist guide, hanging bridges and hot springs entrance fee, snacks, and drinking water.



DURATION:

6h

AGE:

ALL

INTENSITY:

Rate per person:

\$198

ESSENTIALS:
Swimsuit, towel, change of clothes, hiking shoes, binoculars, extra cash for additional drinks, and camera.

Hanging Bridges & The Springs

Hot Springs

Nature & Relaxation

The Arenal rainforest hanging bridges are located in a 600 acre reserve of primary forest! The two mile trail along 16 state-of-the-art hanging bridges introduces you to the forest’s rich biodiversity.

After hiking through the nature reserve, head to The Springs Resort to spend a couple of hours enjoying 18 luxury thermal hot springs with temperatures ranging from 83 °F to 103°F.

This is a great way to relax and relieve stress before heading for a buffet dinner at this luxury resort.

Included: dinner, transportation from/to your hotel, park entrance, certified nature guide, water, and hot springs entry.



DURATION:

6h

AGE:

ALL

INTENSITY:

Rate per person:

\$232

ESSENTIALS:
Swimsuit, towel, change of clothes, hiking shoes or sneakers, extra cash for additional drinks, camera.



DURATION:

4.5h

AGE:

ALL

INTENSITY:

Rate per person:

\$85

Low Season

\$102

High Season

ESSENTIALS:
Bathing suit, change of clothes, water shoes/sandals, camera, extra cash for additional drinks.

Tabacon Hot Springs

Relaxation & Family

Enjoy the luxury Tabacon Thermal Hot Springs. The thermal hot springs are well known for helping to relieve stress and tension in both the body and mind whilst detoxing the skin.

The 25 different pools vary in temperature from 77° F to 122° F. The hot springs at Tabacon are completely natural, the water is heated underground by magma found in the earth’s core.

Spend 2 hours bathing in the mineral enriched hot springs before enjoying a buffet meal at the Tabacon restaurant and then heading back to your hotel feeling refreshed and relaxed.

Included: dinner, towel and entrance fee.



DURATION:

6h

AGE:

ALL

INTENSITY:

Rate per person:

\$202

ESSENTIALS:
Swimsuit, towel, change of clothes, hiking shoes or sneakers, extra cash for additional drinks, camera.

Hanging Bridges & Tabacon Hot Springs

Nature & Relaxation

A great tour for anyone who wishes to enjoy the native flora and fauna of the rainforest, followed by a soak in the luxury thermal hot springs.

Enjoy a 2-mile trail looping through the mountainous area, connected together by 16 hanging bridges. The fun & informative walk lasts 2.5 hours.

The Tabacon Hot Springs are the most extensive and luxurious in the area. Thermal river bed is carefully crafted into spring pools, surrounded by lush rainforest gardens. There are 25 pools that vary in temperature, between 77° F & 122° F.

Spend two hours bathing in the hot springs before enjoying a buffet meal at the Tabacon restaurant.

Included: dinner, transportation from/to your hotel, entrance fees, naturalist guide.

Paradise Hot Springs

Relaxation & Family

The Paradise Hot Springs are some of the newest hot springs in the area. You’ll travel a short distance from your hotel to the hot springs’ entrance.

Take a dip in ‘Palma Real’ and ‘Los Papiros’ thermal pools. The thermal and natural looking waterfalls will soothe and relax your entire body. Or go for a hydro massage experience, try out their ‘Ginger Jacuzzi’ and their newest attraction: ‘Oasis Jacuzzi’.

Spend 3 hours bathing in the mineral enriched hot springs and enjoy an authentic and traditional Costa Rican meal on the property.

Included: dinner, transportation from/to your hotel, and entrance fee.



DURATION:

4.5h

AGE:

3+

INTENSITY:

Rate per person:

\$45

ESSENTIALS:
Bathing suit, change of clothes, water shoes/sandals, camera, extra cash for additional drinks.



DURATION: **5h** AGE: **ALL** INTENSITY:  Rate per person: **Contact for Price**

ESSENTIALS:
Bathing suit, change of clothes, water shoes/sandals, camera and extra cash for additional drinks.

The Springs Hot Springs
Relaxation & Family

Try each of the 18 free-form, landscaped pools, all surrounded by lush rainforest and volcano views. Temperatures range from 83°F to 103°F and there are several different environments, from a loud waterfall to a tranquil rainforest. Kids will also love the waterslide! After enjoying a couple of hours in the hot springs, sit down to a buffet dinner at the resort before heading back to your hotel feeling relaxed. The high level of natural salt chlorines in the spring water makes them the cleanest hot springs in Arenal area.

Included: dinner, towel, transportation from/to your hotel and entrance fee.

Ecotermals Hot Springs
Relaxation & Couples

Ecotermals is the smallest of the Arenal Hot Springs and accepts no more than 100 visitors at a time. It's perfect for couples, honeymooners and smaller groups looking for a unique and intimate experience in a tranquil rainforest setting. There are four thermal hot spring pools in total. They vary in temperature with the coolest being 91° F and the hottest 105° F. One of the pools has a waterfall where you can stand beneath. Spend 3 hours bathing in the mineral enriched hot springs and then have an authentic and traditional Costa Rican meal at the Ecotermals restaurant. Included: dinner or lunch, transportation from/to your hotel and entrance fee.



DURATION: **4.5h** AGE: **ALL** INTENSITY:  Rate per person: **\$78**

ESSENTIALS:
Swimsuit, sandals, change of clothes, spending money, camera and sunblock.

Canyoneering & Rafting Combo
Adventure, Sports & Nature

Mambo Combo—make the most of your limited vacation time. Combine the exciting 'Lost Canyon' adventure with whitewater rafting tour on the class II-III Balsa River. A full day of pure adrenaline includes waterfall rappelling, down-climbing and river tracing along a pristine, rainforest canyon, followed by a rafting tour on the Balsa River. This is the perfect blend of adventure, wildlife, fun, rolling rapids and vibrant jungle. Finish off this fun-filled day with a traditional Costa Rican meal. Note: the weight limit is 200 pounds. Included: snacks and lunch, transportation from/to your hotel, bilingual guides, all necessary safety equipment, towels, fruit break and water.



DURATION: **9h** AGE: **13+** INTENSITY:  Rate per person: **\$160**

ESSENTIALS:
Comfortable clothes that will get wet, swimwear, secure shoes (tennis or water shoes), and change of clothes.



Canyoning Waterfall Rappel
Adventure, Sports & Nature

This will be one of those days you will remember forever! A 30-minute drive in a 4x4 truck will take you to the entrance of the rainforest. Your guides will give you a thorough safety talk about important rappelling & down-climbing techniques. Rappel to the bottom of a 350-foot canyon, through three waterfalls and one dry face rock. Spot wildlife such as monkeys, sloths and tropical birds along the way while you hike between each rappel! After completing the rappelling, head back to base camp to shower and change into dry clothes. Then, sit down to a traditional Costa Rican meal. Included: lunch, transportation from/to your hotel, rappeling equipment and bilingual guides.

DURATION: **4h** AGE: **5+** INTENSITY:  Rate per person: **\$107**

ESSENTIALS:
Clothing to get wet, adventure sandals, tennis or light hiking boots and change of clothes.



DURATION: **5.5h** AGE: **10+** INTENSITY:  Rate per person: **\$68**

ESSENTIALS:
Comfortable clothes that will get wet, swimwear, secure shoes (tennis or water shoes), and change of clothes.

Whitewater Rafting: Class II & III Rapids
Adventure & Sports

The Balsa River offers class II-III rapids and is perfect for beginners but still challenging enough to make it an exciting excursion! After a 40-minute drive to the river, the professional guides will give a safety talk and paddling instructions before setting off along the scenic river. See lots of wildlife like monkeys, sloths and tropical birds such as ospreys, oropendolas and toucans. Moderate physical condition required. Fit enough to paddle for 2.5+ hours, the weight limit is 200 pounds. Included: lunch, transportation from/to your hotel, bilingual guides, rafting equipment, fruits, and bottled water.

Whitewater Rafting: Class III-IV Rapids
Adventure & Sports

Imagine 6 miles (10 km) of 30 continuous rapids. Paddle the Class III/IV rapids of Sarapiquí River. The ride through the rapids is approximately 2.5-hours. If river conditions are unsuitable for the Sarapiquí River, our head guide might make the call to change to a back-up river of similar or equal level, only 20-minutes further and/or the guide may offer another tour, such as our half-day whitewater raft tour on the Balsa River. Note: the weight limit is 200 pounds. Included: lunch, transportation from/to your hotel, bilingual guides, rafting equipment, fruits, towel, and bottled water.



DURATION: **6h** AGE: **13+** INTENSITY:  Rate per person: **\$102**

ESSENTIALS:
Comfortable clothes that will get wet, swimwear, strap on sandals or water shoes, change of clothes and sunblock.

Lost Canyon, Horseback Riding & Indigenous Village Visit

Adventure, Nature & Culture

3-in-1 combo of Arenal’s diverse tour list. Rapell down the waterfalls while tracing a river stream, then go for a horseback ride to La Fortuna’s stunning waterfall. Enjoy the nature along the way!

On your way back from the waterfall visit a replica of an indigenous village and learn about their customs.

Note: Good physical condition required. This tour is challenging however you do not need experience.

Some horseback riding experience is recommended.

Please note that the weight limit is 200lb.

Included: snack, lunch, transport from/to your hotel, breakfast, lunch, bilingual guides, horse, equipment and entrance fee.



DURATION: 9h

AGE: 13+

INTENSITY:

Rate per person: \$78

ESSENTIALS:
Comfortable clothes that will get wet, swimwear, secure shoes hat, sunblock and change of clothes.



DURATION: 4h

AGE: 5+

INTENSITY:

Rate per person: \$73
+\$19 round-trip transportation

ESSENTIALS:
Light clothing, comfortable shoes, camera, sun lotion, insect repellent and camera.

‘Sky’ Tram & Walk Tour

Adventure & Nature

Here’s a unique way of exploring the rainforest from different perspectives!

Board a gondola and soar through the rainforest taking in the incredible views of the mountainous area. The tram can be stopped at any time to spot wildlife and take photos.

Enjoy the landscape views from the wide observation platform at the end which overlooks Lake Arenal.

The second leg of the trip has you walking on trails in the rainforest. Your bilingual guide will be a wealth of information pointing out native plants, animals and birds.

Included: tram ride, hanging bridges entrance fee, and bilingual guide.



DURATION: 7.5h

AGE: 16+

INTENSITY:

Rate per person: \$135

ESSENTIALS:
Comfortable clothes that will get wet, swimwear, strap on sandals or water shoes, change of clothes & sunscreen.

Gravity Falls

Adventure, Sports & Nature

Another great adrenaline-racing tour. Rapell down a waterfall and jump off the sides of a canyon, plunging into flowing waterfalls and deep pools.

Your first thrill of the day will be rappelling down an 80-foot waterfall. Then, hike 10 minutes to a series of waterfalls and cliffs.

Jump a total of five 10- to 30-ft waterfalls with the help of your professional, safety-conscious guides.

You don’t need any experience, but participants should be able to swim and feel comfortable with heights.

Included: lunch, transportation from/to your hotel, bilingual guides and equipment.

‘Sky’ Tram & ‘Sky’ Trek Tour

Adventure & Nature

This tour is similar to the Sky Tram and Sky Walk Tour, except it includes zip lining instead of the hike.

The ‘Sky Trek’ portion consists of a system of zip lines that allow its visitors to observe the rainforest and its landscape from above the canopy.

The tour includes 8 cross-sectional cables that together have a total length of 1.7 miles with distances from 100 - 2,460 ft and a maximum height of 660 ft.

This is one of the longest ziplines in the country.

*Minimum height is 4 ft.

Included: round transportation, tram ride, zip line, all equipment and safety procedures and bilingual guide.



DURATION: 4h

AGE: 5+

INTENSITY:

Rate per person: \$109

ESSENTIALS:
Light clothing, comfortable shoes, camera, sun lotion, insect repellent and camera.

Club Rio Multi-Adventure

Adventure, Sports & Nature

This tour gives you a full day of adrenaline-inducing activities, all in one convenient location. Choose two tours from a list of adventurous activities, including inflatable kayaking on the river, river tubing, horseback riding, rock-climbing wall or a guided tour. The package also includes a tour of the jungle cat exhibit, wildlife sanctuary, on-site hiking trails and a day pass to the resort’s hot springs.

Transportation to and from The Springs Resort is not included but it can be arranged.

*Depending on the activity, restrictions may vary.

Included: lunch, choice of two adventure tours, day pass to the hot springs, expert guides, and equipment.



DURATION: 4h

AGE: ALL

INTENSITY:

Rate per person: Contact for Price

ESSENTIALS:
Bathing suit, change of clothing, long pants, rain gear, river shoes, hiking shoes, sunblock and repellent.



DURATION: 8h

AGE: 5+

INTENSITY:

Rate per person: \$127

ESSENTIALS:
Secure shoes, comfortable clothes, insect repellent, sunblock, binoculars and camera.

‘Sky’ Tram, ‘Sky’Trek & ‘Sky’Walk Tour Combo

Adventure & Nature

This combo tour offers three different ways to explore the rainforest.

Ascend to the continental divide on the ‘Sky Tram’. Next is the ‘Sky Trek’ canopy tour. Ride down on a circuit of ziplines stretching across deep canyons and between treetops.

‘Sky Walk’ offers you another opportunity to get a perspective on the dynamic rainforest at a much slower pace. Enjoy two waterfalls, and a cantilever platform 100 feet high with some spectacular views of the forest, volcano and lake.

*Minimum height is 4 feet tall.

Included: tram ride, zip lining, hanging bridges entrance fee, all equipment and safety procedures, bilingual guide and round transportation.

Canopy with Tarzan Swing

Adventure & Nature

An adventure ideal for thrill seekers, this tour takes you through breathtaking views of the cloud forest and Arenal volcano. Slide along 2 miles of cables and 14 platforms, some of which have been built on top of the trees.

There are many heights and lengths, so there is a variety of perspectives as well.

The tour includes a special ‘Tarzan Swing,’ a platform from which you can swing towards a canyon and the trees in it. Moderate physical condition required, weight limit is 300 pounds.

Included: equipment, certified bilingual guide, round transportation.



DURATION:

2.5h

AGE:

5+

INTENSITY:

Rate per person:

\$55

ESSENTIALS:

Hiking/running shoes, comfortable clothing, bug spray and water.



DURATION:

4h

AGE:

5+

INTENSITY:

Rate per person:

\$128

ESSENTIALS:

Hiking/running shoes, comfortable clothing, bug spray, sunglasses, sunscreen and camera.

Canopy with Tarzan Swing & Horseback Riding Combo

Adventure & Nature

Explore the Arenal volcano area from two perspectives. First, take on 2 miles of zip line cables, sliding your way from treetop to platform in a rush of adrenaline.

Then encounter the cloud forest in a unique experience by jumping from the ‘Tarzan Swing’. Soar from the platform into the open canyon, full of vegetation and views of the volcano.

Descend to the ground again, where a horse is provided for you. Ride away into the forest and follow the trails to an observation point for a final peek at the volcano. Perfect adventure for fit thrill seekers with moderate physical condition. Please advise the weight limit for the canopy is 300 pounds.

Included: equipment, cold drinks, certified guide, transportation and lunch.



DURATION:

4h

AGE:

15+

INTENSITY:

Rate per person:

\$88

ESSENTIALS:

Hiking or tennis shoes, comfortable clothes, jacket or raincoat and sunscreen.

‘Sky’ Limit

Adventure, Sports & Nature

Sky Limit Arenal is the newest attraction in the Arenal Sky Adventures theme park and can be done as a competition course.

The first section is done on top of the trees with twin zip lines, high ropes, a tree to tree ladder bridge, and free fall jump. The second section is done between canyons, Tibetan bridges, canyoning, rappelling and Tarzan swing.

This intense obstacle course will test your physical and emotional strength. It is not recommended for people with any kind of health problems.

Note: The maximum waist is 44 inches.

Included: bilingual guide, and equipment. Please note additional charge for transportation.

DURATION:

4h

AGE:

15+

INTENSITY:

Rate per person:

\$88

ESSENTIALS:

Hiking or tennis shoes, comfortable clothes, jacket or raincoat and sunscreen.

‘Sky’ River Drift

Adventure & Nature

Start the adventure on three carbon fiber cables that will bring you to a huge tree platform. From here, you will descend to a natural river pond below, using a hands-free controlled device.

Once down, travel on an exciting river drift tour through the Piedras Negras River.

You’ll be on an individual raft going over a series of rapids with curves and small drops that will get your adrenaline pumping.

A trained guide will be with you the entire time to provide assistance and ensure your safety.

Minimum height for participation is 4’ 7” (140 cm).

Included: all equipment and safety procedures, bilingual guide.



DURATION:

4h

AGE:

10+

INTENSITY:

Rate per person:

\$85

ESSENTIALS:

Secure footwear suitable for hiking and water, comfortable clothes suitable for water, and change of clothes.

Kayak on Lake Arenal

Sports & Nature

Lake Arenal is the largest lake in Costa Rica. Man-made in 1974, it is a place where you can find many resident and migratory birds like the fly catchers, kingfishers, great blue herons, anhingas and, at times, mammals like howler monkeys.

After a 20-minute ride to the lake, your bilingual guide will get you ready to kayak. Beginners will learn basic kayaking techniques from your guide.

This is a great tour for anyone looking to enjoy a pleasant time kayaking on the calm waters of the lake, with breathtaking views of the Arenal Volcano.

Included: transportation from/to your hotel, local expert guides, and equipment.



DURATION:

3h

AGE:

8+

INTENSITY:

Rate per person:

\$68

ESSENTIALS:

Comfortable clothes, sandals, sunblock, repellent, camera, binoculars, towel and raincoat



DURATION:

4.5h

AGE:

8+

INTENSITY:

Rate per person:

\$68

ESSENTIALS:

Comfortable clothes that will get wet, swimwear, strap on sandals or water shoes, change of clothes and sunblock.

Kayak on Peñas Blancas River

Adventure & Sports

Just a 30-minute ride from your Arenal hotel, and you’ll be all set to kayak your way through the mountain river!

This is a perfect half-day excursion for anyone looking for a calm wildlife experience, kayaking through a dense rainforest. As you paddle along the calm river, discover the sights and sounds of the rainforest and experience the peacefulness of the jungle.

An array of tropical birds like oropendolas, toucans and kingfishers, as well as lots of animals like monkeys, sloths, caimans and iguanas might be lurking around. Your naturalist guide will help you spot those hard-to-see animals.

Included: transportation from/to your hotel, kayak equipment, fruit, drinks and naturalist guide

ATV Adventure

Adventure, Sports & Nature

Are you ready for a fun-packed trip around Arenal’s countryside?

Ride through open fields and slosh through puddles. You’ll definitely get dirty: that’s part of the fun.

Travel up the foothills of Arenal Volcano and back down again: there are some incredible views along the way! Your expert guides will lead you to prime locations, and are sure to help.

Included: transportation from/to your hotel, fully equipped ATV, safety helmet, and bilingual guide.

*Option of 1 person per ATV includes lunch.



DURATION:

3.5h

AGE:

12+

INTENSITY:

Rate per tour from:

\$112

(1 person)

ESSENTIALS:

Comfortable clothes, pants, sunglasses, repellent, sneakers w/ socks, sunblock, license, change of clothes and camera.

Side-by-Side Buggy Adventure

Adventure, Sports & Nature

It’s time to ride in an all-terrain buggy up and down the hills while admiring rainforest and volcano views. These Side-by-Side vehicles fit up to 5 people, and are ideal to have an adventure with friends or family.

Traverse 17 miles of muddy trails and uneven terrain. Reach a lookout point to take in the view, and stop by the Arenal River for quick dip before heading to the visitor center. Finish the trip with a traditional Costa Rican meal.

*Both 500cc and 1000cc buggies available, minimum prices change for each. Each extra passenger pays \$31.Up to 5 people on 1000 cc Buggy.

Included: transportation from/to your hotel, bilingual guides, insurance, equipped buggies/UTV vehicles, water bottle, lunch or dinner.



DURATION:

3.5h

AGE:

7+

INTENSITY:

Rates per tour from:

\$260

(2 people)

ESSENTIALS:

Pants, hiking shoes, swimsuit, sunblock, raincoat, extra change of clothes and driver’s license.

‘Sky’ Walk - Guided Tour

Nature

Explore the rainforest as you walk along trails and over a series of hanging bridges witnessing some of the world’s most complex ecosystems.

This tour is great for all ages. Anyone that has an interest in learning more about the rainforest can easily follow the gentle trail.

Your bilingual guide will provide information pointing out native plants, animals and birds as you walk along, passing 2 waterfalls along your way.

The walk lasts around 2 - 3 hours, and has a slow pace with a lot of photo opportunities.

Included: hanging bridges entrance and certified naturalist guide.



DURATION:

3.5h

AGE:

ALL

INTENSITY:

Rate per person:

\$43

+\$19 round-trip transportation

ESSENTIALS:

Light clothing, comfortable shoes, camera, binoculars, sun lotion and repellent.



DURATION:

7h

AGE:

ALL

INTENSITY:

Rate per person:

\$90

ESSENTIALS:

Comfortable, light clothing, comfortable shoes, camera, binoculars, sun lotion, insect repellent and passport.

Celeste River & Waterfall Hike

Adventure, Nature & Sports

‘Rio Celeste’ hike is a full-day excursion for anyone looking for a 3.5-hour hike in a beautiful, unique part of Costa Rica. Experience a primary rainforest and see the stunning, sky blue waterfall.

After a two-hour drive, arrive to the park entrance. Hike for an hour and a half along the trails searching for monkeys, sloths and tropical birds. Arrive at “Los Teñideros”, where the light blue color forms in the river.

Continue hiking for another two hours and observe the famous waterfall and bubbling hot springs. Then have a hearty traditional meal at Don Pedros restaurant before returning to Arenal.

Included: lunch, transportation from your hotel, park entrance fee, bilingual naturalist guide, guide, and water.

Caño Negro Wetlands Boat Tour

Nature & Wildlife

This boat trip is an incredible sightseeing experience and chance to see a huge variety of different animals and birds of Costa Rica!

Take a 2-hour scenic drive to a small town near the Nicaraguan border. A 3-hour boat ride along the slow flowing Frio River will take you through the winding canyons to Caño Negro Lake, passing by tropical rain-forest, pastures & marshland.

Spot three different types of monkeys (spider, white-faced and howler), three-toed sloths, caimans, & turtles. There are also around 200 species of migratory and resident birds. The guide will point out different animals and birds along the way and tell you about the ecological history of the area.

*Private tour option available.

Included: lunch, transportation from/to your hotel, and bilingual guide.



DURATION:

10h

AGE:

8+

INTENSITY:

Rate per person:

\$150

ESSENTIALS:

Comfortable clothes, sandals, sunblock, repellent, camera, binoculars and raincoat.

Hanging Bridges Tour

Nature & Family

Hanging bridges are located in a 600-acre reserve of a primary forest. A 2.5-hour walk will allow you to have close contact with nature and learn more about the rich biodiversity of the rainforests.

The 2-mile trail loops you through the mountainous area featuring 16 state-of-the-art bridges.

Ten bridges are static and the other six are hanging ones, whose length range between 72-320 ft (22 - 98 m).

The forest is home to many animals and birds like howler monkeys, poison dart frogs, snakes, toucans and parrots. This is a great family tour!

*Private option available.

Included: transportation from/to your hotel, park entrance fee, certified nature guide, and water.



DURATION:

3.5h

AGE:

ALL

INTENSITY:

Rate per person:

\$72

ESSENTIALS:

Comfortable clothes and shoes, hat, extra cash, camera, sunscreen, insect repellent.

Wildlife Safari Float

Nature & Family

The Safari Float tour is set on the Peñas Blancas River that runs through the Tilaran Mountain range. This half-day excursion is perfect for families and groups looking for a peaceful wildlife experience. Enjoy two hours on a completely relaxing inflatable raft that takes you along the river. Discover the sights and sounds of the rainforest.

Spot an array of tropical birds such as toucans, kingfishers, as well as lots of animals like monkeys, sloths, poison dart frogs, caimans and iguanas!

Your naturalist guide will provide information on the area and will be of great help spotting those hard-to-see animals.

Included: transportation from/to your hotel, naturalist guide, fruit, drinks and life jackets.



DURATION: 3.5h

AGE: 4+

INTENSITY:

Rate per person: \$70

ESSENTIALS: Comfortable clothing, sneakers or sandals that cover the toe completely and strap on, sunblock, repellent and camera.



DURATION: 3.5h

AGE: ALL

INTENSITY:

Rate per person: \$61

ESSENTIALS: Hiking shoes, comfortable clothing, raincoat and repellent.

Arenal Volcano National Park Hike

Nature

A guided hike through the national park is the best way to learn about the history of the volcano and the surrounding wildlife.

The two-mile hike is designed to look for a variety of wildlife including deer, monkeys, snakes, toucans, and much more!

There is a wide range of plants growing in the area like bromeliads, ceiba, cirri, laurel and fungi.

On a clear day, you will have great views of the Arenal Volcano, Arenal lake and the neighbouring 3500-year-old extinct volcano Cerro Chato.

Hiking is intermediate & you will experience gravel and loose rock on the lava beds.

Included: transportation from/to your hotel, park entrance fee, certified nature guide, and water.



DURATION: 3h

AGE: ALL

INTENSITY:

Rate per person: \$66

ESSENTIALS: Comfortable clothes, swimsuit, shoes, hat, camera, cash, towel and sunscreen.

La Fortuna Waterfall by Car/Van

Nature & Family

A visit to La Fortuna Waterfall is a great way to spend a half-day in the rainforest.

The waterfall is fed by the Tenorio River and is found at the base of the dormant Chato Volcano.

A 20-minute drive will take you through local cattle farms hiking downhill into the forest until you reach the base of the 230-foot high La Fortuna waterfall.

Swim in the fresh water and enjoy the rainforest wildlife all around you for one hour.

Relax with some drinks and snacks before hiking back up the car to go back to your hotel.

*Private option available.

Included: transportation from/to your hotel, guide, snacks and entrance fee.

Arenal Volcano Hike & Arenal Lake Boat Tour

Nature & Family

Explore the Arenal from two points of view! Go on a mile-long hike in the national park, where you explore one of the small peninsulas of the lake. Admire the views and reach an observation platform 40 feet high to get a better look at the volcano. Learn about the volcano's history, activity, and geological formations.

Then do a 45-minute boat trip around the lake. Keep your eyes open to spot as many animals as you can on the shore. Finish the trip at the Arenal Dam, and then return to your hotel. This tour is ideal for travelers of all ages who want to learn and explore more of this iconic Costa Rican colossus.

Private option available.

Included: entrance fee, fruits, bottle of water, any necessary equipment, bilingual guide, round transportation, boat trip.



DURATION: 4h

AGE: ALL

INTENSITY:

Rate per person: \$96

ESSENTIALS: Camera, binoculars, tennis or hiking shoes, bug spray, comfortable clothing, raincoat and sunscreen.

Horseback Riding to Waterfall

Nature & Family

After getting suited up with your gear and a short riding demonstration, you will be assigned your horse for a day!

Your horseback riding adventure begins as you pass local cattle farms and tropical forests all with stunning views of the Arenal volcano.

Then you'll take a 20-minute hike to the base of the waterfall. Take a swim before returning back to your horse, Note: Some horseback riding experience is recommended. Maximum allowed weight is 220 lb.

Included: transport from/to your hotel, guide, horse, equipment & entrance fee.



DURATION: 4.5h

AGE: 8+

INTENSITY:

Rate per person: \$78

ESSENTIALS: Comfortable clothes and long pants, closed shoes, hat, sunscreen, swimsuit and towel.



DURATION: 6h

AGE: ALL

INTENSITY:

Rate per person: \$177

ESSENTIALS: Sturdy shoes, swimsuit, towel, sandals, change of clothes, extra cash and a camera.

Arenal Volcano Hike & Ecotermes

Nature & Relaxation

Great half-day excursion for those who like moderate hikes and wish to relax in the hot springs.

Hike 1.5 miles in the national park and enjoy a range of wildlife like monkeys, birds and various springs, famous for their therapeutic benefits.

Spend two hours bathing in the enriched hot springs that vary in temperature between 91F - 105F, before enjoying an authentic, traditional Costa Rican meal at the Ecotermes restaurant.

Included: dinner, transportation from/to hotel, naturalist guide, entrance fees.

Arenal Volcano Hike & Tabacon

Nature & Relaxation

Hike 1.5 miles into the volcano national park enjoying a range of wildlife like monkeys, birds and various plant species and learning about the natural history of the area, before heading to the luxurious Tabacon thermal hot springs.

Famous for their therapeutic benefits since ancient times, the thermal hot springs are well known for helping relieve stress and tension in both the body and mind.

Spend 2 hours bathing in the mineral enriched hot springs before enjoying a delicious meal at the Tabacon restaurant and then heading back to your hotel feeling refreshed and relaxed.

Included: dinner, transportation from/to hotel, naturalist guide, entrance fees.



DURATION:

6h

AGE:

ALL

INTENSITY:

Rate per person:

\$183

ESSENTIALS:

Sturdy shoes, swimsuit, towel, sandals, change of clothes, extra cash and a camera.



DURATION:

2.5h

AGE:

5+

INTENSITY:

Rate per person:

\$78

ESSENTIALS:

Sturdy close-toed shoes for hiking or walking, camera, poncho, light jacket, repellent.

Guided Night Walk Tour in Nature Reserve

Nature

Discover the secrets of the night and head into the rainforest at night to spot nocturnal animals. A naturalist guide takes you along a private reserve 10 minutes away from La Fortuna town. The park offers trails and a variety of animals.

There are up to 20 species of frogs to find, as well as sloths, coatis, owls, and more. The guide is read to point out interesting details and teach everyone about the delicate ecosystem in the area.

Please note it's a public tour, and it needs a minimum of 2 people to operate. A day option in a different reserve is available.

*A 4-hour private option with dinner in a different reserve is available.

Included: round transportation, naturalist guide, entrance fee, flashlight.

Birdwatching Tour

Nature & Family

Costa Rica is home to more than 850 types of birds, making this country a bird watcher's dream.

Start your day very early, around 5:30 am. Take a short drive to either the rainforest, Lake Arenal, El Silencio Nature Reserve or the Proyecto Asis Animal Rescue refuge.

The location depends on the season and the best birding options. Your tour guide will know best and wherever you head there will be an amazing concentration of bird life awaiting you.

Enjoy the morning and vibrant nature on easy walking trails before heading back to your hotel.

Included: snacks, transport to/from your hotel and professional guides.



DURATION:

4h

AGE:

ALL

INTENSITY:

Rate per person:

\$76

ESSENTIALS:

Secure shoes for hiking, comfortable shoes, long pants, bug repellent, camera, binoculars and sunscreen.



DURATION:

2.5h

AGE:

ALL

INTENSITY:

Rate per person:

\$63

ESSENTIALS:

Raingear, camera, binoculars, bug repellent.

Venado Caves Spelunking

Nature, Adventure & Family

Great option for adventurous couples, friends and families with an interest in learning about Costa Rican geology.

After an hour-ride to the cave entrance, your tour guide will go through the safety instructions and fit you with a helmet, torch and caving boots.

Spend an hour and a half climbing, crawling and walking through the cave, passing underground waters. Do not be surprised if you get wet and dirty!

See marine fossils, bats, spiders, snakes, scorpions and centipedes. Parts of the cave have narrow openings where you will have to crawl to get through. Also, there are some steep climbs.

*Private option available.

Included: transportation from/to your hotel, equipment, guide, snacks and entrance fee.

Sloth Territory Hike

Nature

Visit a family-run sloth sanctuary just outside La Fortuna to encounter these charismatic and elusive animals. There are both two-toed and three-toed sloths, either sleeping on trees or hanging out in branches.

Follow your guide for a mile across the rainforest and try to spot as many as you can. The reserve is also home to a variety of tropical birds, insects and reptiles. Finish the tour with a snack and drink.

Included: round transportation, bilingual guide, snacks and beverages.



DURATION:

4h

AGE:

8+

INTENSITY:

Rate per person:

\$92

ESSENTIALS:

Comfortable light clothing, spare change of clothes, camera, and insect repellent.



DURATION:

8h

AGE:

ALL

INTENSITY:

Rate per person:

\$196

ESSENTIALS:

Clothing to get wet, adventure sandals, tennis or light hiking boots, change of clothes, camera, repellent, sunscreen, binoculars.

Caño Blanco Nature Sanctuary

Nature, Culture & Family

Navigate the river canals of the river on a small, motor boat that won't disturb the wildlife.

Visiting a portion of this complex wetlands ecosystem will give you a glimpse into a key nesting areas for several species of birds. At Caño Blanco lagoon, one of Costa Rica's last wilderness spots, it's practically guaranteed to see many animals such as sloths, monkeys, lizards, turtles, caimans.

It's a birdwatcher's dream too. Spot herons, storks, kingfishers, jacanas, trogons, hawks and more.

Upon return to your host's rustic home, be greeted with an unforgettable homemade lunch cooked in a wood oven.

Included: transportation from/to your hotel, bilingual guide, drinks, any necessary equipment, snacks and lunch.



DURATION:

3h

AGE:

8+

INTENSITY:

Rate per person:

\$207

ESSENTIALS:
Comfortable clothes and long pants, closed shoes, bug repellent, sunscreen and a camera.

Arenal Volcano Horseback Adventure

Nature Expedition- EXCLUSIVE Tour

This private horseback riding tour is ideal for horse lovers that will enjoy the scenery of the Arenal area. Explore the farmlands and green pastures of the private reserve. Stop at the “El Silencio” lookout for an amazing view of Arenal Volcano towering above. Find a hidden spot with the best view of the Arenal Lake and picturesque surrounding mountains. Arrive at a secluded lagoon. Delight in an intimate picnic, set up by the edge of the water. After a light lunch, row out onto the lagoon and explore its shores before returning to your horses. No experience required. Max weight 350 lbs.

Included: transportation from/to your hotel, bilingual guide, all equipment, picnic lunch and water.

Chocolate Waterfall Adventure

Nature & Culture

Tour begins with a visit to La Fortuna Waterfall. Hike 300 steps down a well-maintained path, to the bottom of 320 ft (70 m) high waterfall. You’ll be getting back the same way, it’ll be a good workout! At the base of the waterfall there is a natural pool where you can swim in the freshwater of La Fortuna River. Enjoy the rich greenery and wildlife that surrounds you. When you are relaxed and refuelled, we will head down the road to the cacao plantation to learn about the chocolate making process, and get to taste some freshly made chocolate! Have you ever seen how cacao is grown?

Included: transportation from/to your hotel, certified bilingual guide, chocolate samples.



DURATION:

4.5h

AGE:

6+

INTENSITY:

Rate per person:

\$103

ESSENTIALS:
Hiking shoes, long pants, bathing suit, towel, extra cash for buying chocolate, binoculars and a camera.

Chocolate Tour

Culture

This tour is ideal for chocolate lovers of all ages. Visit a local chocolate farm to witness the chocolate making process, from the cacao pod to the chocolate bar. Learn about the history and global impact of chocolate from knowledgeable guides. Taste test at every step during production. At the end, you’ll get a chocolate drink. Feel free to add your choice of spices to it. You can also buy chocolate bars made by a local women’s cooperative from the plantation’s cocoa beans.

Included: transportation, guide and tastings.



DURATION:

2.5h

AGE:

3+

INTENSITY:

Rate per person:

\$55

ESSENTIALS:
Bug repellent, camera, binoculars, comfortable shoes, comfortable clothes.

Coffee Farm Visit

Culture

Visit the Gonzalez family coffee farm, a model of sustainable agriculture. Get introduced to local culture, traditions, and authentic life experiences. Learn about coffee production and the role it has played in Costa Rican history and economy. Discover the particularities of Costa Rican coffee (considered one of the best in the world) and participate in the process of making coffee from picking the beans to brewing a cup. At the end of this interactive tour you will enjoy fresh traditional Organic Costa Rican Coffee, prepared in the old-fashioned way, accompanied by traditional snacks.

Included: round trip transportation, beverages, snacks & bilingual guide.



DURATION:

2.5h

AGE:

ALL

INTENSITY:

Rate per person:

\$88

ESSENTIALS:
Camera, sun block, insect repellent, comfortable clothing and walking shoes.



DURATION:

4 h

AGE:

ALL

INTENSITY:

Rate per person:

\$57

ESSENTIALS:
Long pants, bug spray, camera, and your appetite.

Cooking Class & Dinner at Tico Family

Culture & Family

There are a few local families that open their doors and their hearts in the Cerro Alegre community to interact with visitors. You’ll learn about local agricultural products such as yucca or tiquisque and other interesting local foods. Arrive at the Tico home after a short 25-min drive, where you will be introduced to the local family. You’ll likely visit the family garden to prepare a fresh salad and get ready to learn how to cook up some Tico-style empanadas and guisados for a delicious sit-down meal. This tour is a fantastic option for all ages (and free for children under 6). Included: lunch or dinner, transportation from/to your hotel, guide, cooking class.

Salsa Dance Lesson Tour

Culture

Immerse yourself in Costa Rica’s vibrant and friendly culture; there’s not better way to do this than salsa dance lessons! This experience will allow you to get to know other couples as you learn to dance salsa. You will be picked up from your hotel and taken to a rural farm just outside of the town of La Fortuna. You’ll meet your experienced Salsa Dance instructor and get set up in partners. Your instructor will give you instructions on foot placement and will help you understand the different musical rhythms. Practice your moves a bit more and show off your new skills!

Included: Transport and dance instructor.



DURATION:

1.5h

AGE:

8+

INTENSITY:

Rate per person:

\$47

ESSENTIALS:
Comfortable dance shoes, comfortable clothing.



DURATION:

6 h

AGE:

ALL

INTENSITY:

Rate per person:

\$107

ESSENTIALS:

Hat, camera, raincoat, sunblock, binoculars, hiking shoes, bug spray and comfortable clothing.

Indigenous Reserve Private Cultural Tour

Culture

Visit the Maleku Indigenous Reserve at the North of the country to learn about their current lifestyle and history.

First learn about how the reserve is built, the historical use and importance of cocoa beans, and various cultural practices like clothe-making and wood craftsmanship.

The Maleku heritage is also connected to nature, so head 2000 feet into the nearby forest and learn about the various medicinal plants and trees that inhabit the area. Finish with a traditional Costa Rican lunch with an extra Maleku touch!

Included: bilingual guide, entrance fee, bottle of water, lunch and round transportation.

Stand-Up Paddling on Arenal Lake Sports & Nature

Stand-up paddling has its roots in ancient Polynesia and looks exactly as it sounds. Stand up on a large, wide, super buoyant surfboard and paddle yourself forward with a long paddle.

This activity is ideal for anyone looking to try something new. Lake Arenal is one of the largest bodies of fresh water in Central America and the ideal location to take a lesson in paddle surfing. Spot birds as you glide along and be in awe of the view of the Arenal Volcano.

See if you can stay up or whether you end up going for a swim in the lake! Be prepared to get wet.

Included: transportation from/to your hotel, guide, equipment, snacks & drinks.



DURATION:

4 h

AGE:

6+

INTENSITY:

Rate per person:

\$79

ESSENTIALS:

Comfortable clothing to get wet in, change of clothes, towel, camera, binoculars and sunscreen.

Mountain Bike Ride: Volcano & Lake Sports & Nature

This moderate scenic route along Arenal Lake will give you an opportunity to get excellent views of the volcano, surrounding jungle and farmlands.

Begin your ride on an old road connecting the Arenal Dam with the main entrance to Arenal Volcano National Park. Your guide will set you up with your own suspension bike, helmet and gloves.

After a brief safety talk, take off on a very scenic 8-mile ride through the trails. Older children’s bikes are available.

Included: transportation from/to your hotel, brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, support vehicle for the entire tour, water, snack.



DURATION:

4 h

AGE:

8+

INTENSITY:

Rate per person:

\$88

ESSENTIALS:

Comfortable light clothing, spare change of clothes, camera, sunblock and sturdy shoes.

Guanacaste from/to Arenal Volcano Adventure & Nature

There are several tours available for traveling to North and Central Guanacaste beaches from the Arenal Volcano area and vice versa.

—White Water Rafting on Tenorio River (Class III and IV)

—Safari Float on Tenorio River.

—Celeste river & Waterfall Hike.

*Duration, pricing, and restrictions differ for each tour.

Included: lunch, transport from your hotel in Arenal Volcano area to your hotel in Guanacaste, tour equipment, entrance fees, professional guides.



DURATION:

9 h

AGE:

ALL

INTENSITY:

Rate per person:

\$160

ESSENTIALS:

Comfortable clothing, sunscreen, hats, sun glasses, cameras. You will have all of your belongings with you for the ride.

Adventure Connection!



DURATION:

7 h

AGE:

ALL

INTENSITY:

Rate per person:

\$96

ESSENTIALS:

Comfortable clothing, sunscreen, hats, sun glasses, cameras. You will have all of your belongings with you for the ride.

San Jose to/from Arenal Volcano Adventure & Nature

“The ‘Adventure Connection’ is the best way to travel if you are on tight schedule and want to experience as much as possible, enjoying a unique wildlife tour along the way. For traveling between Arenal Volcano and San José the following tours are available:

—White Water Rafting on Balsa (Class II & III) or Sarapiquí River (Class III & IV)

*Duration/ pricing / age restrictions differ for each tour”

Included: lunch, transport from/to your hotel, tour equipment, entrance fees and professional guides.

Manuel Antonio from/to Arenal Volcano Adventure & Nature

There are several tours available for traveling to Manuel Antonio from the Arenal Volcano area.

—Whitewater Rafting on Balsa River (Class II & III) or Toro/Sarapiquí River (Class III & IV)

—Visit to Carara National Park (see Manuel Antonio Tour file for more details)

—Stop at Tarcoles Bridge to observe crocodiles.

*Duration / pricing / age restrictions differ for each tour.

Included: lunch, transport between your hotel accommodation in Arenal Volcano area and Manuel Antonio, tour equipment, entrance fees, professional guides.



DURATION:

8 h

AGE:

ALL

INTENSITY:

Rate per person from:

\$134

ESSENTIALS:

Comfortable clothing, sunscreen, hats, sun glasses, cameras. You will have all of your belongings with you for the ride.

Additional Info:

TOUR DURATION

Stated tour duration time is approximately the length of the tour and the transportation time to and from the activity. Depending on the location of your accommodation in the Arenal area, these times may vary.

TIPS FOR TIPPING

Tipping is a personal choice, but you should know that most people who work in tourism here depend on tips as part of their income. While it’s not expected; it’s definitely very much appreciated.

The amount you tip is based on the length of your tour as well as the service of your guides. For a short , half-day or less tour \$3-\$5/person is sufficient. For a longer or full-day tour \$7-\$10/person would be appropriate. Tipping for fishing trips is usually 15%-20% of the cost of the fishing trip.

Full-day Combo Adventures

- Arenal 4-in-1 Tours:
 - Hanging Bridges & Ecotermals Hot Springs
 - Safari Float & Ecotermals Hot Springs
 - Hanging Bridges & Tabacon Hot Springs
 - Safari Float & Tabacon Hot Springs
 - Farm Experience & Hotsprings
- Arenal 3-in-1 Tour:
 - Hanging Bridges & La Fortuna Waterfall Hike

Relaxation

- Hanging Bridges Tour & Titoku Hot Springs
- Hanging Bridges Tour & The Springs Hot Springs
- Hanging Bridges Tour & Tabacon Hot Springs
- Hanging Bridges Tour & Ecotermals Hot Springs
- Tabacon Hot Springs
- Paradise Hot Springs
- The Springs Hot Springs
- Ecotermals Hot Springs

Adventure Tours & Combos

- Canyoneering & White Water Rafting
- Canyoning Waterfall Rappel
- White Water Rafting - Class 2-3 - Rio Balsa
- White Water Rafting - Class 3-4- Rio Sarapiquí
- Lost Canyon, Horseback Riding & Indigenous Village Visit
- Gravity Falls
- Club Rio Multi-Adventure Package
- ‘Sky’ Tram & Walk Combo
- ‘Sky’ Tram & Trek (zip line) Combo
- ‘Sky’ Tram, Trek & Walk Combo
- Canopy with Tarzan Swing
- Canopy with Tarzan Swing & Horseback Riding Combo
- ‘Sky’ Limit
- ‘Sky’ River Drift
- Kayak On Arenal Lake
- Kayak on Peñas Blancas River
- ATV Adventure
- Side-by-Side Buggy Adventure

Hiking & Nature

- ‘Sky’ Walk - Guided Tour
- Caño Negro Wetlands Boat Tour
- Celeste River & Waterfall Hike
- Arenal Hanging Bridges Tour
- Wildlife Safari Float
- La Fortuna Waterfall by Car/Van
- Horseback Riding to La Fortuna Waterfall
- Arenal Volcano National Park Hike
- Arenal Volcano Hike & Arenal Lake Boat Tour
- Arenal Volcano Hike & Ecotermals Hot Springs
- Arenal Volcano Hike & Tabacon Hot Springs
- Guided Night Walk Tour in Nature Reserve
- Birdwatching Tour
- Sloth Territory Hike
- Venado Caves Spelunking

Exclusive

- Caño Blanco Nature Sanctuary Expedition
- Volcano Horseback Riding Adventure

Educational / Cultural

- Chocolate Waterfall Adventure
- Chocolate Tour
- Coffee Farm Visit
- Cooking Class & Dinner at Local Tico Family
- Salsa Dance Lesson
- Indigenous Reserve Private Cultural Tour

Sports

- Stand Up Paddling (SUP) on Arenal Lake
- Mountain Bike Ride: Volcano & Lake

Adventure Connections

- Guanacaste from/to Arenal Volcano
- San Jose to/from Arenal Volcano
- Manuel Antonio from/to Arenal Volcano