

COSTA RICA

OPPORTUNITIES FOR ADVENTURE



DETOURS TRAVEL INC.

The following pages outline just a few of the endless number of opportunities for adventure in Costa Rica. This list is constantly being updated with new adventures and pricing. If you'd like any specific information on any activities, just ask us! Enjoy the following pages of inspiration!

ARENAL



RAFTING ON TORO RIVER

As its name suggests, this is an aggressive river – its waters range from class II to class IV rapids. As such, it offers some of Costa Rica's best rafting. There are big waves, technical rapids, and nearly continuous whitewater. It is a ride that is filled with nonstop class 3 and 4 rapids that challenge even the most experienced paddlers.

This journey begins with a scenic drive through the eastern portion of central Costa Rica, home to pineapple, papaya and yucca fields. Once the river is reached, trained guides will review the rules and safety guidelines with guests. Once everyone feels comfortable, the ride begins.

Expect wonderful scenery and a thrilling ride. Halfway through the trip, lunch will be enjoyed along the riverbank, and at the conclusion, guests are treated to cold drinks and a lunch of gallo pinto and fresh fruit.

Price for this tour is \$75 per person

What's Included: transportation, bilingual guides, equipment, fruit, drinks and lunch.

What to Bring: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing and a towel

ARENAL



RAFTING ON SARAPIQUI RIVER

The Sarapiquí River is one of Costa Rica's most-exuberant rivers.

You'll get over 2 hours of paddling near the Arenal Volcano with more than 20 continuous, class-3-4 rapids along more than 10 kms of lush, vibrant rainforest.

Experienced and first-time whitewater rafters love the Sarapiquí River for this full-day, class 3-4 whitewater rafting experience.

You'll be picked up at your hotel in La Fortuna and travel through small, Costa Rican villages to the quaint town of San Miguel de Sarapiquí.

Here our trained guides will review the rules and safety guidelines with guests. Once everyone feels comfortable and ready, the ride begins. You'll be paddling for more than 2 hours.

You will make your way through exciting rapids like "The Pipeline," "The Terminator," and "Dos Locos". We'll stop along the way for a refreshing, tropical fruit break. Also included is a typical Costa Rican "casado" lunch. You'll be back at your Fortuna hotel about 4:00pm.

Price for this tour is \$75 per person

What to Bring: Sun lotion, sun glasses, comfortable clothing, tennis shoes or velcro sandals, digital camera, an extra set of clothing and a towel

ARENAL



CANYONEERING

The rugged, mountainous terrain near the Arenal Volcano is ideal for canyoning in Costa Rica.

This canyoneering adventure incorporates various activities including rappelling, down-climbing, river tracing, jumping into pool and descend huge, breath-taking tropical waterfalls.

Price for this tour is \$80 per person

What's Included: transportation, professional tour guides, all the equipment, fruits, natural drinks and lunch.

What to bring: Quick-dry clothes (shorts and t-shirt are best), swimming suit, secure shoes (sports sandals or water shoes), change of clothes, sunscreen, and camera.

ARENAL



BIRD WATCHING TOUR

Join a 4 hour bird watching tour. This is a 3 kilometer walk through the exuberant Arenal's Rainforest. Here you'll enjoy the toucans, parrots, macaws, oropendolas, parakeets and other exotic birds. Many kinds of plants and trees, insects, some mammals and reptiles will also be available for watching during the tour. This tour also includes walking over 2 hanging bridges with lengths of 400 and 550 feet for a panoramic view of the forest and volcano, and a visit to 3 beautiful waterfalls where you can swim in its clean waters. A professional naturalist guide, transportation to/from the hotel, natural drinks, hot coffee and cookies are included in the tour. Pick-up at your hotel in La Fortuna is at 6 am.

Price for this tour is \$60 per person

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bath suit, towel, binoculars, and camera.

ARENAL



WALKING TO THE SLOPES OF ARENAL VOLCANO

At 3:30 pm, our naturalist tour guide will pick up at the hotel and then drive to the El Silencio private reserve, at the edge of the Arenal Volcano National Park.

Along this informative, beautiful walk, you'll learn about the behemoth Arenal Volcano, the secondary and primary tropical forest surrounding it and the interesting wildlife of the area. Once we finish the walk, we'll head to the active side to see if we can spot some of the bright red, molten rock falling from the volcano. At this point, we'll enjoy a natural drink and snacks.

On the way back we'll pass by the Baldi Hot Springs where your guide will assist you in getting your entry bracelet and show you the locker facilities, bar and restaurant areas.

You'll enjoy the complex thermal waters pools and the beautiful gardens. A delicious buffet dinner in the complex's restaurant is included.

Price for this tour is \$80 per person

What to bring for tour: comfortable clothing and shoes, bath suit, towel, an extra set of clothing, insect repellent, hat or cap, binoculars and camera.

ARENAL



VISIT TO CANO NEGRO WILD LIFE REFUGE

At 7:30 am, after breakfast, you join a guided visit to Caño Negro Wildlife Refuge. The tour begins with a 90 minute drive in an air-conditioned bus through the north zone Costa Rica's farmlands.

Our certified bilingual naturalist guide will point out some of Costa Rica's agricultural bounty, including orange groves, passion fruit, papaya, pineapple, yucca, rice, corn, bananas, plantain, sugar cane and ornamental plants.

You will board a comfortable covered motor boat on the Rio Frio for a 2 hour panoramic river tour. Frequent sightings include three types of monkeys, bats, two and three toed sloths, iguanas, "Jesus Christ" lizards, turtles, caimans, and exotic birds.

Tour begins at 7:30 am. You'll be back at your hotel in La Fortuna about 5 pm

Price for this tour is \$60 per person

Tour begins at 7:30 am. You'll be back at your hotel in La Fortuna about 5 pm

What to bring for tour: comfortable clothing and shoes, bath suit, towel, an extra set of clothing, insect repellent, hat or cap, binoculars and camera.

ARENAL



ONE DAY TOUR TO MONTEVERDE CLOUD FOREST

After Breakfast, you will be transported by van to Lake Arenal, the largest artificial lake in Central America. Beautiful panoramic views of the lake and volcano are here for your pleasure.

After crossing the lake by boat, you will go by van to a private reserve in Monteverde, where you'll have a guided tour of the majestic cloud forest. This tour is a combination of trails and suspension bridges with lengths of 984 feet and heights above 500 feet that allows you to have a different perspective of the Cloud forest's flora and fauna. Also included is a ride on the Cloud Forest Aerial Tram and an exciting trip on the Zip lines.

The tour begins at 7 am, and includes water and land transportation, aerial tram, canopy, hanging bridges and lunch.

You'll be back in your hotel in La Fortuna about 6 pm.

Price for this tour is \$205 per person

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, binoculars and camera.

ARENAL



ARENAL AERIAL TRAM

Join a guided tour on the Arenal Aerial Tram and Sky Trek.

The **Aerial Tram** is a high technology cableway that includes a ride of 1600 meters (both ways) with altitudes between 1400 and 1600 metres above sea level. The Tram will lead you up to the Continental Divide and to one of the tallest mountains in Monteverde.

You'll have a ride with short stops to observe the biodiversity of the cloud forest, the Arenal, Tenorio, Miravalles and Orosi volcanoes, the gulf of Nicoya, and the Guanacaste plains.

The **Sky Trek** is a system of zip lines ranging from mountain to mountain, which together have a distance of 2.5 miles of linear cable.

The tour gives you the opportunity to fly through a cable and have a unique experience of adventure and adrenaline at speeds up to 40 miles per hour with distances ranging up to 2500 feet and heights of 524 feet. In addition the tour also offers 5 observation towers that exceed the cloud forest treetops providing a stunning panoramic view.

Price for this tour is \$85 per person

What to bring for tour: comfortable clothing and shoes, insect repellent, binoculars and camera.

ARENAL



TOUR TO LA FORTUNA WATERFALL

Join an exciting horseback riding tour to La Fortuna waterfall, which it is hidden in the middle of the magical rainforest of La Fortuna. En route to the waterfall, you'll enjoy wonderful views of the Arenal Volcano and the Cerro Chato, This last one is a sleeping volcano also located in La Fortuna area. And you will enjoy the exuberant flora and fauna of the rainforest.

This tour is guided by an experienced local cowboy, you'll ride on well-cared for horses which makes this tour a great experience for all ages people

For about an hour you will ride through magical natural trails within the rainforest till you arrive at a "parking" place. From here, you will walk down another natural trail – for about 10 minutes - to the base of the waterfall. At this point, you will enjoy a wonderful view of this 210 feet high waterfall and you will also be able to take a swim in the clear natural pools located here.

Later, we'll go to the visitors center in the complex where you can change your clothing, use the rest rooms, eat or drink something in the restaurant or buy a souvenir in the store.

Later, we'll visit an Indian village located in the surroundings, where you'll have time to share with the members of the community, known for their history and customs, and you will be able to purchase their handcrafts.

Price for this tour is \$65 per person

What to bring for tour: comfortable clothing, hiking shoes, insect repellent, bathing suit, towel, binoculars, and camera.

PUERTO CARRILLO



AFRICAN SAFARI TOUR

This natural private reserve boasts a select collection of over 150 exotic African animals in a non disturbing African savannah-like environment.

Tour **INSIDE** this unique park in a 4-WHEEL DRIVE vehicle and have the opportunity to approach giraffes, giant eland, endangered bongos, mask faced oryx, warhogs, zebras, ostriches, antelopes, deer, watusi African cattle and camels, along with local wildlife like monkeys and birds. You will have the chance to feed the giraffes, deer and other animals.

Pick up Time: 8 am

Return time: about 4:30 pm

Driving time: 2 hours each way

Price for this tour is \$40 per person (with a minimum 6 people)

What is included: round trip transportation. professional driver/tour guide

Not included: Park entrance fee (\$65), meals or drinks

What to bring: Sunscreen lotion, hat, camera or video, snickers, sunglasses, mosquito repellent, extra batteries for your camera and money (for lunch, shopping & gratuities)

PUERTO CARRILLO



PALO VERDE NATIONAL PARK

Palo Verde National Park is the most important nesting, reproducing and feeding site for either resident or migratory birds in Costa Rica.

On the way to this national park you will drive through sugar cane and cantaloupe farms, and in season you can see the harvesting process.

Ride a boat along the longest river in the northwest side of the country and discover the high diversity of wildlife in this Conservation area.

On this tour you will be amazed by monkeys, iguanas and crocodiles. After a Costa Rican lunch, you will see the pottery secrets at Guaitil town.

Pick up Time: 7:30 am

Return time: 3:30 pm

Driving time: 115 minutes each way

Price for the tour: \$90 per person

What is included: round trip transportation, tour guide and natural drinks.

Not included: park entrance fee (\$10), breakfast or lunch

What to bring: Sunscreen lotion, camera or video, comfortable clothing and shoes, sunglasses, insect repellent, binoculars, and camera.

PUERTO CARRILLO



VISIT TO GUAITIL VILLAGE

Guaitil is a small community located in the foothills, near the road connecting the cities of Santa Cruz and Nicoya in Guanacaste province. It is home to major craft centers in the country, where work is being done in ceramic processes similar to those used by Chorotegas, an indigenous group that exercised dominion over territories between Lake Nicaragua and the Nicoya Peninsula. The trip to Guaitil is combined with a visit to the church of San Blas which . Nicoya, declared a national shrine in 1923 and it is now converted into a museum which houses a collection of 160 pieces, including pictures, chandeliers and bronze objects, silver and copper.

Price for this tour: \$65 per person

What's included: transportation, tour guide and non-alcoholic drinks

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, and camera.

PUERTO CARRILLO



Horseback Riding Tour

Carrillo beach is one of most beautiful beaches of Costa Rica located just 7 km south of Samara Beach, which we will tour on horseback and enjoy a spectacular view from the mountains overlooking the ocean. In a two-hour tour you can enjoy trail rides, the forest and a beach; here you will have the opportunity to see monkeys, iguanas and birds.

Price for this tour is \$50 per person

What's included: transportation, tour guide and horses.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, binoculars, and camera.

PUERTO CARRILLO



Tour to Barra Honda National Park

Barra Honda is a national park, very close to the Tempisque valley. It mainly consists of coral reef aging over 60 million years. Tectonic faulting has uplifted the area from the seabed and rain created underground waterways. The constant dropping of rainwater on calcium carbonate has created these underground art galleries which are fancies of nature grown over millenniums of years. The caves of Barra Honda were only explored in the late 60's and so far only 19 of the 42 caves have been surveyed.

In the past, people believed that Barra Honda was a volcano because they misinterpreted the whirring of bat wings for volcanic activity and the aroma of guano for sulfur.

Price for this tour is \$90 per person (with a minimum of 6 people)

What's Included: Transportation, Tour guide, Park entrance fee, Spelunking Equipment and lunch.

What to bring for tour: comfortable clothing and shoes, sun lotion, sun glasses, binoculars, and camera.

PUERTO CARRILLO



Zip Line (Canopy Tour)

After a 1 hour and 45 minute drive you will arrive in the tropical dry forest where you will be surrounded by high trees. Once there, after using their clean facilities, the tour guides will get you ready for the ride of your life. After a short hike, you will come to the first platform and prepare to fly down the suspended cables. During the tour you will come across a walking bridge between two platforms. This is truly an exhilarating and exciting experience. If you are lucky, even the howler monkeys will be your company during a part of these canopy travels. Cold water is provided in a couple of hill slope stations to refresh you in the middle of the forest.

Price for this tour: \$85 per person

What's Included: round trip transportation, experienced Tour guides, Canopy equipment, lunch and non alcoholic drinks

What to bring for tour: comfortable clothing and shoes, sun lotion, and camera.

PUERTO CARRILLO



River Kayaking Tour

Starting 3km up the Ora River, we take you on a relaxing sightseeing adventure through the dense tropical forest vegetation and thick mangroves along the banks until our arrival at Camaronal Beach. Quietly observing birds such as Cormorants and Roseate spoonbills, Howler and White-faced monkeys, iguanas and more.

Price for this tour: \$50 per person

What's Included: transportation, experienced tour guides, equipment, and non alcoholic drinks.

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

PUERTO CARRILLO



Leatherback and Olive Ridley Sea Turtle Tour
Peak time August to December

This beach is a protected area, just south of Carrillo Beach which along with the Ostional Wildlife Refuge, just north of Nosara, are home to one of the most amazing phenomenon in the animal kingdom. At these places, thousands of turtles come ashore to nest and lay their eggs.

Price for this tour: \$55 per person

What's Included: transportation, experienced tour guides, equipment, and non alcoholic drinks.

What to bring for tour: comfortable clothing and shoes, insect repellent, and camera.

PUERTO CARRILLO



Snorkeling and Dolphin Watching Tour

Half-day snorkeling in the open waters off the pacific coast. Snorkeling doesn't get any better than this. You are almost certain to see dolphins all year round and the occasional humpback whale during the second half of the year. Due to the migratory routes of the sea mammals, the northern pacific is famous for spotting many species of animals. Experience Costa Rica's ocean wonders on this tour.

Price for this tour: \$70 per person

What's included: transportation, experienced guides and non alcoholic drinks.

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

MANUEL ANTONIO



WALKING IN MANUEL ANTONIO NATIONAL PARK

At 7:30 a.m., after breakfast, you will join a guided tour of Manuel Antonio National Park. We will take you through nature trails to see the flora and fauna including monkeys, sloths and many species of birds in the impressive Rainforest. You will have leisure time to take a swim in the pristine waters or tan in the sun on the white sand beaches of the park.

Price for this tour: \$50 per person

What's Included: transportation, park entrance fee, professional tour guide, and fruits and natural drinks

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

MANUEL ANTONIO



TITI CANOPY TOUR

In the afternoon, an exciting canopy tour is on the agenda. For two hours you will travel through the trees viewing three types of monkeys, both two and three finger sloths, toucans, scarlet macaws and many other exotic species. Titi Canopy Tour operates one of the best Canopy Tours in Costa Rica offering spectacular views of the mountains and the valley of Quepos. There are 16 platforms on the tour with wires up to 450 meters long, a 45 foot high Rappel wall, 2 hanging bridges up to 15 meters high and 100 meters long and a Tarzan swing cable. The tour ends with dinner at the restaurant in the resort.

The more adventurous can choose a Night Canopy option, a unique experience under the black veil of night and magical sounds of the jungle.

Price for this tour: \$65 per person

What's Included: transportation, zip line tour, experienced tour guides, and lunch or dinner

What to bring for tour: comfortable clothing and shoes, sun lotion, insect repellent, and camera.

MANUEL ANTONIO



DOLPHIN AND WHALE WATCHING TOUR

You will have fun on a Dolphin and Whale Watching Tour in Manuel Antonio Bay. You may also do some snorkeling on the reefs if you like, and treat yourself to another gorgeous sunset in Manuel Antonio Bay. Tour also includes a buffet lunch or dinner aboard the yacht.

Price for this tour: \$70 per person

What's Included: transportation, sailing tour, experienced yacht crew and guides, and lunch or dinner

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

LOS AGUAS



TOUR TO NAUYAKA FALLS

Nauyaca Waterfalls is the ideal place for nature and adventure lovers. Here you are able to walk, swim, climb, jump, take photographs and spend a marvelous day in the warm waters of Rio Barucito, enjoying one of the most beautiful places in Costa Rica's South Pacific.

This is a reference point in Costa Rica for adventure ecotourism, and it is a world recognized spot for its beauty. The **Nauyaca Waterfalls** are located in a canyon approximately eight meters wide. One of the falls is forty-five meters high and the other, twenty meters high. Both forming at the bottom a 1,000 square meter and six meter deep pool.

Horseback riding to the waterfalls takes about 1 hour in the middle of a majestic rainforest where you'll enjoy of marvelous views of its flora and fauna.

The tour begins at 8 am and includes transportation, a light breakfast, tour guide and horses and lunch. You'll be back in the hotel about 2 pm.

What to Bring for tour: Comfortable clothing, hiking shoes, insect repellent, sunblock, sunglasses, binoculars, camera, bathing suit, and a towel.

Tour operates from Monday to Saturdays.

Price for this tour: \$90 per person (with a minimum of 8 people)

What to bring for tour: comfortable clothing and shoes, bathing suit, towel, sun lotion, sun glasses, binoculars, and camera.

LOS AGUAS



LEARN TO SURF

Costa Rica is known worldwide for its beautiful beaches perfect for surfing. It is a fun sport to learn. Our surf school makes sure that you learn the basics of surfing on a smooth and safe way.

The surf lessons are two hours long and are given according to the tides. On the introductory surf lesson you will learn the basics of surfing such as standing, paddling, turning, tides as well as ocean awareness and surf ethics.

We offer private lessons as well as group lessons for beginners, intermediate and advanced. You can also combine the surf lessons with other adventure expedition and design your own surf adventure. Certified and experienced instructors.

Included in tour: surfboard, rash guard, snack (fruits and refreshments) and professional instructors.

What to Bring for tour: Swimwear, sunblock, camera, and a towel.

Price for this tour: \$50 per person (with a minimum of 3 people)