

# GUANACASTE

ADVENTURES FOR ALL



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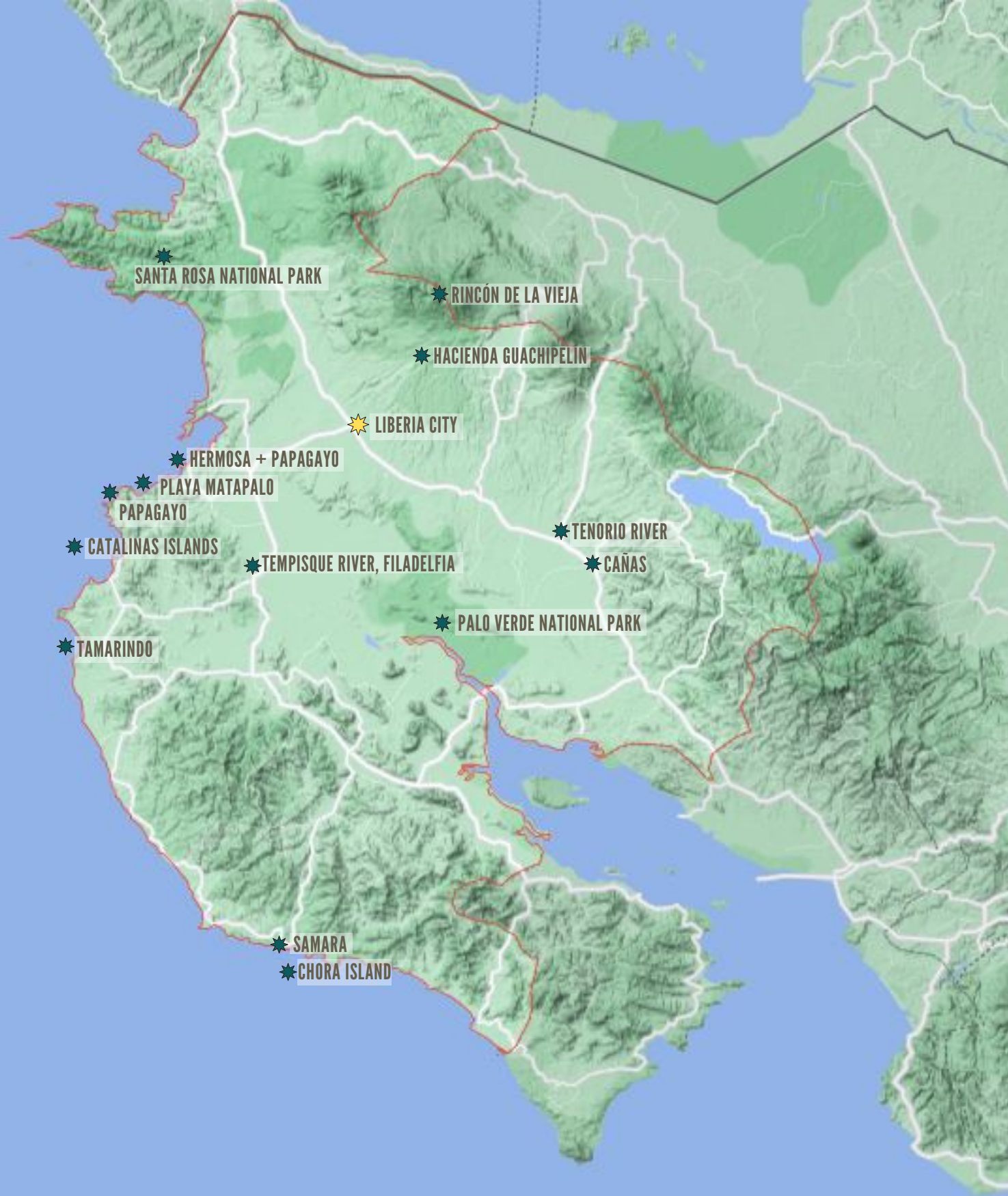


## ABOUT GUANACASTE

The sunny northwest Guanacaste Province boasts many of Costa Rica's **most beautiful beaches, picturesque volcanoes, and diverse habitats**—an ideal destination for nature lovers and adventure seekers alike!

The province's eastern border is marked by **windswept volcanic peaks** above steaming vents in Rincon de la Vieja, Miravalles, and Tenorio National Parks. Downslope, the **lush green forests** merge into the hot lowland **tropical dry forests** of Santa Rosa and Palo Verde National Parks. Here, the Palo Verde wetlands, Tempisque River, **tidal mangrove forests** and estuaries host abundant wildlife to be enjoyed. Perhaps the most popular draw is the many **miles of coastline**. Surfers, sport fishermen, divers, and snorkelers revel in the **Pacific waters** and beach goers delight in relaxing on the **warm and uncrowded beaches**. Guanacaste is also known for its own distinct **culture, traditions, and food**.

There are so many fun things to do in Guanacaste and this is just a taste! Use this booklet to **dream and plan your next adventure!** We have divided the activities by category for ease of mix and matching.



# GUANACASTE PROVINCE



**SUN + SEA:  
OCEAN ADVENTURES**

# SUN + SEA: OCEAN ADVENTURES



## OCEAN KAYAK + SNORKEL

TAMARINDO

Discover the North Pacific Coast of Tamarindo by sea kayak—an adventurous way to enjoy the natural beauty of this region! Paddle across the calm waters of the bay with the white sand beaches of Isla Capitán as your destination. Take in the expansive views around you and the various hues of blue water below you. At the beach, snorkel around the coral reef and spot colorful tropical fish.

**Highlights:** Explore the coastline by sea kayak. Look for sea birds and spot colorful fish while snorkeling! A favorite for families.

**Length:** Half day, morning or afternoon

**Includes:** Local guides, gear as needed



## CATAMARAN SAIL

TAMARINDO

Kick back on this catamaran adventure in the warmth of the tropical sun with salty spray on your face. This offshore voyage sails along the beautiful coast and exotic bays. Scan for dolphins, frigate birds, pelicans, and other marine life. The catamaran will anchor for a break in a tranquil bay for snorkeling and swimming, and snacks.

**Highlights:** Snorkeling in crystal clear waters. Dolphins, sea turtles, flying fish, or maybe a breaching whale. Delicious lunch and tropical drinks. Outstanding crew!

**Length:** Half day, morning or afternoon

**Includes:** Lunch, snacks, tropical drinks, gear



# SUN + SEA: OCEAN ADVENTURES



## SURF LESSONS

### TAMARINDO

An adventure for families and friends that want to have fun, and try something new or sharpen their craft! The half day surf lesson takes place on Tamarindo beach, one of the best beaches to learn-to-surf. Perfect for all ages, this beach normally boasts ideal surf conditions for beginners. With the help of very experienced local instructors, you will learn stand up on your surfboard and catch some waves.

**Length:** Half day, morning or afternoon

**Includes:** Local guides, gear as needed



## CATAMARAN SEAFARI

### SAMARA

Hop aboard and explore the Samara Beach area on this guided tour. Home to bottlenose and spotted dolphins, the clear waters are also a migratory route for humpback whales at certain times of year (best August-November). Explore the underwater sea life with snorkeling gear. The tour is great for all ages and skill levels and the crew is wonderful!

**Length:** Half day, morning departures

**Includes:** Round trip transportation, local guide and captain, bottled water, juices, fresh fruits, and snorkeling equipment.



# SUN + SEA: OCEAN ADVENTURES



## STAND UP PADDLE + SNORKEL

**SAMARA + CHORA ISLAND**



Chora Island is a haven of white sand beach located just off Samara's coast. This stand-up paddleboard and snorkel tour allows you to easily paddle to the island, where you can dive in the water, snorkel, and experience Costa Rica's rich sea life. If you wish, kick back and soak up the sun on the island's deserted beach while you enjoy a selection of drinks and fresh tropical fruit. This is a great way to explore the coast of the area.

**Length:** Half day, morning or afternoon

**Includes:** Local guides, boat captain, juices and fresh fruits, gear as needed



## MANGROVE + ESTUARY KAYAK

**TAMARINDO**



Discover the famous Tamarindo-Las Baulas Marine National Park by kayak—a natural jewel of Costa Rica named for the leatherback turtles that nest along the adjacent beaches. Spend a half day paddling along the calm waters of this delicate mangrove system. Absorb and enjoy the unique ecosystem and lookout for the rich diversity of animals that call this area home: monkeys, crocodiles, huge green iguanas, land turtles, and myriad water birds!

**Length:** Half day, dependent on tides

**Includes:** Local guide and gear as needed



## SCUBA DIVING FOR LICENSED DIVERS

**CATALINAS ISLANDS**



A beautiful dive experience awaits at Catalinas Islands, near volcanic rock formations and not far from the shore. This rocky underwater terrain is home to a huge variety of marine life, both endemic and seasonal visitors. Spot white tip reef sharks, giant manta rays, stingrays, eagle rays, jewel and green morays, nudibranchs, angel and butterfly fish, and schools of damsels, jacks, grunts, and spadefish.

*\*licensed divers only\**

**Length:** Half day, morning departures

**Includes:** Dive guides for groups of up to 4-5 divers, refreshments, all dive gear as needed



# HACIENDA GUACHIPELÍN EXPERIENCES

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## CANYON CANOPY TOUR HACIENDA GUACHIPELÍN



Calling all adventure seekers! Located in the foothills of Rincon de La Vieja Volcano, this canyon-canopy tour provides an incredible adrenaline rush and a one-of-a-kind zip line experience in Guanacaste! Fly through the trees on zip lines, rappel a natural rock wall, via ferrata, go ape on the Tarzan swing, and cross hanging bridges over the narrow white water river canyon. This is a spectacular natural river canyon not to be missed!

**Length:** Half day, morning and afternoon departures

**Includes:** Local guides, entrance fees, gear as needed



## DAY ADVENTURE PASS HACIENDA GUACHIPELÍN



The adventure pass is a superfecta of all the best experiences to be had in one day! There are several exciting activities included: a canopy tour and rappelling through the Rio Blanco Canyon, a horseback riding adventure, a waterfall visit, and finally soaking in the volcano-heated thermal waters, steam, and mud bath—an incredible day of fun! A hearty lunch is included to keep you powered all day.

**Length:** Full day, morning departures

**Includes:** Local guides, gear as needed, entrance fees, and lunch



## MOUNTAIN BIKING HACIENDA GUACHIPELÍN



This mountain biking tour travels on single track trails along three different routes and accommodates all levels of riders. These trails are the only ones in Costa Rica for mountain biking on the foothills of an active volcano! Explore 30 kilometers of trails, mostly in the shade of leafy trees with incredible views! The altitude and temperature here is comfortable and surrounded by nature, you have ample opportunities to look for wild animals!

**Length:** Half day, morning departures

**Includes:** Local guide, entrance fees, gear as needed



**RIVER BOATING  
SAFARIS**

# RIVER BOATING SAFARIS



## WHITE WATER RAFTING CLASS III + IV

### TENORIO RIVER

Known as the best rafting river in Guanacaste, the pure white-water flows from Tenorio Volcano in the Guanacaste Mountain Range. The route combines nearly 20 kilometers of rapids with magnificent landscapes surrounded by tropical forest. No experience is required but good effort is needed on this world-famous class III and IV river. A delicious lunch will be provided to fuel the energy burned on the way down. Our staff will provide ample instruction and guidance to ensure you feel confident and our modern and certified equipment helps you ride the rapids smoothly.

**Length:** Full day, morning departures

**Includes:** Lunch, gear as needed, fruit snack, bottle of water, specialist rafting guide



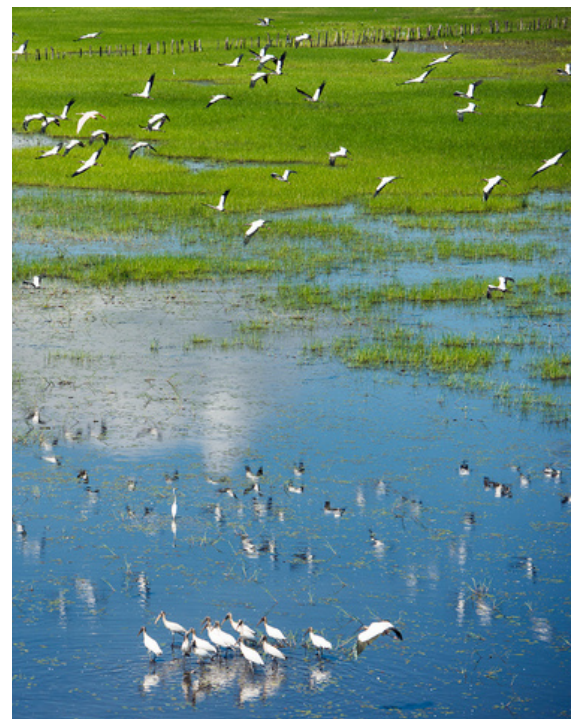
## EL VIEJO WETLANDS BOATING

### TEMPISQUE RIVER, FILADELFIA

El Viejo Wetlands and the traditional Casona is a working hacienda with a unique 5,000-acre wildlife refuge which has been recognized internationally for its exuberant wetlands and dry forest flora and fauna. This tour combines a nature boat safari on the Tempisque River, horseback riding through the tropical dry forest, crossing a hanging bridge on foot, and a traditional sugar cane mill visit at the old hacienda. At the end of your tour, enjoy a delicious traditional lunch.

**Length:** Full day, morning departures

**Includes:** Breakfast, lunch, local guide



# RIVER BOATING SAFARIS



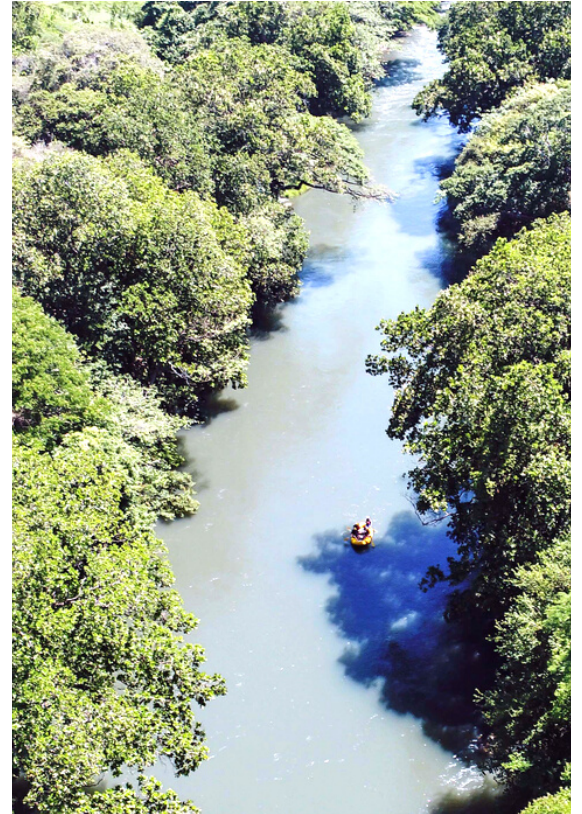
## FLOATING THE COROBICI RIVER

CAÑAS

Enjoy the tranquility of the lower section of the Corobici River, near the town of Cañas, as you float along the calm waters on this easy-going, half-day nature safari. Your eagle-eyed guide will steer your raft and point out a wide array of plants and animals that call the river edge home—all you have to do is sit back, relax, and enjoy being immersed in your surroundings. With luck, you'll spot raucous troops of monkeys, river otters, and myriad bird species! Enjoy a fresh tropical fruit break and a traditional lunch, too!

**Length:** Half day, morning departures

**Includes:** Local guide, lunch, gear as needed



## BEBEDERO RIVER BOAT TOUR

PALO VERDE NATIONAL PARK

Enjoy a fascinating boat safari on the Bebedero River in the Tempisque basin. The surrounding Palo Verde National Park is a unique environment of dry forest and wetlands where you are likely to see abundant wildlife including massive crocodiles, troops of monkeys moving quickly between the branches, impressive iguanas, and many resident and migratory bird species! After lunch, visit the famous Llanos de Cortés Waterfalls and take a refreshing swim followed with an option to stop at Liberia City for sightseeing and shopping

**Length:** Full day, morning departures

**Includes:** Local guide, entrance fees, lunch



# RINCÓN DE LA VIEJA NATIONAL PARK



# RINCÓN DE LA VIEJA NATIONAL PARK



## LAS PAILAS HIKE RINCÓN DE LA VIEJA



Created to protect an extraordinary environment, Rincón is the “Yellowstone” of Costa Rica. This volcanically active area has numerous steaming fumaroles and rivers in the region have geothermically heated acidic waters—in one section hot mud boils and bubbles and is known as “Las Pailas” or mud pots. On your guided hike, you will travel on mostly level terrain through this otherworldly landscape of fumaroles and mud pots, and also walk through sections of beautiful old growth forest. This spot is excellent for wildlife!

**Length:** Half day, morning departures

**Includes:** Local guides, entrance fees



## ADVENTURE DAY PASS BORINQUEN THERMAL RESORT + SPA



A full day of fun exploration awaits at the Borinquen Hacienda! Your day pass includes a horseback ride to magnificent waterfalls, a tree top adventure in the canopy-zip lines and the hot springs facilities at this unique property in Rincón de la Vieja Volcano’s foothills—don't miss out on the mud baths! Experience vibrant forests, listen to the roaring waters of rivers and waterfalls, discover the legacies of ancient cultures, and spot elusive species of birds, lizards, and mammals. A tasty lunch is served with panoramic views of Rincón de la Vieja!

**Length:** Full day, morning departures

**Includes:** Local guides, gear as needed, entrance fees, and lunch



## CANOPY + SPA COMBO BUENA VISTA



Buena Vista offers a twist on rainforest adventures: zipline paths built along treetops 32 meters from the ground. A small climb takes you to the first platform; from there zip to the other 12 platforms. This canopy adventure brings out your inner Tarzan—swing from the trees and observe the surrounding forest from a new perspective! Then, ride on horseback to the hot springs, steam baths, and natural spa and enjoy rejuvenating treatments with volcanic mud and mineral waters. Wrap up the adventure with a refreshing water slide ride!

**Length:** Half day, morning departures

**Includes:** Local guide, entrance fees, gear as needed



# CANOPY TOURS + FOREST ADVENTURES

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## CONGO TRAIL CANOPY TOUR

HERMOSA + PAPAGAYO

The Congo Trail canopy tour is located within a tropical dry forest surrounded by the beautiful, native trees of the Guanacaste province. Before the action starts, professional guides will brief you to enjoy a safe, yet thrilling ride. A short walk leads to the first platform from where you will fly through the trees along a system of cables, admire the natural canopy, and feel the adrenaline! With some luck, you may even spot the troops of howler monkeys that the trail is named for!

**Length:** Half day, morning departures

**Includes:** Local guide, gear as needed



## DIAMANTE ADVENTURE PASS

PLAYA MATAPALO

A day at Diamante Ecoadventure Park is fun-filled and includes an exciting zip line course with the longest ride—a nearly mile-long ocean view line Superman-style, a 30-foot free fall quick jump and a hanging bridge over crocodiles. This is Costa Rica's best and only ocean view dual zip line allowing guests to share this experience with family and friends, riding side by side. Diamante's zip line is designed and engineered for fun, it uses state-of-the-art carbon lines, and an automatic braking system, so guests never have to touch the lines.

**Length:** Full day, morning departures

**Includes:** Expert local guides, gear as needed, lunch



# CANOPY TOURS + FOREST ADVENTURES



## HORSEBACK RIDING TAMARINDO + PAPAGAYO



Appreciate the forests and beaches of Costa Rica from a different perspective—on horseback! This riding experience starts with a safety briefing and overview of horsemanship. Once outfitted with a horse to suit your riding ability, set off through a small village before meandering along mountain paths through the dry forest of Guanacaste and ultimately along the beach.

Opportunity abounds of wildlife sightings including howler monkeys, toucans, and iguanas to name a few. The tour ends on the beach with a delicious snack! A wonderful outing!

**Length:** Half day, morning or afternoon

**Includes:** Entrance fee, gear as needed, local guide

## SANTA ROSA NP SANTA ROSA + LIBERIA CITY



This beautiful park protects the last remaining fragments of tropical dry forest in Central America, housing a huge diversity of local flora and fauna and is of utmost importance for the last jaguar populations in Costa Rica. On your hike, look for peccaries, monkeys, coatimundis, and with luck even tapirs, puma, and jaguar. Many birds are found here too, like the Turquoise-browed Motmot, Thicket Tinamou, and the Elegant Trogon. After the hike, visit Liberia City, "La Ciudad Blanca" named for its white adobe houses and white dirt roads—great for a little shopping.

**Length:** Full day, morning departures

**Includes:** Local guide, entrance fee, lunch, fruit

## ATV ADVENTURE TAMARINDO



A short and scenic drive leads to a private farm and the start of your adventure. Following a safety talk, you will learn the ins and outs of handling the ATV 4X4 with a few practice runs. Once you are comfortable, we roll out for a wild adventure through gorgeous Costa Rican dry forests, rolling foothills, and lush backcountry among some spectacular tree species such as Almendros, Guanacastes, Espaveles, and Matapalos. This 4X4 adventure wraps up with time to take in an amazing lookout to the pacific coastline—don't forget your camera!

**Length:** Half day, morning departures

**Includes:** Local guide, special equipment



Costa Rica  Sun Tours

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