

MANUEL ANTONIO

TOP 14 EXPERIENCES

At 680-hectares, Manuel Antonio National Park is Costa Rica's smallest national park, featuring lush and biodiverse rainforests, mangroves, lagoons, offshore coral reefs, pristine white-sand beaches, and abundant wildlife, including over 100 mammal species and almost 200 bird species. This spectacularly scenic area along the country's Pacific Coast offers a variety of exciting activities including fishing, swimming, snorkeling, kayaking, wildlife viewing, bird watching, hiking, relaxing on tropical beaches and so much more!

MANUEL ANTONIO SEA KAYAK + SNORKEL

Exploring by sea kayak is an adventurous way to enjoy the natural beauty of the Central Pacific Coast of Costa Rica! This half day trip follows the Manuel Antonio coastline near rugged cliffs where pelicans, boobies, and frigate birds frequently glide overhead. The tour reaches a hidden treasure at the beautiful beach on Biezans Bay. You will have time for a swim, snorkel, more kayaking, or to just relax at the beach.

Highlights: Explore the pacific coastline in a sea kayak. Discover the hidden Biezans cream-colored sand beach. Look for sea birds like boobies and frigates birds, and colorful fish while snorkeling!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, local guide, snorkeling equipment, snacks, and gear as needed

Bring: Shorts or swimming suit, water shoes, sunscreen, sunglasses, hat, water, towel, change of clothes, and waterproof camera

MANUEL ANTONIO NATIONAL PARK WALK



Manuel Antonio is considered one of the most beautiful national parks in the world. Highlights include white sand beaches, scenic ocean overlooks, a coastal rain forest, a mangrove swamp, coral formations, twelve islands that serve as seabird sanctuaries, and endless wildlife opportunities. Walking the easy trails, you will likely encounter a variety of animals including three species of monkeys, three and two-toed sloths, black and green iguanas, coatis, agoutis, anteaters, and amazing birdlife! Wrap up the adventure with free time to enjoy the beach.

Highlights: Learn about the park's distinctive rainforest flora and wildlife with a naturalist. A paradise for sloths and monkeys. Some of the best beaches in Costa Rica. Amazing lookouts!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, local guide, and entrance fees

Bring: Walking shoes or all terrain sandals, swimwear, water, insect repellent, raincoat, hat, binoculars, camera, towel, and sunscreen



DANTES SURF LESSONS

This adventure is a fun activity for families and friends that want to try something new or sharpen their craft! This half day surf lesson takes place on Manuel Antonio beach, one of the best beaches to learn-to-surf. The lessons are perfect for all ages and this beach normally has ideal surf conditions for beginner surfers. With the help of very experienced local surf instructors, you will learn stand up on your surfboard and ride some waves.

Highlights: Ideal for all ages, a beginner-friendly experience. Surf the best waves with the best instructors in Manuel Antonio!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, local surf instructors, surf boards, beach chairs, beach umbrellas and fresh fruit snacks

Bring: Swimsuit, sun block, towel



DAMAS ISLAND MANGROVE TOUR



Just a 30-minute drive from Quepos, the mangrove and canal system of Damas Island is one of the best locales to spot tropical wildlife in Manuel Antonio! As your boat leisurely winds its way through the mangrove channels following the gentle currents of coastal tides, you are likely to see caimans, sloths, crocodiles, rainbow boas, white-faced monkeys, and tiger herons, among many other local species. You may opt to explore by kayak or on a small motorboat with a captain. End your adventure with a delicious meal rich with traditional Costa Rican flavor!

Highlights: One of the most enjoyed tours in Manuel Antonio. A unique experience boating through mangrove canals to spot abundant wildlife!

Length: Half day with morning, afternoon departures (tide dependent)

Includes: Round trip transportation, naturalist guide, and lunch

Bring: Binoculars, walking shoes or all terrain sandals, sun block, insect repellent, hat, and camera. Do not bring food on the boat because this may attract animals!



GREENTIQUE JUNGLE NIGHT TOUR



During this night hike with expert guides, you will discover the little-known nocturnal life of the tropical rainforest. A wonderful place to listen for jungle residents like frogs, toads, and insects! Keep your eye out for sleeping lizards and spiders, and try to spot bats, sleeping birds, or active owls. With luck you'll find nocturnal animals, like two toed sloths, kinkajous, or armadillos!

Highlights: The night tour is the only opportunity to see local Manuel Antonio wildlife at night, as the National Park closes at sunset. Great to see frogs, insects, and nocturnal moving animals. A wonderful symphony of night sounds!

Length: Two-three hours, night departures

Includes: Round trip transportation, local guide, flashlights, and entrance fees

Bring: Binoculars, walking shoes, water, insect repellent, raincoat, and camera



NAUYACA WATERFALL

Arguably one of Costa Rica's most spectacular waterfalls, Nauyaca is not to be missed! En route south from Quepos, your guide shares interesting facts pertaining to the cultural, agricultural, and rural landscape in this beautiful region. The 45-minute walk to the falls is along a secondary road with some muddy and wet sections. There is an option to go on horseback if you prefer. Along the route, keep your eyes peeled for different species of birds and other tropical animals. Upon arrival to the terraced waterfalls (a 45- and 20-meter drop) your guide will show you the best spots for photo opportunities, and a refreshing dip! A perfect place to relax, have fun, and enjoy a tropical paradise. At the end of your walk back, you'll be treated to a delicious Costa Rican lunch.

Highlights: Some of the most magnificent waterfalls in Costa Rica. A perfect spot for pictures and a refreshing dip!

Length: Full day with morning departures

Includes: Round trip transportation, naturalist guide, snacks, and lunch

Bring: Shorts or swimming suits, sunscreen, water shoes or secure all terrain sandals for hiking, binoculars, sun block, insect repellent, hat, and camera.



SAFARI CANOPY TOUR

An adventure full of exciting elements built in a circuit including: 20 platforms, 11 zip lines, 2 rappel lines, 2 suspension bridges, a Tarzan swing and a new attraction: The Superman! The tour is within a private rainforest reserve with a wonderful walking trail system, for those guests who prefer to keep their feet on the ground. This trail system is set in the heart of a pristine jungle directly below the canopy platforms. So those guests who choose to enjoy the trails can still see and cheer on their friends and family who are on the zip line course. This half-day tour is fun for the whole family and a great way to experience the richness of the primary and secondary rain forest.

Highlights: The first canopy tour in Quepos and the best canopy experience in the rainforest. Take time to discover the walking trails in a nature reserve, a butterfly garden, and the caiman pond!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, bilingual guides, safety equipment, lunch

Bring: Sturdy shoes, light clothing, shorts, a towel, change of clothes in rainy season, insect repellent, sunblock





TOCORI WATERFALL + HORSE RIDING



Just a short drive from Manuel Antonio is the private ecological reserve at Tocori. This small authentic Costa Rican ranch is a wonderful example of people living in harmony with nature and animals, including the horses you will ride. Once on horseback, you'll explore the countryside, Tocori Waterfall, and tropical jungle of this ecological reserve at a comfortable gate, learning about Costa Rica's exotic plants, tropical wildlife, history, and local culture. The experience is topped off with a tasty home-cooked Costa Rican meal at the ranch!

Highlights: This journey on horseback takes you through the stunning countryside and tropical forests of Tocori. Enjoy nature's beauty, including a waterfall, and a home-cooked meal with local hosts!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, naturalists guide, gear as needed, a delicious lunch or dinner, snacks, and juice

Bring: Comfortable clothes and long pants, walking shoes, water shoes, bathing suit, insect repellent, sunscreen, towel

LOS CAMPESINOS RESERVE

Driving toward the mountains of Talamanca is the town of Londres and the village of Quebrada Arroyo, an old vanilla growing area. Here you'll find the famous Los Campesinos Reserve, located on a beautiful mountain range between the watersheds of the Naranjo and Savegre rivers. The Reserve is part of the community of Quebrada Arroyo, and is managed by Don Miguel Mora, his family, and neighbors—authentic Costa Ricans that want to share their experience of tico traditions, rainforest knowledge, and treat you to a great traditional lunch. Once in the reserve there is time to swim in a natural pool at the base of a waterfall, see vanilla plantations of an old vanilla farm, as well as other tropical species. A highlight of the reserve is a suspension bridge over a deep river gorge.

Highlights: A natural jewel near Manuel Antonio. Los Chorros Waterfalls. El Pacífico lookout! Hanging bridges in tropical rainforest. Chances to see wildlife while you learn about local fauna, flora, and the use of native plants in rural Costa Rica.

Length: Full day with morning departures

Includes: Round trip transportation, bilingual naturalist guides, delicious lunch

Bring: Casual and comfortable clothes, walking shoes that can get wet or secure all terrain sandals for hiking, change of clothing, towel, insect repellent, sunblock, and camera





CATAMARAN ISLAND ADVENTURE

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 of Manuel Antonio National Park. Scan the ocean and horizon for dolphins, frigate birds, pelicans, and other marine life. The catamaran will anchor for a break near a local beach for snorkeling and swimming, delicious snacks, and refreshments. Afternoon departures are often topped off with breathtaking sunsets.

Highlights: Myriad species of tropical fish and other oceanic wildlife. A unique and exclusive perspective of Manuel Antonio. Time to relax!

Length: Half day with morning and afternoon departures

Includes: Round trip transportation, bilingual crew, gear as needed, delicious snacks, and refreshments

Bring: Sun block, towels, binoculars, sunglasses, hat, bathing suit, change of clothes, and camera





SAVEGRE RIVER WHITEWATER RAFTING



This full day tour starts with a 4x4 ride into the tropical jungle. Not far from the town of Santo Domingo we stop for breakfast, before we continue toward the river. Here, at the foothills of Talamanca mountains, is where the Savegre River offers one of finest whitewater Class II-III rapids on the Pacific side of Costa Rica. Along the river you may see many water birds, rainforest wildlife, and views of the Talamanca Mountains. A guaranteed fun and adventurous day! After a steady 20 km trip down the river, we'll enjoy a hearty lunch before heading back to Manuel Antonio.

Highlights: Best Class III River near Manuel Antonio. Perfect combination of nature, scenery, and adventure! Certified guides. Tropical fruit snacks.

Length: Full day with morning departures

Includes: Round trip transportation, local guide, entrance fees, breakfast and lunch, tropical fruits, gear as needed

Bring: Shorts or swimming suits, sunscreen, walking shoes that can get wet or secure all terrain sandals, change of clothing, towel



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SCUBA DIVING

Dive opportunities along Manuel Antonio's rich coastline are numerous! With twelve islands, expert guides who know all the best local spots, a maximum of 20-30 minutes from shore, and abundant marine life in the protected waters of Manuel Antonio National Park –it is a diver's dream! Once our guides consider your experience, preferences, and local conditions they'll have you out looking for schools of snapper and jacks, white tip reef sharks, angel fish, moorish idols, puffer fish, and with luck you may find octopus, eels, crustaceans, and sea turtles (Dec - May). Note: You must have scuba certification to participate in this dive tour.

Highlights: A diving experience in the Manuel Antonio protected waters with a PADI professional with extensive knowledge and experience. Great and abundant marine life!

Length: Half day with morning and afternoon departures

Includes: All equipment as needed, guides, and snacks on board

Bring: Swimming suit, sunglasses, hat, camera, towel, water, and sunscreen

SPORTFISHING IN QUEPOS



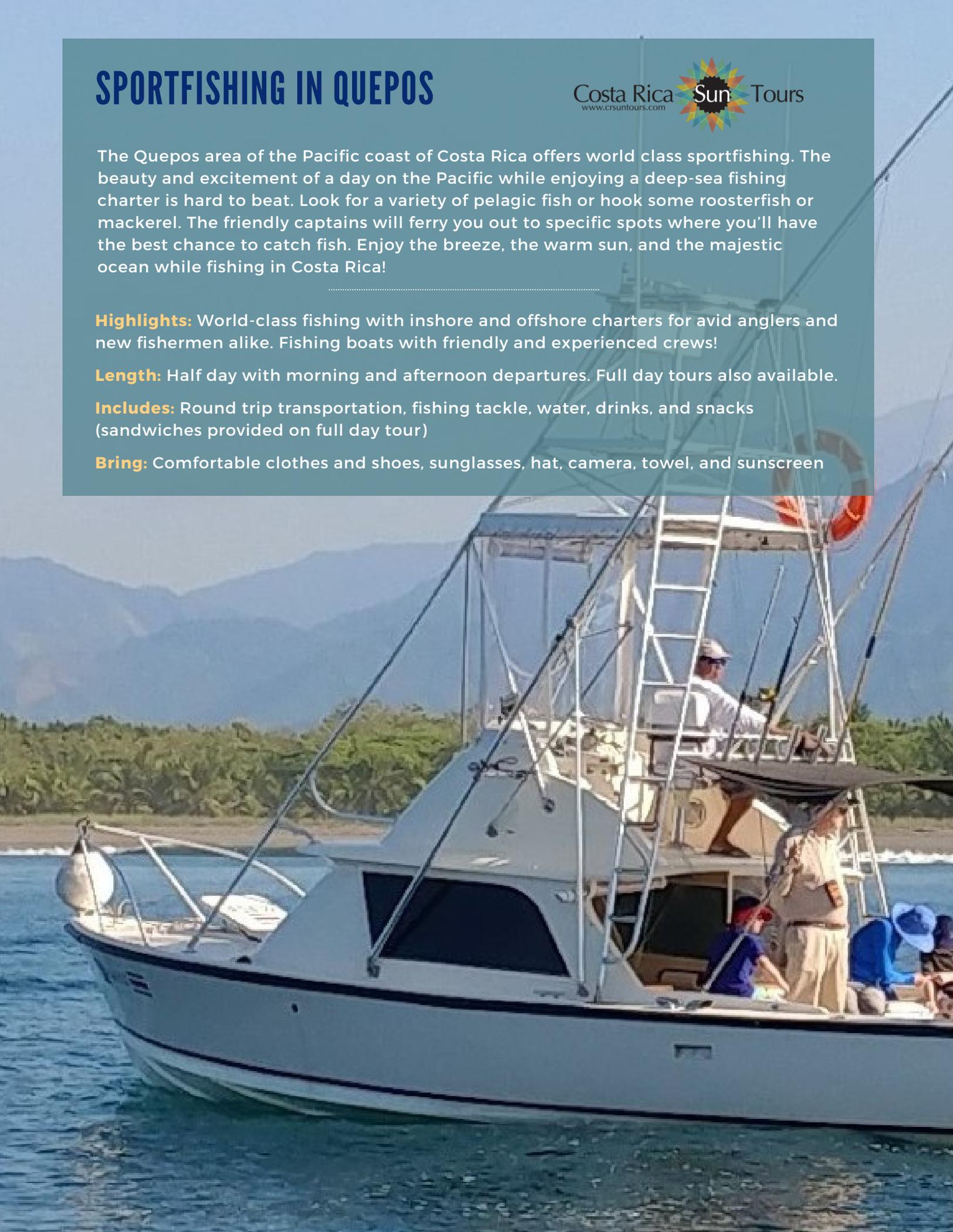
The Quepos area of the Pacific coast of Costa Rica offers world class sportfishing. The beauty and excitement of a day on the Pacific while enjoying a deep-sea fishing charter is hard to beat. Look for a variety of pelagic fish or hook some roosterfish or mackerel. The friendly captains will ferry you out to specific spots where you'll have the best chance to catch fish. Enjoy the breeze, the warm sun, and the majestic ocean while fishing in Costa Rica!

Highlights: World-class fishing with inshore and offshore charters for avid anglers and new fishermen alike. Fishing boats with friendly and experienced crews!

Length: Half day with morning and afternoon departures. Full day tours also available.

Includes: Round trip transportation, fishing tackle, water, drinks, and snacks (sandwiches provided on full day tour)

Bring: Comfortable clothes and shoes, sunglasses, hat, camera, towel, and sunscreen





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