

Alma del Pacifico Activities Guide

Enjoy the “PURA VIDA” life style

Please ask Reception for additional information.

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Surf Lessons / Rentals: Learn to surf right in front of the hotel with qualified English-speaking instructors. Any age or ability level welcome. Surfboards and Boogie boards also can be rented. **Duration:** 90 minutes **Schedule:** depends of the tide.



Cancellation Policies: 24hours or less 50% of the tour value.

Horseback Riding: Ride along the beach or in the hills of Esterillos, with views over the coastline – with a cowboy guide (Spanish speaking only). **Duration:** 1.5 to 2 hour.

Schedule: depends of the tide. Bring hiking or tennis shoes, long pants, hat, sunscreen, camera.

Cancellation Policies: 24hours or less 50% of the tour value.



Manuel Antonio National Park: **Duration:** estimated time: 8 hours (since they pick you up). Take a long walk or hike, depending upon your abilities and self-paced tour in the amazing National Park Manuel Antonio, where you can find variety of wildlife. You might want to bring water, a camera, sunscreen, bug spray, and your binoculars while you hike in the Park, and if you so desire bring your bathing suit and towel for a relaxing beach time during the tour.

Schedule: recommended to do it in the morning. **(private tour available)**

Rafting:

Savegre White Water Rafting: The Savegre River provides Class II, III and IV rapids that are manageable in sturdy rafts that accommodate 2 to 6 people comfortably. Our guides stop at locally known swimming spots and breathtaking waterfalls, if the rafters want a break from paddling, and there is always time to enjoy the abundant variety of wildlife along the river. On most trips, rafters will observe egrets, osprey, toucans, parrots, kingfishers, cormorants, and many other species local to this protected area of the primary tropical rain forest. After a steady 13 mile trip down the river, we wind our way back to the little village of “Silencio” where a gladly awaited hot lunch “Tico Style”. **Duration:** Full day

Naranjo White Water Rafting:

Duration: half day.

Unlike the Savegre River Adventure, the Naranjo River Rafting Trip packs all its punches in a 7 mile ride that keeps your adrenaline level high for several hours. Water levels can rise rapidly on this Costa Rican treasure of a river, especially during the rainy season (May-October), which definitely brings the difficulty level up for any experienced rafter. After an adrenaline-kicking trip, enjoy local snacks and refreshments before heading back to reality.



Catamaran Tour: Come aboard as we cruise into the open sea, in search of spotted dolphins, migrating humpback whales, sea turtles and manta rays. While aboard our modern Catamaran boats, you will be captivated by the sight of frolicking dolphins in the boat’s wake, or the inimitable sound of a whale’s song. As we make our way down the coastline of Manuel Antonio National Park, the mysterious islands, jagged cliffs and unique rock formations will look almost close enough to reach out and touch. These are the nesting grounds and home for numerous species of marine birds, including pelicans, boobies and ibises. **Price:** \$80

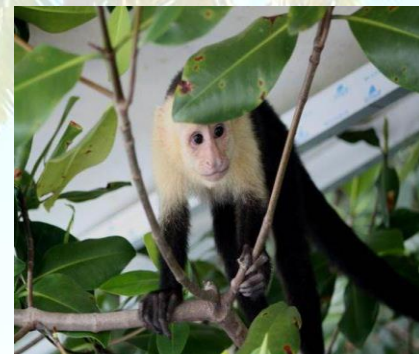
Carara National Park: This hiking, naturalist **full-day** adventure allows visitors, families, and large groups who haven’t driven to Manuel Antonio from San Jose a chance to observe first-hand the interesting, unique topography of Costa Rica’s Pacific Coast. **Includes:** Round trip transportation, entrance fees, bilingual and naturalists guides, delicious lunch, fruits and juice. **(4 pax min)**

Chino Tours Mangrove Boat/Kayaking Tour:

Duration: 2-3 hours.

Trip through the mangrove “forest” of Damas Island Estuary and learn the importance of this unique ecosystem from your English-speaking naturalist guide. See wildlife, including birds, monkeys, crocodiles and other reptiles.

Schedule: 9 am-11am-1pm-2pm (always ask about schedule)



Vista Los Sueños:

Zipline: Duration: estimated time 2 hours. The thrill of a lifetime! Enjoy 15 platforms, 14 cables and a ride of almost 3.5 kilometers with beautiful views. Schedule: 8am-9am-10am-11am-1pm-2pm



Horseback Riding: Duration: estimated time: 3 hours. The tour starts at our beautiful Herradura Costa Rica base, just 10 minutes from Jaco Beach and Los Sueños Resort. Once you arrive we will equip you and depart on our journey to the waterfalls and natural swimming pools. Along the way you will see farms, get a close look at nature, as you start ascending through the rain forest. You may be able to spot some great wildlife such as: toucans, scarlet macaws and white faced monkeys. Upon arrival to the swimming pool area, your bilingual guide will set you up with some fresh fruit and water and you will have some time to relax and enjoy the waterfalls and natural slide. Schedule: 8 am-10 am-1 pm-2 pm

ATV or Buggy Jungle Adventure: Welcome to the best Jungle & River ATV and Buggy adventure in Costa Rica. In our adventure center, you will receive instructions and then take a test run on our specially designed private track, before you begin your journey. From here, your guide will lead you along the jungle trails, following rivers and fun muddy dirt paths. The riding time is approximately 1½ hours. Time and trail conditions allowing, you can make a quick swim in one of the small rivers and pools, where the guides will have fresh fruits and water.

Schedule: 8am-9am-10am-11am-1pm-2pm

Rainforest Adventures:

Adrenaline Junkie: The Adrenaline Junkie Tour Includes:

Transportation: min 4 pax \$24 per person.

Tree-top flight aboard the Aerial Tram: The Aerial Tram features 18 gondolas that give rides to a maximum of 9 passengers each including one bilingual (English/Spanish) naturalist guide for a tour above the top of the trees and learn about the rich ecosystem of Costa Rican tropical forests.

Canopy Zip Line: Take pleasure in the comforting atmosphere of the Pacific canopy zip line tour. Glide over treetops for a compelling and exciting way to have a clearer view of the rainforest.

Waterfall Climbing: Defy yourself as you face up an incredible 164 feet water current running down your whole body while you try to climb a nearly vertical downstream. With just the help of a safety harness and a rope use your very hands and feet to reach the top completely wet to the bones.

Nature Trails Trekking and Medicinal Plants Garden.

Schedule: 7:30 am – 10:00 am.

Aerial Tram: Featuring 18 gondolas that give rides to a maximum for 9 passengers each including one bilingual (English/Spanish) naturalist guide and take the passengers a tour to the canopy and the rich ecosystem of Costa Rican tropical forests, one of the many beautiful destinations in Central America. **Schedule:** 7:30 AM - 9:30 AM - 12:00 MD - 2:00 PM.

Tranopy: The best of both worlds: Nature and Adventure Together At Last! This adventure allows you to experience the thrill of a canopy zip line canopy tour without missing out on the transitional forest's rich wildlife. The innovative Tranopy Tour combines the up-close views of an aerial tram with the excitement of a canopy zip line tour. **Schedule:** 7:30 AM - 12:00 MD - 2:00 PM.



Kayak Jacó:

Sea Kayak and Snorkeling: **Duration:** 3-4 hours.

Equipment is top notch and easy to paddle and includes our own lightweight bamboo paddles. They snorkel (**when conditions permit**) from the beach so they have lots of options if someone in the group is into monkey and bird watching or beachcombing. They provide- great guides-all necessary equipment-bottled water-fresh fruit buffet on the beach-showers and changing rooms after the tour along with a cold drink. **Schedule:** 8:10 am - 1:40 pm.

Outrigger Canoe Tour: Duration: 1\2 day outrigger canoe tour.

The use of outrigger canoes as a great way to take groups on the ocean. This tour is perfect for larger groups, up to 40 paddlers, families with small kids or grandparents, high school, university and corporate activities, multi-sport tour option. We can operate the tour with a minimum of 4 persons. They provide- great guides-all necessary equipment-bottled water-fresh fruit buffet on the beach-showers and changing rooms after the tour along with a cold drink.

Schedule: 8:10 am - 1:40 pm.

Stand Up Paddle: Duration: 3 hours.

Stand Up Paddle Boarding is all the rage, "SUP" is the proper terminology. The concept is simple, stand up on an oversized surfboard and paddle. The view is great and you get a nice workout Schedule: 8:00am - 1:30pm



Waterfalls:

Explorer: Duration: 4 horas.

Experience the meaning of 'Pura Vida' as this guided trip takes you to the forest in the hills above Jaco Beach to a majestic setting of pure Costa Rican natural harmony. Schedule: 7:00 am and 1:00 pm

Extreme Adventurer: Duration: full day.

Will trek to five different waterfalls in three locations with each one getting bigger and more beautiful. You can observe the falls from dry-land, swim in the pools or climb up and jump right in. Schedule: 7:00 am

Canyoning: Duration: 4 hours.

Canyoning is an exciting multi-sport adventure that is gaining in popularity for the masses, it is not just for expert climbers anymore. At Jaco Canyoning you have the opportunity to experience true Canyoning even if you have never been in a harness. **Schedule:** 7:00 am and 1:00 pm.



Crocodile Man Tour:

Crocodile Tour: Duration: 1 hour and 45 minutes.

Takes place in Tarcoles, feeding show just if you want. **Schedule:** 10:00 am and 2:00 pm

Jungle Crocodile Safari:

Crocodile Man: Duration: 2 hours.

Takes place in Tarcoles, no feeding show. **Schedule:** 8:30 pm – 10:30 am – 1:30 pm – 3:30 pm



Real Adventures:

Atv Tour: Duration: 4 hours

Including lunch, waterfalls

Atv And 9 Hanging Bridges: Duration: 5 hours.

Including lunch, long walking, waterfalls

Private Tour: Duration: 4 hours

Including lunch, waterfalls.

Full Day Tour: Duration: 6 hours

Including lunch, waterfalls.

Atv And Horseback Riding: Duration: 5 hours

Including lunch.



*All of us at Alma Del Pacifico hope you enjoy every moment of
your stay in this beautiful paradise of
Costa Rica.*

*Do not hesitate to ask for more different tours and
information.*