

TOUR BOOK

Arenas Del Mar
BEACHFRONT & RAINFOREST RESORT
MANUEL ANTONIO, COSTA RICA



MANUEL ANTONIO NATIONAL PARK

MANUEL ANTONIO NATIONAL PARK

Enjoy the charms of Manuel Antonio National Park, with its striking white-sand beaches, clear tranquil waters and abundant wildlife on this nearby tour. Though the highlights of the park are its two white sand beaches - Espadilla Sur and Manuel Antonio - the park also protects coastal rain forest, a mangrove swamp, coral formations and 12 islands that serve as seabird sanctuaries. Your guide will teach you about the park's distinctive plant life and locate camouflaged fauna, which includes 109 mammal species and 200 species of bird. See 3 species of monkeys, agouti, sloths, deer, toucans, hawks, hummingbirds and more.

What to bring: sunscreen, hiking shoes or sneakers, insect repellent, hat, swimsuit, towel & camera

Includes: transportation, water, bilingual guide, entrance fee & fruit

Departure time: 7:45am & 1:00pm

Length: 4 hours

Driving time: 15 minutes

A man with dark hair, wearing a white short-sleeved button-down shirt and a black watch, is looking through black binoculars. He is positioned on a zipline structure, with ropes and pulleys visible. The background is a dense, green forest. The text "BIRDWATCHING TOUR" is overlaid in white, serif font across the center of the image.

BIRDWATCHING TOUR

BIRDWATCHING TOUR

Explore our hotel grounds and learn all about the many exotic birds found here. Head out at sunrise or sunset into our private nature reserve where more than 163 species of birds such as toucans, laughing falcons, blue crowned motmots, hummingbirds and many more have been spotted.

What to bring: comfortable clothes, closed walking shoes & camera

Includes: water bottle, bird list & naturalist guide

Departure time: 6:00am & 4:00pm

Length: 1.5 hours

Driving time: none (onsite)

Minimum age: 2 years old



RAINMAKER TROPICAL
RAINFOREST TOUR

RAINMAKER TROPICAL RAINFOREST TOUR

The best tropical rainforest immersion experience in the area. This private reserve hosts a wonderful network of trails and hanging bridges amongst a panorama of vibrant greens and gushing streams and waterfalls. Rainmaker is an ideal place to witness tropical flora and fauna preservation at its best and the rich biodiversity that has flourished from these local efforts.

What to bring: hiking shoes with good traction, hiking pants or shorts, breathable sport shirt, rain jacket, sunscreen & insect repellent. Hats are fine although they may restrict your peripheral vision in the forest.

Includes: transportation, guide, water, entrance fee & fruit

Departure time: 7:00am & 1:00pm

Length: 4 hours

Driving time: 30 minutes

Minimum participation: 2 people



NIGHT WALK TOUR

NIGHT WALK TOUR

Explore the forest at nightfall while walking the jungle paths through the hotel grounds down to the beach. Along the path, creatures such as frogs, snakes, spiders, anteaters, opossums and bats may be observed. The opportunity to see, hear and experience the thrill of the nocturnal wildlife on this gentle tour is incredibly rewarding.

What to bring: long pants, hiking shoes or sneakers, insect repellent & camera

Includes: naturalist guide, flashlight & water

Departure time: 6:00pm

Length: 1.5 hours

Driving time: none (onsite)

A tropical beach at sunset. The sky is a mix of orange, yellow, and grey. The beach is sandy and wet, with waves lapping at the shore. Several large, dark rocks are scattered along the water's edge. In the background, a dense forest of palm trees and other tropical vegetation covers a hillside. Two people are walking on the beach near the water's edge on the left side of the frame.

WALKING SUNSET TOUR

WALKING SUNSET TOUR

For wildlife lovers this tour of Arenas del Mar's reserve and the surrounding area is an amazing encounter with the rainforest. Admire how the flora and fauna co-exist harmoniously with human development and catch glimpses of different species, such as nesting toucans, flycatchers, monkeys, two and three toed-sloth, iguanas, agoutis, frogs and snakes.

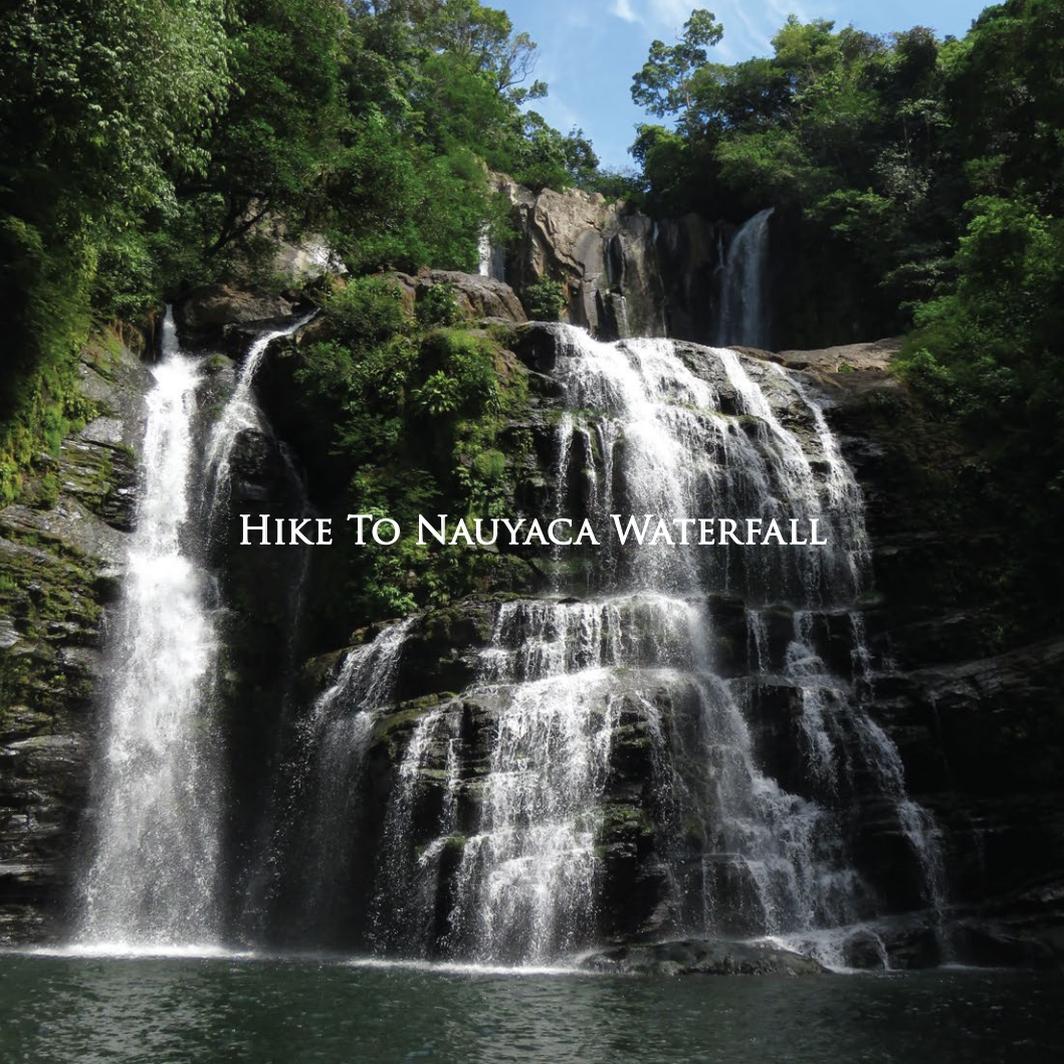
What to bring: hiking shoes, water, camera & insect repellent

Includes: naturalist guide

Departure time: 4:00pm

Length: 1.5 hours

Driving time: none (onsite)



HIKE TO NAUYACA WATERFALL

HIKE TO NAUYACA WATERFALL

This nature tour is perfect for hikers and adventure lovers. After hiking 2.5 miles through the rainforest to the beautiful Nauyaca waterfalls, you can swim under and around two incredible waterfalls, swim in the refreshing pools below each. One stands at 120ft and the other at 60ft. Before embarking on the return hike, a snack will be provided while you relax on the surrounding boulders, listening to the calming waters and enjoying the spectacular views.

What to bring: sunscreen, hiking shoes or sneakers, insect repellent, binoculars, hat, swimsuit, towel & waterproof camera

Includes: transportation, water, bilingual guide, entrance fee, picnic lunch

Departure time: 7:45am

Length: 6 hours

Driving time: 1 hour

Minimum age: 12 years old

Minimum participation: 4 people

A scenic view of a suspension bridge in a lush tropical forest. The bridge is made of wooden planks and ropes, and is surrounded by dense green foliage. In the background, a waterfall cascades down a rocky cliff. The text "LOS CAMPESINOS RESERVE" is overlaid in the center of the image.

LOS CAMPESINOS RESERVE

LOS CAMPESINOS RESERVE

This tour is ideal for adventurers wanting to experience a form of authentic rural life. The people of the Quebrada Arroyo community are the protectors of the Los Campesinos Reserve, which is located by the Savegre River on the Central Pacific coast. Browse the forest in the company of experts familiar with the medicinal uses of indigenous plants. Cross the river over a suspension bridge 40 meters above a large waterfall, then cool off in natural pools or gaze at the Pacific from a lookout point. This adventure in a small mountain community is the perfect complement to the beaches of Manuel Antonio.

What to bring: hiking shoes or sneakers, insect repellent, bathing suit, towel & camera

Includes: transportation, tour guide, water & lunch

Departure time: 8:00am

Length: 6 hours

Driving time: 50 minutes

Minimum age: 5 years old

Minimum participation: 2 people



FARMER'S MARKET TOUR

CAJON VALLEY
A
\$3.50
/lb

FARMER'S MARKET TOUR

Join this tour for a firsthand taste of Costa Rican culture, colors and flavors. In the city center of Quepos, witness a coastal town in action on a Friday evening as people follow their routines buying lottery tickets, grabbing cabs and shopping at the market. From tasty fruits to supple treats, local crafts and traditional essentials, a stimulating experience awaits.

What to bring: comfortable clothes, hiking shoes or sneakers, camera & money for treats or crafts

Includes: guide, transportation and water

Departure time: 5:20pm

Length: 1.5 hours

Driving time: 10 minutes

COSTA
RICO

MAKING TORTILLAS



MAKING TORTILLAS

This walking tour takes you around the hotel property and behind the scenes to Petatillo, home to many of the staff. The staff cook will show you how tortillas are made the old fashioned way. Make your very own tortilla to savor with a good cup of coffee or a cup of agua dulce ("sweet water") for an authentic Tico experience.

What to bring: hiking shoes or sneakers, insect repellent, water & camera

Includes: tour guide

Departure time: 2:30pm

Length: 1 hour

Driving time: none (onsite)

A man wearing a light green short-sleeved button-down shirt, dark green cargo pants, and a blue visor stands in a lush, green garden. He is positioned next to a large, thick tree trunk with a textured, mossy bark. He has his right hand resting on the tree trunk and is looking towards the camera with a slight smile. The background is filled with dense foliage, including various green plants and trees. In the distance, a wooden structure with a red roof and a red hammock hanging from it are visible. The ground is covered with dry leaves and small rocks. The overall scene is bright and natural, suggesting a tropical or subtropical environment.

EASY BEING GREEN TOUR

EASY BEING GREEN TOUR

Join us behind the scenes to learn about our history, nature and green practices all in one tour. In our native plant nursery, sericulture and compost area, you will see what happens to organic waste at the hotel. In the recycling center, learn about the hotel's philosophy for reducing waste and saving energy. This unique experience will show you how your stay at Arenas Del Mar, while relaxing and fun, is having a positive impact on our environment.

What to bring: comfortable clothes, hiking shoes or sneakers, camera & insect repellent

Includes: naturalist guide, water & refreshment after the tour

Departure time: 1:30pm

Length: 1 hour

Driving time: none (onsite)

A man and a young girl are crouching in a lush forest, planting a small tree. The man, wearing a green shirt and light-colored pants, is on the right, and the girl, wearing a brown shirt and blue shorts, is on the left. They are both focused on the task, with the man's hands near the soil and the girl holding the sapling. The forest floor is covered in brown leaves and twigs, and the background is filled with dense green foliage, including large ferns. The text "PLANT A TREE" is overlaid in the center of the image.

PLANT A TREE

PLANT A TREE

Take part in our important reforestation efforts while enjoying an amazing experience, learning all about our native tree species and planting them with your very own hands.

What to bring: hiking shoes or sneakers, insect repellent, water & camera

Includes: naturalist guide

Departure time: 1:00pm

Length: 35 minutes

Driving time: none (onsite)



SPICE TOUR AT VILLA VANILLA

SPICE TOUR AT VILLA VANILLA

Take a tour of a tropical spice farm, and smell, see and taste everything from vanilla, cinnamon and cocoa to black pepper, allspice, essential oils and medicinal plants. You'll see how the spices are dried and packaged too. Villa Vanilla is located 10 miles east in the foothills overlooking Manuel Antonio National Park. The farm consists of 27 acres in tropical agriculture production, surrounded by 125 acres of primary and secondary rainforest.

What to bring: comfortable clothes, hiking shoes or sneakers, insect repellent & sunscreen

Includes: transportation and guide

Departure time: 8:30am & 12:30pm (closed on Sundays)

Length: 3.5 hours

Driving time: 30 minutes

A scenic view of the ocean with a large island, a sailboat, and a blue sky with clouds. The text is centered in the upper half of the image.

MANUEL ANTONIO
COASTERING EXPERIENCE

MANUEL ANTONIO COASTERING EXPERIENCE

Coastering in Manuel Antonio is a challenging and stimulating way to experience the magic and wonder that attracts visitors to the area. This hike will lead us beyond the hotels and restaurants to a trail that winds through coastal forests, along lonely beaches, above steep cliffs with astonishing coastal lookouts, and finishes in a beautiful bay of white sand beaches and crystalline seas. This coastal hike is only for physically fit individuals that have ample hiking experience and are ready to climb, jump, and scramble over a bit of over rugged, coastal terrain.

What to bring: hiking or running shoes with good traction, shorts or running tights, swim suit, hat, sunglasses, sunscreen, insect repellent, water & camera

Includes: transportation, guide, water & fruit

Departure time: 7:30am or 2:30pm (depending on the tide)

Length: 2 hours approximately

Driving time: 10 min to trail head

A vibrant bird, likely a species of flycatcher, is perched on a thin, light-brown branch. The bird has a striking blue head and back, a bright red eye, and a mix of green and orange on its chest. Its tail is long and dark, with a prominent central feather. The background is a soft, out-of-focus green, suggesting a forest or jungle setting. In the bottom left corner, there are several bright green leaves.

BIG DAY TOUR
(BIRD WATCHING)

BIG DAY TOUR (BIRD WATCHING)

You will find spectacular bird watching around the stunning open fields and secondary forest of the Fila Chonta mountain foothills where the lowlands and middle elevation converge. You may spy birds such as black mandible toucans, scarlet macaws, baird's trogons, laughing falcons, a diversity of tanagers, flycatchers and hummingbirds. This tour is also a fantastic opportunity for landscape photography.

What to bring: sunscreen, hiking shoes, insect repellent, binoculars, hat & camera

Includes: transportation, water, naturalist guide & fruit

Departure time: 5:30am

Length: 4 hours

Driving time: 40 minutes

Minimum age: 10 years old

Minimum participation: 2 people



SNORKELING TOUR

SNORKELING TOUR

Adventure out on a boat around the warm waters of Manuel Antonio to enjoy views of impressive rock formations and an array of flora and fauna before taking a dip at Biesanz Beach, one of the hidden hidden gems of the area.

What to bring: bathing suit, towel, sunscreen & waterproof camera

Includes: transportation, tour guide, water, fruit, snorkeling gear & lunch

Departure time: 8:00am, 11:00am & 2:00pm

Length: 3 hours

Driving time: 15 minutes

Minimum age: 4 years old

A photograph of a mangrove forest. The scene is dominated by tall, slender trees with dense green foliage. In the foreground, a large, intricate network of brown, tangled mangrove roots (likely prop roots) frames the view. A narrow waterway or canal runs through the center of the forest. At the bottom center, the tip of a bright orange boat is visible, suggesting the viewer is on a boat looking into the mangrove. The text "MANGROVE TOUR ADVENTURE" is overlaid in white, serif, all-caps font across the middle of the image.

MANGROVE TOUR ADVENTURE

MANGROVE TOUR ADVENTURE

An opportunity of a lifetime to enjoy spectacular nature in the mangroves of Damas Island. This is the perfect place to learn about one of the most important and most mysterious ecosystems in the world where the rainforest meets the ocean. Tour can be done by kayak or boat.

What to bring: comfortable clothes, towel, sunscreen, insect repellent & camera

Includes: transportation, bilingual guide, equipment, fruit, water & lunch or dinner

Departure time: tide dependent, ask the Concierge

Length: 4 hours

Driving time: 35 minutes

Minimum age: 6 years old

A group of people are rafting on a river with white water rapids. The raft is blue and is being paddled by several people wearing helmets and life jackets. The water is turbulent and white with foam. The raft is moving through the rapids, and the people are leaning forward, using their paddles to navigate the turbulent water. The background shows dark rocks and more rapids.

NARANJO RIVER RAFTING

NARANJO RIVER RAFTING

The raging Naranjo River White Water Rafting challenge is recommended for physically fit adventure seekers and experienced rafters who are familiar with Class III and IV rapids. This half-day adventure begins where the Naranjo River drops steeply from the Costa Rican mountains and charges through pristine jungle gorges, then winds around rocky curves, taking you on a wild ride back to sea level waters. While you experience this exciting river, you'll quickly float past stunning farmland, working cattle ranches and beautiful African palm plantations.

Class: III

Season: June-November

What to bring: swimsuit, comfortable clothes, sneakers or water shoes, towel, waterproof sunscreen & change of clothes

Includes: river gear, water, fruit, lunch, bilingual guide & transportation

Departure time: 8:00 am

Length: 4 hours

Driving time: 30 minutes

Minimum age: 15 years old

A group of four people are white water rafting in a teal raft on a river. They are wearing blue helmets and life jackets. The raft is splashing water, and the background is a lush green forest with a waterfall visible on the left. The text "SAVEGRE WHITE WATER RAFTING" is overlaid in the center of the image.

SAVEGRE WHITE WATER RAFTING

SAVEGRE WHITE WATER RAFTING

This adventurous, family-friendly, full day adventure will take you on a journey of unsurpassed beauty and exploding whitewater. At the lower Savegre the whitewater rapids are exciting but not too demanding, giving you space to admire the spectacular jungle scenery. Lurking just behind the shroud of lush foliage of this pristine river you will find a number of truly magnificent waterfalls. There you may explore the natural swimming pools surrounded by blooming heliconias!

Class: II-III-IV

What to bring: bathing suit, comfortable clothes, sneakers or water shoes, towel, waterproof camera & waterproof sunscreen

Includes: river gear, water, fruit, lunch, bilingual guide & transportation

Departure time: 8:00 am

Length: 8 hours (full day tour)

Driving time: 50 minutes

Minimum age: 6 years old



PADDLE BOARDING

PADDLE BOARDING

Test your balance by paddle boarding in the warm waters of the Pacific while enjoying the view out to sea and toward the beautiful coast.

What to bring: bathing suit, towel & sunscreen

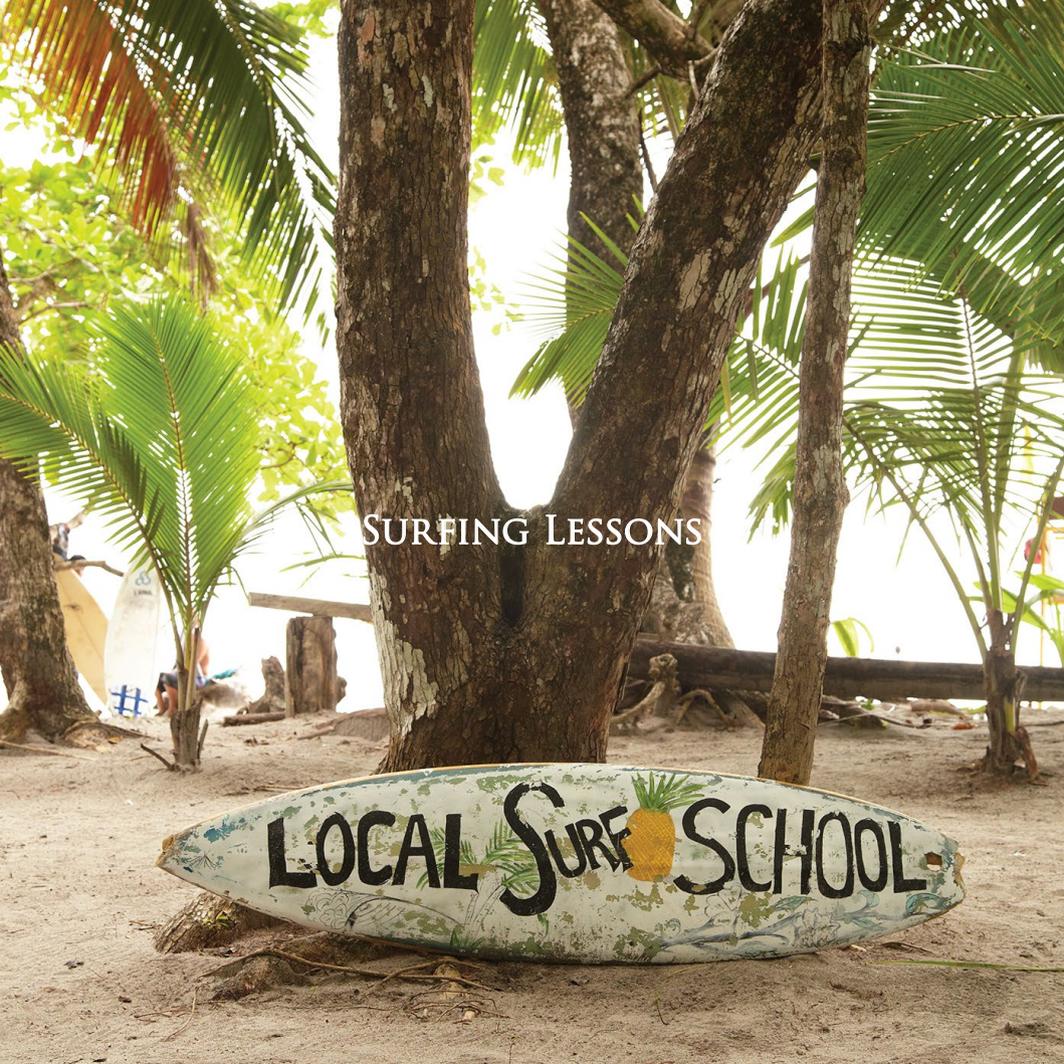
Includes: transportation, instructor, water, fruit & equipment

Departure time: depending on the tide; please inquire at the reception

Length: 2.5 hours

Driving time: 10 minutes

Minimum age: 6 years old

A tropical beach scene with several palm trees and a surfboard. The surfboard is lying on the sand in the foreground, featuring the text "LOCAL SURE SCHOOL" and a pineapple illustration. The background shows a sandy beach with more palm trees and a person in the distance.

SURFING LESSONS

LOCAL SURE SCHOOL

SURFING LESSONS

Feel the adrenaline of catching a wave with some of our very own Arenas del Mar pro surfers. Embrace our Manuel Antonio surf lifestyle while enjoying the warm waters of the Pacific. No experience necessary!

What to bring: bathing suit, towel, sunscreen & camera

Includes: fruits, water, surf instructor & equipment

Time of activity: tide dependent, ask at the concierge

Length: 3 hours

Driving time: none (onsite)

Minimum age: 5 years old



MOUNTAIN HORSEBACK
RIDING TOUR

MOUNTAIN HORSEBACK RIDING TOUR

Ride up into the Cerro Nara Mountains on an incredible journey into Costa Rican culture. You will discover the vegetation and peaceful landscapes astride a gentle horse, enjoy a refreshing swim in the natural and crystal clear mountain springs, and ride through winding streams to the private ranch.

What to bring: comfortable clothes, hiking shoes, bathing suit, towel, sunscreen, insect repellent & camera

Includes: transportation, bilingual guide, water, fruit & lunch

Departure time: 7:30am

Length: 4.5 hours (half-day tour) or 7 hours (full-day tour)

Driving time: 30 minutes

Minimum age: 6 years old

A man and a child are ziplining over a waterfall. The man, wearing a blue shirt and a white helmet, is holding the rope and looking towards the child. The child, wearing a dark blue jacket, light-colored pants, and a white helmet, is sitting on the zipline and looking down. The waterfall is on the right side of the image, and the surrounding area is lush with green foliage. The text "CANOPY TARZAN" is overlaid in the center of the image.

CANOPY TARZAN

CANOPY TARZAN

Tarzan Canopy Tour has its installations in a beautiful 450 acre conservation rainforest close to the town of Santa Juana. It has a total of 12 platforms, 9 cables, a Tarzan swing, a suspension bridge and a rappel. The finale is a 550 meter cable that crosses the valley overlooking the Pacific Ocean and a series of magnificent waterfalls. After enjoying the zip lines, a delicious typical Costa Rican dish awaits you in a restaurant in the middle of the jungle. You can finish the day with a swim in crystalline fresh waters.

What to bring: comfortable clothes, towel, hiking shoes or sneakers & insect repellent

Includes: transportation, fruit, water, tour guide & lunch

Departure time: 7:20 am & 10:20 am

Length: 5 hours

Driving time: 45 minutes

Minum age: 5 years old



MIDWORLD CANOPY

MIDWORLD CANOPY

Glide through the trees and witness the Costa Rican jungle from above in this truly remarkable adventure. Gear up for 9 lines, all double-cabled in accordance with international safety standards, 14 platforms, two controlled rappels (belays) and hanging bridges!

What to Bring: sunscreen, hiking shoes or sneakers insect repellent & camera

Includes: transportation, fruits, water, tour guide & lunch

Departure time: 7:30am, 10:00am & 1:00pm

Length: 5 hours

Driving time: 40 minutes

Minimum age: 4 years old



WHALE WATCHING

WHALE WATCHING

Take advantage of the opportunity to spot pilot whales and humpback whales when they are migrating south during their mating season. At Playa Uvita, you will sail along the coast of the Pacific Ocean for three hours in search of whales and dolphins, going by the beautiful Roca Ballena, las Cavernas in front of Playa Ventanas, Roca Viuda and Tres Hermanas, incredible natural rock formations.

What to bring: bathing suit, sunscreen, camera, towel & comfortable clothes

Includes: transportation, naturalist guide, park entrance fees, boat tour & picnic lunch

Departure time: 7:15am (Monday, Wednesday, Friday)

Length: 6 hours

Driving time: 1 hour

Minimum people: 2 people in July and August, 4 people in September

Minimum age: 4 years old



EXPERIENCE, LEARN,
CONNECT, RELAX

VAN SERVICE

Travel from one destination to the other in a personalized van service with bilingual driver, gluten free snacks, fresh water, Wi-Fi, A/C and an iPad that can be used the duration of the trip. Please make the reservation in advance.

All services are private.

TOURS PRICE LIST

Manuel Antonio National Park

US\$70 pp for a regular tour; US\$95 pp for a private tour;
kids under 10 receive a US\$10 discount

Birdwatching Tour

US\$32 pp for a regular tour; US\$40 pp for a private tour

Rainmaker Tropical Rainforest Tour

US\$100 pp; free for kids under 7

Night Walk Tour

US\$32 pp for a regular tour; US\$40 pp for a private tour

Walking Sunset Tour

US\$35 pp; complimentary for kids under 5

Hike To Nauyaca Waterfall

US\$120 pp

Los Campesinos Reserve

US\$105 pp

Farmer's Market Tour

US\$76 per couple for a regular tour; US\$60 pp for a private
tour

Making Tortillas / Easy Being Green Tour / Plant a Tree

Complimentary!

Spice Tour at Villa Vanilla

US\$50 pp

Manuel Antonio Coastering Experience

US\$40 pp

Big Day Tour (Bird Watching)

US\$95 pp

Snorkeling Tour

US\$69 pp for a regular tour; US\$94 pp for a private tour with a minimum of 4 people

Mangrove Tour Adventure

US\$70 pp for a day tour; US\$80 pp for a night tour

Naranjo River Rafting

US\$70 pp

Savegre White Water Rafting

US\$105 pp

Paddle Boarding

US\$70 pp

Surfing Lessons

US\$70 pp

Mountain Horseback Riding Tour

US\$65 pp for a half-day tour; US\$75 pp full-day tour

Canopy Tarzan

US\$85 pp

Midworld Canopy

US\$85 pp; US\$50 extra pp for the 'Superman Line' (optional adventure)

Whale Watching

US\$140 pp

