

## ARENAL VOLCANO TOUR

The Arenal Volcano tour starts with a drive to the active Western side of the volcano. Once there you will embark on a hike on the Toucans Trail which traverses the rainforest and crosses over a large lava flow from 1992. It is possible to observe a great variety of plants, wildlife and magnificent lava rock formations. Once on top of the lava flow you will have a beautiful view of Lake Arenal. The hike ends at a viewing area where, weather permitting, you will be able to see red hot lava rolling down the side of the volcano (3 pm tour only). During the tour, our experienced guides will provide interesting and educational information regarding the history of the majestic mountain and the Arenal Volcano National Park. The tour concludes with a relaxing stop at the mineral hot spring. (stop at hot springs is optional, entrance fee not included)

<b>Departure time:</b>	8:00 am and 3:00 pm
<b>Arrival time:</b>	12:00 noon and 6:30 pm (longer if you stop at the hot springs)
<b>Included:</b>	Bilingual naturalist guide, transportation in an A/C bus, park entrance fee and beverages.
<b>What to bring:</b>	Comfortable clothing hiking boots or tennis shoes, binoculars, camera, sunscreen lotion, insect repellent and rain gear (during rainy season)

## SAFARI FLOAT TRIP ON THE PEÑAS BLANCAS RIVER

Experience the peacefulness of the forest traveling on the Peñas Blancas River with the opportunity to observe many different animals such as monkeys, sloths, iguanas, tortoises, crocodiles and numerous bird species. Our boat doesn't use a motor so that you can enjoy the sounds of nature as we paddle down the river offering you the best opportunity to take photos. You will be accompanied by an experienced naturalist guide who will explain many fascinating details about the trees, plants, birds and animals. This tour, which includes a stop for beverages and tropical fruits, takes only a half day and is especially designed for people with a limited amount of time.

<b>Departure time:</b>	8:00 a.m. and 1:00 p.m.
<b>Included:</b>	Bilingual naturalist guide, transportation in an A/C bus, lifejacket, beverages and fruits.
<b>What to bring:</b>	Light, comfortable clothing, sandals or tennis shoes, binoculars, camera, sunscreen lotion and insect repellent.

## TOURS TO THE VENADO CAVES

For those who don't mind getting wet and muddy, this fascinating underground adventure will take you through a labyrinth of passages and chambers in which you will see an interesting rock formation called, "La Papaya," stalactites, stalagmites, bats, spiders and proof that the caves were at one time at the bottom of the ocean. The caves are located only 45 minutes from La Fortuna.

**Departure time:** 8:00 am & 1:00 pm

**Included:** Bilingual naturalist guide, rubber boots, helmet, flashlight, transportation in an A/C bus, and beverages.

**What to bring:** A change of clothes and a plastic bag for wet clothes.

**What to bring:** Light, comfortable clothing, sandals or shoes you don't mind getting wet, binoculars, camera, sunscreen lotion, insect repellent, a change of clothes and a plastic bag for wet clothes.

## CAÑO NEGRO WILDLIFE REFUGE

The Caño Negro Wildlife Refuge is considered to be of the best sites on the continent for birdwatching. In addition to an abundance of birds, Caño Negro is also home to many exciting animals, such as sloths, three types of monkeys, caimans, lizards, bats, and a variety of flora native of the wetlands. Our tour to this beautiful region leaves from La Fortuna and travels approximately 1 hour and 45 minutes to Los Chiles, a rustic village just three kilometers from the Nicaraguan border. It is here that we begin our boat tour of the wetlands. We will work our way slowly up stream stopping along the way as we see the regions many bird and animal species. Around noon we will stop along the river for a typical Costa Rican lunch before heading back to Los Chiles to take the bus back to La Fortuna.

**Departure time:** 7:30 a.m.

**Return:** 3:30 p.m.

**Included:** Bilingual naturalist guide, transportation in an A/C bus, picnic lunch (vegetarian food available upon request) and beverages.

**What to bring:** Light, comfortable clothing, sandals or tennis shoes, binoculars, camera, sunscreen lotion and insect repellent.

## COMBINATION TOUR AND HANGING BRIDGES

This tour, which begins at 7:30 am, gives you the opportunity, in a single day, to sample the attractions that have made the Arenal region famous.

To start the tour you have the choice of visiting either the Danaus Eco-Center or the Arenal Hanging Bridges. At the eco-center you'll observe and learn about the natural history of the butterflies of Costa Rica such as the Blue Morpho and the Monarch. You'll also see a wide variety of tropical plants and traditional crops being farmed organically. The hanging bridges option consists of a hike on a 1.9 mile (3.1 km) trail on which you can enjoy the rainforests flora and fauna. The trail crosses nine fixed bridges and six suspension bridges and is laid out at a maximum grade of seven degrees so that anyone can walk it.

Our next stop is the La Fortuna Waterfall. From the trailhead you will hike approximately 15 minutes before reaching this majestic waterfall where you can swim or just enjoy it's beauty. Lunch is next and Lava Rocks Restaurant is the place.

Following lunch you'll have the opportunity to rest until 3 pm before embarking on the volcano hike. We will choose one of several trails depending on which side of the volcano the lava is coming down and on all the trails you will see a wide variety of plants and wildlife. On the Tucanes trail you will have the opportunity to walk on a lava flow and on all the trails at the end of the hike you will watch the sunset, waiting until dark in hopes of seeing and hearing the glowing chunks of lava tumbling down the side of the mountain, a sight you won't soon forget.

You'll end the day with your choice of a relaxing dip in the world-famous Tabacon Hot Springs followed by a buffet dinner or a visit to Ecotermals Hotsprings, a new alternative that is fast becoming known for it's natural setting, and dinner at La Vaca Muca Restaurant, a longtime favorite for typical Costa Rican food.

**Includes:** All transportation and entrance fees, naturalist guide, lunch, dinner, cold drinks and equipment.

**What to bring:** Comfortable clothing, hiking shoes, insect repellent, bathing suit, camera and binoculars.

**Places visited:** Danaus Eco-Center or Arenal Hanging Bridges, La Fortuna Waterfall, Arenal Volcano and Tabacón Hot springs or Ecotermals Hot Springs.

**Que llevar:** Ropa confortable, zapatos para caminar, repelentes de insectos, traje de baño, cámara, binoculares.

**Que visitamos:** El Jardín de Mariposas, La Catarata de Fortuna, el Volcán Arenal y Tabacón Resort.

## COMBINATION TOUR WITH ECOCENTRO DANAUS

This tour begins at 8:00 a. m. and is a new alternative for visitors to see Fortuna area looking for a different natural experience; a combination created for lovers of nature.

At Danaus Eco-Center, our first stop, you will enjoy and learn about the natural history of butterflies of Costa Rica, like Blue Morpho, Monarch, Owl butterfly, Swallow tail and many more. You will also see a great variety of tropical plants and traditional crops, organically farmed in the gardens.

Our next stop is in La Fortuna Waterfall. This waterfall has a huge swimming hole with large rocks nearby, perfect for a rest after and invigorating swim. Then we drive back to town to have lunch at “Lava Rocks Restaurant.”

About 3:00 p.m. we start the tour to the volcano. We have a choice of natural trails to take which depend on which side the lava is flowing down. From any of them, you will see a great variety of plants, wildlife, the magnificence of Arenal formed lava rock and the surrounding forest. We walk up the lava flows and watch the sunset as we await darkness to see and hear the glowing rocks of lava tumbling down the side of the mountain. A sight not to be missed.

A full active day! Now, put on your bathing suit again to relax in the thermal waters of Tabacón Resort for a few hours and have dinner there.

<b>Include:</b>	All transportation, entrance fees, naturalist guide, lunch, dinner, cold drinks and equipment.
<b>What to bring:</b>	Comfortable clothes, hiking shoes, bug repellent, bathing suit, camera and binoculars.
<b>We visit:</b>	The butterfly farm, Fortuna Waterfall, Arenal Volcano and Tabacón Hot Spring.

## HORSEBACK RIDING TO LA FORTUNA WATERFALL

The La Fortuna Waterfall is one of the Arenal area's must-see attractions and getting there on horseback makes it that much more enjoyable. The tour consists of a horseback ride, a short hike and the opportunity to swim or just get your feet wet at the impressive falls.

<b>Departure time:</b>	8:00 am & 1:30 pm
<b>Included:</b>	Local guide, horseback ride and waterfall entrance fee.
<b>What to bring:</b>	Comfortable clothing, long pants, hiking shoes, camera, binoculars, insect repellent and hat.

## HORSEBACK RIDING TO MONTEVERDE

We leave from La Fortuna early in the morning to the Arenal Dam. A motorboat takes us to the other side of the Arenal Lake to El Castillo, a town where the horses will be ready for us. We ride for three and a half hours, crossing rivers, grasslands and forests. We will climb up over 3300 feet (1 km.) until we reach the cloud forest. This is probably the most spectacular trip you will find in Costa Rica - traveling by horseback on the old trade route used by locals for decades!

On our horseback tour, traveling to or from Monteverde, you avoid some of the worst pothole filled roads in the country. In addition, it gives you the opportunity to see some of the most stunning scenery in the world as you ride nearby the Children's Rainforest Reserve and the Monteverde Cloud Forest! This is a remarkable adventure and you maximize your valuable travel time.

**Included:** Fruits, water, local guide, horses.

**Departure:** 7:30 a.m. (approx.) from La Fortuna.

**What to bring:** Long pants, rain coat and camera.

## EARLY BIRD WALK AFTERNOON COOL DOWN

Birds are most active early in the morning in the late afternoon as the day cools into evening. Join us for one or both of these walks in the La Fortuna area or near your hotel, for an amazing display of tropical birds. You will have the opportunity to see toucans, parrots, oropendolas, colorful tanagers and parakeets.

For the more experienced birdwatcher, we can focus on looking for Royal Flycatchers, White-fronted Nun birds, Cinnamon Woodpeckers and other less commonly seen species. We will tailor the tour for you. We will wrap up the tour by listing and discussing the birds we have seen.

**Departure time:** 5:30 am and 3:00 pm.

**Included:** Bilingual naturalist guide, transportation in an A/C bus and beverages.

**What to bring:** Light, comfortable clothing, hiking shoes, binoculars, camera, sunscreen lotion, insect repellent and rain gear (during rainy season).

# THE CHILDREN RAIN FOREST

## ONE DAY TOUR

We departure at 7: 00 a.m. from La Fortuna to - La Tigra, about 10 miles There we change the car to a four wheel drive to go up 7 miles more to the Poco Sol Biological Station.

We meet the park rangers and they give us a small talk about the history of the park.

Then we take a hike to a trail called “La Zamia” of approximately 2 hours and experience the virgin primary rain forest.

In the afternoon walk in a trail “Catarata Velo de Novia “ for two and haft hours, to enjoy the majestic the secondary volcanic activity. Return to Fortuna.

**Included:** Transportation, meals, naturalist guide and entrances.

**What to bring:** Hiking shoes, insect repellent, camera, binoculars.

## OVERNIGHT

We departure at 7: 00 a.m. from La Fortuna to - La Tigra, about 10 miles There we change the car to a four wheel drive to go up 7 miles more to the Poco Sol Biological Station.

We meet the park rangers and they give us a small talk about the history of the park.

Then we take a hike to a trail called “La Zamia” of approximately 2 hours and experience the virgin primary rain forest.

In the afternoon walk in a trail “Catarata Velo de Novia” for two and haft hours, to enjoy the majestic the secondary volcanic activity. !Its just the moment to take a swim an the natural lake!

After dinner we go out and experience the nocturnal activity of reptiles, amphibious and insects.

**Second day:** Optional bird walk at 5:30 a.m.  
Breakfast at 7:00 a.m. and we return to Fortuna.

**Included:** Transportation, meals, lodging, naturalist guide and entrances.

**What to bring.** Hiking shoes, insect repellent, camera, binoculars.

## EXPEDITION TO CHATO HILL

Chato Peak which is known as the Arenal Volcano's brother is a dormant volcano. You will hike up it's West side and down into the crater where a beautiful lake is located. From here you'll hike up out of the crater and down the East side to the La Fortuna Waterfall. This tour is very strenuous and is for serious hikers only.

<b>Included:</b>	Transportation, naturalist guide, beverages, sandwiches and entrance fees to parks.
<b>What to bring:</b>	Long pants, hiking shoes, insect repellent, camera and binoculars.
<b>Walking time:</b>	Approximately 4 ½ hours.
<b>Departure:</b>	8:00 a.m.
<b>Return:</b>	3:00 p.m.
<b>Recommended:</b>	For people in excellent physical shape.

## HIKING TO RIO CELESTE

We leave at 7:00 a.m. from La Fortuna. After a typical breakfast in route to Rio Celeste, we'll arrive at the Tenorio Volcano National Park, where we'll begin our 5 miles hike (approximately 4 hours) through the tropical rain forest. We'll arrive "Los Teñideros" of the Rio Celeste, the site where two streams of crystalline water come together and form the heavenly color blue that gives the river its name. We'll return through trails, rich with ecological wonders, that lead us to the "OLLAS" -- openings in the earth where we can excavate healing muds, take a mud bath, and a dip in the natural hot springs all while observing the attractions of Tenorio Volcano.

We'll continue our hike through the jungle to seek out the volcano's furnace vents that expel gases of extreme high temperatures. On our descent we will get to see the spectacular Rio Celeste waterfall whose color makes it one of a kind. Our final reward is an exquisite lunch at the end of our journey.

<b>Included:</b>	Transportation, naturalist guide, beverages, lunch and entrance fee to park.
<b>What to bring:</b>	Long pants, hiking shoes, insect repellent, camera and binoculars.
<b>Recommended:</b>	For people in excellent physical shape.

## NIGHT FOREST WALK

The night walk takes place at the “Ecocentro Danaus” a small reserve whose focus is conservation and education. A visit to the center at night will afford you the opportunity to see some of the areas more prominent nocturnal animals in action such as sloths, caimans, spiders, frogs, bats, butterflies and birds and also the way these species interact with each other and the center’s vegetation.

- Departure time:** 5:30 pm
- Includes:** Transportation, guides, entrance fee and drinks.
- What to bring:** Hiking boots, insect repellent and long pants.

## ARENAL LAKE ON KAYAK

Depart from La Fortuna at 8:00 a.m. or 1:30 p.m. to enjoy a pleasant morning of kayaking on Lake Arenal and breath taking views of the Arenal Volcano.

On your trip you may observe different species of birds like the “Flycatcher”, “Kingfisher”, “Great Blue Heron” and “Anhinga” and may also possibly hear the Howler monkeys!

- Departure time:** 8:00 am & 1:30 pm
- Included:** Bilingual naturalist guide, transportation in an A/C bus, picnic fruits and beverages.
- What to bring:** Light, comfortable clothing, sandals or tennis shoes, camera, sunscreen lotion.

## HANGING BRIDGES

The Arenal Hanging Bridges tour takes place on a 600 acre reserve filled with lush vegetation and a variety of birds and animals which your experienced guide will help you spot. The trail itself is 1.9 miles (3.1 km) in length, crossing nine fixed bridges and 6 suspension bridges and is laid out at a maximum grade of 7 degrees so that anyone can walk it.

- Included:** Transportation, naturalist guide, entrance and beverages.
- What to bring:** Comfortable clothing, hiking shoes, insect repellent, camera, binoculars, sunscreen (sunny days) or rain gear (rainy days).
- Departure time:** 7:30 a.m. / 12:45 p.m.

## TRANSFER TO MONTEVERDE (CAR BOAT CAR)

The fastest and the best way to Monteverde by far. A bus will pick you up at your hotel and take you to Lake Arenal where a covered boat will be waiting to take you across the lake to Rio Chiquito. A 1 ½ hour scenic jeep ride will take you from here to Monteverde, culminating this transfer of approximately 2 hours and 45 minutes.

## morning RAINFOREST walk

The Morning Rainforest Walk is made in a private reserve with up to 300 square hectares and is located beside the Arenal-Monteverde Reserve, adjoining the Arenal Volcano National Park.

During our 4 km walk we will have the opportunity to enjoy a sample of the great diversity found in the Primary Rainforest: centenarian trees, palms, a wide variety of epiphytes, bromeliads and for bird lovers: warblers, wrens, great curassows, toucans and other bird species.

In addition we will see waterfalls, small creeks that wind there way across our path and spectacular views of Lake Arenal and the volcano itself.

**Departure:** 8:00 a.m. & 1:00 p.m.

**Return:** 12:30 p.m. & 6:00 p.m. approx.

**What's Included:** Transportation, naturalist guide, entrance fee and drinks.

**What To Take:** Hiking shoes, sun block or rain jacket, camera and insect repellent.

## Horseback Riding to the Arenal Volcano

The adventure begins when you ride the horse to the base of the most active volcanoes in the world. This is a good combination of horseback riding, primary and secondary forest, cattle farm, and beautiful scenery.

During the trip you pass by one of the more interesting places around the volcano. Also you can appreciate many species of birds, a great variety of butterflies, wild animals, and a great diversity of lush plants of the tropical rainforest, then you continue riding through the rain forest, next to a natural lake, where the awesome landscape, the whisper of the wind, and the silence make us value our existence and the wonderful Mother Nature... and do not forget the permanent image at the mysterious Arenal Volcano.

This tour is highly recommended for adults and children over the age of ten, unless they have previous horseback riding experience.

We recommend you bring long pants, hat, insect repellent, sunblock and camera.

We will provide poncho in case of rain and a experience guide.

**Departure time:** 8:30 a.m / 1:30 p.m ( 3 hours aprox.)

## c.r. CANOPY TOUR en ARENAL

The adventure begins when you arrive to the stables and the guides give you an idea of your tour, then you get part of the equipment and you horseback ride for approximately 40 minutes. When we arrive at our destination, we give you the rest of the equipment necessary then we continue with a short walk through the transitional forest where a guide points out things that prevail in the rain forest. Some times it is possible to see several species of animals, such as white faced and howler monkeys, rodents, snakes, and a great diversity of birds. As well as an enormous variety of orchids, and canopy plant life. The trees we use are adults that tower above, the platforms are at an elevation of 150 feet (45 mts).

All the platforms are designed for observation of life rather than damage of it. Trees like Cocora (*Billia hippocastanum*); Peine de mico (*Apeiba membranacea*), and Capulín (*Mortonioidendron apetala*) just to name a few. After the hike we arrive at the first platform where the ride begins. You can't help but be overwhelmed by the beauty as you glide through the forest on the seven cables. Our shortest cable is 195 ft (60 mts) and our longest is 650 ft (203 mts).

All the equipment we use is very safe and simple, and will be handled by the guides so you can sit back and enjoy the day. The construction (rigging) of the tour meets the safety regulations specified by the ACCT (Association for Challenge Course Technology), considering our tour one of the safest in Costa Rica.

<b>Included:</b>	Transportation, equipment, professionals guides and horses.
<b>What to bring:</b>	Long Pants, comfortable shoes, camera, binoculars, insect repellent.
<b>1). Departure:</b>	8:00 a.m.
<b>Return:</b>	12:00 p.m.
<b>2). Departure:</b>	11:00 a.m.
<b>Return:</b>	3:00 p.m.
<b>3). Departure:</b>	1:00 p.m.
<b>Return:</b>	5:00 p.m.

## LAKE ARENAL SPORT FISHING

Three options:

1. Departs at 5:30 a.m pick up at the hotel, returns at 10:30 a.m, drop off at your hotel ( 2 pax plus guide)
2. Departs at 12:30 p.m pick up at your hotel, returns at 5:00 p.m drop off at your hotel ( 2 pax plus guide)
3. Full day from 5:30 a.m to 4:30 p.m ( 2 pax plus guide)

Casting and Trolling for four hours at the Arenal Lake, trying for a especial fish: *Rainbow Bass* (Guapote) and a great fighter: *Machaca or Sabaleta*.

Fishing boats and first class professional equipment are included. Fruits, snacks and beverages are provided on the tour.

Season for fishing at Arenal Lake is practically good all year around, with the best results on summer days.

## ONE DAY TOUR TO MONTEVERDE CLOUD FOREST

This is a great way to visit the world famous Monteverde Cloud Forest in one day without the long, bone jarring drive around the lake. You'll be picked up at your hotel at 7:00 am and taken by bus to Lake Arenal where a boat will be waiting to take you across the lake to Rio Chiquito. From there a jeep will take you on a picturesque drive to Monteverde. Here you will have the choice of doing either the Sky Trek or Sky Walk tour followed by lunch and a visit to the Monteverde Ecological farm where you will be able to see some of the flora and fauna indigenous to the area. From here you will return to La Fortuna with memories you won't soon forget.

**Includes:** Transportation, entrances fee, naturalist guide and lunch.

**What to bring:** Hiking shoes, camera, binoculars, jacket and raincoat.

### Safari Raft Trip Class I & II.

The 7.5 mile journey takes us through the small communities of Chilamate and Puerto Viejo.

This trip is especially attractive for bird watchers and tropical forest lovers, which makes it suitable for people of all ages, including small children.

This section does not require previous experience.

The journey takes place aboard inflatable rafts and passengers can take their cameras, video cameras and binoculars with them.

Our trip starts by picking up the passengers in their hotels in the Arenal area as of 8:00 a.m. To get to the river, we take route to Muelle, and then we go through the community of Aguas Zarcas, Venecia, Río Cuarto and San Miguel.

During the journey, the guide will provide full details of the different towns we go through their lifestyle, the characteristic of their natural environment and general information about their socioeconomic activities.

At 10:30 a.m. we will be arriving in Chilamate on the swift Sarapiquí River. The 7.5 mile journey starts after a safety talk given by the one of the guides.

The Sarapiquí River is characterized by its clear, almost pollution-free waters.

This is possible not only because few people live nearby but also because its riverbanks are protected.

This allows our passengers to enjoy a landscape full of wildlife, which they will discover with the help of our guides.

Throughout the journey, we pass several private properties that have joined the National Forest Plan for the protection of the forest and La Selva Biological Station of the Tropical Studies Organization.

Here we will be able to observe the tropical jungle in its full splendor.

Thanks to these conditions, it is possible to see a large variety of exotic birds and lush trees as well as several species of reptiles, amphibians and mammals.

Half way through the journey, we will stop on the riverbank on a peaceful pond where tourists can swim and eat the tasty tropical fruits of the season, prepared and served by our guides.

At the end of the rafting trip, after 3 fantastic hours filled with fun, the tourists can get dry and change their clothes before enjoying a hot lunch in our facilities on the riverbank.

Finally we start the trip back to the same route and to La Fortuna around 3:30 p.m.

## Rafting Sarapiquí River Class III

The 7.5 miles trip on the Sarapiquí River takes place between the community of La Virgen and Chilamate in Sarapiquí. It is a trip especially suitable for beginners and intermediates.

It includes a very safe section formed by rapids followed by crystalline ponds.

Along the journey one can enjoy 4 class III rapids and about 20 class II rapids, all of which have a good technical level. Our trip starts by picking up the passengers in their hotels in the Arenal area as of 8:00 a.m. To get to the river, we take route to Muelle, and then we go through the community of Aguas Zarcas, Venecia, Río Cuarto and San Miguel.

During the journey, the guide will provide full details of the different towns we go through their lifestyle, the characteristic of their natural environment and general information about their socioeconomic activities.

Around 10:30 a.m. we will be arriving in Tirimbina in La Virgen of Sarapiquí. The 7.5 miles trip starts after listening to a safety talk given by the tour leader.

The Sarapiquí River is characterized by its clear, almost pollution-free waters thanks to the fact that not only few people live nearby but also its riverbanks are protected.

This allows our passengers to enjoy a landscape full of the rapids.

Throughout the vibrant journey they will enjoy swimming and refreshing themselves in several peaceful ponds in addition to the thrill of defying rapids such as "Gringo Hollow", "Confusion", "Deer", "Roller Coaster", "Air Force" and among others.

Half way through the journey, we will stop on the riverbank on a peaceful pond where tourists can swim and eat the tasty tropical fruits of the season, prepared and served by our guides.

At the end of the rafting trip, after 3 fantastic hours filled with fun, the tourists can get dry and change their clothes before enjoying a hot lunch in our facilities on the riverbank.

Finally we start the trip back to the same route and to La Fortuna around 3:30 p.m.

## Rafting Sarapiquí River Class IV.

This 7.5 mile trip takes us through the communities of San Miguel and La Virgen. It is recommendable for rafting experts who are in excellent shape and who can enjoy strong rapids and great challenges. The trip starts with a class V rapid, followed by a large number of class III and class IV rapids. Due to their succession, this trip requires a great deal of physical effort.

Our trip starts by picking up the passengers in their hotels in the Arenal area as of 8:00 a.m. To get to the river, we take route to Muelle, and then we go through the community of Aguas Zarcas, Venecia, Río Cuarto and San Miguel.

During the journey, the guide will provide full details of the different towns we go through their lifestyle, the characteristic of their natural environment and general information about their socioeconomic activities.

At 10:00 we arrive in the small town of San Miguel, where we will start the trip.

Before departure, an extensive, the leader of the tour will give highly-detailed safety talk.

This is a very steep section that has high cliffs and a surprising gradient (almost 100 feet per mile) which contributes to the formation of a large number of rapids which tourists can enjoy thanks to the help and safety provided by our guides. Thus, they will enjoy an unforgettable experience crossing the long and famous rapids of "Seven Cups", "Peraltico", "Coffee of the Morning", "Dos Locos" and "Bananas" among others.

Half way through the journey, we will stop on the riverbank on a peaceful pond where tourists can swim and eat the tasty tropical fruits of the season, prepared and served by our guides.

At the end of the rafting trip, after 3 fantastic hours filled with fun, the tourists can get dry and change their clothes before enjoying a hot lunch in our facilities on the riverbank.

Finally we start the trip back to the same route to La Fortuna around 3:30 p.m.