

# Alma del Pacífico Activities List



**Surf Lessons:** Duration: 90 minutes. Learn to surf right in front of the hotel with qualified English-speaking instructors. Any age or ability level welcome. Times: depends of the tide. Surfboards can be rented, full day.



**Manuel Antonio National Park:** Duration: half day. 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. Times: recommended to do it in the morning. **(private tour available)**



**Horseback Riding:** Duration: 1.5 to 2 hours. Take a ride along the beach or in the hills of Esterillos, with a cowboy guide **(Spanish speaking only)**. Times: depends of the tide.



**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. Times: 9 am-11am-1pm-2pm



**Catamaran:** The morning visit includes a freestyle diving adventure in a beautiful and secluded bay known as Playa Bizans. The afternoon tour is a truly amazing trip for nature lovers who can enjoy not only the experience itself but the breathtaking sunset on the Pacific Ocean. Get to experience humpback whales, dolphins and the beautiful marine wild life. On board we offer an excellent selection of snacks and natural juices.



**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.



**Iguana 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. 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

**Iguana 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.



## 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. Times: 8am-9am-10am-11am-1pm-2pm



## Vista Los Sueños ATV or Buggy Adventure:

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. Then your guide will lead you along the jungle trails, following rivers and fun muddy dirt paths. The guides will have fresh fruits and water. Times: 8am-9am-10am-11am-1pm-2pm



## Jungle Crocodile Safari:

Duration: 2 hours. Takes place in Tarcoles, no feeding show. Time: 8:30 pm – 10:30 am – 1:30 pm – 3:30 pm

## Crocodile Man Tour:

Duration: 1 hour and 45 minutes. Takes place in Tarcoles, feeding show just if you want. Time: 10:00 am and 2:00 pm

*Please ask Reception for additional information or email us at [Luna.almadelpacifico@gmail.com](mailto:Luna.almadelpacifico@gmail.com)*



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**Rain Forest 5 in 1 Tour:** Times: 7:30 am – 10:00 am. Includes:



**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.

**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, hanging bridges and Medicinal Plants**

**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.



**Rain Forest 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. **Times:** 7:30 AM - 9:30 AM - 12:00 MD - 2:00 PM.

**Rain Forest 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. **Times:** 7:30 AM - 12:00 MD - 2:00 PM.

**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.  
**Time:** 7:00 am and 1:00 pm



**Waterfalls 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.  
**Time:** 7:00 am

**Waterfalls 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. **Time:** 7:00 am and 1:00 pm

**Outrigger Canoe Tour:**

**Duration:** 1½ 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. We can operate the tour with a minimum of 4 persons.  
**Times:** 8:10 am - 1:40 pm



**Sea Kayak and Snorkeling:**

**Duration:** 3-4 hours. 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. **Times:** 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. **Times:** 8:00am - 1:30pm



**Real Adventure ATV**  
**Tour:** **Duration:** 4 hours  
Including lunch, waterfalls.  
(no walking for more than 15 minutes).

**Full Day Tour:**  
**Duration:** 6 hours  
Including lunch, waterfalls. (no walking for more than 15 minutes).

**ATV and Horseback**  
**Riding:** **Duration:** 5 hours  
Including lunch.

*Please ask Reception for additional information or email us at Luna.almadelpacifico@gmail.com*