



# COSTA RICA

# Costa Rica Activities

By land or sea, day or night,  
discover the best activities, tours and  
adventures Costa Rica has to offer!

## SAN JOSÉ

### Calypso Island Cruise



- Full-day tour begins with a scenic drive to Puntarenas to board the yacht *Manta Raya*
- Cruise the calm waters of the beautiful Gulf of Nicoya with stops along the way for snorkeling and relaxing
- Enjoy a sumptuous seafood buffet
- Transportation to/from San José provided

### Poas Volcano/Doka Estate Coffee Tour & La Paz Waterfall



- This full-day combo tour features a set of excursions with three different adventures
- Visit the Doka Coffee Estate for a breakfast tour
- Explore the main Poas Volcano crater
- Continue to La Paz Gardens for lunch and tour including trail hike and park exhibits

### San José City Tour



- This half-day guided tour takes you into the vibrant, cosmopolitan capital of Costa Rica
- Visit the National or Gold Museum
- See the National Theatre, the University of Costa Rica, Supreme Court building and the many elegant, architectural examples
- Explore shops for favorite handicrafts

## AVAILABLE IN MULTIPLE LOCATIONS

### Sky Trek/Sky Walk and Sky Tram



- Move along 3,280 feet of adventurous ziplines above the rainforest on Sky Trek
- Sky Walk is a guided tour combining hiking trails with suspension bridges above the canopy of the Monteverde Cloud Forest
- Savor the views in a 15-minute aerial Sky Tram tour through the rainforest to Miguel Angel observatory in Arenal

Consult your travel professional whose advice is priceless.

**PleasantActivities.com**

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Let the Costa Rica experts at Pleasant Activities<sup>SM</sup> assist you in choosing the ideal adventures and tours for an unforgettable Costa Rica experience. From hiking the base of an active volcano, ziplining high above the canopy and navigating a quiet river in the jungle, to gently crossing hanging bridges, exploring a coffee plantation and enjoying vibrant city life, Pleasant Activities offers the best value from the most reputable companies.



FOR ADDITIONAL ACTIVITIES AND INFORMATION, VISIT

**PleasantActivities.com**



# COSTA RICA



**W**ith the many exciting activities and tours available throughout Costa Rica, let the Pleasant Activities experts help you choose your ideal activities, from wildlife exploration, whitewater rafting, ecotourism excursions and zipline safaris to experiencing mineral hot springs, tropical rainforest adventures and guided bilingual tours, to name a few.

We have highlighted a small sampling of the most requested adventures awaiting you in this ecological wonderland. Visit [PleasantActivities.com](http://PleasantActivities.com) for the complete selection. Advance reservations are suggested to ensure availability, preferred days and times.

## GUANACASTE

### Vida Aventura Super Combo



- One-day trip featuring a combination of ziplining, horseback riding, volcano views, hot springs, spa and mud bath
- Located in the Guanacaste mountain range with cool, comfortable temperatures
- Tour the "White City" of Liberia on the return trip

### Pozo Azul Whitewater Rafting Tour



- Ideal for adventure seekers, test your courage on the rapids of the Tenorio River with its class III and IV rapids
- Transportation, tour guide and lunch provided

### Palo Verde National Park



- This guided jungle river cruise is ideal for nature lovers
- Cruise slowly through the wetlands of Palo Verde National Park and see crocodiles, monkeys, iguanas and countless birds
- A \$5 donation to the national park is included in the tour

### Liberia City Tour and Shopping from Tamarindo



- This sleepy cowboy town is one of Costa Rica's oldest and known as the "White City" for its colonial architecture and red tile roofs
- A tour guide will lead you to the shops for favorite mementos, as well as the best coffee in town
- Transportation provided

## ARENAL

### Arenal Hanging Bridges



- Ideal for nature lovers, traverse a series of 15 suspension bridges on this half-day tour through the primary rainforest in La Fortuna
- Guided by a naturalist, observe wildlife and great biological diversity as you hike along the trails in this scenic splendor
- Transportation and snacks provided

### Arenal Volcano Hike & Tabacon Hot Springs from Arenal



- Begin your full-day tour with a gentle hike along the trails at the base of Arenal volcano
- Delight in the picturesque views of this natural volcanic wonder
- Enjoy a healthy soak in the hot springs
- Transportation, bilingual guide, lunch and dinner is provided

## PUNTARENAS/JACO

### Arenal Volcano & Springs from Puntarenas



- Marvel at the spectacular natural beauty of Arenal volcano at night, with periodic fiery displays on this evening tour
- Enjoy a relaxing hot springs spa treatment or massage
- See the sights along the way and stop in Sarchi, a famous and charming artisan town

## MANUEL ANTONIO

### Mangrove Damas Island Tour



- Explore the wonders of the mangrove ecosystem as you navigate the Paqueta River
- Glide along soft currents in natural sanctuary channels under a verdant forest canopy
- Keep watch for active wildlife including monkeys, birds and reptiles
- Lunch is provided upon return

### Manuel Antonio National Park



- Experience an alluring combination of rainforest, beaches and coral reefs in this national preserve
- A naturalist guide offers insight on native plants and wildlife on this walking tour
- See lush landscape and wildlife including monkeys, butterflies and tropical birds

## MONTEVERDE

### Monteverde Reserve



- Experience the different levels of forest as you enjoy the incredible hanging bridges in the Monteverde Cloud Forest on this guided half-day nature tour
- Visit the biodiverse mariposario or butterfly gardens, and delight in the variety of plants in this climate-controlled environment