

VEMSA  DMC

OPTIONAL TOURS

ARENAL



1. ARENAL VOLCANO HIKE

This hike starts on the trail that crosses the regenerating forest area and crosses over a large block of petrified lava, produced by past eruptions, steep slopes, and sandy soils. It is possible to observe a great variety of plants, wildlife, magnificent rock formations, in addition to the volcanic landscape the place offers!

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Entrance fee
- ✓ Fruits and bottle of water

2. ARENAL HANGING BRIDGES

The guided walk at the Arenal Hanging Bridges takes place in a 600-acre (243-hectares) reserve, filled with lush vegetation and a big variety of fauna. The trail is 2 miles (3 km) long, crosses 10 fixed bridges and 6 hanging bridges with lengths between 16 and 328 feet (5 to 100 meters) and up to 180 feet (55 meters) high, allowing you to explore the different levels of the forest.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Entrance fee
- ✓ Fruits and bottle of water

3. LA FORTUNA WATERFALL HIKE

Located within a spectacular tropical rainforest with a height of more than 70 meters (230 ft.), the Río Fortuna Waterfall is an attraction you do not want to miss! This waterfall shares its territory with the Arenal-Monteverde protected area, hosting a large amount of wildlife, forests, and aquifers. We have the option of observing the beautiful waterfall from the viewpoint or through a 300-meter (0.2 miles) walk down that has 530 steps with comfortable resting areas. Along the way, your guide will describe interesting geological aspects of the rock formations and the history of the high basalt columns that created this waterfall. The trail ends right in front of the imposing waterfall, with ideal spots for amazing photographs. Then you can immerse your body and soul in its refreshing waters. It is also important to emphasize that the entrance fees are used by an NGO to promote the well-being and development of the community.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax
- Bilingual

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Entrance fee
- ✓ Fruits and bottle of water

4. WHITE WATER RAFTING SARAPIQUÍ (Class III)

During this exciting journey, the guide will provide full details on the different towns we go through, their lifestyle, some characteristics of the natural environment and general information about their socioeconomic activities. The Sarapiquí River is characterized by its clear, almost pollution-free water, all thanks to its protected riverbanks are by the fact that only a few people live nearby. Throughout the vibrant journey they will enjoy some swimming time to refresh themselves in several peaceful ponds.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual guide
- ✓ Equipment
- ✓ Fruits and lunch

5. CANOPY ADVENTURE

This zipline circuit consists of 13 platforms. 4 of them are built in enormous trees, with a specialized anchor system that allows the trees to grow unharmed. The cables range in heights from 20 m. (65 ft.) to 90 m. (300 ft.) and between 70 m. (230 ft.) and 600 m. (1970 feet) in lengths. This allows you to reach speeds of up to 56 kph (35 mph)! Each cable has distinct dimensions and scenery. We will fly above canyons, mountains, farmlands and lush rainforests.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Naturalist guide specialized in zipline tours
- ✓ Harness, gloves, helmet
- ✓ Fruits

6. LAKE ARENAL KAYAK TOUR

Enjoy panoramic views while gliding along the tranquil waters of the marvelous Lake Arenal. This paddling experience provides a full body workout as you travel the uneven coasts of the lake, bays, and peninsulas. Enjoy the lush vegetation filled with aquatic birds like kingfisher, ospreys, cormorants, anhingas, and even toucans. During the tour, a guide will provide you with interesting information about the Arenal Volcano, its eruptions from 1968 and the history of the dam that we will navigate.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Personal flotation device
- ✓ Kayak gear
- ✓ Fruits and bottle of water

7. PEÑAS BLANCAS RIVER SAFARI FLOAT

Explore the tropical river ecosystem and experience the tranquility of the forest while floating slowly down the Peñas Blancas River, with the opportunity to observe many species of arboreal and aquatic animals such as: monkeys, sloths, iguanas, turtles, alligators, and different types of birds such as herons, cormorants, American Darters, and Passerines. There is also the possibility of observing a reptile species called the Basilisk Lizard, which is capable of walking on water. The interesting vegetation includes dense branches of ficus, luehea, and kapok trees full of lianas and epiphytic plants, which intersect from both sides of the river forming tunnels full of various shapes and exuberant green colors where very little sunlight gets through.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Personal flotation device
- ✓ Boat
- ✓ Snacks and bottle of water

8. COFFEE & CHOCOLATE TOUR

In this coffee tour, we will learn all about the wonderful history of this product, as well as its importance in the development of Costa Rica. The chocolate tour will allow us to participate in the entire chocolate process and enjoy the delicious final product!

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Coffee tour
- ✓ Chocolate tour

9. SLOTHS & BIRDS

The sloth is one of the most emblematic animals of Costa Rican fauna. These small and friendly creatures are sweet, beautiful, and always appear happy, with an eternal smile painted on their faces. Join us for a short hike through the secondary rainforest. This trail is only 2 km. (1.25 miles) and is designed with the entire family in mind. It is very common to spot these small mammals hiding among the vegetation, but our expert guides know all their secrets and tricks! We will also learn interesting facts about some of the fabulous plants we will spot along the way. Due to its location and type of flora, this trail is also heavily populated with birds. Recommended only for sloth and bird lovers!

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Entrance fee
- ✓ Bottle of water

10. SUNSET LAKE CRUISE

Enjoy a pleasant sunset on the Arenal Lake and breathtaking views of the Arenal Volcano. The beauty of the landscapes and lush vegetation in the surrounding areas of the Arenal Lake have become an excellent spot for boat rides. In this two-hour boat ride, you will have the opportunity to see a huge variety of birds such as “Flycatchers”, “kingfishers”, “Anhinga” and mammals such as monkeys, coatis and sloths. During the trip, our guide will give you all the important information about the area.

- Daily departures
- Approx. duration: **Half day**
- Minimum 2 pax

Includes:

- ✓ Transportation
- ✓ Bilingual naturalist guide
- ✓ Drinks and fruits

