



MANUEL ANTONIO TOURS

Located on the Central Pacific coast of Costa Rica, Manuel Antonio remains one of the country's best beach and rainforest locations. [Manuel Antonio National Park](#) is the main attraction of the region, with monkeys, tropical birds, and iguanas comprising a large portion of the wildlife population. From almost every vantage point, rainforest vistas tumble into picture-perfect inlets and coves that punctuate the shoreline.

Area activities include canopy zip-lining, kayaking through mangrove estuaries, catamaran cruises, rafting, horseback riding, sea kayaking, hiking, and birding.



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Manuel Antonio National Park Hike (Closed on Mondays)

Known as the country's favorite national park, Manuel Antonio features three beautiful beaches bordered by coastal rainforest, with nature trails abundant in wildlife. The animal life is diverse, with some 109-known species of mammals and 184 species of birds. Bring a bathing suit and towel to enjoy the beaches after the tour.

Duration: half-day, departs early in the morning and returns in time for lunch

Passenger Minimum: 2

Difficulty: easy/moderate

Includes: transfers, guide, entrance

What to Bring: secure hiking or tennis shoes, sunscreen, swimsuit, towel, hat or bandana, light clothing

Tour Type: nature, active



PRICE: \$62.00 PER PERSON

PRIVATE TOUR: \$350.00 TOTAL FOR 1 - 4 PASSENGERS. ADD \$88.00 PER ADDITIONAL PASSENGER.

Damas Island Estuary Boat Tour

Explore one of Costa Rica's most unique environments from the comfort of a boat! As you glide through the Damas Island Mangrove Estuary, you might spot curious families of monkeys as they migrate across the mangrove ecosystem in search of food and adventure. You might also see tropical seabirds, turtles, a range of reptiles, and maybe even a caiman or two! You will wind through acres of pristine Costa Rican estuary as guides explain why the mangrove eco-structure so vital to Costa Rica and the world. This tour will end with a relaxing yet rewarding meal.

Duration: Half day, departures vary depending on the tide.

**Departure time typically advised 2-3 days prior*

Difficulty: easy

Passenger Minimum: 2

Includes: transfers, guide, equipment, lunch, or dinner

What to Bring: comfortable clothing, secure shoes, light jacket or sweater, hat or bandana, sunscreen, bug spray

Tour Type: nature



PRICE: \$77.00 PER PERSON

PRIVATE TOUR: \$380.00 FOR 1-4 PASSENGERS. ADD \$96.00 PER ADDITIONAL PASSENGER

Canopy Safari Zip-line

Your adventure begins with a drive through the rainforest. On the drive you will stop and learn about the flora and fauna of the area. Enjoy a hearty meal at a ranch house before gearing up and starting your canopy adventure! Traverse 18 platforms, 10 cables, 2 rappel lines, a suspension bridge, and a Tarzan swing. You're sure to get an incredible adrenaline rush while zipping from platform to platform across the rainforest canopy!



PRICE: \$95.00 PER PERSON

Minimum Age: 5

Passenger Minimum: 2

Duration: ¾ day, departs in the morning and returns after lunch

Difficulty: moderate

Includes: transfers, guide, equipment, breakfast, one meal, entrance to the butterfly garden and serpentarium.

What to Bring: transportation, guide, entrance fees, equipment, and one meal (breakfast or lunch).

Tour Type: adventure

Savegre River Rafting Class II-III

Transfer about 1 hour to the Savegre River for a rafting excursion suitable for beginners and experienced paddlers alike. After a safety briefing, you'll head out on the water, maneuvering rapids like "Boca Diablo" and "washing machine". Your morning on the river is followed by a tasty lunch before you transfer back to your hotel.



PRICE: \$112.00 PER PERSON

PRIVATE TOUR: \$175.00 PER PERSON (4 PASSENGERS MINIMUM REQUIRED TO OPERATE)

Minimum Age: 6

Passenger Minimum: 2

Duration: Full day, departs in the morning and returns after lunch

Difficulty: moderate

Includes: transfers, guide, equipment, lunch

What to Bring: comfortable clothes, secure rubber-soled shoes, swimsuit, sunscreen, change of clothes and shoes, towel

Tour Type: adventure, active

Damas Island Mangrove by Kayak

Paddle gently through the inland waterways of the Damas Island Estuary, one of the most unique eco-systems on the planet. This important ecological area is where the salt waters of the ocean meet the fresh waters of tropical rivers, creating a periodically submerged forest of hanging roots. On the banks, you might spot local inhabitants, like the Sally light foot crab, boa constrictors, silky anteaters, monkeys, lizards, seabirds, and sometimes even crocodiles!

Minimum Age: 8

Passenger Minimum: 2

Duration: Half day, departures vary depending on the tide.

**Departure time typically advised 2-3 days prior*

Difficulty: moderate

Includes: transfers, guide, equipment

What to Bring: light clothing, sunscreen, hat or bandana, light jacket, or sweater

Tour Type: adventure, active



PRICE: \$75.00 PER PERSON

PRIVATE TOUR: \$146.00 PER PERSON (MINIMUM OF 4 PASSENGERS REQUIRED TO OPERATE)

Coastal Sea Kayaking

Paddle your way around the Manuel Antonio coastline on this active kayaking tour. Beginning at the port of Quepos, you will start your adventure by paddling south. From a vantage point only possible in kayaks, you'll catch awe-inspiring glimpses of Manuel Antonio's breathtaking cliffs as we follow along the coastline. Depending on the tide, you may stop off for a snack at a secluded beach. Then, paddle close to tropical rock formations, where shorebirds are known to nest. This fun half-day on the water is a great way to explore the area and get moving!

Passenger Minimum: 2

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: moderate

Includes: transfers, guide, equipment, snack

What to Bring: comfortable light clothing, swimwear, sunscreen, hat, or bandana

Tour Type: nature, active



PRICE: \$80.00 PER PERSON

PRIVATE TOUR: \$146.00 PER PERSON (MINIMUM OF 4 PASSENGERS REQUIRED TO OPERATE)

Rainmaker Reserve Hike

Located about 30 minutes from Manuel Antonio, this private rainforest reserve is a great place to experience local wildlife, like birds, butterflies, frogs, and lizards. Explore the Rainmaker trails with your guide, who will teach you about the history and biodiversity of the reserve and its inhabitants. After this, you'll have a chance to navigate the canopy bridge system and experience the rainforest from an elevated perspective.



Duration: half-day, departs in the morning and returns in time for lunch

Minimum age: 7

Passenger Minimum: 2

Difficulty: easy

Includes: transfers, guide, entrance

What to Bring: comfortable clothing, secure shoes, sunscreen, hat, or bandana

Tour Type: nature, active

PRICE: \$103.00 PER PERSON

PRIVATE TOUR: \$580.00 TOTAL FOR 1-4 PASSENGERS. ADD \$146.00 PER ADDITIONAL PASSENGER.

Nocturnal Jungle Walk

This unique guided adventure is 2 hours to be a part of one of the most fascinating ecosystems in the country – the nocturnal tropical wet forest. Get in contact with many of the nocturnal inhabitants of the Wildlife Refuge, such as the kinkajou, the armadillo, or various snakes! With more than 30 identified snake species, you'll learn about which are dangerous and about their natural history. You'll also have the chance to visit the Tropical Aquatic Gardens, which is home to a variety of frog and toad species.



Passenger Minimum: 2

Duration: approximately 2-2.5 hours, departs around dusk

Difficulty: easy

Includes: transfers, guide, flashlight, entrance

What to Bring: closed-toe shoes, light jacket or sweater

Tour Type: nature

PRICE: \$68.00 PER PERSON

PRIVATE TOUR: \$380.00 FOR 1-4 PASSENGERS. ADD \$96.00 PER ADDITIONAL PASSENGER.

Santa Juana Mountain Tour

Experience the magic of nature and enjoy a unique part of Costa Rican rural heritage! This expedition takes 45 minutes inland to the lush, jungle-shrouded slopes of the Fila Chonta Mountains. See the mountain streams that feed rivers on their journey to the Pacific Ocean and enjoy a refreshing swim beneath mesmerizing waterfalls. You'll also see fascinating regional wildlife, including a myriad of birds, insects and reptiles. Try your luck at organic Tilapia fishing, visit an authentic sugar mill powered by two massive oxen. Visit the rustic Santa Juana pueblo, where you'll learn about coffee and citrus production, participate in the Carbon Offset Tree Planting Adoption Program, and enjoy lunch while taking in the vista of the coastline of Manuel Antonio National Park.

Minimum Age: 6

Passenger Minimum: 2

Duration: full day, departs in the morning and return after lunch

Difficulty: moderate

Includes: transfers, guide, snacks, lunch

What to Bring: comfortable clothes, swimwear, hat, sunscreen, secure sneakers or sandals, towel

Tour Type: active, nature, cultural



PRICE: \$155.00 PER PERSON

PRIVATE TOUR: \$195.00 PER PERSON

Santa Juana Bird Watching

The private nature reserve at Santa Juana is a must for birdwatchers! 150 bird species native to Central and South Pacific Costa Rica can be found within it such as white hawks, gray-necked wood rails, southern lapwings, purple gallinules, fiery-billed aracaris, swallow-tailed kites, wood storks, and pale-billed woodpeckers. A number of wading species like the Bare-throated Tiger Heron, the Roseate Spoonbill, and the White Ibis live nearby. The primary forest's populations of White hawk, Red-capped Manaking, and Baird's Trogon are both fascinating and lovely. At the end of the tour, cool off in a spectacular natural swimming pool.

Minimum Age: 6 years

Passenger Minimum: 2

Duration: half-day, departs early in the morning and returns in time for lunch

Difficulty: moderate

Includes: transfers, guide, entrance

What to Bring: hiking shoes, bug repellent, extra t-shirt

Tour Type: nature



\$155.00 PER PERSON

PRIVATE TOUR: \$195.00 PER PERSON

Villa Vanilla Spice Tour

Manuel Antonio's Villa Vanilla tropical spice plantation sits on 125 acres of primary and secondary rainforest. Certified organic and biodynamic, Villa Vanilla is home to a variety of spices and plants, including cocoa, ceylon cinnamon, and of course, vanilla. This tour involves a gentle walk through the plantation, along a unique garden trail. At the Punta Mira Viewpoint, you'll experience the "Flavors of the World" tasting menu – an assortment of gourmet chocolate, vanilla and Ceylon cinnamon treats, among other spices and seasonal tropical fruits. This tour is a unique "foodie" experience with a major focus on sustainability.

Duration: half-day, departs in the morning or afternoon. **Note: On Saturdays, only the morning tour is available.*

Passenger Minimum: 2

Difficulty: easy

What to Bring: comfortable shoes, sunscreen, comfortable clothing, hat or bandana

Includes: transfers, guide, and spice tasting

Tour Type: cultural, culinary



PRICE: \$68.00 PER PERSON

PRIVATE TOUR: \$128.00 PER PERSON

Manuel Antonio Afternoon Catamaran Tour

This afternoon catamaran adventure is a great trip for nature lovers and anyone who wants to enjoy being on the water with Pacific sunset views. Humpback whales, dolphins, and other beautiful marine life can be witnessed from the deck of the catamaran (marine life varies depending on the season). Onboard, guests can relax with a selection of snacks and drinks. Depending on the weather, the tour includes a snorkeling adventure along the coast. Bring a swimsuit in case you want to get in the water!

Duration: half-day, departs in the early afternoon and returns at dusk

Passenger Minimum: 4

Difficulty: easy

Includes: transfers, guide, equipment, snack

What to Bring: swimwear, towel, sunscreen, light jacket or sweater, hat, or bandana

Tour Type: active, nature



PRICE: \$84.00 PER PERSON

PRIVATE TOUR: \$3200 TOTAL FOR UP TO 40 PASSENGERS

Horseback Riding at Tocori Mountain & Waterfall

Indulge in a half-day adventure through the Tocori Biological Reserve. Learn about Costa Rica's exotic plants and rare wildlife as you ride through the tropical jungle just minutes away from Manuel Antonio. After an hour-long ride on horseback, take a guided nature walk and let Don Gilberto and his family host you on an educational tropical adventure with a refreshing visit to the Tocori Waterfall. After visiting the waterfall, you are ready for an authentic Costa Rican lunch. You will end your trip learning about the private herb and plant garden as they help educate locals and visitors alike on how to preserve the indigenous plant and herb varieties of their beautiful country.

Duration: Half day, departs in the morning or afternoon

Minimum age: 7

Passenger Minimum: 3

Difficulty: moderate

Includes: transfers, guide, equipment, one meal

What to Bring: secure shoes, swimsuit, sunscreen, towel, hat, or bandana

Tour Type: nature, cultural



PRICE: \$84.00 PER PERSON

PRIVATE TOUR: \$410.00 TOTAL FOR 1-4 PASSENGERS. ADD \$103.00 PER ADDITIONAL PASSENGER

Tico Farm Visit & Tocori Waterfall Hike

First, visit a traditional Costa Rican ranch for a freshly brewed cup of coffee, handmade tortillas, and local cheese. Part of the farm experience includes milking a cow, as well as squeezing your own sugar cane juice.

Then, head to the Tocori Waterfall. This exciting walk through the forest takes about 20 minutes, leading you to a fresh mountain river stream. You'll have a chance to enjoy a refreshing dip in the pristine water before heading back to the ranch. Enjoy lunch before returning to your hotel!

Duration: half-day, departs in the morning or afternoon

Minimum age: 7

Passenger Minimum: 3

Difficulty: moderate

Includes: transfers, guide, equipment, one meal

What to Bring: secure shoes, swimsuit, sunscreen, towel, hat or bandana

Tour Type: nature, cultural



PRICE: \$84.00 PER PERSON

PRIVATE TOUR: \$410.00 TOTAL FOR 1-4 PASSENGERS. ADD \$103.00 PER ADDITIONAL PASSENGER

Local Flavors Cooking Class

Learn how to prepare classic Costa Rican dishes on this local food adventure! First, you'll head to a farmers' market in nearby Quepos to find the best ingredients for your dishes. Then, visit a nearby ranch to meet the culinary team and search the organic garden for some final ingredients. Finally, begin preparing your Costa Rican staples, following local recipes. You'll cover everything from tortillas to "picadillo" (minced meat and veggies with spices).

Please advise any food allergies at time of booking



Duration: Half day, departs in the morning or afternoon

Minimum age: 7

Passenger Minimum: 3

Difficulty: moderate

Includes: transfers, guide, equipment, one meal

What to Bring: secure shoes, swimsuit, sunscreen, towel, hat or bandana

Tour Type: culinary, cultural

PRICE: \$84.00 PER PERSON

**PRIVATE TOUR: \$410.00 TOTAL
FOR 1-4 PASSENGERS. ADD
\$103.00 PER ADDITIONAL
PASSENGER**