



## A Variety of Choices

We know the destinations you'll be visiting. Our team works with reputable, local tour operators to offer you a variety of excursions to choose from.

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## Key to Activity Levels and Tour Feature Icons

Please refer to the back pages for the key and other important information

## Tour Descriptions for Puntarenas, Costa Rica

### PACIFIC TRAIN, BUS & BOAT ADVENTURE

Puntarenas, Costa Rica Tour Code: PAS\_17

This combination excursion gives you the opportunity to ride a historical train that has been in service for more than 50 years and participate on a scenic ride through rural countryside and tropical fields. Afterwards, board your motorcoach en route to the Tarcoles River where you'll go on a boat and explore the spectacular natural scenery this river has to offer.

The river and mangroves attract many types of bird wildlife such as toucans, spoonbills, herons, egrets, jacanas, pelicans, scarlet macaws, iguanas and crocodiles. Upon your return enjoy some live marimba melodies and enjoy a delicious buffet of seasonal fruits and tropical refreshments. Enough time will be provided to select crafts made by local artisans before returning to your ship.

Note: This excursion might operate in reverse order. Please wear casual clothing, comfortable walking shoes, a hat, sunscreen, and bring a camera and raingear. Wildlife sightings while common cannot be guaranteed. Advance notice is needed for guests in wheelchairs; motorized scooters cannot be handled, only foldable wheelchairs. The type of walking required is along even roads and compact gravel trails. A free bird guide will be provided at the beginning of the river cruise, which will allow participants to identify any feathered creatures seen along the way.

<b>ACTIVITY LEVEL</b>	<b>1</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$93*	\$62*	4¾ hours	

### DISCOVER COSTA RICA

Puntarenas, Costa Rica Tour Code: PAS\_23

Your day begins with a scenic drive to Palmares County. Along the way, a knowledgeable guide will provide you with fascinating information about Costa Rica's culture and history. Once in Palmares, you'll visit Costa Rica's most fascinating churches and learn about their uniqueness. Your next stop will be Doka Estate, located at an altitude of 4,500 feet above sea level. This beautiful estate and coffee plantation was declared a historical and architectural heritage site by the Costa Rican Government. Your guide will relay the magic of coffee from seed to cup.

Enjoy a typical buffet at La Cajuela restaurant surrounded by beautiful gardens with mountain views. You'll have free time to visit souvenir shops and take home some special coffee products. Your last stop will be La Garita, a magnificent botanical garden featuring a learning greenhouse, flower showroom and a bird area of scarlet macaws, blue and gold macaws and cockatoos.

Note: Wear comfortable shoes, long pants and a light jacket; bring sunscreen and sunglasses.

<b>ACTIVITY LEVEL</b> 	<b>Adults from</b> \$104*	<b>Children from</b> \$72*	<b>Approximate Duration</b> 8 hours	<b>Tour Features</b> 
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## SCENIC COSTA RICA

Puntarenas, Costa Rica Tour Code: PAS\_20

Your sightseeing drive through rolling hills, high mountains, plains, valleys, and riverbeds is just part of the gorgeous landscape that will make you think of paradise. Costa Rica's topography is one of the world's most diverse. You'll start by heading east to Esparza, a town that has become one of the most picturesque in Costa Rica's Central Pacific region. The central park and its church are emblematic of Costa Rica's hardworking rural towns.

Local dancers in colorful dresses will greet you at the park and you'll enjoy masquerades and handmade souvenir exhibitions while you learn about their traditions. Your scenic drive includes some stretches along the Pacific Ocean passing by mango and cashew plantations, farming areas and most certainly seeing some birds along the way, all examples of sustainable living. Take the opportunity to capture unique pictures, while traveling down to sea level, admiring the most breathtaking views.

Note: Wear comfortable shoes; bring sunscreen, a hat and light clothing.

<b>ACTIVITY LEVEL</b> 	<b>Adults from</b> \$51*	<b>Children from</b> \$30*	<b>Approximate Duration</b> 3¼ hours	<b>Tour Features</b>  German
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## SCARLET MACAW SANCTUARY & PUNTARENAS SIGHTSEEING

Puntarenas, Costa Rica Tour Code: PAS\_39

The Macaw Sanctuary at El Manantial is a wildlife conservation project working to save and protect macaws that are native to Costa Rica. The main focus of the project is the Scarlet Macaw and the Great Green Macaw,, who once flew freely in many areas of Costa Rica. At the sanctuary, these macaws are bred strictly in order to release their young in to the wild to be set free forever. Here, the birds fly unrestricted, enjoying the trees and the fruits they can find around this habitat and eating clay on the ground.

Returning to Puntarenas complete your adventure with an overview of this charming, lively town with some free time to explore on your own before rejoining your coach for the return drive to your ship.

<b>ACTIVITY LEVEL</b> 	<b>Adults from</b> \$104*	<b>Children from</b> \$72*	<b>Approximate Duration</b> 4¾ hours	<b>Tour Features</b>  
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## THE ORIGINAL ZIPLINE ADVENTURE

Puntarenas, Costa Rica Tour Code: PAS\_19

Board your guided air-conditioned transportation and pass through Puntarenas and its surrounding mangroves. Then, proceed southward along the coast past the port of Caldera and small fishing villages, such as Mata de Limon. Next, head inland into the coastal range of mountains passing by small farming communities such as Tivies and Ceiba. Here, you'll have the opportunity to see typical Costa Rican rural life. Along the way, you may encounter different species of birds as well as sugar cane, bananas, coffee, mangos and other crops that are often exported to North America and Europe. Continue traveling south until you reach the Tarcoles River, where sightings of very large crocodiles are frequent.

This is where your Canopy Tour adventure will begin. Upon arrival, you'll be geared up with the necessary equipment and briefed on safety instructions. You'll be guided on a 15 to 20 minute walk through the tropical transition forest to the beginning of the tour. Once here, you'll proceed to the first horizontal traverse cable. The original Canopy tour consists of nine observation platforms, and eight horizontal traverse cables connected between the immense trees of this tropical paradise. Your journey through the trees will take approximately one hour. Here, you may see deer, monkeys and a variety of birds including the endangered scarlet macaw, orchids, bromeliads and mahogany trees. At the end of the tour you'll receive a complimentary bottle of water. Other beverages and souvenirs will be available for purchase once back at the reception area. After a few minutes of relaxation, you'll board your bus for the return journey to the pier.

Note: Participants must be at least 5 years of age and weigh no more than 275 lbs. Although wildlife sightings are common, they are not guaranteed. This tour is not recommended for pregnant women or for guests with seizure disorders, heart, back, neck or balance problems. Wear closed-toe shoes and bring insect repellent. A change of clothing is recommended.

<b>ACTIVITY LEVEL</b>	<b>3</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$104*	\$72*	4½ hours	AGE 

## AERIAL TRAM & ZIPLINE ADVENTURE

Puntarenas, Costa Rica Tour Code: PAS\_34

Experience the thrill of a zipline canopy tour without missing out on the rainforest's rich wildlife. This innovative 'Tranopy' tour combines the in-depth forest view of an aerial tram with the excitement of a canopy tour. Your naturalist guide will accompany you to point out some of the secrets of the primary and secondary rainforest that surrounds you. Your Tranopy tour starts with a ride on the famous tram where you'll experience all the different layers of the rainforest, from the floor up to the treetops.

Silently glide through the colorful, complex beauty of the rainforest canopy. The 30 minute tram ride will bring you through the forest, over tumbling cascades and to the beginning of your canopy adventure. You'll experience canopying though ten cables – five of which are over 200 meters long. To your right, you'll find the dense rainforest, and to your left is an extensive view of the valley all the way to the Pacific Ocean. Over 1.5 kilometers

of cables will take you through everything from the rich rainforest ecosystems to sweeping views high above the forest floor.

Note: Participants must be at least 12 years of age and weigh no more than 260 lbs. Not recommended for pregnant women or guests with back or neck injuries. Guest must fit into harness and helmet in a safe manner. Wear comfortable clothing and closed-toe shoes.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$146*	\$146*	8 hours	AGE  

## AERIAL TRAM & RAINFOREST ADVENTURE

Puntarenas, Costa Rica Tour Code: PAS\_30

Embark on an open-air gondola ride with a naturalist guide and safely glide through a living backdrop of giant trees, hanging gardens, waterfalls and lush green landscapes. Panoramic ocean views and common sightings of wildlife that thrive in the canopy will introduce you to this unique transitional forest. This is also one of the few areas in Costa Rica where you can occasionally see spectacular scarlet macaws majestically soaring above the treetops or sitting in one of the trees.

To complete your rainforest experience, visit the Serpentarium, a medicinal plant Garden and Heliconias Gallery. You'll also have a chance to pass through a snake exhibit set in the tropical rainforest. Enjoy a delicious lunch before returning to your ship.

Note: Wear light clothes, closed-toe shoes. Bring rain gear and insect repellent.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
2	\$146*	\$93*	7 hours	

## JUNGLE CROCODILE SAFARI


Puntarenas, Costa Rica Tour Code: PAS\_18

This adventure tour takes place in the Guacalillo Estuary on the Tarcoles River that forms the northern border of the Carara Biological Reserve. It's home to one of the world's largest crocodile populations in the world with individuals up to 20 feet long that can live up to 60 years. In addition to the crocodiles, over 50 different bird species might be seen on site. This estuary is famous for its mangrove forests and is one of the nesting sites of the very rare scarlet macaw and a great variety of resident and migrant waterfowl, iguanas and Jesus Christ lizards.

Your adventure begins with a one hour ride on coastal and countryside roads, passing small towns en route to the premises of the Jungle Crocodile Safari created by the veterinarian Mr. Mario Orjuela in 1993. Using catamaran-

style boats, you'll be able to observe these wild animals from a safe distance. A delicious tropical fruit buffet will be waiting for you at your return with tropical fruit drinks and coffee. Ample time for purchasing crafts made by local artisans will be given.

Note: At the beginning of the Tarcoles exploration, you'll receive a free bird guide so that you can identify the birds that you might see. Wear comfortable shoes, long pants, a hat, sunscreen and bring sunglasses, a light jacket/raingear and insect repellent. Walking is over cemented and gravel trails. Advance notice is needed for guest in wheelchairs. Motorized scooters cannot be handled, only foldable wheelchairs.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$72*	\$51*	4½ hours	

## RAINFOREST TREKKING, WATERFALL CLIMBING & VERTIGO FREE FALL

Puntarenas, Costa Rica Tour Code: PAS\_41

Enjoy one of the most amazing experiences climbing on the tropical waterfall within the Costa Rica Pacific Rainforest. Face an incredible 164 foot 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.

As you get to the top, find a moment of peace as you fly through the air on two different zip lines to a hanging-platform where you will then be prepared for a refreshing and exhilarating 82 foot high vertigo free fall.

Thumbs up for the best waterfall climbing experience in Costa Rica Pacific near Jaco Beach!

Note: Participants must be at least 8 years of age, weigh no more than 275 lbs. Not recommended for pregnant women or guests with back or neck injuries. We recommend you bring a change of clothes and a towel as you will get wet. Wear closed-toe shoes.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$149*	\$149*	6 hours	<b>AGE</b> 

## BOTANICAL GARDENS PURA VIDA

Puntarenas, Costa Rica Tour Code: PAS\_21

Take a scenic drive to the tropical forest area of Bijagual, which is located near the boundaries of the Carara Biological Reserve. Here, you'll have the opportunity to visit Pura Vida Botanical Gardens, one of the most spectacular private gardens in Costa Rica. See beautifully manicured gardens noticing that they are also bordered by one of the tallest waterfalls in the country. Pura Vida is home to over 60,000 flowering plants, including 60 varieties of heliconia, 10 varieties of ginger, and orchids. Look for butterflies, macaws, parrots, parakeets,

toucans, kingfishers, birds of prey, and waterfowl.

During the 1 1/2 hour guided walk along gravel trails, your guide will help you explore this incredible wonderland. Take in the ocean views in the distance as you meander through the walkways and see some wildlife. After your walk concludes, continue on for a few minutes to Villa Lapas Ecological Hotel, where fresh tropical fruits will replenish your energy. Then browse the gift shop for souvenirs before heading back to your ship. Weather permitting, a quick stop will also be made at the Tarcoles River for crocodile observation.

Note: Participants must be in good health. Those with severe walking or mobility issues should not participate, as there is required walking on gravel terrain with some inclines. Wear comfortable clothes and shoes. Bring a hat and camera.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
1	\$104*	\$72*	5¼ hours	—

## FOREST SKY WALK & TARCOLES ECO-CRUISE

Puntarenas, Costa Rica Tour Code: PAS\_40

Experience the wonders of the tropical forest, walk along suspended cable bridges and enjoy a motorboat ride on the Tarcoles River to enjoy one of the more diverse views of the protected areas of Costa Rica.

The Sky Walk trails and suspended cable bridges are likely to show visitors the wonders of the tropical forest. Located around national parks and protected lands, more than 120 species of birds have been identified as well as mammals such as the Kinkajou, Agoutis, Coatis, and others. Your downhill walk will enable you to enjoy breathtaking views of the ocean and coastline, as well as its vegetation and waterways.

Drive to your next destination to where the adventure awaits. Take a motorboat ride along the Tarcoles River, famous for its pristine mangrove forest and is a nesting site for the rare Scarlet Macaw. It also shelters a large variety of resident and migrant aquatic wildlife, iguanas and Jesus Christ lizards, home of the largest crocodile population in the country. Your river exploration is done using high above the water covered motorized boats. Make sure you keep your eyes open and your camera ready. Listen to marimba music while you enjoy a tropical fruit buffet with fresh fruit juice, water and flavorful Costa Rican coffee before returning to your ship.

Note: Participants must be at least 8 years of age and in good physical condition. This tour involves approximately (1 kilometer) of walking downhill on uneven dirt or gravel trails including about 120 steps, standing for periods of time and crossing hanging bridges. Guests who are afraid of heights and might experience vertigo crossing hanging bridges should not take the tour. This tour is not recommended for persons with heart or respiratory conditions or with walking difficulties due to the heat, humidity and the level of activity. Wear light clothing, walking or hiking shoes, rain gear, insect repellent and sunscreen.

ACTIVITY LEVEL	Adults from	Children from	Approximate Duration	Tour Features
3	\$88*	\$57*	4¾ hours	AGE 

## FOREST SKY WALK & SHOPPING


Puntarenas, Costa Rica Tour Code: PAS\_37

The Sky Walk trails and suspended cable bridges will show you the wonders of the tropical forest. Located around national parks and protected lands, more than 80 species of birds have been identified as well as mammals such as the Kinkajou, Agoutis, Coatis and more. Your one hour downhill walk will offer you breathtaking views of the ocean and coastline, as well as its vegetation and waterways.

Board your coach to visit El Jardin, enjoy some fruit and water to replenish your energy here and you'll be able to shop souvenirs in the well-stocked shop, before heading back to your ship.

Note: Participants must be at least 8 years of age. There is a considerable amount of walking on this tour. Not recommended for guests with heart or respiratory conditions due to the heat, humidity and the level of activity.

There are uneven dirt trails and you'll cross three hanging bridges. Wear light clothing, insect repellent and sunscreen. Walking or hiking shoes recommended, as well as raingear. Wildlife sightings, are common but not guaranteed.

<b>ACTIVITY LEVEL</b>	<b>2</b>	<b>Adults from</b>	<b>Children from</b>	<b>Approximate Duration</b>	<b>Tour Features</b>
		\$67*	\$46*	4¼ hours	AGE  

## A REAL COFFEE EXPERIENCE

Puntarenas, Costa Rica Tour Code: PAS\_24

This experience allows for an intimate glimpse inside one of the most important aspects that defines Costa Rica as the strongest nation in all of Central America. Coffee cultivation has been the primary source of income for many Costa Rican families since the turn of the 19th century. You'll visit a 670-acre cooperative farm owned by more than 2,300 farmers of who 60% are women. Each member contributes almost 10 acres of land to the coop. The coffee that they cultivate and produce is sold directly to one of the largest coffee companies in the world, Starbucks. This coffee is also purchased by Rainforest Alliance, an organization that focuses on the conservation of biodiversity and sustainable development.

You'll experience first hand the coffee roasting process and have the chance to sample the flavorful brewing. Also see how the coffee beans, also known as cherries, are picked, sorted, peeled, fermented and sun-dried. Learn many interesting facts that may change your appreciation of this highly consumed beverage. Feel free to browse the selection of hand-made souvenirs before heading to the town of Sarchi. A photo-stop will be made at the largest oxcart monument ever built and a stop at the factory that made it; see the ancient water wheel that propels most of the machinery they use to cut and saw the wood.

Note: Minimum amount of walking over even surface and some steps. For wheelchair restricted customers,





advance notice is required. Motorized scooters cannot be handled, only foldable wheelchairs. Wear comfortable shoes, sunscreen, a hat and bring a camera and a light jacket.

**ACTIVITY LEVEL** 

**Adults from**  
\$72\*

**Children from**  
\$51\*

**Approximate Duration**  
6½ hours

**Tour Features**  
 

## Activity Levels

- ACTIVITY LEVEL 1** Involves walking over relatively level terrain, possibly some cobblestone, gravel or a few steps. Comfortable shoes are recommended.
- ACTIVITY LEVEL 2** Involves a considerable amount of physical activity such as substantial walking over cobblestone streets, climbing stairs or steep terrain. They're not recommended for guests with walking difficulties. Comfortable, sturdy shoes are recommended.
- ACTIVITY LEVEL 3** Involves physical exertion for extended periods. The terrain may be uneven or steep. It can also indicate a need for swimming in a light current, biking or horseback riding. Recommended only for physically fit and adventurous travelers.

## Tour Features Icon Legend



**Age Requirement** - This tour has specific age requirements.



**C-Card** - Must present a nationally recognized Scuba certification card, logged a dive within the past 12 months and bring a physician's note if you have a medical condition or are taking medication at the time of cruising.



**Debark** - Tour will conclude at the airport, a Norwegian Cruise Line program hotel or an assigned central location for your convenience. Guests are responsible for ensuring their debarkation tour is compatible with their departure flight times. Please allow extra time in case of unforeseen delays, and note that the tour will still run in it's entirety. Refer to the details section of the selected tour for more information.



**Family Recommended** - This tour is great for families.



**Flightseeing Tours** - Due to aircraft weight and balance limitations, the flight company charges an additional rate for passengers that weigh 250 lbs. or more. Space is capacity controlled, please call 1.866.625.1167 for assistance.



**Guests with Disabilities** - This tour accommodates guests that are full-time wheelchair users. Guests can remain in their wheelchair for the duration of the Excursion. Please contact the Shore Excursion staff upon boarding to ensure that your needs can be accommodated.



**Height Requirement** - This tour has specific height requirements.



**Hiking** - Sturdy walking shoes required.



**Limited Mobility** - This tour requires guests to transfer from their wheelchair to board the motorcoach (wheelchairs must be collapsible). Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this.



**Meal** - A meal and beverage is provided on this tour.



**Outerwear** - Outerwear/speciality equipment as noted will be provided by the Tour Operator.



**Passport** - This excursion crosses an international border so you'll need a valid passport. Some guests from certain countries may also need a visitor's visa.



**Shopping** - Time permitting, shopping is available on this tour.



**Snack** - A light snack or refreshment is served on this tour.



**Ultimate Tour** - With Norwegian's Ultimate Touring, experience custom adventures like yacht charters, VIP tours and small group touring.



**Weight Requirement** - This tour has specific weight requirements.

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## Please Note

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