

QUEPOS, COSTA RICA

Quepos: Mangrove Wildlife & Boat Cruise

ACTIVITY LEVEL: EASY

A boat ride through the mangroves is like visiting another world. The species of trees that grow in the mixed waters of the ocean and the river make a unique and very **fragile ecosystem**.

Most of these trees grow along the estuary, developing an aerial root system. As the tide goes down the roots become suspended in the air creating a perfect home for crabs and crocodiles.

In the upper part of the forest you will see **monkeys and a great variety of birds** including herons, egrets, and spoonbills. The launch will take you to a private property for refreshments as your naturalist tour guide gives you more information about this amazing ecosystem.

Your **shaded boat** will then take you deep into the mangroves, where you will try to spot all the incredible wildlife making their home there. After a 2- hour boat ride you will arrive at the village where transportation will be waiting to drive you back to the ship. An optional drop off in Quepos is also available, where you will find several restaurants and shops.

Please note: Wear light clothing, good walking shoes, a hat, sunscreen, and insect repellent.

PRICE^{\$}79

Quepos: Manuel Antonio National Park Nature Walk

ACTIVITY LEVEL: MODERATE

Manuel Antonio National Park is the jewel of Costa Rica. Its fragile rainforest ecosystem shelters a variety of wildlife including mammals and tropical birds. The dense rainforest opens into small, well-maintained trails where your naturalist tour guide will share information about the area. Another great attraction is the white-sand beach that meets the jungle. Your **1-1/2 hour guided walk** will lead you to the beach where you will have time for sunbathing or swimming. Manuel Antonio Park protects 683 hectares of tropical rainforest and is considered one of the most visited national parks in Costa Rica so you may see large groups of people and lines at the only entrance. Your tour will start early in order to avoid the crowds and have a better chance to spot wildlife. At the end of your walk your guide will prepare a **tropical fruit buffet** before you will head back to Quepos when an optional drop off in town is also available.

Please note: The walking is easy with no uphill climbs. It is recommended to wear light clothing, good walking shoes, a hat, sunscreen, water, and insect repellent. Wear a bathing suit under your clothes and bring a towel if you want to sunbathe at the beach. Wildlife sightings are not guaranteed

PRICE\$79

Quepos: Santa Juana Rural Mountain Adventure

ACTIVITY LEVEL: MODERATE

Experience a unique piece of Costa Rican rural heritage just about an hour from Quepos on a **scenic country drive** by van. This guided nature, conservation, and cultural expedition takes you along the lush, jungle-shrouded slopes of the nearby **Fila Chonta Mountains** to the farm village of **Santa Juana**. You will enjoy exploring along the 1.5-mile user-friendly nature trail as your guide will share knowledge of this pristine sanctuary of flora and fauna where both the **Rodeo and Paquita Rivers** are born. You will continue to where you can swim beneath the pristine waterfalls that feed the Rodeo River. You will have free time to choose a **short horseback ride, fishing** for tilapia, exploring the tropical gardens and waterfalls, or participating in the **Carbon Offset Tree Adoption Program** that is planting and maintaining over 10,000 trees in the area. You will visit the tiny farm village of Santa Juana, overlooking the panoramic coastline of the Pacific Ocean as you enjoy an **authentic Campesino (country) lunch** in a typical village rancho, co-hosted by members of the local community.

Please note: This tour is not wheelchair accessible. The road is bumpy and winding and there are stairs involved. This tour includes a light breakfast and a buffet lunch.

PRICE\$135

Quepos: Savegre River Floating Class I & II

ACTIVITY LEVEL: STRENUOUS

You will depart from Quepos on a 1-1/2 hour transfer by air-conditioned motor coach to the rural town of **El Silencio** passing by palm, teak, and melina plantations. After a short stop where you can often spot toucans and macaws, you will continue toward the town of **Santo Domingo**, where a group of qualified bilingual guides are waiting for you to start this **2-hour class I & II amazing river float**. They will give you an orientation on the river and its natural environment, considered one of the most beautiful rivers of Central America. The scenery and wildlife along the Rio Savegre will give you an opportunity to enjoy beautiful landscapes, including some native African oil palm plantations, white ibis, cormorants, egrets, crocodiles, and herons.

Please note: Wear light clothing, water shoes or rubber soled shoes, sunscreen, and insect repellent. Bring a change of clothing and a towel as you will get wet. Protection for your camera highly recommended. This is a moderate level activity, and guests may be asked to

paddle. No alcohol will be allowed on this tour. Guest must read, fill out and sign a waiver prior to departure of this tour. Wildlife sightings are not guaranteed.

PRICE\$105

Quepos: Sport Fishing

ACTIVITY LEVEL: STRENUOUS

For those who love to fish, Quepos is an excellent option. Unlike Northern Costa Rica, Quepos is protected from the winter winds and is considered **one of the top fishing destinations** in the world. After approximately 45 minutes of sailing to the southwest (20-25 miles off shore) your boat will arrive at the deep sea area known for catching **sailfish, marlin, tuna, and mahi-mahi**. For the best and easiest fishing the bait that will be used is either moli or balihu. *Blue Fin II* is a 28-foot custom sportfisher, with a 315 HP inboard Cummins engine, tower with full controls, IGFA Tackle, Penn International Reels, LEE Fighting Chair, cabin with a bed, and a marine toilet, manned by a captain and first mate with many years of experience in fly fishing, and catch & release.

Please note: The price for this tour is per boat. This tour requires lots of activity and arm strength and is only recommended for those in good physical condition. Wear fishing attire, a hat, and sunscreen. Fishing licenses are not included and should be purchased at the pier - \$25.00. Charters include soft drinks, fruit, water, ice, beer, tackle, and all equipment.

PRICE\$1499

Quepos: Surf Lessons on Manuel Antonio Beach

ACTIVITY LEVEL: STRENUOUS

Costa Rica occupies a privileged spot in the heart of the Americas. While its territory of 19,652 square miles touches both the Caribbean Sea and the Pacific Ocean, the country is surprisingly accessible - one can travel from coast to coast in just 4 hours by car and a large number of visitors come to Costa Rica to enjoy surfing because it offers different type of waves for beginners or for experts and most importantly because the ocean temperature is always warm and tropical. You will be picked up at the pier for the 30-minute ride to **Manuel Antonio Beach**. You will be given a safety speech and a surfboard for 2 hours of surf lessons followed by tropical fruits snacks. You'll be amazed by the waves in one of the most beautiful and best surfing spots on the Pacific Coast of Costa Rica - **perfect for beginners**.

Please note: Bring sunblock, sunglasses, waterproof camera, hat, swimsuit, towel, and extra dry clothes. This tour is not wheelchair accessible.

PRICE\$115

Quepos: Titi Canopy Tour

ACTIVITY LEVEL: STRENUOUS

Imagine yourself soaring high above the jungle floor as you fly through tree tops, amid some of the most beautiful flora and fauna in the Costa Rican rainforest! This canopy tour is an exciting adventure that can be enjoyed by people of all ages. You will **fly for a mile** over the jungle canopy suspended on solid steel cables attached to a personal, high-tech, lightweight harness.

During your journey you'll stop and rest at **16 strategically located platforms** and 12 cables where you are **most likely see the surrounding wildlife**. Many of these platforms are almost 100 feet high, nestled in the trunks and branches of trees that are centuries old. The staff of professionally trained guides will help you look for the abundant wildlife along the way; including **Titi monkeys, two- and three-toed sloths, poison dart frogs, iguanas, and toucans**. The exhilaration of a zip line is unlike anything you have ever experienced.

Please note: This tour is not recommended for guests who are afraid of heights or pregnant women. Wildlife sightings are not guaranteed.

PRICE\$105