



**NAYARA**  
RESORTS

# **TOUR BOOK**





# INTRODUCTION

The Arenal Volcano region stands as one of Costa Rica's most sought-after tourist destinations, boasting lush natural beauty.

Dominated by the imposing Arenal Volcano, this area showcases magnificent rainforests, rejuvenating hot springs, a picturesque lake, and a plethora of thrilling adventures to embark upon. Exploring the region through excursions is an absolute must during your stay. Our team of seasoned tour guides eagerly awaits the opportunity to accompany you on a private tour of your preference, ensuring that your experience is both enjoyable and educational.

For personalized assistance in planning your time in Arenal or to receive more information about our featured tours, please don't hesitate to contact our dedicated concierge team via email at [reservations@nayararesorts.com](mailto:reservations@nayararesorts.com).

We are here to make your visit truly unforgettable.



# WHAT TO BRING?



## Boot Up

Hike more, slip less! Use Footwear with good treads and consider wearing hiking boots. They might just save you from sliding on wet terrain.



## Stay Hydrated

You know the deal. Plastic bottles are out, reusables are in! Fill yours up with water and sip away with every other step.



## Keep Dry

Don't get caught off guard. Arenal can go from sunshine to storms in the blink of an eye. Take a rain jacket just in case.



## Sun Block

Don't be fooled by the clouds – UV levels are higher here so remember to always sun-block up.



## Say Cheese

Never miss a photo opp. Pack your camera and prepare to pose – Arenal is oh so photogenic.



## Bug Spray

If you're popular with the insects, we recommend repellent. We might be outnumbered in the forest but there are ways to minimize damage!



## \* MYSTIC HANGING BRIDGES

Experience the rainforest like never before, as you make your way from ground level up through the jungle canopy traversing a series of trails and exciting suspension bridges. The Mystic Hanging Bridges tour takes you on a 2.5 miles (3km) hike that includes 10 fixed bridges and 6 hanging bridges. Your naturalist guide will point out the different species of plants and animals unique to each habitat and elevation.

Your tour also includes time to view an incredible 60 ft. high waterfall tucked within the pristine rainforest and a beautiful view of the Arenal Volcano from the highest bridge. The paths on this tour are well maintained but there are several spots that require the ability to navigate tall steps and at times wet/muddy conditions.

**Difficulty**  
☆☆☆ Ability to manage intermediate level of physical activity

**Cost**  
\$ \$181 per person

**Duration**  
🕒 4 hours, including transportation

**Suggested Time(s)**  
🕒 8:30 am & 14:30

**Important note**  
! Closed toed shoes are required for this tour

## \* LAVA FIELDS WALK

The Arenal Volcano is one of Costa Rica's most iconic sites. This perfect cone shaped volcano stands majestically overlooking the town of La Fortuna. Our Lava Field Walk tour gives our guests the opportunity to trek over the dried lava fields. It's a chance to not only experience this amazing natural phenomenon, but also learn more about the history of La Fortuna and the devastation from the 1968 eruption. You'll drive 25 minutes from the hotel together with your experienced naturalist guide. Together you'll start along a safe trail with fantastic views of the volcano.

Take time to examine the vegetation along the trail, many new pioneer species of plants and trees have fought their way through the rock and ash to rejuvenate the area. As you approach the lava fields you'll hike up a flight of steep steps (about 5-7 minutes) and from the top, on clear days, have an incredible view of both the volcano and Lake Arenal. Next, you'll enter the dry lava fields. While quiet, the Arenal Volcano is still very much an active volcano. The last actual eruption was in 2010 but you may hear small rumbles, hissing or see puffs of steam from the top of the crater.



**Difficulty**  
☆☆☆ Ability to manage intermediate level of physical activity

**Cost**  
\$ \$146 per person

**Duration**  
🕒 3.5 hours

**Suggested Time(s)**  
🕒 8:30 am & 14:30



## \* HANGING BRIDGES + LA FORTUNA WATERFALL & LUNCH

Experience the rain forest like never before, as you make your way from ground level up through the jungle canopy traversing a series of trails and exciting suspension bridges.

After your amazing trek at Mystic Hanging Bridges, it's on to one of the most spectacular sites in the country, the La Fortuna Waterfall. This stunning waterfall stands 230 ft. (70mts) high. You'll walk down 600 man-made steps to reach the waterfall pool. From this vantage point you'll feel the full force and power of this huge waterfall. Up for a swim and enjoy the clear cool waters and surrounding rain forest. Following your waterfall adventure, you'll enjoy a wonderful typical lunch and then it's back to your hotel.

Guests will need to be sufficiently mobile to manage the steps both down and up.

**Difficulty**  
☆☆☆ Intermediate level of physical activity

**Cost**  
\$ \$259 per person

**Duration**  
🕒 7 hours

**Suggested Time(s)**  
🕒 9:00 am

**Important note**  
! Closed toed shoes are required for this tour  
Bring Swimsuit

## \* CAÑO NEGRO WILDLIFE REFUGE

**Difficulty**  
☆☆☆ This tour suitable for all ages and for all levels of physical ability

**Cost**  
\$ \$299 per person

**Duration**  
🕒 7 hours

**Suggested Time(s)**  
🕒 6:00 & 10:30 am

**Important note**  
! Bring a copy of your passports

You'll travel for about 120 minutes to a private boat pick up location and the Caño Negro Wildlife Refuge. This incredibly remote, wild area encompasses over 10,000 hectares of wetland jungle, rivers, canals and pristine rainforest. You'll board a pantoon boat with your naturalist guide and begin this peaceful nature journey through the Rio Frio (Cold River). This area is incredibly rich with wildlife. Watch the shores of the river for green iguanas, crocodiles and caimans, see spider, Capuchin, and Howler monkeys swinging through the trees or relaxing with their families on low branches, spot the two or three-toed sloths high in the three tops and if you like birds, it's a must do tour. Guests are likely to see wood storks, cormorants, sandpipers, parrots, toucans, and many more. If you like mammals, keep a sharp eye on the jungle as you might see white-tailed deer, tayras, or ocelots. Even the big cats can be seen in Caño Negro (Pumas & Jaguars), though sightings are rare. You'll spend about two hours on the river and upon return you'll meet your driver and head to El Caiman Restaurant for an authentic costarrican lunch.



## Private Expeditions



## \* CELESTE RIVER (NATIONAL PARK)

Discover one of Costa Rica's best kept hidden gems: Tenorio National Park and Rio Celeste. You'll drive with your naturalist guide about 1.5 hours from your hotel to the ranger station at Tenorio N.P. There you'll enter the dense, pristine rainforest of Tenorio.

You'll make your way along the natural trails meandering from deep forest and then to the river's edge, you'll see bubbling mud pots, fueled by the thermal waters of the Miravalles and Tenorio Volcanoes, you'll stand in the shadows of huge trees, guardians of this primary forest for centuries, and finally you'll reach "Los Teñideros" the meeting point of two crystal streams, each with a unique mixture of minerals, that turns the river a bright vivid blue. It's simply gorgeous.

You'll visit the Rio Celeste waterfall and see the stunning azure pool as well. You'll head to a local restaurant for a well-deserved delicious local lunch. After lunch, you'll return to the hotel.

**Difficulty**  
☆☆☆ Intermediate level of physical activity

**Cost**  
\$ \$281 per person

**Duration**  
🕒 9 hours

**Suggested Time(s)**  
🕒 7:10 am

**Difficulty**  
☆☆☆ This tour is great for all ages

**Cost**  
\$ \$134 per person

**Duration**  
🕒 2.5 hours

**Suggested Time(s)**  
🕒 17:30

**Important note**  
! Bring bug spray

## \* NIGHT WALK

Immerse in the transformation of a dairy farming to a lush forest habitat. Embark on a captivating 1.3km trail surrounded by a stream and crossing 6 different ponds. 1.5-hour night hike through diverse ecosystems, encountering frogs, nocturnal birds, bats, basilisks and a variety of nocturnal insects.

Afterwards, partake in a cultural and traditional immersion sharing homemade corn tortillas served with local delicacies. Lastly, experience our age-old tradition of hospitality, a final typical treat and refreshments before you leave.

This 2-hour adventure combines nature and culture for an unforgettable journey.





### \* TRIO WATERFALLS TREKKING

This tour is an exceptional option for trekking away from crowded and touristic places, at the base of the central volcanic mountain range, going through the farming land of Toto Amarillo village. Just next to it you will discover the beauty of 3 amazing waterfalls hidden away in a remote river canyon.

For this activity we will be driving for 1 hour and 30 minutes approximately away from the resort, this drive will be scenic with beautiful landscapes along the way. We will start to hike on the local farmers' muddy road for about two hours each way, crossing into the river canyon where you will witness these breathtaking waterfalls.

**Difficulty**  
☆☆☆ This tour is recommended only for guests who are physically able to negotiate challenging terrain

**Cost**  
\$ \$279 per person

**Duration**  
⌚ Drive: 1.5 hours per way  
Trekking: 3 hours

**Suggested Time(s)**  
⌚ 7:30 am  
\*Subject to availability

**Important note**  
! Bring bug spray

**Difficulty**  
☆☆ Intermediate Level

**Cost**  
\$ \$259 per person

**Duration**  
⌚ 7 hours

**Suggested Time(s)**  
⌚ 9:00 am

### \* BRIDGES, VOLCANO & LUNCH

Embark on a unique rainforest expedition, immersing yourself in an extraordinary journey that takes you from the forest floor to Arenal Volcano.

Traverse a network of trails and exhilarating suspension bridges, providing a distinctive perspective of the rainforest. Following this remarkable trek, the next destination is one of Costa Rica's most iconic natural locations, the cone shaped Arenal Volcano is a great opportunity to walk through the dried lava fields.

Learn more about the history behind La Fortuna and the 1968 eruption, explore the vegetation along the trails and the dry lava fields. Afterwards, savor a delightful traditional Costa Rican lunch before returning to your hotel.





## \* BIRD WATCHING AROUND THE VOLCANO

The Arenal area lies on a narrow altitudinal belt on the Caribbean slope of the Tilaran Mountain Range. This unique location provides Bird Watchers with the opportunity to see the highest number of species of anywhere in the entire country.

Due to the fact that many species migrate up and down the mountains, throughout the year, the area is teeming with an enormous array of birds. Arenal is particularly rich in tanagers and hummingbirds but get your binoculars ready because you have the chance to view toucans, parrots, Montezuma Oropendolas, flycatchers, raptors, woodpeckers, trogons, and much more. With more than 900 species of birds in Costa Rica, expect to add some new birds to your life list.



### Difficulty

Moderate level



### Cost

\$146 per person



### Duration

3 hours



### Suggested Time(s)

5:30 am



### Important note

Bring binoculars and spotting scope





**Difficulty**  
 ☆☆☆ This tour is great for all ages

**Cost**  
 \$ Adults: \$82  
 Kids: \$63

**Duration**  
 ⌚ 4 hours

**Suggested Time(s)**  
 ⌚ 8:00 am & 13:00

**Important note**  
 ! Only your feet will get therefore we recommend wearing sandals or water shoes

### \* SAFARI PEÑAS BLANCAS RIVER

Only 40 minutes away, this tour is operated on a raft. Guests will flow with the current and spend an hour and a half searching for animal life on the Peñas Blancas River. Each raft will also have its own guide that will help find animals and give explanations.

### \* HORSEBACK RIDING ARENAL

The tour leads you through "El Silencio Reserve," a peaceful spot with trails that gently ascend through fields where cattle graze, eventually reaching patches of forest.

You'll appreciate the cool shade from large trees and encounter various plants and animals. We'll take you to the lagoon crater and the Arenal Volcano viewpoint, two must-see attractions in the area.

Capture stunning photos of your horse with the volcano in the background from this viewpoint. You'll also see impressive rock formations created by past volcano eruptions.

Experience how each gallop boosts your self-esteem, self-confidence, and love for living things. It's a great way to forget about cell phones for a while, except to snap a fantastic photo.

**Difficulty**  
 ☆☆☆ All experience levels welcome

**Cost**  
 \$ Adults: \$84  
 Kids: \$84

**Duration**  
 ⌚ 2.5 hours

**Suggested Time(s)**  
 ⌚ 7:45 , 10:15 am & 13:15





## \* CHOCOLATE AND COFFEE TOUR

We offer two tours in one! The coffee tour, starting with coffee's historic legacy in the world, followed by Costa Rica's coffee early ages and the socio-economic impact through the years. Later on, the tour will be showing other aspects of Costa Rican culture as well as some of our traditions. During this part of the tour, we will get to see all the processes carried by the coffee production, from the seed to the delicious final product, the cup of coffee.

**Difficulty**  
☆☆☆ This tour is great for all ages

**Cost**  
\$ Adults: \$68  
Kids: \$42  
Age: 5 to 12

**Duration**  
🕒 2.5 hours

**Suggested Time(s)**  
🕒 9:30 am & 13:30



## \*SKY TRAM & TREK (Ziplining)

Your tour begins with a pick up at your hotel and a 20-minute drive to the Sky Tram/Trek Visitor Center. The observation deck offers awe-inspiring views of the Arenal Volcano and Lake Arenal. The surrounding tree tops are home to a huge array of tropical birds, sloths, butterflies, and reptiles. Next you'll all board the Sky Tram Gondolas for a smooth slow ascent through the rain forest canopy. The Tramp provides one of the most incredible vistas of anywhere in Arenal. You'll reach the second observation platform and from here zip liners will begin their tree-top adventure. All guest participating in the zip lining will be outfitted with a harness, gloves, and helmets. You'll have a brief instructional and safety briefing as well. For those not enjoying the zip lining, feel free to spend as much time as you like on the observation deck and take any Tram you like back to the main station. For those of you continuing via zip line, be prepared to be wowed!

Sky Trek gives you the chance to soar through the canopy on 7 different zip line cables. They range in length from 650-2500 feet. It's not just the speed, and the thrill of flying through the rainforest, it's also the stunning views of Arenal Volcano on one side and Lake Arenal on the other side that makes this zip line tour unmatched by any other. Ultimately, your zip line adventure will bring you back to the main sky Trek station where you'll have a chance to visit the restaurant and gift shop.



### Difficulty

Guests do not need experience to enjoy this tour but should possess moderate to intermediate physical ability as there are short hikes between rappel sites. Guests should not have a fear of heights

### Cost

Adults: \$119  
Kids: \$119

### Duration

5 hours

### Suggested Time(s)

7:15 am & 12:15

### Important note

Minimum age to participate is 5 years

## \*CANYONING PURE TREK

This is the adventure you'll be talking about for years to come! Welcome to the adrenaline rush that is Pure Trek Canyoning. You'll be picked up by your guides in a 4x4 vehicle and driven about 30 minutes to the entrance of the rainforest. There you'll be outfitted with harness, gloves, and helmets and participate in an important safety talk. Your expert guides will teach you the proper techniques for rappelling and down climbing. Next is into the jungle, where the fun really begins.

You'll participate in a total of 5 rappels to the bottom of an amazing 350-foot-deep canyon. Your journey will include 3 waterfalls, 1 dry rock face, a canyon wall, and what Pure Trek likes to call the "monkey drop" (combo of rappel and zip line). Between each rappel you'll meander through pristine forest with the opportunity to spot monkeys, sloths, tropical birds, and reptiles. After your last rappel, you'll head back to the Pure Trek Station for a chance to shower and change into dry clothing.

You'll then have a hearty typical Costa Rica lunch with your guides before returning to your hotel. Guests do not need experience to enjoy this tour but should possess moderate to intermediate physical ability as there are short hikes between rappel sites. Guests should not have a fear of heights.

## Regular Expeditions

This is a physically intense activity and is not recommended for guests with any health problems

### Cost

Adults: \$128  
Kids: \$96

### Duration

4 hours

### Suggested Time(s)

7:15, 8:15, 9:45, 10:45 am  
& 12:15, 13:15, 14:15

### Important note

Minimum height to participate is 120c, (3 ft. 11 in.) and the maximum weight to participate is 300 lbs

"Any Sky Adventures tour modified or canceled within less than 48 hours will be subject to penalty charges as per provider's policies"



## Regular Expeditions

## \* KAYAKING AT THE ARENAL LAKE


Experience the inspiring beauty and tranquility as you glide across the mystic waters of the Arenal Lake. Costa Rica's largest and most breathtaking lake. Embark on a 2-3-hour tour across the lake and enjoy the spectacular views of the powerful Arenal Volcano. Paddling these calm waters will give you the opportunity to enjoy the wildlife that surrounds the lake such as fishing birds, iguanas and a large amount of tropical birds.

The beauty and energy of this amazing Arenal volcano will truly penetrate your soul.

After paddling for 1½ hours we will stop and enjoy a delicious snack of fresh local fruit.

**Difficulty**  
 Moderate level

**Cost**  
 Adults: \$79  
 Kids: \$63


**Duration**  
 3.5 hours


**Suggested Time(s)**  
 8:00 am & 13:00


\* ORGANIC COSTA RICAN FARM  
(Get closer to our Culture)

Join us in an immersive experience in our organic farm near La Fortuna! Learn more about Costa Rican Culture and its farming history. Travel in time and get inspired by how the country developed the production in the farming industry in its early ages. Explore the usage of authentic Costa Rican ingredients that at the same time contributes to sustainable agriculture practices and the preservation of biodiversity. We welcome you to immerse in the traditional sugar cane process and learn about the different techniques used to create a selection of products and beverages. This experience is complemented by the delightful taste of the sugar cane juice. Get a taste the genuine local snacks with tortillas, plantain, cheese, and empanadas of course with Costa Rican coffee.

Connect with Costa Rica's heritage, savor traditional flavors, and create memories sharing as a local within our community.

**Difficulty**  
 This tour is great for all ages

**Cost**  
 Adults: \$124  
 Children (Ages 5 to 12): \$87

**Duration**  
 3.5 hours

**Suggested Time(s)**  
 13:00hrs





### \* RAFTING AT SARAPIQUI RIVER

Costa Rica is well known for its white-water rafting adventures. The San Miguel section of the Rio Sarapiquí is one of the best options for anyone looking for gorgeous scenery and an adrenaline packed adventure. You'll travel about 2 hours from your hotel to the "put in" at the Sarapiquí River. You'll spend the next two hours navigating 12 kilometers of clear mountain water with over 40 different rapids including the famous "Dos Locos" and "The Terminator".

Your expert rafting guides will deftly lead you through each rapid and pool, with the warm sun and lush tropical forest all around you and the exhilarating sensation of the cold river water splashing over your group. At the half-way point, you'll pull to the river's edge to enjoy luscious tropical fruit and drinks and to take a leisurely swim in the river pools. After your break, it's back to the white-water as you end your journey at the "take out" with great memories and amazing stories to tell your friends. You'll have a chance to clean up and change into dry clothes and then have a very well-deserved delicious typical lunch

#### Difficulty

☆☆☆ Requires a moderate to intermediate level of ability (support on the raft edges, jumping in and out of the raft, paddle)

#### Recommended ages:

Class II & III: 8 to 65  
Class IV: 18 to 65

#### Cost

\$ Class II & III:  
Adults: \$104  
Kids: \$84

Class IV:  
Adults: \$114

#### Duration

🕒 6 hours

#### Suggested Time(s)

🕒 8:20 am



# TERMS AND CONDITIONS AND GENERAL INFORMATION

Rates are expressed in US dollars. They are per person and subject to eventual changes without previous notice. They are valid from January 2024 to January 2025.

- According to the Costa Rican regulations and the Law 9635 starting July 1, 2019, a 13% TAX will apply to all services provided such as Transportation, Tours and Spa.
- Payments will be made on the dates agreed upon, in US dollar. Activities will be charge to the room.
- Experiences are offered in English and Spanish.
- Some of the activities might be not apt for visitors with reduced capacity for moving around.

- For any requirements on special diets, please ask for our available options 24 hours prior to your activity.
- Once the itineraries have started, the hotel will not be responsible for any cancellations or interruptions of the activities in question by visitors for personal reasons of any sort. No claims or refunds will apply.
- The company will be able to cancel any circuit when the due cancellations are because of force majeure, delays which are beyond the company's control, natural happenings such as earthquakes, floodings, pests, or the like, all of which may eventually occur before or during the planned activities and may cause delays or complicate in any way, or even prevent the regular activities promised by the company to be carried out, partially or totally.

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## CANCELLATION POLICY

- No cancellation penalty will apply 24 hours prior to the date of the activity.
- Reservations will be considered cancelled when requested in writing and its reception and cancellation is confirmed by the company.
- For those reservations guaranteed by a down payment: No cancellation penalty will apply for cancellations made until 24 hours prior to the date of the activity and the amount will be considered as credit for the client for other services.  
Reservations cancelled within 24 hours before the date of the activity will be charged fully.

## LIMITATIONS TO THE RIGHT TO STAY

- The company holds the right to maintain within the group or make a participant of any outing leave the tour at any point when his or her behavior, way of being, health state or any other important reason considered by the company may put the other members of a group in danger, disturb them in.

## DOCUMENTS

- It is the exclusive responsibility of the passenger to count with the personal documentations required by the due authorities.  
For Costa Rica tourists: DNI. For foreigners: Passport.
- The company will not be held responsible for any personal documentation required and that may be missing, be that because of its state or validity, at the moment of starting the trip as well as any damages or losses that may eventually occur as a result of such situations.

## LOCAL TOUR GUIDE

- Explore the wonders of the La Fortuna area more privately by booking your local tour guide. Our certified bilingual guides, fluent in English and equipped with expertise in wildlife observation, possess extensive knowledge in naturalism, history, geography, first aid, and other related fields. With over 5 years of experience, our guides ensure a memorable and insightful adventure. Choose to book a guide for either a half or full day to enhance your exploration. Please note that guide tickets, as well as entrance fees for parks and activities, are not included in the service.



[reservations@nayararesorts.com](mailto:reservations@nayararesorts.com)

Tollfree: 888-332-2961

Arenal Volcano National Park - Costa Rica, Central América

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