



Nature Reserve

Our Tours

A NEW EXPERIENCE EVERYDAY




Birdwatching

The best way to explore one of the best bird watching locations in the Arenal area.

Located in the heart of the Arenal Volcano National Park, Arenal Observatory Lodge & Trails is the gateway and one of the best places in Costa Rica for bird watching.

More than 500 species of birds have been recorded on our property and surrounding areas, more than half of those found in all of Costa Rica. The diversity of habitats ranges from primary and secondary forests to agricultural areas and grasslands, creating several niches where birds and other types of animals live.

Our observation tower “The Nest”, with a height of 28 meters, is ideal for enjoying a unique bird watching experience.





**Morning
Birdwatching**

2 HOURS

**6:00 AM to 8:00 AM
(Max 6 people)**

**Afternoon
Birdwatching**

2 HOURS

**3:30 PM to 5:30 PM
(Max 6 people)**

Half Day Tour

5 HOURS

**6:00 AM to 8:00 AM /
9:00 AM to 12 MD**

All Day Tour

8.5 HOURS

**6: 00 AM to 8:00 AM /
9:00 AM to 12 MD /
1:30 PM to 5:00 PM
(Private)**



El Silencio

4 HOURS

**6:00 AM to 10:00 AM
o 2:00 PM to 6:00 PM
(Private)**

This property, close to ours, is a private reserve that has more than 100 hectares of primary forest and offers 4 trails where you can enjoy observing various species of birds.

Mistico

6 HOURS

**6:00 AM to 12 MD
(Private)**

The Mistico suspension bridges provide an excellent opportunity to observe birds that are normally camouflaged in the thick foliage of the treetops. More than 350 species of birds have been observed in this area, including migratory and resident species.

Arenal Observatory Lodge & El Silencio

8.5 HOURS

**6:00 AM to 5:00 PM
(Private)**

If you have excess energy and desire to explore a wide variety of bird habitats, the AOL and El Silencio Tour is recommended for you. Your day will consist of bird watching on the property, in the wetland areas surrounding Lake Arenal, and in the El Silencio private reserve. Prepare to be amazed by the great diversity of birds that call the Arenal area home.

Cascada Danta Tour

Dense forest trails, open views of pastures and an enchanting waterfall.

Start the tour walking along the “La Catarata” trail and exploring a 6-meter-high waterfall. Fresh mist fills the air and the thunderous sound of water falling from the waterfall creates a relaxing and magical atmosphere. If you dare, you can take a dip in the natural pool.

After visiting the waterfall, you will walk through a series of tropical gardens and explore a section of the hotel grounds until you reach a small natural lagoon. On your return you will be able to enjoy the landscape and the beauty of nature aboard our tractor to conclude the tour.

1.5 HOURS

2:00 PM

WHAT TO BRING

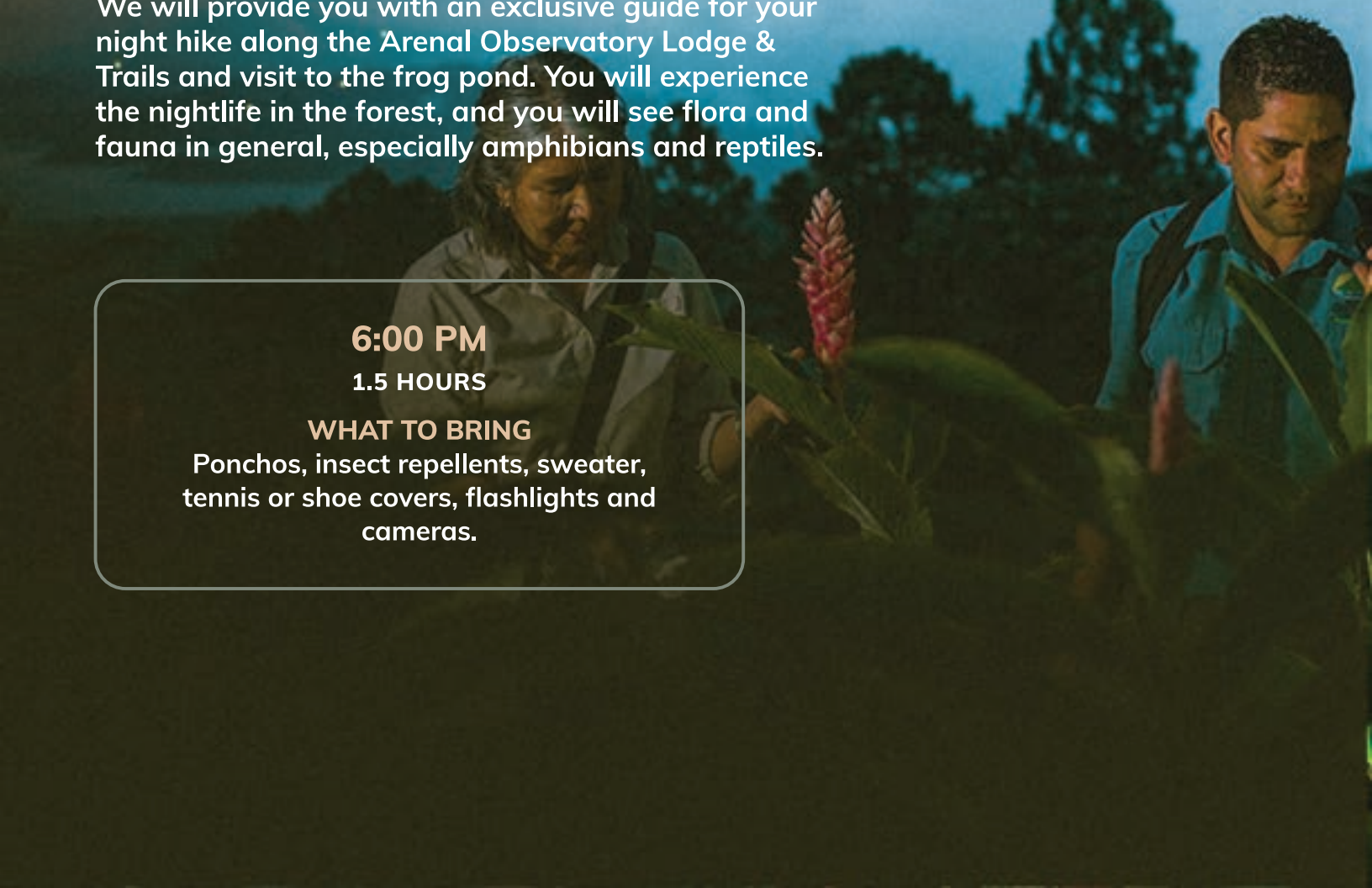
Walking shoes, drinking water, hat, sunscreen, insect repellent, binoculars and raincoat.

Nightwalk Tour



70% of life in forests comes out at night...What you will see?

We will provide you with an exclusive guide for your night hike along the Arenal Observatory Lodge & Trails and visit to the frog pond. You will experience the nightlife in the forest, and you will see flora and fauna in general, especially amphibians and reptiles.



6:00 PM

1.5 HOURS

WHAT TO BRING

Ponchos, insect repellents, sweater, tennis or shoe covers, flashlights and cameras.

Volcano Arenal Tour

Learn about the natural history of the Arenal Volcano.

This tour takes place at the El Silencio Viewpoint located just 15 minutes by car from Arenal Observatory Lodge & Trails. Once at Mirador El Silencio, our guide will take you along the different trails, giving you information about the history of the Arenal Volcano while you enjoy the beautiful views and trails of this place. Since this place is surrounded by forests, there is always the opportunity to observe different types of birds and, sometimes, mammals such as monkeys, coatis or peccaries.

WHAT TO BRING

Walking or tennis shoes, sunscreen, camera, poncho or raincoat, water and insect repellent



Sloths Tour

See the elusive sloth in a local nature reserve nearby from La Fortuna

A tour guide will accompany you to show you the sloths, you will also learn about their behavior and habitat. This tour tours the city of La Fortuna in search of sloths in their natural habitat.

INCLUDED

Professional bilingual guides

Monteverde by boat

Arrive in Monteverde in style

The Jeep-boat-Jeep service is the best option if you travel from Arenal to Monteverde or vice versa. Experience the beauty of the Arenal Volcano, a boat ride on Lake Arenal, and incredible views of the mountains and towns on the route to the Monteverde cloud forest.

8:30 AM - 2:30 PM



Baldi Waters Hot Springs

25 hot spring pools in the
middle of the tropical forest

At Baldi you can enjoy wet bars, 2 restaurants, 3.5 hectares of tropical gardens, water slides, jacuzzi and sauna. The pool area includes a fun and colorful playground for children, while adults can enjoy the adventure on a rotating slide. You can also find a wide range of swimming pools to relax and enjoy the surroundings.

9 AM - 10 PM

WHAT TO BRING
Extra Clothing



Ecothermal Hot Springs

An exotic natural therapeutic spa with 6 thermal pools and a freshwater waterfall and pool.

Admission to these hot springs is limited to no more than 80 guests at each of the two daily times, to ensure that everyone has the opportunity to find relaxation completeness and inner peace, renewing both your mind and your body. You can enjoy cocktails, juices and other drinks at the pool bar; We also offer a package that includes food to enjoy our authentic Costa Rican home style. The facilities have large bathrooms and changing rooms, lockers, towels, a rustic restaurant and a bar with terrace.

9 AM - 4 PM
5 PM - 10 PM



“Mistico” Arenal Hanging Bridges

Walking through valleys and
through the treetops

Discover the wonderful secrets hidden in this wildlife sanctuary we call a tropical forest. Our guides will help you learn about the balance and complexity of tropical forests and learn about the relationships between species and their value, as well as the interactions within the ecosystem.

Includes naturalist guide service (extra cost) and entrance to hanging bridge trails.

2.5 HOURS

8:00 AM, 9:00 AM, 10:00 AM, 12:00 MD,
1:00 AM y 2:00 PM (from the tourist
offices)



RECOMENDATIONS: CAMERAS ARE ALLOWED. THE GUIDE WILL TELL YOU WHEN YOU CAN USE THE FLASH ON YOUR CAMERA, SINCE SOME SPECIES ARE SENSITIVE TO LIGHT | APPLY INSECT REPELLENT | WEAR WATERPROOF CLOTHING, LONG PANTS, AND CLOSED-TOE WALKING SHOES.

Sky Tram+ Sky Trek

An exciting circuit of zipline in the magical forests of Costa Rica

The tour begins with a ride on the Sky Tram to reach the top of the private reserve, then continues with an adrenaline-filled adventure tour over the treetops, which consists of a zip line system, which allows safely observe the tropical forest and its landscape from a different perspective. Then you enjoy the “Sky Trek Tour”, this activity includes 7 transverse cables that together have a total length of 1.7 miles with distances from 100 to 2460 feet, and with a maximum height of 660 feet, which surpass the treetops providing a panoramic view of the Arenal volcano and Lake.

RESTRICTIONS

Minimum age of 5 years. Children under 12 years old must be accompanied by an adult. People weighing more than 300 pounds must be evaluated by our technical staff (based on their height and physical condition) to determine if they can take the tour.

2 HOURS



Ecoglide Canopy



Fly through the canopy forest along a series of suspended cables

It consists of two cables, one sliding and another independent cable for greater user safety. The circuit consists of 11 cables, 13 platforms and a suspension bridge; The route is divided into two sections. Nine of these platforms are in the trees, where visitors can have greater contact with nature while releasing adrenaline in a healthy and safe way. Within the route we can find the Tarzan Swing, which consists of jumping from a platform and swinging with the help of special equipment, until we leave all our worries behind; Its height reaches almost 40 meters.

INCLUDES

Adventure guides, AC bus transportation, safety equipment, insurance and drinks.

2.5 HOURS

08:00, 10:00, 13:00, y 15:00 (From the tour office)

WHAT TO BRING

Comfortable clothing, hiking shoes, repellent, and coat in rainy weather.
Sandals are not allowed.

Arenal Lake in Kayak

Experience peace in
serenity of the largest artificial
lake in Costa Rica

Lake Arenal was built in 1979 to provide hydroelectric power to the country, and is currently a popular spot among Costa Ricans and visitors from around the world. A 20-minute drive from the hotel takes you right where panoramic views of the volcano and lake meet, the perfect place to get a quick safety briefing and kayaking instructions. You can explore the lake at your own pace and if you wish, take a swim in the lake with unbeatable views.

INCLUDES

Tropical Fruits

4 HOURS

8:30 AM - 1:30 PM
(from our office)

WHAT TO BRING

Camera, hat, binoculars, sunscreen and
extra clothing.



Caño Negro Wildlife Refuge

Enjoy rich biodiversity and
unforgettable wildlife viewing

The Frio River located in the Caño Negro Wildlife Refuge, is the place where this incredible boat ride takes place. This is a full day activity, leaving La Fortuna starting at 7:30 am. On the way you will cross small towns and different farm fields. During the car ride, you will learn about history and interesting facts about Costa Rica. Once in Caño Negro, you can find 3 of the 4 species of monkeys that live in Costa Rica. The trip ends at the “El Caimán” restaurant where you will enjoy a typical Costa Rican lunch.

INCLUDES

Typical Lunch, Fruits and Coffee at the “El Caimán Restaurant”

4 HOURS

7:45 AM
(from our office)

WHAT TO BRING

A copy of your passport, camera, hat,
binoculars and sunscreen.



Kayak River Safari

Experience the beauties and wonders of the tropical forest

Kayak at your own pace as you enjoy this half-day tour in the company of river safari experts. You will be taken about 25 minutes outside the city of La Fortuna to reach the meeting point. Along the way, you will learn interesting facts about the lifestyle of the towns nearby. The guides will give you a talk kayak safety and techniques to prepare you for this unique experience. Once on the river, all that remains is to paddle and appreciate the surroundings. The forest can surprise you with wildlife shows. Before returning, you will stop by "La Cocina de Tita Yolanda" for a coffee and learn about local agriculture.

INCLUDES

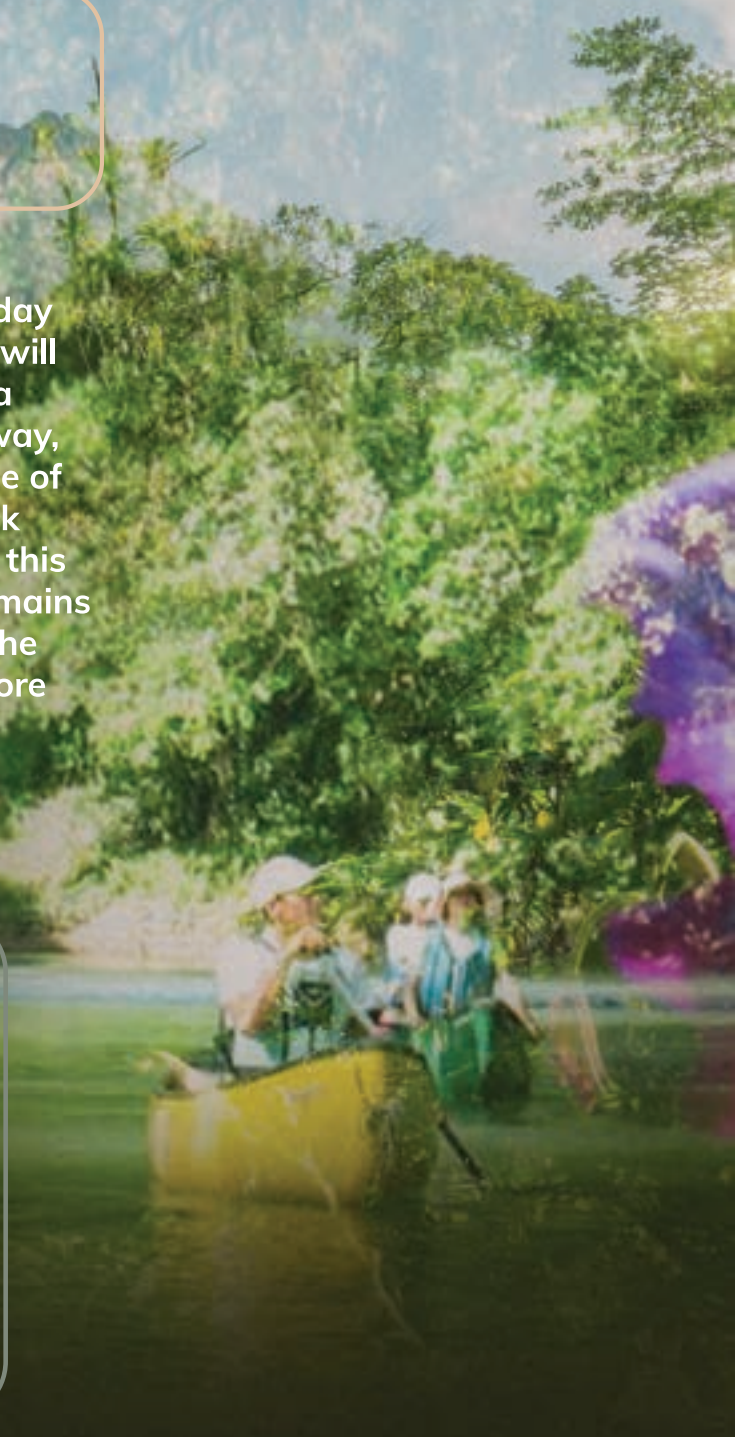
Coffee Break in "La Cocina de Tita Yolanda"

4 HOURS


7:30 AM - 2:00 PM
(from our office)

WHAT TO BRING

Camera, hat, binoculars, sunscreen and extra clothing.



Sarapiquí River Rafting Class 2 & 3



Experience the thrill and adrenaline
of a whitewater tour

Located 50 minutes from La Fortuna, the Balsa River provides an excellent setting to enjoy the rapids with the whole family. A 15-minute break in the river allows us to taste delicious tropical fruits while enjoying a tropical environment, surrounded by monkeys, toucans and other exotic species. On the way back to Fortuna, we will enjoy a delicious lunch at "Vida Campesina", a traditional farm for visitors to experience the genuine and peaceful way of country life in Costa Rica.

You will enjoy a delicious typical lunch prepared on the original wood stove and served traditionally.

NOTE: Guests must be at least 8 years old to participate in this activity.

INCLUDES


Bilingual guides, fruits and snacks on the river, drinks, towels and lunch

5 HOURS

10:30 AM (from our office)

WHAT TO BRING

Swimsuit, t-shirt, sunscreen, change of clothes, safe shoes such as water shoes or sports sandals, cash to tip your guides.



Sarapiquí River Rafting Class 3 & 4

Experience the thrill and adrenaline
of a whitewater tour

Join us and get ready for an exciting time with a full day of class III and IV whitewater rafting. Located deep in the tropical forests of Costa Rica, the National Heritage-listed Sarapiquí River provides us with the perfect combination of natural beauty and some of the best whitewater rafting in the country, with big waves and amazing rapids. After meeting your river guide, we'll drive 90 minutes to the entry point where the fun begins. The guides will explain the procedures and safety equipment before embarking down the river. Halfway through our trip, we will "refuel" on the riverbank and enjoy delicious tropical fruits while soaking in the tropical surroundings. At the end of our trip, a cold drink and a dry towel will wait for you before a short trip where you can change clothes and enjoy a delicious Typical Costa Rican Lunch.

NOTE: Guests must be at least 12 years old to participate in this tour and cannot be pregnant.

INCLUDES

Bilingual guides, fruits and snacks in the river, drinks, towels and lunch

7 HOURS

8:00 AM (from our office)

WHAT TO BRING

Swimsuit, t-shirt, sunscreen, change of clothes, safe shoes such as water shoes or sports sandals, cash to tip your rafting guides.

Horseback Riding to La Fortuna Waterfall

The best way to reach La Fortuna Waterfall

This tour is a horse ride to reach the La Fortuna waterfall. He will ride through the lands of cultivation and in transition to forest and will reach the park equestrian in line with the Cerro Pino viewpoint White. Here you can take a short break and change clothes for the next part of the tour, walking to the Rio La Waterfall Fortune (10-15 min). Once you reach the waterfall you can enjoy swimming in the natural pools.

INCLUDES

Bilingual Guide, Hike to La Fortuna Waterfall

5 HOURS

8:30 AM (from our tourism office)

WHAT TO BRING

Long pants, fully closed shoes, water bottle, camera and insect repellent.



ATV Quad “La Pradera”



One of the best ways to
breathe the fresh air

Our tour begins on a private farm along trails over cattle pastures, small streams and part of the mountains. The open spaces allow you to appreciate the spectacular view of the Arenal Volcano. After driving through grasslands, mud and tropical forest, you will pass through the town of La Guardia to reach the Arenal River. Here You can enjoy a drink, a well-deserved rest and a refreshing swim if the weather permits, and to After the tour, we will return to our facilities.

INCLUDES

Equipment and bilingual guide

2 HOURS 30 MINUTES

7:30 AM, 11:00 AM, y 14:30 PM (from
our office)

WHAT TO BRING

Sneakers, camera, swimsuit.

Canyoning (Rappel)

A woman wearing a blue helmet and a grey tank top is rappelling down a rope in a lush green canyon. She is smiling and looking towards the camera. The background is filled with dense tropical vegetation.

Traverse a whitewater-filled canyon with this adrenaline-filled activity

Pure Trek is one of the most popular canyoneering and waterfall rappelling operators in La Fortuna. It has high safety standards that allow people of all ages and abilities to enjoy rappelling for more than 17 years. Once you arrive at the meeting point, your guides will provide you with high-quality equipment and safety instructions. You will then walk down a small trail, when you reach the end of the trail you will dive straight in with the first and highest rappel. From there, you will be entertained with a series of rappels and activities such as rock climbing, the “Monkey Drop” and more. Be prepared to get wet. After the activity, you will return to the Pure Trek headquarters and gardens to enjoy a delicious organic Costa Rican lunch.

NOTE: Participants must be at least 5 years old to participate.

INCLUDES

Professional bilingual guides, jackets raincoats, delicious Costa Rican lunch, high quality equipment, photographer, towel.


4 HOURS

7:00 AM 12:00 MD
(from our office)

WHAT TO BRING

Quick-drying clothing, safe shoes, change of clothes.

Original ATV Tour

A group of people are riding ATVs through a lush green field. In the background, several cows are grazing. The scene is set in a natural, outdoor environment with trees and grass. The overall atmosphere is adventurous and scenic.

An all-terrain vehicle adventure

The tour begins with a brief explanation and a small practice circuit where you can train to drive safely. Our 100% off-road and muddy trails are made to create adventures while you enjoy the incredible panoramic views. Along the way, you will find the old impact craters from the last eruption of the Arenal Volcano in 1968. On your way, you will discover a river with volcanic mud. Your guide will explain the benefits of this natural exfoliant. You can also enjoy viewpoints not only of the Arenal Volcano but also of Lake Arenal. This tour includes a short explanation of the agriculture of La Fortuna and the traditional crops of the area.

This 2-hour tour is full of adrenaline. You will be able to enjoy the amazing Arenal Volcano from a different perspective and an experience that you will never forget.

2 HOURS

8:00 AM, 11:30 AM and 3:00 PM

WHAT TO BRING

Mosquito repellent, and
clothing comfortable.

Chocolate and Coffee Tour

Experience the rich coffee and chocolate culture that permeates Costa Rican society

First, we have the coffee tour, where you will learn about the wonderful history of coffee and the importance it had for the development of Costa Rica. You will be able to see all the processes carried out, from the seed to the delicious final product, a cup of coffee.

The second part of this tour will be the chocolate tour. You will enjoy the aromas and history of cocoa. You will be able to participate in the chocolate process and taste the fruit of the cocoa plant and see first-hand the magnificent transformation of a cocoa seed. We will show you the entire transition process from cocoa seed to ground cocoa.

This tour is an accessible tour for the whole family, 100% of our trails are concrete, making it wheelchair accessible.

INCLUDES

Tour guide, tickets, coffee and chocolate tasting.

WHAT TO BRING

Mosquito repellent and comfortable clothing.



Fishing Tour

Catch the biggest one on this
Lake Arenal fishing tour

Fishing would be carried out through two modalities, fishing carried out from the boat in areas near the shores of the lake and trawling with the boat in motion. The existing fish in Lake Arenal are: guapote pinto, machaca, tilapia and mojarra.

INCLUDES

Snack, coffee, cookie, lunch, sandwich, beer, coke, water.

8 HOURS

HALF DAY: 4 HOURS

Full Day: 6:00 AM
(from our office)

Half Day: 5:30 AM to 1:00 PM

WHAT TO BRING

Glasses, cap, gloves, comfortable clothing, pants and long-sleeved shirt, sun protection.



**Scan for
more information**

