



# BÖÖENA

Wilderness Lodges

Experiences at Pacuare Lodge





# Experiences at Pacuare Lodge

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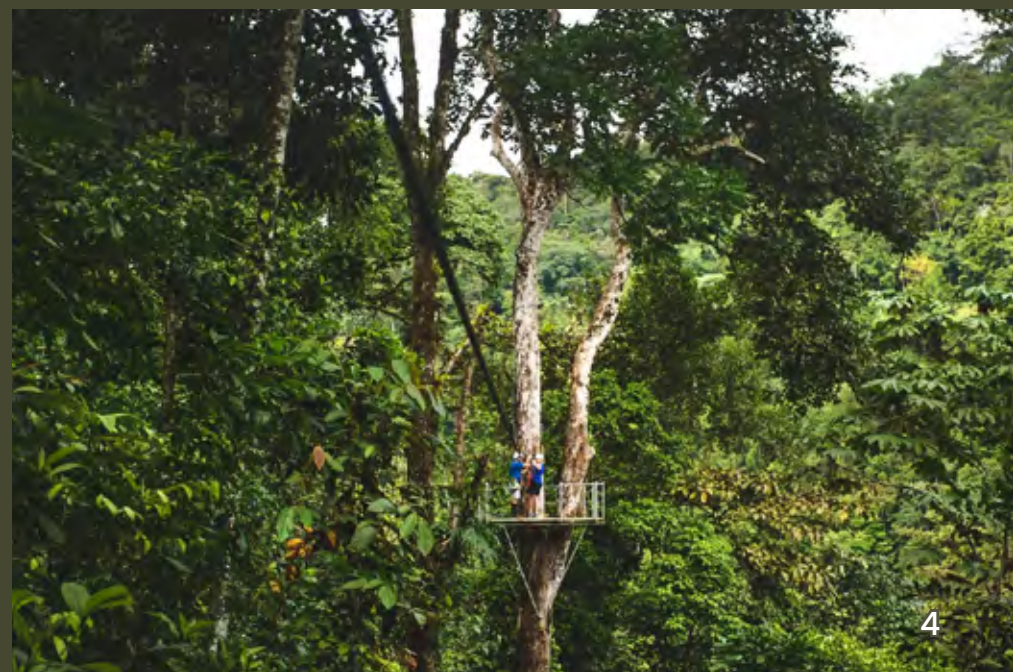


## Pacuare Canopy Adventure Experience

Most of the action in the rainforest happens not at ground level, but in the treetops. That is why our canopy adventure is perfect for thrill seekers and nature lovers alike. After a 15 minutes hike into our private reserve, you'll reach the first platform: be ready to enter an unspoiled realm of magnificent scenery. The area surrounding our ecolodge is a haven for bird watchers and nature seekers and offers an unprecedented glimpse of Costa Rica's biological diversity. Before exploring the canopy's delicate environment, you will receive a thorough review and demonstration of all safety guidelines.

Then you're off to face the exotic beauty of the rainforest head on. This adventure tour offers dramatic views, rappelling down towering trees and sliding along cables from tree to tree as you descend the jungle-cloaked mountain toward the Pacuare Lodge. The final, thrilling rappel leaves you steps away from our main lodge! This tour takes around two hours and may only be booked as part of a Pacuare Lodge package.

- **Minimum age:** 8 years old accompanied by a tour guide.
- **Schedule:** Morning and afternoon.
- **Duration:** Approximately 2 hours
- **Difficulty:** Easy to intermediate
- **What to bring?** Shorts or fit trousers, tennis shoes, hiking boots or water shoes.



## Tropical Canyoning Tropical Experience

El Tesorito Creek flows out of the mountains behind the Pacuare Lodge into a narrow gorge in the midst of the rainforest. We've created a fun outdoor adventure that includes rock climbing, a descent down a small waterfall, sliding along cables, swinging through the jungle like Tarzan, and rappelling down a 30-meter (100-foot) rock face. The result is a light but exhilarating adventure in an idyllic, natural setting.

El Tesorito experience begins and ends with a 15-minute hike through the rainforest and includes safety training and equipment and an introduction to rappelling. You'll rappel down shorter walls – between 2 and 20 meters (6 to 65 feet) – before undertaking the thrilling rappel down a 30-meter (90-foot) cliff. This tour can be taken right after breakfast or lunch.

- **Minimum age:** 12 years old
- **Schedule:** Morning and afternoon.
- **Duration:** Approximately 2.5 hours
- **Difficulty:** Moderate
- **What to bring?** shorts, tennis shoes, hiking boots or water shoes.







## Birdwatching at Dawn Experience

**6:00am:** With the first blush of morning, amid dappled shadows and misty morning light, we leave the warmth of our bungalows to pay fitting tribute to the beginning of a new day.

Costa Rica is a birder's paradise. Because of our position between North and South America, we receive migrating species from both sides of the continent. Costa Rica is home to some 850 species of birds, of which 630 are resident species. There is ample opportunity to see exotic species every time you go out your front door.

See Mother Nature at her best as you spot the many birds and other wildlife that are indigenous to the area. Look and listen carefully for the Montezuma oropendola, which nests far above in the towering trees. The area around the lodge is home to an extraordinary number of exotic bird species that include the Sun Bittern, Red-throated Ant-Tanager, Black-cheeked Woodpecker, and a variety of colorful toucans. Our guide carries a telescope and will gladly identify the different species that come our way. Binoculars are also available. The tour lasts about an hour and a half, after which we will return to the lodge for breakfast.

- **Schedule:** 06:00 & 08:00
- **Duration:** approximately 1.5 hours
- **Difficulty:** Easy
- **What to bring?** Hiking wear and Hiking or Rubber boots.



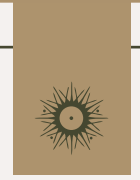
## Ditsö Cultural Experience

Welcome to the Cabécar homeland. At Pacuare Lodge, our relationship with the region's original residents is paramount in everything we do. During this illuminating outing, you will have the opportunity to meet and interact with local Ditsö Cabécar craftspeople and learn about their daily lives, culture, architecture, and gastronomy. You will be accompanied by a local Cabécar and a naturalist guide for the duration of the walk to a Cabécar rancho only a few minutes from the lodge. The rancho is an exact replica of the traditional dwellings the Cabécar have been using for generations. There, visitors will see the local artisans in action as they expertly craft mats, lamps, headboards, and other decorations for the lodge while sharing tales of their lives and people. To conclude the experience, guests will take the trail further into the rainforest, where the guides will point out wild plants used by the Cabécar for medicinal and culinary purposes.

- **Minimum age:** 7 years old
- **Schedule:** morning
- **Duration:** approx. 1 ½ - 2 hours
- **Difficulty:** easy
- **What to bring?** Hiking wear and Hiking or Rubber boots



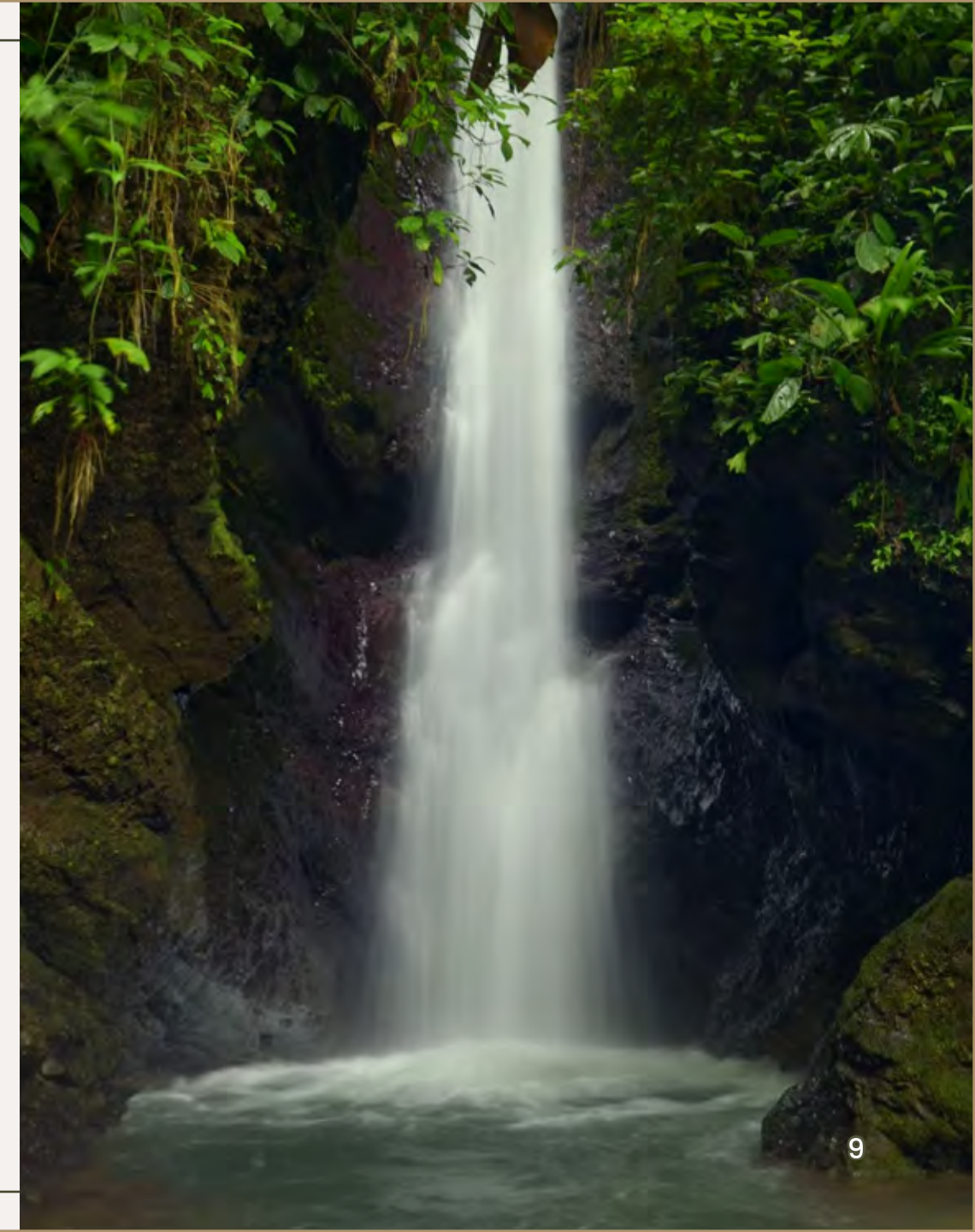




## The Loop

This delightful afternoon experience is as refreshing as it is unforgettable. After lunch, join the naturalist guide and other participants at the reception area before entering the cool tranquility of the rainforest, where you will follow a mountain river along a well-maintained trail. Your naturalist guide will help you spot the forest's wild residents hidden in the foliage and explain the intricate workings of the tropical ecosystem. As you ascend into the woods, you will pass several small waterfalls, or cascadas in Spanish, before arriving at the last and largest catarata, where swimming or wading in the refreshing natural pool below the falls is encouraged.

- **Minimum age:** 7 years old
- **Schedule:** afternoon
- **Duration:** approx. 1 ½ - 2 hours
- **Difficulty:** easy
- **What to bring?** Hiking wear, bathing suit, and hiking or rubber boots.







## Cabecar Indigenous Experience

Since time immemorial, the Cabécar Indians – Costa Rica’s largest indigenous group – have lived in harmony with the rainforest in the mountains near the Pacuare River. These indigenous people traditionally live in small family groups scattered across the jungle. Their remote location has helped them to maintain their customs, language, and culture. At the Pacuare Lodge, we offer an opportunity to experience their way of life in relative comfort and without invading their privacy.

The trek to visit these family clans is challenging due to the difficult conditions of the trails; nevertheless, the trail offers a wonderful opportunity to discover many secrets of the forest, interact with the ecosystem, and hike the same trails the Cabécar have for centuries. After visiting with a Cabécar family, we will begin our trek back down to the lodge.

- **Minimum age:** 12 years old
- **Schedule:** 08:30
- **Duration:** approx. 4-5 hours and it is quite physical demanding.
- **Difficulty:** difficult. A good physical condition is required.
- **What to bring?** Hiking wear and hike or Rubber boots or hiking shoes.



## Bajos del Tigre Rural Experience

Close to the Pacuare Lodge, on the far bank of the river, there is a small village called Bajo del Tigre; most of our employees are from there. This adventure starts by crossing the Pacuare River from the lodge in a gondola suspended from a steel cable. Together with your naturalist guide, you will explore the river basin and rainforest by foot and visit the community of Bajo del Tigre, a small farming community that produces spices, roots, tubers, and more. You’ll visit a local family’s home and try a traditional Costa Rican snack, such as picadillo, while seeing how they live. You will then visit the community’s one-room schoolhouse (during weekdays) where one energetic teacher teaches all grades. Following you head back on a trail that winds its way down to the Pacuare Lodge.

- **Minimum age:** 12 years old
- **Schedule:** Morning.
- **Duration:** approx. 3 to 4 hours
- **Difficulty:** Moderate
- **What to bring?** Hiking wear and hike or Rubber boots or hiking shoes.





## Nocturnal Experience

Night tours are equally enthralling, as you'll encounter insects, amphibians, and mammals that you would otherwise miss during the day. Such creatures include snakes, spiders, porcupines, tree frogs and more. Night tours depart at sunset, right when these nocturnal animals are beginning to wake up, look for mates, and hunt.

- **Minimum age:** 7 years old
- **Schedule:** 18:00
- **Duration:** 1 hour
- **Difficulty:** Easy



## Sustainability Experience

Pacuare Lodge's first and foremost priority is the preservation of the environment, land, and culture in this protected region. We encourage all guests to join our daily Sustainable Tour and experience a behind-the-scenes tour of our facilities. Learn more about the concept, history, and actions that we take to minimize impacts on the environment while supporting conservation and providing benefits for nearby communities. Take a walk with our naturalist guide and visit our hydroelectric micro-central turbine, recycling program, and end with a visit to our Jaguar Hall where you learn about this endangered feline. This educational walk will give you practical examples on how simple actions can support and benefit our planet.

- **Minimum age:** 7 years old
- **Schedule:** 17:00
- **Duration:** 1 hour.
- **Difficulty:** Easy







## Jaguar Project Presentation

Since 2008, our Pacuare Lodge has supported research under the Jaguar Program of Costa Rica's National University. Research in the Pacuare Reserve, the Nairí Awari Indigenous Reserve and Barbillá National Park has produced important discoveries.

In addition to providing researchers with food and lodging, we provide logistical support in addition to digital cameras that the biologists have placed on trails in the forest at two-kilometer intervals to capture images that can help them to estimate the jaguar population, and the abundance of prey species.

In the past, our guests have helped the Jaguar Project by donating for camera traps and for other equipment. You too can be part of this project and help ensure jaguars have a fighting chance for a bright future.

- **Minimum age:** 7 years old
- **Schedule:** 17:00
- **Duration:** 1 hour.
- **Difficulty:** Easy



## Hammock Experience

At Pacuare, we want to help our guests disconnect, unwind, and truly relax. And we believe there's no better way to do so than to be immersed in the beauty and tranquility of nature. We invite you to enjoy one of our private riverside hammocks surrounded by exquisite natural gardens. Take a favorite book, your camera, and as much time as you'd like to enjoy the privacy and peace Pacuare provides. A comfy chair and a cooler with fresh juices, water, and homemade chips and dips are also provided. Make the most of your time in the company of yourself and the natural world.

- **Minimum age:** 16 years old
- **Schedule:** anytime
- **Duration:** as long as you want
- **Difficulty:** relax
- **Included:** a comfortable hammock and chair, snacks and beverages (alcoholic drinks are not included).
- **Recommendations:** bring your camera and your favorite book.





# Optional Experiences

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## Pacuare River White-Water Rafting departing from Pacuare Lodge

Experience the whitewater magic as you discover the excitement of thrilling rapids coursing through rugged canyons and verdant tropical rainforests on one of the most exotic and scenic rivers in the world. This adrenaline-pumping excursion takes you through class-III and -IV rapids, past spectacular landscapes, under tumbling cascades, and all the way to the town of Siquirres. Depending on the river's water level, tour is approximately 5 hours roundtrip to Pacuare Lodge.

- **Minimum age:** 12 years old
- **Schedule:** 09:30
- **Duration:** Approximately 5 hours round trip / 3 ½ hours rafting experience
- **Difficulty:** Class III-IV, moderate-difficult
- **Included:** equipment and lunch
- **Recommendations:** shorts or bathing suit, T-shirt or light cotton long-sleeved shirt, "wet" pair of sneakers or waterproof sandals, light cap with wide brim or visor for sun, windbreaker, sunscreen.
- **Minimum of 2 guests.**



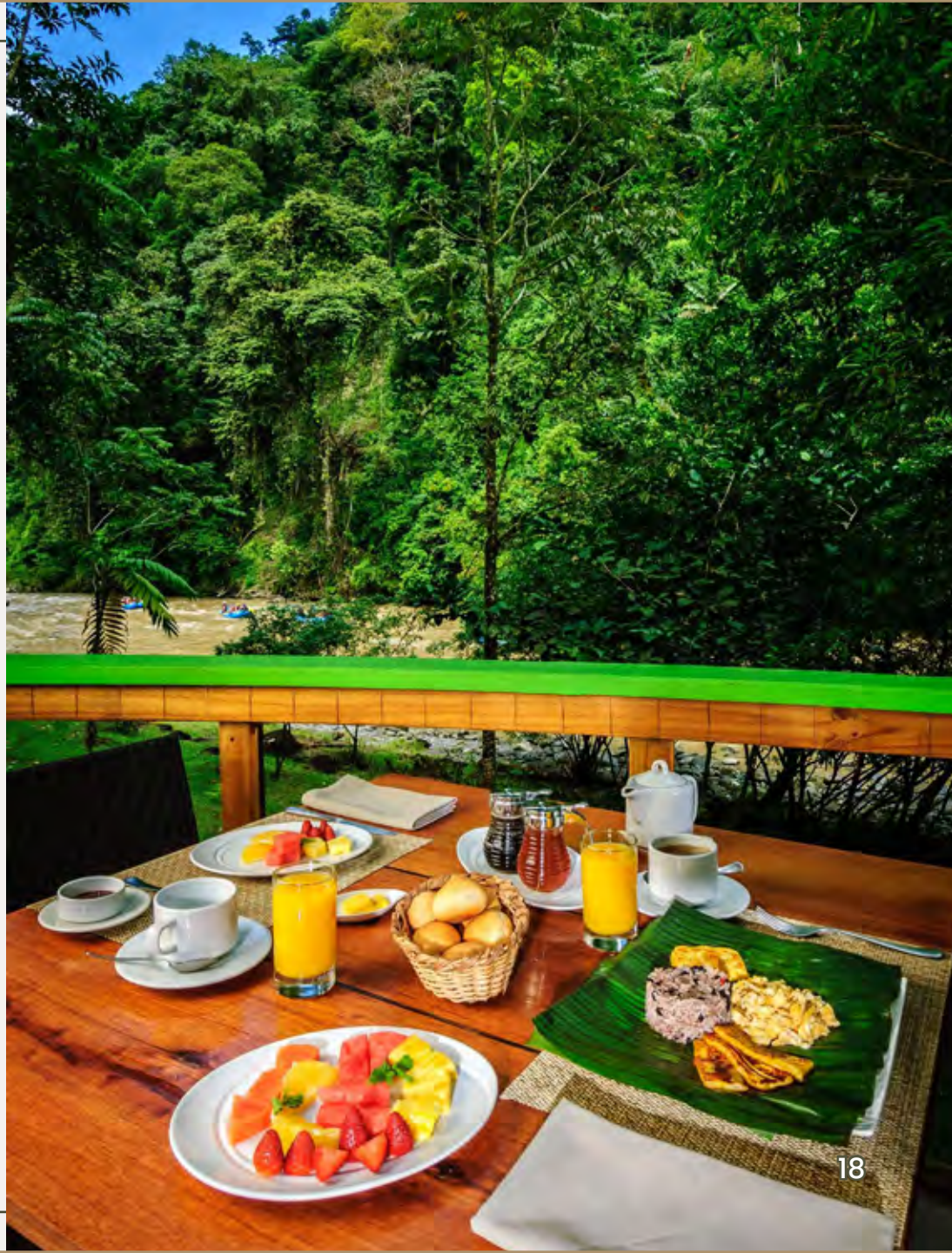




## Breakfast or Lunch in the rainforest canopy “The Nest”

Just as the bird that abound at Pacuare Lodge make their nests high in the trees, we’ve built our own nest: a platform 20 meters (60 feet) high in a treetop, where guests can enjoy a meal in a uniquely splendid setting. The culinary adventure begins as you glide down 130-meter cable to the platform high in the branches of a Ceiba: a tree that was sacred to the ancient Mayans.

- **Minimum age:** 12 years old
- **Schedule:** Breakfast 8:00 am – Lunch 1:00 pm
- **Duration:** Approximately 1 ½ hours
- **Difficulty:** Easy



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## Dinner by the river with a fire pit and candles

To make your stay at the Pacuare Lodge even more magical, consider booking a romantic dinner alongside the Pacuare River. We’ll set up an elegant, private table for you near the river’s edge, lit by a fire pit and candles and surrounded by nature. You can savor an exquisite meal under the stars, with a small fire crackling nearby and the soothing sounds of flowing water and tree frog chirps.

These dinners are also available for incentive groups, families, or others who desire a more private, unique dining experience.

- **Schedule:** 19:00
- **Duration:** Approximately 1 ½ hours
- **Notes:** Alcoholic beverage are not included.



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## Riverside breakfast or lunch

Enjoy the Lodge's renowned farm-to-table cuisine overlooking the scenic landscape of the Pacuare River. We'll set up a private outdoor dining table decorated in tropical flowers and other personalized touches for you and your group (up to ten guests). Enjoy Pacuare's regular menu of exquisite dishes, tropical fruits, and home-baked delights on the river's bank. Only one couple or group can be accommodated at once, so please reserve your space—and any special details you'd like added—ahead of time.

- **Schedule:** 08:00 a.m. or 12:00 p.m.
- **Duration:** approximately 1 hour
- **Difficulty:** relax.
- **Notes:** alcoholic beverages are not included in the price
- **Min pax:** 2
- **Minimum required to operate:** 2 pax.



## Private dining at your villa (breakfast, lunch, or dinner)

Don't miss the opportunity to enjoy the personalized service and romance of a private dining experience in your villa. Dine on the outdoor terrace or in the comfort of your suite. Our expert staff will ensure the ambiance is perfect with tropical flowers, candlelight, and other touches. Choose from Pacuare Lodge's gourmet selection of farm-to-table appetizers, entrees, and desserts, or opt for the exquisite specials of the day. All of Pacuare's bread, pastries, and tortillas are baked fresh daily, and our fresh organic ingredients, meats, and eggs are either grown on-site or sourced from local providers.

- **Min pax:** 2 guests
- **Notes:** alcoholic beverages are not included in the price.







## Dine with the Cabécar

After an invigorating walk (or short drive), enjoy a fun and interactive dining experience in the company of Pacuare's resident Cabécar artisans and a local naturalist. The breakfast or lunch of your choosing will be prepared tableside and served outdoors next to the traditional Cabécar Rancho. Guests will have the opportunity to ask questions and learn about the Cabécar way of life, beliefs, traditions, and gastronomy. Pacuare's resident naturalist and tour guide will help translate and share their knowledge about the region's natural ecosystems, including the plant and animal species important to the Cabécar. Guests are asked to choose the menu ahead of time when reserving their space.

- **Duration:** 1.5 hours with the jungle hike; 1 hour without the hike
- **Difficulty:** easy
- **Minimum age:** 12 years old
- **What to wear:** shorts, tennis shoes, good walking shoes or hiking boots
- **Includes:** naturalist guide, breakfast or lunch, and transportation if necessary



## Guayabo National Monument

Discover Costa Rica's oldest and most important Pre-Colombian archeological site on this fascinating day trip into history. Depart in the early morning in one of Pacuare's comfortable 4WD SUVs for an approximately 1.5-hour drive through the verdant Talamanca Mountains to the slopes of the Turrialba Volcano and Guayabo National Monument. The estimated 3,000-year-old Guayabo ruins were once home to some 10,000 people who mysteriously abandoned the city for unknown reasons. Was it a plague, invaders, or some other pestilence that forced the residents from their homes and fertile croplands? One thing we know for sure is that today's Cabécar are the living decedents of Guayabo's distant inhabitants. Explore the ancient ruins accompanied by a knowledgeable naturalist guide before returning to the lodge in time for a late lunch or refreshment.

- **Minimum age:** 12 years old.
- **Scheduled departure:** 07:30 a.m.
- **Duration:** approximately 6 hours
- **Difficulty:** easy
- **Notes:** transfer and guide are included
- **What to bring?** Weather-resistant outdoor wear, hat, and walking or hiking shoes.
- **Notes:** transfer time may take up to four hours roundtrip.







## Riverside Yoga

Achieve harmony of body and mind when you join an invigorating group or private riverside yoga class. The lodge's expert yoga teachers can accommodate all levels and will gladly guide beginners interested in discovering the ancient practice of movement and meditation for themselves. Classes are offered three days per week on the grass lawn overlooking the river when weather permits. In the event of rain, classes will be held on the second floor of the main lodge with excellent views of the river and surrounding rainforest. Additional private courses can be arranged, including private sessions at your Pacuare Villa.

- Complementary group yoga class is available Tuesday, Thursday and Saturday.
- **Minimum age:** 7 years old
- **Duration:** approximately 1 hour
- **Difficulty:** easy to moderate.
- Mats are available at the Lodge
- **Min pax:** 2.



## Rainforest Bath with Mineral Salts

Indulge yourself with the gift of ultimate relaxation during a Pacuare Rainforest Bath with Mineral Salts experience. Our professional staff will transform your villa's stand-alone tub (in or outdoors) into a tropical oasis of rejuvenation. Choose the temperature you desire, and we'll do the rest. From the floating blanket of tropical flowers known for their health-imbuing properties to the finest imported mineral salt-infused waters, your enjoyment is our aspiration. Add a bottle of fine wine or Prosecco to the mix, and you'll have an evening to remember.

*\* Alcoholic beverages incur an additional cost.*

- **Minimum age:** 12 years old
- **Schedule:** previous or same-day arrangement, please.
- **Duration:** approximately 1 hour
- **Note:** alcoholic beverages and food service are not included.







## Nortico Gourmet Chocolate Tour

Have you ever wondered about the origin of the world's favorite delicacy? Experience the chocolate-making process for yourself at Nortico Gourmet Cacao Farm. Following an early breakfast at the lodge, depart on an approximately one-hour drive to the slopes of the Turrialba Volcano where you will hear the story behind Theobroma Cacao - the legendary food of the Gods and learn how the art of making chocolate has evolved over time. After walking the farm's verdant trails you'll be invited to the post-harvest center for a fun and interactive workshop to try your hand at transforming the freshly roasted cacao beans into your own personal chocolate treats. Enjoy a delightful lunch at the farm before the return drive to Pacuare Lodge.

- **Scheduled departure:** 9:00 a.m.
- **Duration:** approximately 4 hours
- **Difficulty:** easy
- **Notes:** Lunch and transfer included
- **What to bring?** Weather-resistant outdoor wear, hat, and walking or hiking shoes.



## Traditional Cooking Classes

If you read the guest comments about the food at the Pacuare Lodge, you might get the impression that we have a chef trained in haute cuisine. It sure seems like it. The truth is that the lodge's food is simply the product of our own love of cooking, a sentiment that we transferred to the jungle and emulsified - to use a culinary term - with the talent of our local staff, teaching them how to prepare memorable meals.

The Pacuare Lodge's kitchen staff is made up of young people from nearby communities. We don't really have a chef; we've simply developed the talent of local people and taught them the secrets of great food. We like to surprise our guests with novel combinations of flavors, local ingredients, innovative recipes, and beautiful presentations. It isn't fancy, but it's delicious enough to warrant opening a bottle of good wine, which is why we keep our cellar well stocked with vintages from around the world.

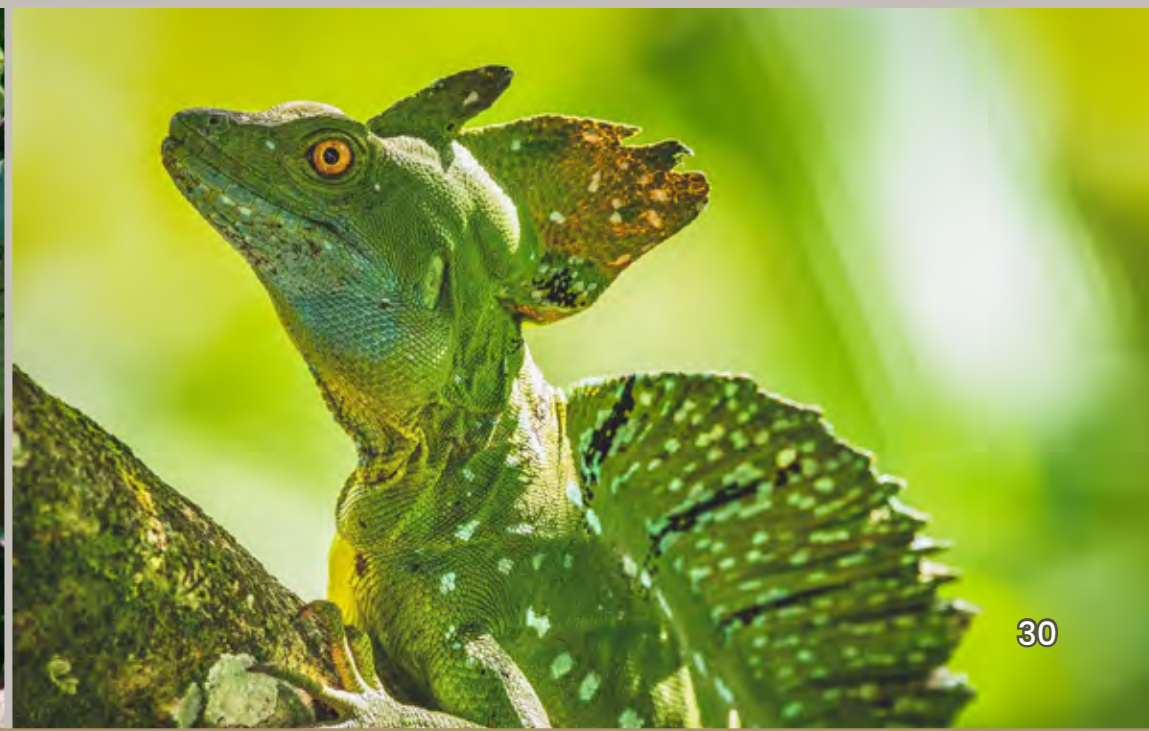
- **Minimum age:** 7 years old
- **Schedule:** subject to kitchen operation
- **Duration:** 1 hour
- **Difficulty:** easy
- **Min pax:** 2.















**BÖËNA**

Wilderness Lodges

Pacuare Lodge



**Reservations: + (506) 4070-0420 | E-mail: [reservaciones@boena.com](mailto:reservaciones@boena.com) | [www.pacuarelodge.com](http://www.pacuarelodge.com)**