

Eco-Tour List

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Most half-day morning tours depart from the reception area at 7:00am and return to the resort for lunch at 12 noon. Half-day afternoon tours depart from the reception area at 1:00pm and return to the resort by 4:30pm. Most full-day tours depart from the reception area at 7:00am and return by 4:00pm. **Not all tours are available every day. Please check with the eco-tour department for availability.**

Family Discounts: A special family discount of **25% off** applies to children ages **6-11** when touring together with at least two adults. Children ages 6 and under are free when touring with at least two adults, on all tours except horseback riding where they receive a 25% discount when riding on their own horse.

A cooler filled with drinks and fruit is provided for all half-day activities, with the addition of a picnic lunch for full-day tours. A representative of our eco-tour department is in the office in the mornings and evenings. We welcome your questions and try to accommodate special requests, always with safety in mind. Most eco-tours can be customized to accommodate all levels of physical ability and endurance.

Cancellation Policy: A 50% cancellation charge will apply to any activity which a guest cancels less than 12 hours before it is scheduled to begin.

Your first day eco / spa activity at the resort must be scheduled two days prior to arrival. Failure to schedule your first day activity may result in your choice not being available. All prices are per person. A two person minimum applies to most tours which may be met by combining guests from separate travel parties if available.



Cultural, Rural and Conservation Tours-

Supporting and experiencing the rain forest in a sustainable way is the key to ensuring that these natural wonders can continue to be enjoyed for generations to come. There are several small family businesses and groups that are working to keep local traditions intact while at the same time attempting to assist with the conservation of the area and its wild inhabitants. In an attempt to support these valid causes as well as the hard working people who have created them, we are proud to offer the following cultural, rural and conservation tours.

Cultural Tour Combo

Purchase any cultural tour and **get 25% off** any additional cultural or rural tour to make a full day and have more time to share and learn about the culture and those who defend the wildlife of this beautiful country.

1. Sea Turtle Rescue Tour: This project is called "Osa in the Water" located on Playa Blanca, close to Puerto Jiménez and is organized by WIDECAS an international, independent, nonprofit organization that supports local sea turtle conservation.

The dynamics of the local sea turtle populations are poorly understood, and while some information on females has been gathered from nesting beaches, little is known about the population structure, genetic origin or in-water habitats. Sea Turtles only spend 1% of their life on nesting beaches and due to this behavioral pattern, only adult females may be studied. Little or no information is available about the juvenile population, or the sex ratios of adult populations. As a result, there is a need to enter the habitats used by sea turtles in different stages of life to assess the types of threats sea turtles are exposed to in nesting beaches, as well as coastal and open waters. You can help this initiative, join this full day research trip to see the turtles in their natural habitat, swimming, holding and working with them to make sure that they are healthy while collecting data along with the researchers. Do not forget your sun block and swimsuit!

Full day: \$125 * 2-person minimum*24 hours notice required.

2. Finca Raices de Osa: Owned and operated by a local Costa Rican family, this project is a thriving example of agro-ecology. This visionary farm serves as a model of success for balancing the subsistence needs of humans with preserving nature. The tour commences with a nice easy walk through organic tropical fruit orchards and fields of pineapple, banana, papaya, melon, sugar cane and manioc. We then visit the natural corridors of the farm, where well manicured trails lead you through a picturesque lowland rainforest. Experience how chocolate is made and taste the results. The tour ends with an offering to sample some of the many products of the farm, which vary seasonally and are served under the shade of an enormous Kapok tree. **Half day: \$85 per person * 2-person minimum * 12 hours notice required.**

3. Gold Panning: Before becoming Central America's premier rainforest destination, the Osa Peninsula was famous for its high-grade and abundant gold deposits. Visit the claim of a local professional gold panner to learn the tricks of the trade and try your luck at striking it rich. Find out why Columbus named this country the "Rich Coast". If you are either skilled or lucky you will go home with real gold flakes. **Full day: \$115 per person * 2-person minimum * 12 hours notice required. This tour is physically demanding Check with the eco-tour department for availability**



Nature Walks-

Come with us to see why The Osa Peninsula is considered the crown jewel of Costa Rica, and was cited by National Geographic as "the most biologically intense place on Earth!".

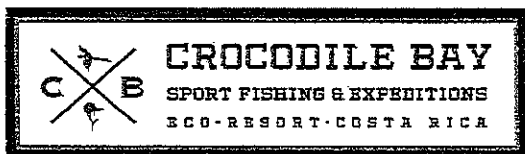
4. The Osa Rainforest: The tropical lowland rainforest is the most species-rich land-based ecosystem on Earth. It is a land of enchantment made up of brilliantly colored birds (the scarlet macaw and the chestnut-mandible toucan), rare mammals (sloth), four species of monkeys (howler, white-faced, spider and squirrel), along with peccaries, and wild cats. If you do only one, this is the eco-tour we recommend to give you a sense of what the rainforest is all about. Your senses will be heightened as you become one with your surroundings! This tour can be customized to accommodate all levels of physical ability. Closed-toed shoes are required for hiking. **Half day: \$85 per person, Full day: \$125 per person * 2-person minimum *12 hours notice required**

5. Monkey Tour: Costa Rica is home to four species of monkeys; The Spider Monkey, The Mantled Howler Monkey, The White-Throated Capuchin Monkey, and The Central American Squirrel Monkey. Our resort is located in the only area of the country where all four species are present- The Osa Peninsula. This tour is specialized to focus on the many fascinating aspects of these exciting creatures. Tour leaves at 8:00am and returns by 11:30am.

Half day: \$85 per person * 2 person minimum * 12 hours notice required

6. Corcovado National Park: Established in 1975, and encompassing an area of 263 square miles, Corcovado is widely considered the crown jewel in the extensive system of national parks and biological reserves spread across the country of Costa Rica. Not only is the park very popular with tropical ecologists, but any visitor, regardless of their background can expect to see an abundance of wildlife. Corcovado is large enough to support a sizeable population of the endangered Baird's Tapir, as well as large herds of white-lipped peccaries and hundreds of bird species. One hundred and forty species of mammals call the park home, which represents 10% of the entire mammal-species in America! If you came to Costa Rica to see the wildlife in its most natural form, as far from civilization as is currently possible, Corcovado National Park is for you. **Full day: \$135 per person * 2-person minimum * (Los Patos Ranger Station by car)*24 hours notice required * This tour is physically demanding. (Weather Depending), Better on dry season from December to May. Check with the eco-tour department for availability**

7. Reptile and Amphibian Tour: This tour was established for those who have a special interest in Reptiles and Amphibians, and want to learn more about them. On this tour we will focus on the various forms of amphibians and the more famous reptiles of the area like the Fer de Lance Viper and the Eye Lash Viper. **Full day: \$125 per person * 2-person minimum*12 hours notice required * This tour is physically demanding. (Weather Depending)**



8. Introduction to Bird Watching: The wealth of Costa Rica's avifauna, in itself, warrants a trip to our resort. With 854 species of birds in an area the size of West Virginia, Costa Rica is home to more bird species than vast continents like Europe, North America and Australia. Nowhere in Costa Rica are the birds more colorful and diverse than in the lowland rainforests surrounding our hotel. Allow our expert guides to greatly expand your birding life list or use this trip as a grand introduction into the world of birding.

Half day: \$85 per person, Full day: \$125 per person * 2-person minimum * 12 hours notice required

9. Bird Watching - In Depth: In these 2½ days, we will take the time to focus on a variety of habitats: lower mountain along with coastal primary and secondary rainforests, forest edges, tropical orchards, pastureland, mangrove estuaries, Pacific shorelines and streamlined gallery forests. This tour package can be customized to focus on target species as well as be geared towards different levels of physical exertion. This package can also be upgraded to include pelagic boat tours and river mangrove kayaking excursions.

Two & a half day package: \$225 per person * 2-person minimum * 24-hour notice required

10. Jungle Night-Walk: Hunt or be hunted is the nighttime order of the rainforest, when different animals are active. In this tour we observe "survival of the fittest." Night walking, as opposed to a day hike, is characterized by a much slower moving pace and a sharp inspecting eye. The tour includes a brief stroll around some wild areas. A fresh-water lagoon near the resort yields treasures like red-eyed tree frogs and other amphibians, exotic insects, night birds, caimans, snakes and other reptiles. Along with a knowledgeable guide, we provide flashlights and other related equipment. The tour starts at 7.30pm.

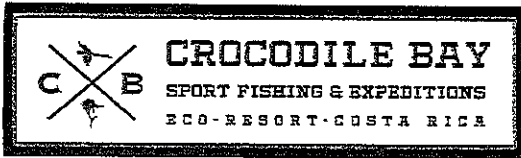
Night: \$50 per person * 2-person minimum * 24 hours notice required or \$25 Night Walk in the Resort Property

Aquatic Tours-

Come with us to visit and learn about many of the different species that live in, around and under the warm waters of the Golfo Dulce.

11. Mangrove Kayaking: You will paddle through the exotic and mysterious landscape of a river mangrove estuary. The serene passages of the river bring you silently alongside many beautiful aquatic birds: roseate spoonbills, boat-billed herons, and white ibis. Jesus Christ (Basilisk) lizards dart across the surface of water on webbed hind-feet. Howler and white-faced monkeys are known to frequent the mangroves. Life vests & dry bags are provided. Single & double (Ocean Kayak brand) kayaks are available. **(2 to 3 hours): \$55 per person * 2-person minimum * 12 hours notice required**

12. Sunset Ocean Kayaking: Take advantage of the tranquility of an afternoon paddle in our beautiful sheltered bay. A short distance from the shore, the tour provides a commanding view of the sunset. This is a light paddle and is also an opportunity to search for local and migrating marine life such as spotted and bottlenosed dolphins, humpback whales and sea turtles. Life vests and dry bags are provided. Single and double kayaks are available. **(2 hours): \$55 per person * 2-person minimum * 12 hours notice required**



13. Snorkeling the Golfo Dulce by Boat: With eighty-degree water, snorkeling in the Golfo Dulce is as inviting as it is fascinating. On this multi-dive trip you will visit a variety of marine habitats including brain-coral reefs and rock pinnacles. Colorful reef fish like parrot, angel and butterfly fish inhabit this area, as do Moorish Idols, Sergeant Majors and many others. There are Moray eels, rays, octopus, and even the occasional whale shark or sting ray. Our knowledgeable guides and captains will keep you safe and well informed while you swim like the fish! All equipment is provided. Better in low tide and best months are from December to May.

AM only: \$125 per person * 2-person minimum * 24 hours notice required (Add \$60 per person to combine either #18 Wildlife Sanctuary or #16 Botanical Garden)

14. The Casa Orquideas Botanical Garden by Boat: A glorious morning boat ride takes you across the beautiful Golfo Dulce to the largest and most elegantly manicured botanical gardens in the region. This huge family owned garden not only contains the largest collection of orchids in the area, but also allows you to see the natural source of chocolate, cashew, mango and spices like black pepper, vanilla and ginger. The gardens are centered in a road-less track of national park providing a sideshow of birds, insects, butterflies and other wildlife that visit the gardens. Sandals or water-socks are recommended for entering and exiting the boat, and shoes are required for walking once on land. Gardens Closed Fridays.

AM only: \$125 per person * 2-person minimum * 24 hours notice required (Add \$60 per person to combine with #17 Osa Wildlife Sanctuary to make a full day of adventure)

15 - Golfo Dulce Excursion by Boat:

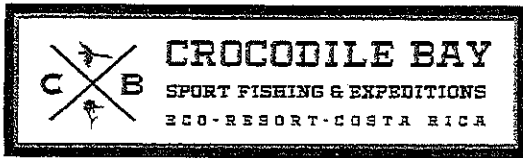
The Golfo Dulce, one of the most pristine tropical gulfs in the world, is surrounded by lush mountainous rainforest and mangrove wetlands. Approximately 30 miles long and nearly half an hour by boat to the far shore, it is an ideal leisurely ride for those who want to enjoy the wind in their hair while viewing the sights & wildlife of the shoreline, including pelicans, turtles, and dolphins.

AM only: \$125 per person * 2-person minimum * 24 hours notice required

16 - Osa Wildlife Sanctuary:

Bordering a national park along the same wild stretch of coastline as the botanical garden tour is the Osa Wildlife Sanctuary. Enjoy a beautiful boat ride across the gulf and take advantage of this rare opportunity to see and interact with some of the local rainforest creatures (like two and three-toed sloth, spider and howler monkeys, macaws, parakeets and toucans). The sanctuary rehabilitates injured or illegally captured animals while providing a permanent home for those too debilitated for the wild. Your visit to this sanctuary helps to directly fund this noble effort.

AM only: \$125 per person * 2-person minimum * 24 hours' notice required (Add \$60 per person to combine with #16 The Casa Orquideas Botanical Garden for a full day of adventure)



Adventure Tours-

These activities are different ways to explore and enjoy nature in more active ways. From high up in the forest on the zip line to getting muddy with a mountain bike or galloping through the rainforest on horseback all these tours are fun and will help you experience a shot of adrenaline to make you really feel alive!

17. Miramar Canopy Zip-line:

Once a realm limited to scientific investigations, canopy exploration has quickly become one of the fastest growing and most sought after tour frontiers of the rainforest. We are now proud to offer one of Costa Rica's finest canopy tours. The ideal area, a 17 acre tract of virgin forest, is called Miramar or "ocean view" which refers to its commanding view of the Golfo Dulce. The platforms are strung along nearly a mile of rainforest canopy reaching heights of 138ft. While this tour is truly adventurous, state-of-the-art equipment is provided for utmost safety. Furthermore, the guides are highly trained and knowledgeable in not only techniques and safety issues, but also on the natural wonders encountered in this exciting ride through the heights of the rainforest. As opposed to waterfall climbing and other types of high rope activities, the zip-line is relatively effortless, and therefore appropriate for children as well as mature travelers.

Half Day: \$125 per person * 2-person minimum * Closed shoes recommended * 12 hours notice required

18. Miramar Canopy Zip Line at Night:

At least half of all species that live in the rainforest are active at night. Revel in the exotic sights and sounds of the jungle, with a healthy dose of adrenalin. Each of the seven platforms are illuminated to guide your approach. This version of the canopy zip-line is great for fishermen that can't miss the fishing action during the day, but realize what exciting treasures await them on shore.

Night: \$125 per person * 2-person minimum * Closed shoes recommended * 12 hours notice required *

Leaves at 7:30pm and returns by 10:00pm.

19. Osa Palmas Canopy Tour:

After the tremendously positive response we received from our clients who enjoyed our Miramar Zip-line tour, when another area was found and converted into a second Canopy Tour location, we could not stop ourselves from offering that as well for all the adrenaline junkies out there! The Osa Palmas Canopy Tour has 8 platforms up to 140 feet tall that allow you to view primary forest, secondary forest, and renewable plantations of trees as well as open space. The combination of breath taking views, vibrant wild life, and speeds up to 50 miles per hour while 140 feet high are sure to make this a trip to remember!

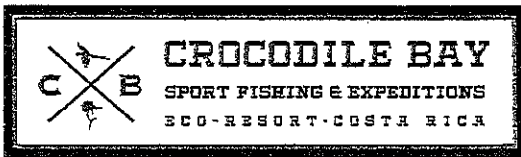
Half Day: \$125 per person * 2 person minimum * Closed Shoes Recommended * 12 hours notice required

Add to this tour any Rural activity and you will get 25% off on the rural tour.

20. Surfing Pavones Beach by Boat:

The "second longest left-hand wave in the world" is right across the Golfo Dulce from our resort. A 30-minute boat ride brings you to Pavones Beach so you can ride the "three minute long left." This break is for experienced surfers and strong swimmers. All equipment is provided. Boat eco-tours have limited availability - January through April. This tour is physically demanding. Better in low tide and only for competent swimmers.

Full Day: \$195 per person * 2-person minimum * 24 hours notice required



21. Surfing Matapalo Beach:

With hundreds of miles of un-crowded Pacific Ocean coastline, Costa Rica is a surfing Mecca. One of the best and most beautiful is the world-renowned Matapalo Beach surf-break. Whether you are new to surfing or an advanced surfer, our knowledgeable and helpful guides will lead you to the best spots appropriate for your experience. All equipment is provided. This tour is physically demanding. Better in low tide and only for competent swimmers.

Half Day: \$95 per person. Full Day \$125 per person * 2-person minimum *24 hours notice required

22. Cross Country Biking:

See the Osa Peninsula countryside close-up and personal on our Trek Mountain Bikes. The casual biker will experience the rolling hills and flats as he meanders along country back roads past fruit tree farms, fields, rustic casitas and rancheros. More advanced riders can explore steeper terrain leading to commanding ocean views. A support vehicle, along to take you direct to the best spots, can be used to drive to the high spots for the sheer thrill of a downhill run. Regardless of which trek you choose, numerous opportunities exist to spot exotic wildlife; like monkeys, sloth, toucans, & scarlet macaws.

Half day: \$75 per person. Full day: \$125 per person* 2-person minimum *12 hours notice required

23. Puerto Jimenez Area Biking:

Discover a quaint Costa Rican pueblo (small town) by bicycle - the locals' way to get around. This guided bicycle tour is the perfect mode for taking in more than you could by walking, while being more intimate with the surroundings than traveling by car. There are local craftsmen, shops, fishermen, the local church and school as well as natural scenery and wildlife to see. Whatever your interest, it is a different world that invites your discovery. Due to the heat associated with the middle of the day, this eco-tour is most appropriate in the early morning and late afternoon. **Half day: \$65 per person * 2-person minimum * 12 hours notice required**

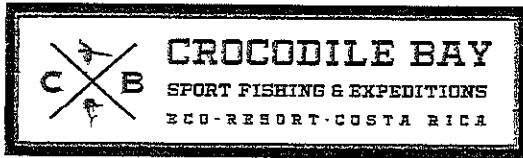
24. Waterfall Climbing & Rappelling:

Your guide will lead you up a densely forested and seldom traveled streambed, arriving at Quebrada Clarita Waterfall. Utilizing state of the art climbing equipment, you will first ascend the vertical 40-foot waterfall. After a rest and chance to view the scenery from above, your expert guide will prepare you for your rappel against refreshing waters and the thrill of a lifetime. Many guests want to do it again immediately, and that's O.K. with us. **AM only: \$110 per person * 2-person minimum * 24 hours notice required * This tour is physically demanding. (Weather Depending). Best time from June to December. Check with the eco-tour department for availability**

25. Horseback Riding:

Explore the interior of the Osa Peninsula on horseback (the locals' way). You will be guided along isolated mountain paths and jungle trails offering stunning gulf and ocean views with abundant wildlife. Throughout the day you will have plenty of opportunities to dismount to rest and explore the rainforest on foot. Explore the varied landscape and see the wildlife from the peacefulness and majesty of a horse. Shoes are required. Long pants are recommended.

Half day: \$105 per person * 2-person minimum * 12 hours notice required *220 lb weight limit* physically demanding



Short Trips-

After a day of fishing or eco touring, you can enjoy one of these activities to keep exploring more without taking much time or going too far.

26. Playa Preciosa ("Precious Beach") Shuttle:

What better way to relax than on a pristine, tropical beach? It is a short drive to this secluded, unspoiled beach perfect for bodysurfing, swimming and sunning as you enjoy the beautiful views. A nearby outdoor bar offers access to showers, restrooms, lounge chairs, and a juice bar. Boogie boards are available upon request. **NO LIFEGUARD ON DUTY.** Please be aware of ocean conditions and swim at your own risk.

Round Trip for \$20 * 12 hours notice required * No cooler included.

27. Visit the Crocodiles and Caimans:

To come to this eco-resort and not see why it is called Crocodile Bay would be to miss a chance at a great story and to have that story corroborated by photos! Come with us to see and explore the beautiful lagoon where these big reptiles live naturally. Also along the way you will have the chance to see others animals and plants making this, the perfect short tour after fishing.

30 minutes. Free of Charge for Guests *12 hours' notice required.