



NAYARA
RESORTS
COSTA RICA



INTRODUCTION

The Arenal Volcano region is one of the most popular touristic sites of Costa Rica, it is lush and beautiful, and with the mighty volcano crowning the landscape the area has magnificent rainforests, hot springs, a big beautiful lake and an incredible sort of adventures to choose from.

Excursions are a must to experience during your stay. Our expert Tour Guides will be delighted to take you on a private tour of your choice to ensure that your experience is enjoyable as well as informative.

Our specialized Concierge Team will be happy to help you plan your time in Arenal or provide further information about any of the following tours in advance. Get in touch with our Concierge Desk via chat or e-mail: reservations@nayararesorts.com





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 sunblock 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 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. The Mystic Hanging Bridges tour takes you on a 2-mile hike that includes 9 regular bridges and 6 hanging suspension 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. Guests should have the including trails, paths (natural and man-made), steps, swinging bridges, and at times wet/muddy conditions.

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

 **Cost**
\$159 per person

 **Duration**
4 hours including transportation

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

 **Suggested time(s)**
9:00 am & 2:00 pm

8:00 am - 10:30 am
or 1:30 pm - 4:00 pm

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 to meet 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

🕒 Duration
3.5 hours

🕒 Suggested time(s)
9:00 am & 2:00 pm


💰 Cost
\$124 per person




LA FORTUNA WATERFALL, HANGING BRIDGES & 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 195 ft. high. You'll walk down 500 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 little adventure? Swim in the refreshing pool of the waterfall! Visitors are welcome to go 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**
\$237 per person

 **Duration**
7 hours

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


 **Suggested time(s):**
9:00 am





CAÑO NEGRO WILDLIFE REFUGE


You'll travel for about 120 minutes to the Los Chiles dock and the Cano Negro Wildlife Refuge. This incredibly remote, wild area encompasses over 10,000 hectares of jungle, rivers, canals, and pristine rainforest. You'll board your covered boat with your naturalist guide and begin this peaceful nature journey through the Rio Frio (Cold River). This area is incredibly rich with wild life. 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 tree tops, and if you like birds, it's a must do tour. Guests are likely to see wood storks, cormorants, sand pipers, 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 Cano Negro (Pumas & Jaguars), though sightings are rare. You'll spend about two hours on the river and then return to Los Chiles where you'll meet your driver and head to a local restaurant for a delicious typical lunch.

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

 **Cost**
\$277 per person

 **Duration**
7 hours


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

 **Available time(s)**
6:00 am & 10:30 am

RIO CELESTE PRIMARY FOREST HIKE

Discover one of Costa Rica's best kept hidden gems; Tenorio National Park and Rio Celeste. You'll drive with your naturalist guide about 2 hours from your hotel to the ranger station at Tenorio N.P. There you'll enter the dense, pristine rainforest of Tenorio. The forest is abundant with wildlife including monkeys, sloths, and tropical birds. Keep your eyes to the trees and try to spot the elusive Umbrella Bird, a very rare and interesting inhabitant 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 Tenideros" 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 your hotel.

 **Difficulty**
Intermediate level
of physical activity

 **Suggested time(s):**
8:00 am

 **Duration**
7 hours

 **Cost**
\$259 per person




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
\$124 per person

 Duration
2 hours

 Important note
Bring binoculars and spotting scope


 Suggested time(s)
5:30 am & 3:00 pm




TRIO WATERFALL HIDEAWAY


This tour is an exceptional option for hiking away of crowded and touristic places, at the base of the central volcanic mountain range going through the farming land of Toro 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 landscape along the way. We will start to hike in the local farmers muddy road for about two hours each way, crossing some rivers over bridges and uneven trails, to finally descend 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

 **Suggested time(s):**
7:30 am
Aviable from monday to saturday


 **Duration**
9 hours

 **Cost**
\$257 per person



FROG WATCHING NIGHT TOUR


For a truly unique experience, join us for the Arenal Oasis night time frog watching tour. This is Arenal's only wild frog night tour. You'll leave your hotel with your naturalist guide and travel just 20 minutes to the private reserve of the Rojas Bonilla Family. This is a beautiful property that provides the perfect habitat for 28 varieties of frog species. The Rojas Bonilla family carefully planted native plants and trees to ensure that their gardens would provide the perfect home for all the different frog species in the area. Guests will find a lovely reserve filled with fresh water springs and reedy ponds creating a true sanctuary for its inhabitants. It's a chance to take in the sights and sounds of the rainforest, at night, and enjoy nature as you've never seen it before.

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

 **Cost**
\$112 per person

 **Duration**
2.5 hours

 **Important note**
Bring bug spray

 **Suggested time(s):**
5:45 pm



SAFARI PEÑAS BLANCAS RIVER

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



Difficulty

This tour is great for all ages



Duration

4 hours



Leaving at:

8:00 am & 1:00 pm



Price Per Person

\$79 per person



Important note

Only your feet will get wet therefore we recommend wearing sandals or water shoes



HORSEBACK RIDING – PACO'S HORSES

Paco's Horses combines excellent riding with fascinating introductions to the rich rain forest of Arenal.

During this adventure we will take you back to an era when life moved more slowly and people take more time to appreciate the beauty of nature, the sounds, the color and the energy in the air.

You will appreciate the density of the forest and access to pastures located on the highest hills of the park from where you will have a stunning view of the Arenal Volcano and Lake. This tour includes a short visit to one of the hanging bridges during a pause of the ride.

It is your first time on a horse? If so, you will be instructed by a professional guide that offers a vast knowledge of horses and how to ride them for the first time.

The scenery at Paco's Horses is large and breathtaking, you can't go wrong with this adventure.



Difficulty
All experience
levels welcome



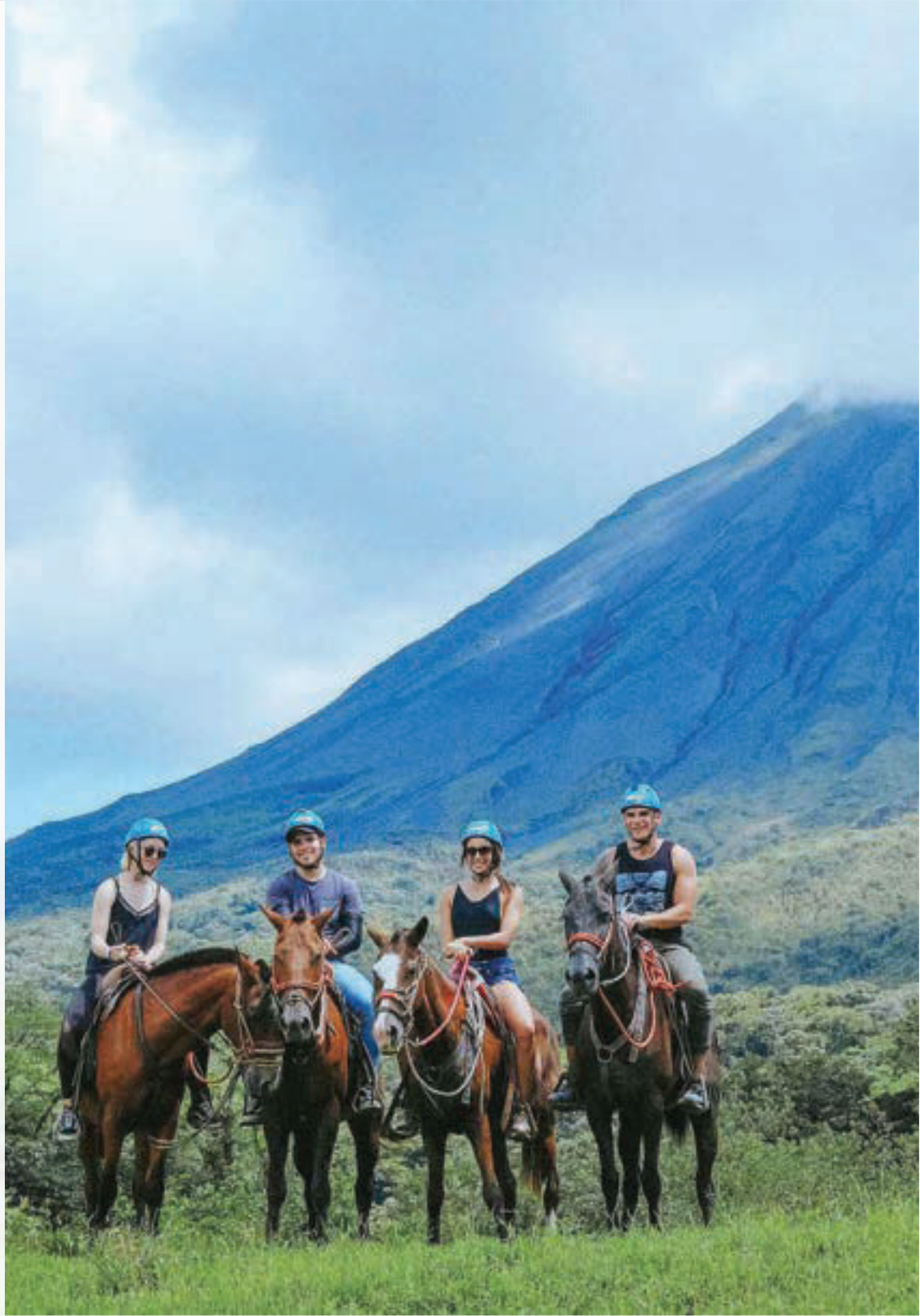
Leaving at:
8:00, 10:30 am
& 1:30 pm



Duration
2.5 hours



Cost:
\$84 per person



COFFEE & CHOCOLATE TOUR

We offer two tours in one! The coffee tour, which begins knowing about the wonderful history of coffee in the world, followed by history in our country and its importance in Costa Rica's development. Later on, during 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, from the seed to the delicious final product, the cup of coffee.



Difficulty

This tour is great for all ages



Duration

3 hours



Available Times:

8:30 am & 1:30 pm



Cost:

\$68 per person



SKY TRAM & TREK TOUR

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 Tram 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 guests 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

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



Duration

3.5 hours



Times

7:15, 8:15, 9:45, 10:45 am
12:15, 1:15 & 2:15 pm



Cost

\$115 per person




Important note


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





PURE TREK CANYONING TOUR

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 your 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 Rican 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.

 **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

 **Duration**
 4 hours

 **Available Times:**
 7:15 am & 12:15 pm

 **Important note**
 Minimum age to participate is 5 years


 **Cost**
 \$114 per person



WHITE WATER RAFTING CLASS 2-3, OR 4 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**
This tour requires a moderate to intermediate level of physical ability. Guests will need to support themselves on the rafts edge, sometimes jump to the floor of the raft, and paddle with the instructions of the guides. The recommended ages are 13-65. Guest should be mobile (to get in and out of the raft) and have no serious health issues

 **Duration**
7 hours

 **Leaving at:**
8:20 am

 **Cost**
\$104 per person for class 2-3. Class 4 is \$112 per person

 **Important note**
Sneakers or water shoes are required for this tour





KAYAKING 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 monkeys, 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 1 ½ hours we will stop and enjoy a delicious snack of fresh local fruit.

 Difficulty
Moderate Level

 Duration
02-03 hours

 Departure:
08:00 am & 01:00 pm


 Cost:
\$80 per person





ARENAL LAKE BY BOAT + LA PENINSULA


This boat trip will take you to the bays and Peninsula of Lake Arenal. You will enjoy the coasts surrounded by lush vegetation and fauna and the surround landscapes of blue mountains, volcanoes, and islands. Along the way, your guide will share interesting information about the history of the lake, the volcano, and the surrounding tourist development.

Once we reach the Arenal National Park peninsula, we will leave the boat to begin a walk-through easily accessible trails. There are sighting towers that will allow for beautiful 360° photographs of the lake and the volcano. The site is excellent for bird watching, where you can view toucans, motmots, trogons, and golden orioles. You can also hear or maybe even see howler monkeys, spider monkeys, or capuchin monkeys, as well as many other species. It is a roughly 2-mile trail with no steps and steep incline, completely apt for wheelchairs and those with physical limitations. At the end of the walk our transportation will be waiting to return to your hotel.

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

 **Duration**
4 hours

 **Suggested time(s):**
7:55 am & 1:55 pm

 **Cost**
\$93 per person



Sloths and Birds

The sloth is one of the most emblematic animals of Costa Rican fauna. These small and friendly creatures are sweet, beautiful, and always appear happy, with an eternal smile painted on their faces. We would love for you to join us for a short hike through the secondary rainforest to try to locate them. This trail is only 2 km. (1.25 miles) and is designed the entire family. It is very common to spot these small mammals hiding among the vegetation. Our expert guides know all their secrets and tricks! We will also learn interesting facts about some of the fabulous plants we spot along the way. Due to its location and type of flora, this trail is also heavily populated with birds. To complement a morning or afternoon full of wildlife, we will be able to appreciate many species of birds in the area. Recommended only for sloth and bird lovers. Bring your camera charged and ready to go.



Difficulty
This tour is great
for all ages



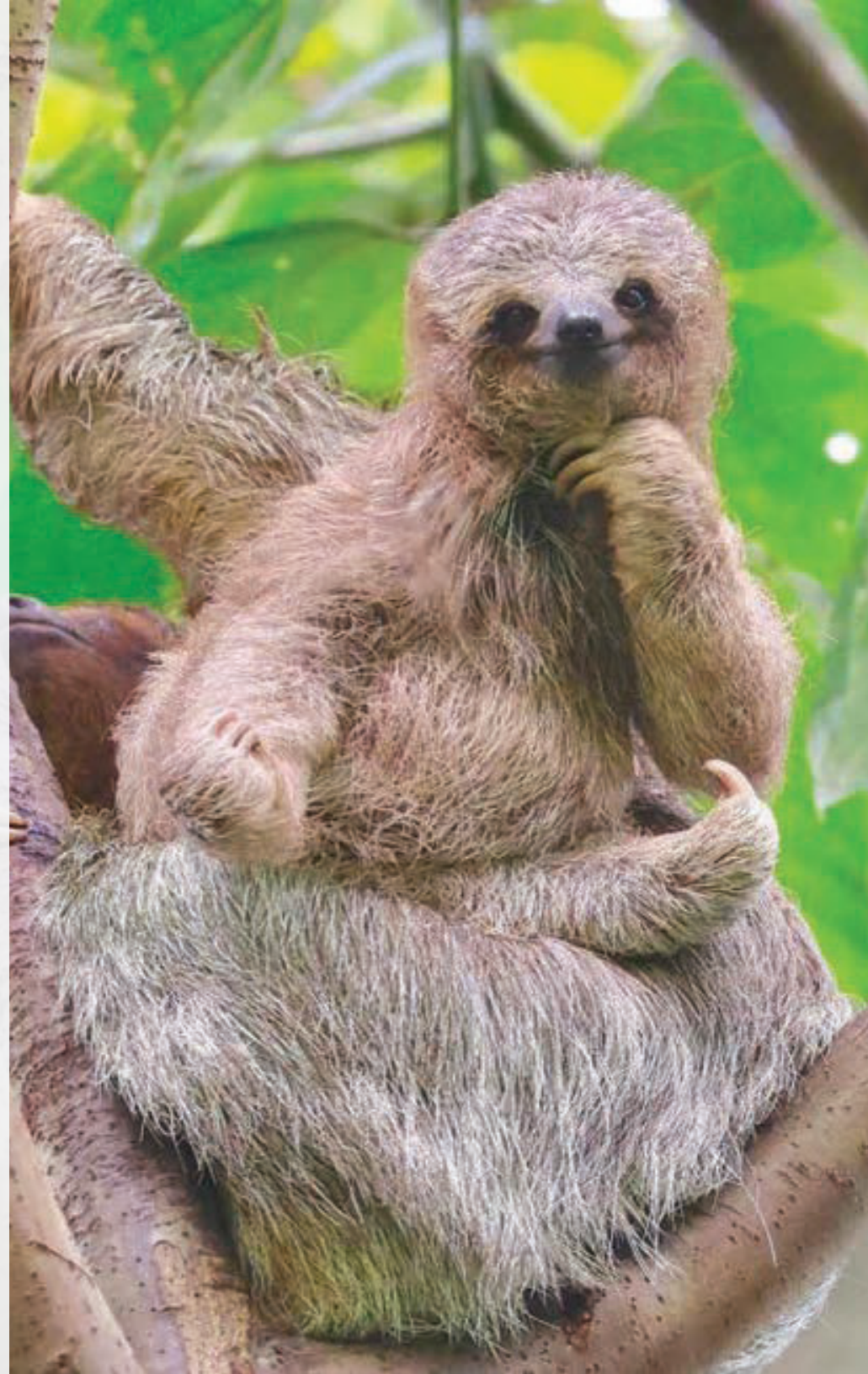
Duration
3.5 hours



Suggested time(s):
7:40 am & 1:40 pm



Cost
\$66 per person



ADVENTURE

CLOUD FOREST HIKE AT WATER NATIONAL PARK

This tour is a great new alternative for bird watching enthusiasts. The trip to this rarely visited cloud forest will give you the opportunity to see a wide variety of flora and fauna including the spectacular Quetzal with its eyecatching plumage and many other bird species. To reach the Juan Castro Blanco National Park which is located only 1 ½ hours from La Fortuna we will drive through the San Carlos lowlands, Costa Rica's most productive agricultural region. The small number of tourists that visit the park, the personalized nature of the tour and the area's beauty make for an excellent combination. The most common species of fauna found in the park are birds such as the Quetzal, Crested Guan, Black Guan and Chachalaca and mammals such as the Red Brocket Deer, White Faced Capuchin Monkey, Armadillo, Paca, Tapir and several cat species. The park has a very diverse array of flora with approximately 60% of the park's total area being covered by primary forest and the remainder consisting of patches of secondary forest. The tour will end with a delicious lunch with trout as the main course.



Difficulty

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



Suggested time(s):

7:10 am



Cost

\$159 per person



Duration

7 hours





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 30th 2021 until January 30th 2022.
- According to the Costa Rican regulations and the Law 9635 starting July 1st 2019 a 13% TAX will apply to all additional 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.

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.

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.

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.



NAYARA
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Arenal Volcano National Park – Costa Rica, Central América

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