



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.

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 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 Easy level of physical activity

\$ Cost

\$195 per person / \$90.5 kids (5-12yrs)

🕒 Duration

Driving Time: 20min per way Trail: 2.5 hours
Total Distance: 3km (2.5 miles)

🕒 Suggested Time(s)

9:30am & 2:30pm

! 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 Moderately difficult level of physical activity

\$ Cost

\$155 per person / \$75 kids (5-12yrs)

🕒 Duration

Driving Time: 20min per way Trail: 2.5 hours
Total Distance: 3km (2.5 miles)

🕒 Suggested Time(s)

9:30am & 14:30am



* 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. 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

Moderately difficult level of physical activity.
*600 steps to waterfall



Cost

\$288 per person / \$140 kids (5-12yrs)



Duration

Driving Time: 20min per way.
Trail Time: 2 hours Hanging Bridges / 1hr Waterfall
Distance: 4km (3 miles)



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

\$355 per person / \$150 kids (5-12yrs)



Duration

Driving Time: 1.5hrs/2hrs per way. Boat Time: 2 hours
Approx.Total Time: 7 hours.



Suggested Time(s)

6:00am / 10:30am



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 after you will enjoy either a picnic breakfast or Costa Rican lunch at a local restaurant.





* 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
Moderately difficult level of physical activity
*200 steps to waterfall.

Cost
\$285 per person / \$140.5 kids (5-12yrs)

Duration
Driving Time: 1.5hrs/2hrs per way.
Trail Time: 3 hours
Distance: 6km (3.5 miles)

Suggested Time(s)
7:10 am

* NIGHT WALK

Difficulty
This tour is great for all ages

Cost
\$140 per person / \$70 kids (5-12yrs)

Duration
Driving Time: 20min per way. Trail Time: 2 hours
Distance: 1.5km (1 miles)

Suggested Time(s)
17:30hrs

Important note
Bring bug spray

Step into the magical realm of Arenal Oasis after dark, where the symphony of nature takes on a whole new rhythm.

Our night tour isn't just an exploration; it's a journey into the mysterious and enchanting nocturnal world of Costa Rica's rainforest. Led by our knowledgeable guides, you'll embark on an adventure that will awaken your senses and ignite your imagination. Imagine walking through the dimly lit pathways, your senses heightened as you listen to the haunting calls of nocturnal creatures through the trees.

By joining us, you become part of our mission to protect these fragile ecosystems and the creatures that call them home.

So come, immerse yourself in the mystery and magic after dark. Whether you're a nature enthusiast or an adventurous spirit seeking new experiences, this tour promises to leave you spellbound and with memories that will last a lifetime.





* 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 Toro Amarillo village. Just next to it you will discover the beauty of 3 amazing waterfalls hidden away in a remote river canyon.

Drive through scenic and beautiful landscapes along the way. We will start to hike on the local farmers' dirt road for about two hours each way, crossing into the river canyon where you will witness these breathtaking waterfalls.

Toro waterfall height is 90mts / 295ft
 Gemelas waterfall (Blue Falls) height is 30mts / 98ft



Difficulty

Extremely Difficult.
 Long rocky segments with possible drops, dirt and loose rocks, with exposure to drops and excessive weather conditions



Cost

\$284 per person / \$140 kids (5-12yrs)



Duration

Driving Time: 1.5hrs/2hrs per way.
 Trail Time: 3 hours
 Distance: 6km (3.5 miles)



Suggested Time(s)

7:30 am
 *Subject to availability



Important note

Bring bug spray
 Extra clothes, extra shoes and bathing suit



Difficulty

Moderately difficult



Cost

\$282 per person / \$140 kids (5-12yrs)



Duration

Driving Time: 20min per way.
 Trail Time: 2hrs Hanging Bridges & 2hrs 1968 Trail
 Distance: 4km (3 miles)



Suggested Time(s)

9:00 am



Important note

Bring bug spray
 Sunscreen, rain jacket
 & tennis shoes.

* 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, walking through 6 different hanging bridges and 10 fixed bridges. 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 the 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

Easiest.
No obstacles and accesible

\$ Cost

\$152 per person / \$75 kids (5-12yrs)

🕒 Duration

Driving Time: 45min per way. (Lake Arenal & Observatory Lodge)
Trail Time: 3 hours
Distance: 3km (2 miles)

🕒 Suggested Time(s)

5:30 am

! Important note

Bring binoculars and spotting scope, bug spray, rain jacket & tennis shoes



☆☆☆ Difficulty
This tour is great for all ages

\$ Cost
Adults: \$99
Kids: \$78 (4-12yrs)

🕒 Duration
Driving Time: 40min per way.
Raft Time: 2 hours

🕒 Suggested Time(s)
8:00 am & 13:00

! Important note
Bring bug spray, watershoes, rain jacket and hat

* 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.

At the end of the tour, enjoy a traditional Costa Rican snack.

* 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: \$91
Kids: \$80
(Minimum age 8yrs)

🕒 Duration
Driving Time: 20min per way.
Trail Time: 1 hour
Distance: 3km (2.5 miles)

🕒 Suggested Time(s)
7:45am / 9:45am / 11:45am / 1:45pm





* 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: \$70
Kids: \$42 (5-12yrs)

 **Duration**
2.5 hours

 **Suggested Time(s)**
09:30hrs & 13:30hrs





SKY TRAM & TREK (Ziplining)

Your tour begins with a pick up at your hotel and a 30-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 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.



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



Difficulty

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



Cost

Adults: \$142
Kids \$110 (8yrs minimum)



Duration

Driving Time: 30min per way.
Tour Time: 2 hours approx.



Suggested Time(s)

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



Important note

Minimum height to participate is 120cm, (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"

Bring bug spray, rain jacket & sunglasses.



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 (5-12yrs)



Duration

Driving Time: 30min per way.
Tour Time: 2 hours approx.



Suggested Time(s)

7:15 am & 12:15 pm

Important note



Minimum age to participate is 5 years
Extra clothes & water shoes.

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: \$83
Kids: \$57 (4-12yrs)

 **Duration**
Driving Time: 30min per way.
Tour Time: 2 hours approx.

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

 **Important note**
Bring watershoes, sunscreen & hat."

* ORGANIC FARM TOUR (Tortilla Making Class)

Join us in an immersive experience in our organic farm near La Fortunal. 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 tortilla making class and 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. 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: \$129
Kids: \$87 (5-12yrs)

 **Duration**
Driving Time: 20min per way.
Distance: 1km (0.6 miles)

 **Suggested Time(s)**
13:30hrs





* 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



Important note

Bring extra clothes, watershoes, sunscreen, sunglasses."



Cost

Class II & III:
Adults \$110
Kids \$84 (Minimum age: 8yrs)

Class III & IV:
Adults: \$119



Suggested Time(s)

Class III & IV: 7:45am. Class II & III:
8:20am.



Duration

Driving Time: 2 hours per way.
Tour Time: 2 hours



TERMS AND CONDITIONS AND GENERAL INFORMATION

All activities have a 2 guest minimum requirement.

Rates are expressed in US dollars and taxes are included. They are per person and subject to changes without previous notice. Valid until November 2025.

- According to the Costa Rican regulations and 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 recommended for guests with reduced or limited mobility.

- For any special requirements on dietary restrictions, 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 have the right to cancel any activity before or during, due to force majeure conditions or delays that are beyond the company's control, natural events that may affect the activity in any way partially or totally.

CANCELLATION POLICY

- Cancellations are allowed until 18:00hrs the day prior to the activity to avoid penalty fees.
- Reservations will be considered cancelled when requested in writing and cancellation acknowledgment will be confirmed by the resort.

LIMITATIONS TO THE RIGHT TO STAY

- The company reserves the right to remove any participant from a tour or keep them from joining an activity if their behavior, attitude, health condition, or any other significant reason is deemed by the company to pose a risk or cause discomfort to other members of the group

DOCUMENTS

- Passengers are solely responsible for carrying the necessary personal documentation as required by the relevant authorities. For tourists in Costa Rica: a valid national ID (DNI). For foreign visitors: a valid passport.

The company is not responsible for any missing, expired, or invalid documentation, nor for any issues, damages, or losses that may arise as a result of such situations at the start of the trip or during the activity.

LOCAL TOUR GUIDE

- Explore the wonders of 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.



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Arenal Volcano National Park - Costa Rica, Central América

Proud member of:

