

Desafio Adventure Company Tour Descriptions

COSTA RICA 2011 - 2012
DESAFIO
The Adventure Company

DESAFIO
ADVENTURE COMPANY

Your one-stop-shop for adventure!

FAMILY FRIENDLY VACATIONS
MAMBO COMBO
Rappel + Raft

FEATURING ADVENTURE CONNECTIONS:

- Rio Sarapiquí**
- Rio Tenorio**
- SUP in Sámaro**

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***If adventure had a name...**

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Arenal Volcano • Monteverde • Playa Sámaro & Carrillo

Desafio Adventure Company is Costa Rica's premier "one-stop-shop" for adventure travel. Winner of the Virgin Holidays' Best Tour Operator for Local Economies award based on our sustainable approach to our local community and natural environment. Let us take you to the land of raging, tropical rivers, active volcanoes, deep, jungle canyons & isolated beaches. We specialize in active vacations that include high-quality rafting, canyoneering, stand up paddling, horseback riding, mountain biking, hiking, birdwatching, kayaking, transportation, a variety of locally-owned hotel options, conservation programs, volunteering opportunities and much more.

Come join us in the Epicenter of Adventure of Costa Rica!



Welcome to the Epicenter of Adventure!

THE FOLLOWING SERVICES ARE EXCLUSIVELY DESAFIO-OPERATED TOURS:

| | |
|--|----|
| NEW! Stand Up Paddling Lessons & Tour on Lake Arenal..... | 4 |
| Lost Canyon Adventures Canyoneering..... | 5 |
| Río Toro class 3-4..... | 6 |
| Río Balsa class 2-3..... | 7 |
| Río Sarapiquí class 3-4 (San Miguel)..... | 8 |
| Río Sarapiquí class 2-3 (Pozo Azul)..... | 8 |
| MAMBO COMBO Rappel & Raft!)..... | 9 |
| Mountain Biking Moderate-level Nature ride on beautiful backroads of La Fortuna..... | 10 |
| Mountain Biking Gravel roads along base of Arenal Volcano..... | 10 |
| Desafío Nature Combination 6x1 | 11 |
| Volunteering at Proyecto Asís Animal Rescue Shelter (min. 2 pax)..... | 11 |
| Community, Culture & Conservation tour (min. 2 pax)..... | 12 |
| Rainforest Mysteries Tour at Luna Nueva | 12 |
| Liquid Lava Volcano Walk – early morning or twilight hike (El Silencio Reserve)..... | 13 |
| Liquid Lava Volcano Walk & Baldí | 13 |
| Volcano Walk with The Springs Hot Springs & dinner | 13 |
| NEW! DESAFIO ADVENTURE CONNECTIONS – Save \$ Save Time... | |
| → ADVENTURE CONNECTION Río Toro: Get picked-up in San José & raft on the way | |
| <i>Río Toro class 3-4</i> (may change to Sarapiquí in dry season) Arrive to Arenal by 3:30pm..... | 14 |
| → ADVENTURE CONNECTION Río Balsa: Get picked-up in San José & raft on the way | |
| <i>Río Balsa class 2-3</i> Arrive to Arenal by 4:00pm!..... | 14 |
| → ADVENTURE Río Tenorio Class 3-4: Get picked-up in the Arenal Volcano area & raft on the way to the beach! Also from Monteverde or Guanacaste beaches..... | 15 |
| → ADVENTURE CONNECTION Horseback Riding | |
| <i>Arenal-Monteverde</i> – go the old fashioned way on the way to!..... | 16 |
| → ADVENTURE CONNECTION Mountain Biking: | |
| <i>Arenal-Monteverde</i> – do an adventure as part of your travels!..... | 17 |
| → Van-Boat-Van (also known as Taxi-Boat-Taxi):..... | 17 |
| NOTE: THE FOLLOWING SERVICES MAY BE OPERATED BY DESAFIO-APPROVED PARTNER OPERATORS | |
| Horseback riding to the La Fortuna Waterfall | 18 |
| Horseback riding along the base of the Arenal Volcano | 18 |
| Kayaking on Lake Arenal or Río Peñas Blancas | 19 |
| Safari Float on Río Peñas Blancas | 19 |
| Hanging Bridges guided nature walk | 19 |
| Cerro Chato Extreme Volcano Hike | 20 |
| Venado Caves | 20 |
| Canopy Tours (our preferred operator is Sky Adventures)..... | 20 |
| Caño Negro | 21 |
| Río Celeste | 21 |
| Specialized Birdwatching tour | 22 |
| Arenal Volcano National Park hike | 22 |
| Sunset Cruise on Lake Arenal | 22 |
| ATV Four-Wheeling (preferred operator is La Pradera ATV)..... | 22 |
| Sport Fishing on Lake Arenal (half-day)..... | 23 |
| Monteverde One-Day Tour | 23 |
| San José-Best of Arenal Volcano One-Day Tour | 23 |

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Welcome to the Epicenter of Adventure!



NEW!! Desafio Paddleboarding (SUP)
Try the newest paddlesport on the picturesque Lake Arenal
Get Ready to "Walk on Water!"



Stand Up Paddling has its roots in ancient Polynesia and looks exactly as it sounds: You stand up on a large, wide, super buoyant surfboard and paddle yourself forward with a long paddle. The great thing is you don't have to wait for the waves -- for that reason, it's attracted all types of paddle enthusiasts -- young & old alike!

And you can SUP right here on the beautiful Lake Arenal for an incredible day at the base of the majestic Arenal Volcano. "Our clients love Stand Up Paddling because it can be done anywhere," Desafio Adventure Company owner Suresh Krishnan said.



According to Krishnan, his clients take the skills they learn in Costa Rica and apply them to the sport back home after their vacations. "It's a great workout for your core, builds balance and is less daunting and more consistent than regular surfing," said Krishnan.

Be a part of this exciting new trend and learn how to SUP and take a SUP tour with Desafio Adventure Company -- from Lake Arenal to the gorgeous Pacific Coast of Playa Samara. Get your exclusive, introductory SUP lessons from the only SUP outfitter in the Northern Zone.

Tour Logistics:

- 8:00am We pick-you up from your hotel and head to Lake Arenal
- The pristine, undeveloped Lake Arenal is the 2nd-largest body of fresh water in Central America and the ideal location to take a lesson in paddle surfing.
- Receive a thorough safety talk & SUP lesson. Continue to practice under the careful watch of your instructor.
- Your instructor will then take you on a tour of the West-end of the lake while you paddle along and you'll get excellent views of the behemoth volcano in the background. Awesome picture-taking opportunities. Learn about the interesting flora and fauna of the area.
- Enjoy a tropical fruit snack and drinks.
- Return to your hotel.

Departs: 8:00am (varies depending on hotel location)

Duration: approx. 4 hours

Includes: snack, paddle board equipment and paddling instructions, guided paddle tour with guide, transport via van and boat

What to bring: Be prepared to get wet! Comfortable clothing to get wet in, change of clothes, towel, camera, binoculars, and sunscreen.

If you're heading to Playa Samara and Playa Carrillo, we provide free transport when you purchase a SUP lesson on the beach with our Desafio Adventure Connection.

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Welcome to the Epicenter of Adventure!



Lost Canyon Adventures Canyoneering... Are you ready to go BIG!?!...



Rappel tropical waterfalls, hike & down-climb in an isolated jungle canyon

Canyoneering is a brand new sport that's becoming very popular the world over! The rugged, mountainous terrain near the Arenal Volcano is ideal for canyoneering. Combine rappelling, down-climbing, river tracing and the huge, breathtaking waterfalls hidden in our Lost Canyon!



Our Lost Canyon Adventure is an experience of a lifetime – go where very few have had the privilege to roam! Imagine yourself in the midst of thick rainforest at the top of a magical canyon full of tropical waterfalls with surprises each step of the way.

Travel the old-fashioned way! You've probably heard about Costa Rica's famous bumpy backroads – start off by doing a fun 4x4 off-road adventure on our "Jungle Limos" as you head about 15 minutes into a quiet mountainside community.



Prepare to get wet! Your guides will give you a thorough safety talk about important rappelling & down-climbing techniques. You'll get high-quality technical climbing gear such as a harness, helmet, gloves & you'll get to practice your first descent on a small, 150-ft waterfall.

Take a deep breath! There you are, on a sturdy platform looking down into the depths of a 150-ft massive tropical waterfall. You'll rappel down for the thrill of a lifetime! Make your way along the river by down-climbing & rappelling a series of 6 waterfalls that get gradually bigger &... BIGGER!

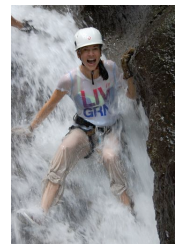
We save the BEST for last! The biggest & most-exciting waterfall is your last descent... you'll finish with a fun 200ft-guided-rappel!!

The hike back up takes about 10 minutes, but take your time to enjoy the intense rainforest that surrounds you! At the top, you'll arrive to our Canyon Café where you can change into your dry clothes and then sit down to your best meal in Costa Rica!

No experience needed -- just a good sense of adventure!



Departs: 7am, 10am, 1pm (varies according to hotel location.) This tour also departs from San José hotels as part of our Adventure Connection shared shuttle service and meets up with the other adventurers coming from the Arenal Volcano area.
Duration: Half-day (approximately 10 hours)
Includes: Transport to/from your hotel, fun & professional guides who love what they do, tropical fruit break, delicious homecooked meal, towel and lots of adventure.
What to bring: Clothes to get wet in, change of clothes, secure shoes and a big smile.



Recommended for ages 13-65 in good physical condition. Private trips available. A photographer will be on each tour. Should you wish to buy a CD, they cost \$25.

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Welcome to the Epicenter of Adventure!



The Mighty Río Toro Class 3-4 Rafting

Get a full-day, full of adrenaline! Get 45 continuous rapids!

Don't miss this action-packed, famous river!



The Río Toro explodes with a series of over 45 continuous class 3-4 rapids – you'll spend more than 2½ hours rafting through unexplored, tropical wilderness on a personalized, small-group tour.

Bring on the adrenaline!!! Experienced and first-time rafters love the Río Toro for full-day, class 3-4 rafting. The Río Toro offers more continuous rapids along its 16 kilometers of deep-canyon gorges than any other river in Costa Rica. You'll see waterfalls and abundant wildlife such as sloths, monkeys and tropical birds, including toucans and the Montezuma Oropendula. Imagine rafting through exciting, action-packed rapids with names like "Morning Coffee," "the Danish Taco," "Coco Loco," "the Eraser," and the famous "B-F-R!"



This is a thrilling, once-in-a-lifetime adventure!



What to expect... Take a nice, scenic drive to our private put in at the Toro river bridge and then our experienced guides will give you a thorough safety talk, get you set up with your helmet, life jacket and paddle and then you're off – you'll be paddling for more than 2½ hours down one of Costa Rica's most-amazing rivers!

We'll stop along the way for a nice, tropical fruit break and afterwards, we take you to our private river house for a typical Costa Rican, natural, all-you can-eat lunch. You'll return to La Fortuna and the Arenal Area around 3:30-4:00pm. The Río Toro is located only one hour from La Fortuna – it's closer than the Sarapiquí and Pacuare Rivers & the perfect rafting trip if traveling from San José to La Fortuna.

Please note: If river conditions are unsuitable for the Río Toro, our head guide might make the call to change to a back-up river of similar or equal level and/or offer another tour, such as our half-day whitewater raft tour on the Río Balsa. We are lucky that our river levels are controlled by the water release of electrical dams so we have excellent water all-year-long. However, sometimes there is less-electricity production on Sundays in Costa Rica, so in dry season we may have to make a change of rivers or activities. Our plan is to always have a fun, but safe day!



Tour Logistics

Departs: 8:30am (varies according to hotel location) This tour also departs from San José on our *Adventure Connection* & meets up with the rafters from the Arenal Volcano area.

Duration: Full-day (approximately 8 hours)

Includes: Transport to/from your hotel, fun & professional guides who love their job, tropical fruit break, delicious home-cooked meal (beer & other beverages extra), warm towel and lots of adventure!

What to bring: Clothes to get wet in, change of clothes, secure shoes and a big smile.

Rafters should be ages 13 to 55 and in good, physical condition. Although you don't need experience, rafters should know how to swim. Private trips available. A photographer will be on each tour. Should you wish to buy a CD, they cost \$30.

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Welcome to the Epicenter of Adventure!



Rafting on the Beautiful Río Balsa Class 2-3

Half-day river trip with a great blend of nature & adventure –
Perfect for first-timers & families!



This half-day rafting adventure gives you amazing wildlife and plenty of whitewater fun right near the base of the Arenal Volcano! Perfect for families, first-timers and families!



Challenge yourself as you paddle through fun & safe rolling rapids with names like "Congo Loco" & "Rock around the Croc" and the very technical and challenging "Las Dragas" section. Then play around in tranquil river pools in an isolated rainforest river canyon! Only 30 minutes from La Fortuna!

Your professional, experienced bilingual guides will give you a safety talk and paddling instruction, lifejackets, helmets & then you're off...

Hopefully you'll get to see lots of wildlife like monkeys, sloths and tropical birds such as ospreys, Oropendolas and toucans. This unique river trip is the best way to combine adventure and nature. We call this our "Whitewater & Wildlife" tour – kids love this... so will you!

After nearly 30, fun, easy-rolling rapids, you'll have some delicious fresh fruit and end at our private take out to change into your dry clothes. We then take you to our private river house for a delicious, home-cooked, natural all-you-can-eat meal.

You can also combine the Río Balsa rafting experience with Lost Canyon Adventures canyoneering to do our famous MAMBO COMBO Rappel & Raft tour ALL in one day!

Tour Logistics

Departs: 11:00am (varies according to hotel location) This tour also departs from San José hotels on our *Adventure Connection* and meets up with the rafters coming from the Arenal Volcano area.

Duration: Half-day (approximately 5 hours)

Includes: Transport to/from your hotel, fun & professional guides who love what they do, tropical fruit break, delicious home-cooked meal, private entrance and exit with changing rooms and bathrooms towel, and lots of adventure.

What to bring: Clothes to get wet in, change of clothes, secure shoes and a big smile.



Recommended for ages 10-65 in good physical condition. Private trips available. A photographer will be on each tour. Should you wish to buy a CD, they cost \$30. Also – ask about our rafting trips that include "Environment Programs" for children.

Please note: Our river trips run rain or shine – you're going to get wet anyway!! If river conditions are unsuitable for the Río Balsa, our head guide might make the call to change to a back-up river of a similar level and/or offer another tour – you're always guaranteed a fun, but safe day! You get a full refund if no tour is run.

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Welcome to the Epicenter of Adventure!

The Heart-Pumping Río Sarapiquí Class 3-4 Rafting from San Miguel

This is a classic, beautiful Class 3-4 river—you're going to love this adventure!



The Sarapiquí River is one of Costa Rica's most-exuberant rivers and the perfect rafting trip for adventurous paddlers. You'll get about 2 hours of rafting with more than 12 continuous, class-3-4 rapids along more than 10kms of lush, vibrant rainforest. Make your way through exciting rapids like "The Pipeline," "The Terminator," and "Dos Locos" and finish with a spread of delicious, fresh, tropical fruit and typical lunch.

The Picturesque Río Sarapiquí Class 2-3 Rafting from La Virgen

A great ride on a scenic class 2-3 river—great for all!



The class 2-3 section of the Sarapiquí River is ideal for families with young children. You'll get plenty of splashes on this fun, 2-hour rafting trip as you pass by beautiful rainforest and lush farmland. At the end, enjoy fresh, tropical fruit and a typical Costa Rican lunch.

Tour Logistics for both Sarapiquí Rafting Tours

Depart: 8:30am (varies according to hotel location.) These river tours also depart from San José hotels on our *Adventure Connection* and meets up with the rafters coming from the Arenal Volcano area.

Duration: Full-day (approximately 5 hours)

Includes: Transport to/from your hotel, fun & professional guides who love what they do, tropical fruit break, delicious typical meal, towel, and lots of adventure.

What to bring: Clothes to get wet in, change of clothes, secure shoes and a big smile.



Recommended for ages San Miguel: 13-55 in good physical condition; La Virgen: 10-65. Private trips available. A photographer will be on each tour. Should you wish to buy a CD, they cost \$30. Also – ask about our rafting trips that include "Enviro-tainment Programs" for children.

Please note: Our river trips run rain or shine – you're going to get wet anyway!! If river conditions are unsuitable for the Río Sarapiquí, our head guide might make the call to change to a back-up river of a similar level and/or offer another tour. We depend on Mother Nature for good water flow, but water levels may be low in dry season. Part of the Sarapiquí River is also controlled by a hydroelectric dam which may result in slightly lower-water levels on the weekends. Our back-up river options include the lower section of the Río Sarapiquí Class 2-3 at La Virgen, Río Toro class 3-4, Río Balsa class 2-3 or Río Tenorio Class 3-4 – you're always guaranteed a fun, but safe day! You get a full refund if no tour is run.

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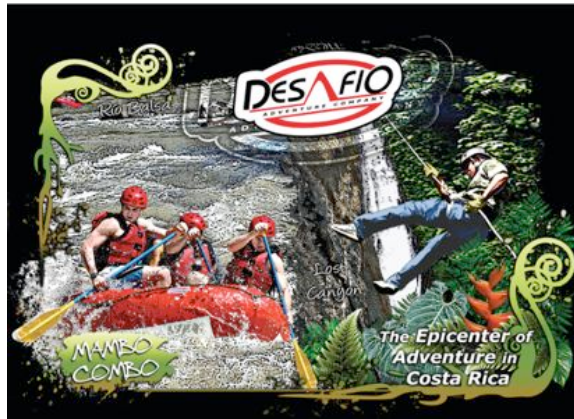


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MAMBO COMBO: Rappel + Raft all in one day!!

Lost Canyon Adventures Canyoneering & Rio Balsa Class 2-3 Rafting



Combine Costa Rica's most-exciting canyoneering adventure with rafting on the beautiful Río Balsa for your **BEST** day in Costa Rica!

You'll get a full-day of pure adrenaline... Rappel and down-climb amazing waterfalls and river trace along a pristine, rainforest canyon, and then... Go rafting on the picturesque class 2-3 Río Balsa for the perfect blend of whitewater and wildlife on fun, rolling rapids, and through the challenging Las Dragas section, surrounded by vibrant jungle.

Tour Logistics:

Departs: 7:00am (depending on hotel pick-up location)

Includes: Transport; entrance fees; great guides; 2 amazing tours; snack after canyoneering & delicious, homemade lunch after rafting; warm, dry towel.

Duration: Approx. 9 hrs.

What to bring: Secure shoes (tennis or water shoes), change of clothes and a big smile. Recommended for ages 13-55 in good physical condition. A photographer will be on each tour. Should you wish to buy a CD for each, separate tour, they cost \$30.



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Mountain Bike Local Tour (Volcano Ride)



We'll take a moderate-level guided ride near the base of Volcano Arenal and along Lake Arenal. Get excellent views of volcano and surrounding jungle and farmlands.

Tour logistics: We pick you up at your hotel and head out to the starting point on an old road connecting Arenal Dam with the main entrance to Arenal Volcano National Park. Your guide will get you set up with your suspension bike, helmet and gloves, go over the safety talk and then we take off on a very scenic, easy-going ride.

You'll be traveling a distance of about 12 to 26 kms (8 to 16 miles) and gain about 85 mts (280 ft) on secondary gravel roads.

This ride takes us from the small Costa Rican town of El Castillo. Along the ride we're always on the lookout for howler monkeys, exotic, tropical birds like toucans, oropendulas and kingfishers.

We'll stop for a snack along the banks of Lake Arenal

Difficulty: Beginner to Intermediate

Includes: Brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, transport, water break, snack

Departs: 8am & 1:00pm

Duration: approx. 4 hours

Mountain Bike Local Tour (Nature Ride)



Alternative Moderate-level guided ride near the base of Volcano Arenal with an experienced guide. The La Fortuna area is ripe with amazing back roads for easy-going, fun rides. Along the way we make a stop at nature reserve to learn about the surrounding rainforest and then head out again for a swim in a local river.

Difficulty: Beginner to Intermediate

Includes: Brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, transport, water break, snack

Departs: 8am & 1:00pm

Duration: approx. 4 hours

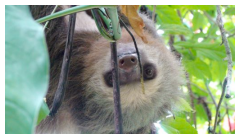
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NEW!! The Desafío Nature Combination 6 in 1



Enjoy a full-day of natural beauty near the Arenal Volcano. Here's what you get to do during a unique day in the area.



- Authentic Costa Rican Finca: We start out with a visit to a local farm to learn about rural life in Costa Rica and have a leisurely walk through a private reserve to see an amazing collection of tropical birds, other wildlife and natural organic gardens. Small snack.
- Lost Canyon Waterfall: Take a fun 4x4 ride up a country road – at the top of the canyon, we hike down to the base of one of the largest waterfalls in the Northern Zone (not canyoneering, only hiking and river tracing)
- All You Can Eat Delicious Homemade Lunch: Hike back up about 20 minutes to enjoy a delicious lunch with vegetarian options available. While back in La Fortuna, you have a chance to do some shopping or relax back at your hotel.
- Visit and Hike the Arenal Volcano: This tour would not be complete without a visit to the Arenal Volcano to do an easy-going hike along the base of this active volcano
- Baldí Hot Springs: Now's the time to relax in a series of hot springs with swim-up bars & isolated areas pools & waterfalls
- Buffet Dinner: Try some local cuisine to finish off a full day of natural beauty

Departs: 8:00am

Includes: Friendly naturalist guide; entrances; hotel transfer & 4x4 adventure on country roads; lunch & dinner.

Duration: approximately 14 hours

What to bring: Secure shoes for hiking; clothing to get wet in; towel; bug repellent; camera; binoculars and sunscreen.

Volunteering at Proyecto Asís



This hands-on one-day volunteer project puts you in direct contact with local fauna and flora in a very down-to-earth environment. This project is part of our "People-Planet-Profit" triple-bottomline philosophy.



We start with an easy 30-minute orientation walk through secondary rainforest that surrounds the wild animal rescue shelter to get to know the story behind this grassroots endeavor. Proyecto Asis was established about 12 years ago - Proyecto Asis founder Don Jaime del Castillo and his son Alvaro had a dream to turn the once-abandoned farm back into vibrant rainforest while providing a sanctuary for hundreds of species of birds and other wildlife.

You will be put to work feeding a few of the animals such as wild boars, kinkajous, monkeys, caimans & more along the way, plus other helpful activities such as trail repair, cage building, painting, planting trees and more.

Throughout the morning, you'll get a good understanding of how Proyecto Asis works to rehabilitate injured and abandoned animals & release them back to their environment, as well as educational programs underway to help prevent hunting and poaching of the surrounding Children's Eternal Rainforest that connects with Monteverde. This unique tour includes transport and refreshment - proceeds donated to Proyecto Asis. Perfect for families!

Departs: 8am

Includes: bilingual guide at Proyecto Asís, transport, entrance, snack

Duration: Approx. 4 hours

What to bring: bug repellent, camera, binoculars, hiking boots or tennis shoes and rain gear. Minimum Pax: 4

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Community, Culture & Conservation



The Desafio Community, Culture and Conservation tour is the perfect way to get to know the real Costa Rica and get direct contact with some of the promising projects happening in and around the area.



The visit includes a stop at the Bio-diesel project to see first-hand the process used to to learn about their work to produce a renewable every source for their vehicles.

We then visit the Proyecto Asis Animal Rescue Shelter where clients are treated to an easy 30-minute walk through secondary rainforest. Then help feed wild animals such as crocodiles, wild boars, and monkeys and learn about local efforts to rehabilitate injured, abandoned animals to release them back to their environment, as well as educational programs underway to help prevent hunting and poaching of the surrounding Children's Rainforest.

The next stop is the Luna Nueva organic farm to walk through a medicinal plant garden to learn about "miracle" natural cures like ginger, turmeric and other good-for-you things found right in our backyards. Clients then become gourmet organic cooks by choosing products straight from the farm and learning how to cook them up in a natural way.

Departs: 8:30am

Includes: transport, bilingual guide, tropical fruit, & organic, home-cooked lunch.

Duration: 7 hours (Minimum 2 clients.)

All proceeds to support Proyecto Asis and Luna Nueva. Group rates available. Kids love this tour!

"The Community, Culture and Conservation tour was a very different type of offering and highly enjoyable....probably not for everyone though. Our guide Hancel made the most of our day and provided several unscheduled stops along the way (eg. at one point we mentioned sugarcane juice and he had the driver pull over at the next opportunity and bought us all a round). If you want some behind-the-scenes information on the great work people in Costa Rica are doing, I would highly recommend this."

— Mike Manchester, Calgary, Alberta, CANADA

Rainforest Mysteries Tour at Luna Nueva



Visit the organic/biodynamic herbal estate called Luna Nueva for a great opportunity to learn about all aspects of the rainforest and how it relates to us as humans and what we eat. A wonderful, relaxing, informative day tour with organic lunch and bilingual guide.



We start with a welcome refreshment and fresh fruit and introductions. We then head out on an all-access Interpretive Rainforest hike. You'll get a chance to taste the local harvests of fresh vegetables and herbs and learn about medicinal plants and sustainable agriculture. We finish up with lunch a visit to the Finca Luna Nueva gift shop and Arenal volcano viewing.

Departs: 7:30am

Duration: approximately 4 hours

Includes: Transport, guide, trail entrances

What to bring: Secure shoes for hiking; bug repellent; camera; binoculars and sunscreen.

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Liquid Lava Volcano Walk – early morning or twilight hike (El Silencio Reserve)



This is the quintessential tour to do when you're in La Fortuna near the Arenal Volcano. You'll walk with a naturalist guide through the El Silencio nature reserve that skirts the bottom section of the volcano. You'll be surrounded by lush rainforest and vibrant wildlife.



When the volcano is in its active phase and emitting red, molten rock, once we finish the walk, we'll head to the active side to see where we may spot red lava falling from the volcano. You can partake in sharing some Liquid Lava (a mix of local "fire water" and natural drink.) As we say: "If you can't see the lava, at least you'll be able to feel it..."

For those who wish to finish off the night relaxing in natural hot springs, you can try Baldí hot springs with over 22 different temperature pools, swim-up bars, locker rooms, restaurant and a young, lively atmosphere. We also recommend you chose hotels that have their own hot springs on site.



NOTE: on clear days, the volcano is visible from all over the La Fortuna area, but when the lava is more-visible at night flowing on the Western side when in its active phase. As of March of 2011, local volcanologists have declared that the Arenal Volcano is currently only emitting gases and very little molten lava rock. It is possible to do lava viewing & hiking on our own near the Arenal Volcano National Park entrance area. Hiking not recommended at night due to possible snake encounters.



| Option | Departs | Duration |
|--|--------------------|-----------------|
| Liquid Lava Volcano Guided Walk - Includes: Transport, guide, trail entrance | 6:30am, 3:30pm/4pm | Hike: 2.5 hours |

| Option | Departs | Duration |
|---|------------|-----------------|
| Liquid Lava Volcano Guided Walk with Baldí Hot Springs Includes: Transport, guide, trail entrance | 3:30pm/4pm | Hike: 2.5 hours |

| Option | Departs | Duration |
|--|------------|---------------------------------------|
| Liquid Lava Volcano Guided Walk with Baldí Hot Springs + Dinner Includes: Transport, guide, trail entrance, dinner | 3:30pm/4pm | Hike: 2.5 hours/Hot Springs until 9pm |

| Option | Departs | Duration |
|--|----------|----------|
| Baldí Hot Springs Entrance only (No transport) | Day pass | Day pass |

| Option | Departs | Duration |
|---|----------|----------|
| Baldí Hot Springs + Dinner (No transport) | Day pass | Day pass |

| Options | Departs | Duration |
|---|------------|--|
| Liquid Lava Volcano Hike, The Springs & dinner - Includes: Transport, guide, trail & The Springs hot springs entrance with dinner | 3:30pm/4pm | Hike: 2.5 hours/hot springs until 9pm – shuttle available if you wish to leave later |

Duration: Hiking/walking ~ 2 hours and about 3 hours in the hot springs -- your guide will arrange with you the pick-up hour from the hot springs to return to your hotel

Includes: transport, naturalist guide, entrance fees, locker rooms available (dinner is an additional cost at Baldi.)

What to bring: secure shoes, binoculars, camera, swim suit, light jacket, towels available for rent

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Welcome to the Epicenter of Adventure!

Desafío Adventure Connections...

Adventure while you travel! Connect to Save!!
SAVE \$\$\$ – SAVE TIME!!
Discounted transfers + tours!



Go rafting on the way and get your transport included!



- San José + Río Toro + Arenal Volcano
- San José + Río Balsa + Arenal Volcano
- San José + Río Sarapiquí + Arenal Volcano
- Arenal or Monteverde + Río Tenorio + Guanacaste Beaches
- Arenal + Río Balsa + Manuel Antonio or Jacó

We pick you up in San José, take you rafting & you're checking into your hotel in Arenal before 4pm – what a great travel day!!

For either of the rafting tours, you'll be on the water for exactly the same amount of time as our normal rafting excursions that leave out of La Fortuna/Arenal Volcano. In fact, you'll meet up with the rest of the rafters from La Fortuna at our private river put-in.



You'll receive a safety talk, get your gear all set (helmet, life-jacket and paddle) and you'll have the time of your life paddling down Costa Rica's best rivers! You'll be on the water for about 2 to 2.5 hours.

You'll finish up with a delicious spread of fresh, tropical fruit and then we take you to our river house for an exclusive, home-made, natural, buffet lunch. You'll get to your Arenal Volcano hotel by 4pm.

Includes: transport from one destination to the next (please indicate hotel or we can confirm pick-up time); rafting tour of your; excellent raft guides; fruit break; delicious lunch. Your luggage stays safe and sound with our driver in the van while waiting at our private river exits.

What to bring: clothes to get wet in; secure shoes; change of clothes for after the tour; a little extra spending money in case you want to buy some beers and the photo CD of your tour; and a big smile!

Desafío Adventure Connections: Door to Door Service!

TRANSPORT + TOUR = Save \$\$\$ & Save Time!

ADVENTURE CONNECTION

Get your TRANSPORT included when you go:

- RAFTING on the Río Toro or Río Balsa from San José to the Arenal Volcano
- HORSEBACK RIDING or MOUNTAIN BIKING from Arenal Volcano to Monteverde
- STAND UP PADDLE, KAYAK or SURF Monteverde to the Pacific Beaches of Playa Samara or Playa Carrillo

Door-To-Door Service!





Going to Monteverde from Arenal?

Try these Adventure Connections, too!

Arenal Volcano+Boat Transfer Lake Arenal + Horseback Ride Monteverde

Arenal Volcano+Boat Transfer Lake Arenal + Mountain Bike Ride Monteverde

Arenal Volcano+Boat Transfer Lake Arenal + ground transfer Monteverde

Vamos a la playa!

Get an Adventure Connection when you finish your vacation at the beach with a shuttle & beach tour for a low price!

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Voted #1 in La Fortuna!

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NEW!! Desafío Adventure Connection:

**Rafting on the Río Tenorio Class 3-4
Arenal Volcano or Monteverde to Guanacaste Beaches (or viceversa)**



FROM LA FORTUNA/MONTEVERDE:

This is the best way to travel to the beach!! Go rafting on the way from La Fortuna **or** from Monteverde! Take a scenic drive along the beautiful, but windy road of Lake Arenal – get great views of the Arenal Volcano.

Arrive to the isolated rustic Guanacaste backroads and then take a rugged, 4x4 ride to the the river put-in at the bridge over the Río Tenorio. As part of our People+Planet=Prosperity project, we have created a public river entrance for use of the local public with government approval.

You'll receive a thorough safety briefing and get fitted for your equipment -- helmets, lifejackets and paddles.

Practice with your guide and then enjoy a beautiful 2.5-hour rafting trip along the arid and impressive canyon of the Tenorio River in Costa Rica's picturesque Guanacaste province. Get over 20 fun, exciting rapids, a fresh fruit snack, hike to a local waterfall, and plenty of wildlife along the way like iguanas, tropical birds and monkeys.

This unique rafting tour finishes with a thrilling, 10-foot waterfall drop!!

When you arrive to the private Desafío river exit, do a quick hike to the 4x4 vehicle to drive out of this isolated, unspoiled region of Costa Rica. Have a delicious lunch, use our changing rooms and then head on your way to your hotel in the Guanacaste beach area for a glorious Pacific sunset.

FROM GUANACASTE BEACHES:

You'll arrive to our meeting point along the Pan-American highway prior to heading to the river put-in about 20 minutes away.

Tour Logistics

Departs: 7:00am (varies according to hotel location) This tour also departs from Guanacaste beach hotels or Monteverde on our Adventure Connection and meets up with the rafters coming from the Arenal Volcano area for the 9:00am tour.

Duration: Half-day (approximately 7 hours including transport – about 2.5 hours on the river)

Includes: transport from the Arenal Volcano area (please indicate hotel or we can confirm pick-up time); rafting tour on the Río Tenorio; excellent raft guides; fruit break; delicious lunch; transfer to Guanacaste beach hotel. Your luggage stays safe and sound with our driver in the van while waiting at our private river exits.

What to bring: clothes to get wet in; secure shoes; change of clothes for after the tour; a little extra spending money in case you want to buy some beers and the photo CD of your tour; and a big smile!



Recommended for ages 13-55 in good physical condition. Private trips available. A photographer will be on each tour. Wish to buy a photo CD? They cost \$30. Also, ask about our rafting trips that include "Enviro-tainment Programs" for kids.

Please note: Our river trips run rain or shine – you're going to get wet anyway!! If river conditions are unsuitable for the Río Tenorio, our head guide might make the call to change to a back-up river of a similar level and/or offer another tour – you're always guaranteed a fun, but safe day! You get a full refund if no tour is run.

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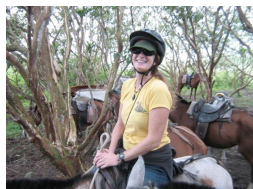
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Welcome to the Epicenter of Adventure!



Desafio Adventure Connection: Horseback Riding to/from Monteverde/La Fortuna



You'll travel the old-fashioned way... Our horseback ride is recommended for horse lovers and adventurers of all levels. We take a very scenic and safe trail along the Arenal Lake where you'll get several glimpses of the famous and very active Arenal Volcano and ride beside lush and beautiful rainforest – try and spot toucans, Montezuma Oropendolas, sloths, monkeys, the elusive "paca" and other tropical creatures. The lake trail is safe all year around. Please let us know your level of riding ability from novice to expert and your approximate weight and height, so we can properly fit you for your horse.

Includes: Healthy, well-cared for horses, horse guides, tropical fruit break, transportation to the Lake Arenal dam, boat ride on Lake Arenal to the town of El Castillo and then a beautiful day riding along Lake Arenal. You then travel for 1 hour by ground transportation to Monteverde and your luggage is transported directly to your Monteverde hotel.

Duration: Approximately 5 hours (about 2.5 hours of riding in total)

What to bring: For safety and comfort, please bring secure shoes and long pants, sunscreen, any personnel medicine you may require, such as allergy pills, etc. Please don't bring valuables such as passports or expensive jewelry. Desafio is not responsible for lost, damaged or stolen items. Recommended for ages 6-55.



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Desafío Adventure Connection:



Mountain Biking from Arenal Volcano to Monteverde

People who love to ride mountain bikes can now do so as a means of transport up to Monteverde – do an adventure on the way to your next destination, as a part of the innovative Desafío Adventure Connection.

This intense ride is about 3-hours long or about 25 miles. We'll start at the Lake Arenal Dam where you drop off your luggage with Captain Marquez, our boat driver. From there, we ride past the rural community of El Castillo until we get to the pristine Caño Negro river that runs alongside Rancho Margot. From here we do a technical river crossing and continue riding through rolling hills along the edge of picture-perfect Lake Arenal until ride to the small town of Río Chiquito.

Upon arrival to Río Chiquito, you will be reunited with your luggage and drive the remaining 1.5-hours up the steep, gravel roads to your hotel in Monteverde. We also have an office up in Monteverde should you need any help in the area.

This is a truly adventurous ride – the terrain is rugged, the scenery is incredible but this is the perfect way to travel between La Fortuna and Monteverde.

Departure: 8:30am (departure depends on hotel location)

Includes: Brand-name, professional suspension mountain bikes, gloves, helmets, bike guide, transport up/down to/from Monteverde, water break, small snack

Duration: Approximately 6.5 hours

Van-Boat-Van Boat Transfer between La Fortuna & Monteverde

This is the fastest and a very scenic way to travel between the Arenal Volcano and the cloud forests of Monteverde. This transfer operates in either direction and you get great views of the Arenal Volcano and the unspoiled and tropical Lake Arenal. (Also know as Jeep-Boat-Jeep.)



Please note: We charge an additional pick up and/or drop off fee for a few hotels located outside our normal pick up areas.

Let us know where you need to be picked up and dropped off and we will tell you if any additional charges are involved

From La Fortuna to Monteverde: Ground transport to Lake Arenal; 30-minute boat ride to the town of Río Chiquito; 1.5-2 hour ground transport from Lake Arenal to your Monteverde hotel.

From Monteverde to La Fortuna: Ground transport to Lake Arenal; 30-minute boat ride to the earthen dam on the lake; ground transport from Lake Arenal to your La Fortuna hotel

Departure: 8:30am (departure depends on hotel location)

Duration: approx. 3 hours

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Horseback to the La Fortuna Waterfall



Get spectacular views of the Arenal Volcano and the green countryside as you travel by horseback to the 140-foot Río Fortuna waterfall.

After we pick you up from your hotel, we start out at the horse barn where you'll meet your Costa Rican cowboys and get set with your helmet and a short riding demonstration – it's important to let the horse guide know your riding experience.

The ride is an easy 40-minute walk up through pasture and forest. You'll do a couple small river crossings until you arrive to the horse corral to leave your horse. From there, take a 20-minute hike to the river to cool off in the rushing waters beneath the waterfall. The hike back up is a bit of a challenge, but the reward is the 40-minute horse ride back down.

Departs: 8:00am and 1:00pm

Duration: approximately 4 hours

Includes: Transport, guide, nice horses & entrance to the waterfall.

What to bring: Secure shoes for hiking, clothes to get wet in, water, snack, a change of clothes and a sense of adventure.



Horseback to Arenal Volcano



Well-trained, healthy horses take you through various terrains including the beautiful rainforest, across small rivers, and to the look-out point of the ever-active Arenal Volcano.

After we pick you up from your hotel, we start out at the horse barn where you'll meet your Costa Rican cowboys and get set with your helmet and a short riding demonstration – it's important to let the horse guide know your riding experience.

This tour takes you through primary and secondary forest along cattle fields of a private farm as you climb and descend rolling hills to a beautiful small lake. Continue on to a lookout point where you can take in your surroundings and get great photo ops of the majestic Arenal Volcano on clear days.

We only work with horse operators that take good care of their horses and will make sure that your tour will be a great experience. Adaptable for all ability levels.

Departs: 8:00am and 1:00pm

Duration: approximately 4 hours (2-hours riding)

Includes: Transport, guide, nice horses, helmet

What to bring: Secure shoes, long pants



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Kayaking on Lake Arenal or Río Peñas Blancas



Bring your camera because this 2 hour paddle on Central America's second-largest lake gives you the best views of the behemoth Arenal Volcano and Costa Rican wildlife!

Enjoy a pleasant time kayaking on Lake Arenal with breath-taking view of the Arenal Volcano or on the beautiful Peñas Blancas river surrounded by dep jungle and during your trip, you may observe different species of birds like the "Flycatcher", "Kingfisher", "Great Blue Heron" and "Anhinga" and

may also possibly hear and see Howler monkeys!

Departs: 7:30am & 1:00pm

Duration: 4 hours approximately

Includes: Transport, kayak, life vest, paddles, tropical fruit snack, beverages, and bilingual naturalist guide.

What to bring: Bathing suit or clothes that can get wet, sandals, sun block, and waterproof camera.



Safari Float on the Lovely Peñas Blancas River



This completely relaxing float trip takes you on the beautiful Río Peñas Blancas where you're bound to spot tropical birds, monkeys, poison dart frogs, and more! Bring your camera. Enjoy the ride.

Departs: 7:30am & 1:00pm

Duration: Half-day approx. 4 hours

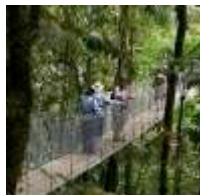
Includes: Transport, entrance fees, naturalist guide, snack after tour

Duration: Approx. 9 hrs.

What to bring: Secure shoes, change of clothes & big smile. Recommended for nature lovers 6-75.



Arenal Hanging Bridges



Arenal Hanging Bridges is a beautiful, environmentally-friendly project located near the Arenal Volcano. There are trails and bridges that bring you as close as you could ever hope to get to the tropical birds, vibrant flowers and lush vegetation of this primary rainforest.

Walk right into the forest along over 3 km. of hanging bridges overlooking the tree canopy and along easy, safe, and beautiful trails with views of the Arenal Volcano.

Departs: 7:30am

Includes: guide, transport and entrance to private reserve.

Duration: approximately 4 hours

What to bring: bug repellent, camera, binoculars, hiking boots or tennis shoes and rain gear



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Cerro Chato Extreme Volcano Hike



The Cerro Chato hike near the Arenal Volcano is an intense 4-5 hour hike through lush rainforest to the rim of the crater of the extinct volcano called Cerro Chato. Once you arrive at the crater, you then drop down to an emerald-green lagoon. Catch your breath and take some photos because this is a "Kodak Moment." You then hike back out and descend down to the base.

If it's clear, you'll get great views of the majestic Arenal Volcano along the way and then have an opportunity to visit the stunning 150-ft La Fortuna waterfall. Have a swim in the refreshing, clear river pools at the base of the waterfall. There are changing facilities as you come back up to the top.

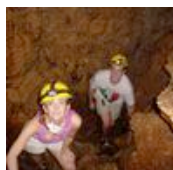
Includes: bilingual naturalist guide, transport, trail entrances & pack lunch. Entrance to the La Fortuna Waterfall goes toward various community projects in the area.

Departs: 7:30am

Duration: Approx. 6 hours

What to bring: hiking boots or good, closed-toe shoes, water, sunscreen, bathing suit, change of clothes, insect repellent and rain gear. Recommended for people in good shape and willing to hike in extreme conditions.

Venado Cave Spelunking



Explore Earth's inner-depths during a 2-hour trek through underground waterfalls & smooth, stone passage-ways – see prehistoric, marine fossils & exotic cave formations.



Here's what some clients said about the Venado Cave Tour: **You will get wet!** Our 10 and 12-year old children loved this tour! The creek in the caves can be waist high (depending in part on recent rainfall), and there is also one spot where you basically duck through a curtain of water falling from the ceiling. The caves themselves are terrific. Lots of bats, cool spiders (not poisonous - breathe easy), fossils, and ancient stalagmites and stalagmites (millions of years old in some cases). There are some tight spots, but also a bypass option around one of the tightest openings (aptly named the "birth canal.")

Departs: 8:00am and 2:00pm

Duration: Approx. 4 hours

Includes: Transport, guide, helmet, rubber boots, flashlight, entrance.

What to bring: change of clothes and sense of adventure

Zipline Canopy Tours



Fly above the treetops on this high adrenaline zipline tour. See some of the most amazing views of the Costa Rica jungle and nature highlights. We like to work with Arenal Paraíso Canopy, with 18 cables and platforms, an adrenaline-packed tour over the Arenal River. Plus we've received great reviews from our clients about this exciting tour.



Departs: 8am, 10:30am, 1pm, 3pm (varies according to hotel location)

Duration: approximately 2.5 hours

Includes: Transportation to/from your hotel, bilingual guides, and a fun tour.

What to bring: Comfortable clothes, insect repellent, camera. Recommended for ages 5-75.

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Caño Negro Reserve Boat Tour along Río Frío



You'll do a peaceful boat ride through the Caño Negro Wildlife Refuge -- an area unsurpassed in natural beauty -- wildlife guaranteed!

Your tour to the Caño Negro Wildlife Refuge includes a picturesque boat ride along the Río Frío, one of Costa Rica's biologically-diverse areas. This is a birdwatcher's paradise!

There are thousands of migratory and resident birds (such as Anhingas, Wood Storks, Roseate Spoonbills, Cormorants and much more!) Plus three different species of monkeys (howlers, spider and white-faced monkeys), and lots of other wildlife like caimans, turtles, iguanas and sloths.

Tour logistics:

- We'll start by picking you up with a bilingual naturalist guide from the Arenal Volcano area at 7:30am (pick-up times vary depending on hotel location.)
- We then travel about 1.5 hours close to the Nicaraguan border to Los Chiles.
- Your boat captain will be awaiting you. The boat is a comfortable covered, motorized boat and the river tour takes about 3-hours
- Your guide with his eagle-eyed (and binoculars!) will point out things along the way and narrate this interesting river adventure. You'll be treated to a nice local meal and be back in your hotel by about 3:30pm.

Departs: 7:30am (varies depending on hotel location)

Duration: 8 hours

Includes: local lunch, covered boat, naturalist guide, transport

What to bring: Comfortable, warm-weather clothing, camera, binoculars, sunscreen and bug spray.

Río Celeste National Park



Our journey begins with an early morning scenic drive through rural Costa Rica to Tenorio Volcano National Park. From there, we'll begin our 4-hour intermediate hike (approximately 7km) through the surrounding tropical rainforest. We then arrive to "Los Teñideros" where two rivers come together to form the celestial turquoise blue water color that gives the river its name.

We'll return to the "ollas" mud baths & take a moment to relax in the natural hot springs. Then arrive to the spectacular Río Celeste waterfall - the perfect place to take photos. And then hike our way back to the start of the trail.

Departs: 7:30am

Duration: approx. 8 hours

Includes: Transport, bilingual guide, breakfast, entrances to park and lunch.

What to bring: Secure shoes for hiking, clothes to get wet in, water, snack, a change of clothes and a sense of adventure.



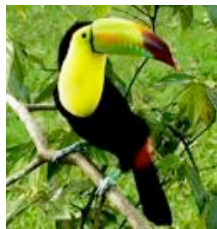
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Specialized Birdwatching with naturalist guide



It's not unusual to see a Keel-Billed toucan, a Montezuma Oropenula or a Laughing Falcon along the way. For you hard-core birders, we have a special team of birding experts to take you out to some of our favorite spots.

Depending upon the season and the best birding options, we sometimes head up near the Arenal Volcano by the Arenal Lake, other times we visit the El Silencio Nature Reserve or we head toward Proyecto Asís Animal Rescue Refuge for its amazing concentration of birdlife or locally on other private reserves. *You'll be amazed at our guide's eagle eyes!!*

Departs: 5:30am **Includes:** Transport, guide, trail entrances, snack **Duration:** approximately 4 hours
What to bring: Secure shoes for hiking; bug repellent; camera; binoculars and sunscreen.



Arenal Volcano National Park Hike

We'll along the trails of the Arenal National Park. Along the way we'll enter the tropical rainforest and areas which were once devastated by the fury of the volcano explosion of 1968. During the hike, it is possible to see a great variety of flora and fauna characteristic of the area while you walk through the lava fields of 1992.

While in the park it is possible to listen to the constant activity of the volcano with its lava flows and sporadic eruptions, and on clear days you will have a magnificent view of the impressive Arenal Volcano, the Arenal Lagoon and the extinct volcano Cerro Chato. By night time, the lava flows are visible down the side of the volcano in streaks of red, hot molten lava

Your naturalist guide will provide important and interesting information about the main characteristics of the volcano, active since 1968, & many more important details of everything you will encounter alongside the trail. As an added attraction you can purchase an entrance to the different hot spring. We will drop you there after the tour, so you can relax and we'll pick you up a couple of hours later to take you back to your hotel.

Departure time in the morning: 8:00am approx Return: 12:00pm and 3:00pm approx. Return: 6:30pm.
What to bring: Hiking shoes, comfortable clothing, raincoat, repellent, bathing suit and towel (for the hot springs)
Includes: Transportation, park entrance, certified nature guide, water and material with supporting information.



Sunset Cruise on Lake Arenal

The beauty and lush landscape around Lake Arenal and the surrounding areas makes for the perfect for a leisurely boat ride on one of Central America's largest lakes. Enjoy a 2-hour motorboat ride on Lake Arenal where you will have the chance to see a variety of resident and migratory birds, and may be able to spot some mammals like the monkeys, coatis, and sloths on the lake shores. While on the boat ride on the lake, you will observe the west side of Arenal Volcano and possible eruptions when the sky around the peak of the cone is clear.

Departs: 3:30-4:00pm (Other times available upon request) **What you'll need to bring:** Comfortable clothes, long or short pants, tennis shoes or strap-on sandals, camera, binoculars, insect repellent, hats and sunscreen during sunny days.
Includes: Transportation on A/C minibus to and from your hotel, local guide, motorboat ride, and beverages.



ATV Four-Wheeling

We start out at the ATV base and after an explanation about how to drive the ATV and safety rules, we ride to La Fortuna Waterfall. Next after this we go to the small town of Jauri to pass by different kinds of typical and colorful farmland. Later we come back on the same area to visit a butterfly farm and on to the town of La Guaria Town to take a dip in the Arenal River, time for a little snack and return to the base and respective hotel.

Departs: 7:30am, 11:00am, 2:30pm. **Duration:** Approx 3 hours.

What you'll need to bring: Secure shoes, camera, towel, bathing suit.

Includes: Transport from/to hotel, ATV Honda 250cc Model 2008 fully-equipped, bilingual guide, lunch or dinner, drinks.

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Behind the Central Church -- La Fortuna, San Carlos -- Costa Rica

TEL:(506)2479-9464 ext. #1 FAX:(506)2479-9463 info@desafiocostarica.com www.desafiocostarica.com



Welcome to the Epicenter of Adventure!

Sport Fishing on Lake Arenal (half-day)

Beautiful Lake Arenal, at the base of Arenal Volcano, is world-famous for its colorful Rainbow Bass (or Guapote). These hard-fighting fish can reach over 12 pounds, and are excellent eating. The lake also has guapote pinto bass or “machaca,” a smaller member of the Tarpon family that is well-known for its tremendous fighting ability.

We have top-quality gear for conventional, spinner, or fly-fishing. Our boat is fully-equipped with marine communications, life-vests and safety gear. We welcome novices and children, too! Because we are in a tropical zone, we fish “rain or shine,” so a light rain-jacket is recommended. We often find that the fish bite better with a light rain!

Includes:

- All tackle, gear, lures, and instruction
- Snacks, coffee by request
- Fresh fruit
- Pick-up and drop-off

Monteverde One-Day Tour

This is a great chance to visit the world-famous Monteverde Cloud Forest, do either a Canopy Tour or hanging bridges at Selvatura Park with a visit to the Hummingbirds garden, the butterfly farm or the insect museum – all in one, fun-filled day! This full-day adventure puts you up close and personal with some of the flora and fauna indigenous to the area while visiting the area’s best attractions.

Includes: transport to/from Arenal Lake; boat transfer to ground transfer; drive up windy, steep gravel roads with amazing panoramic views of Arenal Volcano & Tilarán volcanic mountain range; your choice of activities as mentioned above in the Monteverde area; lunch and return to your La Fortuna hotel. A bilingual naturalist guide will accompany you along the way.

What to bring: Hiking shoes, camera, binoculars, jacket and raincoat.

San José-Best of Arenal Volcano One-Day Tour

The Arenal Volcano area is the most-popular destination in Costa Rica. Its lush rainforest, small town and friendly community at the base of one of the most-active volcanoes in the world is a great draw. This excursion gives the traveler a quick feel of the Northern Zone by relaxing in thermal hot springs, enjoying lunch and returning to San José. It’s easy to add on another tour on the way or stay the night in one of our nice hotels.

Includes: transport to/from San José; hot springs with meal; return to San José. A bilingual naturalist guide will accompany you along the way.

What to bring: Camera, binoculars, bathing suit, towel, jacket and raincoat.

Also see:

Adventure Connection: San José → **Poas Volcano Guided Tour** → La Fortuna

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