



Vacation in Paradise Costa Rica

Manuel Antonio Espadilla Beach

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Gracefully stretching along Costa Rica's Pacific coast, Playa Espadilla is a breathtaking fusion of pristine beauty and effortless charm. Powder-soft sands meet the vibrant blues of the ocean, while the gentle curve of the shoreline is framed by lush tropical rainforest. Just steps from Manuel Antonio National Park, this extraordinary beach invites you to swim in crystal waters, embark on soft adventure, or simply surrender to the rhythms of nature. Whether basking in the sun or strolling beneath a sunset sky, a day at Playa Espadilla is an experience of pure, barefoot luxury.

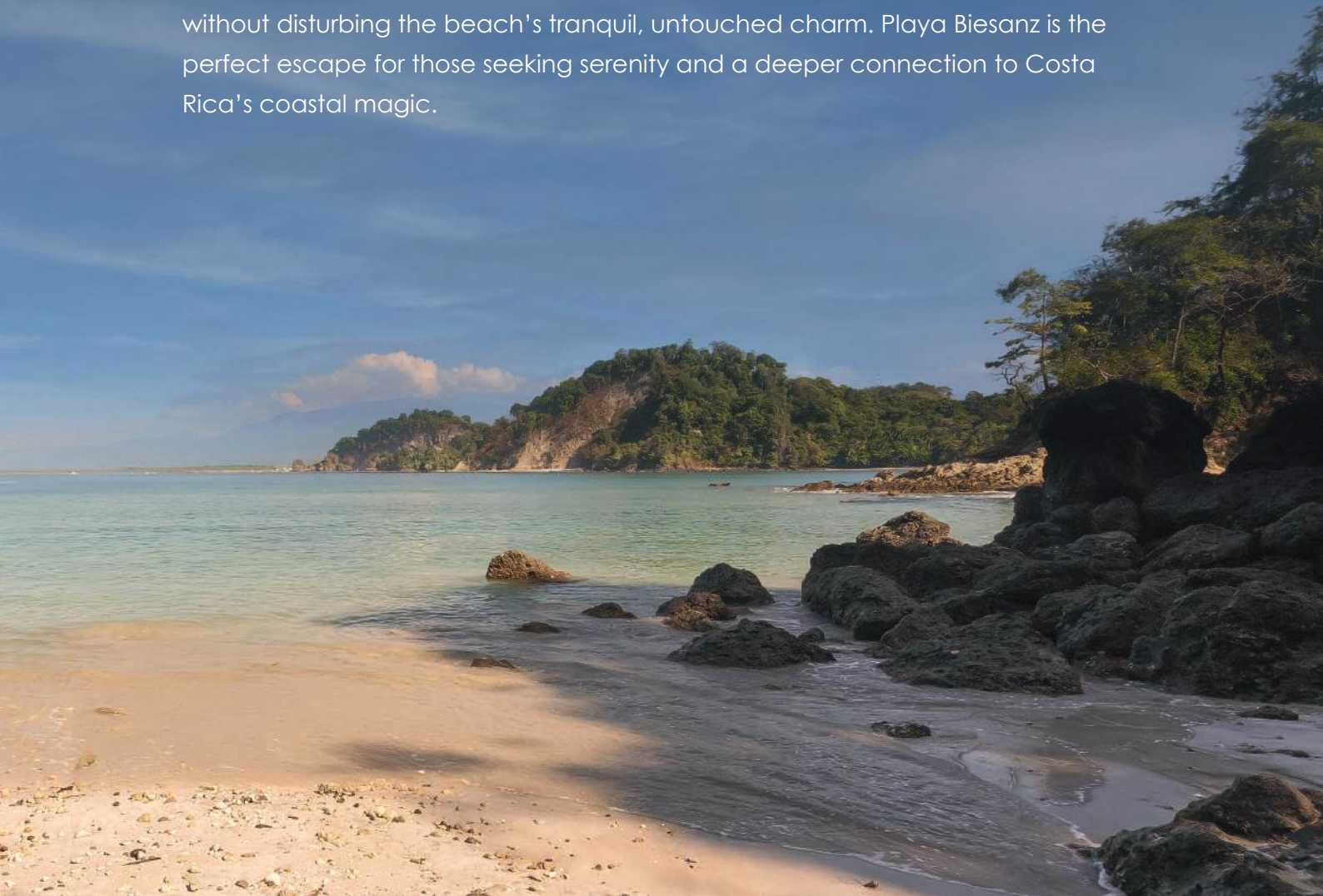


Playa *Biesanz*

Manuel Antonio's Hidden Sanctuary

Tucked away in a quiet cove between Quepos and Manuel Antonio, Playa Biesanz is one of the area's best-kept secrets. This secluded beach, embraced by lush rainforest, offers calm turquoise waters perfect for swimming, snorkeling, and peaceful relaxation. Accessible via a short, scenic trail, Biesanz feels worlds away from the busier shores of Playa Espadilla and Manuel Antonio Beach.

Here, you can unwind on soft sands, explore vibrant marine life just offshore, or simply enjoy the unspoiled beauty of nature. A few local vendors offer light refreshments, kayak rentals, and snorkeling gear, adding a touch of convenience without disturbing the beach's tranquil, untouched charm. Playa Biesanz is the perfect escape for those seeking serenity and a deeper connection to Costa Rica's coastal magic.





Manuel Antonio

National Park Tour

Discover Costa Rica's most iconic national park with a guided walk through lush rainforest trails leading to breathtaking beaches. Spot wildlife like monkeys, sloths, colorful birds, and iguanas as expert naturalist guides share the secrets of this vibrant ecosystem. A perfect blend of adventure, nature, and stunning scenery — ideal for all ages.

Cost: \$65 pp (\$25 pp Security Deposit)

Includes: entrance fee to the park, certified naturalist tour guide with spotting equipment for some great photos, transportation round trip.

Duration: Approx. 3 hours

Tour Time: 8am / 12:30pm

What to bring: Swimwear, towel, sunblock, waterproof camera, hiking shoes, reusable water bottle.



Nauyaca Waterfalls Tour

Discover one of Costa Rica's most stunning natural treasures! After a scenic drive from Manuel Antonio, enjoy a guided hike or 4x4 ride through lush rainforest to the breathtaking Nauyaca Waterfalls — cascading over 200 feet into crystal-clear natural pools. Swim, relax, and experience the magic of the jungle on this unforgettable adventure.

Cost: \$130 pp (\$30 pp Security Deposit)

Includes: Transportation round trip, snacks, lunch, bilingual guides and all equipment.

Duration: Approx. 6 hours

Tour Time: 8am

What to bring: Swimsuit, hiking shoes, sunscreen, towel, change of clothes, camera.

Whitewater Rafting

Savegre River

Get ready for an unforgettable day on the Savegre River—one of the most scenic rivers in Costa Rica! This ¾-day adventure is full of laughs, excitement, and natural beauty. You'll ride Class III rapids with fun, roller coaster-style waves—perfect for both first-timers and experienced rafters. Along the way, enjoy stunning panoramic views, a short hike to some of the region's most beautiful waterfalls, and plenty of opportunities to soak in the lush jungle surroundings.

Cost: \$130 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, safety equipment, snacks, lunch and round-trip transportation

Duration: Approx 6 hours

Tour Time: 8am

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.





Whitewater **Rafting** *Naranjo River*

Challenge yourself on the Naranjo River's Class III/IV rapids as you ride through lush jungle gorges and steep canyon walls near Manuel Antonio National Park. This thrilling 7-mile journey offers big waves, stunning scenery, and pure adrenaline. Includes round-trip transportation, breakfast, all equipment, and lunch.

Cost: \$115 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, safety equipment, snacks, and round-trip transportation

Duration: Approx 4 hours

Tour Time: 8am

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.

Available May through early December!



Whitewater Rafting

Chorro Section - Upper Naranjo River

Get ready for one of Costa Rica's wildest rides! Conquer Class IV and V rapids, steep drops, and narrow rock canyons on the Chorro section of the Naranjo River. Surrounded by crashing waterfalls and lush jungle, this heart-pounding whitewater adventure is for thrill-seekers in strong physical condition. An epic highlight of your Costa Rica journey!

Cost: \$115 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, safety equipment, snacks, and round-trip transportation

Duration: Approx 6 hours

Tour Time: 8am

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.

Available Mid December to April



Paddleboard *Adventure*

Glide along Manuel Antonio's stunning coastline on a paddleboard, exploring hidden coves, rugged cliffs, and pristine beaches while surrounded by lush tropical beauty and incredible wildlife. Spot dolphins, sea turtles, and exotic birds as you paddle through crystal-clear waters. As the sun sets, witness the sky transform into breathtaking hues of gold, pink, and orange. Pause at a secluded beach to swim, relax, and soak in the peaceful rhythm of the ocean.

Cost: \$75 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, safety equipment, snacks, and round-trip transportation

Duration: Approx 2 hours

Tour Time: 8am - 4pm

What to bring: Swimsuit, sunscreen, towel, water, sunglasses (with strap).

Private Buggy Tour

Manuel Antonio



Get off the beaten path with a thrilling private buggy adventure through the scenic backroads of Manuel Antonio. This fun and flexible tour takes you through lush jungle trails, local villages, and hidden viewpoints with plenty of opportunities to stop for wildlife sightings, waterfall dips, and photo ops along the way.

Whether you're looking for adrenaline or a more relaxed pace, your private guide will tailor the route to your preferences. Perfect for families, couples, or small groups who want to explore the area in a unique and exciting way.

Cost: \$120 pp (\$30 pp Security Deposit)

Includes: Bilingual guide, safety equipment, lunch, and round-trip transportation

Duration: Approx. 4-5 hours

Tour Time: 8am but flexible

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.

Off the Beaten Path

Hidden Waterfalls & Coastal Wonders



Discover Costa Rica's hidden side on this full-day adventure to the south of Manuel Antonio. Visit three stunning waterfalls with natural swimming holes and a thrilling water slide, plus explore Playa Ventanas and its famous sea caves. This easy-access tour includes transportation, a bilingual guide, snacks, and lunch in a beautiful setting. Choose a group tour or enjoy a more exclusive private experience.

Cost: \$130 pp (\$40 pp Security Deposit) - (Private \$160 pp)

Includes: Bilingual guide, safety equipment, refreshments, lunch and round-trip transportation

Duration: Approx. 7-8 hours

Tour Time: 8am - 9am

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.

Catamaran Tour

Manuel Antonio

Set sail along the breathtaking coastline of Manuel Antonio aboard a spacious catamaran, where ocean breezes, stunning views, and great vibes await. Choose between a morning tour with snorkeling in crystal-clear waters or a sunset cruise featuring golden skies and unforgettable panoramas.

Both options include a freshly prepared meal, open bar with tropical cocktails, and the chance to spot dolphins, sea turtles, and other marine life. For a more intimate experience, private charters are also available—perfect for special celebrations or relaxed luxury at sea.

Cost: \$95 pp (\$30 pp Security Deposit)

Includes: Bilingual guide, safety equipment, refreshments, lunch or early dinner on board and round-trip transportation.

Duration: Approx. 3.5 hours.

Tour Time: 8:30am - 1:30pm (Seasonal)

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.





10-in-1 Adventure Park

The Ultimate Jungle Thrill

Looking for the most action-packed adventure near Manuel Antonio? Just 40 minutes away in the lush mountains of San Antonio de Damas, ADR Adventure Park offers a high-adrenaline experience like no other. This isn't just a zip line tour—it's a full-on jungle adventure that blends the beauty of Costa Rica's natural wonders with heart-racing activities.

Fly over waterfalls, rappel down canyon walls, swing like Tarzan over a river, and even free-fall into a sparkling jungle pool. With 10 unforgettable experiences included in a single tour, this is the ultimate day for thrill-seekers and nature lovers alike.

This one-of-a-kind park is perfect for adventurous couples, families, or groups looking to experience Costa Rica in the most unforgettable way possible.

Cost: \$140 pp (\$30 pp Security Deposit)

Includes: Transportation, snacks, a Costa Rican lunch, bilingual guides and all equipment.

Duration: Approx. 7 hours

Tour Time: 8am - 10am

What to bring: Swimsuit, closed-toe shoes, sunscreen, towel, change of clothes, camera.

ATV

Jungle & Waterfall tour



Discover the wild side of Quepos on this thrilling 4-Wheeler tour through rainforest trails, muddy paths, and mountain roads with stunning jungle and ocean views. Along the way, cool off with a swim at a hidden waterfall and enjoy a taste of Costa Rica's natural beauty and adrenaline.

Led by expert bilingual guides, this tour is perfect for adventure seekers ready to explore off the beaten path.

Cost: Single \$110 pp / Double \$140 (\$35 pp Security Deposit)

Includes: Bilingual guide, safety gear, refreshments, waterfall stop, and round-trip transportation

Duration: Approx. 3–4 hours

Tour Time: 7:30am - 10:30am and 1:30pm in Dry Season

What to bring: Driver's license, closed-toe shoes, swimsuit, towel, sunscreen, and a sense of adventure!

Beach

Horseback Riding Experience

Enjoy a scenic ride along the beautiful, untouched shores of Esterillos Beach. Feel the ocean breeze, explore tropical landscapes, and, if the tide allows, ride into the water with your horse! Perfect for all experience levels. Transportation from Quepos available upon request.

Cost: \$95 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, water bottle

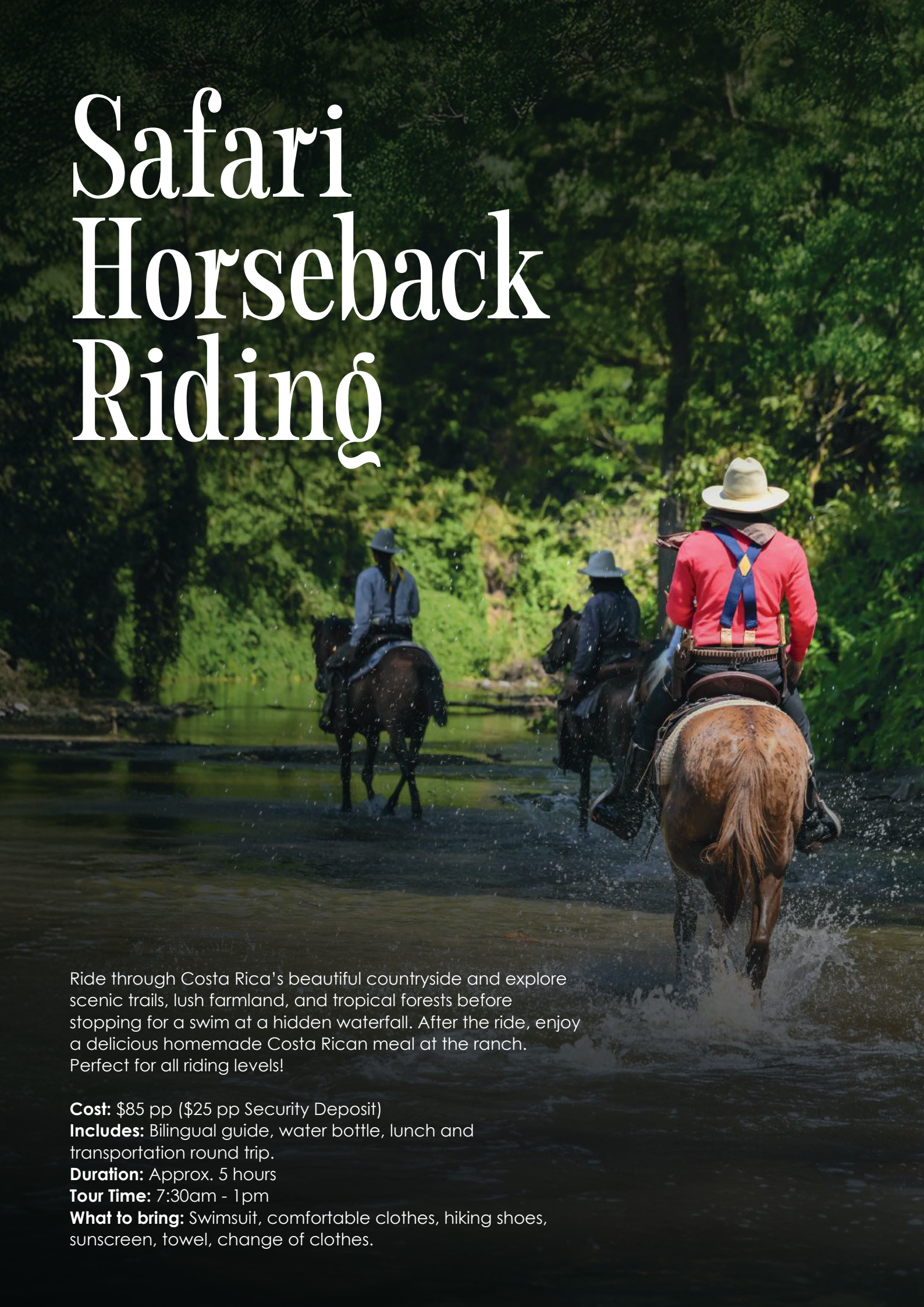
Duration: Approx. 3.5 hours

Tour Time: 9am - 4pm

What to bring: Swimsuit, hiking shoes, sunscreen, towel, change of clothes.



Safari Horseback Riding

A photograph showing three people riding horses through a shallow river. The rider in the foreground is wearing a red shirt, a blue and yellow striped vest, and a light-colored hat. The other two riders are further ahead, one in a blue shirt and the other in a dark shirt. The background is a dense tropical forest with lush green foliage. The water is splashing around the horses' legs.

Ride through Costa Rica's beautiful countryside and explore scenic trails, lush farmland, and tropical forests before stopping for a swim at a hidden waterfall. After the ride, enjoy a delicious homemade Costa Rican meal at the ranch. Perfect for all riding levels!

Cost: \$85 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, water bottle, lunch and transportation round trip.

Duration: Approx. 5 hours

Tour Time: 7:30am - 1pm

What to bring: Swimsuit, comfortable clothes, hiking shoes, sunscreen, towel, change of clothes.

Ziplining Adventures

Soar through the jungle canopy and experience Costa Rica's stunning rainforest from above! The zipline tours offer thrilling rides over rivers, waterfalls, and lush tropical landscapes. Options range from family-friendly to extreme adventure courses.

Ask us for more details and find the perfect zipline experience for your group!

Cost: \$85 - \$95 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, snacks, lunch and transportation round trip.

Duration: Approx. 5 hours

Tour Time: 8am - 11am and 1:30pm

What to bring: Comfortable clothes, closed-toed shoes, sunscreen.



Canyoning Adventure



Prepare for the ultimate jungle adventure! Canyoning in the Quepos area takes you deep into lush rainforest canyons where you'll rappel down stunning waterfalls, climb through riverbeds, and zipline across tropical landscapes. With expert guides leading the way, you'll experience the thrill of descending hidden cascades and exploring untouched parts of Costa Rica's wilderness.

No experience is necessary — just a sense of adventure!

Cost: \$100 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, safety equipment, professional instruction, lunch and transportation round trip.

Duration: Approx. 5 hours

Tour Time: 7:30am and 12:30pm

What to bring: Comfortable clothes, water shoes, sunscreen, change of clothes.



Night Jungle Tour

Experience the rainforest after dark on this guided night tour. Explore hidden trails as the jungle comes alive with nocturnal wildlife — spot frogs, snakes, insects, and maybe even sleeping birds or sloths! Led by expert naturalist guides, this is a fascinating and safe adventure that reveals a completely different side of Costa Rica's biodiversity.

Cost: \$65 - \$85 pp (\$25 pp Security Deposit)

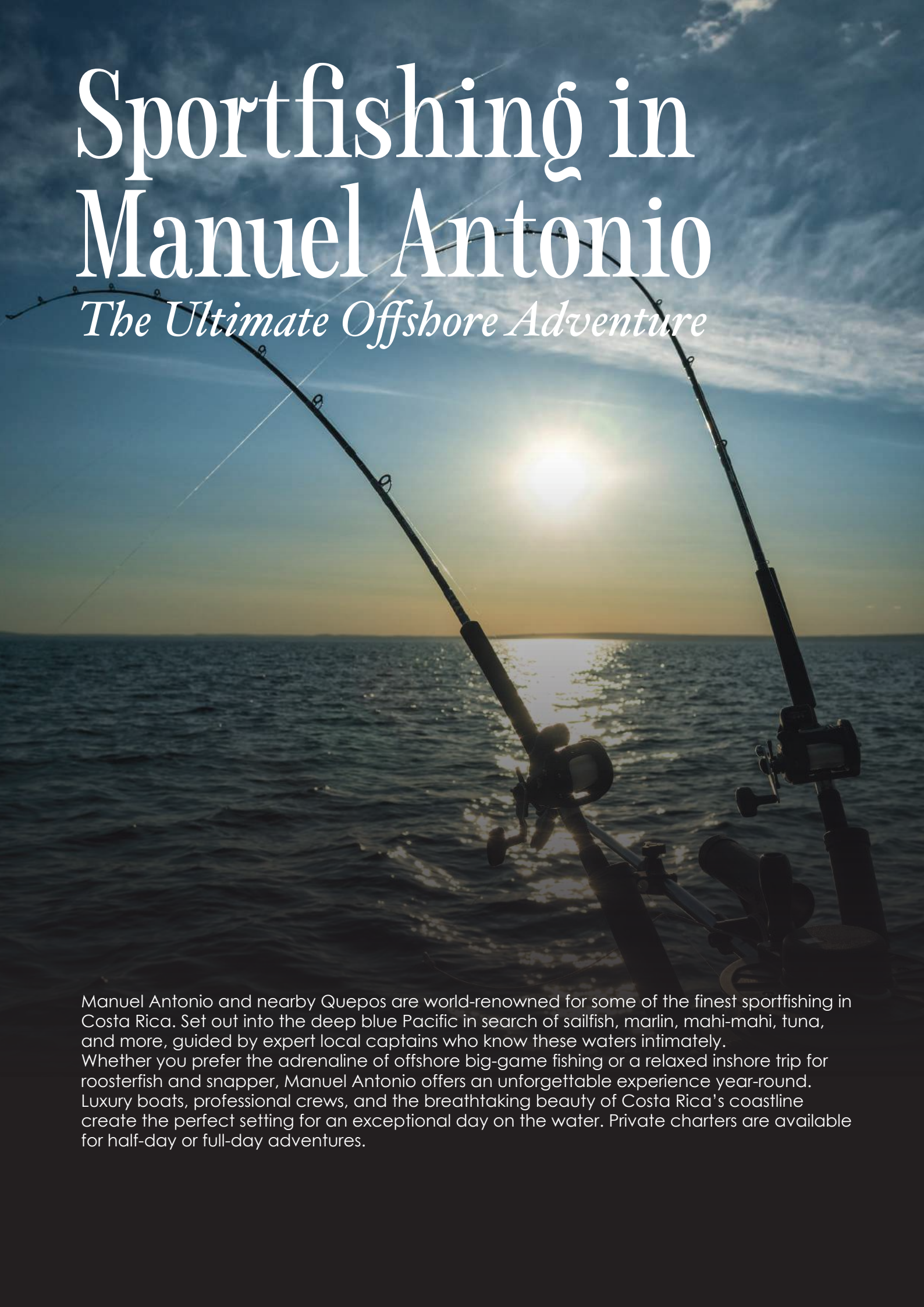
Includes: Bilingual guide, flashlight, and transportation round trip.

Duration: Approx. 2 1/2 hours

Tour Time: 5:30pm

What to bring: Comfortable clothes, tennis shoes, insect repellent, raincoat (depending on the season).



A photograph of two fishing rods on a boat, silhouetted against a bright sunset over the ocean. The sun is low on the horizon, creating a strong reflection on the water. The sky is a mix of blue and orange. The rods are positioned diagonally across the frame, with their reels and handles visible in the foreground.

Sportfishing in Manuel Antonio

The Ultimate Offshore Adventure

Manuel Antonio and nearby Quepos are world-renowned for some of the finest sportfishing in Costa Rica. Set out into the deep blue Pacific in search of sailfish, marlin, mahi-mahi, tuna, and more, guided by expert local captains who know these waters intimately. Whether you prefer the adrenaline of offshore big-game fishing or a relaxed inshore trip for roosterfish and snapper, Manuel Antonio offers an unforgettable experience year-round. Luxury boats, professional crews, and the breathtaking beauty of Costa Rica's coastline create the perfect setting for an exceptional day on the water. Private charters are available for half-day or full-day adventures.

Sportfishing Full Day (Offshore)

Set off from the world-renowned Marina Pez Vela for a thrilling full-day offshore fishing adventure! Target big game fish in the deep Pacific waters. Enjoy top-tier boats, professional crews, and stunning ocean views on this unforgettable 8-hour trip. Perfect for anglers of all experience levels.

Prices available upon request.

Target Species:

Sailfish, Marlin (Blue, Black, and Striped Marlin), Yellowfin Tuna, Dorado (Mahi-Mahi), Wahoo, Roosterfish (sometimes caught on the inshore reefs)

Best Time:

The best fishing is usually found about 20–40 miles off the coast.

Tour Times:

The fishing trips are from 7am to 4pm.



Inshore Fishing Half Day Trip

If you prefer to stay closer to shore, inshore fishing around Quepos and Manuel Antonio is also excellent. You can fish in the sheltered bays or around the rocky outcroppings near the coastline.

Prices available upon request.

Target Species:

Roosterfish, Snapper, Jack Crevalle, Giant Trevally, Snook, Garfish and Corvina can also be found near the estuaries and river mouths.

Best Time:

Inshore fishing is good year-round. However, the dry season tends to offer calmer waters, making it easier to fish.

Tour times:

The fishing trips are from 7am to 12 noon or 1pm to 5pm.



Parasailing & Watersports

Manuel Antonio



Take to the skies with a parasailing adventure or enjoy thrilling watersports along the stunning beaches of Manuel Antonio. Choose from jet skiing, banana boat rides, paddleboarding, and more — all set against the backdrop of lush rainforest and crystal-clear waters. Professional guides and top-quality equipment ensure an unforgettable experience.

Tour times vary based on weather conditions

Price: Ask your concierge for 15 or 30 minutes in the air

What to bring: swimwear, towel, sunscreen

Mangrove Tour



Isla De Damas

Discover the magic of the mangroves as you glide through winding waterways surrounded by lush tropical forest. Spot monkeys, sloths, crocodiles, and exotic birds on this peaceful and fascinating boat tour, led by expert naturalist guides. A perfect adventure for nature lovers of all ages.

Mangrove Kayak Tour – Damas Island

Paddle through the calm, winding canals of Damas Island and explore a hidden world of mangroves, wildlife, and tropical beauty. Spot monkeys, birds, and reptiles as you glide beneath natural tunnels. A peaceful, guided adventure perfect for nature lovers and first-time kayakers.

Cost: \$75 - \$85 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, lunch and transportation round trip.

Duration: Approx. 3 1/2 hours

Tour Time: 7:30am / 10:30am / 1:30pm

What to bring: Comfortable clothes, tennis shoes, insect repellent, dry bag.

Surfing

Lessons Manuel Antonio



Catch your first wave in one of Costa Rica's most beautiful coastal settings! Expert local instructors will guide you through the basics, from paddling techniques to standing up and riding your first wave. With warm waters, gentle beach breaks, and personalized instruction, Manuel Antonio is the perfect place for beginners and intermediate surfers alike. Boards and all equipment are provided.

Cost: \$75 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, snacks and transportation round trip.

Duration: Approx. 2 1/2 hours

Tour Time: 9am / 1pm

What to bring: Swimwear, towel, sunblock, waterproof camera.

Jet Ski

Experience the thrill of riding a jet ski along the stunning Pacific coastline of Manuel Antonio with Majetski. This 90-minute guided tour departs from Marina Pez Vela in Quepos and offers breathtaking views of Manuel Antonio National Park and its pristine beaches. As you glide over the waves, keep an eye out for dolphins, sea turtles, and, during migration season, humpback whales.

No prior experience is necessary, and all safety equipment, including life jackets, is provided. Enjoy complimentary bottled water and tropical fruit snacks during the excursion.

Cost: Single \$130 pp/ Double \$160 (\$20 - \$30 pp Security Deposit)

Includes: Bilingual guide, snacks and transportation round trip.

Duration: 90 minutes

Tour Time: 8am / 10am / 1pm / 3pm



A full-page background image showing a scuba diver in a blue and white wetsuit swimming underwater. Bubbles are visible around the diver, and the water is a deep blue. The title text is overlaid on the top left of the image.

Scuba Diving

in Manuel Antonio

Explore the vibrant underwater world of Manuel Antonio, where the warm Pacific waters meet rich marine biodiversity. Just a short boat ride from the coast, dive sites offer volcanic rock formations, coral reefs, and a chance to spot an array of marine life, including sea turtles, white-tip reef sharks, rays, moray eels, and colorful tropical fish.

Dive conditions are ideal for both beginners and experienced divers, with calm waters and visibility ranging from 20 to 60 feet, depending on the season. Certified instructors and PADI professionals ensure a safe and memorable experience, whether you're doing a discovery dive, a two-tank dive, or refreshing your skills. Most tours include all equipment, a certified dive guide, snacks or fresh fruit, and round-trip transportation from your accommodation.

Best season: December to May (dry season) offers the best visibility, but diving is available year-round.

Butterfly & Medicinal Plant Tour

Biophilia Park

Just outside Quepos, this unique tour takes you into a beautiful butterfly garden filled with over 20 native species—including the famous Blue Morpho. You'll also explore a lush medicinal plant garden with over 100 healing herbs used in traditional Costa Rican remedies.

A relaxing and educational experience perfect for families and nature lovers!

Cost: \$69 pp (\$10 pp Security Deposit)

Includes: Bilingual guide, round-trip transportation from Manuel Antonio or Quepos.

Duration: 2 hours

Tour Time: 9am / 1pm / 3pm

What to bring: Bottle of water, camera, comfortable clothes, tennis shoes.

A full-page background image of a scuba diver in clear blue water, holding a small, colorful fish in their hands. The diver is wearing a mask and a BCD. The water is crystal clear, and the background shows a rocky reef structure.

Isla del Caño:

Costa Rica's Premier
Underwater Sanctuary

Just off the southern Pacific coast of Costa Rica lies Isla del Caño, a protected biological reserve renowned for its crystal-clear waters and vibrant marine life. Accessible by boat from Uvita, Sierpe, or Drake Bay, this island offers some of the best snorkeling and diving experiences in the country.

Snorkeling Adventures

Snorkelers can explore shallow reefs teeming with colorful fish, sea turtles, and rays. Guided tours typically include two snorkeling sessions at different sites around the island, providing opportunities to observe a diverse array of marine species in their natural habitat. The clear waters and abundant sea life make for an unforgettable experience.

Tour Details

Duration: Full-day tours, including boat transit and multiple snorkeling or diving sessions.

Inclusions: Certified guides, all necessary equipment, park entrance fees, meals, and refreshments.

Departure Points: Tours depart from Uvita, Sierpe, and Drake Bay.

Best Time to Visit: December to May offers the best visibility and sea conditions.

Whether you're a seasoned diver or a first-time snorkeler, Isla del Caño provides a unique opportunity to immerse yourself in one of Costa Rica's most pristine marine environments.

Finca El Rocío



Chocolate, Coffee & Spice Tour

Discover the rich flavors and traditions of Costa Rica on this immersive farm tour at Finca El Rocío. Located just outside Quepos, this experience takes you through the fascinating journey of chocolate, coffee, and spices—from plant to product.

Stroll through lush gardens as you learn about cacao, coffee, vanilla, cinnamon, pepper, and more. Participate in hands-on demonstrations, including roasting and grinding your own cacao, and enjoy tastings along the way. Perfect for food lovers and culture seekers, this tour is both educational and delicious. It ends with a refreshing fruit snack and local drink to complete the experience.

Cost: \$75 pp (\$25 pp Security Deposit)

Includes: Bilingual guide, tastings, snacks, drinks, and round trip transportations from Manuel Antonio or Quepos.

Duration: 2.5 hours

Tour Time: 9am / 1pm



Traditional Costa Rican

Cooking Class – Quepos

Step into the heart of Costa Rican culture with a hands-on traditional cooking class in Quepos. Guided by locals, you'll learn how to prepare beloved dishes like gallo pinto, homemade tortillas, plantains, rice and beans—using fresh, local ingredients straight from the market or garden. This interactive experience takes place in a cozy, open-air kitchen where you'll chop, stir, and taste your way through a delicious Costa Rican meal. Along the way, you'll learn about the country's culinary traditions, family recipes, and local spices.

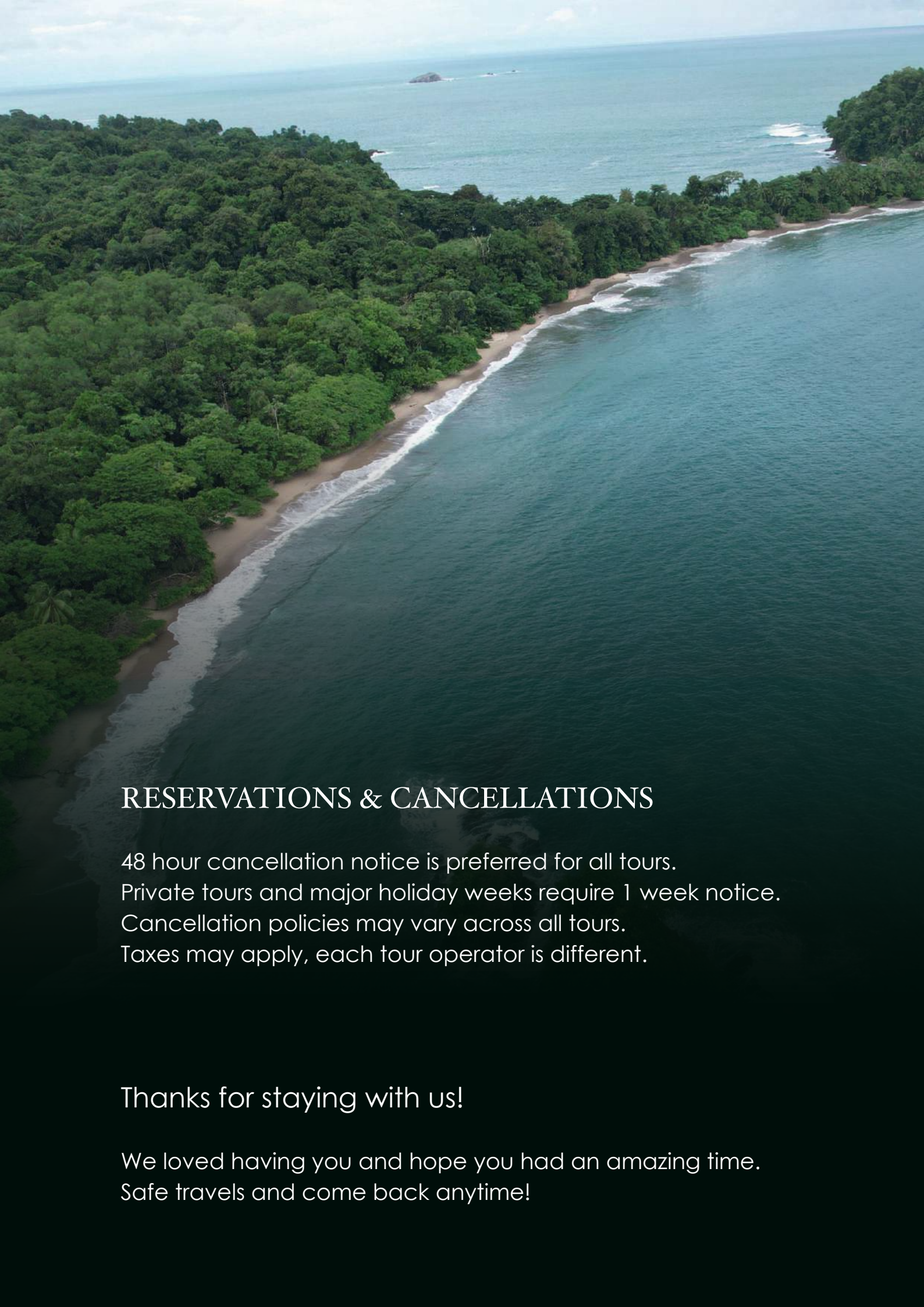
At the end of the class, enjoy the full meal you prepared, often accompanied by a refreshing natural juice or local cocktail.

Cost: \$95 pp (\$25 pp Security Deposit)

Includes: All the ingredients, a meal prepared by you, bilingual guide, and round trip transportation from Manuel Antonio or Quepos

Duration: 3 hours

Tour Time: 9am / 2pm



RESERVATIONS & CANCELLATIONS

48 hour cancellation notice is preferred for all tours.
Private tours and major holiday weeks require 1 week notice.
Cancellation policies may vary across all tours.
Taxes may apply, each tour operator is different.

Thanks for staying with us!

We loved having you and hope you had an amazing time.
Safe travels and come back anytime!

