



**NAYARA**  
**RESORTS**  
COSTA RICA





## INTRODUCTION

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

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

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





## WHAT TO BRING?

### **Boot Up**

Hike more, slip less! Use footwear with good treads and consider wearing hiking boots. They might just save you from sliding on wet terrain.

### **Stay Hydrated**

You know the deal. Plastic bottles are out, reusables are in! Fill yours up with water and sip away with every other step.

### **Keep Dry**

Don't get caught off guard. Arenal can go from sunshine to storms in the blink of an eye. Take a rain jacket just in case.

### **Sun Block**

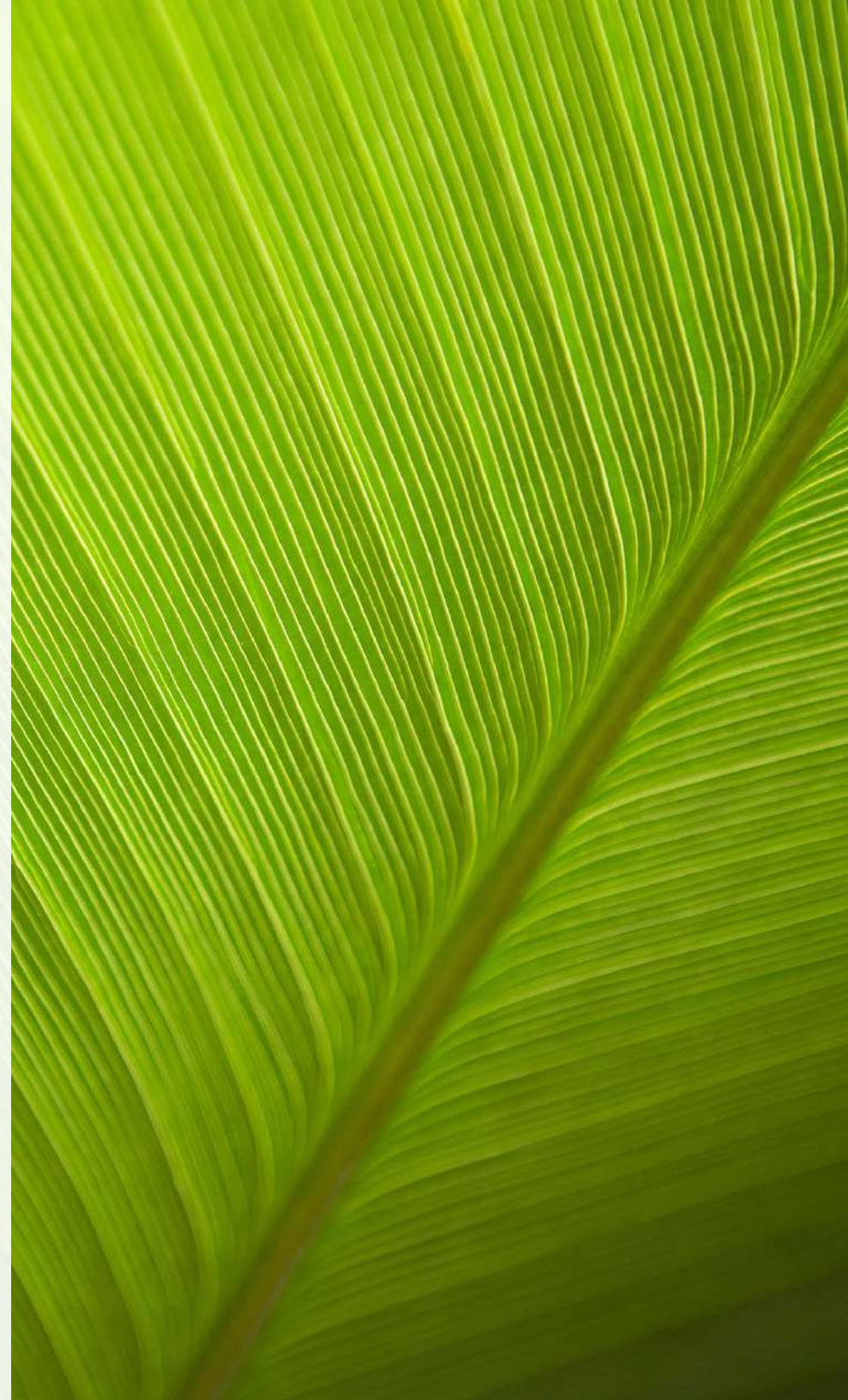
Don't be fooled by the clouds – UV levels are higher here so remember to always sunblock up.

### **Say Cheese**

Never miss a photo opp. Pack your camera and prepare to pose – Arenal is oh so photogenic.

### **Bug Spray**

If you're popular with the insects, we recommend repellent. We might be outnumbered in the forest, but there are ways to minimize damage!





## MYSTIC HANGING BRIDGES

Experience the rain forest like never before, as you make your way from ground level up through the jungle canopy traversing a series of trails and exciting suspension bridges. The Mystic Hanging Bridges tour takes you on a 2-mile hike that includes 9 regular bridges and 6 hanging suspension bridges. Your naturalist guide will point out the different species of plants and animals unique to each habitat and elevation. Your tour also includes time to view an incredible 60 ft. high waterfall tucked within the pristine rainforest and a beautiful view of the Arenal Volcano from the highest bridge. The paths on this tour are well maintained but there are several spots that require the ability to navigate tall steps. Guests should have the including trails, paths (natural and man-made), steps, swinging bridges, and at times wet/muddy conditions.



### Difficulty

Ability to manage intermediate level of physical activity



### Cost

\$130 + 13% tax per person



### Duration

4 hours including transportation



### Important note

Closed toed shoes are required for this tour.



### Suggested time(s)

9:00 am & 2:00 pm







## WALKING TOURS AND OBSERVATION


### LAVA FIELDS WALK

The Arenal Volcano is one of Costa Rica's most iconic sites. This perfect cone shaped volcano stands majestically overlooking the town of La Fortuna. Our Lava Field Walk tour gives our guests the opportunity to trek over the dried lava fields. It's a chance to not only experience this amazing natural phenomenon, but also learn more about the history of La Fortuna and the devastation from the 1968 eruption. You'll drive 25 minutes from the hotel to meet your experienced naturalist guide. Together you'll start along a safe trail with fantastic views of the volcano. Take time to examine the vegetation along the trail, many new pioneer species of plants and trees have fought their way through the rock and ash to rejuvenate the area. As you approach the lava fields you'll hike up a flight of steep steps (about 5-7 minutes) and from the top, on clear days, have an incredible view of both the volcano and Lake Arenal. Next, you'll enter the dry lava fields. While quiet, the Arenal Volcano is still very much an active volcano. The last actual eruption was in 2010 but you may hear small rumbles, hissing, or see puffs of steam from the top of the crater.

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

 **Duration**  
3.5 hours

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

 **Cost**  
\$99 + 13% tax  
per person







## BIRD WATCHING AROUND THE VOLCANO

The Arenal area lies on a narrow altitudinal belt on the Caribbean slope of the Tilaran Mountain Range. This unique location provides Bird Watchers with the opportunity to see the highest number of species of anywhere in the entire country. Due to the fact that many species migrate up and down the mountains, throughout the year, the area is teeming with an enormous array of birds. Arenal is particularly rich in tanagers and hummingbirds but get your binoculars ready because you have the chance to view toucans, parrots, Montezuma Oropendolas, flycatchers, raptors, woodpeckers, trogons, and much more. With more than 900 species of birds in Costa Rica, expect to add some new birds to your life list.

 **Difficulty**  
Moderate Level

 **Cost**  
\$99 + 13% tax  
per person

 **Duration**  
2 hours

 **Important note**  
Bring binoculars and  
spotting scope

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







## WALKING TOURS AND OBSERVATION

### CAÑO NEGRO WILDLIFE REFUGE

You'll travel for about 120 minutes to the Los Chiles dock and the Cano Negro Wildlife Refuge. This incredibly remote, wild area encompasses over 10,000 hectares of jungle, rivers, canals, and pristine rainforest. You'll board your covered boat with your naturalist guide and begin this peaceful nature journey through the Rio Frio (Cold River). This area is incredibly rich with wild life. Watch the shores of the river for green iguanas, crocodiles and caimans, see Spider, Capuchin, and Howler monkeys swinging through the trees or relaxing with their families on low branches, spot the two or three-toed sloths high in the tree tops, and if you like birds, it's a must do tour. Guests are likely to see wood storks, cormorants, sand pipers, parrots, toucans, and many more. If you like mammals, keep a sharp eye on the jungle as you might see white-tailed deer, tayras, or ocelots. Even the big cats can be seen in Cano Negro (Pumas & Jaguars), though sightings are rare. You'll spend about two hours on the river and then return to Los Chiles where you'll meet your driver and head to a local restaurant for a delicious typical lunch.



#### Difficulty

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



#### Cost

\$234 + 13% tax per person



#### Duration

7 hours



#### Important note

Bring a copy of your passports



#### Available time(s)

6:00 am & 10:30 pm



## RIO CELESTE PRIMARY FOREST HIKE

Discover one of Costa Rica's best kept hidden gems; Tenorio National Park and Rio Celeste. You'll drive with your naturalist guide about 2 hours from your hotel to the ranger station at Tenorio N.P. There you'll enter the dense, pristine rainforest of Tenorio. The forest is abundant with wildlife including monkeys, sloths, and tropical birds. Keep your eyes to the trees and try to spot the elusive Umbrella Bird, a very rare and interesting inhabitant of Tenorio. You'll make your way along the natural trails, meandering from deep forest and then to the river's edge. You'll see bubbling mud pots, fueled by the thermal waters of the Miravalles and Tenorio volcanoes, you'll stand in the shadows of huge trees, guardians of this primary forest for centuries, and finally you'll reach "los Tenideros" the meeting point of two crystal streams, each with a unique mixture of minerals, that turns the river a bright vivid blue. It's simply gorgeous. You'll visit the Rio Celeste waterfall and see the stunning azure pool as well. You'll head to a local restaurant for a well-deserved delicious local lunch. After lunch, you'll return to your hotel.



Difficulty

Intermediate level  
of physical activity



Suggested time(s):

8:00 am



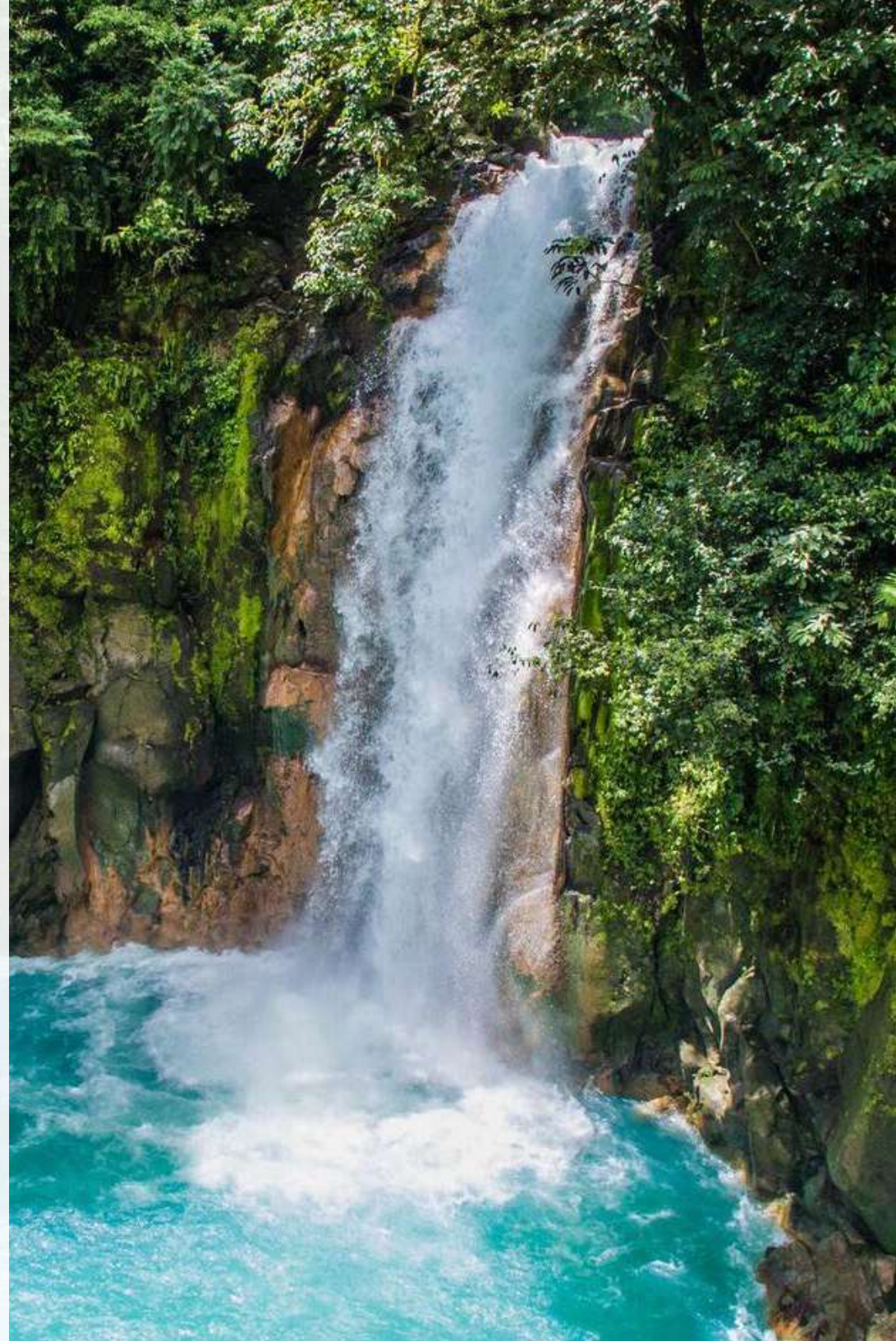
Duration

7 hours



Cost

\$218 + 13% tax per person






### LA FORTUNA WATERFALL, HANGING BRIDGES & LUNCH


Experience the rain forest like never before, as you make your way from ground level up through the jungle canopy traversing a series of trails and exciting suspension bridges. After your amazing trek at Mystic Hanging Bridges, it's on to one of the most spectacular sites in the country, the La Fortuna Waterfall. This stunning waterfall stands 195 ft. high. You'll walk down 500 man-made steps to reach the waterfall pool. From this vantage point you'll feel the full force and power of this huge waterfall. Up for a little adventure? Swim in the refreshing pool of the waterfall! Visitors are welcome to go for a swim and enjoy the clear cool waters and surrounding rain forest. Following your waterfall adventure, you'll enjoy a wonderful typical lunch and then it's back to your hotel. Guests will need to be sufficiently mobile to manage the steps both down and up.

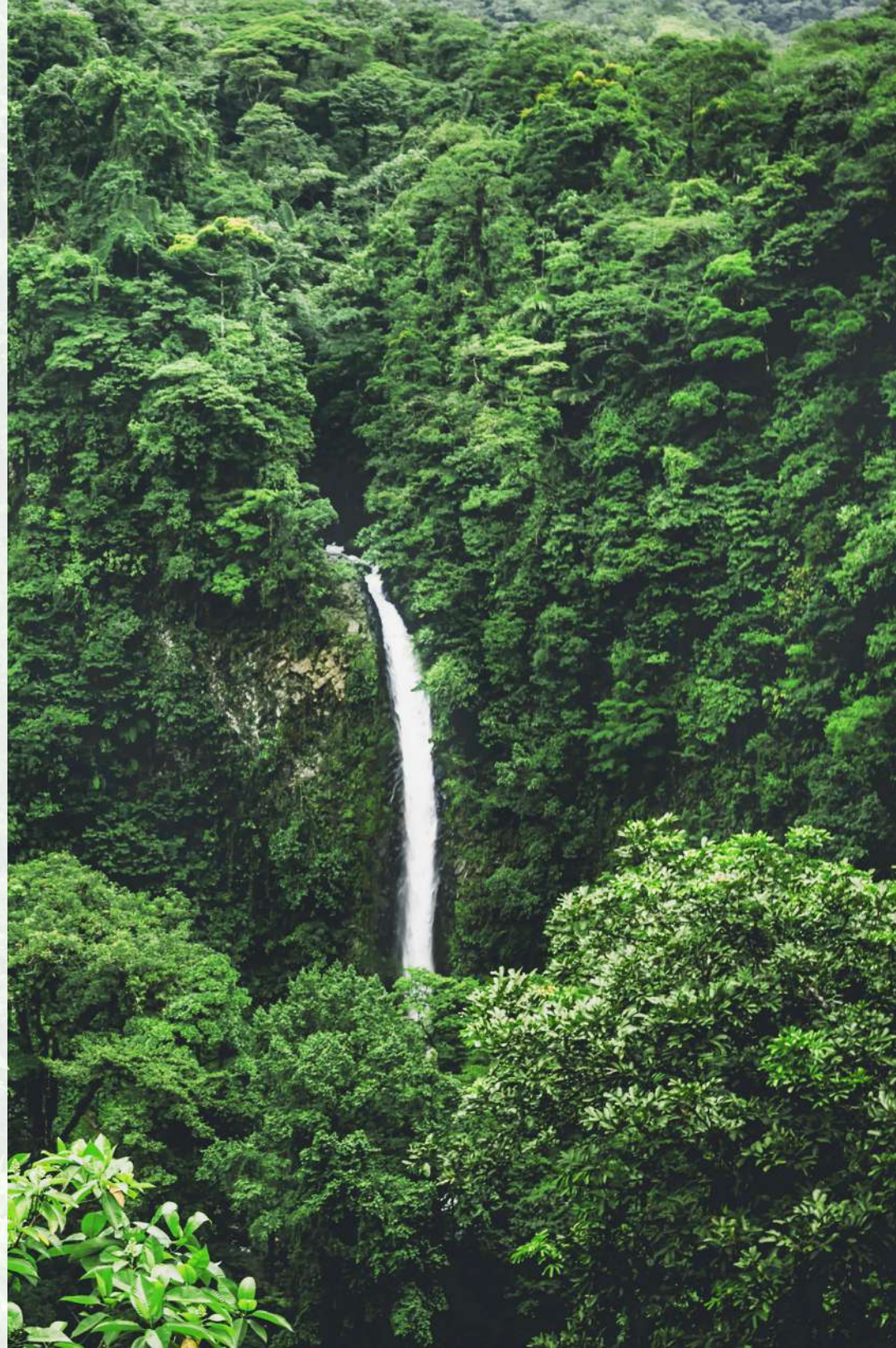
 **Difficulty**  
Intermediate level  
of physical activity

 **Cost**  
\$199 + 13% tax per person

 **Duration**  
7 hours

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

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






## WALKING TOURS AND OBSERVATION


### LAVA FIELDS WALK & ECOTERMALES HOT SPRINGS

You'll drive 25 minutes from the hotel to meet your experienced naturalist guide. Together you'll start along a safe trail with fantastic views of the volcano. Take time to examine the vegetation along the trail, many new pioneer species of plants and trees have fought their way through the rock and ash to rejuvenate the area. As you approach the lava fields you'll hike up a flight of steep steps (about 5-7 minutes) and from the top, on clear days, have an incredible view of both the volcano and Lake Arenal. Next, you'll enter the dry lava fields. While quiet, the Arenal Volcano is still very much an active volcano. The last actual eruption was in 2010 but you may hear small rumbles, hissing, or see puffs of steam from the top of the crater. The lava fields are rocky and uneven. In many spots, there is loose gravel and stones making walking difficult.


After your vigorous visit the lava fields, you'll be ready for a luxurious soak in the thermal waters of the Arenal Volcano. You'll arrive at EcoTermales for a truly marvelous experience as you allow hot mineral waters to soothe your body and pamper your soul. EcoTermales is an oasis of 5 thermal pools set amidst pristine rainforest. Relax, submerge yourself in natural pools or enjoy the paved trails that weave throughout the property. It's a lovely location for an easy stroll between soaks.

The facilities include restrooms and changing rooms, lockers, towel rental, and cocktail bar. Your visit will include a delicious typical lunch or dinner (depending on your arrival time).

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

 **Duration**  
6 hour

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

 **Cost**  
\$200 + 13% tax per person





## FROG WATCHING NIGHT TOUR

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

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

\$ **Cost**  
\$88 + 13% tax  
per person

🕒 **Duration**  
2.5 hours

⚠ **Important note**  
Bring bug spray

🕒 **Suggested time(s):**  
5:45 pm





## SAFARI PEÑAS BLANCAS RIVER

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



### Difficulty

This tour is great for all ages



### Duration

4 hours



### Leaving at:

8:00 am or 1:00 pm



### Price Per Person

\$70 + 13% tax per person



### Important note

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





## HORSEBACK RIDING – PACO'S HORSES

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


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

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


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

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

 **Difficulty**  
All Experience  
levels welcome

 **Leaving at:**  
8:00, 10:30 or 13:30

 **Duration**  
2.5 hours

 **Cost:**  
\$83 per person





## WILDLIFE RESCUE CENTER

Costa Rica is well known for its diversity of wildlife. Unfortunately, sometimes, for reasons both natural and man-made, members of the wild life population become injured or sick and need a helping hand. The Proyecto Asis Wildlife Rescue Center is an organization dedicated to the conservation of the environment and the protection and care of wildlife. The center opens up to visitors and the local community to increase awareness of conservation and the need for wild life protection. There are two options to choose from; Tour or Tour + Volunteering. The Tour starts with a naturalist guide who will give guests an introduction to Proyecto Asis; talking about the history of the project. Then together you'll walk the trails around and through the reserve. You'll stop at each enclosure and learn about the different animals and their stories. If you decide to extend your tour and participate in the volunteering portion too, you'll also have the chance to help the project staff prepare food for a variety of animals and get closer to some residents as they receive their meals.



### Difficulty

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



### Available time(s):

7:40 am & 12:30 pm



### Duration

3.5 hours for Tour only & 4.5 hours for Tour + Volunteering



### Cost

Tour and Volunteering \$160 + 13% tax per person. Only Tour \$124 + 13% tax per person





## ORGANIC COFFEE & CHOCOLATE TOUR

We offer two tours in one! The coffee tour, which begins knowing about the wonderful history of coffee in the world, followed by history in our country and its importance in Costa Rica's development. Later on, during the tour will be showing other aspects of Costa Rican culture, as well as some of our traditions. During this part of the tour, we will get to see all the processes carried by the coffee, from the seed to the delicious final product, the cup of coffee.



### Difficulty

This tour is great for all ages



### Duration

3 hours



### Available Times:

9:30 am and 1:30 pm



### Cost:

\$60 + 13% tax per person





## SKY TRAM & TREK TOUR

Your tour begins with a pick up at your hotel and a 20-minute drive to the Sky Tram/Trek Visitor Center. The observation deck offers awe-inspiring views of the Arenal Volcano and Lake Arenal. The surrounding tree tops are home to a huge array of tropical birds, sloths, butterflies, and reptiles. Next you'll all board the Sky Tram Gondolas for a smooth slow ascent through the rain forest canopy. The Tram provides one of the most incredible vistas of anywhere in Arenal. You'll reach the second observation platform and from here Zip liners will begin their tree-top adventure. All guests participating in the zip lining will be outfitted with a harness, gloves, and helmets. You'll have a brief instructional and safety briefing as well. For those not enjoying the zip lining, feel free to spend as much time as you like on the observation deck and take any Tram you like back to the main station. For those of you continuing via zip line, be prepared to be wowed!! Sky Trek gives you the chance to soar through the canopy on 7 different zip line cables. They range in length from 650-2500 feet. It's not just the speed, and the thrill of flying through the rainforest, it's also the stunning views of Arenal Volcano on one side and Lake Arenal on the other side that makes this zip line tour unmatched by any other. Ultimately, your zip line adventure will bring you back to the main Sky Trek station where you'll have a chance to visit the restaurant and gift shop.



### Difficulty

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



### Duration

3.5 hours



### Times

7:15 / 7:45 / 8:15 / 9:45 /  
10:45 / 12:15 / 13:15 / 14:15



### Cost

\$101 + 13% tax per person




### Important note


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




## PURE TREK CANYONING TOUR


This is the adventure you'll be talking about for years to come! Welcome to the adrenaline rush that is Pure Trek Canyoning. You'll be picked up by your guides in a 4X4 vehicle and driven about 30 minutes to the entrance of the rainforest. There you'll be outfitted with your harness, gloves, and helmets and participate in an important safety talk. Your expert guides will teach you the proper techniques for rappelling and down climbing. Next is into the jungle, where the fun really begins. You'll participate in a total of 5 rappels to the bottom of an amazing 350-foot deep canyon. Your journey will include 3 waterfalls, 1 dry rock face, a canyon wall, and what Pure Trek likes to call the "monkey drop" (combo of rappel and zip line). Between each rappel you'll meander through pristine forest with the opportunity to spot monkeys, sloths, tropical birds, and reptiles. After your last rappel, you'll head back to the Pure Trek Station for a chance to shower and change into dry clothing. You'll then have a hearty typical Costa Rican lunch with your guides before returning to your hotel. Guests do not need experience to enjoy this tour but should possess moderate to intermediate physical ability as there are short hikes between rappel sites. Guests should not have a fear of heights.

 **Difficulty**  
Guests do not need experience to enjoy this tour but should possess moderate to intermediate physical ability as there are short hikes between rappel sites. Guests should not have a fear of heights

 **Duration**  
4 hours

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

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

 **Cost**  
\$101 + 13% tax per person







## ADVENTURE

### WHITE WATER RAFTING CLASS 2-3, OR 4 SARAPIQUI RIVER

Costa Rica is well known for its white-water rafting adventures. The San Miguel section of the Rio Sarapiquí is one of the best options for anyone looking for gorgeous scenery and an adrenaline packed adventure. You'll travel about 2 hours from your hotel to the "put in" at the Sarapiquí River. You'll spend the next two hours navigating 12 kilometers of clear mountain water with over 40 different rapids including the famous "Dos Locos" and "The Terminator".

Your expert rafting guides will deftly lead you through each rapid and pool, with the warm sun and lush tropical forest all around you and the exhilarating sensation of the cold river water splashing over your group. At the half-way point, you'll pull to the river's edge to enjoy luscious tropical fruit and drinks and to take a leisurely swim in the river pools. After your break, it's back to the white-water as you end your journey at the "take out" with great memories and amazing stories to tell your friends. You'll have a chance to clean up and change into dry clothes and then have a very well-deserved delicious typical lunch.



#### Difficulty

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



#### Duration

7 hours



#### Leaving at:

8:20 am



#### Cost

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



#### Important note

Sneakers or water shoes are required for this tour



## KAYAKING ARENAL LAKE

Experience the inspiring beauty and tranquility as you glide across the mystic waters of the Arenal Lake, Costa Rica's largest and most breathtaking lake. Embark on a 2-3-hour tour across the lake and enjoy the spectacular views of the powerful Arenal Volcano. Paddling these calm waters will give you the opportunity to enjoy the wildlife that surrounds the lake such as monkeys, iguanas and a large amount of tropical birds. The beauty and energy of this amazing Arenal volcano will truly penetrate your soul.

After paddling for 1 ½ hours we will stop and enjoy a delicious snack of fresh local fruit.



Difficulty  
Moderate Level



Duration  
02-03 hours



Departure:  
08:00 am / 01:00 pm



Cost:  
\$80 per person







## TERMS AND CONDITIONS AND GENERAL INFORMATION

- Rates are expressed in US dollars. They are per person and subject to eventual changes without previous notice. They are valid from 30th January 2019 until 30th January, 2020.
- According to the Costa Rican regulations and the Law 9635 starting July 1st 2019 a 13% TAX will apply to all additional services provided such as Transportation, Tours and Spa.
- Payments will be made on the dates agreed upon, in US dollar. Activities will be charge to the room.
- Experiences are offered in English and Spanish.
- Some of the activities might be not apt for visitors with reduced capacity for moving around.
- For any requirements on special diets, please ask for our available options 24 hours prior to your activity.
- Once the itineraries have started, the hotel will not be responsible for any cancellations or interruptions of the activities in question by visitors for personal reasons of any sort. No claims or refunds will apply.
- The company will be able to cancel any circuit when the due cancellations are because of force majeure, delays which are beyond the company's control, natural happenings such as earthquakes, floodings, pests, or the like, all of which may eventually occur before or during the planned activities and may cause delays or complicate in any way, or even prevent the regular activities promised by the company to be carried out, partially or totally.

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### CANCELLATION POLICY

- No cancellation penalty will apply 24 hours prior to the date of the activity.
- Reservations will be considered cancelled when requested in writing and its reception and cancellation is confirmed by the company.
- For those reservations guaranteed by a down payment: No cancellation penalty will apply for cancellations made until 24 hours prior to the date of the activity and the amount will be considered as credit for the client for other services. Reservations cancelled within 24 hours before the date of the activity will be charged fully.

### DOCUMENTS

- It is the exclusive responsibility of the passenger to count with the personal documentations required by the due authorities. For Costa Rica tourists: DNI. For foreigners: Passport.
- The company will not be held responsible for any personal documentation required and that may be missing, be that because of its state or validity, at the moment of starting the trip as well as any damages or losses that may eventually occur as a result of such situations.

### LIMITATIONS TO THE RIGHT TO STAY

- The company holds the right to maintain within the group or make a participant of any outing leave the tour at any point when his or her behavior, way of being, health state or any other important reason considered by the company may put the other members of a group in danger, disturb them in.





reservations@nayahotels.com

Toll Free : 888-332-2961

Arenal Volcano National Park – Costa Rica, Central América

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