



**Take Shape
For Life®**

DREAMS LAS MAREAS

Playa El Jobo, La Cruz

Guanacaste - Costa Rica

TOURS & ACTIVITIES

2017





SPIDER MONKEY CANOPY TOUR

FRIDAY APRIL 21, 2017
SUNDAY APRIL 23, 2017

·ABOUT THIS TOUR·



Only a few minutes away, excitement and a unique perspective await. See a tropical dry forest, blended with breathtaking scenery and impressive views of Salinas Bay and Bolaños Island, as you zip line through the trees.

Zip line through the forest from platform to platform, anchored on giant Guanacaste and Cenizaro trees, while looking for wildlife.

Three species of monkeys are known to be residents of the Hacienda Quebrada del Agua, the location of this tour and one of the oldest Haciendas in the area of La Cruz.

After zip lining, soak and relax in natural spring water pools, surrounded by the lush forest.

Zip Lining

Half day tour	Length of tour 4 hours
 Departure	 Return time
1:00 PM	5:00 PM
Driving time: 30 minutes	

ACTIVITIES INCLUDE

Zip lining tour, natural spring water pools

Tour Includes: A/C round trip transportation, entrance fee, safety equipment, bilingual naturalist guides

RECOMMENDATIONS

Tennis or walking shoes, comfortable clothing, sun block, swimming gear, change of clothes, towel, insect repellent, camera / GoPro



ORDER OF ACTIVITIES AND VISITS TO ATTRACTIONS FEATURED ON TOUR CAN CHANGE.



Tel: 2654-4585



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BAHÍA JUNQUILLAL WILDLIFE REFUGE

FRIDAY APRIL 21, 2017
SUNDAY APRIL 23, 2017



·ABOUT THIS TOUR·

Part of the Guanacaste Conservation Area, the Bahía Junquillal National Wildlife Refuge protects a large area of tropical dry forest and coastal mangroves.

This little bay, with a two-kilometer long beautiful natural beach, is often visited by three different species of sea turtles, abundant sea birds as well as parakeets, parrots, red billed ibis and other exotic birds.

Enjoy snorkeling and swimming on the beautiful white sand beach, or hike on the trails in this peaceful haven.

Beach & Nature at maximum

Half day tour	Length of tour 4 hours
 Departure	 Return time
1:00 PM	5:00 PM
Driving time: 30 minutes	

ACTIVITIES INCLUDE

Nature walk and beach time

Tour Includes: A/C Round trip transportation, entrance fee to wildlife refuge, bilingual naturalist guide

RECOMMENDATIONS

Tennis or walking shoes, sandals, sun block, swimming gear, hat or cap, change of clothes, towel, insect repellent, camera



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HACIENDA HORSEBACK RIDING

FRIDAY APRIL 21, 2017

·ABOUT THIS TOUR·

Ride like a "sabanero"

ACTIVITIES INCLUDE



Horseback riding and nature tour

Tour Includes: A/C round trip transportation, activity fee, safety equipment, bilingual naturalist guide

RECOMMENDATIONS

Tennis or walking shoes, sun block, hat or cap, comfortable clothing (long shorts), insect repellent, camera / GoPro



Half day tour	Length of tour 4.5 hours
 Departure	 Return time
1:00 PM	5:30 PM
Driving time: 30 minutes	

Experience the Guanacaste Sabana, where few and vast working Haciendas became famous for their trades.

These trades included sugar cane plantations, creating indigo, and producing other agricultural products, including sea salt from the flats near Puerto Soley.

Take a horseback ride and be transported back to the 1800s, when the Sabaneros, or Costa Rican cowboys, rode the expansive Sabana and worked to gather hundreds of cattle.

Well-kept horses and real sabanero ride masters will lead you through open farmland and natural forest while you enjoy the impressive panoramic scenery.

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MEGACOMBO BUENA VISTA

SATURDAY APRIL 22, 2017



· ABOUT THIS TOUR ·

Enjoy 4 activities in one day and get a taste of authentic Guanacaste culture on this tour to Rincon del Vieja, one of 6 active volcanoes in Costa Rica.

First, fly on a zip line through the rain forest and get your adrenaline pumping. Enjoy a local, organic Costa Rican lunch at an on-site restaurant, and visit la Fonda, an authentic Guanacaste style kitchen where you can sample homemade cuisine.

Ride on Costa Rica's largest water slide through the forest, and close the day by taking a horseback ride to the therapeutic hot springs where you can soak and relax.

Adrenaline & Nature In One!

Full day tour	Length of tour 10 hours
 Departure	 Return time
7:45 AM	5:45 PM
Driving time: 1 hour, 40 min	

ACTIVITIES INCLUDE

Canopy tour (zip line) horseback riding, water slide, local gastronomy, hot spring pools

Tour Includes: A/C round trip transportation, entrance fees, naturalist tour guide, lunch

RECOMMENDATIONS

Comfortable clothing, walking shoes, sun block, swimsuit, change of clothes, camera / GoPro



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NICARAGUA

VOLCANOES, COLONIAL CITY & MARKET

SATURDAY APRIL 22, 2017



·ABOUT THIS TOUR·

Take this opportunity to see the south of Nicaragua by visiting the colonial city of Granada, the Masaya volcano and Maya's indigenous market.

Cross the border into Nicaragua, and take in the magnificent views at the Masaya volcano. Shop at the Masaya indigenous market for the regions finest handcrafts before heading to Granada, a lost-in-time colonial settlement and Central America's oldest European-founded city.

Enjoy dinner on your own by the shores of Lake Nicaragua, one of the largest freshwater lakes in the world, before heading back to Costa Rica.

Volcanoes Colonial City & Market

Full day tour	Length of tour 13.5 hours
 Departure	 Return time
6:35 AM	8:00 PM
Driving time: 3 hours	

ACTIVITIES INCLUDE

Visits to Masaya Volcano, Masaya's indigenous market and the Colonial City of Granada

Tour Includes: A/C transportation, bilingual guide, immigration taxes for Costa Rica and Nicaragua, entrance fees, light breakfast, lunch

RECOMMENDATIONS

Passport, comfortable clothing, walking shoes, hat or cap, sun block, camera



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SANTA ROSA NATIONAL PARK

SATURDAY APRIL 22, 2017

ABOUT THIS TOUR

Nature & History All in One

ACTIVITIES INCLUDE

Nature walk and history guided tour

Tour Includes: A/C round trip transportation, entrance fee, bilingual naturalist guide

RECOMMENDATIONS

Comfortable clothing, walking shoes, hat or cap, sun block, insect repellent, camera



Half day tour	Length of tour 5 hours
Departure 	Return time
8:00 AM	1:00 PM
Driving time: 1 hour	

Enjoy nature as well as culture and history on this wonderful half day tour that will take you to one of the most beautiful dry forests in Costa Rica.

Founded in 1971, Santa Rosa National Park was created to protect the scene of the battle of Santa Rosa.

Today an old hacienda building, "La Casona," functions as the monument commemorating the fallen heroes of the different battles that took place here. But Santa Rosa National Park was also created to protect the natural environment beyond the historical site.

Ten unique natural habitats exist within the park including savannas, deciduous forest, marshlands, and mangrove woodlands. Fauna include coyotes, peccaries, white-nosed coatis, tapirs, sea turtles, terrestrial turtles, Spider Monkeys, Mantled Howler Monkey and White-Face Capuchin Monkeys. Several cat species are also present: Jaguarondi, Ocelot, cougar and jaguar. Around 250 bird species and 111 mammal species are found within the park.

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WALKING WITH A NATURALIST

SUNDAY APRIL 23, 2017

ABOUT THIS TOUR

Combining a nature walk with an educational experience, the Walking With A Naturalist tour provides an opportunity to learn and exercise at the same time.

Test your mettle by walking on soft terrain while learning from our trained naturalist local guides about the fascinating interrelationships between the many species of vegetation and fauna of this unique forest.

The natural landscapes surrounding Descartes Point, El Jobo and Rajada Beaches are waiting for visitors to discover them. Walk with our guide and learn how to discover animals in their natural habitats. Spot species of birds, lizards, butterflies and insects. Hike through the dry forest and observe the millenary trees and millions of years of geological history, while taking in breathtaking views of the surrounding landscape.

Amazing natural scenarios

Half day tour	Length of tour 2 hours
 Departure	 Return time
3:00 PM	5:00 PM
Driving time: 15 minutes	

ACTIVITIES INCLUDE

Nature walk and beach time

Tour Includes: A/C round trip transportation, bilingual naturalist guide, cold bottled water, entrance fees to private reserve, and a \$5 US donation to the Jaguar Foundation

RECOMMENDATIONS

Sun block, hiking / walking shoes, hat, insect repellent, camera, bathing suit



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DREAMS LAS MAREAS EXCURSIONS LIST

EXCURSION	PRICE P/P
SPIDER MONKEY CANOPY TOUR (ZIP LINE) – HALF DAY TOUR	\$ 90
BAHIA JUNQUILLAL WILDLIFE REFUGE – HALF DAY TOUR	\$ 80
HACIENDA HORSEBACK RIDING – HALF DAY TOUR	\$ 100
MEGACOMBO BUENA VISTA – FULL DAY TOUR	\$ 135
NICARAGUA VOLCANOS, COLONIAL CITY & MARKET – FULL DAY TOUR	\$ 165
SANTA ROSA NATIONAL PARK – HALF DAY TOUR	\$ 85
WALKING WITH A NATURALIST – HALF DAY TOUR	\$ 55

RATES ARE PER PERSON (U.S.D) / INCLUDE ENTRANCE FEES, TAXES & STAFF GRATUITIES / FULL DAY TOURS INCLUDE LUNCH.