

A man is ziplining through a dense, vibrant green forest. He is wearing a white helmet, orange safety glasses, a dark t-shirt, and khaki shorts. He is smiling and making a peace sign with his left hand. The zipline cable is visible above him, and the background is filled with sunlight filtering through the trees.

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TRAVEL CORPORATION

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# Tours & Activities

Tour Desk Los Sueños Marriott Ocean & Golf Resort



Manuel Antonio **National Park**



- Caribbean
- Central Valley
- Northern Region
- North Pacific
- Central Pacific
- South Pacific

- ★ National Capital
- ★ TAM Tour Desk
- Province Capital
- 🏢 Ports
- ✈️ Airports
- 🌿 National Parks
- 🌋 Volcanoes
- International Boundary
- Province Boundary
- Expressway
- Paved Road
- Loose-surfaced road
- Rivers

Dreams Las Mareas  
 Costa Rica  
 Secrets Papagayo  
 El Mangroove  
 Occidental Grand Papagayo  
 RIU Guanacaste  
 RIU Palace Costa Rica  
 Margaritaville Beach Resort  
 The Westin Golf Resort  
 & Spa Playa Conchal  
 Occidental Tamarindo  
 JW Marriott Guanacaste  
 Resort & Spa

Los Sueños Marriott  
 Ocean & Golf Resort

**COSTA  
 RICA**

**PANAMA**

**NICARAGUA**

Caribbean  
 Sea

Pacific Ocean

Chiriqui Gulf

TAM Travel Corporation is a leading Inbound Tour Operator and Destination Management Company in Costa Rica since 1964.

At TAM, we are designers of travel products and logistics experts oriented to leisure and corporate in-bound travel, focusing on the promotion of responsible and sustainable tourism in our services to individuals and groups.

Our landmark has been based on customized travel planning, the impeccable on-site operations and service innovation.

**We are the hotel´s business partner selected to offer tours and excursions to enhance your stay and for your own safety and wellbeing we strongly advise you not to engage in any activity sold by informal beach and street vendors.**



# Manuel Antonio National Park



Manuel Antonio National Park is located just south of Quepos on the Pacific Coast. It is a fantastic opportunity to see wildlife and a gorgeous humid forest and to enjoy the delicious beaches and warm waters.

The rich biodiversity of this national park makes it one of the most famous in our country. A knowledgeable naturalist guide will accompany guests ready to provide explanations about the life cycle of some species, their abilities and behavior.

The park offers numerous trails that will take you through the rainforest to beautiful white-sand beaches, accessible only through the park that is home to tropical butterflies, birds, monkeys, snakes, iguanas, sloths, orchids, amongst other flora and fauna.

For all of those who love Nature and exploring it, this hike in the park will be unforgettable.

- Duration:** Full Day  
**Difficulty:** easy to moderate  
**Includes:** Air-conditioned roundtrip transportation, entrance fee, bilingual guide (English/Spanish), water, and lunch.
- Bring:** comfortable clothes, hiking shoes, swimsuit, sunblock lotion, insect repellent, towel, change of lothes, camera
- Remarks:** This tour runs daily; except Mondays, when the Park is closed.



## Canopy Zip Line Vista Los Sueños

The Vista Los Sueños Canopy is a project designed not only as an extreme adventure, but a way to enjoy nature without harming the environment. The property boasts spectacular views of the Herradura bay and island, as well as the Nicoya Gulf. Visitors have the opportunity to view the Scarlet macaws, Chestnut Mandible toucans and White-faced monkeys.

The property rests on 80 acres of land, 50% of which is primary forest, where the premises for the canopy tour are located. The adventure starts with a 15-minute ride aboard our specially designed 25-passenger tractor.

Once we arrive to the top of the mountain, we then descend to the bottom via a series of zip lines, including 12 platforms and 10 cables that sum up 3.5 km, including the longest cable in the area of 2400 ft.

New attraction! Extreme Tarzan Swing, it's at the halfway point on the zip line tour you will have the opportunity to swing like tarzan, this is a 12 meter platform located on the edge of a 200ft canyon, there is a double independent security rope system, when you jump you will freefall for the most amazing way to get your adrenaline pumping.

**Duration:**

2 hrs approx.

**Difficulty:**

moderate

**Includes:**

transportation, bilingual guide

**Bring:**

(English/Spanish), activity, fruits, and water comfortable clothes, comfortable shoes, camera, sunblock lotion, and insect repellent

**Remarks:**

waver required, lunch and tour combos available



## Horseback Riding Vista Los Sueños

This is perhaps one of the best ways to discover the wonders of the rainforest. Vista Los Sueños private, 80-acre property has some of the best kept horses and the most outstanding views in the area.

The tour starts at our beautiful Herradura base, just 10 minutes from Jaco Beach and Los Sueños Marriott Costa Rica. Upon arrival, participants receive a helmet and get ready to depart on a pleasant journey to the waterfalls and swimming pools.

Along the way, you will see farms and get a closer look at nature, as you start ascending through the rainforest. You may be able to spot some great wildlife such as: Toucans, Scarlet Macaws, and White-Faced Monkeys. Upon arrival to the swimming pool area, there is time for some some water, to relax and enjoy the waterfalls and its natural slide.

- Duration:** 2 hrs approx.  
**Difficulty:** moderate  
**Includes:** transportation, equipment, activity, fruits, bilingual guide (English/Spanish) and water swimming suit, comfortable shoes, camera, towel sunblock lotion, insect repellent, long pants  
**Bring:**  
**Remarks:** waiver required, lunch and tour combos available, minimum age 04

# ATV Tour

## Vista Los Sueños



### 2-hour ATV Jungle Adventure

This stimulating adventure starts at the visitors' center, where you receive instructions followed by a test run on the specially designed private track. From here on, your guide will lead you along the jungle trails, following rivers, and fun muddy dirt paths. Weather depending and if trail conditions allow, you may take a quick swim in one of the natural swimming pools.

During the tour, your guide will provide guests with water. As well, at the end of this journey, you will be presented with fresh tropical fruits.

### 3-hour ATV Jungle Adventure with Waterfalls

After passing rivers and dirt paths, a 5-minute hike amidst the rainforest takes you onto secluded waterfalls, where you can swim and enjoy the environs leisurely. Later, we head back to the visitors' center to delight with fresh tropical fruits.

- Duration:** 3 hrs approx.  
**Difficulty:** moderate to difficult  
**Includes:** transportation, equipment, activity, fruits  
bilingual guide (English/Spanish) and water  
**Bring:** swimming suit, comfortable shoes, camera,  
towel sunblock lotion, insect repellent, and  
shorts  
**Remarks:** waiver required. Driving age 18 years old.  
Also Double ATVs and Buggy Karts available

# Catamaran Cruise to Tortuga Island



Get ready to explore the beautiful waters of the Pacific Ocean and the tropical paradise of Isla Tortuga! The Cruise departs from Marina Los Sueños, Herradura.

Upon boarding the Costa Cat, the crew will greet you with Costa Rican coffee, freshly made muffins, and juicy local fruits for the 45 minute ride to the island.

Once we arrive at the island, there is plenty of fun with the snorkeling trip, hiking trails, and a ride on the banana boat around the bay.

Sit back on your beach chair under a sunshade and unwind watching the gentle waves lap at the white-sand beach, while you sip an iced tea or water, margaritas or rum punch. At lunch time, savor a generous feast made daily with fresh ingredients and served with your choice of beverage.

**Duration:** Full Day  
**Difficulty:** easy  
**Includes:** water activities (Banana boat and snorkeling), light breakfast, water, iced tea, margaritas, rum punch and lunch.  
**Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, insect repellent, towel, and change of clothes

# Carara National Park



With the only transition forest in Central Pacific, this park relatively small in size (only 4,700 hectares), results in a great diversity of flora and fauna, where converge typical species of dry and humid forests.

The name Carara in indigenous Huetar language means “River of lizards”, is a worldwide known birding destination as it has very diverse birdlife, where stands out the Scarlet Macaw (Lapa Roja - *Ara macao* - ), a species that is in danger of extinction, being the second largest species of Psittacidae of Costa Rica.

Due to its variety of wildlife you also have chances to spot species such as monkeys, anteaters, racoons, coatis, and hundreds of colorful bird species.

It is the first national park in having a universal access trail, where the visitor can live the experience of being in the forest, known endemic species like the Cafecillo (*erythrochiton gymnanthus*), large trees, and see the relationship between some of the species.

- Includes:** Air-conditioned roundtrip transportation, entrance fee, and bilingual guide (English/Spanish) and water
- Bring:** comfortable clothes, hiking shoes, suntan lotion, insect repellent, and camera

# Rafting Naranjo & Savegre Rivers



Savegre River with class II - III and Naranjo River with class III - IV, these rivers resolutely drop from the mountains above Quepos, through a beautiful jungle gorge near sea level farmlands, and oil palm plantations.

Enjoy our local tropical expeditions; whether you are an expert or beginner, nature lover or thrill seeker, this expedition is for you. Our rafting tour brings you to Savegre River or Naranjo River. Rafters should be ready for a great adventure.

- Duration:** full day  
**Difficulty:** Savegre, moderate; Naranjo, difficult  
**Includes:** transportation, equipment, bilingual guide (English/Spanish), breakfast, fruit snack, and lunch  
**Bring:** comfortable clothes, water shoes, swimsuit, waterproof camera, sunblock lotion, and change of clothes  
**Remarks:** minimum age 08. Waiver required



## Damas Mangrove Boat Tour

Weaving the waterways in the estuaries lined with mangroves at Damas Island provides visitors an intimate experience amidst a perfect retreat that boasts a flourishing and diverse ecosystem.

A unique tidal swamp ecosystem formed up by the mangroves that grow in coastal sediment from the ocean, attracts various species of animals. Thus, during the boat ride along the mangrove swamps, visitors may observe white-faced monkeys, boas or any of the different bird species.

- Duration:** 5 hrs approx.  
**Difficulty:** easy  
**Includes:** transportation, beverages and one meal, bilingual guide (English/Spanish)  
**Bring:** comfortable clothes, comfortable shoes, camera, sunblock lotion, and insect repellent  
**Remarks:** waiver required

# Canoe Outriggers



Come and discover our newest adventure. It's hot, it's a challenge, it's fun on the water, it's Outriggers Canoeing!

Get ready for a great experience, full of sun, beautiful seascape and lots of exercise. It's like rafting on the ocean with 7 other paddlers, and a guide, in your canoe. Shove off from the Agujas River mouth, and start paddling until you reach the calm waters of Leona Bay.

For about one hour, you will glide easily past spectacular cliffs, landing on secluded beaches where you can try some snorkelling on the Pacific coast of Costa Rica. Not a snorkelling fan? Then, you'll have the opportunity to explore a nearby trail where your guide will fully describe the natural scenario, and bring out the most interesting highlights. Relax, while refreshing with delicious fruit.

**Duration:** 4 hrs approx.

**Difficulty:** moderate

**Includes:** transportation, equipment, fruits, bilingual guides (English/Spanish), and water

**Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, insect repellent, towel, and change of clothes

**Remarks:** waiver required



## Sea Kayak Tour

The tour starts with an introductory lesson to kayak, imparted by ISA certified instructors and lifeguards. Then, the paddling experience, guided by the instructors, begins at the Herradura Bay heading towards the island, lasting approximately 1 hour and 30 minutes.

- Duration:** Approx. 2 hours.
- Difficulty:** beginners, intermediate and advanced levels
- Includes:** kayak, paddle and life jacket, ISA certified instructor and professional lifeguard, snacks and hydration, Go Pro Photos of your adventure premises with a convenience store, showers, dressing rooms, and beach chairs.
- Bring:** swimsuit, sunblock, hat or cap, rash guard (recommended)
- Remarks:** waiver required



## Stand Up Paddle Boarding

We receive you in our installations with an introductory lesson to SUP, imparted by our ISA certified instructors and lifeguard. Then, guided by our instructors, the paddling experience begins at the Bay heading towards the island, lasting approximately 1 hour and 30 minutes.

- Duration:** 2 hrs approx.
- Difficulty:** beginners, intermediate and advanced levels
- Includes:** Board, leash and life jacket. ISA certified instructor and professional lifeguard. Snacks and hydration.
- Equipped installations with a convenience store, showers, dressing rooms and beach chairs
- Bring:** Swimsuit. Sunblock. Hat or cap. Rashguard (recommended)
- Remarks:** waiver required



## Surf Lessons

Different surf schools and private instructors are available for those who want to ride waves for the first time or those surfers looking to improve their technique. The waves are big enough to truly surf, though gentle for beginners.

**Duration:** 2 hrs approx.

**Difficulty:** moderate

**Includes:** transportation, board, rash guard, bilingual guides (English/Spanish),

**Bring:** swimsuit, sunblock lotion, towel, and change of clothes

**Remarks:** waiver required



## Rainforest Aerial Tram

A cascading 40-foot waterfall, giant rainforest trees, and panoramic views of the ocean are all part of this ride. Open-air gondolas, with canvas awnings, seat eight passengers and a naturalist guide. Upon arrival, a guide will be assigned to each gondola.

Everything is ready to start an unforgettable journey into the beautiful transitional rainforest. The gondolas frequently stop, allowing visitors the opportunity to view the canopy, at leisure, while admiring different species of trees, and the enormous diversity of plant life growing on the boughs of the larger trees.

**Duration:** 3 hrs approx.

**Difficulty:** easy

**Includes:** transportation, entrance fee, bilingual guides (English/Spanish),

**Bring:** comfortable clothes, hiking shoes, raingear, sunscreen lotion, insect repellent, camera, binoculars, change of clothes

# Private Sailing



We set sail in Herradura Beach onboard Ashuma. Every tour is private and catered to guests, who could either completely relax or lend a hand, if they want.

The vessel is fast, stable and loaded with comfortable space on her trampolines and large cockpit.

If you have been on a crowded boat tour and spent time having to chat with folks you could have gladly gone through life without knowing, then you'll love Ashuma. You control the ambiance, and you control the guest list.

The snorkeling equipment is on board and a fishing rod is available. Snacks and refreshments are provided. Dolphins and whales often join tour and when the water is clear (Whale watching season: from 2nd half of August to 1st half of September and 2 half of November to 1st half of December), the snorkeling is gratifying.

**Duration:** 2 hrs to 7 hrs

**Difficulty:** easy

**Includes:** water taxi from Herradura beach, water, fruits, sodas, beer, snacks, fishing rod

**Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, towel, change of clothes, camera

**Remarks:** waiver required



## Sport Fishing

Whether you are a lifetime fisherman, a fisherman at heart or a fisherman's first start, you'll find a truly extraordinary sport fishing experience in the Mid Pacific of Costa Rica.

These fishing grounds provide a large variety of big game, including dorado averaging 40 pounds, yellowfin tuna that push the 300-pound mark and one of the largest concentrations of big Pacific sailfish found anywhere. Big game fishing is available 16–65 kilometres (10–40 miles) offshore. We encourage catch and release in order to protect our future resources.

- Duration:** half day and full day
- Includes:** fresh fruit salad, baked muffin, water, coolers on board. If it is a full day tour, a light box lunch is included
- Equipment:** International reels and English speaking captain, and mate.
- Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, insect repellent, towel, change of clothes, and camera
- Remarks:** waiver is required  
boats are subject to availability  
fishing license is required; price \$15 per pax



Central **Valley**



## Poas Volcano

We travel back to the Central Valley and ascend the mountains to appreciate the active crater of this 8,884 feet-high magnificent natural amphitheater. No matter how much you have thought of being at the rim of a volcano, this is more than you have ever expected.

One of the most accessible volcanoes in the world, the Poas Volcano is filled with an amazing aquamarine lagoon, blanketed in ferns and ringed with hiking trails leading to panoramic lookouts.

- Difficulty:** medium
- Includes:** roundtrip transportation, bilingual guide, entrance fees, lunch
- Bring:** comfortable clothes, sunblock lotion, insect repellent, cap or hat, raingear, comfortable shoes, camera, and coat or jacket
- Remarks:** suggested in combination with La Paz Waterfall Gardens and/or the Coffee Tour.  
Ask your Travel Planner for Private Tours options.



## La Paz Waterfall Gardens

La Paz Waterfall Gardens is the most visited privately owned ecological attraction with a rescued wildlife preserve and animal sanctuary with over 100 species of animals, including an environmental education program.

Five waterfalls, cloud forest and rainforest, safe hiking trails, aviary with numerous species of birds, toucan feeding, insect exhibits, butterfly observatory, capuchin (white-faced) monkeys, black-handed spider monkeys, hummingbird garden with 26 documented species, hummingbird hand feeding in the mornings and afternoons, serpentarium, jaguars, pumas, ocelots, margays, tica house with petting zoo and oxcart, frog exhibit, orchids exhibit, and a display of heliconias.

**Includes:** bilingual tour guide (English/Spanish), round-trip transportation, lunch and entrance fee

**Bring:** comfortable clothes, sunblock lotion, insect repellent, cap or hat, comfortable shoes, camera, raingear, and coat or jacket

**Remarks:** suggested in combination with Coffee Tour and / or Poas Volcano. Ask your Travel Planner for Private Tours options.

# Coffee Tour



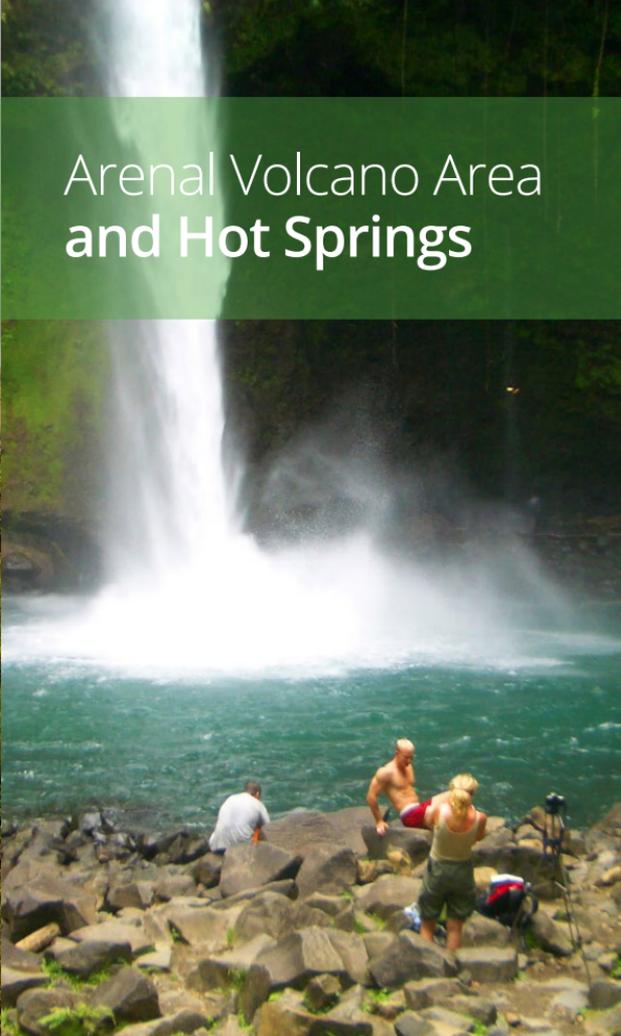
Captivate your senses and discover the secrets behind our knowledge by feeling the aroma, texture and taste of each of our Costa Rican Coffee tastes. Learn more about our production, harvesting times of the fruit, who perform important work, the type of crop, its characteristics, natural methods of crop protection and how all these elements are combined to get a cup of high quality coffee and a complete experience. A unique experience of visiting the oldest Wet Mill of Costa Rica as well as its machinery with more than 120 years, this will allow you to learn each of the stages of the process (separation of qualities, peeling, fermentation tanks and drying off the beans).

Once the tour is over, Casa Doka will captivate your senses as you discover the secrets of coffee by getting in the aroma, texture, and taste the assortment of Tres Generaciones Coffee types as well as the famous chocolates with coffee. In addition, guests may purchase liquors, souvenirs, and art related to the experience.

- Includes:** roundtrip A/C transportation, bilingual guide (English/Spanish), entrance fee, lunch
- Bring:** comfortable clothes, sunblock lotion, insect repellent, cap or hat, comfortable shoes, camera, and coat or jacket
- Remarks:** suggested in combination with La Paz Waterfall Gardens and / or Poas Volcano. Ask your Travel Planner for Private Tours options.



Northern **Region**

A large waterfall cascades down a rocky cliff into a pool of emerald green water. In the foreground, several people are sitting on a rocky ledge, looking towards the waterfall. The scene is lush and green, with dense vegetation surrounding the waterfall.

## Arenal Volcano Area and Hot Springs

This volcano is located in the Northern Region of the country, approximately 3-4 hours drive from the resort but it's worth the travel time. We run a tour that leaves early from the resort and you have the company of a guide the whole time, providing information about the landscape and cities that you pass by. Upon arrival to La Fortuna (town where the volcano is located), we visit the volcano and its lake for sightseeing (no climbing to the volcano is allowed for safety reasons).

Then you have the choice of selecting one among the following activities:

### **Option A**

**La Fortuna Waterfall:** Set just outside the town of La Fortuna, this 200-ft waterfall is a great place to picnic, swim or take photographs. The falls emerge from a thick jungle before plummeting into an emerald green pool below. After a 1-hour guided walk to La Fortuna's famous waterfall, once you get there you can swim in the chilly water below the fall or just enjoy a relaxing time along the rocky shoreline or a round of nature photography.

### **Option B**

**Hanging Bridges Hike:** Visit the famous towering 'hanging bridges' with breathless views of the nature and mountains below. It allows a vision of the forest from a different perspective which starts with a hike on the ground and then taking you to explore the treetops, a hardly discovered habitat called the "canopy" with a naturalist guide. The bridges span across canyons and bring visitors face to face with the upper level of the forest canopy.



## Arenal Volcano Area and Hot Springs

### Option C

**Aerial Tram & Zip Line:** Starts with open-air gondola from the ground to the heights where you'll be dropped off at an observation area for fantastic views. From this area, you will start riding down on a zip line track stretching across canyons and in between treetops, the exhilarating adventure of zip lining down the mountainside begins; ultimately returning you to the starting point at the main building.

To continue with the magical day, you will visit the world-renowned hot springs where they can enjoy even more breathtaking views of the Arenal Volcano.

Here, you will enjoy a delicious lunch and have time to relax in the healing waters. Given traffic and weather conditions, departure is estimated at 4:00 or 5:00 pm.

**Duration:**

Full Day

**Difficulty:**

moderate to difficult

**Includes:**

transportation, entrance fees, fruits  
bilingual guides (English/Spanish), water and  
lunch

**Bring:**

comfortable clothes, coat or jacket, swimsuit,  
sunblock lotion, insect repellent, towel,  
change of clothes

**Remarks:**

ask your Travel Planner for Private Tours  
options.

# Monteverde Cloud Forest



After departing the hotel it will take approximately three hours to arrive at Monteverde. During this trip, our bilingual guide will point out some of Costa Rica's most beautiful and scenic landscapes, as well as providing background on the country's fascinating history, culture, climate, and regional flora and fauna.

Here you will immerse in the exotic cloud forest and experience a world full of biodiversity. Look at the top of the huge trees where species of birds live, a paradise where the main stars are the majestic quetzal and the three-wattle bellbird. Besides, admire species of plants like orchids, species of reptiles and amphibians, and mammals.

This magical nature experience will include:

## **Cloud Forest hike + Hanging Bridges Hike:**

Visiting Monteverde Cloud Forest Biological Reserve deserves to be a rich learning experience discovering the secrets of the exuberant cloud forest. Explore its biodiversity, mammal species, species of birds, amphibians, reptiles, and insects inhabits. An experienced nature guide will lead you on an approximately 2 hour walk on the trails, interpreting the forest and where you can make your own on site observations.



## Monteverde Cloud Forest

**Hanging Bridges Hike:** Visit the famous towering 'hanging bridges' with breathtaking views of the nature and mountains below. It allows a vision of the forest from a different perspective which starts with a hike on the ground and then taking you to explore the treetops, a hardly discovered habitat called the "canopy" with a naturalist guide. The bridges span across canyons and bring visitors face to face with the upper level of the forest canopy.

- Duration:** Full Day  
**Difficulty:** moderate to difficult  
**Includes:** transportation, entrance fees, water, bilingual guides (English/Spanish) and lunch  
**Bring:** comfortable clothes, comfortable hiking shoes, coat or jacket, hat or cap, change of clothes, sunblock lotion, insect repellent, camera and binoculars  
**Remarks:** ask your Travel Planner for Private Tours options



## Monteverde Cloud Forest

### **Monteverde´s Treasures in the Cloud Forest**

This Cloud Forest region has one of the most unique microclimates in the world. You will have the opportunity to explore Monteverde's Cloud Forest on top the suspension bridges suspended to more than 100 feet from the forest floor. First, you will begin with an excursion of a 1 hour initiating with an introduction of Monteverde's region.

During the walk, our guide opportunely will point on Species of mammals and a wide variety of plants and birds. In this walk, we will cross a total of 5 bridges inside Monteverde's Cloud Forest and at the end of the walk you will enjoy a traditional Costa Rican lunch. Secondly, we will go to the trip of sugar cane 'Trapiche'. An authentic Costa Rican farm with a tour that shows the cultivated crops of bananas, plantains, arracache (a Costa Rican specialty root vegetable), macadamia, nuts, sugar cane, coffee plants, and tilapia farm.

## Monteverde Cloud Forest



During the tour, the client will learn how sugar cane and sugar are cultivated and process with different tastings of it. The tour finishes with a small demonstration of Costa Rican chocolate-processing, another crop grown on this magnificent farm.

- Duration:** Full Day  
**Duration per each way:** 2 hours 45 minutes to 3 hrs.  
**Difficulty:** moderate to difficult  
**Includes:** Private Transportation, Personal bilingual guide, entrance fee to the walk tour, entrance fee cultural tours, lunch and water.  
**Bring:** Sun block, Hiking Shoes, light jacket, camera, hat or cap, repellent, comfortable clothes for hiking, cash.  
**Remarks:** weather may be cloudy sometimes.



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ESTABLISHED 1964

**To appreciate**  
life in all its dimensions!



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