Tours and Activities
Central Pacific
Tour Desk Los Sueños Marriott Ocean & Golf Resort
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 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 that comprises 109 species of mammals and 184 bird species 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.

Minimum: 2 pax  
Departure: 7:30am  
Duration: Full Day  
Difficulty: easy to moderate  
Includes: Air-conditioned roundtrip transportation, entrance fee, bilingual guide (English/Spanish), water, fresh fruit, and lunch.

Bring: comfortable clothes, hiking shoes, swimsuit, sunblock lotion, insect repellent, towel, change of clothes, camera

Remarks: This tour runs daily; except Mondays, when the Park is closed.
One of Costa Rica’s beautiful transitional forests is located between the tropical dry forest region to the north and the more humid Pacific rainforest to the south. While relatively small in size (only 4,700 hectares), this pre-colonial archaeological site flows with rivers, lakes, and waterfalls.

Given the park’s incredible environmental diversity, it boasts a variety of wildlife such as monkeys, anteaters, racoons, coatis, and hundreds of colorful bird species, such as the gorgeous collared aracari. It is also home for a large population of the rare Scarlet Macaw or red parrot.

**Minimum:** 2 pax  
**Departure:** 7:30 a.m  
**Includes:** Air-conditioned roundtrip transportation, entrance fee, and bilingual guide (English/Spanish), fresh fruit, and water  
**Bring:** comfortable clothes, hiking shoes, suntan lotion, insect repellent, and camera.  
**Remarks:** Combo package available for Carara National Park + Crocodile Boat Tour
Crocodile Boat Tour

Tarcoles River is the most crocodile-populated river in the country. Some of them bigger than 25 feet long. From the safety of your boat, you will have the opportunity to view these magnificent pre-historic creatures.

Navigate the river on a guided 2-hour boat ride, while our guide points out different kinds of mammals, birds, and reptiles that flourish in this mangrove system. Watch for the reptiles while you steer past tiger herons, scarlet macaws, toucans, and monkeys.

Minimum: 2 pax
Tour times: 8am, 10am, 12pm, 2pm, 4pm
Duration: 3 hrs approx.
Difficulty: easy
Includes: transportation, 2-hour boat ride, and bilingual guide (English/Spanish)
Bring: comfortable clothes, sunscreen lotion, insect repellent, and camera
Remarks: Combo package available for Carara National Park
Rafting **Naranjo & Savegre Rivers**

With class III & IV challenges, 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.

**Minimum:** 2 pax  
**Departure:** 6:45 am  
**Duration:** full day  
**Difficulty:** Savegre, moderate; Naranjo, difficult  
**Includes:** transportation, equipment, bilingual guide (English/Spanish), breakfast, and lunch  
**Bring:** comfortable clothes, sandals or water shoes, swimsuit, waterproof camera, sunblock lotion, and change of clothes  
**Remarks:** minimum age 08. Waiver required
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 14 platforms and 12 cables that sum up 3.5 km, including the longest cable in the area of 2400 ft.

Minimum: 2 pax
Tour Times: 8 am, 9 am, 10 am, 11 am, 1 pm, 2 pm, and 3 pm
Duration: 2 hrs approx.
Difficulty: moderate
Includes: transportation, bilingual guide (English/Spanish), activity, fruits, and water
Bring: comfortable clothes, comfortable shoes, camera, sunblock lotion, and insect repellent
Remarks: waiver required, lunch and tour combos available
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.

**Minimum:** 2 pax  
**Tour Times:** 8 am, 9 am, 10 am, 11 am, 1 pm, and 2 pm  
**Duration:** 2 hrs approx.  
**Difficulty:** moderate  
**Includes:** transportation, bilingual guide (English/Spanish), equipment, activity, fruits, and water  
**Bring:** swimming suit, comfortable shoes, camera, towel, sunblock lotion, insect repellent, long pants  
**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.

Minimum: 2 pax
Tour Times: 8 am, 9 am, 10 am, 2 pm, and 3 pm
Duration: 2 hrs approx.
Includes: transportation, bilingual guide (English/Spanish), equipment, activity, fruits and water
Bring: swimming suit, comfortable shoes, camera, towel, sunblock lotion, insect repellent, and shorts
Remarks: waiver required
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.

- **Minimum:** upon availability
- **Departure:** 7:20 am
- **Duration:** Full Day
- **Difficulty:** easy
- **Includes:** water activities, light breakfast, water, iced tea, margaritas, rum punch, and lunch.
- **Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, insect repellent, towel, and change of clothes
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, sloths, boas or any of the different bird species.

Minimum: 2 pax  
Departure: according to tide  
Duration: 5 hrs approx.  
Difficulty: easy  
Includes: transportation, bilingual guides (English/Spanish), beverages and one meal.  
Bring: comfortable clothes, comfortable shoes, camera, sunblock lotion, and insect repellent  
Remarks: waiver required
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.

**Minimum:** 4 pax  
**Departure:** 7:40 am and 1:10 pm  
**Duration:** 4 hrs approx.  
**Difficulty:** moderate  
**Includes:** transportation, bilingual guides (English/Spanish), equipment, fruits, and water  
**Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, insect repellent, towel, and change of clothes  
**Remarks:** waiver required
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.

**Minimum:** 2 pax  
**Departure:** according to tide  
**Duration:** approximately, 2 hours.  
**Difficulty:** easy to moderate  
**Includes:** kayak, paddle and life jacket, ISA certified instructor and professional lifeguard, snacks and hydration, Go Pro Photos of your adventure, transportation, 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 is all the rage, “SUP” is the proper terminology. The concept is simple, stand up on an oversized surfboard and paddle. The view is great and you get a nice workout.

Expert staff know about paddling, who use the right sized SUP so that participants enjoy this adventure tour. Lightweight paddles manufactured locally make your time on the water a pleasure and your learning curve faster, if this will be your first Stand Up experience.

**Minimum:** 2 pax  
**Departure:** according to tide  
**Duration:** 4 hrs approx.  
**Difficulty:** difficult  
**Includes:** transportation, bilingual guides (English/Spanish), equipment, fruits, and water  
**Bring:** comfortable clothes, sandals, swimsuit, sunblock lotion, towel, and change of clothes  
**Remarks:** waiver required
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.

**Minimum:** 2 pax  
**Start time:** Depending on tide  
**Duration:** 2 hrs approx.  
**Difficulty:** moderate  
**Includes:** transportation, bilingual guides (English/Spanish), board, rash guard, and water  
**Bring:** swimsuit, sunblock lotion, towel, and change of clothes  
**Remarks:** waiver required
Turu Ba Ri means shining rivers under the Moonlight, in Huetar, extinct language of the Chibcha family, which was spoken by several indigenous groups in Costa Rica. The area now stands alone, unchallenged as one of the largest tropical parks in the region protecting many native species of flora and fauna. It covers about 260 hectares, most of which used to be cattle ranch lands and thus, it is an extraordinary example of forest recovery and preservation of the ecosystems.

The active and most adventurous will thrill in the sensational cable, canopy tour, horseback riding, and hiking activities.

Other attractions provide visitors greater knowledge and understanding about Nature in this latitude through visits to the oversized butterfly garden with more than 40 species of tropical butterflies, the orchid and the bromeliads gardens, and other exhibits like the iguanas nest and the crocodile and caiman pond, which is regulated by governmental entities.

Guest can even get an interesting insight of Costa Rican history and culture, when visiting the traditional farm and the sugar mill or “trapiche”.

**Minimum:** 2 pax  
**Difficulty:** moderate  
**Includes:** transportation, bilingual guides (English/Spanish), activity, and lunch  
**Bring:** comfortable clothes, comfortable shoes, camera sunblock lotion, insect repellent, and hat or cap  
**Remarks:** waiver required. Open Tuesday to Sunday
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.

Minimum: 2 pax  
Departure: 7:10 am, 8:50 am, 11:20 am, and 1:20 pm  
Duration: 3 hrs approx.  
Difficulty: easy  
Includes: transportation, bilingual guides (English/Spanish), and entrance fee  
Bring: comfortable clothes, comfortable shoes, camera, sunblock lotion, insect repellent, and binoculars

Aerial Tram Pacific
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, the snorkeling is gratifying.

**Minimum:** 1 to 6 pax  
**Departure:** at your preference  
**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
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
Whales and dolphins have always fascinated us. Their graceful, playful, and intelligent nature is inspiring and captivating. There are 5 species of dolphins living in the waters off the southern Pacific Coast of Costa Rica: Spotted, Spinner, Bottlenose (Flipper), Common Dolphin, and even Orcas. 3 species of whales: False Killer, Pilot and Humpback whales can be sighted nearly year round.

The acrobatic Humpback Whale, a mammal measuring 15-17 meters long, migrates to these tropical and subtropical waters during our winter season to birth their young and feed them during the first months.

This is a seasonal tour; the watching periods are:

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd half of August</td>
<td>1st half of September</td>
</tr>
<tr>
<td>2nd half of November</td>
<td>1st half of December</td>
</tr>
</tbody>
</table>

Includes: air-conditioned roundtrip transportation, equipment, bilingual guide (English/Spanish)

Bring: comfortable clothes, water shoes, swimsuit sunscreen lotion, insect repellent, and camera.

Remarks: waiver is required
Central Valley
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.

**Departure:** per guests’ preference  
**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
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.

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.

**Departure:** per guests’ preference  
**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
Arenal Volcano, La Fortuna Waterfall and Hot Springs

This journey begins with a 4-hour ride to our destination during which our bilingual guide will point out some beautiful and scenic landscapes.

Upon arrival to La Fortuna, we will begin with an activity of your choice: either a 1-hour guided walk to La Fortuna’s famous waterfall or a visit to Sky Walk, towering hanging bridges with breathless views of the mountains below.

The waterfall provides stunningly gorgeous scenery, with abundant vegetation and a diverse range of flora and fauna. Tour fees for the waterfall benefit the local civic organization, which, in turn, invests these funds into activities and projects for the community.
If you select the Sky Walk’s suspended passages, you will have a close-up view of the iconic Arenal Volcano, where, in clear weather, they can capture spectacular pictures. During this magical forest experience, you may see monkeys, toucans, deer, and hundreds of bird species. Without a doubt, visitors will be able to see the trailing rise of gas and smoke from the volcano’s crater.

To continue with the magical day, you will visit the world-renowned hot springs of Tabacon Grand Spa Thermal Resort to appreciate even more breathtaking views of the Arenal Volcano, where guest taste a delicious lunch and have time to relax in the healing waters. Given traffic and weather conditions, departure is estimated at 4:00 pm or 5:00 pm.

**Departure:** at guest’s preference  
**Duration:** Full Day  
**Difficulty:** moderate to difficult  
**Includes:** transportation, bilingual guides (English/Spanish), entrance fees, fruits, water and lunch  
**Bring:** comfortable clothes, coat or jacket, swimsuit, sunblock lotion, insect repellent, towel, change of clothes
For Monteverde Cloud Forest, we offer two tour options:

a) Monteverde Cloud Forest Tour with Hummingbird Garden and Sky Trek

b) Multi-Destination Heritage Package: Monteverde Cloud Forest Tour with ‘Sugar Cane’ Tour, Sky Trek, and Hummingbird Garden

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.

Upon arrival to Monteverde, we will begin our day’s adventure with a visit to the Hummingbird Garden, where your guide will provide a 30-minute tour and identify all visible species. This cloud-forest region is one of the most unique micro-climates in the world, and the client will have the opportunity to explore this area in an equally unique manner – from the viewpoints and bridges, suspended more than 100 feet (30 meters) above the forest floor.
On the option A
Monteverde Cloud Forest Tour with Hummingbird Garden and Sky Trek

After finishing the garden visit, you will go to Monteverde’s famous Hanging Bridges, where you will continue the bird’s-eye view of the gorgeous shady vegetation on a gentle 1-hour walk in the Cloud Forest Reserve. Prior to beginning the bridges tour, you will receive a brief introduction about the Monteverde region and its unique ecosystem. During the walk, our guide will point out helpful species names, including monkeys, sloths, and a wide variety of plants and birds. In this walk, we'll cross a total of 5 bridges, each one unforgettable and differing in size and materials used. After finishing our walk, the client will enjoy a traditional Costa Rican lunch.
On the option B
Multi-Destination Heritage Package: Monteverde Cloud Forest Tour with ‘Sugar Cane’ Tour, Sky Trek, and Hummingbird Garden

After finishing the garden visit, we’ll head to the Sugar Mill, a one-of-a-kind opportunity to visit an authentic Costa Rican family-owned farm. You will receive a guided tour of the farm, where you are able to spot some of the crops grown there like: bananas, plantains, arracache (a Costa Rican specialty root vegetable), macadamia nuts, sugar cane, coffee plants, and tilapia farm. During the tour, the client will learn how sugar cane is cultivated and processed, and will even have the unique opportunity to taste different varieties of cane. Additionally, our tour includes a behind-the-scenes peek at coffee production, including the artisanal roasting process. Should you desire, you can ride in a traditional oxen-led carriage between the different fields (or you are welcome to walk between all the destinations). The tour finishes with a small demonstration of Costa Rican chocolate-processing, another crop grown in this magnificent farm.

After lunch, visitors may stroll the Hanging Bridges.

Departure: at guest’s preference
Duration: Full Day
Difficulty: moderate to difficult
Includes: transportation, bilingual guides (English/Spanish), entrance fees, fruits, water, and lunch
Bring: comfortable clothes, coat or jacket, swimsuit, sunblock lotion, insect repellent, towel, and change of clothes
To appreciate life in all its dimensions!
Los Sueños Marriott Ocean & Golf Resort
TAM Travel Tour Desk
Phones: 2630-9060 or 2630-9061

ismarriott@tamtravel.com
www.tamcostarica.com