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# Tours & Activities

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## All-Terrain Vehicle Tour

3 tours per day through roaring mountain streams, suspension bridges and teak plantations. Includes breakfast or lunch and full-face helmet and goggles. (Bring tennis shoes or hiking sandals, towel and swim suit.)

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## Beach, Swimming & Sunbathing

The large public beach, Playa Espadilla, is on the road just before the entrance to the National Park. It offers beach chair and umbrella rentals, surf board rentals and has several eateries located on the beach. Gift and souvenir stands are numerous. Manuel Antonio National Park has 2 beautiful white-sand beaches for a more private day at the beach. There are no public food vendors in the park.

The Gaia Shuttle offers transportation to and from the public beach and the National Park.

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## Bird Watching

This activity is available from many of the local tours. Please contact your Personal Concierge or the Front Desk for details.

## Butterfly Gardens

See over 20 species of butterflies on this 1-hour tour.

There is also an evening frog & reptile tour available with advance reservation.  
(Bring hiking shoes, long pants, insect repellent, binoculars & camera.)

## Canopy Tour

See an entirely different eco-system as you zip-line from numerous platforms in primary rainforest. Tours last from 2 to 5 hours and include lunch.

(Bring insect repellent & sunscreen.)

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## Dolphin/Whale Watch – Snorkeling/Swimming – Sunset Tour

Morning and Afternoon half day tours, includes drinks, fruits, lunch/sandwiches.

Choose from a Catamaran, Sailboat, Double-Decker Tour Boat or Motor Yacht.

Snorkeling equipment provided.

(Bring sunscreen, swimsuit, towel and camera.)

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## Gay Tours

Different tours available daily. Please consult your Personal Concierge or the Front Desk.

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## Horseback Riding

Tours include rainforest & river rides or beach rides and include snacks and either lunch or dinner

(Bring cap, extra t-shirt, jeans or long pants, closed shoes, sunscreen, camera and swim suit.)

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## Jet Ski

2-hour tours leave 4 times daily and include guide, life vest, fresh fruit, water and snorkeling equipment (Bring sunscreen.)

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## Mangrove Boat Tour

It is common to view white-faced monkeys, caymans, boa constrictors, crocodiles and even the rare silky anteater. Tropical birds are abundant. (This tour also offers an incredible night Mangrove Boat Tour; inquire at the Front Desk about the evening tour.) Tours include lunch or dinner and are 3 ½ hours including pick-up and drop-off.

(Bring camera and binoculars.)

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## Mangrove Kayak Tour

It is common to view white-faced monkeys, caymans, boa constrictors, crocodiles and even the rare silky anteater. Tropical birds are abundant. Tour is approximately 2 hours and includes snacks. (Bring tennis shoes or sandals & sun screen.)

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## Manuel Antonio National Park Tour

Home to over 100 species of mammals and 200 species of birds, Manuel Antonio is the most visited park in Costa Rica. Just off shore are 12 islands that serve as excellent seabird sanctuaries. Punta Cathedral (Cathedral Point) was once an island but over time has become connected to the land by a sandy belt named Tombolo, a prized nesting site for the Brown Booby. This is also where you can see dolphins and the occasional pod of migratory whales. The 2 white sand beaches are main attractions as well as the blowhole at Puerto Escondido (Escondido Harbor), which is best viewed as the tide comes in. There are guides available for hire within the National Park or Gaia has guides contracted for private park tours. Contact the Front Desk or your Personal Concierge for private guide rates.

The park is open from 7:00am until 4:00pm daily and is closed on Monday. Tourist admission is \$16.00

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## Ocean Kayak Tour

Witness the most beautiful views of the coastlines of Costa Rica from the ocean on this 4-hour tour.

The tour stops at one of the Park beaches for snacks, fruits, juices and cold water and ends with lunch near the entrance of the park. (Bring sunscreen, swimwear and a towel.)

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## Rainmaker Conservation Tour

Privately-owned reserve with a series of suspension bridges connected by platforms along the treetop canopy. Includes juices, fruits, snacks and lunch with a dip in the waterfall pool. (Bring walking shoes, light clothes, swimsuit, binoculars and camera.)

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## Scuba Diving

Contact Front Desk or your Concierge

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## Sport Fishing

Full & half day tours available; includes drinks, snacks and lunch.  
(Bring sunscreen, towel and sunglasses.)

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## Surfing Lessons

Boards and bi-lingual instructors included, along with fresh fruit and cold drinks.  
(Bring swim suit, sun screen, towel, dry clothes and camera.)

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## Villa Vanilla Botanical Garden & Spice Tour

Villa Vanilla Farm is located in the Central Pacific rainforest, 10 miles east of Quepos and Manuel Antonio National Park. The farm is a tropical laboratory for sustainable agriculture and includes 27 acres of agriculture production and 125 acres of primary and secondary rainforest.

Cash crops include vanilla, cinnamon, cocoa, black pepper and all-spice, plus a variety of exotic fruits & essential oil plants.

Villa Vanilla also features an epiphyte collection of orchids, bromelias and tillandsias. Tour lasts approximately 2 hours.

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## White Water Rafting

Full, or 1/2 day tours are available. (Includes snacks, breakfast and/or lunch)  
(Bring swim suit, extra set of dry clothes, tennis shoes or hiking sandals, light rain jacket, sun screen & visor, towel and waterproof camera.)

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## Yacht Rental

There are many options for this activity depending on the number of people and the size of the vessel. Please consult the Tour Desk for details.

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