

FLAMINGO

TOUR GUIDE

For more information about tours in Flamingo contact Escape Villas concierge at indra@villascostarica.com or call toll free at 1-888-672-3673.

RIDE THE WAVES! SURFING



Surfers travel the world to find the perfect spot to ride the waves. Tamarindo, just a quick 30-minute drive from Flamingo area villas, is considered the surf mecca of the northern Pacific region of Guanacaste. Advanced surfers come from around the world to surf Witch's Rock and Ollie's Point – two world famous reef breaks – just about 2 hours from local Tamarindo beaches.

Sign up for private or group surfing lessons. You will learn to surf like a pro in no time. Local instructors will give you safety talks and directions before plunging into the waves.



- Private or group surf lessons
- Beach, river mouth & reef breaks
- Playa Grande, Avellanas
Playa Langosta, Playa Negra
- Private tours to Witch's Rock
& Ollie's Point

SUP



Stand Up Paddle Boarding

Stand Up Paddle (SUP) boarding is becoming a sensation all over the globe! Long, thick boards allow you to glide over reefs and explore nearby islands. Paddlers cruise over the flat-water of the bay taking in the coastline. Small surfs provide a little more challenge. Choose from the two hour Starter Course or the three hour Gold

Coast Cruise Tour. The Starter Course gets you in the water to learn SUP paddling techniques then takes you along the calm coastal waters where you will see rays, turtles and jellyfish. More experienced paddlers that take the Gold Coast Cruise Tour will scout more remote areas not accessible by car and ride some fun, yet mellow, surf.

- Playa Danta
- Flat-water bay
- Adventure paddle



COMBO EXCURSIONS



A combo tour is the perfect way to maximize your vacation time and ensure that you don't miss any of the action and adventure to be had in Costa Rica! Since much of the northern region is spread out this combo package lets you take part in several activities in one day, significantly reducing your driving time to and from multiple tours. One of our most popular excursions, the full day Combo, is perfect for families.

You can combine zip lining in the canopy, traversing hanging bridges and exploring the rainforest on horseback. There's even a

400-meter waterslide thrown in the mix for some extra thrill! For the ultimate outdoor enthusiast you can even combine tubing or white water rafting Class II and III rapids into the deal.

After some active exercise you can recover and relax in the thermal hot springs. All of this can happen in just one day freeing up time for other activities during your trip.

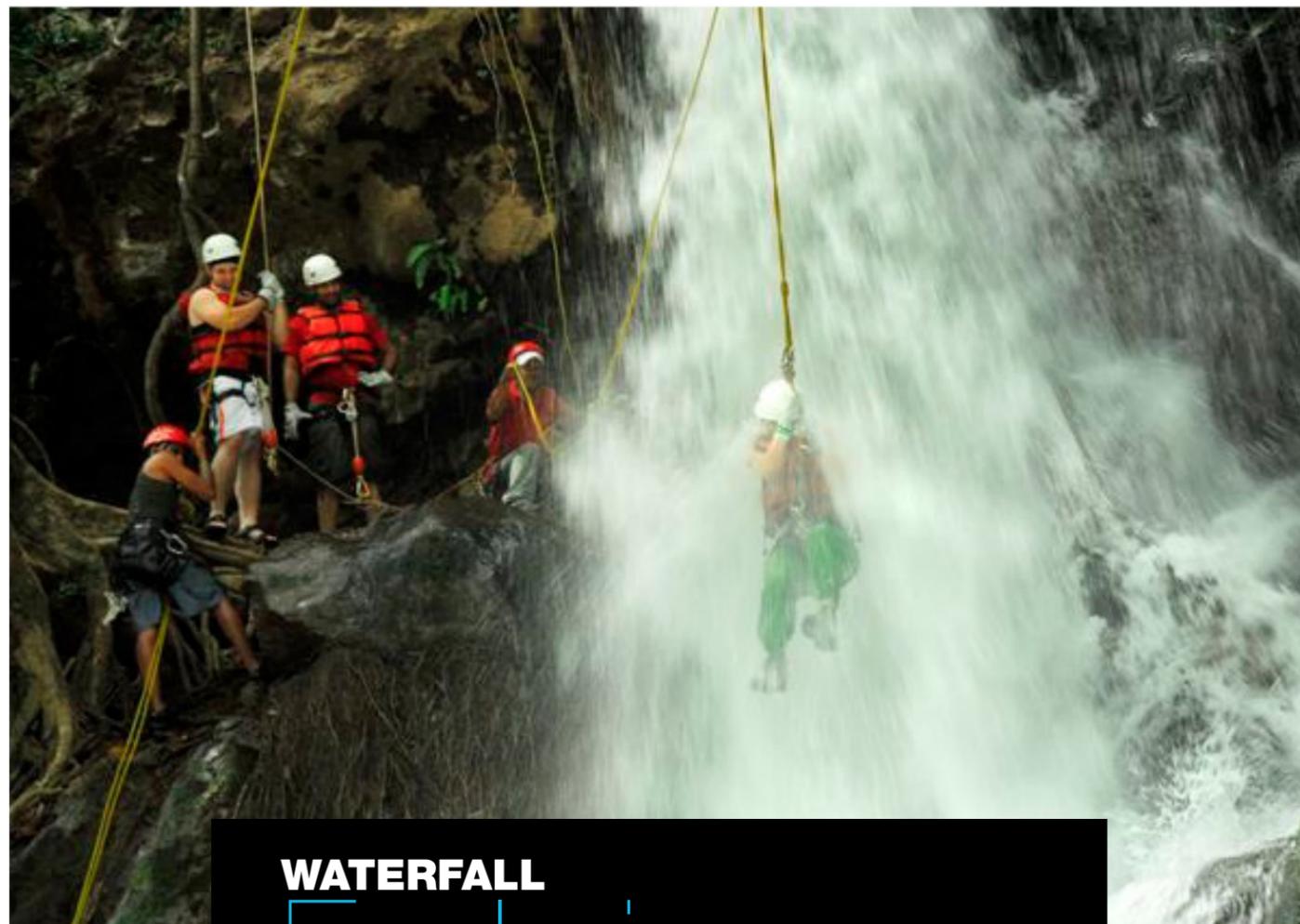
With your own private transport and guide you can pack in as much or as little as you like, scheduling the day your way.

- Hanging bridges & hot springs



- Full day MEGA adventure

- Private transport



WATERFALL
Exploring

Flamingo waterfall tours range from simple hikes to intense waterfall rappelling. This is the perfect excursion for those who love to get their adrenaline going. Get ready for a fun-filled, wet, and wild adventure!

Head into the core of the jungle and take on nature as you descend down a gushing waterfall. Enjoy the rush of the water on your face and then take time to relax in

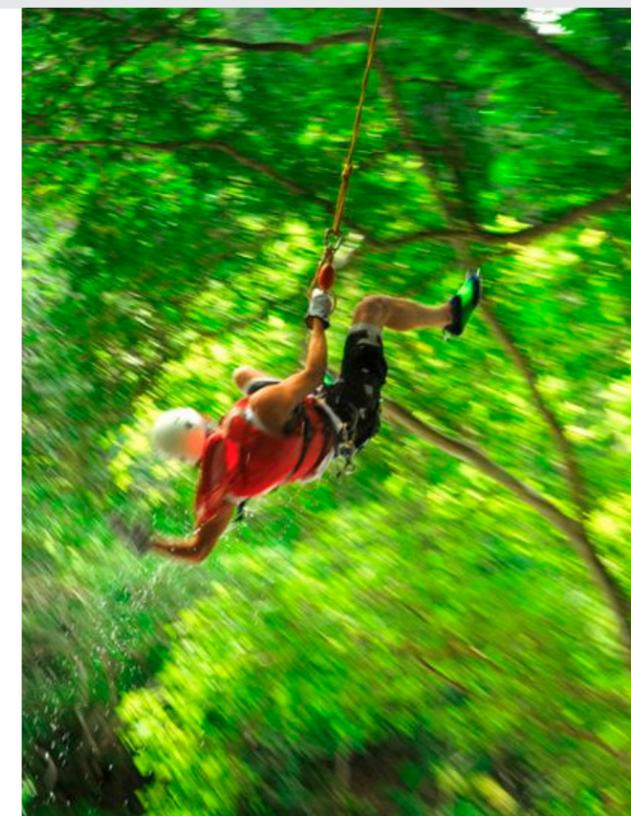
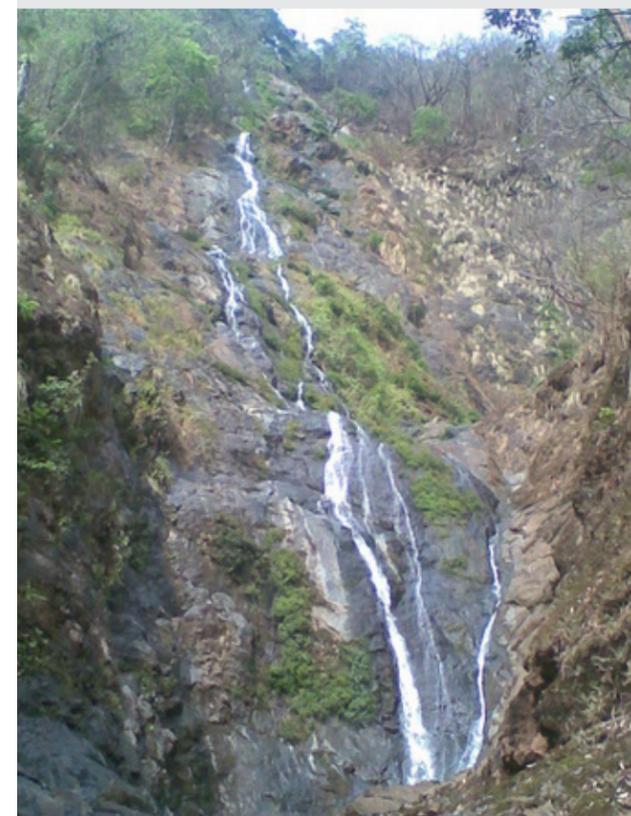
the rainforest surrounded by the beauty of exotic flora and fauna.

Adventure off the traditional path to the spectacular Llanos del Cortes waterfall. This secluded waterfall spans 30 feet high and 40 feet wide and cascades into a white sand pool. You will be driven close to the waterfall, but a 600-foot hike is required for full access. Please let your

concierge know if you have any physical limitations prior to booking.

Salto del Calvo are the tallest waterfalls in the country, each one standing at 1,100 feet! This waterfall excursion is combined with an exquisite coffee plantation and traditional sugar mill factory visit for a complete full day educational tour. This waterfall tour is combined with a coffee plantation and sugar mill visit for a complete full day educational tour. Learn the processes of coffee and sugar production while tasting delicious samples of sugar cane syrup and iced coffee.

- Rappelling tours for thrill seekers
- Nature hikes
- Swim in natural pools





Cavern **EXCURSIONS**

Barra Honda
National Park

The geological significance of Barra Honda is the existence of underground caverns of coral reef that have taken 60 million years to form. Explore the Terciopelo Cave, the largest of all the caves, that has a total depth of 203 feet. You will use caving equipment to descend the initial 55 feet down a ladder into the cave then continue to the bottom along a 35 degree incline.

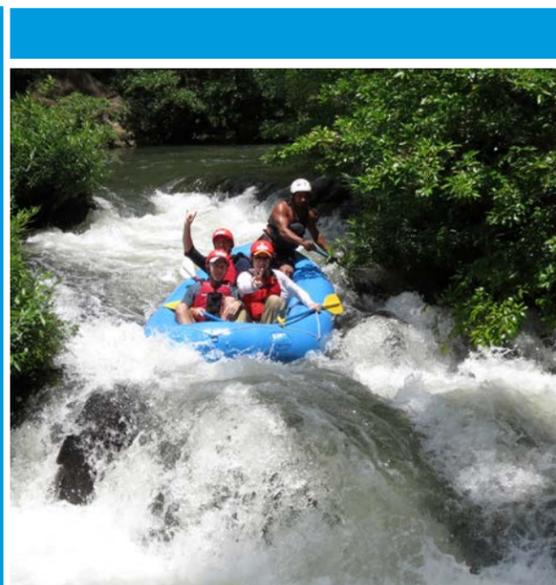
In the upper part of this national park, about 1,300 feet high, there is a panoramic view of the river Tempisque lowlands and the Gulf of Nicoya and some of its islands. The walking portion of the tour is about two miles in total over a five-hour period.

This tour is recommended for people in perfect health condition because of the highly hands-on nature of the exploration.

- Limestone cave exploration
- Bat Tours



White Water RAFTING TOURS



Costa Rica is known for its wild and big rivers! Adventure seekers can take on the rapids in any season – rain or shine. The Tenorio River is just one of the popular rafting spots and flows for 15 miles. It merges with the Corobici and both have Class III and IV rapids. No experience is necessary, but be ready to paddle and exert some effort while navigating these world famous Class III and IV rapids!

Enjoy some smooth floating down the rivers allowing you to take in the lush green of the rainforest then prepare for some high impact rapids for the ultimate energy boost. Located close to the Arenal region the Toro and Sarapiquí rivers also offer Class III & IV rapids. The mighty Toro boasts 45 minutes of continuous rapids! Enjoy the warm waters and rapids of Costa Rica. A wet suit won't be needed here!

For a less impact adventure ask about the Safari Float Tours on the Corobici River. Take a river journey on Class I and II rapids that will let you appreciate the lush vegetation and surrounding wildlife of this unique ecosystem – The Dry Gallery Forest.



- Adrenaline-pumping
- Experienced guides
- Class III & IV rapids

Wildlife &

National Park Tours



Palo Verde National Park

The Palo Verde National Park on the banks of the Rio Tempisque is one of the best wildlife and bird-watching spots in Costa Rica with 15 different habitats thus being one of Costa Rica's most biological diverse sites.

Explore this protected sanctuary by boat tour on the Tempisque River. Neotropical birds inhabit this network of mangrove swamps, marshes and forestlands. This area is a birder's paradise with egrets,

storks, green bills and spoonbills. Other exotic birds that can be seen are black-crowned night herons, toucans and macaws. The Tempisque River is also known to have the largest concentration of crocodiles in our country.

Situated adjacent to the Dr. Rafael Lucas Rodriguez Caballero Wildlife Refuge and the Lomas Barbudal Biological Refuge these three parks, along with Barra Honda, form the Tempisque Conservations Area.

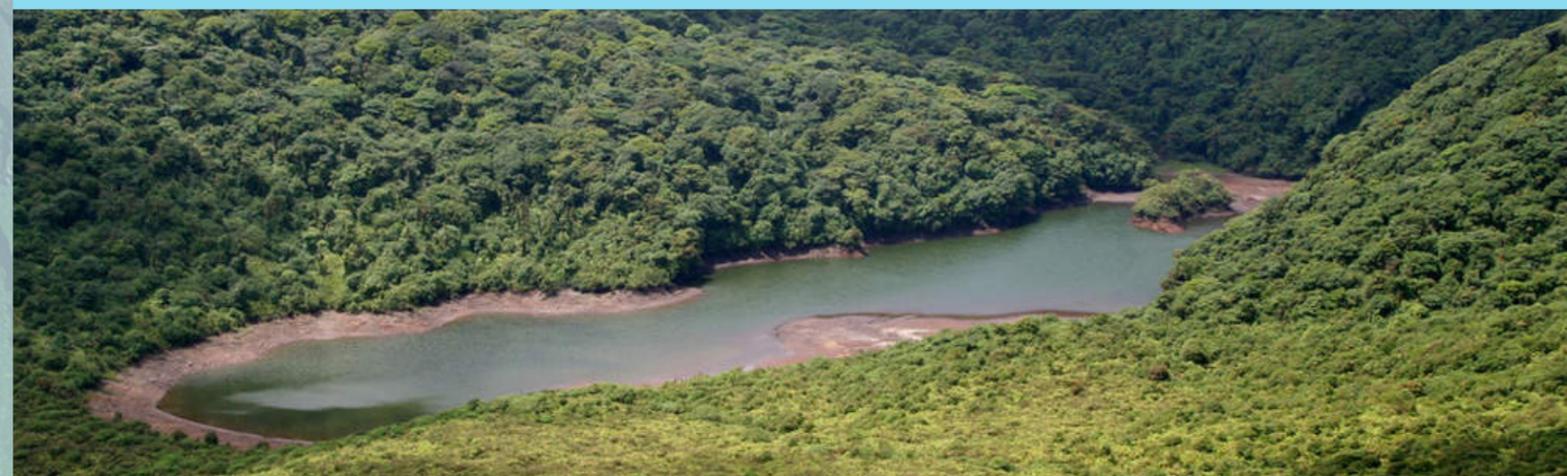
Wildlife & National Park Tours

Volcano Rincon de la Vieja National Park

Located 100 kilometers from Tamarindo this national park is worth the ride as it is home to mammals including pumas, jaguars, tapirs and the monkeys that Costa Rica is famous for. Zigzagging trails take you to a naturally heated sulfuric hot spring, mud pools, a cool stream, waterfalls and swimming holes.

Rincon de la Vieja National Park is one of Costa Rica's most diverse ecological parks and is home to more than 300 species of birds. It is also the home of Costa Rica's national flower, the Guaria Morada, a beautiful purple orchid.

The last period of intense volcanic activity occurred between 1966 and 1975. The most recent eruptions were in 1998.



Wildlife &

National Park Tours



Tamarindo National Wildlife Refuge

This particular national park got its refuge status from the fact that there was an important need for a turtle-nesting site. The refuge is located in the coastal region of northern Guanacaste province of Costa Rica and comprises 1,000 acres of protected forest, mangrove and estuaries. In this refuge there are three areas that collectively form this national park: Grande Beach, Ventana Beach and Langosta Beach.

The park is home to many species of turtles including the Leatherback, Pacific Green, Olive-Pacific Ridley and Hawksbill turtles. Other animals in the refuge include monkeys, raccoons, iguanas, American crocodiles, pelicans and more than 50 species of colorful birds.



- Experienced naturalist guides
- Turtles Watching
- Distinct ecosystems

Wildlife & National Park Tours



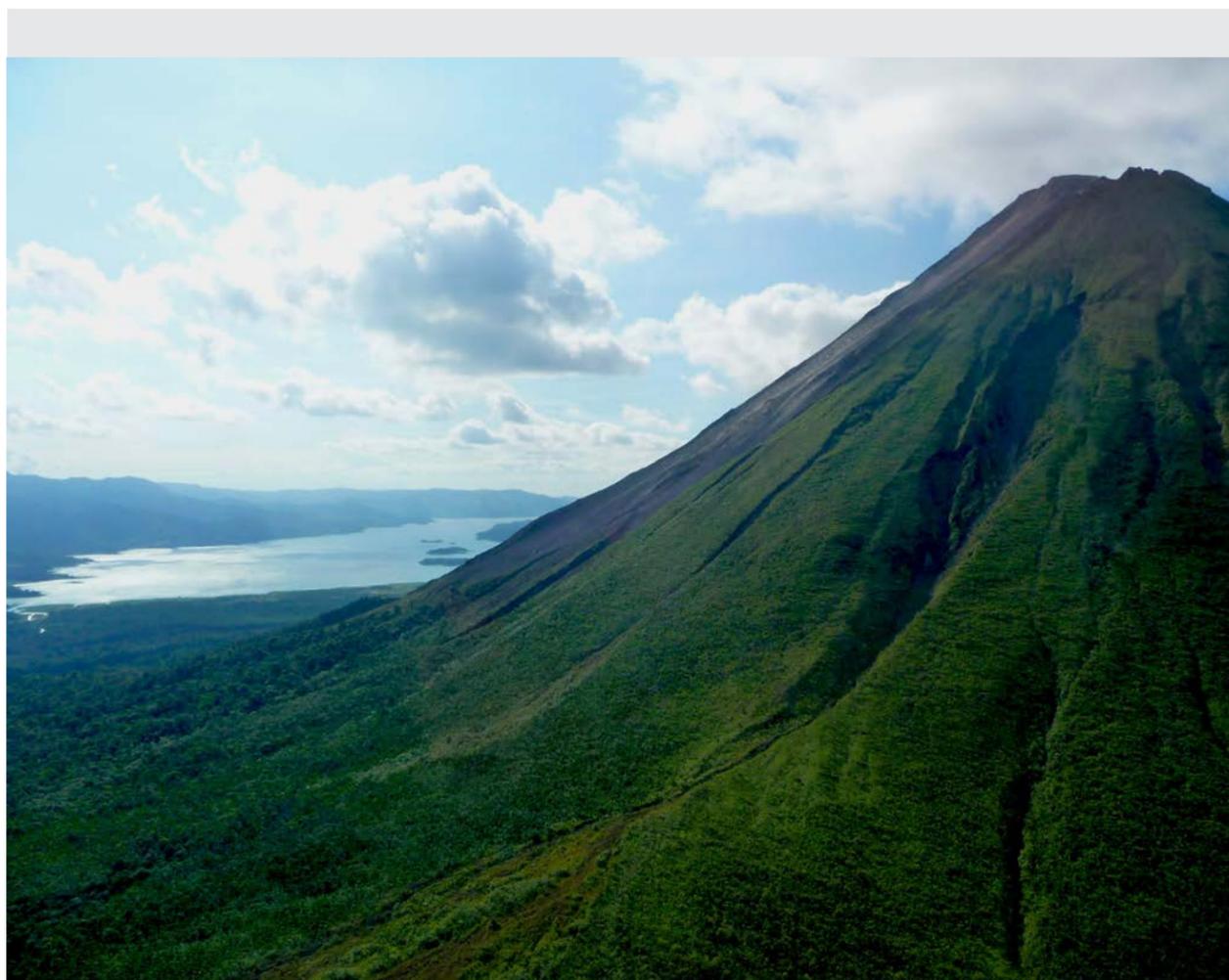
Santa Rosa National Park

This park is home to Costa Rica's most famous monument, the Hacienda Santa Rosa, also known as La Casona. This monument memorializes the fall of filibuster William Walker's mercenaries in 1856. Another relic found here is an antique armored car that is a remnant from the unsuccessful attempt by Nicaragua to invade the Province of Guanacaste in 1955.

Many trails branch out to the interior of the park providing great hiking along streams and through dry forest, spotting wildlife along the way. More than 200 species live here in ten unique habitats ranging from mangrove to desert. Naranjo Beach, known for exceptional surfing, and Nancite Beach, the nesting site of the Ridley Turtle, can be found via dirt road and another 8-mile trek. September and October is prime time to view the thousands of turtles that swarm the beach.



ARENAL VOLCANANO



While it's a 4 ½ hour drive from the Flamingo area this symmetrical volcano that stands at over 5,400 feet is a sightseer's dream. After regular, almost daily, lava and ash eruptions since 1968 the volcano went into a resting phase in 2010. But, the surrounding sites and activities - lakes, rivers and hot springs - still make this one of the most visited areas of Costa Rica.

You will be taken by private shuttle to the area of La Fortuna where you can hike the borders of the volcano, traverse hanging bridges, do some zip lining, horseback riding and more. Lake Arenal, Costa Rica's largest landlocked body of water offers windsurfing, fishing and boating. After a day of invigorating outdoor adventure relax in the hot springs along side the sleeping giant that is Arenal Volcano.



- Hot springs



Canopy **TOURS**

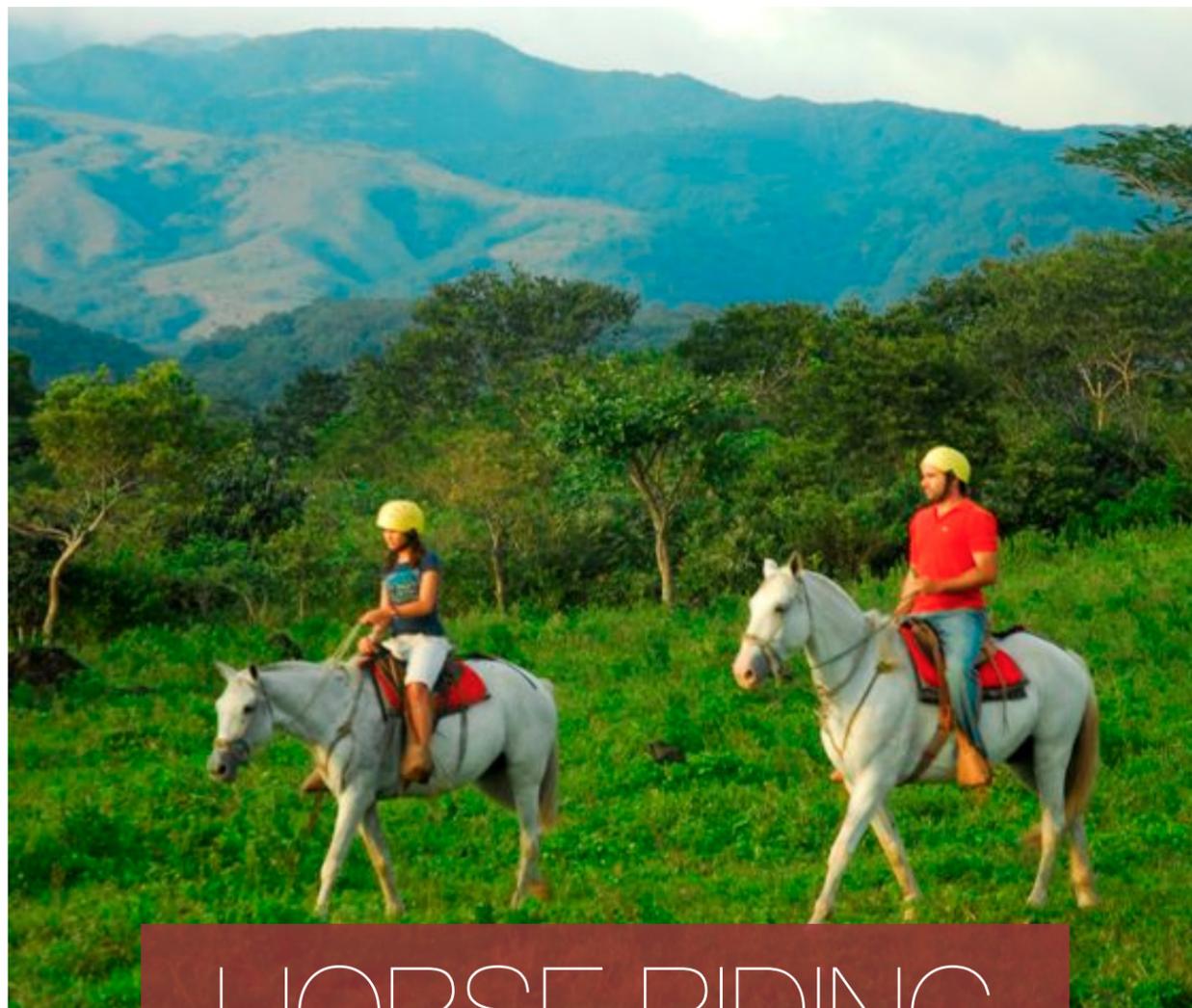


Costa Rica is known around the world as the home of the zip line. Gliding, and sometimes racing, from treetop to treetop is one of Costa Rica's most popular activities for the adventure thrill and because it's a great way to get up close and personal with the rainforest. Take in the scenery – flora, fauna and wildlife – while soaring through the jungle.

Tours may include short hikes on jungle trails with a naturalist guide, long zip line cables suspended over 100 feet above the ground, waterfalls, rappels and hanging bridges.



- Superman cable
- Hanging bridges
- Your Tarzan moment
- Upside down positions on the zip line



HORSE RIDING TOUR

Costa Rica has long been, and has remained, an equestrian culture. Horseback riding is an excellent way to experience the local rural lifestyle, explore inaccessible rivers and other parts of the mountains or feel the wind in your hair on pristine beaches. This is an active yet tranquil way to see the country's rich biodiversity. Actual riding time is about two hours.

Horses are well maintained and matched to riders' abilities (must be 4 years of age). We only partner with insured companies. Some tours are offered on private ranches and include a rustic BBQ buffet meal after your ride.

- All ages & abilities
- Jungle & beach trails
- Sunset tours



SPORT FISHING

Costa Rica is one of the most popular sport fishing destinations in the world and the Flamingo and Tamarindo areas are blessed with some of the best breeding grounds for fish and this has facilitated the growth of sport fishing in the region. The fishing grounds are productive all year through, with January through March being peak season, and have a large variety of fish. Off Shore boasts catches of Sailfish, Mahi Mahi, Yellow Fin Tuna and Marlin.

In shore you can catch Rooster Fish, Snapper, Wahoo, Amber Jack and Black Tuna.

Trained guides and captains are available to take experienced anglers and other visitors for sport fishing day tours. The half-day tours normally take five hours and these usually include snacks and drinks. Full day tours normally take 9 hours and include boxed lunch. Drinks, bottled water and bait for fishing are also provided.



- Catch & Release sailfish

- Big game sport fish

- Get a fresh catch for dinner

- Yachts from 28' to 50'



SCUBA DIVING



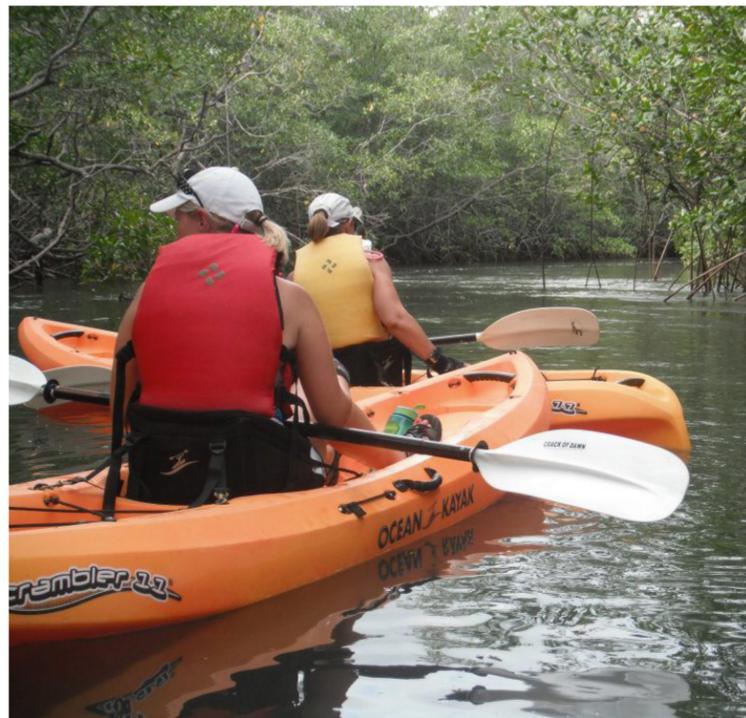
- Calm waters & favorable temps
- PADI certification courses
- Discover Scuba Training & tours
- Catalina & Bat Islands

The Flamingo region rarely experiences rough currents and this provides a very friendly diving environment. The water temperatures are also very conducive for diving throughout the year. Most divers have the chance to see large schools of mobula rays, stingrays, white tip reef sharks, and turtles. Other marine life that you will see includes angelfish, jacks, snapper, octopus and eels.

The tour is a 2-tank dive at sites between 40 and 120 feet. Night dives are available during some periods of the year. Full time instructors and training courses are available for those interested in getting certified in Costa Rica.



KAYAK TOURS



You can choose to kayak in the serene, peaceful waters through the mangrove as you view the magnificent preservation of nature. Or, you can opt to kayak in the warm ocean waters moving from one island to the next along side the local marine life and coral reef.

Quietly gliding through the mangroves you can spot birds, iguanas and crocodiles as they bask in the sun or shade. The ocean tour is a little more brisk with the chance to see a variety of different sea creatures while snorkeling around the reefs.

Single or double kayaks are available and departure times depend on tides.

- Mangrove or ocean kayaking

- Ocean kayak & snorkel combo

- Capita Island



SAILING TOURS



- Sunset Cruises

Private Sailing

Enjoy a private cruise on your very own 50 ft. schooner. If on your honeymoon you can make it a romantic day just for you and your partner or if with a group you can sail with up to 15 passengers.

Book an all day charter or half day sunset sail. Food, fruit and snacks are offered throughout the day and the standard open bar consists of beer, white wine, rum punch, soft drinks and bottled water.

Catamaran Cruises

Explore the Pacific coastline by Catamaran. Departing from Playa Tamarindo, Playa Flamingo and Playas del Coco you can take to the high seas and watch for dolphins and whales or just kick back and take in the expansive ocean and coastal views.

Start the day with a morning cruise from 8am – 12pm or finish the day with a sunset tour from 1:30 – sunset. Full day tours are also available. Tours include

snorkeling, water activities, premium open bar and a light meal.

Full day, private tours can be customized for your group. Ask us about weddings and reception cruises, too!

- Salt water snorkeling
- Discover secluded beaches
- Cool & refreshing coastal tours



ATV TOURS

The ATV (All Terrain Vehicle) tour allows riders and drivers to see several attractions. The tour visits various geographic areas that showcase the rainforest, farmland, waterfalls, natural jungle pools, rivers and wildlife.

All vehicles offer the option of double or single riders. Local guides with extensive knowledge of the flora and fauna will point out exotic wildlife.

Each tour begins with a full safety demonstration and fitting of protective gear.

Requirements for ATV tours:

- Drivers have to be 16 years or older. Passengers must be 7 years or older.
- All drivers must have valid ID.
- Drivers and passengers accepted only once the driver shows experience and / or skills.
- Tour operators reserve the right to suspend drivers and passengers for maximum safety. Drivers will be suspended for the following reasons:
 - 1) cannot manage the ATV properly
 - 2) causing trouble or carelessness
 - 3) not following the guide's instructions
- Helmets are obligatory



- Off road adventure
- Combine with Canopy Zipline
- Beach & Mountains



TRANSPORTATION

If you're looking for a totally stress-free vacation then let us do the driving for you. From the moment you disembark from the airplane we can assure you that you, your family and your luggage will be transported to your villa safely and with no hassles. No maps, no navigation, just sit back and relax and our experienced drivers will transport you and your group while you take in the local scenery.

There are microbus vans that are best for groups up to eight people, with a recommended maximum capacity of ten. We recommend the larger Coasters that can take groups of ten or more, up to 20 people, comfortably – and even with a little extra legroom. We can also arrange for a rental car(s) for couples or small groups. And, if you're just a couple of people and are interested in the quickest route to the beach you might want to check out domestic flights with Sansa Regional Airlines.

- Safe & Secure
- Hassle free
- Vans, Coasters, Cars



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