



MANUEL ANTONIO NATIONAL PARK

Distance: 1 hour

Manuel Antonio National Park is a small National Park in the Central Pacific Conservation Area located on the Pacific coast of Costa Rica, just south of the city of Quepos, Puntarenas. Established in 1972 with a land area of 1,983 ha (the smallest of all Costa Rica national parks).

Four beaches are contained within the boundaries of the park: Manuel Antonio, Espadilla Sur, Teloro and Playita. With their large clear sand berms, it's easy to see why they appeal to bathers of all ages. The first is separated from the second by a "tombolo", or natural bridge of earth formed by accumulations of sand.

Although Manuel Antonio National Park is the smallest national park in Costa Rica, the diversity of wildlife at 3 square miles (6.83 km²) is unmatched with 109 species of mammals and 184 species of birds. Both the brown-throated three-toed sloth and Hoffmann's two-toed sloth are an important feature, as are three of Costa Rica's four monkey species: the howler monkey, the Central American squirrel monkey, and the white-headed capuchin monkey. The spiny-tailed black iguana, green iguana, common basilisk, white-nosed coati and many species of snakes and bats are also common in the park. The 184 species of birds include toucans, woodpeckers, potoos, momotos, tanagers, turkey vultures, parakeets and hawks. Dolphins can be observed there, as well as the occasional migration of whales.

Capacities:

Minimum of 6 attendees required

Inclusions:

- This tour is approximately 8 hours (full day)
- Private transportation with A/C
- Cooler with water
- Lunch





TRANOPY TRAM + ZIPLINE

Distance: 20 minutes

The Cable Car Tour allows you to experience first-hand all the secrets that the forest keeps while flying over the treetops accompanied by a magnificent view of the sea, a relaxed atmosphere and an experience of peace in harmony with nature.

Zipline Canopy Tour (10 cables and 15 platforms)

Feel real adrenaline as you fly where the birds are with amazing ocean views and a cool breeze that refreshes your whole body. Our controlled braking system allows you to zip line without needing to grip the cable so you experience great sensations while flying without worries.

Capacities:

Minimum of 4 attendees required

Inclusions:

- This activity is approximately 4 hours (half day)
- Private transportation with A/C





ATV & CHOCOLATE EXPERIENCE

Distance: 10 minutes

This tour starts at our adventure center, where your bilingual guide provides all the safety instructions before starting your trip, you will have the opportunity to drive a few laps on our specially designed private practice track.

Then we will set off on this incredible adventure along jungle trails, following rivers and fun muddy dirt roads.

If the weather and the conditions of the trail allow it, you can take a quick dip in our natural pool, during the tour your guide will have water and, at the end of your adventure in all-terrain vehicles, we will welcome you with fresh tropical fruits.

The Chocolate Experience will begin with a short 30-minute walk, where we will introduce you to the transition forest of the Central Pacific, during the hike, we will be able to observe the incredible flora and fauna, once the hike is over its time to start with the Chocolate Experience, Vista Los Sueños Adventure Park has the first international cocoa collection of the Central Pacific, during this experience you will learn about the different varieties of cocoa as well as the ancestral history and impact on the world economy and the most important part is that you will be able to taste the real cocoa fruit before the process, also be part of the cocoa production process, as well as taste different types of chocolate and mix it with tropical fruits.

As an additional plus in this experience, you will learn about 2 of the most traditional agricultural products of Costa Rica "Sugar Cane" and "Coffee" will have direct contact with the plants and the natural history of these crops. At the end of the experience, there will be organic chocolate bars with different percentages of cocoa as well as other cocoa products for purchase.

Capacities:

Minimum of 4 attendees required

Inclusions:

- This activity is approximately 4 hours (half day)
- Private transportation with A/C
- ATV Adventure – all single ATVs
- Chocolate Experience – chocolate and fruit tasting





SPORT FISHING

Los Sueños Resort and Marina is a hotspot for offshore fishing. Costa Rica's waters literally teem with big game: dorado averaging 40 lb, yellowfin tuna that push the 300lb mark and one of the largest concentrations of big Pacific sailfish found anywhere. In fact, Costa Rica boasts one of the healthiest billfish fisheries in the world, with 20-fish days being a common occurrence. Unusually calm waters and short rides to the fishing grounds cement the country's place at the top of the big game fishing destinations.

Inclusions:

- Full Day (8 hrs.) – depart and return to Los Suenos Marina (on property)
- Maximum Capacity: 6 persons per boat
- Muffins & Coffee; Snacks, Lunch, Domestic Beer, Soft Drinks, Juices
- All bait, fishing gear & fuel.
- Experienced bilingual crew and Captain.





SIBO RAINFOREST SPA

Located in the is the perfect place for your body to renew a bond with the earth. The Marriott Resort in Los Sueños puts you in the heart of Costa Rica's Pacific coast where you are free to discover the beautiful landscape of lush rain forests and the deep blue endless waters.

At Sibö Rain-forest Spa, as with all Marriott spas, you will be treated to a high quality standard of excellence with a team of professional and qualified therapists to give you the best relaxing experience for all your senses.

The Sibö Rain-forest Spa also features an on-site fitness center and a spa shop offering a range of natural and organic Costa Rican products.

Sibö Spa truly offers an amazing and luxurious Costa Rican Organic experience for the mind, body and soul!

Select from:

- One (1) hour Pura Vida Massage
- One (1) hour Rejuvenating Facial





GOLF @ LA IGUANA GOLF CLUB AT LOS SUENOS

The La Iguana Golf Course features 18 championship holes with a 73.4 course rating, par-72 and slope 145. Playing this exotic 6,698-yard Ted Robinson-designed golf course is any golfer's dream. The naturally challenging layout will please players of all skill levels.

The golf course is richly landscaped to include exotic native plants, banana trees, orchids, monkeys and more than 150 species of birds and local wildlife. PGA-qualified golf professionals, a vast driving range, putting green and TaylorMade rental equipment provide golfers with the finest of golf facilities and services. No matter what your current level of play, the state-of-the-art facility and equipment will assist you with achieving a great day on the golf course!

Inclusions:

- Green Fees + Cart for 18 holes
- Club Rentals

