



# Crocodile Bay Resort - Costa Rica

## Adventure Eco-tour List

1	The Osa Rainforest	14	Bird Watching – Intro
2	Corcovado National Park Rainforest	15	2½ Days Bird Watching – In Depth
3	Finca Kobo Chocolate Farm	16	Guaymi Indigenous Reservation
4	Bosque las Tilapias	17	Osa Wildlife Sanctuary by Boat
5	Miramar Canopy Zip Line	18	Casa Orquideas Botanical Garden by Boat
6	Night Miramar Canopy Zip Line	19	Snorkeling the Golfo Dulce by Boat
7	Waterfall Climbing & Rappelling	20	Golfo Dulce Excursion by Boat
8	Mangrove Kayak	21	Surfing Pavones Beach by Boat
9	Sunset Ocean Kayak	22	Surfing Matapalo Beach
10	Puerto Jimenez Area Biking	23	Jungle Night Walk
11	Cross Country Biking	24	Gold Panning
12	Half-Day Horseback Riding	25	Butterfly Farm & Crocodile Lagoon
13	Full-Day Horseback Riding	26	Playa Preciosa (Precious Beach)

Half-day morning tours depart from the reception area at 7:00am and return to the resort for lunch at 12 noon.

Half-day afternoon tours depart from the reception area at 1:00pm and return to the resort by 4:30pm.

Full-day tours depart from the reception area at 7:00am and return by 4:00pm.

Not all tours are available every day. Please check with the Eco department for availability.

A cooler filled with drinks and fruit is provided for all half-day activities, with the addition of a picnic lunch for full-day tours. A representative of our eco-tour department is in the office in the mornings and evenings. We welcome your questions and try to accommodate requests, always with safety in mind. Most eco-tours can be customized to accommodate all levels of physical ability and endurance.

**Cancellation Policy:** A 50% cancellation charge will apply to any activity which a guest cancels less than 12 hours before it is scheduled to begin. **Your first day eco / spa activity** at the resort must be scheduled one week prior to arrival. Failure to schedule your first day activity may result in your choice not being available. All prices are per person. A two person minimum applies to most tours which may be met by combining guests from separate travel parties if available.

### **# 1 - The Osa Rainforest**

The tropical lowland rainforest is the most species-rich land-based ecosystem on Earth. It is a land of enchantment made up of brilliantly colored birds (the scarlet macaw and the chestnut-mandible toucan), rare mammals (sloth), four species of monkeys (howler, white-faced, spider and squirrel), along with peccaries, and wild cats. If you do only one, this is the eco-tour we recommend to give you a sense of what the rainforest is all about. Your senses will be heightened as you become one with your surroundings! This tour can be customized to accommodate all levels of physical ability. Closed-toed shoes are required for hiking.

**Half day: \$75 per person, Full day: \$105 per person \* 2-person minimum \*12 hours notice required**

### **# 2 - Corcovado National Park Rainforest**

Established in 1975, and encompassing an area of 263 square miles, Corcovado is widely considered the crown jewel in the extensive system of national parks and biological reserves spread across the country of Costa Rica. The ecological variety is so stunning that National Geographic has called it "the most biologically intense place on Earth". Not only is the park very popular with tropical ecologists, but any visitor, regardless of their background can expect to see an abundance of wildlife. Corcovado is large enough to support a sizeable population of the endangered Baird's Tapir, as well as large herds of white-lipped peccaries, hundreds of bird species, and several species of large cats (including jaguars, ocelots, cougars and margay). One hundred and forty species of mammals call the park home, which represents 10% of the entire mammal-species in America! If you came to Costa Rica to see the wildlife in its most natural form, as far from civilization as is currently possible, Corcovado National Park is for you.

**Full day: \$125 per person \* 2-person minimum \* (Los Patos Ranger Station by car)\*12 hours notice required \* This tour is physically demanding.**

### **# 3 - Finca Kobo Chocolate Farm**

This tour is an excellent complement to our rainforest tour, offering a close look at the agricultural practices in the area. Featured is one of our most important native trees... **chocolate!** Due to the abundance of fruiting trees, wildlife abounds; particularly toucans and other colorful frugivorous (fruit eating) birds, and sometimes squirrel and white-face monkeys. In order to contrast experimental techniques of cultivation developed at the farm, the tour commences with a stroll through a traditional cocoa plantation. After a brief stroll through flatland rainforest, we come to Kobo's experimental organic cocoa plantation where we learn about new methods of cultivation. We pass through an area of experimental agriculture, including a medicinal plant garden. The tour concludes with an offering of fresh fruits produced on the farm, along with pure chocolate sauce for dipping and glorious baked plantains. Closed-toed shoes are required for hiking. **Half day: \$85 per person \* 2-**

**person minimum \* 12 hours notice required**

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## Crocodile Bay Resort - Costa Rica Adventure Eco-tour List - Continued

### **# 4 - Bosque las Tilapias**

Owned and operated by a local couple, this project is a thriving example of agro-ecology. This visionary farm serves as a model of successfully balancing the subsistence needs of humans with preserving nature. The tour commences with a presentation of the tilapia fish farm, including the various stages of production. We proceed through organic tropical fruit orchards and fields of pineapple, banana, papaya, melon, sugar cane and manioc. We then visit the natural corridors of the farm, where well manicured trails lead you through a picturesque lowland rainforest. The tour ends with an offering to sample some of the products of the farm which vary seasonally and are served under the shade of an enormous Kapok tree.

**Half day: \$75 per person \* 2-person minimum \* 12 hours notice required.**

### **# 5 - Miramar Canopy Zip-line**

Once a realm limited to scientific investigations, canopy exploration has quickly become one of the fastest growing and most sought after tour frontiers of the rainforest. We are now proud to offer one of Costa Rica's finest and safest canopy tours. The ideal site area, a 17-acre tract of virgin forest, is called Miramar or "ocean view" referring to its commanding view of the Golfo Dulce and the surrounding rainforest. The platforms are strung along nearly a mile of rainforest canopy reaching heights of 138ft. While this tour is truly adventurous, state-of-the-art equipment is provided for utmost safety. Further, the guides are highly trained and knowledgeable in not only the techniques and safety issues, but also on the natural wonders encountered on this exciting ride through this ceiling of the rainforest. As opposed to waterfall climbing and other types of high rope activities, the zip-line is relatively effortless, and therefore appropriate for children as well as mature travelers.

**Half Day: \$115 per person \* 2-person minimum \* Closed shoes recommended \* 12 hours notice required**

### **# 6 - Night Miramar Canopy Zip Line**

At least half of all that lives in the rainforest is active at night. Revel in the exotic sights and sounds of the jungle, with a healthy dose of adrenalin. Each of the seven platforms are illuminated to guide your approach. This version of the canopy zip-line is great for fishermen that can't miss the fishing action during the day, but realize what exciting treasures await them on shore.

**Night: \$115 per person \* 2-person minimum \* Closed shoes recommended \* 24 hours notice required \* Leaves at 7:30pm and returns by 10:30pm.**

### **# 7 - Waterfall Climbing & Rappelling**

Your guide will lead you up a densely forested and seldom traveled streambed, arriving at the Rio Clarito Waterfall. Utilizing state of the art climbing equipment, you will first ascend the vertical 40-foot waterfall. After a rest and chance to view the scenery from above, your expert guide will prepare you for your rappel against refreshing waters and the thrill of a lifetime. Many guests want to do it again immediately, and that's O.K. with us. **AM only: \$95 per person \* 2-person minimum \* 12 hours notice required \* This tour is physically demanding.**

### **# 8 - Mangrove Kayak**

You will paddle through the exotic and mysterious landscape of a river mangrove estuary. The serene passages of the river bring you silently alongside many beautiful aquatic birds: roseate spoonbills, boat-billed herons, and white ibis. Jesus Christ (Basilisk) lizards dart across the surface of water on webbed hind-feet. Howler and white-faced monkeys are known to frequent the mangroves. Life vests & dry bags are provided. Single & double (Ocean Kayak brand) kayaks are available. **Half day: \$50 per person \* 2-person minimum \* 12 hours notice required**

### **# 9 - Sunset Ocean Kayak**

Take advantage of the tranquility of an afternoon paddle in our beautiful sheltered bay. A short distance from the shore, the tour provides a commanding view of the sunset. This is a light paddle and is also an opportunity to search for local and migrating marine life such as spotted and bottlenosed dolphins, humpback whales and several species of sea turtles. Life vests and dry bags are provided. Single and double (Ocean Kayak brand) kayaks are available. **Half day: \$50 per person \* 2-person minimum \* 12 hours notice required**

### **# 10 - Puerto Jimenez Area Biking**

Discover a quaint Costa Rican pueblo (small town) by bicycle - the locals' way to get around. This guided bicycle tour is the perfect mode for taking in more than you could by walking, while being more intimate with the surroundings than traveling by car. There are local craftsmen, shops, fishermen, the local church and school as well as natural scenery and wildlife to see. Whatever your interest, it is a different world that invites your discovery. Due to the heat associated with the middle of the day, this eco-tour is most appropriate in the early morning and late afternoon.

**Half day: \$60 per person \* 2-person minimum \* 12 hours notice required \* Helmets are provided**

### **# 11 - Cross Country Biking**

See the Osa Peninsula countryside close-up and personal on our new Trek Mountain Bikes. The casual biker will experience the rolling hills and flats as he meanders along country back roads past fruit tree farms, fields, rustic casitas and rancheros. More advanced riders can explore steeper terrain leading to commanding ocean views. A support vehicle, along to take you direct to the best spots, can be used to drive to the high spots for the sheer thrill of a downhill run. Regardless of which trek you choose, numerous opportunities exist to spot exotic wildlife; like monkeys, sloth, toucans, & scarlet macaws.

**Half day: \$65 per person, Full day: \$95 per person \* 2-person minimum \* 12 hours notice required \* Helmets provided**

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## Crocodile Bay Resort - Costa Rica Adventure Eco-tour List - Continued

### **# 12 - Half Day Horseback Riding**

Enjoy horseback riding along a deserted stretch of tropical coastline of palm trees, white sands and clear blue water. This ride departs directly from the resort and passes along a pristine sandy beach for miles of gulf views. The leisurely ride runs back through a picturesque country road past tropical fruit tree forests and farms. Shoes are required. Long pants are recommended.

**Half day: \$85 per person \* 2-person minimum \* 12 hours notice required \* 220 lb weight limit\* physically demanding**

### **# 13 - Full Day Horseback Riding**

Explore the interior of the Osa Peninsula on horseback (the locals' way). You will be guided along isolated mountain paths and jungle trails offering stunning gulf and ocean views and abundant wildlife. Throughout the day you will have plenty of opportunities to dismount to rest and explore the rainforest on foot. Explore the varied landscape and see the wildlife from the peacefulness and majesty of a horse. Shoes are required. Long pants are recommended.

**Full Day: \$125 per person \* 2-person minimum \* 12 hours notice required \*220 lb weight limit\* physically demanding**

### **# 14 - Bird Watching – Intro**

The wealth of Costa Rica's avifauna, in itself, warrants a trip to our resort. With 854 species of birds in an area the size of West Virginia, Costa Rica is home to more bird species than vast continents like Europe, North America and Australia. Nowhere in Costa Rica are the birds more colorful and diverse than in the lowland rainforests surrounding our hotel. Allow our expert guides to greatly expand your wildlife list or use this trip as a grand introduction into the world of birding.

**Half day: \$75 per person, Full day: \$105 per person \* 2-person minimum \*12 hours notice required**

### **# 15 - Bird Watching - In Depth**

In these 2½ days, we will take the time to focus on a variety of habitats: lower montane and coastal primary and secondary rainforests, forest edges, tropical orchards, pastureland, mangrove estuaries, Pacific shorelines and streamlined gallery forests. This package tour can be customized to focus on target species as well as be geared towards different levels of physical exertion. We can incorporate additional activities like kayaking or horseback riding. This package can also be upgraded to include pelagic and river mangrove boat excursions.

**Two & a half day package: \$225 per person \* 2-person minimum \* 24-hour notice required**

### **# 16 – Guaymi Indigenous Reservation**

The Guaymi Indigenous Territory is located in Southern Costa Rica and Northern Panama. In 1977 the Costa Rican government created the Guaymi Territory as a protected area. Today The Guaymí are mainly subsistence farmers, with their main crops being rice, corn, yucca, otoy, ñame (both tubers), several species of beans. Small-scale livestock production of chickens and pigs is maintained and in the higher elevations is supplemented by hunting and fishing. Guaymi agriculture is similar to the type of exploitation practiced in the pre-Columbian era, which placed less reliance on machete and match, and more emphasis on the gradual selective clearing and weeding of plots at the seedling stage of crop growth. This tour is the fledgling anthropologist's dream!

**Full day: \$115 per person \* 2-person minimum \*12 hours notice required \*This tour is physically demanding.**

### **# 17 - Osa Wildlife Sanctuary by Boat**

Bordering a national park along the same wild stretch of coastline as the botanical gardens tour is the Osa Wildlife Sanctuary. Partake of this rare opportunity to see and even interact with some of the local rainforest creatures (like two and three-toed sloth, spider and howler monkeys, macaws, parakeets and toucans). The sanctuary rehabilitates injured or illegally captured animals while providing a permanent home for those to debilitated for the wild. Your visit to this sanctuary helps to directly fund this noble effort.

**AM only: \$115 per person \* 2-person minimum \* 24 hours notice required** (Add \$60 per person to combine with #18 Botanical Garden Tour)

### **# 18 - The Casa Orquideas Botanical Garden by Boat**

A glorious morning boat ride takes you across the beautiful Golfo Dulce to the largest and most elegantly manicured botanical gardens in the region. This huge family owned garden not only contains the largest collection of orchids in the area, but also gives you an all senses experience of chocolate, cashew, and mango and other tropical fruit trees, many spices like black pepper, vanilla, ginger, and more. The gardens are centered in a road-less track of national park providing a sideshow of the birds, insects, butterflies and other wildlife that visit the gardens. Sandals or water-socks are recommended for entering and exiting the boat, and shoes are required for walking once on land. Gardens Closed Fridays.

**AM only: \$115 per person \* 2-person minimum \* 24 hours notice required** (Add \$60 per person to combine with #17 Osa Wildlife Sanctuary by Boat)

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## Crocodile Bay Resort - Costa Rica Adventure Eco-tour List - Continued

### **# 19 - Snorkeling the Golfo Dulce by Boat – December thru April**

With eighty-degree waters, snorkeling in the Golfo Dulce is as inviting as it is fascinating. On this multi-dive trip you will visit a variety of marine habitats including brain-coral reefs and rock pinnacles. Colorful reef fish like parrot, angel and butterfly fish abound, as do Moorish Idols, Sergeant Majors and many others. There are Moray eels, rays, octopi, and even the occasional whale shark or sting ray. Our knowledgeable guides and captains will keep you safe and well informed while you swim with the fishes! All equipment is provided.

**AM only: \$125 per person \* 2-person minimum \* 24 hours notice required** (Add \$60 per person to combine with either #17 Wildlife Sanctuary or #18 Botanical Garden)

### **# 20 - Golfo Dulce Excursion by Boat**

The Golfo Dulce, one of the most pristine tropical gulfs in the world, is surrounded by lush mountainous rainforest and mangrove wetlands. Approximately 30 miles long and nearly half an hour by boat to the far shore, it is an ideal leisurely ride for those who want to enjoy the wind in their face while viewing the sights & wildlife of the shoreline, including pelicans, turtles, and dolphins.

**AM only: \$125 per person \* 2-person minimum \* 24 hours notice required**

### **# 21 - Surfing Pavones Beach by Boat**

The “second longest left-hand curl in the world” is right across the Golfo Dulce from our resort. A 30 minute boat ride brings you to Pavones so you can ride the “three minute long left.” Whether you are beginner or advanced, our knowledgeable and helpful guides will lead you to the best spots appropriate for your level of experience. All equipment is provided. Boat eco-tours have limited availability - January through April. This tour is physically demanding.

**Full Day: \$125 per person \* 2-person minimum \* 24 hours notice required**

### **# 22 - Surfing Matapalo Beach**

With hundreds of miles of uncrowded Pacific Ocean coastline, Costa Rica is a surfing Mecca. One of the best and most beautiful is the world-renowned Matapalo Beach surf-break. Whether you are a beginner or advanced, our knowledgeable and helpful guides will lead you to the best spots appropriate for your experience. All equipment is provided. This tour is physically demanding.

**Half Day: \$75 per person \* 2-person minimum \* 12 hours notice required**

### **# 23 - Jungle Night-Walk**

Hunt or be hunted is the nighttime order of the rainforest, when many animals are active. In this tour we observe “survival of the fittest”. Night walking, as opposed to a day hike, is characterized by a much slower moving pace and a sharp inspecting eye. The tour includes a brief stroll around some wild areas. A fresh-water lagoon near the resort yields treasures like red-eyed tree frogs and other amphibians, exotic insects, night birds, caimans, snakes and other reptiles. Along with a knowledgeable guide, we provide flashlights and any other related equipment. The tour starts at 7:30pm.

**Night: \$50 per person \* 2-person minimum \* 24 hours notice required**

### **# 24 - Gold Panning**

Before becoming Central America’s premier rainforest destination, the Osa Peninsula was famous for its high-grade and abundant gold deposits. Visit the claim of a local professional gold panner to learn the tricks of the trade and try your luck at striking it rich. The site for this tour is the picturesque Tiger River Valley leading into Corcovado National Park. Find out why Columbus named this country the “Rich Coast”. If you are lucky you will go home with some gold flakes!

**Half day: \$75 per person \* 2-person minimum \* 12 hours notice required**

### **# 25 - Free - Crocodile Bay Butterfly Farm & Crocodile Lagoon**

Costa Rica is home to 10% of the world’s butterfly species. The iridescent Blue Morpho is one of the largest and most brilliant butterflies in existence and just one of the numerous varieties fluttering among the flowers in our own butterfly exhibit. The butterfly farm enclosure is designed to mimic the butterfly’s habitat with the exact host plant species needed to perpetuate each species. There are butterflies in each of their stages of development, from chrysalis to caterpillar to adult phase. On the way, we will visit our Crocodile lagoon located on the property.

**Free to Crocodile Bay Resort guests**

### **# 26 - Free - Playa Preciosa (“Precious Beach”) Shuttle**

What better way to relax than on a pristine, tropical beach! It is a short drive to this secluded, unspoiled beach perfect for bodysurfing, swimming and kicking- back as you enjoy the beautiful views. A nearby outdoor bar offers access to showers, restrooms, lounge chairs, and a juice bar. Boogie boards available upon request. ***NO LIFEGUARD ON DUTY.***

**Free to Crocodile Bay Resort guests \* 12 hours notice required**

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