

ARENAL VOLCANO TOURS

The [Arenal Volcano](#) once erupted an average of 41 times per day. Today, the volcano is in a resting phase but still a sight to behold. The region is not only home to the volcano, it also benefits from volcano-fed thermal hot springs, plunging waterfalls, the impressive size of Lake Arenal, and a rich secondary rainforest ecosystem with exotic wildlife.

Now considered by many the [adventure capital of Costa Rica](#), Arenal is a great base for adventure tours like zip-lining, whitewater rafting, waterfall rappelling, and more.

*The listed tours are available from hotels in the **central Arenal zone**. Additional fees may apply for hotels outside of the central zone*



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Arenal Hanging Bridges Hike

Hike across the Arenal Hanging Bridges with a naturalist guide for a perfect half-day Arenal tour. This ecotourism project of solid ground trails and state of the art hanging bridges was designed for the observation and conservation of Costa Rica's incredible nature. The reserve, with nearly 370 acres of rainforest, is home to countless species of amazing birds, mammals, and lush vegetation. You will walk along the treetops with your naturalist guide, encountering 8 fixed bridges and 6 hanging bridges. These connect gaps in the reserve canyon, allowing you to walk right into the most important layers of the rainforest.

Minimum Age: 6 years

Passenger Minimum: 2

Duration: Half-day, departs early in the morning and returns in time for lunch

Difficulty Level: easy, some small inclines

Includes: transfers, guide, and entrance

What to Bring: closed-toe shoes (required), light comfortable clothing, rain jacket or poncho (rainy season), sunscreen, bug spray, hat, or bandana

Tour Type: nature, active



\$66.00 PER PERSON

PRIVATE TOUR: \$160.00 PER PERSON

Arenal Hanging Bridges 'Early Birds' Hike

This early morning tour is for those who wish to discover the magic of the rainforest just after sunrise. The Arenal Hanging Bridges is an ecotourism project of trails and bridges maintained for the observation and protection of nature. Explore the canopy of the rainforest with a professional ornithologist guide on a trail connected by 8 fixed bridges and 6 hanging bridges. It is not uncommon for birdwatchers to note between 50 & 60 species of birds during the tour. After the 2 ½ hour hike, you can discuss the species you spotted with your guide before heading back to your hotel.

Minimum Age: 6 years

Passenger Minimum: 2

Duration: Half-day, departs early in the morning and returns in time for lunch

Difficulty Level: easy, some small inclines

Includes: transfers, guide, and entrance

What to Bring: closed-toe shoes(required), light comfortable clothing, rain jacket or poncho (rainy season), sunscreen, bug spray, hat, or bandana

Tour Type: nature, active



\$66.00 PER PERSON

PRIVATE TOUR: \$160.00 PER PERSON

Arenal Hanging Bridges Hike & La Fortuna Waterfall

The Arenal Hanging Bridges hike is a rainforest canopy experience through a private nature reserve with over 1500 acres of rainforest. Traverse a trail connected by 8 fixed bridges and 6 hanging bridges to uncover the magic of the rainforest and the importance of conservation. Keep an eye out for tropical birds, mammals, and reptiles on this local favorite nature hike. After lunch, head to the La Fortuna Waterfall. Enjoy the cascade from the observation point high above before walking down about 300 meters (400-500 stairs) to the base of the waterfall on a steep, paved pathway with several stairs. Once at the bottom, you will have the opportunity to snap some photos and even take a dip in the chilly waters. Please note: swimming is allowed in the river, but not near the cascade of the powerful waterfall!

Minimum Age: 6 years

Passenger Minimum: 2

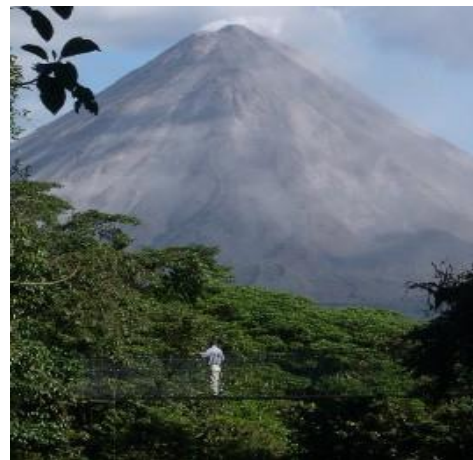
Duration: Full day, departs early in the morning and returns after lunch

Difficulty Level: moderate

Includes: transfers, guide, entrance, lunch

What to Bring: closed-toe shoes (required), comfortable clothing, rain jacket or poncho (rainy season), sunscreen, bug spray, hat or bandana, swimsuit, towel

Tour Type: nature, active



\$127.00 PER PERSON

PRIVATE TOUR: \$216.00 PER PERSON

Arenal Sky Aerial Tram & Trek Zipline Tour:

The tour starts with the Sky Aerial Tram, a high-tech cable-car that brings you to the highest point of the Arenal Reserve. With rainforest canopy and the Arenal volcano as your backdrop, you will have time for photos before receiving a safety briefing. This part of the tour is the Sky Trek: a zipline adventure that allows you to observe the rainforest while zooming past trees. Fly through lush canopy across 8 cross-sectional cables that, together, have a total length of 4.5 miles and with a maximum height of 660 feet.

Minimum Height: 120 cm (3'11")

Maximum Weight: 136 kg (300lbs)

Passenger Minimum: 2

Duration: Half-day, departs early in the morning and returns in time for lunch

Difficulty Level: easy

Includes: transfers, guide, equipment, entrance

What to Bring: secure shoes, comfortable clothing, sunscreen

Tour Type: adventure, active



\$110.00 PER PERSON

PRIVATE TOUR: \$225.00 PER PERSON

Pure Trek Waterfall Canyoning:

Begin with a brief safety talk before gearing up and embarking on a short trek to the top of the first waterfall where you start your descent. There are five rappels, four of which are along waterfalls, and one dry rock face, ranging in height from 50 to 20 meters, and are all promise to get your adrenaline pumping! Strap in for vertical water, lush jungle, occasional wildlife, and pure adventure!



Minimum Age: 5 years

Passenger Minimum: 2

Duration: Full day, departs in the morning and returns after lunch

Difficulty: easy/moderate

Includes: transfers, guide, equipment, and lunch

What to Bring: light comfortable clothing, swimsuit, secure shoes, towel, change of clothes

Tour Type: adventure, active

\$107.00 PER PERSON

PRIVATE TOUR: \$198.00 PER PERSON

Rio Balsa Whitewater Rafting (Class II-III)

About 1 – 1.5 hours from the Arenal area is the Balsa River, a perfect spot for first-time and experienced paddlers to enjoy class II and class III rapids. The dynamic on this river is typical of most rivers in the Northern Zone of Costa Rica: consistent Class III rapids for the first half, and less intense rapids (great for wildlife watching) in the second half. You might spot tropical birds and other mammals across the jungle landscapes that surround the river region. Enjoy a tasty lunch before returning to your hotel later in the afternoon.



Minimum Age: 6 years

Passenger Minimum: 2

Duration: Full day, departs in the morning and returns after lunch

Difficulty: moderate

Includes: transfers, guides, equipment, lunch

What to Bring: light comfortable clothing, swimsuit, secure shoes, towel, change of clothes

Tour Type: adventure, active

\$96.00 PER PERSON

PRIVATE TOUR: \$249.00 PER PERSON

'Pure Nature' Rio Frio Safari Float (Class I-II)

This tour is for nature lovers who want to explore further away from the main Arenal tourist areas. You will transfer by ground approximately 1 ½ hours by ground to the Frío River, an important area for much of Costa Rica's wildlife. Float down the river peacefully as you try to spot monkeys, sloths, iguanas, turtles, caimans, and birds in this special eco environment. After, enjoy homemade snacks at a Costa Rican family farm and practice your Spanish skills with the owners before heading back to Arenal.

Minimum Age: 5 years

Passenger Minimum: 2

Duration: 3/4 day, departs in the morning and returns in time for a later lunch

Difficulty: easy/moderate

Includes: transfers, guide, equipment, snack

What to Bring: secure shoes, comfortable clothing, sunscreen, hat or bandana, light jacket or sweater

Tour Type: nature, active



\$76.00 PER PERSON

PRIVATE TOUR: \$129.00 PER PERSON

Peñas Blancas River Safari Float (Class I-II)

Quietly paddling along the Peñas Blancas River is a great chance to enjoy the sights and sounds of the rainforest. Sloths, iguanas, crocodiles, numerous tropical birds, and monkeys all await you on this adventure! A professional bilingual guide will accompany you to share educational explanations of the plants and animals you encounter. Traveling down the river without a motor, you will appreciate the peacefulness of the journey while rowing and taking pictures.

Minimum Age: 6 years

Passenger Minimum: 4

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: easy /moderate

Includes: transfers, guide, equipment, snack

What to Bring: secure shoes, comfortable clothing, sunscreen, hat or bandana, light jacket or sweater

Tour Type: nature, active



\$76.00 PER PERSON

PRIVATE TOUR: \$129.00 PER PERSON

Arenal Volcano Hike

Start your hike on a rainforest trail that crosses on of the volcano's old lava flows from 1992. Thanks to the environment around the base of the volcano, you may also spot plants, and wildlife during the hike. Once you have reached the top of the lava flow, stop to enjoy a magnificent view of Lake Arenal. Follow your naturalist guide, who will explain the history of the volcano and help you spot interesting flora and fauna during your hike.



Duration: Half-day, departs in the morning and returns in time for lunch. Afternoon departures sometimes available.

Minimum Age: 5 years (recommended for children over 7)

Passenger Minimum: 2

Difficulty: easy/moderate with some inclines

Includes: transfers, guide, entrance

What to Bring: secure closed-toe hiking shoes or sneakers, comfortable clothes, sunscreen, hat or bandana, bug repellent, raincoat.

Tour Type: nature, active

\$68.00 PER PERSON

PRIVATE TOUR: \$116.00 PER PERSON

Rio Celeste Waterfall Hike:

You'll depart early in the morning for a 1 ½ hour drive to the Tenorio National Park. Here you'll begin the 5-mile hike (approximately 4 hours) through a tropical forest on paved stair pathways. Along the way, observe the volcano vents emitting gases. The grand finale of this hike is the magnificent Rio Celeste Waterfall and its famous blue waters. After lunch, you will head back to your hotel.



Duration: Full day, departs early in the morning and returns late afternoon

Minimum age: 7

Passenger Minimum: 2

Difficulty: moderate

Includes: transfers, guide, entrance, lunch

What to Bring: closed-toe hiking shoes or sneakers, comfortable clothes, sunscreen, hat, or bandana

Tour Type: nature, active

\$124.00 PER PERSON

PRIVATE TOUR: \$210.00 PER PERSON

Mountain Bike Arenal Lake to El Castillo Village:

Ride from Arenal Volcano National Park to Lake Arenal on flat gravel roads on this half-day tour. Along the way, you will travel through the small town of El Castillo before passing through pieces of lush rainforest. Here you might spot toucans, coatis, and monkeys. After a snack and some time to rest, you'll have the option of returning to your hotel on your bike or by car.



Distance: 13-26 km

Terrain: secondary gravel road, sand with a few rocky spots, flat with a few short hills

Minimum Age: 7 years

Passenger Minimum: 2

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: easy-moderate

Includes: transfers, guide, equipment, snacks

What to Bring: comfortable clothes, tennis shoes, sunscreen, a hat or bandana, light jacket, or sweater

Tour Type: adventure, active

\$80.00 PER PERSON

PRIVATE TOUR: \$142.00 PER PERSON

Butterfly & Fauna Garden at Danaus Eco-Center:

Visit the Danaus Eco-Center, a biological reserve committed to environmental training and education, conservation programs, and sustainable production. Follow the nature center's trails through the secondary forest for a chance to observe local wildlife in its natural habitat. Don't miss the butterfly breeding center, where Danaus reproduces nearly 30 different species of butterfly: it's a guest favorite! Danaus also monitors bird nesting, reptiles, amphibians, and more!



Minimum Age: 5 years

Passenger Minimum: 2

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: easy

Includes: transfers, guide, and entrance

Tour Type: nature

\$76.00 PER PERSON

PRIVATE TOUR: \$129.00 PER PERSON

Arenal Night Walk at Danaus Eco-Center:

Explore the nature and wildlife of Arenal by night on this walk through Danaus Eco-Center. Discover nocturnal animals of the Arenal area in action, such as sloths, caimans, frogs, bats, butterflies, spiders, and more. An experienced naturalist guide will provide details and background about what you see and hear after dark.



Minimum Age: 5 years
Passenger Minimum: 2
Duration: 2 ½ hours, departs around dusk
Difficulty: easy
Includes: transfers, guide, and entrance
Tour Type: nature

\$76.00 PER PERSON

PRIVATE TOUR: \$129.00 PER PERSON

Stand Up Paddle Boarding on Lake Arenal:

Spend the day mastering the art of stand-up paddleboarding on Arenal Lake. This tour (and full-body workout!) is suitable for all experience levels. Once you find your balance, you'll paddle off to navigate the lake's waters, with awesome volcano views from every angle.



Minimum Age: 6 years
Passenger Minimum: 2
Duration: half-day, departs in the morning and returns in time for lunch
Difficulty: moderate
Includes: transfers, guide, equipment, snack
What to Bring: sunscreen, hat or bandana, swimsuit, towel, sandals, clothes you can get wet in
Tour Type: Active

\$56.00 PER PERSON

PRIVATE TOUR: \$96.00 PER PERSON

Arenal Lake Kayaking

Explore Costa Rica's largest lake by kayak. As you paddle across the calm waters of Lake Arenal, you will enjoy spectacular views of the Arenal Volcano, and experience beautiful flora and fauna. Along the way, keep your eye out for the wildlife that surrounds the lake, including iguanas, monkeys, and birds.



Minimum Age: 7 years

Passenger Minimum: 2

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: moderate

Includes: transfers, guide, equipment, snacks

What to Bring: secure shoes, comfortable clothes, sunscreen, hat or bandana, light jacket, or sweater

Tour Type: adventure, active

\$80.00 PER PERSON

PRIVATE TOUR: \$159.00 PER PERSON

Tabacon Hot Springs (with Lunch OR Dinner)

Head to the famous Tabacon Hot Spring in a series of secluded thermal pools heated by the volcano. Visitors will enjoy lunch or dinner at the poolside restaurant, and great views of the volcano on a clear night. Lockers are available to store your belongings as you explore the hot springs, connected by stone footpaths, and surrounded by lush tropical gardens.



Minimum Age: 6 years

Passenger Minimum: 2

Duration: half-day, afternoon, and evening departures available

Difficulty: easy

Includes: transfers, guide, entrance, and lunch OR dinner

What to Bring: comfortable clothing, bug spray, swimsuit, towel

Tour Type: nature, relaxing

\$140.00 PER PERSON

El Silencio Horseback Riding & La Fortuna Waterfall

Ride along easy, pastoral trails that gradually ascend through local farmlands and discover a variety of ferns, bromeliads, and woodlands along the way. As you reach the Silencio Observation Point, you will have a chance to take in the views of the volcano and enjoy the scenery.

After, visit La Fortuna Waterfall. Grab some photos of the 70-meter cascade from the panoramic lookout point before trekking down to the base of the waterfall, which is equally beautiful. Wear your swimsuit and take a refreshing dip in the swimming hole. Careful on the rocks!

Minimum Age: 5 (recommended age is 8)

Passenger Minimum: 2

Duration: half-day, departs in the morning and returns in time for lunch

Difficulty: moderate

Includes: transfers, guide, entrance, lunch

What to Bring: comfortable clothing, secure shoes, sunscreen, hat or bandana, swimsuit, towel

Tour Type: nature, active



\$125.00 PER PERSON

PRIVATE TOUR: \$175.00 PER PERSON

Venado Caves:

Formed over 15 million years ago, the Venado Caves are the perfect stomping grounds for adventurous travelers. Carefully explore an underground labyrinth of chambers and passages, spotting stalactites, stalagmites, and other fascinating cave characteristics along the way. Bats, spiders, and other wildlife can be spotted in the Venado Caves, so keep an eye out. Be ready to get a little muddy!

Minimum Age: 7 years

Passenger Minimum: 2

Duration: ¾ day, departs in the morning and returns in time for late lunch

Difficulty: difficult (physically demanding)

Includes: transfers, guide, equipment, and snack

What to Bring: light clothing, secure shoes, swimsuit, towel, change of clothes

Tour Type: adventure, active



\$100.00 PER PERSON

PRIVATE TOUR: \$170.00 PER PERSON

Coffee & Chocolate Tour

Explore Costa Rica's agricultural culture and local traditions on this coffee tour just outside the La Fortuna area. The tour takes place on a farm, where you will learn about the coffee production in Costa Rica, which plays a key role in the country's history and economy. The farm is a model of sustainable agriculture where you can enjoy learning about coffee cultivation, the history of coffee in Costa Rica (considered one of the best in the world), and particularities of the Costa Rican coffee cup. You'll then have a chance to taste it for yourself!

Next, discover the ancient secrets of chocolate learn about the amazing nuances of cocoa production in Costa Rica. Chocolate has a special history in Central America and this is a great place to learn its history while enjoying a rich sensory experience. After a tasting of high-quality organic chocolate, you will transfer back to your hotel.

Duration: Half-day, departs in the morning and returns in time for lunch

Minimum Age: 5

Minimum Passengers: 2

Difficulty: easy

Includes: transfers, guide, food, and tropical drinks

What to Bring: comfortable clothing, sunscreen, hat

Tour Type: culinary, culture



\$94.00 PER PERSON

PRIVATER TOUR: \$160.00 PER PERSON

Tropical Cooking Hands-On Class

This hands-on tropical cooking experience introduces you to Costa Rican cooking with esteemed local chefs. During this fun afternoon, you will learn all about tropical cooking, ingredients, grilling, and even cocktails! Enjoy amazing views and a laid-back, "pura vida" atmosphere while you learn about food and prepare your meal. The class is great for beginners, skilled home cooks, and true professionals, so all skill levels are welcome. You can participate or simply watch and take photos - the choice is yours!

*****Please advise if you or any members of your group have food allergies at booking*****

Minimum Age: 8

Duration: Half-day, departs in the afternoon

Minimum Passenger: 2

Difficulty: easy

Includes: transfers, guide, food, and tropical drinks

What to Bring: comfortable clothing, camera

Tour Type: culinary, cultural



\$175.00 PER PRESON

PRIVATE TOUR: \$325.00 PER PERSON

Maleku Indigenous Cultural Tour

This morning, you will be picked up and travel for approximately one hour to get to the Indigenous reservation set by the government. In this reservation you will find three Maleku communities known as El Sol, Margarita and Tonjibe. You will visit with the Tonjibe community where you will meet a local family, which has had to adapt themselves to a new lifestyle to survive and keep their traditions and culture intact.



Minimum Age: 7 years

Passenger Minimum: 2

Duration: 8.5 hours, departs in the morning and returns late afternoon

Difficulty: moderate

Includes: transfers, guide, equipment, lunch

What to Bring: comfortable clothing, sunscreen, hat or bandana, bug spray

Tour Type: cultural

\$129.00 PER PERSON

PRIVATE TOUR: \$220.00 PER PERSON

'Slothies & Birds' Nature Tour

Sloths are one of Costa Rica's most recognizable creatures, with tourists flocking to the area to observe them each year. Embark on a short hike through the secondary forest and try to find these gentle creatures! It is likely you will spot at least one sloth, try as they may to blend in. Learn about the many fabulous plants along the way and keep your eyes open for more than just sloths - the trail also hosts many species of local tropical birds.



Minimum Age: 2 years

Passenger Minimum: 2

Duration: Half-day, departs in the morning OR afternoon

Difficulty: easy

Includes: transfers, guide, entrance

What to Bring: comfortable clothing, sunscreen, hat or bandana

Tour Type: nature

\$58.00 PER PERSON

PRIVATE TOUR: \$98.00 PER PERSON