



TOURS DESCRIPTION

www.larocacanyoning.com
Teléfono: 2479- ROCA (7622) / 8611-ROCA (7622)
De la Represa del Lago Arenal 1.6 km al norte y 1.3 km al este.

Nature and Adventure

At **Roca Canyoning** we want you to enjoy the beauty of Fortuna de San Carlos to the fullest, so we have taken the time to do a combination of full or half-day activities between nature and adventure. We will call them **COMBO TOURS**, and the nomenclature of each activity is as follows:

- V = Arenal Volcano Ecological Park**
- W = La Fortuna Waterfall**
- L = Typical lunch in Restaurant La Roca**
- H = Místico Hanging Bridges**
- R = La Roca Canyoning, our STAR tour**



FULL ARENAL

V + W + L + H + R*

In this activity you experience **4 activities in one day**: the dry lava eruptions of the Arenal Volcano, La Fortuna Waterfall, Hanging Bridges and La Roca Canyoning.

Your day begins very early, visiting the **Arenal Volcano Ecological Park**, a walk of approximately 40 minutes between primary and secondary forests, until arriving at the dry lava flows of ancient eruptions. Here you will learn about the history of the volcano, and the flora and fauna. Then we will go to **La Fortuna Waterfall**, a downhill walk where we will get to observe a 60 mts high waterfall, here you will be able to bathe in completely crystalline waters. After we will make a break in order to recover energy with lunch in our **Restaurant La Roca**. Once we recovery energy with the typical meal we will continue with another hike at **Mistico Park** walking through trails and hanging bridges very close to the Arenal Volcano. Here you can experience pure air from the rainforest and you can observe animals such as birds, monkeys, sloths, etc.

We finish the day with all the energy and adrenaline at **La Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

9 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$200.00 / Children \$100.00



FULL ARENAL

W + L + H + R*

Enjoy **3 activities in one day**, La Fortuna Waterfall, Hanging Bridges and La Roca Canyoning.

Your day starts with a refreshing visit to the **Fortuna Waterfall**, a downhill walk where you will get to observe a 60 mts high waterfall, here you will be able to bathe in completely crystalline waters, then we will take energy with a delicious typical lunch in our **Restaurant La Roca**. Then, we will continue with another hike at **Mistico Park** walking through trails and hanging bridges very close to the Arenal Volcano. Here you can experience pure air from the rainforest and you can observe animals such as birds, monkeys, sloths, etc.

And to finish the day with all the energy and adrenaline, we will take **La Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

9 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$180.00 / Children \$90.00



FULL ARENAL

W + L + R*

Enjoy **2 activities in one day**, the Fortuna waterfall, and La Roca Canyoning.

Your day starts with a refreshing visit to the **Fortuna Waterfall**, a downhill hike where you will get to observe a 60 mts high waterfall, here you will be able to bathe in completely crystalline waters, then we will take energy with a delicious typical lunch in our **Restaurant La Roca**. Later, we continue with all the energy and adrenaline, we will take the tour of **La Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

5 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$115.00 / Children \$57.50



FULL ARENAL

V + W + L + R*

In this activity you will know **3 activities in one day**. The dry lava of eruptions of the Arenal Volcano, La Fortuna Waterfall, and La Roca Canyoning.

Your day begins very early, visiting the **Arenal Volcano Ecological Park**, a 40 minutes walk through primary and secondary forests, until you reach the dry lava flows from ancient eruptions of the colossus, here you will learn about the history of the volcano, flora and fauna. Then we will go to **La Fortuna Waterfall**, a downhill walk where we will get to observe a 60 mts high waterfall, here you will be able to bathe in completely crystalline waters, then we will take energy with a delicious typical lunch in our restaurant located in the facilities of **La Roca**. Later, with all the energy and adrenaline, we will take the tour of the **Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

9 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$175.00 / Children \$87.50



FULL ARENAL

V + L + H + R*

Enjoy **3 activities in one day**. The dry lava of eruptions of the Arenal Volcano, Hanging Bridges and La Roca Canyoning.

Your day begins very early, visiting the **Arenal Volcano Ecological Park**, a walk of approximately 40 minutes between primary and secondary forests, until arriving at the dry lava flows of ancient eruptions of the colossus, here you will learn about the history of the volcano, flora and fauna. Then, we will take energy with a delicious typical lunch in our **Restaurant La Roca**. Then, we will continue with another hike at **Mistico Park** walking through trails and hanging bridges very close to the Arenal Volcano. Here you can experience pure air from the rainforest and you can observe animals such as birds, monkeys, sloths, etc.

We finish the day with all the energy and adrenaline, we will take **La Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

7 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$190.00 / Children \$95.00



FULL ARENAL

L + H + R*

In this activity you will know **2 activities in one day**. The Hanging Bridges and La Roca Canyoning.

Your day begins very early, with a hike at **Mistico Park** walking through trails and hanging bridges very close to the Arenal Volcano, here you can experience pure air from the rainforest and you can observe animals such as birds, monkeys, sloths, etc. then we will take energy with delicious typical lunch in our restaurant located in the facilities of **La Roca**.

We finish the day with all the energy and adrenaline, we will take **La Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water and typical lunch.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

5 hours approximately.

Departure time

10:00 AM

Minimum number of people

2 pax.

Difficulty

Slight.

Cost

Adults \$110.00 / Children \$55.00



FULL ARENAL

V + A + R*

In this activity you will know **2 activities in one day**. The dry lava of eruptions of Arenal Volcano, and La Roca Canyoning.

Your day begins very early, visiting the **Arenal Volcano Ecological Park**, around 40 minutes walking approximately between primary and secondary forests, until you reach the dry lava flows from ancient eruptions of the colossus, here you will learn about the history of the volcano, flora and fauna. Then, we will take energy with a delicious typical lunch in our **Restaurant La Roca**. We finish the day with all the energy and adrenaline, we will take the tour of the **Roca Canyoning**, where we will have 4 descents over the Arenal River, 2 canopy cables, 3 pools and all the security we have for your maximum enjoyment.

Finally, you can end up the day it with your preferred **hot springs** for an additional cost.

What is included?

Transportation, bilingual guide, entrance fees, water, typical lunch, equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, swimsuit, sandals, extra clothes and sun cream.

Duration

5 hours approximately.

Departure time

7:30 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$110.00 / Children \$55.00



LA ROCA CANYONING ★

Here you will get your adventurous spirit walking through crystalline and refreshing waters, descending 4 spectacular walls of the Arenal River canyon, jumping over 3 natural pools, admiring the beautiful nature and wildlife.

Besides the 2 lines of canopy (zip line) that cross the canyon. All in one place, that's why **WE ARE MORE THAN A CANYONING.**

If you don't have previous experience our professional guides will help you step by step how to use the equipment before the tour starts and when you are ready to manipulate it they will take you to enjoy this unforgettable experience and taking you to the limit of adrenaline. Then we'll finish it with a gentle walk along the Arenal River's shore with its calm and crystalline water and finally we will walk into the forest before we arrive into our Restaurant where we will enjoy a delicious Costa Rican fresh fruits.

What is included?

Transportation, bilingual guide, water, tropical fruits and equipment.

What to bring?

Closed shoes, tennis shoes, Teva Sandals, insect repellent, swimming suit, sandals, extra clothes.

Duration

3 hours approximately.

Departure time

8:00 AM, 1:00 PM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$99.00 / Children \$49.50



BIRD WATCHING IN ROCA TRAIL

The **Arenal Volcano** area is a paradise for the observation of different species of birds, their colors and songs make the sunrises one of the best experiences of life.

In this tour you will have the opportunity to see **migratory birds** in every season of the year, as well as the great quantities of colorful resident birds of the area such as toucans, oropendolas, parrots, etc.

We do this tour on reserves and private trails in **La Roca Canyoning**. Our experienced naturalist guides will be able to identify and learn with you the magnificent magic of the birds.

At the end of the tour you will enjoy delicious snacks and fruit.

What is included?

Transportation, bilingual naturalist guide, entrance to the reserve, water, snacks and fruits.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, and sun cream.

Duration

4 hours approximately.

Departure time

4:30 AM

Minimum number of people

2 pax.

Difficulty

Slight.

Cost

Adults \$70.00 / Children \$35.00



ROCA CANYONING + BOAT TRIP IN ARENAL LAKE

We begin with our star tour, **LA ROCA CANYONING**, here you will get your adventurous spirit walking through crystalline and refreshing waters, descending on 4 spectacular walls of the Arenal River canyon, jumping over 3 natural pools, admiring the beautiful nature and wildlife, besides the 2 canopy or zip lines that cross the canyon, all in one place, that's why **WE ARE MORE THAN A CANYONING**. Then we will move to take a delicious typical lunch in our restaurant.

We end up enjoying a two-hour boat ride on **Lake Arenal**, which is the largest and most important lake in Costa Rica, built in 1974 for the purpose of obtaining hydroelectric power for the country. It is also a place where we will have the possibility of finding a variety of resident and migratory birds, such as herons, kingfishers, and aningas, among others, as well as the dazzling Arenal Volcano if it is clear or the panoramic views. El Tapón or La Represa as it is popularly known protects important species of flora and fauna characteristic of the premontane rainforest and cloud forest of great scientific and tourist value.

During the trip the guide will provide you with important information about this area and its surroundings.

What is included?

Transportation, bilingual guide, water, typical lunch and equipment.

What to bring?

Camera, closed shoes or sneakers, insect repellent, poncho, swimming suit, sandals, extra clothes and sun cream.

Duration

6 hours approximately.

Departure time

7:15 AM

Minimum number of people

2 pax.

Difficulty

Slight.

Cost

Adults \$155.00 / Children \$77.50



MÍSTICO HANGING BRIDGES

Místico Hanging Bridges have an extension of 3.1 kilometers crossing 14 bridges, 8 fixed and 6 in suspension, ranging from 8 to 98 meters in length and reaching up to 60 meters in height, combining them with trails from which you can appreciate great scenic views, **admire the flora and fauna** of this mountainous area. Here you can observe birds such as the White Hawk, Great Curassow, reptiles, basilisks and a variety of monkeys and insects. During the tour everybody can enjoy great security and comfort, and most importantly, preserve the environment.

What is included?

Transportation, bilingual guide, entrance to the Hanging Bridges.

What to bring?

Camera, binoculars, closed shoes or tennis shoes, insect repellent, poncho, and sun block.

Duration

4 hours approximately.

Departure time

10:00 AM

Minimum number of people

2 pax.

Difficulty

Slight.

Cost

Adults \$53.00 / Children \$26.50

ARENAL VOLCANO HIKE

This majestic, magical and impressive place welcomes us with a totally natural green volcanic lake, due to the large amount of algae, then we will go into the secondary forest about 2 kms to reach almost the base of the volcano, here we find three types of volcanic lava years of 1525, 1968 and 2010. During the tour you can **appreciate the flora and fauna of the area.**

The panoramic views from the lava rocks of the volcano are **super impressive**, the valley of the tropical forest and the sandy lake.

What is included?

Transportation, bilingual naturalist guide, water, entrance fee to the Ecological Park.

What to bring?

Camera, binoculars, closed shoes or sneakers, insect repellent, poncho, and sun cream.

Duration

4 hours approximately.

Departure time

10:00 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$40.00 / Children \$20.00



NIGHT WALK IN ROCA TRAIL

More than 60% of the flora found in tropical forests is **nocturnal**.

Much of the richness of the flora in Costa Rica can only be found in the dark and with the help of our experienced guide, you will be able to observe it.

The night walk is a completely different world; here we will enjoy a very educational and fascinating walk through the reserve and trails of **La Roca**, where we will gradually immerse ourselves in the night life of our tropical rainforest. The sound in the middle of the forest at night is a unique experience. Among you can find animals like bats, spiders, butterflies, birds, snakes, among others.

What is included?

Transportation, bilingual naturalist guide, entrance to the reserve, equipment.

What to bring?

Camera, binoculars, closed shoes or tennis shoes, poncho, insect repellent.

Duration

4 hours approximately.

Departure time

4:15 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$48.00 / Children \$24.00



COFFEE - CHOCOLATE TOUR

In this tour you will learn about **the entire coffee process**, from the seed to the delicious cup of coffee.

Once the coffee tour is over, we will start with the sweetest part of the tour, **the delicious chocolate**. As in the case of the coffee, we will talk about the whole process of the chocolate, from the seed to the delicious chocolate bar and we will end up selecting some members of the group to grind the cocoa beans and make your own chocolate bar. Once finished, you will have the opportunity to try various types of chocolate such as Dark Chocolate, Milk Chocolate and White Chocolate.

One of our main characteristics is the infrastructure we have, since the Arenal area is known for having a very changeable climate, it goes from being very sunny and humid to having strong rains, even with an electric storm in some occasions, that's why 100% of our trails are protected and made of cement, which will allow you to enjoy the tour in sunny or rainy days.

What is included?

Transportation, bilingual guide, entrance fee.

What to bring?

Camera, closed shoes or sneakers, poncho, insect repellent and sun block.

Duration

3 hours approximately.

Departure time

10:00 AM, 2:00 PM

Minimum number of people

2 pax.

Difficulty

Slight.

Cost

Adults \$50.00 / Children \$25.00



ROCA CANYONING + TUBING* + INDIGENOUS MALEKU

This experience starts with our star tour, **LA ROCA CANYONING**, here you will get your adventurous spirit walking through crystal clear and refreshing waters, descending on 4 spectacular walls of the Arenal River canyon, jumping over 3 natural pools, admiring the beautiful nature and wildlife, besides the 2 canopy or zip line that cross the canyon, all in one place, that's why **WE ARE MORE THAN A CANYONING**.

Afterwards we will move on to have a delicious typical lunch in our restaurant. We continue the adventure with the Tubing and a safety talk by the specialized guides, then a short walk in the forest and then start a descents in the Arenal River of 2 kms approximately, from here you will feel the freedom and the emotion of descending class I and II rapids while the water current takes you at its own pace. You will always be accompanied by the guides for safety.

Then we will visit a ranch of the **Maleku culture**, who will perform a dance and talk about how they live today and part of their customs. Here, we will remember our ancestral past.

What is included?

Transportation, bilingual guide, entrance fees, typical lunch and equipment.

What to bring?

Camera, binoculars, closed shoes or sneakers, poncho, insect repellent, swimsuit, sandals, washcloths, extra clothes and sun cream.

Duration

7 hours approximately.

Departure time

7:45 AM

Minimum number of people

2 pax.

Difficulty

Moderate.

Cost

Adults \$105.00 / Children \$52.50

(*Child policy for Tubing 9 years, La Roca 5 years but depends on weight and height)



TRANSFER FOR TOURS

All of the above activities include **transportation to and from hotels, houses, etc.**

This is included in Zone 1, which ranges from La Fortuna down town, La Fortuna Waterfall - La Palma to Tabacón Resort.

For Zone 2 or 3 additional charge.

Transfer for Tours	1 to 7 pax	8 to 13 pax	14 to 24 pax
	Rack	Rack	Rack
Zone 2: El Tanque Local Airport - Jauri - La Casona	\$40.00	\$52.00	\$88.00
Zone 3: Observatory Lodge y El Castillo - Chachagua - Tree Houses	\$50.00	\$65.00	\$111.00

