



Tabacón
Grand Spa ★★★★★
Thermal Resort



TOURS MENU

Tour	Cost p/p US Dollars	Includes	Departure	Return	What to Bring
Caño Negro Wildlife Boat Tour***	\$80,00	Motor boat recommend for wildlife lovers. Lunch is included. Minimum 4 people. It takes around 90 minutes to drive. *** Original Passport Required.	11:30 a.m.	06:00 p.m.	Sandals, short pants and binoculars.
Peñas Blancas River float tour**	\$55,00	Float the river and enjoy the rain forest at a relaxed pace. Iguanas, monkeys, birds, crocodiles and frogs are common. It takes around 40 minutes to drive.	07:30 am. 01:30 pm.	11:30 am. 05:30 pm.	Sandals, short pants and binoculars.
Combination Tour with Hanging Bridges, La Fortuna Waterfall and Hiking to Arenal Volcano National Park**	\$160,00	Visit the most popular places of Arenal. Lunch is included. It takes around 20 minutes to drive.	08:00 am.	06:15 pm.	Long pants, hiking shoes and swimming suit.
Hanging Bridges**	\$66,00	Experience the rainforest from tree perspectives. Two miles of hiking trails, to spot: birds or monkeys. It takes around 20 minutes to drive.	08:00 am. 01:00 pm.	11:30 am. 04:30 pm.	Hiking or tennis shoes long pants.
Hiking tour to Arenal Volcano National Park**	\$40,00	Guided hike for 2 hours through Arenal National Park, to spot birds old lava and volcano views. It takes around 20 minutes to drive.	08:15 am. 03:15 pm.	11:30 am. 06:30 pm.	Long pants, hiking or tennis shoes.
Sky Tram & Sky Trek (Arenal Zip Line Canopy Tour)	\$85,00 \$73,00 (Sky Tram only)	Enjoy the magnificent view of the forest the Arenal Lake and Volcano. Full adrenaline. It takes around 30 minutes drive.	09:30 am. 02:00 pm.	01:00 pm. 05:30 pm.	Long pants, hiking or tennis shoes.
Waterfall Rappel By Pure Trek Canyoning	\$90,00	Enjoy four crystalline waterfalls through an exciting adventure finishing with a light healthy lunch. It takes around 30 minutes to drive.	07:00 am. 12:00 pm.	12:00 pm. 05:00 pm.	Fast drying clothing. Change of clothes. Adventure sandals, tennis or hiking shoes.
White Water Rafting, level II-III**	\$85,00	Balsa River class II-III. Fruits buffet, lunch and beverages. It takes around 45 minutes to drive.	10:30 am.	03:30 p.m.	Water shoes. Swimming suit. Fast drying clothing. Change of clothes.
Chaman-tour- Temazcal	\$65,00 (regular) \$145,00(private)	It is basically a sweat lodge, an Indian ritual where people get together and pray for the Universe and for themselves. It cleans and purifies your body, mind and spirit with medical plants and aromas.	10:30 am. 03:30 pm.	1 1/2 hours later	Sandals and bathing suit. See our suggestions on the bottom page.

For more information please contact Concierge at ++ 506 2479-20-20 Extension 8108 or write us at counter@tabacon.com

Important:

Please bring Insect repellent for every tour.

All tours include: guide, transportation, beverages & entrance fee.

Rain ponchos are available for the duration of the tours. Please contact your tour guide if you would like to purchase a poncho.

Prices subject to change without notice * Prices include service charge and taxes * Tips are not included ** Minimum of 2 people

Suggestions for Temazcal:

Wear: The use of comfortable clothes is recommended as 1 pair or bathroom suits.

Hydrate: Make sure of drinking 3 liters of water at least during the day of the Temazcal, since it can lose up to 2 liters during the session. During and after the Temazcal, they offer tea of grasses or fresh water.

Feeding: A light meal is recommended 2 hours before the Temazcal to avoid indigestion. It is very important to not consume drugs neither alcohol the day of the Temazcal.

Benefits: Detoxifying the skin, helps to the circulatory system, helps to the nervous system. It helps to the breathing system; it rejuvenates, helps to the production of red globules.