



TOURS

**We have an excellent choice of amazing tours and activities.
Please have a look and feel free to ask us any questions.**

We are passionate about putting a smile on your face!



A person wearing a black helmet and sunglasses is riding an ATV through a wooded area. The ATV is splashing a large amount of brown mud or dirt, creating a large cloud of particles in front of the rider. The rider is wearing a white t-shirt and shorts. In the background, another ATV is visible, partially obscured by the mud cloud. The scene is set in a lush, green forest.

ATV Tour

Guaranteed
adrenaline fuelled
adventure!!

from \$75 per person



ATV TOURS

The ultimate off-road all terrain vehicles tour that will allow you to experience Costa Rica's Gold Coast. You will ride your ATV through a series of trails, mountains and rivers with awesome views of the North Pacific and its beaches, enjoy natural beauty and see local wildlife such as monkeys, iguanas and birds.



Location	Tamarindo	
Duration	2 or 3 hours	
Time	Daily, various departure times throughout the day	
Includes	ATV and guide	
What to bring	Comfortable clothing, shoes, insect repellent, sunscreen and camera	
Price	2 hour tour	\$75 pp
	3 hour tour	\$95 pp
Notes	2 person minimum Minimum age 18 years to drive, younger person can join as passenger	



Zip Line

Experience the
thrill of flying

\$55 per person



ZIP LINE

Blue Trailz is pleased to offer you two different zip line tours, which are the best available in the area:

Option 1 is located only 10 minutes from Tamarindo and has 9 fun and exciting cables offering breathtaking 360° views of the Pacific Ocean, as well as surrounding hills.

Option 2 is located around 25 minutes outside of Tamarindo and offers 11 cables and a Rappel. It provides a great view of the Costa Rican country side.

Location	Outside of Tamarindo
Duration	Approx. 2 hours
Time	Daily, various pick-up times throughout the day
Includes	Transportation, guide, water and fruits
What to bring	Comfortable clothing, shoes, insect repellent, sunscreen and camera
Price	\$55 pp
Notes	Minimum age is 5





Rafting

A chance to get
wet and wild!

\$125 per person



RAFTING - TENORIO RIVER CLASS III & IV



Costa Rica is well-known for its white water rafting due to its abundant raging rivers and thriving adventure attitude! Go rafting rain or shine, you're going to get wet anyway!

You will experience more than 22 exciting rapids along 20 kilometers of river, where a super-exciting 12-foot waterfall drop called "Cascabel Falls" is waiting for you. If you survive, you'll then be treated to a delicious lunch before heading back to Tamarindo.

Location	Tenorio Volcano National Park
Duration	Full day
Time	Daily departures, pickup around 7 am
Includes	Transportation, guide, equipment, snacks and lunch.
What to bring	Clothes to get wet in, shoes, towel and dry clothes for after the tour, sunscreen and insect repellent
Price	\$125 pp
Notes	Minimum of 2 people required for the tour to operate

A blue heron stands in a mangrove swamp, its reflection visible in the water. The background is filled with the dense, tangled roots and green leaves of mangrove trees.

Estuary Tour

Get up close and personal with the stunning nature of Tamarindo

\$30 per person



ESTUARY TOUR BY BOAT



The estuary of Tamarindo wildlife refuge protects a large mangrove forest and dry tropical forest covering almost 400 hectares. This is a boat trip through the estuary that gives you an opportunity to observe crocodiles, monkeys, birds, as well as many different other species of flora and fauna.

Location	Tamarindo
Duration	2 hours
Time	Daily departures, actual time depends on tide
Includes	Guide, refreshments & snacks
What to bring	Light clothing, shoes, sunscreen, insect repellent and camera
Price	\$30 pp
Notes	This tour departs from the ranger station of Las Baulas National Park. Enjoy the estuary tour with the added luxury of a pick-up from your hotel, for only \$5 per person extra.



Turtle Nesting Tour

Experience the
amazing wonders
of nesting sea
turtles.

Wow, wow, wow!
\$45 per person



TURTLE NESTING TOUR



These evening tours are available throughout the turtle nesting season. Watch the Olive Ridley, Green or maybe even the giant Leatherback turtles come on shore.

The females, often weighing more than a 1000 pounds, make their way laboriously up the beach to dig a nest and lay their eggs before heading out to sea again.



Location	30-45 minutes drive from Tamarindo
Duration	3 – 4 hours
Time	Daily, pick-up between 5.30 pm and 7 pm depending on season
Includes	Transportation, drinks and guide
What to bring?	Sport shoes, comfortable clothing, insect repellent and camera
Price	\$45 pp
Notes	This tour requires a minimum number of 2 people to operate and is seasonal

A photograph of two young women riding horses in a lush green field. The woman in the foreground is wearing a black tank top and denim shorts, and is holding a red helmet. The woman behind her is wearing a light-colored bikini top and denim shorts. Both horses are brown and appear to be in motion. The background is a dense line of green trees under a clear sky.

Horseback Riding

Enjoy riding through stunning scenery on your 4 legged friend

\$55 per person



HORSEBACK RIDING

There are many providers of horseback riding tours in Tamarindo, however, Blue Trailz strongly recommends these two operators to ensure your enjoyment, safety and well-being of the horses.

Option 1 is located on a large farm around 25 minutes outside of Tamarindo. Their well cared for horses cater to both beginner and expert riders alike. The ranch offers diverse terrain for leisurely rides or spirited gallops.

Option 2 is located in the hills just outside Tamarindo. After a 10 min transfer, you will be heading out to explore the countryside with some great mountain and ocean views. The horses are well groomed and suitable to both beginner and experienced riders.

Location	Ranches near Tamarindo
Duration	Approx. 2 hours
Time	Daily, various pick-up times throughout the day
Includes	Transportation, guide, water and fruits
Price	\$55 pp
What to bring	Comfortable clothing, shoes, insect repellent, sunscreen and camera.
Notes	Minimum age is 5





Snorkel & Horseback

The best of both
worlds on Costa
Rica's most
stunning beach

\$50 per person



HORSEBACK RIDING & SNORKELING



Enjoy a great ride on horseback to one of the whitest beaches in the area, Playa Conchal, where you will then get to explore the beautiful underwater world.

Includes	Transportation, guide, water and fruits.
Duration	3 hours
Time	Various pick-up times throughout the day, subject to availability
Price	\$50 pp
What to bring	Comfortable clothing, shoes, insect repellent, sunscreen, camera, swimwear and towel for snorkeling
Notes	Minimum age is 5 and requires a minimum of 2 people to operate

Kayak Tour

Experience pure
beauty and
tranquility

From \$45 per person





KAYAKING



Captain's island is situated in the bay of Tamarindo. It features a beach full of shells and is an excellent place to snorkel. You can expect to see different species of fish and if you are lucky even sea turtles.

The island also welcomes more than 20 species of birds as a resting place during their migration. Your guide will explain you everything about the typical fauna and flora around the island.

Location	Tamarindo beach
Duration	approx. 2.5 hours
Time	Daily departures, actual time depends on tide and weather conditions
Includes	Guide, snorkels, water and snacks
What to bring	Swimwear, towel and sunscreen.
Price	\$45 pp - \$50 pp depending on availability



**Antares
Sunset Sailing**

Gourmet food,
amazing music
and stunning
sunsets! A must
do.....

\$80 per person



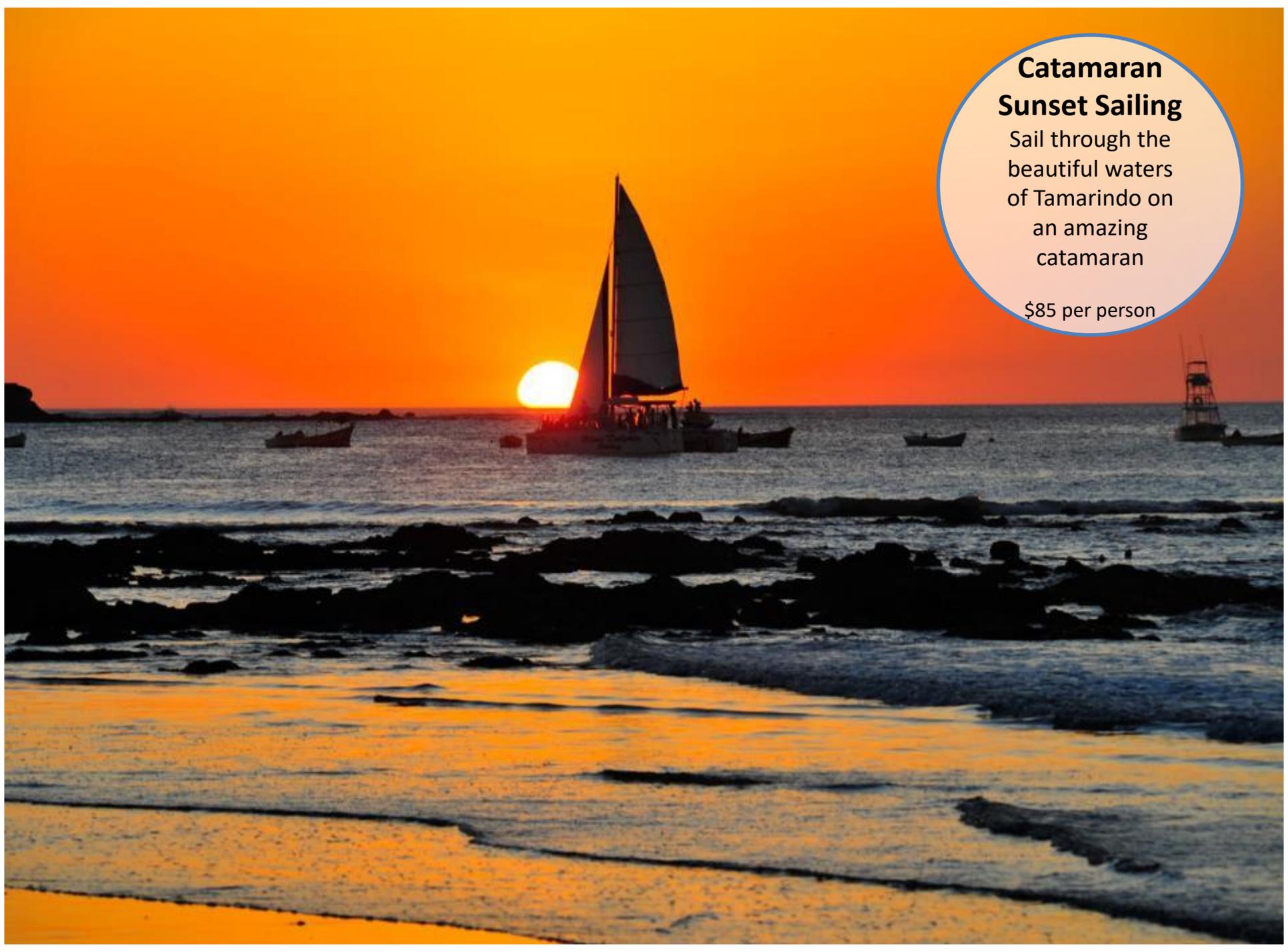
ANTARES SUNSET SAILING TOUR

This beautiful schooner boat has plenty of space on the deck and bean bags for a relaxing afternoon. For those needing shade, the aft deck has a large roof.

After anchoring at a beautiful beach, you can go snorkeling. You will sail back to Tamarindo enjoying the sunset, live music and open bar. This is simply is one of the best sailing tours in Tamarindo and the food is absolutely exquisite. A must must must do!

Location	Tamarindo
Duration	Approx. 5.5 hours
Time	Daily departure 1 pm from El Pescador, subject to weather conditions
Includes	Open bar including beer and cocktails, 5 course gourmet lunch, snorkeling
What to bring	Swimwear, beach towel, sun glasses, sun screen, light footwear, camera
Price	\$80 pp





**Catamaran
Sunset Sailing**

Sail through the
beautiful waters
of Tamarindo on
an amazing
catamaran

\$85 per person



CATAMARAN SUNSET SAILING TOUR

This amazing catamaran is packed with amenities including trampolines for sunning and lounging, a shaded main salon, fresh water shower, a clean restroom, well maintained snorkel gear, kayaks and a stairway to the sea.

With plenty of space to relax and an open boat layout, guests can escape to their own space, if desired, while keeping an eye on the action.

Daily trips allow you to spot local marine life from above the water as well as from below. You can often encounter sea turtles, manta rays, dolphins and whales... and that is before you've even started snorkeling!

Location	Tamarindo
Duration	Approx. 5.5 hours
Time	Daily departure 1.30 pm from El Pescador, subject to weather conditions
Includes	Open bar including beer and cocktails, lunch/snacks, snorkeling
What to bring	Swimwear, beach towel, sun glasses, sun screen, light footwear, camera
Price	\$85 pp





Diving tour

Let's go and find
Nemo!

\$110 per person



CATALINA ISLAND



The Catalina's Islands are a group of different volcanic rock formations that emerge to the surface off the Flamingo Bay, providing the special setting for our abundant marine life. Huge manta rays, white tip reef sharks, spotted eagle rays, devil rays, schools of cow nose rays as well as schools of jacks, grunts, turtles and seahorses are among the most common species that divers usually spot in our rich waters.

Location	Playa Flamingo
Duration	6 hours
Time	6.45 am pick-up, daily except Sundays
Includes	Refreshments, 2 tank dive, transportation, boat ride, dive master supervising
What to bring	Swimwear, towel and sunscreen
Price	\$110 pp
Notes	Only for certified divers Beginners dive also available for \$165 pp, please ask us for more details

A photograph of a spa treatment table set up on a wooden balcony overlooking a lush green forest. The table is covered with a white sheet and decorated with a green towel and orange hibiscus flowers at the head, and a string of red hibiscus flowers along the length. In the foreground, there is a glass of water with a lime wedge and a small candle in a holder.

Spa Package

Relax, re-charge
and enjoy being
pampered...you
deserve it!

\$250 per person



SPA & WELLNESS ALTOS DE EROS

Enjoy the Balinese Soaking Tub, large heated hydro-therapy pool, the 20' waterfall, and the wonderful ambiance.

Think beyond a darkened room with a couple of candles. The acclaimed Spa de Eros is open air, and constructed solely of teak with bamboo ceilings. Views from the 5 private treatment rooms feature mountains, jungle and the Pacific Ocean.

Location 20 minutes outside Tamarindo

Includes 3 treatments, Gourmet Lunch (including wine) & transportation

Treatments *Choose 3 of the following treatments for your package:*

- 1.5 hrs Signature Full Body Massage or a Manicure/Pedicure
- Facial: Cucumber Lime, Red Clay or Oatmeal/Honey
- Indonesian Soaking Tub: Milk or Fresh Fruit and Flowers
- Body Scrub: Chocolate Dream or Oatmeal, Honey & Milk
- Body Wrap: Papaya or Volcanic Mud

What to bring ? Swimwear

Price \$250 per person



A woman is lying on her side, receiving a massage from a person whose hands are visible on her back and shoulder. She has a white flower tucked into her hair and her eyes are closed. The background is a bright, clear blue sky. The scene is set outdoors, likely at a spa or resort.

**Spa
Experience**

Some ME time
You deserve it!

\$55-\$145 per person



SPA & WELLNESS COCO BEAUTY SPA

It's time to immerse yourself with a rejuvenation treatment – This will refresh your mind, body and soul. Why not spoil yourself?

Location Tamarindo

- Massages** from \$65 (50 mins)
- Facials** from \$65
- Body scrub** from \$75
- Manicure** from \$25
- Pedicure** from \$35
- Waxing** from \$25

Very Special Package **\$150**
Scrub + Massage Package

Tamarindo Package **\$195**
Massage + Facial + Manicure + Pedicure Package

Notes Other treatments available, ask us for details



Fishing Trip

Enjoy the ocean and
catch your own
dinner

From \$300 for 2
people





FISHING BOAT TRIP



This trip takes you out for sport fishing. The captain of the boat has more than 20 years of experience to guarantee you one of the best and safest trips in the area. Species include Tuna, Snapper, Marlin, Rooster Fish, Grouper and Mahi Mahi.

Location	Tamarindo	
Includes	Equipment, beer, refreshments, snacks (lunch for full day trip)	
What to bring	Swimwear, light footwear, beach towel, sun glasses, sun screen and camera	
Price	25 ft boat – up to 6 people	28ft boat – up to 5 people
half day	\$350 / \$300 for 2 people	\$550 / \$450 for 2 people
6hr trip	\$450	\$750 / \$650 for 2 people
full day	\$600	\$900 / \$800 for 2 people



Yoga

For pure peace and
tranquility

\$15 per class



YOGA



If you are searching for the perfect sunset ending to an exhilarating day of surfing, sight-seeing, or adventuring with the wildlife one encounters in the area, then winding down with yoga may just be the remedy if you feel tired and sore from the day's excursions.

But also Tamarindo is a spiritual place, connecting fully with the abundance of nature, giving wellness, self-awareness and inspiration freely. Settling the soul into peace and tranquility one looks for during a sunrise yoga and meditation practice. Available classes: Hatha, Yogalates, Vinyasa Flow, Pilates and Kundalini yoga.

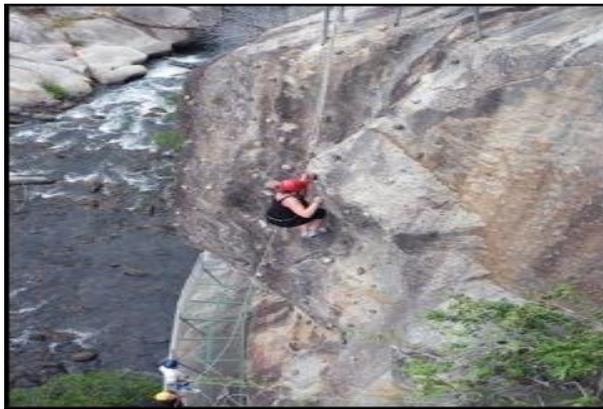
Location	Tamarindo
Duration	All classes are 1.5 hours
Time	multiple daily drop-inn classes
Includes	All necessary equipment and certified instructors
What to bring	Towel, water
Price	\$15 per class
Notes	No classes on Sunday's

A woman wearing a yellow helmet and a red life vest is smiling and laughing while sitting in a blue inflatable raft. She is navigating a river with white water rapids. Other rafts and people are visible in the background, also navigating the rapids. The scene is outdoors with lush greenery and trees in the background.

ADRENALIN COMBO

An exhilarating all
day multi action
adventure!

From \$145 per
person



RAFTING OR TUBING COMBO

Rafting or tubing , zip line, rappelling and rock climbing finishing off with volcanic mud baths and natural hot springs. Enjoy 5 miles of fabulous rafting adventure followed by an incredible zip line tour comprising of 9 lines and 17 platforms. If that isn't enough then continue rappelling down a 20m rock face and finally, how about enjoying the wonderful warm volcanic mud baths and natural hot springs before heading back to Tamarindo .



Location	Rincon de la Vieja
Duration	Approx. 7 hours
Time	pick-up 7.30 am
Includes	Transportation, English speaking guide, lunch and all activities
What to bring	Towel, sunscreen, insect repellent, camera, set of dry of clothes, light clothes and sporting shoes
Price	\$155 pp (min 2 people) \$145 pp (min 4 people)
Notes	Requires a minimum of 2 people to operate

A woman wearing a yellow helmet and a blue bikini is sliding down a green waterslide. She is smiling and holding a camera. The slide is surrounded by lush green foliage and a waterfall in the background.

Combo
Buena Vista
Zip line,
waterslide
& horse ride your
way through this
amazing eco lodge

From \$145 pp



BUENA VISTA COMBO TOUR

Experienced guides will lead you through the rainforest to the series of treetop platforms, zip-lines and suspension bridges...and the excitement begins!

Take a thrilling ride down the 420-meter long waterslide that snakes through the rainforest floor and shoots you into a fresh water pool. After working up an appetite, sit down and enjoy a buffet style lunch. Your adventure continues with a scenic horseback ride to the natural spa and thermal pools. Reap the benefits of a natural sauna and volcanic mud prior to relaxing in the various thermal pools.

Location	Rincon de la Vieja
Duration	Approx. 7 hours
Time	pick-up 7.30 am
Includes	Transportation, English speaking guide, lunch and all activities
What to bring	Towel, sunscreen, insect repellent, camera, set of dry of clothes, light clothes and sporting shoes
Price	\$155 pp (min 2 people) \$145 pp (min 4 people)
Notes	Requires a minimum of 2 people to operate





Surf Lessons

Let's ride those
waves.....

\$45-\$80 pp



BLUE TRAILZ SURF LESSONS

Blue Trailz offers surf lessons to beginners, intermediate and advanced surfers.

All lessons are adapted to your surfing skills and fitness level, making them fun for young and old and our instructors are the best in Tamarindo.

Location	Tamarindo
Duration	2 hours
Time	Depending on actual tide and wave conditions
Includes	Surfboard, rash guard, instructor
What to bring	Sunscreen, swimwear, towel
Price	\$ 80 private lesson (1 student per instructor) \$ 60 pp semi private lesson (max 2 students instructor) \$ 45 pp group lesson (max. 4 students per instructor)
Notes	Children under age of 15 are only accepted in private or semi-private lessons for safety reasons





**Witch's Rock
&
Ollie's Point**

Double the surf
fun!

From \$125 pp



WITCH'S ROCK AND OLLIE'S POINT

Blue Trailz offers a surf trip by boat to Witch's Rock and Ollie's point, 2 famous breaks that featured in many surf movies. A must for the advanced surfers. Witch's Rock provides amazing surfing on its sand bottom beach break. Ollie's Point only a few miles to the north, is a great right point break.



Location	Witch's Rock and Ollie's point
Duration	10 – 12 hours
Time	5 am departure to Coco, from there you will board a boat to Witch's and Ollie's
Includes	Transportation, boat trip, refreshments, snacks, fruit
What to bring	Surf board (board bag), wax, sun screen, towel, camera
Price	private charter \$525 (max 6 people) Shared trip \$125 pp (min 4 people) <i>Not included: park entrance fee of \$15 per person to be paid on location</i>
Notes	Only for advanced surfers Shared trip requires a minimum of 4 participants