MANUEL ANTONIO
ACTIVITIES
CENTRAL

MANUEL ANTONIO
ACTIVITIES
CENTRAL

¡HELLO, WELCOME!

We've got exciting news! ATV Fourtrax, Quepo Canyoning, and Sea Quest are now one big family. We've joined forces to bring you all your favorite adventures in one place: ATV tours, canyoning, and catamaran trips. Three different experiences, one shared passion: adventure, nature, and adrenaline. From now on, we're combining the best of each world to offer you a more complete experience with the same energy and professionalism as always. Live the adventure to the fullest with us.

ATV FOURTRAX MANUEL ANTONIO OFF ROAD

QUEPO CANYONING Waterfall Adventure Park

SeaQuest


ATV
FOURTRAX
MANUEL ANTONIO
OFF ROAD

TOUR DESCRIPTION

- Specialist in ATV Tours since 1983... Be part of a great adventure, where you Ride; Walk and Swim. We offer a 3.5 – 4 Hour off road adventure with top of the line ATVs for 1 or 2 people and/or Side by Side.

- Our adventure begins picking up all participants in our comfortable and modern van. This service is included and available for all hotels and vacation rental homes with in Manuel Antonio, and Down Town Quepos.

- Once we gather all participants, it will take about 20 minute drive to get to our Operations Center, where participants will be briefed on the operation of the ATV and the safety guidelines of the Activity and followed by a short practice run on the ATV, so the driver could understand and familiarize with ATV's operation and characteristics.



- Our Operations Center offers a small private restaurant, toilettes, and showers, locker and changing rooms are available to leave belongings that are not necessary to take during the actual tour.

- After this stage, we begin our journey to the private nature reserve, driving through African Palm plantations, colorful Costa Rican villages, rivers, and creeks.

- Upon arrival at the Reserve, the guide will give you some tips and guidelines for the walk that is about to start.

- The trails run up and down parallel to a small river with some waterfalls.









Also, a couple of hanging bridges will need to be crossed before getting to the refreshing natural swimming hole, where participants could refresh themselves; while our staff prepares and shares some delicious fresh fruit and water for everyone to enjoy!

After this break, we start to trace back to the beginning of the trail and to the operations center, where our journey will end with a tasty traditional Costa Rican meal.

Once the meal is over, participants can rinse off and change into dry or clean clothing; so, we can start driving back to drop everyone back at their hotel/vacation rental.

AGE RESTRICCIONS:

Minumum Age for driving 18 years old.Younger Drivers (16 and up) could drive an ATV only if: Parent or Guardian Agrees to assume Liability in Case of Any Damage or Accident and show a Valid Driver's License that allows the minor to drive the type of ATV that is to drive.

Minimum Age to Participate: 5 Years Old.



TOUR INCLUDES

- Round trip transportation service to hotels and vacation rentals in Manuel Antonio and Down TownQuepos.
- Bilingual guides specialized on this activity.
  Modern and comfortable Semi-Automatic honda atv's (520 cc) and helmet.
- Private Nature Reserve Entrance Fee.
- Fresh fruit and a small bottle of water during the visit to the reserve.
- Traditional Costa Rican Dish.

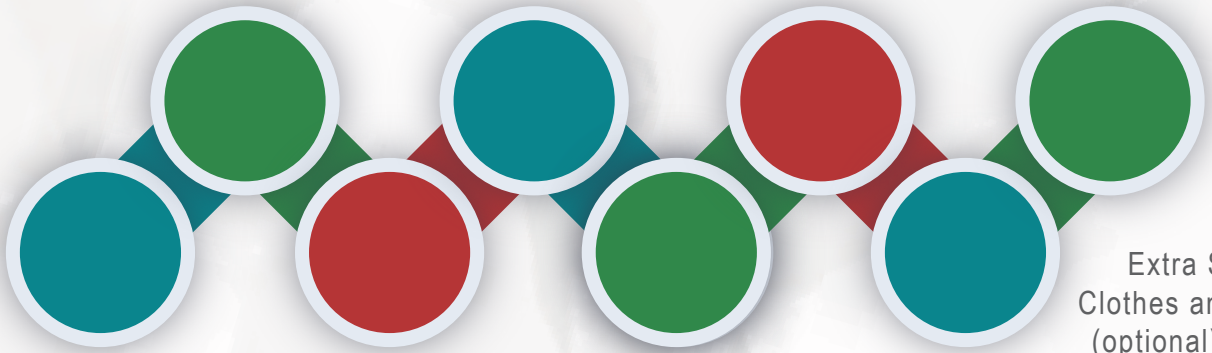
¿WHAT TO BRING?

Comfortable Hiking Shoes or Sneakers with some type of Traction: Open toe or ankle or straplessankle sandals are not recommended.

Insect Repellent. Please apply at the beginning of the ATV ride.

Small Backpack: To store and carry the items need it during the activity.

Additional bottled water, Photo/Video Camera or device for that purpose (better if water waterproof).



Comfortable and Light Clothing Hopefully with UV factor protection.

Sun Protection: Sunglasses, Sunscreen, Hat or any other Type of Clothing or Items for this purpose.

Swimming Suit and Towel: Just in case if you want to take a dip at the natural swimming hole.

Extra Set of Clothes and Towel (optional): If you decide to change at the end of the tour or in case if you end up too dusty muddy and or wet.













QUEPO
100% SAFE ACTION
CANYONING
Waterfall Adventure Park

A MULTI-ACTIVITY HALF- DAY TOUR

INCLUDES:

- 1 Waterfall Rappelling
- Our Famous "Monkey Drop"
- 2 Tree Climbing Ladders
- 3 Zip Lines
- 1 Tree - Top Rappelling



TOUR DESCRIPTION

We offer 2 Daily Departures:**08:30 AM / 12:30 PM**
Note: Each Pick-up time will be set earlier than departure time and it will be schedule based on Hotel }or vacation rental location.

Our Adventure Course is located only 30 minutes away from Downtown Quepos, but on our way to it, we'll have to stop at our welcome center, to gear you up and quickly switch vehicles to continue a short but Fun 4x4 ride through an exuberant path that leads to the adventure course.

Once at the Adventure Course, and before getting into the walking trail, our guides always brief all participants about Safety Measures and Guidelines to follow during the tour.

At some point and between activities,guides and participants will take a short brake to "Catch your Breath" and enjoy a small snack with seasonal fruits, biscuits and water.









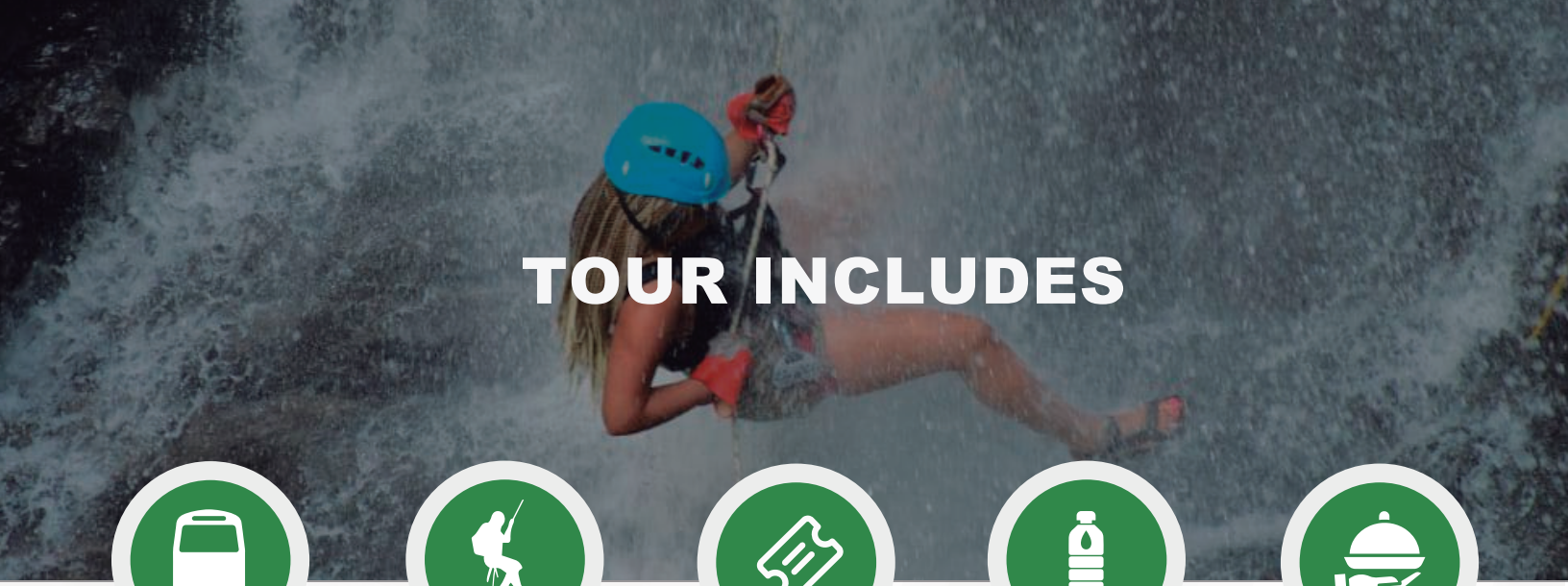
After all activities are completed, we undo our way in, back to our Welcome Center to enjoy a tasty traditional Costa Rican Dish.

Prior heading back, clients can rinse off and/or change into dry/clean clothing, if necessary.Round trip transportation to most hotels and vacation rentals around Manuel Antonio and Downtown Quepos.

At our Welcome Center you will have access to: Small Private Restaurant, Facilities, Shower, Dressing Room Secured Area to leave belongings, that are not needed at Adventure Course-

TOUR FAQ´S

Total duration of the tour: 5 - 6 hours
Participant's Minimum Age: 5 Years Old
Participant's Maximum Weight: 300 to 350 pounds.



TOUR INCLUDES

Round trip transportation to most hotels and vacation rentals around Manuel Antonio and Downtown Quepos.

Bilingual Specialized Guides.
Top of the line Gear and Equipment.

Access to:
Private Restaurant Facilities
Shower
Dressing Room
Secured Area to leave belongings

Fresh fruit and a small bottle of water during the visit to the reserve.

Traditional Costa Rican Dish.

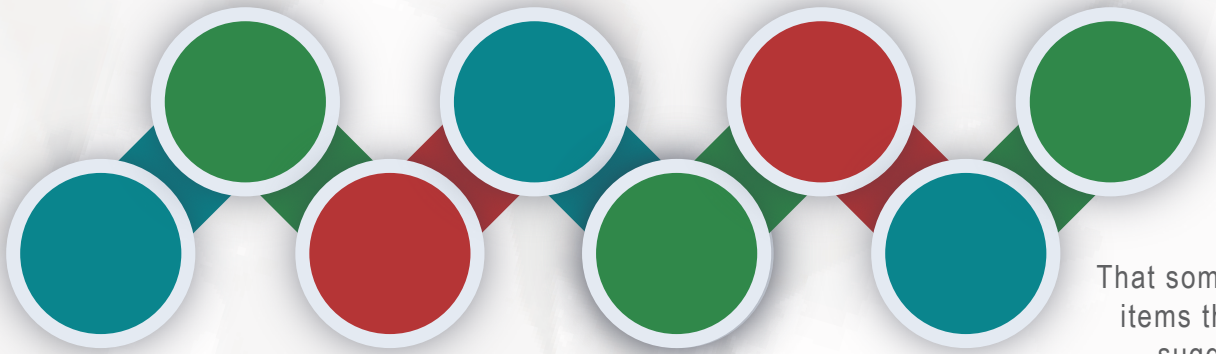
¿WHAT TO BRING?

Comfortable and Light ClothingBest if uv factor protection.

Swimming suit or gear and towel

Additional Set of Clothes (optional) - To change into after the tour.

Solar Protection, Sunglasses, Camera - best if waterproof



Comfortable Walking Shoes or Shoes with Some Kind of Traction no open toe or ankle strapless sandals.

Backpack or Small Bag - To carry items, you may need during the activity.

Insect Repellent - Please make sure to applied after the Gear up Station

That some of the items that we suggest bringing are for specific parts of the tour. Our staff will let you know when and where to use or












Sea Quest I
SeaQuest

TOUR DESCRIPTION

Welcome aboard the newest and sleekest catamaran in the area! Our 3.5-4-hour ride will take you from Quepos pier to Manuel Antonio National Park and Back.

Spend your time relaxing and sunbathing, while enjoying the coastal scenery of Manuel Antonio & Quepos. Meanwhile keep your eyes open for some of the marine life that often shows up, such as: dolphins, sea turtles and even whales - late August to early November.

Our bar is well stocked for you to quench your thirst with drinks and cocktails. some of these drinks are included with your ticket, but also there will be other well-known cocktails such as margaritas, and mojitos for purchase on board.



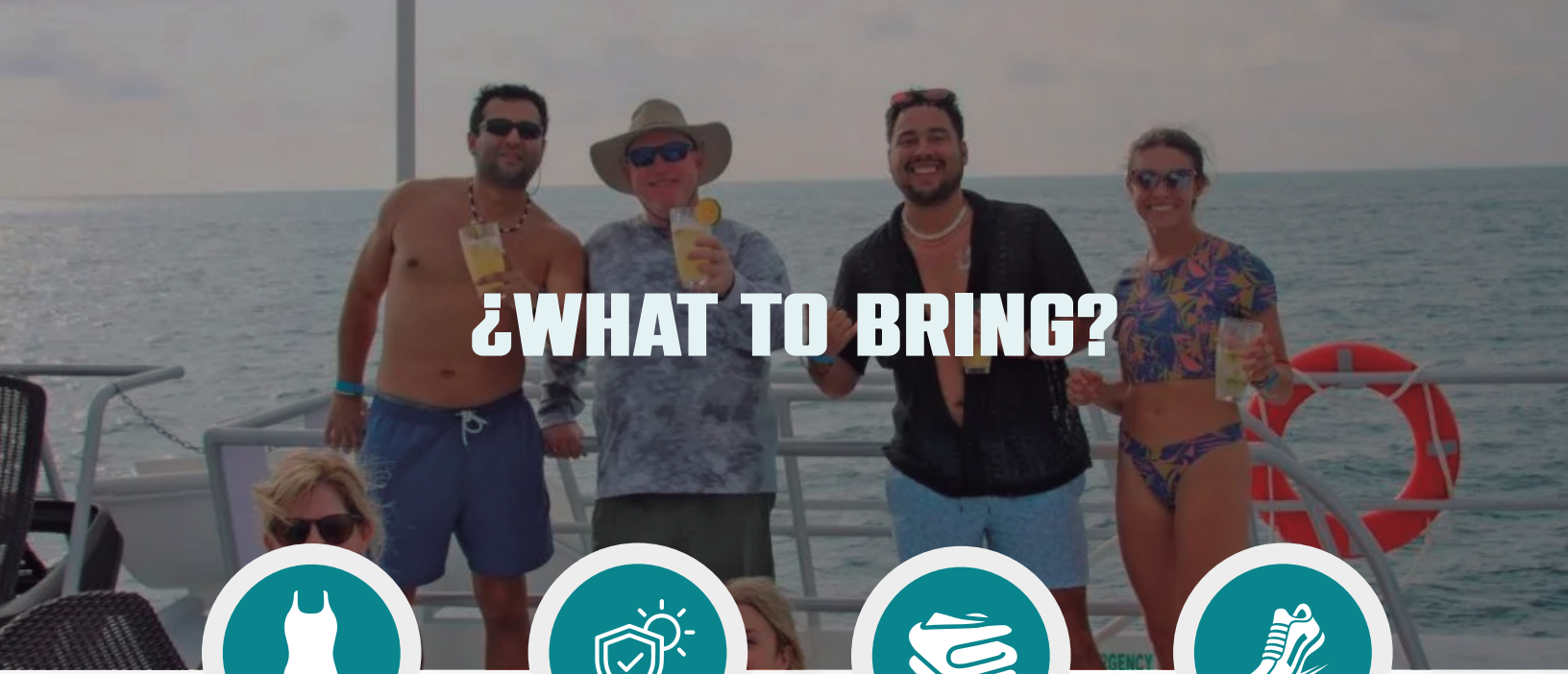




During the cruise, we also offer a refreshing break for you to use the slides, go snorkeling, swim or simply float in the warm waters of the Pacific Ocean. Once everyone is back on board, our staff will serve a delicious meal for you to enjoy during the ride back to the pier.

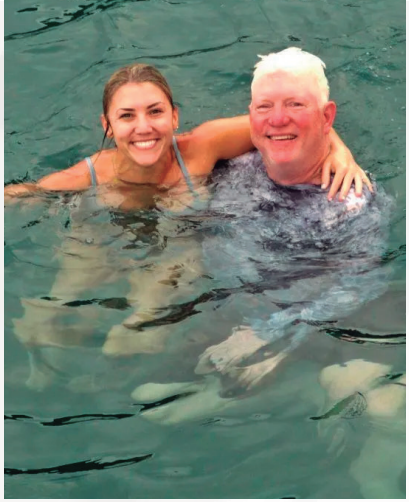
Sea Quest is also available for private events where clients can tailor the experience by adding a DJ Services, Customized Menus and Departure Times.

The vessel is 55 ft long and is able to accommodate 100 passengers, but in order to offer the most comfort for everyone on board, Sea Quest will set a maximum of 75 passengers per each of the daily regular departures. Suited for all ages, individuals and/or small or large groups.



¿WHAT TO BRING?

- Swimming Suits or Trunks
- Sun Block
- Towel
- Light Footwear



THESE ARE NOT INCLUDED

- Crew Tip
- Photo and/or Video Packages
- Specialty Cocktails or Drinks}
  Not Included on the Rate

DURING THE CRUISE...

We also offer a refreshing break for you to use the slides, go snorkeling, swim or simply float in the warm waters of the Pacific Ocea.

Once everyone is back on board, our staff will serve a delicious meal for you to enjoy during the ride back to the pier.







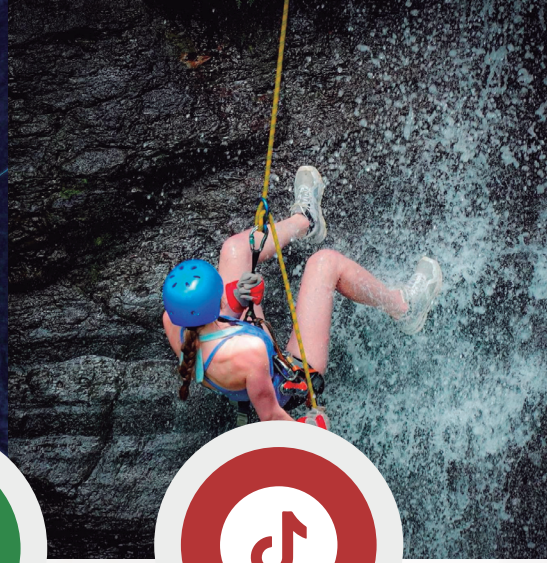












WHATSAPP

For any inquiries, you can call us at **+(506)2777-7600** or reach us on our WhatsApp chat at +**(506)8504-5880**

FACEBOOK

Follow us on Facebook **Manuel Antonio Activities Central CR**

INSTAGRAM

Follow us on Instagram so you don't miss our adventures **@maactivitiescentral.cr**

TIKTOK

Follow us on our TikTok account to see amazing videos **@maactivitiescentral.cr**

www.manuelantonioactivitiescr.com

MANUEL ANTONIO
ACTIVITIES
CENTRAL