ADVENTURE AWAITS!
TOUR BOOK

Monteverde is a destination of bucket list experiences. Its famous cloud forests are bursting with biodiversity; its zip lines and iconic suspension bridges are the longest in the country; and its ecosystems are home to some of the world’s rarest wildlife. Up here in the clouds of Costa Rica’s tropical highlands, there’s seldom a dull day.

The following tours offer a curated collection of Monteverde’s best experiences. All are led by enthusiastic, eagle-eyed guides who’ll help you discover the magic of our misty, mountain location.

Our specialized Concierge Team will be happy to help you plan your time in Monteverde or provide further information about any of the following tours in advance. Get in touch with our Travel Advisors via chat or e-mail: reservations@sendamonteverde.com
Located just minutes from Senda, the Monteverde Cloud Forest Reserve protects 26,000 acres of rare cloud forest and houses eight different biological zones, making it a true paradise for nature lovers. Shrouded in a constant cloud-like mist, the Reserve shelters an astounding variety of flora and fauna, including some 500 bird species, pumas, monkeys, endangered jaguars, endemic amphibians and even more plant life. Explore the trails by foot with an expert guide who’ll help you discover the rich biodiversity of this ecosystem. With some luck you’ll spot everything from resplendent quetzals and toucanets to playful coatimundis.

Tour times: 7am & 12pm
Difficulty: ★★★
Explore the treetops of the enigmatic cloud forest with or without a guide as you navigate a series of 6 suspension bridges and trails that comprise the Monteverde Sky Walk. Spanning deep canyons and extending for slightly over 1.5 miles, the Sky Walk brings you up close to an unexplored area of the forest. With approximately 90 percent of all cloud forest organisms found in the canopy, keep your binoculars close for a chance to see an abundance of wildlife, from sleepy two-toed sloths to the iconic resplendent quetzal.

**SKY TRAM**

The Monteverde Sky Tram is perfect for those who wish to spend more time admiring the cloud forest and less time hiking. Something of an open-air gondola, the Sky Tram brings you up the mountain along the Continental Divide on a relaxing and scenic 1-hour ride over the treetops. Along the way, you’ll learn about the intricacies of this unique ecosystem, stopping at intervals to observe the natural wonders either side.

*Combine with the Sky Walk or Sky Trek*

Tour times: 8am, 10:30am & 1pm

**Difficulty: ⭐⭐⭐**

**SKY WALK**

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*Combine with the Sky Tram*

Tour times: 8am, 10:30am & 1pm

**Difficulty: ★★☆**
**SKY TREK**

Looking for a dose of cloud forest adrenaline? You’ll find it at the Sky Trek zip line. This thrilling circuit comprised of 8 zip line cables extends across almost 1.8 miles and ranges in height from 49 to 328ft. Crossing canyons and zipping in between treetops, if you can keep your eyes open you’ll enjoy spectacular views. If not, you can soak them up from two observation towers – on a clear day you can see the Pacific Ocean and the northern lowlands that stretch all the way to the Caribbean.

Maximum weight: 217lbs  
Tour times: 8am, 10:30am & 1pm  
Difficulty: ★★★☆☆

**CANYONING**

Take a short hike through the forest to the top of a canyon where you’ll receive thorough safety instructions before starting your adventure. When you reach the first waterfall, you’ll be taught the fundamentals of rappelling and fully kitted up. Then you’re on your way – with 6 waterfalls in total, the largest of which stands at an impressive 131ft, you’ll be in for an exhilarating cloud forest experience.

Departure time: 8am, 11am & 2pm  
Difficulty: ★★★★☆
AGUTI WILDLIFE RESERVE

A newer option in Monteverde, this private wildlife reserve within walking distance of Senda has an excellent network of trails and viewing platforms which look out across the Gulf of Nicoya. A project set up to focus on ecosystem conservation and the study of local and migratory species, Aguti is a quieter alternative to the popular Monteverde Cloud Forest Reserve, while still sheltering an impressive variety of wildlife. It’s not uncommon to see everything from sloths, howler monkeys and porcupines, to some of Monteverde’s most beautiful birds such as the yellow-throated toucan, the bellbird and the resplendent quetzal. Alternatively, visit after dark for a chance to see Costa Rica’s most iconic red-eyed tree frog amongst other creatures of the night.

Tour times: 7am, 1pm & 6pm
Difficulty: ★★☆☆☆

Guests of Senda enjoy complimentary, unlimited hiking access from April 1st - November 1st, 2019

BIRDWATCHING

Monteverde is a birder’s paradise. With various locations to see the hundreds of bird species that call this region home, opportunities to spot even the most elusive among them abound. Head to the neighboring Aguti Wildlife Refuge bright and early, or to Monteverde Cloud Forest Reserve to see tropical avian species such as hummingbirds, the resplendent quetzal and the endangered three-wattled bellbird. Try the Santa Elena Cloud Forest Reserve for others like the collared trogon. The Curi-Cancha Reserve is also a birding hotspot, housing species such as the keel-billed toucan, the blue-throated goldentail and the orange-bellied trogon.

Tour time: 7am
Difficulty: ★☆☆☆☆
MONTEVERDE ORCHID GARDEN

With 120 species in bloom, the Monteverde Orchid Garden is home to over a quarter of the world’s orchid species. On a tour of the garden, you’ll learn about the most unusual facets of miniature and micro species as well as larger blooms and hybrids. You’ll smell them and explore the interesting role these flowers play in their ecosystems. Beautiful they certainly are, but smart too – you might be surprised to find that these intricate little things have developed plenty of curious tricks to survive in the wild.

Tour times: 10am, 12pm & 2pm
Difficulty: ★★★

DON JUAN COFFEE, CHOCOLATE & SUGAR CANE TOUR

Costa Rica is famous for its coffee, and here in Monteverde we produce some of the country’s finest. On this tour, you’ll learn all about our coffee history and how we turn bean into cup. If you visit during picking season (Nov-Feb), you’ll even be able to help with the harvest. After enjoying a nice strong brew and a traditional ox cart ride, you’ll also visit a chocolate processing center where you can try your hand at roasting and grinding the cacao beans. Finish off with a traditional sugar cane masterclass and a nice sweet glass of pure juice.

Tour times: 8am, 10am, 1pm, 3pm & 5:20pm
Difficulty: ★★★
HORSEBACK RIDING

Ride up through the lush hills of Monteverde on tame and well-groomed horses. On this escorted horseback riding tour, you’ll pass through beautiful forest trails as well as banana and coffee plantains, discovering an abundance of flora and fauna along the way. You can look forward to truly connecting with nature and enjoying breath-taking views up in the mountains as the sun shines over Monteverde.

All experience levels welcome

Tour times: 7:50am, 9:50am, 1pm & 3:30pm
Difficulty: ★★☆

TREE CLIMBING

In Monteverde, tree climbing is quite the unique experience. Here, it’s possible to climb inside the tree instead of climbing the outside. Ficus trees – or “stranglers” as they’re also known – have giant hollow trunks. They grow around other trees, effectively “strangling” them and eventually leaving only the surviving outer Ficus shell. On this tour, you can ascend or descend through the hollow, and/or rappel down the outside. You’ll be fully harnessed and helmeted up, and safe to embrace the adrenaline.

Tour times: 8am, 11am & 2pm
Difficulty: ★★★
Run by a well-known bat biologist, the Bat Jungle is an excellent introduction to the incredible world of these little mammals. Here you'll see some 80 bats of 8 different species in a large indoor enclosure designed to simulate a jungle environment. You'll see them fly, eat, socialize and nurse their babies, and you'll also be able to hear them using echolocation in real time through a special ultrasonic microphone. You'll learn about the importance of bat conservation for controlling bug populations, regenerating tropical rainforests, and pollinating flowers too.

A great rainy day excursion that might just give you a new appreciation of these often misunderstood creatures of the night.

Tour times: 10am, 12pm & 2pm
Difficulty: ★★★
The Selvatura Park Butterfly Garden is one of the largest in the Americas, hosting more than 50 species from different altitudes and climates found throughout Costa Rica. The Bio-Art Insect Museum hosts even more international butterfly species still, as well as insects from all over the planet. This world-class “Jewels of the Rainforest” educational exhibit showcases one of the largest private insect collections anywhere in the world with over 1 million specimens displayed in a uniquely artistic format.

Combine with Selvatura Park Reptiles & Amphibians Display

Tour times: 8am, 10am & 2pm
Difficulty: ★★★

Set amongst over 1,200 acres of protected cloud forest, the Selvatura Park houses 1.9 miles of trails and treetop suspension bridges, ranging from 36 to 150ft in height. Enjoy an easy guided hike along the extensive network taking in the sounds and sights of nature along the way. En route, your expert guide will teach you all about the curiosities and quirks of this unique ecosystem and point out plenty of beautiful flora and fauna.

Combine with the Selvatura Park Butterfly Garden & Insect Museum, Hummingbird Garden and/or Reptiles & Amphibians Display

Tour times: 8am, 12:30pm & 2pm
Difficulty: ★★★
WHAT TO BRING?

Boot Up
Hike more, slip less! Use footwear with good treads and consider wearing the rubber boots we have available. They might just save you from sliding on wet terrain.

Stay Hydrated
You know the deal. Plastic bottles are out, reusables are in! Fill yours up with water and sip away with every other step.

Keep Dry
Don’t get caught off guard. Monteverde can go from sunshine to storms in the blink of an eye. Take a rain jacket just in case.

Sun Block
Up here in Monteverde, we’re 4,660ft closer to the sun. Don’t be fooled by the clouds – UV levels are higher here so remember to always sunblock up.

Say Cheese
Never miss a photo opp. Pack your camera and prepare to pose – Monteverde is oh so photogenic.

Bug Spray
If you’re popular with the insects, we recommend repellent. We might be outnumbered in the forest, but there are ways to minimize damage!