

Monte Azul Tours & Activities



contact ADRIAN ALVARADO hotel manager | t +506 2742 5222 | info@monteazulcr.com

On Site at Monte Azul

| ITEM | DESCRIPTION | TIME | INCLUDE | MIN PAX | MAX PAX | PRICE |
|--|---|-------------------------------|---------------|---------|---------|------------------|
| Guided Walk through Monte Azul Trails | Visit various microclimates, a waterfall, bird watch and more | 4 hours | guide | 2 | 8 | \$15 per person |
| Guided Bird Watching <i>Advance Reservation Required</i> | With a trained bird guide, explore pastures, trails, forest and riverside | 4 hours | guide | 2 | 8 | \$35 per person |
| Horse Back Riding <i>24 hr min notice</i> | Ride along rivers and streams, enjoy mountain scenery and combine with other activities | 3-4 hours | guide + snack | 1 | 4 | \$45 per person |
| Monotyping <i>Advance Reservation Required</i> | FOR ALL LEVELS. Take home your own work of art. Learn about the fine art of Monotyping on our beautiful 1978 Griffin etching press. Taught by artist, master printer and University of Costa Rica graduate Álvaro Gómez | 4 hours | All materials | 2 | 6 | \$150 per person |
| Etching <i>Advance Reservation Required</i> | SOME ART EXPERIENCE PREFERABLE. Learn the basic steps of copper and plate etching using non-toxic materials. Artist, master printer and University of Costa Rica graduate Álvaro Gómez, will take you through the process. At the end of the class you will have your etching to take home as well as the plate for further prints. | 3 DAYS 4 hours each day | All materials | 2 | 6 | \$400 per person |

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|---|--|--|----------------------|------------|------------|-------------------------|
| Artistic Screen Printing <i>Advance Reservation Required</i> 6 Month Notice | <p>FOR ADVANCED ARTISTS ONLY. From creating an edition of your work to experimenting with the media. We will help you design a Studio Workshop experience specific to your interests.</p> | <p>4 DAYS 4 hours each day</p> | <p>All materials</p> | <p>2</p> | <p>6</p> | <p>\$400 per person</p> |
| Paper Making <i>Advance Reservation Required</i> | <p>FOR ALL LEVELS. Using recycled materials and natural fibers create beautiful handmade papers you can take with you</p> | <p>4 hours</p> | <p>All materials</p> | <p>2</p> | <p>6</p> | <p>\$65 per person</p> |
| Cooking <i>Advance Reservation Required</i> | <p>FOR ALL LEVELS. Learn about the wide array of local produce and enjoy recipes featuring local specialties as well as innovative contemporary Costa Rican and international recipes</p> | <p>4 hours</p> | <p>All materials</p> | <p>2</p> | <p>6</p> | <p>\$65 per person</p> |
| Soap Making <i>Advance Reservation Required</i> | <p>FOR ALL LEVELS. Make organics soaps with all natural ingredients using our own recipes for the wonderful soaps found in your room: therapeutic goats' milk, zest orange mint, etc...</p> | <p>4 hours</p> | <p>All materials</p> | <p>2</p> | <p>6</p> | <p>\$65 per person</p> |
| Yoga Classes <i>Wednesdays and Fridays</i> | <p>BEGINNERS LEVEL. Start your day practicing yoga by the Chirripó River and facing a mountain of primary rainforest in the Talamanca Range. Surrounded by spectacular scenery learn basic yoga postures, while developing good respiration exercises. Private advance classes available, advance notice required.</p> | <p>1.30 hours</p> | <p>All materials</p> | <p>N/A</p> | <p>N/A</p> | <p>\$15 per person</p> |

Local Activities in Monte Azul Vicinity

| ITEM | DESCRIPTION | TIME | INCLUDE | MIN PAX | MAX PAX | PRICE |
|---|--|---------|--------------------------------|---------|---------|-----------------|
| Warm Springs <i>24 hr min notice</i> | Natural warm springs in the Talamanca Mountains | 4 hours | Transportation | 2 | 6 | \$30 per person |
| Organic Coffee Tour <i>Advance Reservation Required</i> | Visit a local family-run organic coffee farm. Enjoy at tasting at the end of your visit | 4 hours | Transportation + lunch + guide | 2 | 6 | \$60 per person |
| Cheese Making Workshop & Dairy Tour <i>Advance Reservation Required</i> | An opportunity to learn about dairies, to make authentic Swiss-style cheese with a local family | 5 hours | Transportation + guide | 2 | 6 | \$45 per person |
| Cloudbridge Tour <i>Advance Reservation Required</i> | Enjoy primary forest, trails, waterfalls, and rivers in this International Research Center of Studies | 4 hours | Transportation + snack + guide | 2 | 6 | \$45 per person |
| San Isidro City <i>24 hr min notice</i> | Visit the Feria del Agricultor Generaleño and the San Isidro Farmers Market, a local fresh market by independent growers | 3 hours | Transportation + snack + guide | 2 | 6 | \$40 per person |

Day Trips from Monte Azul

| ITEM | DESCRIPTION | TIME | INCLUDE | MIN PAX | MAX PAX | PRICE |
|--|--|---------|--|---------|---------|------------------|
| Zip Line <i>Advance Reservation Required</i> | Excellent zip line on the Pacific Coast | 7 hours | Transportation | 2 | 6 | \$105 per person |
| Nauyaca Falls <i>Advance Reservation Required</i> | Take a horseback riding to an authentic tico house for breakfast and then continue onto spectacular waterfalls with swimming hole deep in the rainforest. Get lunch on the way back. Maximum weight 220 pounds | 9 hours | Breakfast+ lunch | 2 | 8 | \$110 per person |
| Los Cusingos Bird Watching <i>Advance Reservation Required</i> | Visitors to the reserve are intrigued by the biodiversity of the tropical cloud forest. Los Cusingos bird sanctuary is where Alexander Skutch, noted ornithologist and naturalist, lived for over 40 years . | 4 hours | Transportation + snack + guide + admission fee | 2 | 6 | \$135 per person |
| Trip to the Beach <i>Advance Reservation Required</i> | Visit Playa Ventanas + Ballena on the Southern Pacific Coast | 8 hours | Transportation + lunch | 2 | 6 | \$90 per person |
| WhiteWater Rafting <i>Advance Reservation Required</i> | A day of adventure on the Savegre River with category II and III rapids | 9 hours | Complete lunch + snack Transportation extra | 2 | 6 | \$95per person |