



EXPERIENCES

The Beat of Discovery

Live the thrill and inspiration of the tropical cloud forest. A 500-acre private reserve, gently flowing rivers, picturesque towns, and hidden waterfalls set the perfect stage for hiking, horseback riding, cultural discovery, bird watching, and more.

HIKING

Mystic Hiking Complimentary.

Departing from The Spa, this mystical experience begins with a revitalizing meditation session in the Magical Knot, a relaxing garden structure located at the base of two converging mountains.

Followed by a hike up the Mystical Trail for spectacular views and an encounter with the Weeping Rock. Local legend says that a sip of its crystalline water rids the soul of all afflictions...

1.5 hours
Soft

Ages
4+

Melodic Senses \$25 per person. Complimentary for children 10 and under.

Begins at the *Senses Garden*, a rich playground where stimulating sights, sounds, aromas, textures, and flavors attune you with nature.

Followed by a hike along the *Mystical Trail* bordering Gorrion Creek and reaching *La Melodia Waterfall*, aptly named for the harmonic convergence of bird calls.

The return hike will challenge your keen senses as you seek the tracks of forest critters including coatis, raccoons, and tepezcuintes.

1.5 hours
Soft

Ages
4+

HIKING

Early Bird Safari

\$25 per person.

Starting off at the *Senses Trail* and following the *Melody Trail*, you will have opportunity to spot the exciting bird species that inhabit the riverbank and the open forest areas. Enjoy the sight of wild pheasants, sparrows, hummingbirds, euphonies, tangaras, and perhaps even the legendary quetzal, a rare bird revered by Aztecs as a symbol of goodness and light. Males display a spectacular iridescent green streamer tail of up to 65 inches in length.

2 hours
Moderate
Ages
10+

El Gorrion Adventure

\$30 per person

Departing from the Spa and through the Magical Knot, you will head up the mountain in search of Spider Monkeys, Sloths, and small feline species. The trail then slopes downward toward La Promesa Waterfall. The group returns to the main property over the main trail.

3 hours
Moderately
Challenging
Ages
10+

Waterfall Quest

\$25 per person. Complimentary for children 10 and under.

They say every waterfall has a signature melody. Hike through the cloud forest mist in search of hidden waterfalls. Departing from The Spa, the tour takes the *Saca Trail* and touches upon *La Melodia*, *El Silencio*, and *La Promesa* waterfalls to enjoy their distinct beauty and unique serenade.

2 hours
Moderate
Ages
6+

ART & CULTURE

Carts & Coffee

\$75 per person.

The nearby town of Sarchí is home to the Costa Rican oxcart, crucial to the country's insertion in the coffee world markets of the mid 1800s. Rarely used today for transportation, its intricate patterns remain a cultural legacy recognized as such by the United Nations. The best oxcart artists still craft these masterpieces in Sarchí's colorful workshops.

Followed by a visit a local hacienda to learn the secrets behind some of the globe's best organic coffee. Lunch is included.

Half Day
Soft Ages
6+

NATURAL FIREWORKS

Arenal Volcano

\$140 per person. Two person minimum.

Located about one hour and forty-five minutes from El Silencio Lodge & Spa, Arenal Volcano is one of the most active volcanoes in the Americas.

Feel and hear its rumble from the safety of an observation deck. On a clear night, you may even get to see spectacular natural fireworks!

Followed by a visit to Tabacon Hot Springs, where you can relax in soothing volcanic hot springs.

Includes dinner at Tabacon's first-rate restaurant.

2:00-10:00pm
Soft 6+

What to Bring: Swimsuit, comfortable walking shoes, light jacket, insect repellent, and a towel (optional).

FISHING

Trout Fishing at Cimarron's (offered by local operators)

\$35 per person.

Fishing at Cimarrón's Finca, a local Restaurant featuring trout pools where guests can have their fresh catch prepared on the spot. Includes transportation and choice of trout or traditional Costa Rican lunch.

1.5 hours
Soft Ages
4+

HACIENDA POZO AZUL ADVENTURES

Exhilaration Combo

\$150 per person. Two person minimum.

Hacienda Pozo Azul is an amazing family-owned eco park immersed in tropical rain forest and located only 60 minutes from El Silencio.

A private transfer will drive you to Hacienda Pozo Azul where you will set your pace and choose **two** exciting adventures. Includes a hearty on-location lunch.

All Day
Soft
Moderate
or
Challenging
(your choice)

Ages
6+

Adventure Choices:

- **White Water Rafting:** Class II & III White Water Rafting on the scenic Sarapiqui River
- **Double Line Canopy Tour:** including a 1000ft zip over the Sarapiqui River.
- **Rappelling:** A confidence-building adventure on the walls of the Sarapiqui Canyon featuring exhilarating fee-falls from tree platforms.
- **Horseback Riding:** Two hours exploring well-groomed Hacienda trails.

What to bring: Rubber soled sandals or tennis shoes, a bathing suit for the rafting tour, sun block, and a change of clothes. Fresh towels and shower facilities are provided.

WHO ARE THE ECO-CONCIERGES?

El Silencio Experiences are led by personal Eco-Concierges. These outgoing local men and women have received extensive training in biological diversity & ecosystems and safety. They love their land and are thrilled to showcase its rugged natural beauty and cultural riches.

Their knowledge and enthusiasm will enhance the enjoyment of your visit!

IMPORTANT INFORMATION

- 2 full-priced participants minimum.
- To reserve, please contact your Eco Concierge.
- If any member of your party requires special assistance, please communicate this to your Eco Concierge to discuss activity appropriateness.
- Arrive 15 minutes prior to your scheduled adventure for a safety briefing session and activity overview..
- Please disclose any medical issues that may affect your participation.
- Notify your guide if you experience any discomfort or problems during the activity.

