

ACTIVITIES

- Arenal Bungee d12
- Arenal Nat. Park e4**
- Arenal Paraiso b7
- Arenal Springs a7**
- Baldi Termae c8
- Bike Arenal d12
- Desafio Adventure Co. d11
- EcoGlide Canopy d9
- Fortuna Waterfall g10**
- Four Trax ATV e11
- Free Public HotSpr g5

- Hanging Bridges c3
- LostCanyon g12**
- Massage d12
- PureTrek Canyoning d12
- Rainforest Reserve h4
- SkyTrek and Tram h4**
- Tabacón Hot Spring c5**

LODGING

- Arenal Lodge c1**
- Arenal Paraiso b7
- Arenal Springs a7**

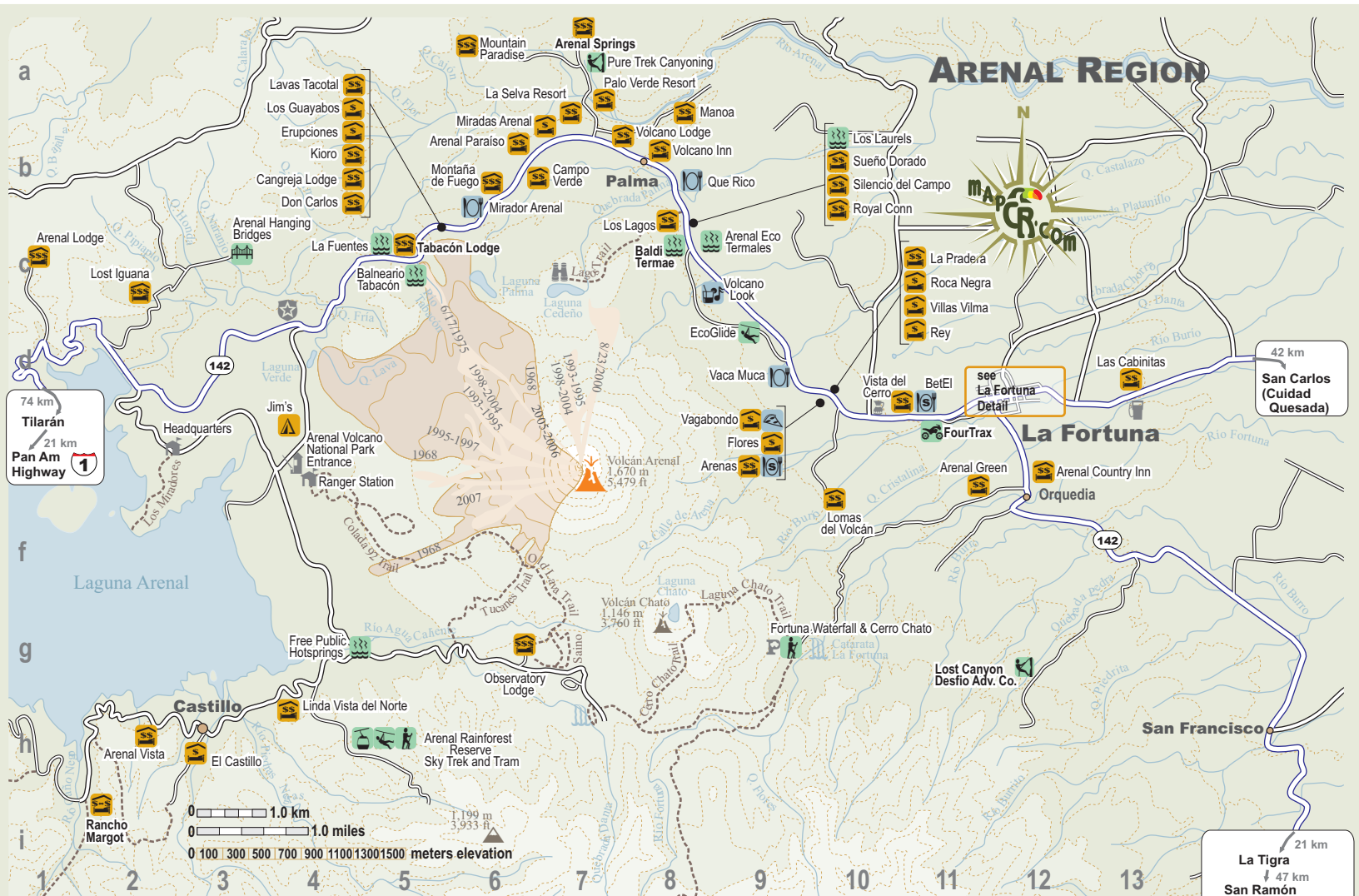
- Arenal Vista h2
- Cangreja Lodge b6
- El Silencio c8
- Erupciones c6
- La Selva Resort a7
- Los Guayabos c6
- Los Lagos c8**
- Lost Iguana c2**
- Montaña de Fuego b7
- Mountain Paradise a6**
- Observatory Lodge g6**
- Palo Verde Resort a7

- Rancho Margot i2**
- Tabacón Lodge c5**
- Volcano Lodge b7

FOOD & DRINK

- Arenas Steakhouse e10
- Don Rufino Rest d12
- La Choza de Laurel d11
- La Vaca Muca d9
- Lava Lounge d12
- Lava Rocks Cafe d12
- Luigi's d12

- Mirador Arenal b6
- Musmanni d12
- Vagabondo Pizza e10
- Volcano Look c9



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Recommended Guidebook

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- Volcán Arenal e7
- Wave Expeditions d12

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- Erupciones c6
- Hotel Carmela d12**
- La Selva Resort a7
- Lavas Tacotal b6
- Linda Vista del N h4
- Los Guayabos c6
- Los Lagos c8**

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- Sueno Dorado c8
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- Volcano Lodge b7

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- Don Rufino Rest d12
- Eskimo Ice Cream d12
- La Choza de Laurel d11
- La Vaca Muca d9
- Las Brasitas d12
- Lava Lounge d12

- Lava Rocks Cafe d12
- Luigi's d12
- Mirador Arenal b6
- Musmanni d12
- Nene's Restaurant d12
- Que Rico b8
- Vaco Pizza d12
- Vagabondo Pizza e10
- Volcano Look c9

OTHER

- @ Internet d12
- Adobe Rent-a-Car d12
- Alamo Rent-a-Car d12
- Banco de C R d12
- Banco Nacional d12
- Bus Stop (Parada) d12

Desafio Adventure Company
Behind the church in downtown Fortuna

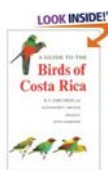
Suresh, Christine, Greg and the rest of the crew at Desafio get our highest recommendation for active adventures in the Arenal Region. They've been the setting the standards for serious fun since 1992. Rafting, Canyoneering, Hiking, Biking, Horseback, or Kayak-one call does it all. Hotel pick-up and drop-off included.

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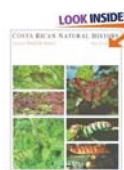
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Costa Rican Natural History
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Arenal volcano is the most spectacularly active in Costa Rica lava flows and red hot boulders ejected from the volcano glow in the darkness. Although eruptions are a big attraction, you should be aware that even in the dry season the clouds sometimes obscure the top of the volcano, and your chances of seeing a pyroclastic display are lessened in the rainy season. Volcano watching is better than a fifty-fifty proposition, but you should plan on taking advantage of some of the other attractions in the area, and consider it a bonus if you see Arenal put on a huge display.

The perfect cone is visible from most anywhere in the area, but if you want a good view of an eruption, your best bet is to stay in one of the "observatory" type lodges, and stay up late or get up with the sun. The clouds tend to

move in soon after sunrise. In the early nineties, the best views were from the west and southwest, but major eruptions change the flow patterns dramatically and from 2005 through early 2006 the hotels on the northeastern side of the volcano (notably Tabacón Resort) were enjoying the best views of the lava flows.

The caldera was reshaped again 2006 and lava shifted to the west and the Arenal Observatory Lodge regained its title as the king of the views and has retained it into early 2008. It was originally built in 1987 as a scientific outpost for the Smithsonian Institution and the University of Costa Rica, and is among the best places to stay to experience the volcano and surrounding ecosystems. Sporadic small flows are currently visible from Tabacón and other resorts on the east side.

The New Golden Door

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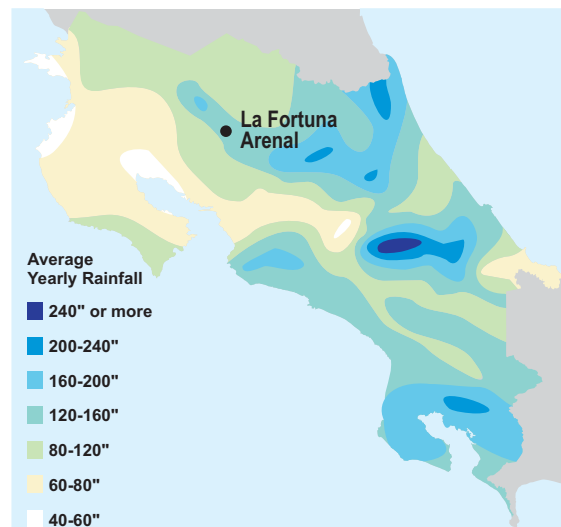
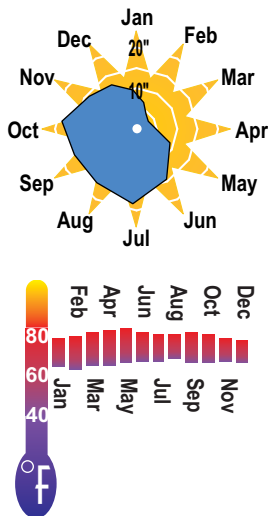
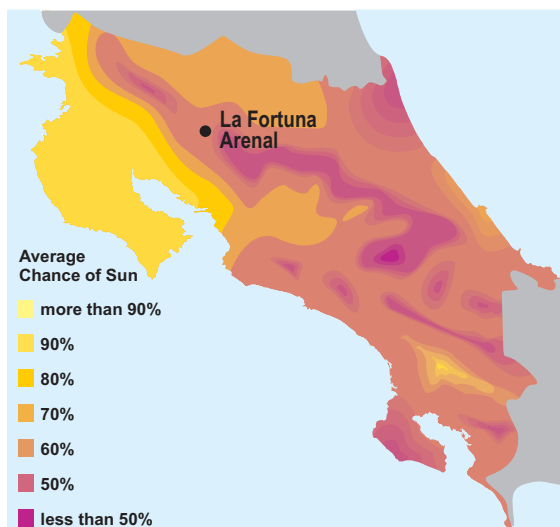
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Nearly 16 feet (5,000 mm) of rain falls on parts of the Arenal region yearly. Expect rain at any time of the year, but the wettest months are June through October, and the driest are February through April. Yearly average temperature, 75 °F (22°C). As you climb the slopes of the volcano, the temperatures drop and the rainfall increases.