



At Buena Vista del Rincón adventure and safety come together. We want you to enjoy our activities surrounded by nature in the middle of the mountain feeling safe all the time. Our team well does our job, please follow our rules and get lots of fun while visiting our hotel.

WE ARE IN THE TROPICAL RAIN FOREST, REMEMBER TO BRING:



Insect repellent and sunscreen.



Rain cape if you don't want to get wet!!!
(May to November)



You must always bring long trousers and comfortable shoes (sneakers)



Bathing suit and sandals.
















Always bring changing clothes.



Cap or hat.













GENERAL RULES FOR ADVENTURE ACTIVITIES

-  Use all equipment safely and as directed by our staff.
-  Read, observe and listen carefully to the instructions that the company and staff have made available to you for each activity.
-  Be aware throughout the tour of the safety instructions and the correct use of the equipment. Carry out the instructions given and use the equipment safely at all times.
-  It is forbidden to carry out any activity under the influence of alcohol or drugs.
-  Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
-  Do not carry phones, cameras, or any other objects that may fall.
-  Do not use any course if you have loose hair, clothing, or other objects that may get caught in clips, pulleys, and other mechanical devices.
-  Wear comfortable shoes (sneakers)
-  Smoking is not allowed.
-  If you have questions, ask the staff at all times.
-  If you feel sick, nervous, or in unfit conditions to carry out the activity or require assistance, report immediately to be attended to.
-  Observe and follow instructions on all posted signs.
-  Take the breaks you need to rest at any time.



- ✔ Use all equipment safely and as directed by our staff.
- ✔ Our staff will inspect the equipment and make sure it is well adjusted and worn properly.
- ⊘ It is forbidden to carry out any activity under the influence of alcohol or drugs.
- ! Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
- 📋 Always follow the instructions, recommendations, and safety regulations.
- ! Children over 6 years old with a height of 1.20 meters. Children under 6 years must be accompanied by a guide.
- ✔ Equipment made up of lanyards, safety lines, gloves, carabiners, helmets, and pulleys. Harness size appropriate to the person.
- ⊘ Do not manipulate the equipment. Ask our guides for help if you feel something uncomfortable or not adjusted enough.
- 🧤 Wear the helmet throughout the tour. It is recommended to have your hair tied back and not to wear accessories that could get entangled with the equipment.
- ! Sit in harness, dominant hand behind holding the cable, head to the side. Never stop holding the cable (no free arms). The legs are collected.
- 👁️ Keep your eyes on the guide who will tell you when to slow down or move forward through established signs. Braking is handled by the person.
- ✔ The guide manipulates the emergency brake. Additionally, there is a mechanical emergency brake.
- 🤢 If you feel nauseous, or dizzy, you should report it to the guide.
- 🚻 It is recommended to use the restrooms before dressing in equipment.
- ✔ Sign the waiver after the corresponding instructions have been given.



-  Use all equipment safely and as directed by our staff.
-  The maximum times recommended for doing it is 3.
-  Optimum weather conditions. The guide will indicate you. The activity should not be done with lightning, heavy rains with hurricane winds.
-  It is forbidden to carry out any activity under the influence of alcohol or drugs.
-  Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
-  Donut-type tire. The arms go inside (the elbows). The worm (hole to inflate) goes down. Leather pants for crotch protection.
-  Always follow the instructions, recommendations, and safety regulations.
The guides are responsible for handling the equipment and instructions must be followed.
-  Walk the trail to the exit point.
-  Check the equipment with the guide before launching.
-  Sign the waiver after the corresponding instructions have been given.










Horseback Riding



- ✓ Use all equipment safely and as directed by our staff.
- ⊘ It is forbidden to carry out any activity under the influence of alcohol or drugs.
- ✓ Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
- ! Always follow the instructions, recommendations, and safety regulations.
- ! The horse is assigned according to height and weight. Also according to the mood of the person, if he is nervous, he is given the calmest horse.
- 5-10 years Children from 5 to 10 years old are guided by the Sabanero with a rope.
- ⊘ Children under 5 years old should not do the activity. If they do go, they must go mounted with the guide.
- ✓ The equipment (saddle, stirrups, rump, bib, girth)
- 👟 It is recommended to wear sportswear and tennis.
- 📖 Instructions maneuver the reins. Way of sitting, adjusted stirrups, an inclination of the body for the ascents and the descents.
- 📖 Helmet use throughout the activity.
- 👉 Platform to get on and off the horse.
- ! Pet the horse from the front, never from behind.
- ? Any questions, inquiries, or you feel nervous, you should let our guides know.












-  Pay attention to the safety instructions and correct use of the equipment.
-  Obey the instructions given and use the equipment safely at all times.
-  Don't get distracted or do things that cause others to be distracted.
-  It is forbidden to carry out any activity under the influence of alcohol or drugs.
-  Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
-  Wear the helmet throughout the tour. It is recommended to have your hair tied back and not to wear accessories that could get entangled with the equipment.
-  Sign the waiver after the corresponding instructions have been given.



Hanging Bridges



-  Always follow the instructions, recommendations, and safety regulations.
-  It is forbidden to carry out any activity under the influence of alcohol or drugs.
-  Adventure activities can have different levels of physical activity (medium or high), they suppose the existence of the risk factor and a certain degree of skill or physical effort associated with personal challenges. Consider whether your physical condition or medical restrictions really allow you to do each activity.
-  Optimum weather conditions. The activity should not be done with lightning, very strong rain, or hurricane winds. Our staff is well trained and will let you know.
-  Do not go off the trails.
-  Do not jump or run on the bridges.
-  Do not take food to the forest.
-  Wear comfortable shoes (sneakers).
-  No more than 9 people on the bridge.





Hot Springs

- ⊘ It is forbidden to carry out any activity under the influence of alcohol or drugs.
- ✔ Consider whether your physical condition or medical restrictions really allow you to do this activity.
- ✔ Always follow the instructions, recommendations, and safety regulations.
- ⊘ Smoking is not allowed.
- ⊘ Do not jump or run on the premises.
- ? Any questions, inquiries, or you feel sick, you should let our guides know

