

Unlocking the Joy of Adventure in Monteverde



Adventure is a magical word, isn't it? Makes us think about colorful dresses in sophisticated textures, cliffs that fall into the infinite, bioluminescent seas, the face hit by the wind, fast roads passing under the car...

What is it about adventure that seems like the ultimate success? Have you noticed how some of us see adventurous people as successful because they always seem happy and satisfied? Have you ever wondered about the link between adventure and true happiness?

That's what I want to explore in this article!

Where does the word adventure come from?

The word *adventure* comes from 'adventurus' (Latin), meaning 'a thing about to happen'. It first appeared in English in the 1200s about something that happens by chance or by luck. Later on, the word *adventure* took on additional meanings: around 1300, meaning 'risk or danger'; in the late 14th century, meaning 'dangerous undertaking'; in 1560, meaning 'remarkable occurrence.' [\(01\)](#)

Now that is what the books say... How about a more personal experience definition: For me, adventure is to be open to the unknown.



And there is something magnificent in being able to live in an open heart and mind. It wakes up our senses, and somehow the world seems to show us unique colors and perspectives.

Adventure awakes the child within us, letting us live in pure awe while it is happening. In adventure, we are purely in the here and now.

We could say that it is mindfulness at its best. Anyone that has an adventurous spirit knows what I am talking about. :)

And when we travel abroad, truly prepared to see whatever comes our way, holidays become life-changing experiences.

A culmination of a lifetime of adventure

Adventure is not only about extreme **experiences** (though these can certainly be adventurous!). It is simply a more experiential form of living.

Adventure doesn't always mean living at the edge. It is a lifestyle that takes us to embrace life.

And, of course, any real adventurer travels. It is almost our trademark.

However, in a lifetime of travel and adventure, I've noticed that the attitude we take when we travel makes a radical difference. We get out of our comfort zones. We take the deliberate and daring decision of uncertainty. We open our senses to whatever may be, whether that's a minute on a zipline, an hour rafting, a meal in a market, a conversation in a language we're still learning, or hiking in an unknown rainforest all by ourselves.

No matter what form adventure takes, we open up.

Now, it is not a coincidence that this adventurer chose Monteverde as the place to finally set down roots because Monteverde is all about adventure!

Seeking the edge of adventure in Monteverde.

Left unattended, I can shrink away from adventure. When I was younger, people called me a chicken, a coward, a cream puff because anything that accelerates my heart can scare the wooo out of me!

But that is precisely why I chose to open up to uncertainty as a lifestyle, which has made all the difference. Adventure was a way to overcome that fear, finally.

When we talk about fear, mostly all the time, we allow ourselves to get scared by imaginary consequences. And sometimes all it takes is that first step into somewhere unfamiliar to discover a whole new world!

So I dare you, dear reader, to go past your comfort zones while you're here in Monteverde. To take a chance to immerse in a different sensation, allowing freedom to get into your body and soul.

Take just a moment to live with your heart beating a little faster in your chest, because the experience is fantastic!

And of the, let's talk about the most iconic adventures in Monteverde first, which are ziplining, hanging bridges, and horseback riding.

Ziplining

Ok, let's have this clear: I am afraid of heights. I have a problem standing on a stool to change a light bulb. However, I've noticed that freedom surpasses fear when flying over the forest with the wind on my face!



So I go, swallow hard, hide my shaking hands, and do it.

As a tour guide, I always told my passengers that if they were afraid, they had to experience ziplining anyways... Now, obviously, everyone is different, and for people truly terrified of heights, I would take them to a lovely covered place where they could wait for us with a fresh juice or a cold beer. But if you have a little voice in your head that dares for the unknown, oh please! Do it!

And do it where it all began: in Costa Rica.

Ziplines were initially used for research on the forest canopy. Biologists invented it as a quick way to go from one tree to the next to investigate and get samples.

However, it was a lot of fun! Soon they were inviting their friends and the rest of the story. What's important here is *your* experience at the top of the forest!

The essential thing for you to know is that all gear used in the canopy tours we at Ocotea recommend is extensively tested and certified. Tour guides are specialized, highly trained, and fully bilingual, and they have countless hours of experience in the platforms. This means that everything is set up with the utmost care for you to be safe.

You usually ease into the process, too, as the first platforms are usually on the ground, and the first lines are pretty short to allow people to feel at ease and get comfortable.

And then, you're ready to take flight, an experience like nothing on earth and something almost indescribable. That's why I won't try to put it into words and will simply recommend you go!

If you'd like to learn more about this fantastic experience and book one of our recommended tours, [you can reach out to us here](#).

For nature lovers, a zipline is not the best way to see the canopy up close, as the tours aim for the pulse-pounding thrill rather than close observation of nature.

Fortunately, for nature observation of the tops of the trees, you can take the hanging bridges!

Hanging bridges

I can't say enough about hanging bridge tours, especially with a local guide. There's something to be said for familiarity with these vast, beautiful natural areas, and a local guide will know where everything is and help you spot it. They know the natural history of the place and provide a detailed, fascinating story of the forest that you won't find on your own.

The bridges are wide and stable, giving you a platform to explore parts of the canopy usually reserved for the birds and the monkeys. And the views are absolutely breathtaking.



I have been lucky enough to visit them quite often, and each time has been different. One time, I saw the Resplendent Quetzal swirling and twisting directly under where I was standing. I've come face to face with a group of howler monkeys comfortably resting on very close branches. And last time, the bellbird was so close I could see it getting ready for its iconic cry.

But no matter what you may or may not see on the trails, you walk gently along the treetops, opening your eyes to a world we never get to see along the ground.

If you'd like to learn more about hanging bridge tours in our area and book one yourself, [you can reach out to us here](#).

Now, the walk along the treetops is quite mild and very beautiful. Still, if you like to see nature from another perspective and feel the thrill of traveling in a completely new way, I highly recommend you go horseback riding!

Horseback riding

There is something powerful about setting out to explore while in harmony with a powerful, majestic creature. Adventure is often about being part of something larger than yourself. In my opinion, there is no more significant example of that than setting out on horseback to explore this beautiful natural world.

Routes departing from Monteverde usually explore pasture areas and forest patches, alternating between quiet exploration of forest trails and rides along rolling hillsides with astounding views.

Something is fascinating about riding a horse. You become the leader of a team, you are the boss, you are on top, but at the same time... Well! Let's say that the horse is bigger, stronger, and certainly faster. Working together, understanding their personality, and discovering a whole new world... Well, it's wonderful!

Just over a century ago, millions of people went everywhere on horseback just over a century ago. Yet, there is still this adventurous feeling when you push the horse forward, oh yes! Give yourselves a try! You'll enjoy it!

If you'd like to reserve this tour, [you can reach out to us here](#).

A personal adventure | El Tigre Waterfalls

My personal taste in adventure tends towards hiking. Though your heart rate won't spike as quickly as with some more adrenaline-focused experiences, I find it just as exhilarating to seek out the vibrant natural world around us.

And when it comes to hikes, I'd put El Tigre Waterfalls among one of the best hikes I have taken!

I should start by saying that even though I went by myself, the team there helped me feel safe at all times. They gave me the map and showed me where everything was,

including the boxes where you can find a first aid kit if needed. They also gave me a communication radio (and frequently checked on), and I had a good walking stick. The trail is also well marked and well-laid, so there is no way to get lost.

After all, adventure doesn't mean unnecessary risk!

The hike itself all happens in a lush gorge sheltered from the elements. You start by going down on a steep trail to enter the gorge, so it's good to bring hiking shoes with suitable tracking soles.

As you get to the bottom, you see the first waterfall landing right on the trail as you get to the bottom. You have to walk across the small river, and in several areas, you will find that the trail and the creek have become one.



For me, the true thrill of a good hike is reaching a spot that takes your breath away. And right after you start hearing the sound of the second waterfall, there is an arrow pointing to the outlook, where the view is truly breathtaking.

I must say that this happened very early in the morning. I imagine that the light is different day by day. However, I saw the white veil of the waterfall covering black volcanic stones and surrounded by a rainforest wall. A rainbow was going from side to side. Up above, the clouds were moving fast in the wind.



Even now, as I am writing about it, the moment is so clear that I get all the thrill back in my body!

Being alone in the presence of perfect beauty is an adventure worth living! It is like touching the pointing finger of the whole universe! Right there in front of a waterfall amid a soft drizzle.

I went on walking to the bottom of the waterfall. Stayed there for a while, just breathing in the place.



And then I saw it, waiting for me: A real hanging bridge the way we imagine them! All ropes and wood! And boy! Did it move!

The river was running underneath, indifferent to my ridiculously slow steps, and as I finished going across this very narrow moving hanging bridge, I felt I could conquer the world... Until I walked just a bit further and saw the second bridge...



And I burst out laughing. There is a rope that you can hold on to a rope on the right side of the board, but to cut it short, I had to take all my fear, put it in my pocket and walk on.

You see, sometimes, adventure can come to us in the smallest moments, just as quickly while crossing an old, sturdy bridge as finding somewhere new or soaring through the forest on a zipline.

For me, pausing in the middle of that bridge was adrenaline enough. My inner voice was certainly talking a mile a minute, and I didn't want to take another step, but I made it across with bravery in my heart!



This alone was a transcending moment! I had to go on or allow myself to panic. There was none to support, encourage, or bully me into action. I had to do it. For people who are not afraid of adventure, but it was a life lesson for me.

There was a great deal more to find on that walk, which lasts around four hours if you're taking it slow. And even though I took my time to sit and breathe in the place and felt my heart beat faster with every wooden board bridge that I went across, I would do it again a thousand times if I could! It was a magnificent adventure that I recommend to all that can do it!

If you'd like to experience this beautiful hike, [you can reach out to us here](#).

The true joy of adventure in Monteverde

Monteverde is a healing place and a place of adventure, but sometimes I feel like those two elements are deeply intertwined. Maybe the combination of the fog, the hummingbirds, the moss hanging from the ancient trees, the fresh air, and the wonderful people create something mystical about this place that allows us to open up to live the adventure of life.

It's hard to explain but easily lived once you're here.

When you come, whether you're staying here at Ocotea or just passing through, I encourage you to breathe in this place's beating silence and the power of its beauty. Let it go through you as you immerse in it, and it may easily be a life-changing experience.

References:

(01) Admin. "What is adventure? | Macmillan Dictionary Blog." *Macmillan Dictionary Blog*. 1 Jun. 2018. Web. 27 Jan. 2022.

<<https://www.macmillandictionaryblog.com/adventure>>

Email

Subject line: Discover the adventure of life in Monteverde!



Body:

Dear (first name),

Adventure is more than the thrill of speed and fast heart beating (though you can certainly find a pounding pulse in Monteverde!)

But the spirit of adventure, more broadly, is about opening up, discovering what you can do, go beyond your idea of limitations. It is getting out of our comfort zones and allowing life to take us into nature, unknown trails, and breathtaking places.

Adventure opens up to uncertainty and daring to go past fear into a different way of life.

In this article, we discover the vibrant intensity of an adventurous attitude in the mystical cloud forests of Monteverde!

Snippets:

Snippet 1



¿Qué es aventura para ti? ¿Es vivir al límite o abrirse a lo desconocido e incierto?
¿Es la emoción de la velocidad o la sensación satisfactoria de una pequeña victoria
contra el miedo? [Continúa leyendo nuestro blog.](#) |

[What does adventure mean to you?](#) Is it living on the edge or opening up to the
unknown and uncertain? Is it the thrill of speed or the fulfilling sensation of a small
victory against fear? [Continue reading our blog here.](#)

Snippet 2



La aventura es una actitud, forma de vida, y el deseo por lo desconocido. Descubre algunas de las aventuras que Monteverde tiene para ofrecer en nuestro blog.

Adventure is more than thrilling and exciting experiences! It is an attitude, a way of life, a willingness to step into the unknown. Discover some of the Monteverde adventures in our blog.

Snippet 3



La visita a Monteverde es una oportunidad para descubrir la belleza escénica, sensaciones únicas y un ambiente sereno. Es un lugar de sanación, un sitio especial para descansar y experimentar la emoción de vivir plenamente. ¡Te contamos más aquí ! |

Monteverde is about opening up to beauty, fulfilling sensations, and peace. It is a healing place and a great way to discover that you can go beyond your self-imposed limitations into the thrill of living fully. Read about it [here!](#)