

Ⓜ Adventure Ⓜ

AT PEACE

Local Excursion

SURF LESSON

Surf at one of the most famous surf spots in the world! Beginners welcome. *Medium-high intensity.*

UP TO 2HRS - \$75

STAND-UP

PADDLEBOARDING

Discover the nearby lush mangrove river. Beginners welcome. Includes board rental. *Low-medium intensity.*

UP TO 2HRS - \$75

SNORKELING

Walk from the beach into the tidal pools of Playa Blanca and discover a whole other world under the ocean. *Low-medium intensity.*

UP TO 2HRS - \$75

JUNGLE NATURE HIKE & WATERFALL

Guided nature hike to a nearby waterfall where you can refresh in the clear freshwater swimming hole (seasonal). Bring hiking or tennis shoes, swim suit, water bottle, and expect to get wet! *Medium-high intensity.*

UP TO 4HRS - \$75

HORSEBACK RIDING

Ride through jungle trails, on the beach, and along oceanside cliffs where you'll have gorgeous views of Playa Negra. Beginners welcome. *Medium Intensity.*

UP TO 3HRS - \$100

ZIPLINING

Zipline through the forest and even free fall bungee jump on this exhilarating adventure. *Medium intensity.*

UP TO 2HRS - \$75

MOUNTAIN BIKING

Guided mountain bike tour through the hills of Los Pargos and Playa Negra. *Medium-high intensity.*

UP TO 3HRS - \$75

All Day Excursion

TAMARINDO DAY TRIP

Transport to and from Tamarindo, a bustling tourist beach town 40 minutes north, with a large variety of restaurants, bars, shopping, and long surf break.

PRICE VARIES DEPENDING ON NUMBER OF PEOPLE, DEPARTURE TIME BY REQUEST.

RINCON DE LA VIEJA VOLCANO

All day adventure experience to this UNESCO National Park which includes zip lining, horseback riding, white-water rafting/tubing, lunch, mud bath, and hot springs. Towels are provided.

PRICE VARIES WITH NUMBER OF PEOPLE AND SEASON.

All adventures must be booked in advance and not always available. Any cancellations made within 24 hours will incur a fee and/or will be counted as one of the included excursions in your retreat package.