



ADVENTURE AT PEACE

EXCURSION OPTIONS

Surf Lessons

approximately 2 hours

\$75

Surf at one of most famous surf spots in the world! No previous experience necessary. Includes board rental. Medium-high intensity

Stand Up Paddleboarding

approximately 2 hours

\$75

See wildlife while paddling through the rivers and mangroves of Guanacaste. Includes board rental. Low-medium intensity

Zipline

approximately 2 hours

\$75

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

Nature Hike & Swim

approximately 4 hours

\$75

Guided nature hike to a waterfall (swimming hole during dry season). bring hiking or tennis shoes, swim suit, water bottle and expect to get wet! Medium-high intensity

Horseback Riding

approximately 3 hours

\$100

Ride through the lands of Guanacaste and along the beach on this guided horseback tour. No previous experience necessary. Medium intensity

Snorkeling

approximately 2 hours

\$75

Snorkel off the coast of Playa Blanca and see fish, rays and even sea turtles! Low-medium intensity



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Mountain Biking

approximately 2 hours

\$75

Guided mountain biketour through the hills of Los pargos. Medium-high intensity



All day Adventures



Tamarindo day trip

Time and price varies depending on date and number of participants

Transport to and from Tamarindo (price may vary depending on numbers and road conditions) you may choose group departure time

Rincón de la Vieja Volcano

Time and price varies depending on date and number of participants

Includes ziplining, horseback riding, whitewater rafting/tubing, lunch, and hotspots

All tours and excursions must be booked in advance and may not always be available. Cancellations must be made at least 24 hours prior to departure time. 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.