



ADVENTURES & EXCURSIONS

AT PEACE



Surf Lessons

approximately 2 hours

\$70

Surf at one of most famous surf spots in the world!

- No previous experience necessary
- medium-high intensity

Stand Up Paddleboarding (SUP)

approximately 2 hours

\$70

2 hour river and mangrove tour

- includes board rental

- low-medium intensity

Snorkeling

approximately 2 hours

\$70

Snorkel off the coast of **Playa Negra**

- low-medium intensity

Nature Hike & Swim

approximately 4 hours

\$70

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

\$75

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

- medium intensity

Zipline

approximately 2 hours

\$70

Zip through the forest and even **free fall bungee jump** on this exhilarating adventure

- medium intensity



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Mountain biking

approximately 3 hours

\$70

Guided mountain biketour through the hills
of **Los pargos**

- medium-high intensity



All day adventure



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
hotsprings**

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.