
ADVENTURES & EXCURSIONS

SURF LESSONS | \$70 | APPROX 2 HOURS

SURF AT ONE OF THE MOST FAMOUS SURF SPOTS IN THE WOLD! NO PREVIOUS EXPERIENCE NECESSARY.

MEDIUM-HIGH INTENSITY

STAND UP PADDLEBOARDING (SUP) | \$70 | APPROX 2 HOURS

2 HOUR RIVER AND MANGROVE TOUR - INCLUDES BOARD RENTAL.

LOW-MEDIUM INTENSITY

SNORKELING | \$70 | APPROX 2 HOURS

SNORKEL OFF THE COAST OF PLAYA NEGRA

LOW-MEDIUM INTENSITY

NATURE HIKE & SWIM | \$70 | APPROX 4 HOURS

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 | \$75 | APPROX 3 HOURS

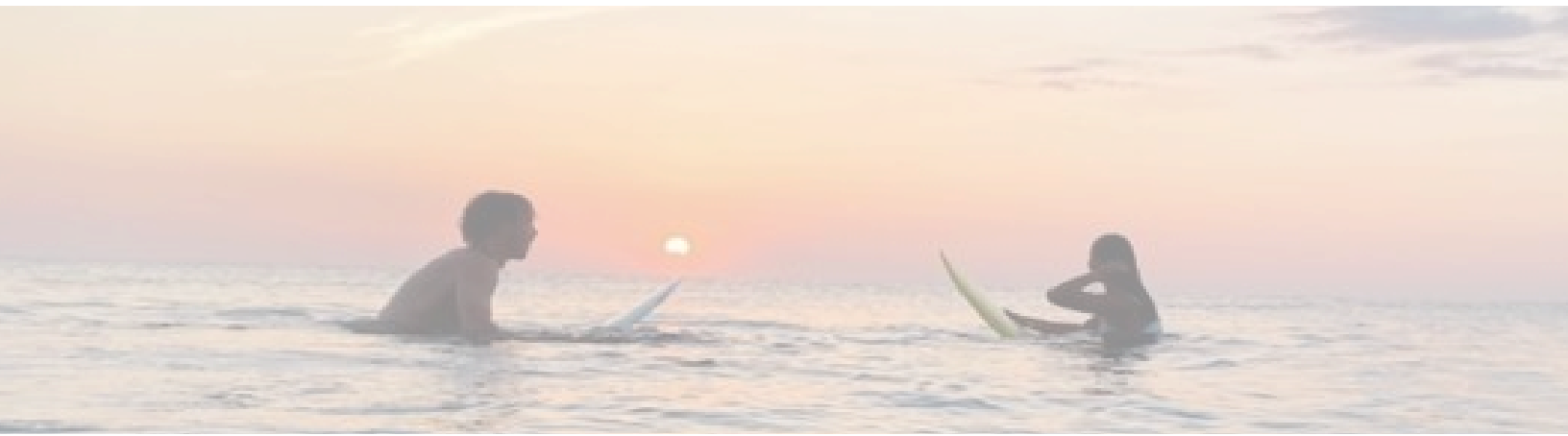
RIDE THROUGH THE LANDS OF GUANACASTE AND ALONG THE BEACH ON THIS GUIDED HORSEBACK TOUR. NO PREVIOUS EXPERIENCE NECESSARY.

MEDIUM INTENSITY

ZIPLINE | \$70 | APPROX 2 HOURS

ZIP THROUGH THE FOREST AND EVEN FREE FALL BUNGEE JUMP ON THIS EXHILARATING ADVENTURE

MEDIUM INTENSITY



MOUNTAIN BIKING | \$70 | APPROX 3 HOURS

GUIDED MOUNTAIN BIKE TOUR THROUGH THE HILLS OF LOS PARGOS

MEDIUM-HIGH INTENSITY

ALL DAY ADVENTURES

TAMARINDO DAY TRIP | \$70

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 | PRICES VARY

ALL DAY ADVENTURE - INCLUDES ZIP LINING, HORSEBACK RIDING, WHITEWATER RAFTING/TUBING, LUNCH, AND HOT SPRINGS

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.