



BODHI TREE

— YOGA RESORT —

TOURS IN THE AREA

LOOKING FOR ADVENTURE AND MUST DO'S IN
THE NOSARA AREA? TAKE A LOOK AT SOME OF
OUR FAVORITE TOURS!

PLANT A TREE

The Green Coasts tour is a unique experience in Nosara, where you'll have the opportunity to contribute to one of the community projects with the greatest and most visible local impact — planting your own tree in Guiones Beach. The activity consists of a visit to our tree nursery, where you'll learn about tree reproduction, the problematic devastation of the coastal ecosystems and the efforts of Green Coasts to restore them. From there we head directly to the beach, where you can plant your tree in the middle of the reforestation field. You can also write a dedication on a wooden board attached to your tree, so you can recognize your tree every time you visit the beach. Depending on the size of the group, the tour takes approximately 90-120 minutes. The tour includes fruits, a welcome pipa water, tools and the necessary equipment needed to plant your tree.

Cost: \$45 per person

(Prices are flexible based on group size.)



TURTLES – OSTIONAL

The Ostional Wildlife Refuge in Costa Rica was created in 1984 to protect one of the world's most important nesting sites of the Olive Ridley Sea Turtle. It is the site for a rarely seen biological wonder. The week before the new moon, hundreds of sea turtles come to one specific mile of beach to lay their eggs in the black volcanic sand. Turtles nest at Ostional year round but peak time occurs from August through December. The phenomenon of "arribadas" (mass nesting) occurs regularly once or twice a month.

Cost: \$50 per person — Cash Only





CANOPY ZIP-LINING TOUR

Enjoy the longest Canopy Tour in the world located within a pristine 2,500-acre forest reserve. This tour is nestled in the mountains surrounding the village of Nosara and will be a highlight of your trip. You will travel across majestic mountain ridges and valleys, soar high above multiple ravines with breathtaking views of rivers and cross high above the beautiful Nosara River. This four hour tour is suitable for nature lovers, adventurers, families and all who want to experience the ultimate zip-lining adventure.

This four hour tour is offered daily at 8AM or 1PM. Transportation can be arranged from the hotel to the Miss Sky Canopy office. Transportation cost is not included in the rate.

*Cost: \$75 per person, \$50 per child —
Cash Only*

STAND UP PADDLE OR KAYAK MANGROVE WILDLIFE TOUR

Stand up paddle the serene waters of the Rio Montana and Rio Nosara, weaving your way through mangrove tunnels to a hidden trail that leads out to Playa Nosara. This is a stand up paddling or kayaking adventure will (peacefully) blow your mind. Best of all – it's accessible to everyone and we'll do all we can to make sure you have a successful experience in the water.

Cost: \$65 per person





STAND UP PADDLE OCEAN LESSONS

Stand up paddle or kayak the serene waters of the Rio Montana and Rio Nosara, weaving your way through mangrove tunnels to a hidden trail that leads out to Playa Nosara. This two hour adventure will (peacefully) blow your mind. Best of all – it's accessible to everyone, and we'll do all we can to make sure you have a successful experience in the water. Refreshments and transportation are included.

Cost: \$65 per person (If paid by credit card, you'll be charged the 13% commission.)



NOSARA REFUGE FOR WILDLIFE

Founded in January of 1999, this refuge has been a place for the injured, displaced and orphaned wildlife from Nosara and the Nicoya Peninsula region of Costa Rica. Your visit will include a tour of the Refuge facilities, an opportunity to meet many of their current "guests" up close and learn about their care programs for the injured and orphaned wildlife. Prior reservations are required when visiting the Refuge. As a health precaution to the animals, the Refuge requires visitors to be in Costa Rica for at least 3 days before visiting. This two hour tour takes place at 10AM on Mondays, Wednesdays and Fridays.

Cost: \$50 per person minimum donation



WATERFALL & WILDLIFE ADVENTURE HIKE

Experience one of Nosara's hidden gems. This tucked away waterfall destination is a refreshing treat following a 45 minute moderate hike. The hike involves crossing a creek, traversing a cattle farm and weaving through a primary canopy of tropical dry forest. Stop along the way to interpret the sights, sounds and smells of everything around you before discovering a series of brilliant swimming holes and small waterfalls, each cascading from one to another. Bask in the cool water and natural beauty of the site until you're refreshed. Depending on the time of year, it's even possible to hike upriver through the waterfalls. Returning from the falls, you'll be greeted with an organic picnic lunch and refreshments. This tour is documented with photos. All-terrain shoes, swimsuits and hats are suggested.

Cost: \$65 per person (If paid by credit card, you'll be charged the 13% commission.)

SUNSET CRUISE

Enjoy a relaxing sunset cruise from beautiful Playa Garza. Located a few minutes south from Guiones, Garza Bay is surrounded by beautiful white sand beaches and mountainous countryside. With beautiful weather and calm blue seas, you'll see the amazing pink sunsets from the water. Cruise departs between 3:30-4 and returns after sunset (approximately 2 hours long).

Cost: \$550 per group, Max 8 people — Cash Only

DOLPHIN WATCHING CRUISE

Garza Bay's abundant sea life makes this excursions a must-do while you're visiting Nosara. Dolphins, whales, turtles, rays and fish are just a few of the sea life you'll be searching for. Tour is 2-4 hours max.

Cost: \$50 per adult, \$50 per child — Cash Only



ATV TOUR

Choose from a variety of guided ATV tours that will have you jumping through waterfalls, experiencing a once in a lifetime turtle hatching or snorkeling in the pristine blue water of San Juanillo. Tours are 4 hours long and require a minimum of 2 ATVs.

Cost: Starting at \$75 per person

HORSEBACK RIDING

This 2 hour tour will take you from the river up to the hills with breathtaking views of the ocean, beaches and mangroves, through jungle trails and along the beaches of Nosara and Ostional. You'll ride for two to three hours and will learn about local plants and their medicinal use, animals like howler monkeys and a large variety of birds. All horses are friendly, reliable and trained by an expert, giving beginners and advanced riders a fun experience.

Cost: \$65 per person — Cash Only





SPORT FISHING

Playa Garza is located a couple of minutes south from Guiones. Garza Bay is a calm water bay surrounded by beautiful white sand beaches and mountainous countryside. It is one of the closest bays to the Continental Shelf where Marlin, Sailfish and Tuna abound.

Captain Carrillo has been sport-fishing the waters off Garza his entire life. His skill at fishing is unsurpassed and as Captain he will insure that your trip is safe, as well as fun.

His excellent English and personality will make your day on the water....

Cost: 8 Person Max

Full Day \$1,000 // Half Day \$650

6 Person Max

Full Day \$650 // Half Day \$450

2 Person Max

Full Day \$550 // Half Day \$350