



Nosara **EXPERIENCES**

Welcome to Nosara

Located on the Pacific Coast of Costa Rica, Nosara is a beach community that offers scenes unlike anywhere else in the world. Surrounded by natural beauty, warm waters, jungle, wildlife including monkeys and more! Nosara is special in every way. We invite you to enjoy our slice of paradise with this listing of some of the best tours and activities available in our little community during your unforgettable visit to this beach town.



Please consider that cancellation of tours and activities must be notified at least 24-48 hours before the confirmed pick up time. Otherwise, there will be no guarantee of a refund, or you will incur cancellation fees. Gratuity is not included for the tour guide. We recommend \$10-\$20 per guest, according to the experience and service you receive.



The Beach Club at Gilded Iguana

Time: Daily

Included for all TM Guests:

- Transportation to and from TM to the Beach Club at Gilded Iguana
- Beach chairs and umbrella
- Cooler with ice upon request (drinks & beverages available at extra cost)
- Use of locker
- Beach towels
- Bathroom and fresh water showers

Surf board & boogie board rentals available at extra cost

Recommended Attire/Equipment:



Included in our room rates, all TM guests have **complimentary access to the Beach Club at Gilded Iguana**, a brand new space where surfers and beachgoers alike can receive the best possible oceanside experience in Nosara.



Surf Lessons

Time: 90 minutes / Subject to tide

Includes: Surfboard/equipment, instructor, towel, shower, access to Beach Club

Recommended Attire/Equipment:



Whether you're a seasoned professional or just starting out, sharpen your skills with private, semi-private, or group surf lessons. Surf lessons are 90-minutes long and led by ISA-certified surf coaches who are trained to work with both beginners and experienced surfers.

Access to Beach Club is included with surf lessons and include transportation to and from, use of locker, bathroom and fresh water showers.



Horseback Riding at Guiones Beach

Type: Moderate tour

Time: 2 hours / Best time 8:00am & 4:00pm

Recommended Attire/Equipment:



Enjoy the amazing Nosara beaches like Playa Guiones and Playa Pelada with a local tour guide that spends his life around horses. This is a one in a lifetime experience getting to explore the beauty of Nosara Community. It's a must do for couples and single travelers!



Ostional Turtle Nesting Tour

Type: Peaceful Tour

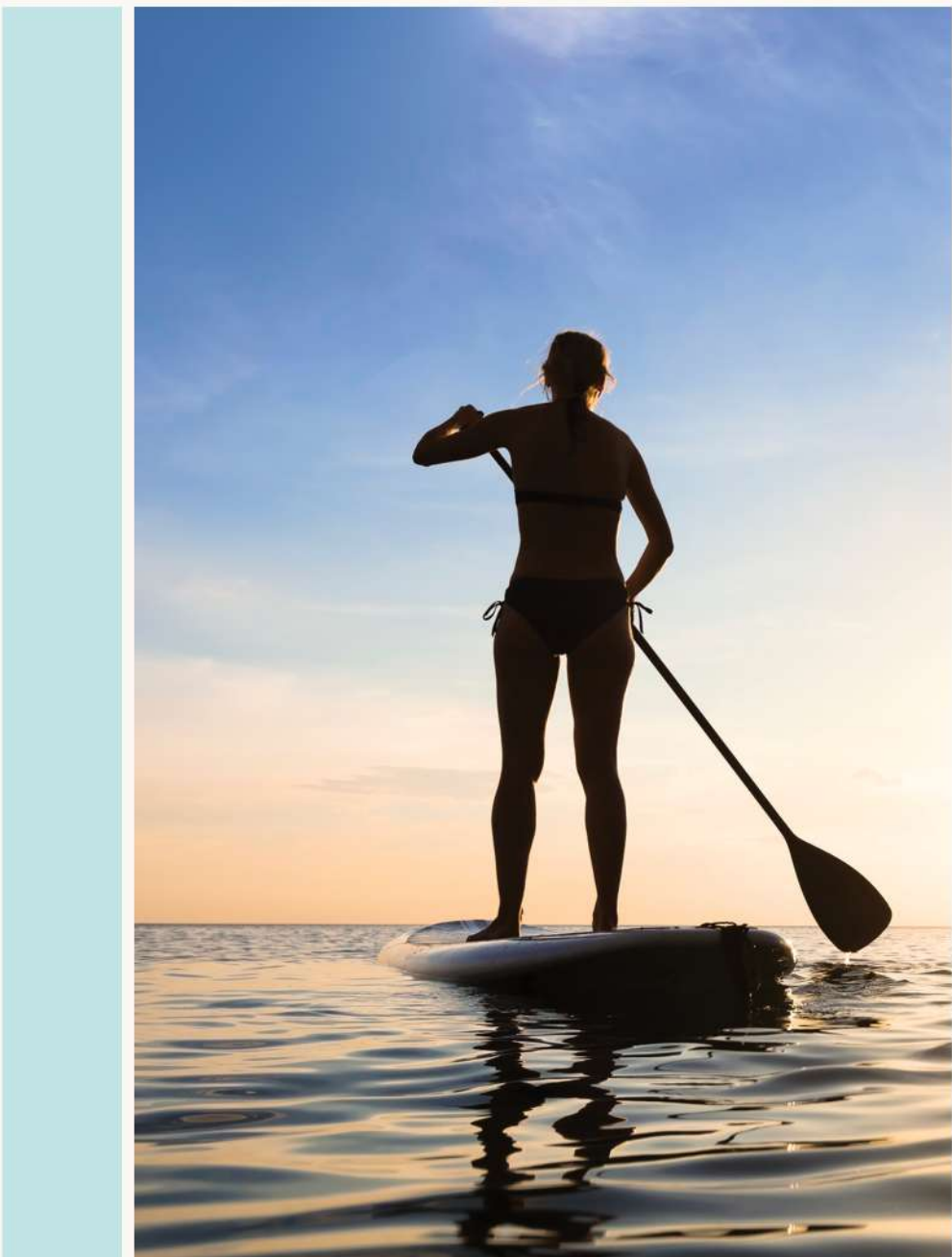
Time: 3 hours / Subject to nesting season

Includes: Transportation, local guide & entrance fee to Ostional Wildlife Refuge

Recommended Attire/Equipment:



The world's most famous nesting beach for the Olive Ridley Turtle, a unique and rarely-seen biological wonder. Hundreds and sometimes thousands of sea turtles come to one specific stretch of beach to lay their eggs in the black, volcanic sand of Ostional. Turtles nest year-round, but peak time is during rainy season from August through December. 'The Arribada', or nesting period, occurs once or sometimes even twice a month and the number of nesting females range from hundreds to thousands. The turtles generally ride in on high tide at night, but during an Arribada they arrive soon after sunset and continue until 6 the next morning.



Standup Paddle Boarding Ocean Tour

Type: Moderate tour

Time: 3 hours / According to tide

Includes: Transportation, local guide, water & fruit

Recommended Attire/Equipment:



Paddle around Garza's northern headland to the fabled Isla Rosada, visit the tucked away "Coco" beach, explore the outer reefs of south Guiones or cruise the Garza bay. Depending on local conditions your ocean paddling experience will be crafted to you and your groups' skill level. Explore the offshore reefs and vibrant marine life as you learn to stand up paddle the open ocean, spot sea turtles peacefully swimming and enjoy the company of your local guide.



Standup Paddle Boarding Mangrove Tour

Type: Peaceful tour

Time: 3 hours / According to tide

Includes: Transportation, guide, coconut water & fruit

Recommended Attire/Equipment:



Paddle the serene waters of Rio Montaña, weaving your way through mangrove tunnels to a hidden trail that leads out to Playa Nosara. Take this adventure at your own level and pace while spotting wildlife in the jungle's trees. Available boards and paddles of all sizes and shapes to accommodate everyone from the introductory flat-water paddler to the expert paddle surfer.



Boca Nosara Wildlife & Birding Kayak Tour

Type: Peaceful tour

Time: 3 hours / According to tide

Includes: Transportation, guide, coconut water & fruit

Recommended Attire/Equipment:



Rio Nosara and Rio Montaña are the largest rivers in Nosara, and where they meet is a tremendous amount of natural beauty. For nature lovers and those who like to kayak, this is quite simply the best tour in Nosara. Explore the wildlife through the eyes of birding expert and lead guide. Kayak alongside great blue herons, anhingas, roseate spoonbills, and maybe even a few reptiles. Weave through mangrove tunnels as wide as your boat, while enjoying the exquisite sounds of the jungle.



Zip Line Tour

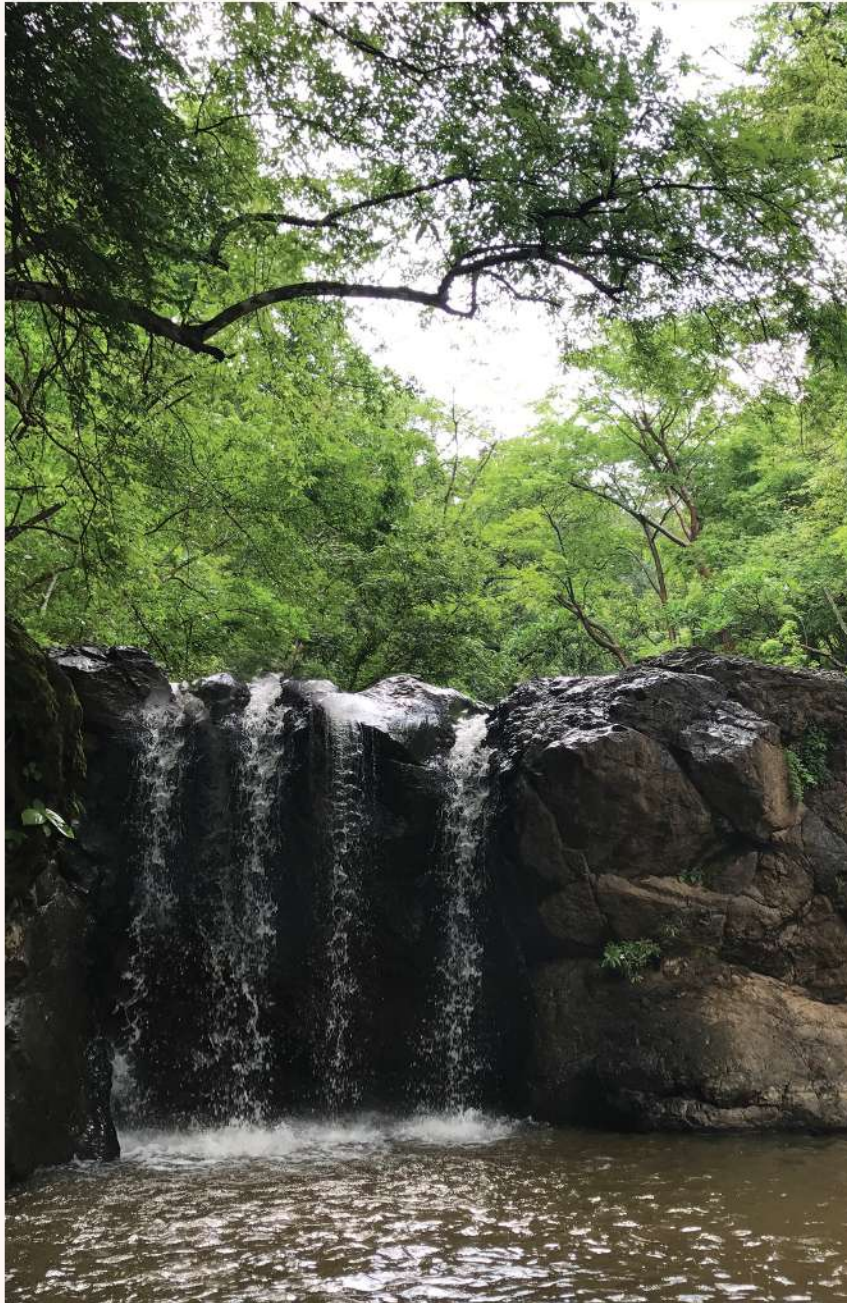
Type: Moderate tour

Time: 4 hours / Tour available at 7:30am or 1:00pm

Recommended Attire/Equipment:



This zip line tour is one of the longest lines in the world! Soar across the treetops in this thrilling, exhilarating and safe adventure. Get to know your local English and Spanish speaking guides and spot wild animals in their natural habitat. Enjoy 13 zip lines between 300m and 800m long, for a total length of 11km. **You'll be so glad you did it!**



Mala Noche Waterfall & Wildlife Adventure

Type: Moderate tour

Time: 3.5 hours / Available only during Green Season (June - November)

Includes: Transportation, refreshments, fruit & guide

Recommended Attire/Equipment:



Experience one of Nosara's hidden gems. This 45 minute hike includes crossing several slow-flowing creeks, traversing a lush cattle farm and weaving through a primary canopy of tropical dry forest. Stop along the way to take in the vibrant colors of flowering trees and sounds of young howler monkeys before discovering a series of fresh swimming holes and small waterfalls.



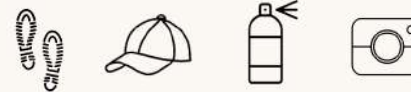
Early Morning Birding & Wildlife Hike

Type: Moderate tour

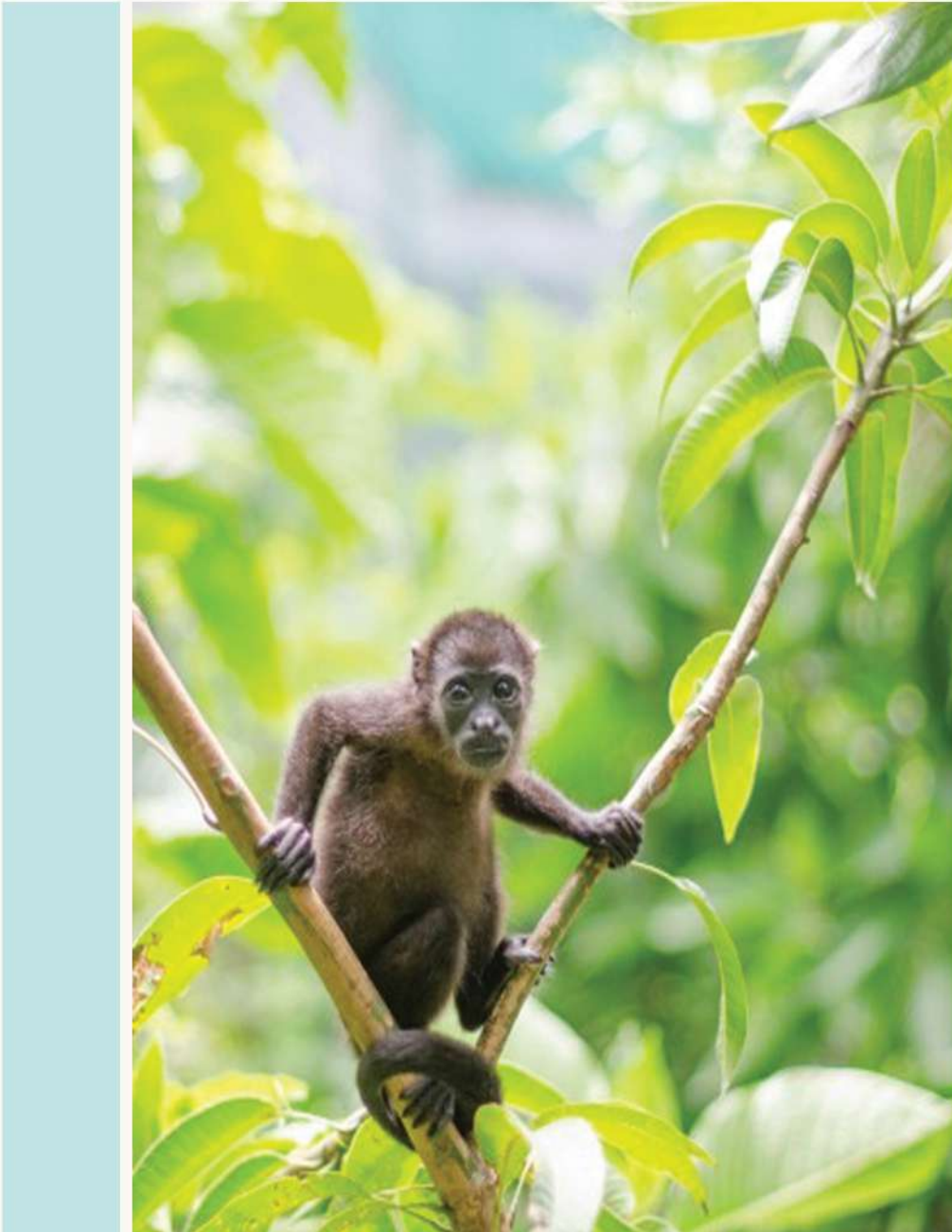
Time: 3 hours / Best around 7:00am

Includes: Includes transportation, refreshments, fruit & local guide.

Recommended Attire/Equipment:



Rise and shine! Over 270 species of birds have been documented within the borders of the Nosara Biological Reserve. Amateur and serious birdwatchers visiting Costa Rica will be thrilled with this early morning hike. Visit the heart of all the biodiversity in the Nosara region and see it through the eyes of a true naturalist.



Nosara Wildlife Refuge Educational Visit

Type: Peaceful tour

Time: 2 hours / 10:30am

***Entrance fee is a donation to the refuge**

Recommended Attire/Equipment:



Founded in January of 1999, the Refuge for Wildlife has been a place for injured, displaced and orphaned wildlife from Nosara and the Nicoya Peninsula region of Costa Rica for 19 years. While the Howler Monkeys compose the majority of the animals that pass through the Refuge, they are certainly not the only visitors. Your visit will include a tour of the Refuge facilities and an interactive discussion about the issues and challenges that affect the local environment and wildlife. You will also have an opportunity to meet up-close many of the current guests.



San Juanillo Beach Snorkeling Tour

Type: Peaceful tour

Time: 4 hours / According to tide

Includes: transportation, snorkeling equipment, guide, water & fruit

Recommended Attire/Equipment:



Enjoy a scenic drive through the Guanacaste countryside to an isolated and unpopulated white sand beach called San Juanillo. This is a true “beach day” with plenty of time to wander, relax, and restore around the bay. Equipped with the snorkel gear you can enjoy floating around the bay, tide pools and tranquil ocean waters.



Sport Fishing Adventure

32' T Craft: Up to 6 people with bathroom included

Time: Half day & full day options / 7:00am

Includes: Craft, crew, fishing equipment, water, fruit, snacks, & lunch for full day option

Recommended Attire/Equipment:



This world-class tropical fishing tour will give you a chance to fish in the crystal blue water at local fishing spots with a beautiful view of the Costa Rican coastline. Enjoy the thrill of catching marlin, sailfish, tuna, snapper, wahoo, rooster fish, tarpon or snook. The captains we charter for you know how to locate and catch the fish, along with helping those clients with little-to-no fishing experience. Dolphin and sea turtle spotting is also an added bonus to a fun day of fishing here in Costa Rica.



PADI Certified Scuba Diving

Time: 5 hours

Includes: Guide, two tanks, snacks, fruit & water.

Must be a certified diver & have your PADI diver card or number with you

Recommended Attire/Equipment:



This dive center is located in Garza Beach, 30 minutes south from Nosara. Enjoy the marine life under the waves with professional and certified diving guides, new and regularly maintained equipment, and a 32' specially designed for diving boat. You will enjoy the Pacific Coast, with maximum depths of 25m, and perfect spots to admire colorful sea life in the warm waters of Costa Rica. Certification courses also available, please ask our concierge for more information.



Nosara Functional Fitness

Time: TBA by instructor

Includes: Equipment

Recommended Attire/Equipment:



Worried about maintaining your physical condition? Well we've got just the class for you. Book a class at a true jungle gym with certified fitness trainers Riccardo and Tabata. Circuit training, weightlifting, TRX, kettle bells, cardio and more, Ricardo and Tabata will bring out the best (beast) in you. Contact our concierge to arrange for a specific fitness style program (including kick boxing training) that suits you best.



Yoga Classes

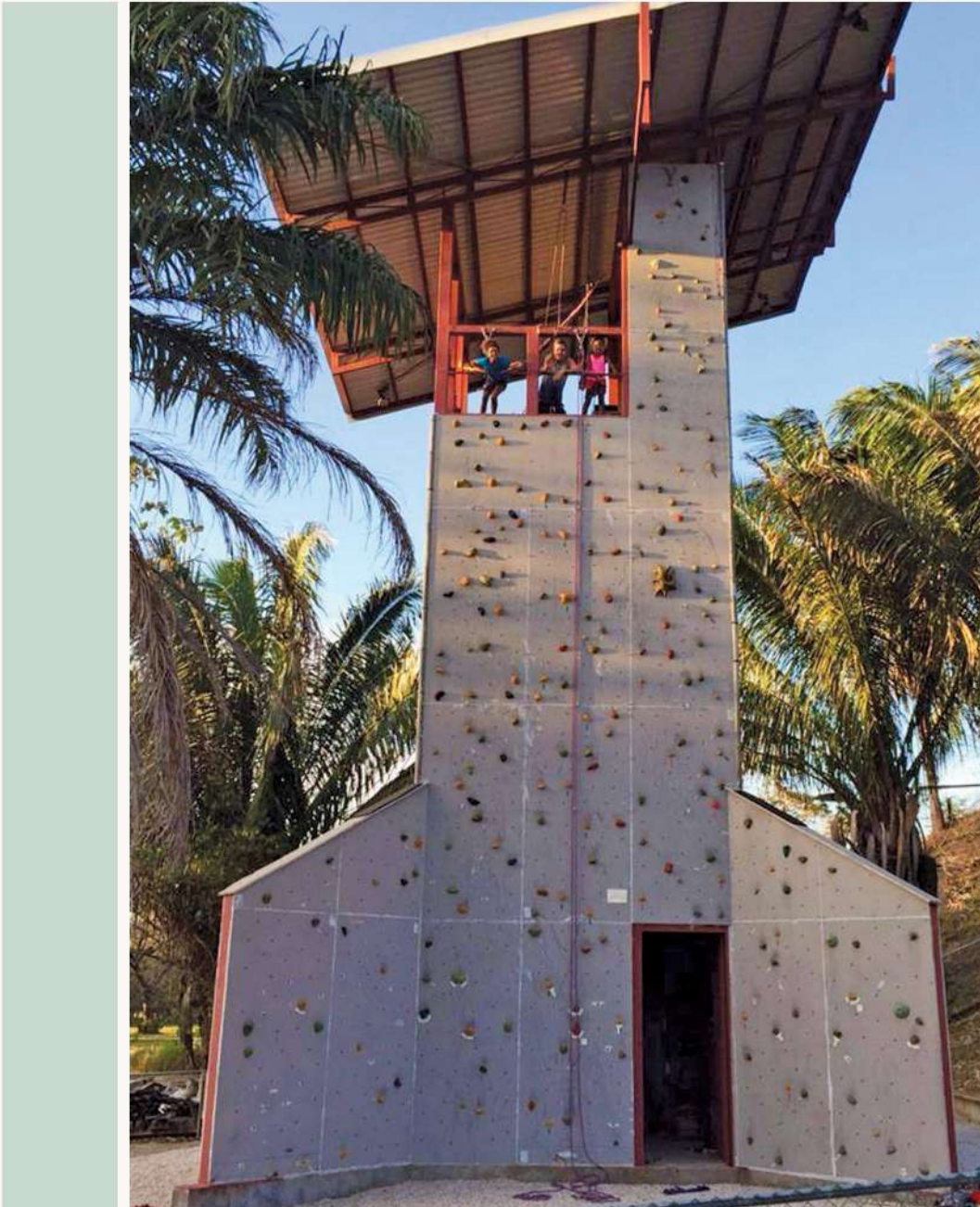
Time: 1 hour

Includes: Mat, blocks, water

***Complementary yoga class included with each stay**

Enjoy one of the top yoga and fitness destinations in the world with a private or group yoga class. A variety of different instructors are available depending on skill level and type of yoga.

Some options include Power Vinyasa Yoga, Ashtanga Yoga, Restorative/Yin Yoga, Flow Yoga.



Climbing Nosara

Type: Moderate Tour

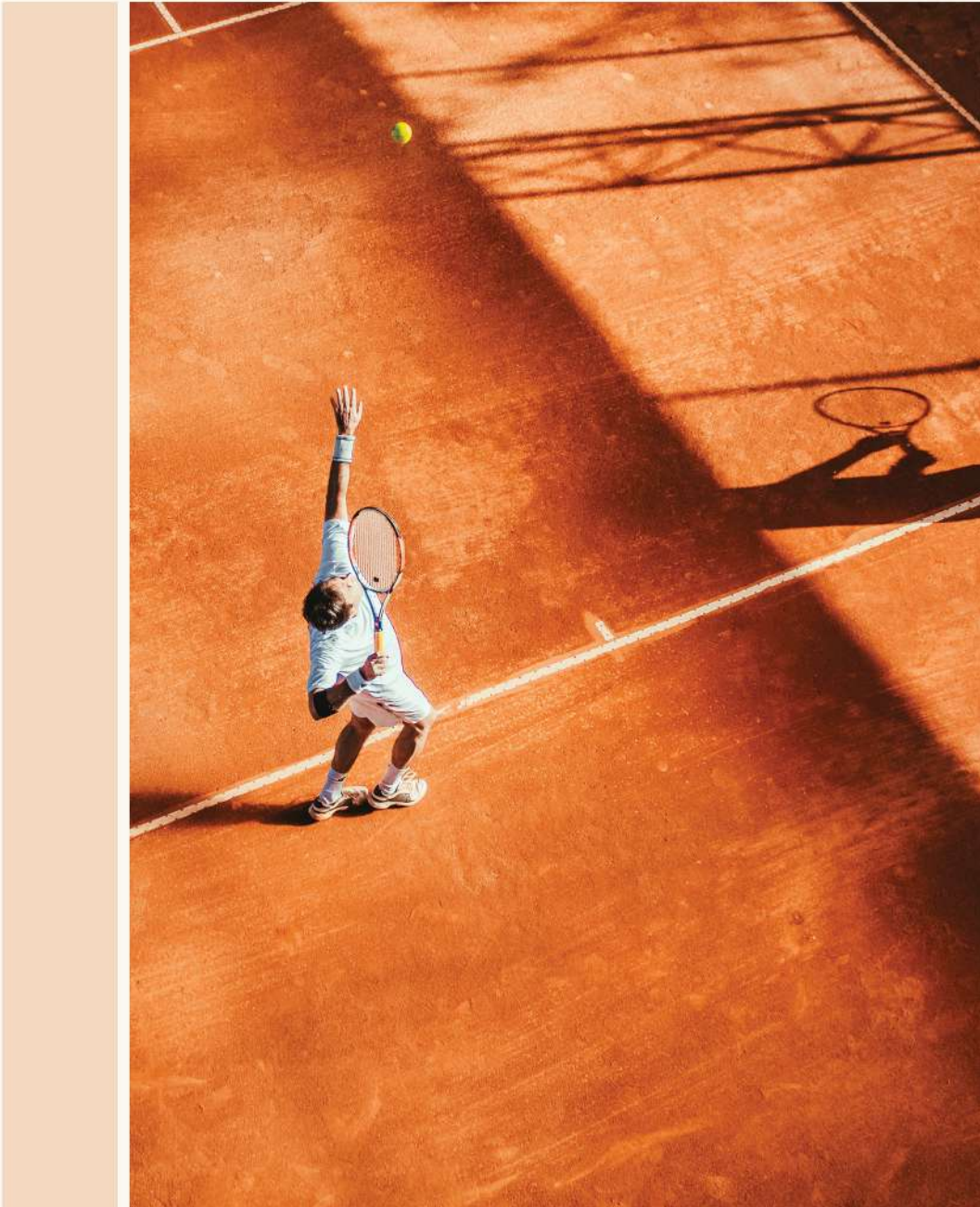
Time: 2 hours

Includes: Supervisor/instructor & climbing equipment

Recommended Attire/Equipment:



Climbing is great fun and provides both a physical and mental challenge for adults and groups. Climbing helps to build confidence, with great lessons in teamwork, trust and leadership skills. It also helps to develop core strength, balance & coordination, and develops muscular strength, muscular endurance, body composition and flexibility! 12.5m high, 4-sided tower design (3.6m each side) with a roof... in the jungle!



Nosara Tennis Center

Time: To be arranged with concierge

Recommended Attire/Equipment:



Tennis Racquets available

With a new selection of 5 full size courts – including red clay and DecoTurf® Hard Courts, this tennis center offers from hourly rental, to professional lessons to begin or improve your tennis skills with the best coaches.



Nosara Mountain Bike Tours

Type: Rough tour

Time: 1.5 - 2 hours

Includes: Specialty bike, helmet, gloves, hydration, guide & first aid assistance, professional guide & mountain bike instructions

Recommended Attire/Equipment:

Professional Attire

This Mountain Bike Tour is for riders ages 16+ up and climbs a 1,200 meter altitude. Ask our concierge for the Pro Tour Option.



Costa Verdes

Time: To be arranged with biologist

Recommended Attire/Equipment:



Leave your mark in Nosara by reducing your carbon footprint. Founded in 2009, Costa Verdes is an organization that restores coastal forest by reintroducing native plant and trees species in Guiones and other coastal locations in Costa Rica. To help restore our coast, you can plant and adopt a native tree, at the same time you will learn about planting techniques, dry tropical forest, native species and more.

Pricing Menu

*13% sales tax will be added to price

Private Surf Lessons\$80
Semi-Private Surf Lessons \$60 per person
Group Surf Lessons \$50 per person

Horseback Riding\$85 per horse
at Guiones Beach

Ostional Turtle Nesting Tour \$85 per person

Standup Paddle Boarding \$95 per person
Ocean Tour

Standup Paddle Boarding \$85 per person
Mangrove Tour

Boca Nosara Wildlife \$85 per person
& Birding Kayak Tour

Zip Line Tour \$85 per person

Mala Noche Waterfall\$85 per person
& Wildlife Adventure

Early Morning Birding \$85 per person
& Wildlife Hike

Nosara Wildlife Refuge \$50 per person donation (cash only)
Educational Visit

San Juanillo Beach \$100 per person
Snorkeling Tour

Sport Fishing Adventure \$800 - \$1,000
Price depending on size of boat & length of trip

PADI Certified Scuba Diving \$140 per person /
\$30 per accompanying

Nosara Functional Fitness \$50 per session

Yoga Classes \$60 private lesson minimum
Complementary yoga class included with each stay











Climbing Nosara \$30 per person

Nosara Tennis Center.\$15 per hour on Hard Court
\$25 per hour on Red Clay Court

Nosara Mountain Bike Tour \$120 per person,
private classic tour

Costa Verdes\$30 donation per person

Key Legend for Recommended Attire/Equipment

	Long Pants
	Tennis Shoes
	Hat
	Sunglasses
	Sunscreen
	Backpack/Bag
	Bug Repellent
	Light Pants
	Camera
	Bathing Suit

	Rash Guard
	Fanny Pack
	All-terrain Shoes
	Towel
	Clothes to get dirty
	Comfortable Clothes
	Water bottle
	Extra tee-shirt
	No electronic device
	Waterproof shoes