



# Nosara Wildlife and Eco Experiences

2018-2019

# 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 you will be charged for the activity, 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.

# TM BEACH CLUB

— at the Gilded Iguana —

## SURF MEMBERSHIPS

MEMBERSHIP FEES		
DAILY MEMBERSHIPS	INDIVIDUAL	FAMILY (Up to 5 members)
	\$35	\$70
WEEKLY MEMBERSHIPS	INDIVIDUAL	FAMILY (Up to 5 members)
	\$165	\$300

### FULL USE OF SURF CLUB FACILITIES

- **Lockers** (with changing stalls)
- **Surf Lounge** (TVs, Ping Pong, Sofas)
- **Balance Training Area**
- **Personal Board Storage** (for up to 1 board per client)
- **Private path to beach**
- **Beach showers**

### FULL USE OF CLUB EQUIPMENT

- **120+ Surfboards** (a variety of shapes specially designed for waves in Guiones, and this region of Costa Rica)
- **Boogie Boards**
- **SUP's**

### DISCOUNTS

- Juice Bar - 20%
- Restaurant - 10%

- Surf Lessons - 20%
- Iguana Shop - 15%

- MTB - 15%

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## SURF BOARDS AVAILABLE WITH MEMBERSHIP

Our surfboards are brand new top of the line shapes that have been designed to excel in the wave conditions that we have in this region of Costa Rica.

Our 3 tiers of surfboards are:

- Soft Top / Basic Rentals
- Standard Rentals
- High Performance Rentals

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## SURF LESSONS

- Lessons are 90 minutes long
- Lessons usually take place around low tide
- We offer private lessons, semi-private lessons, and group lessons.
- Lessons are for everyone!

PRIVATE	\$64
SEMI-PRIVATE	\$48 per person
GROUPS	\$40 per person
VIDEO/PHOTO ADD-ON	\$20 per person

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## NON-MEMBERSHIP SERVICES

Lockers, showers & changing room are available to guests purchasing these services!

### SURFBOARD RENTALS

SOFT TOPS & BASIC RENTALS		
HALF DAY	DAY	WEEK
\$10	\$20	\$90

STANDARD RENTALS		
HALF DAY	DAY	WEEK
\$15	\$20	\$100

HIGH PERFORMANCE RENTALS		
HALF DAY	DAY	WEEK
\$20	\$30	\$150

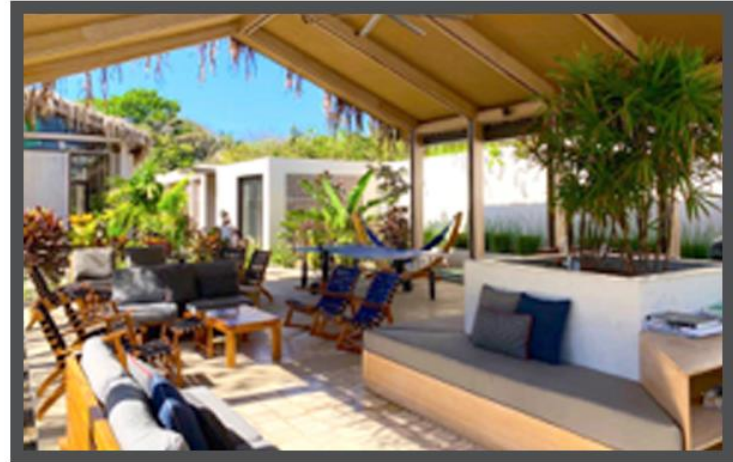
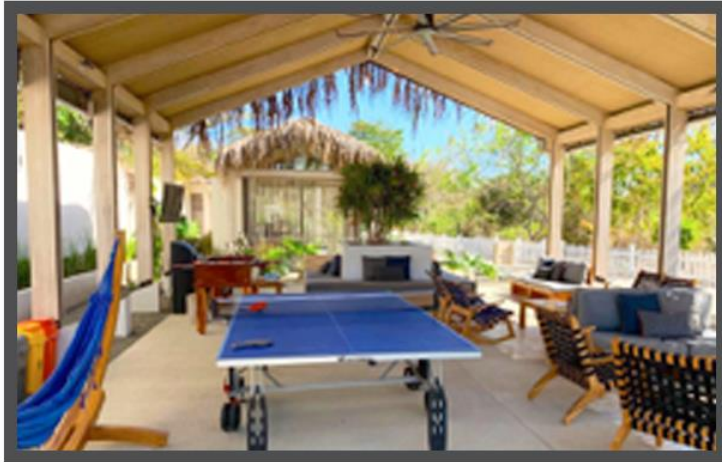
BOOGIE RENTALS		
HALF DAY	DAY	WEEK
\$5	\$10	\$50

### SURF LESSONS

PRIVATE	\$80	Video/Picture Add On's — \$20/person
SEMI-PRIVATE	\$60/person	Video/Picture Add On's — \$20/person
GROUPS	\$50/person	(3-10 ppl) Video/Picture Add On's — \$20/person

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# Sunset Horseback Riding at Guiones Beach

\$85 per horse ♦ Moderate tour ♦ 2 hours ♦ Best time 4pm ♦ Recommended attire/equipment: long pants, closed toed shoes, hat, sunglasses, sunscreen, backpack to carry camera, keys, etc. ♦ Enjoy the amazing Nosara beaches like Guiones and Peladas 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 families, couples and single travelers! Please note that, kids under 5 years old can ride with parents and helmets are available. **Cancellations of this tour must be made 48 hours in advance**



## Ostional Turtle Nesting Tour

\$85 per person ♦ Peaceful tour ♦ 3 hours ♦ Subject to nesting season ♦ Includes transportation, local guide and entrance to Ostional Wildlife Refuge . ♦ Recommended attire/equipment: mosquito repellent, shoes, light pants, camera (no flash permitted on the beach) ? The worlds 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 mile 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 the high tide at night but during an *arribada* they arrive soon after sunset and continue until 6 the next morning.



## Stand Up Paddle Mangrove Tour

\$85 per adult/ \$50 per kids under 10 ♦ Peaceful tour ♦ 3 hours ♦ According to tide ♦ Includes transportation, local guide, coconut water and fruits. ♦ Recommended attire/equipment: Bathing suit, hat, sun protection and mosquito repellent ♦ Stand up paddle the serene waters of Rio Montaña River, weaving your way through mangrove tunnels and birdsong to a hidden trail that leads out to Playa Nosara. Take this stand up paddling adventure to 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.



## Stand Up Paddle Ocean Tour

\$95 per person ♦ Moderate Tour ♦ 3 hours ♦ According to tide ♦ Includes transportation, local guide, water and fruits. ♦ Recommended attire/equipment: Bathing suit, sun protection and rash guard ♦ 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.



## Boca Nosara Wildlife and Birding Kayak Tour

\$85 per adult/ \$50 per kids under 10 ♦ Peaceful Tour ♦ 3 hours ♦ According to tide ♦ Includes transportation, local guide, coconut water and fruits. ♦ Recommended attire/equipment: Bathing suit, hat, sun protection and mosquito repellent ♦ The Rio Nosara and the Rio Montaña are the two largest rivers in Nosara, and where they converge you will find 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 rich Rio Nosara through the eyes of our birding expert and lead guide. Kayak alongside great blue herons, anhingas, roseate spoonbills, and maybe even a few reptiles. Then weave through mangrove tunnels just as wide as your boat, enjoying the exquisite sounds of the jungle.



## Miss Sky Canopy Tour

\$85 per person/ \$65 per kids 5 - 12 years old ♦ Moderate Tour ♦ 4 hours ♦ Tour available at 7:30 am or 1:00 pm ♦ Recommended attire/equipment: closed toed shoes or sandals with a heel strap; light pants, capris or not too short shorts, sunscreen, mosquito repellent, and fanny pack to carry camera, keys, money. ♦ **Miss Sky Canopy Tour** is one of the newest zip line tours in Costa Rica and the longest 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 and Wildlife Adventure Hike

\$85 per adult/ \$50 per kids under 10 ♦ Moderate Tour ♦ 3.5 hours ♦ Available only during Green Season (June-November) ♦ Includes transportation, refreshments, fruits and local guide. ♦ Recommended attire/equipment: All-terrain shoes, swimsuit, hat, camera and mosquito repellent ♦ 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 and Wildlife Hike

\$85 per person ♦ Moderate Tour ♦ 3 hours ♦ Best time 7:00 am. ♦ Includes transportation, refreshments, fruits and local guide. ♦ Recommended attire/equipment: All-terrain shoes, hat, camera and mosquito repellent ♦ 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 Refuge for Wildlife Educational Visit

\$50 per person donation (cash only) ♦ Peaceful Tour ♦ 3 hours ♦ 10:30 am. ♦ Recommended attire/equipment: Comfortable shoes and camera ♦ 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 our current guests.



## San Juanillo Beach Snorkeling Tour

\$100 per person ♦ Peaceful Tour ♦ 4 hours ♦ According to tide ♦ Includes transportation, snorkeling equipment, guide, water and fruits ♦ Recommended attire/equipment: swimsuit, beach towel, sunscreen, hat and sunglasses ♦ 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. ♦ Ask our concierge for San Juanillo - ATV adventure option.



## Waterfall and Mountain ATV Tour

\$120 per person/ \$35 add person in the same quad ♦ Active Tour ♦ 4.5 hours ♦ Includes ATV, helmet, goggles, guide, water and fruits ♦ Recommended attire/equipment: Dress to get dirty, comfortable clothes, water or tennis shoes, sunblock, bathing suit, camera ♦ One of the most unique and famous ATV adventures consists of traversing spectacular mountain roads with amazing views of the Guanacaste Region. As well, you will explore thick jungle trails and make several river crossings, so prepare to get wet and dirty! During and right after the rainy season you will have a chance to take a refreshing swim in the waters of beautiful White Rocks waterfall. For the adventure lover, this tour is a MUST.



## Sport Fishing Adventure

\$800-\$1000 . Price depends on size of the boat, and length of the trip. ♦ 32' T Craft , up to 6 people, with bathroom, ♦ Includes craft, crew, fishing equipment, water, fruits, snacks and lunch for full day option. ♦ Recommended attire/equipment: Comfortable clothes, hat, camera, swimsuit, sunblock ♦ 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, roosterfish, 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

\$140 per person/ \$30 per accompanying ♦ 5 hours ♦ Includes guide, two tanks, snacks, fruit, water. ♦ Recommended attire/equipment: swimsuit, sunblock ♦ **Must be a certified diver and have your PADI diver card or number with you.** ♦ 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 Day Camp

\$70 per kid ♦ from 8am to 1pm ♦ Includes a healthy snack, a hot lunch, all transport to and from activities (from Harbor Reef Hotel), gear and equipment. ♦ Recommended attire/equipment: according to each Day Camp activities, snack, water bottle, hat, sun screen, bug repellent, closed-toe shoes or boots that can (and will!) get wet, a towel, rash guard or extra t-shirt, and of course a bathing suit. Leave all electric devices at home. ♦ Local adventure excursions for kids ages 5-14, like guided biosphere and waterfall tours, visits to local fincas, stand-up paddle boarding in the mangroves, planting trees, snorkeling in tide pools, discovering hidden caves, eco-scavenger hunts, snake safety lessons, swimming, beach clean-ups and visits from local guest speakers. Other days we take excursions to the climbing wall & skate park, mini-golf, and more.



## Nosara Functional Fitness

\$50 per session ♦ Up to 5 people ♦ 1 hour ♦ Includes equipment. ♦ Worried about maintaining your physical condition? Well stop, 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, Riccardo and Tabata will bring out the best (*beast*) in you. Contact our concierge to arrange for a specific fitness style program that suits you best including kick boxing training.



## Yoga Classes

\$60 private lesson minimum ♦ 1 hour ♦ Includes equipment. 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

\$30 per adult/\$25 per kid ♦ Moderate Tour ♦ 2 hours ♦ Includes supervisor/instructor and climbing equipment ♦ Recommended attire/equipment: Comfortable clothes, tennis shoes ♦ Climbing is great fun and provides both a physical and mental challenge for children, 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

\$15 1 hour Hard Court/ \$25 1 hour Red Clay Courts ♦ Private Lessons available for \$60 per person. ♦ Recommended attire/equipment: Comfortable clothes, tennis shoes. 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 MTB Tours

\$120 per person, private Classic Tour ♦ Rough Tour ♦ 1.5-2 hours ♦ Includes specialty bike, helmet, gloves, Hydration, guide, and first aid assistance, professional guide and mountain bike instruction. ♦ Recommended attire/equipment: Professional attire ♦ Ages +16, up 1,200 meters altitude. ♦ Ask our concierge for the Pro Tour Option.



## Jungle Mini Golf

\$8 per adults/ \$5 per kids ♦ Family Tour ♦ Jungle Mini Golf is a great way to spend a nice time with your friends and family, shady during the day and lit up at night. It's an excited out sided themed jungle 9 hole miniature golf course that offers a host of fun at every turn. Jungle Mini Gold is fun for all ages! Our courses are challenging enough for adults yet playable for children!



# Costa Verdes

\$30 donation per person ♦ Leave your mark in Nosara by reducing your carbon footprint. Founded since 2009, Costas 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 specie, at the same time you will learn about planting techniques, dry tropical forest, native species and more.