



TourBook

Costa Rica is vast with adventure and experience and is known for its biodiversity, natural environments and peaceful culture. We have curated a host of local on and off property excursions to enhance your experience in Costa Rica. Guided by people who know the history of the region and have knowledge of native animals and plants, each of these tours will enrich your time in this beautiful country.

NATURE HIKE

**Supercharge your energy
exploring the crystal quartz mountain.**

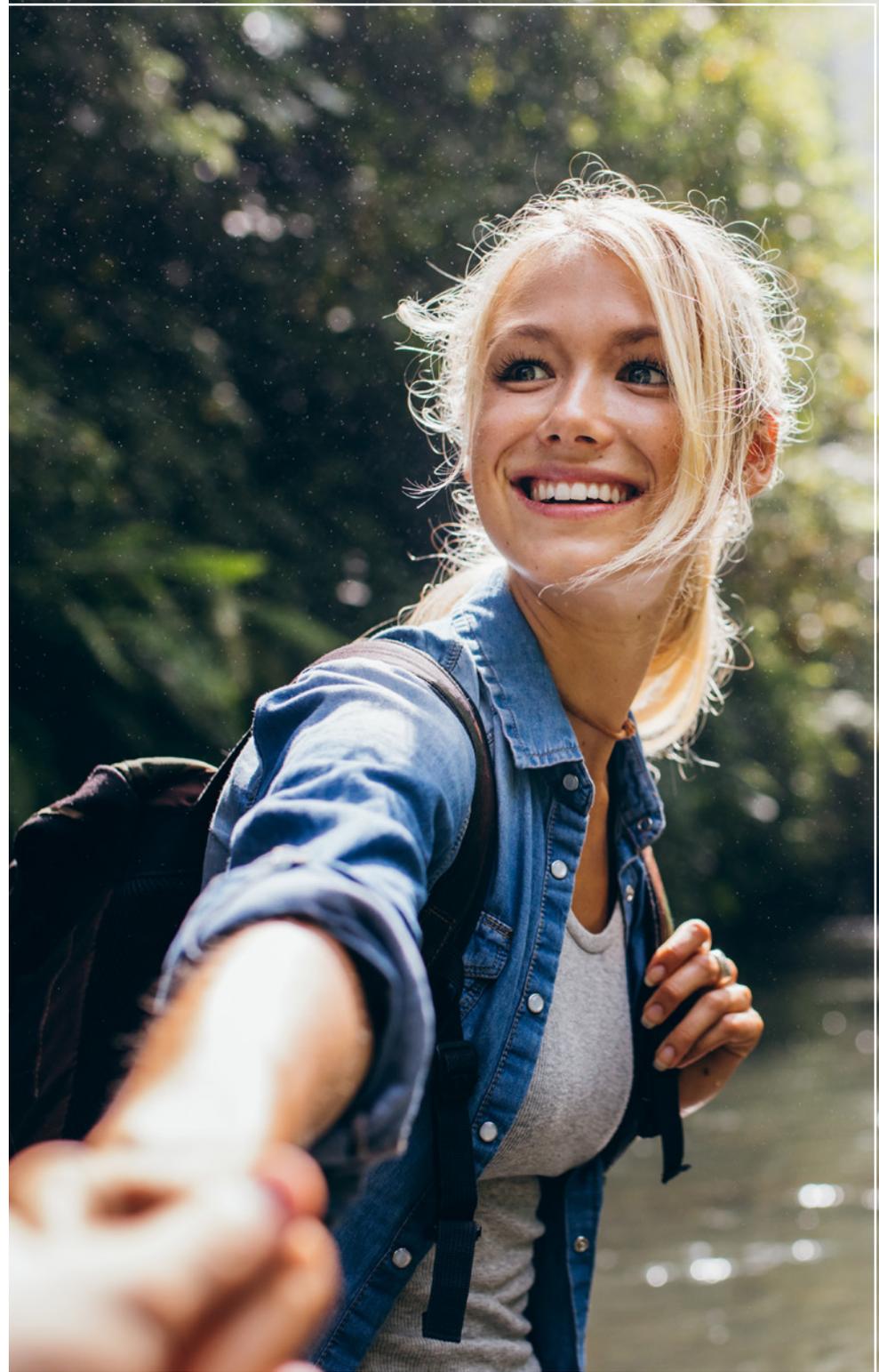
**EACH
PERSON
\$25**

We invite you on our daily guided hike to invigorate your senses, ignite physical, mental and spiritual well-being while enjoying the surrounding beautiful landscapes. Our 5k walk is a journey down the slopes of the hotels crystal mountain which has a palpable energetic impulse.

This will take you through our organic coffee plantation, over the mountain pathways with vast views of the ocean and peninsula, into the jungle and down to the river where wooden swings hang from giant trees. Your guide will note the flora and fauna, and specifically point out our family of white-faced monkeys and occasional sloths and white nosed 'Pizote'. You can also note the variety of indigenous plants and trees of our Costa Rican landscape and pay particular attention to the numerous species of birds that adorn the valley.

Difficulty: Moderate- high

Duration: 1:30 - 2 hours



LA PAZ WATERFALL GARDENS AND POAS VOLCANO

A favorite tourist destination.

**1ST PERSON
\$355**

**EACH
ADDITIONAL
\$150**

This is one that consistently gets rave reviews. La Paz is a favorite, for its beautiful butterfly gardens, amazing wildlife and three of the most gorgeous waterfalls in Costa Rica. You will see Sloths, Monkeys, snakes and Costa Rican frogs. We have designed our tour to make your visit to Poas and the Waterfall Gardens as relaxing and restful as possible, after breakfast at The Retreat the guests enjoy a 90 minute drive through Old town Palmeres and Grecia experiencing some Costa Rican culture and passing through some of the most beautiful agricultural lands of the country. We go directly to Poas to enjoy a short hike around the mouth of the volcano. Then to the waterfalls where our guests appreciate the professional setting that brings you so close to nature in its pure form. The gardens provide a lovely typical Costa Rican lunch buffet, (or we can pack a picnic lunch of the Retreats healthy cuisine). Upon departure, our tour concierge will stop at a viewpoint of the central valley for a photo opportunity of the beautiful landscape and then a quick stop at a tropical fruit stand to explore more of the country's gems.

Departs at 9 am and arrives back at The Retreat by 5 pm to enjoy the beautiful sunset

Duration: Full day (8 hours)



CROCODILERIVER TOUR

A True unforgettable adventure.

**1ST PERSON
\$225**

**EACH
ADDITIONAL
\$120**

Cruise on the Tárcoles River by boat and get close to man-eating crocodile. The tour begins with a 60-minute drive through Old town San Mateo and Orotina down to the river's edge and to a farm where the tractor will guide you through the wildlife and farm animals. The 15-person boat will greet you at the river's edge and the tour will be interactive while observing abundant exotic birds and other jungle wildlife such as iguanas, basilisks, mangrove crabs and more. This river ride allows visitors to experience the spectacular and vast rainforest wildlife in ways that can only be seen from the water's edge. The Farm provides a lovely Typical Costa Rican lunch buffet, or we can pack a picnic lunch of the Retreats healthy cuisine. This is an unforgettable excursion for adventure lovers that will not disappoint.

Departs at 9 am and arrives back at The Retreat by 3 pm to enjoy a spa treatment and the beautiful sunset.

Duration: ¾ day (6 hours)



VISTA LOS SUENOS ADVENTURE PARK

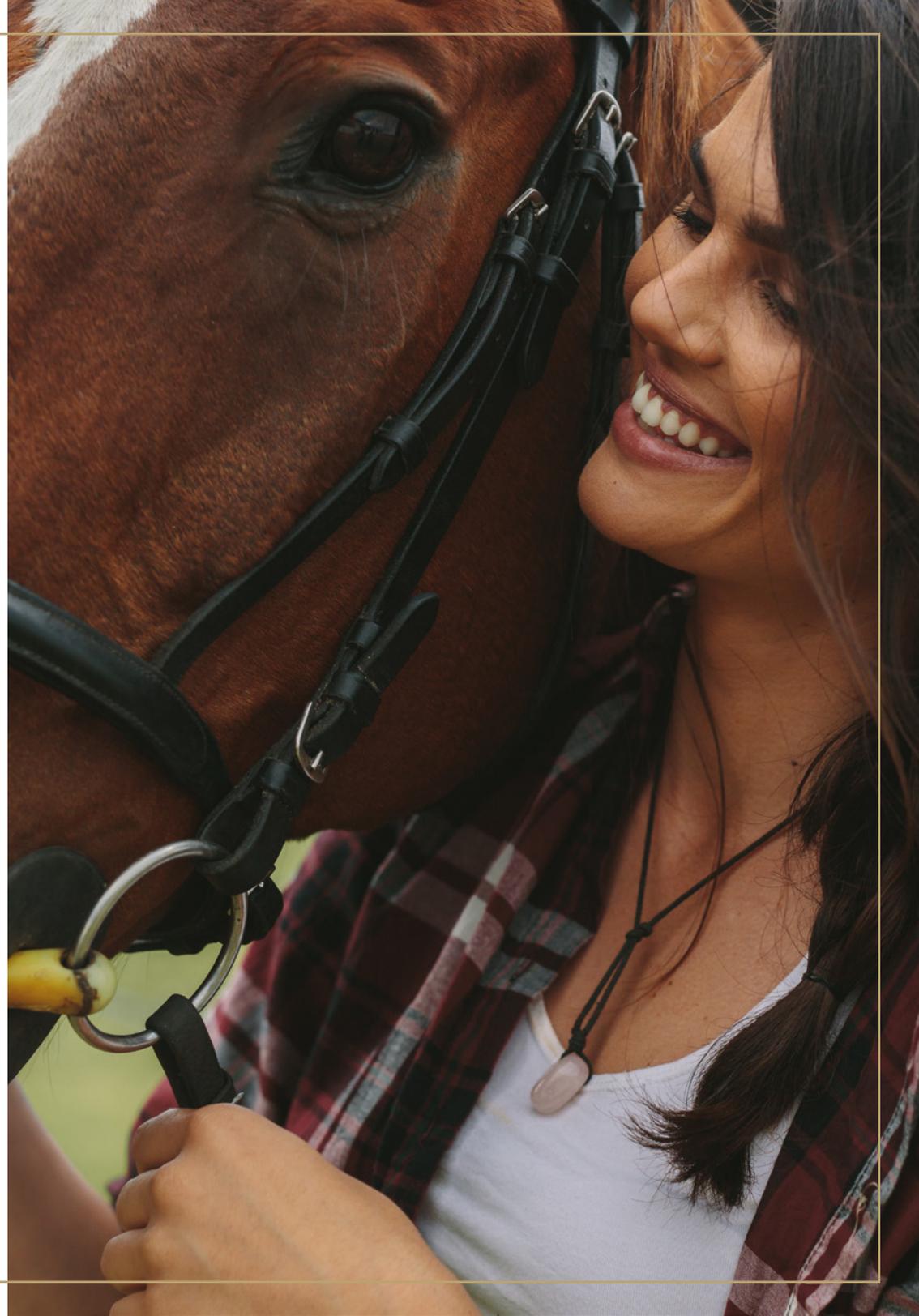
**Imagine what it's like to
hang from trees like monkeys.**

**1ST PERSON
\$350**

**EACH
ADDITIONAL
\$250**

Los Sueños is the premier adventure park of the Central Pacific of Costa Rica. Fill your day with fun and activities and experience an adventure getaway. On the road to Los Suenos, you will enjoy stunning views of the mountains, and a quick visit to the Tarcoles River, where you will have the opportunity to see and take pictures of crocodiles in their natural habitat; some of them measuring up to 19 feet long. At Vista Los Suenos Adventure Park, you will begin with one of the best Zipline Tours in Costa Rica, eat a typical Costa Rican lunch (or ask the Retreat to pack you a healthy picnic for optimal wellness) then choose between a fun horseback ride to the cascade falls or an ATV ride through the jungle, a very invigorating and full of action adventure in the tropics, crossing rivers, muddy roads with beautiful viewpoints. The tour concierge will leave the hotel at 8:30 and will return at 5pm in time for a beautiful sunset and dinner at The Retreat.

Duration: Full day (8 hours)





ARENAL VOLCANO, LA FORTUNA AND THE SPRINGS

**A customized all-day
experience in the Rainforest.**

**1ST PERSON
\$400**

**EACH
ADDITIONAL
\$200**

It is a full day of a volcano, hanging bridges, giant waterfalls and relaxing and mineralizing hot springs. Wake up bright and early and spend the day with our tour concierge in the rainforest. The tour begins with a packed breakfast and a 2.5-hour drive to La Fortuna, where you will be able to experience one of the countries famous waterfalls. Prepare to get wet and have some fun. Then we will take you to walk across the amazing hanging bridge in Arenal National Park, (ask your tour guide for a hike up the volcano, the day is yours). Then prepare for a delicious lunch special at The Springs and a dip in the thermal mineral pools that come directly from the vein of the volcano. The thermal waters flow daily with volcanic minerals that nurture the body, accelerating metabolism, cleansing and rejuvenating the skin, relaxing muscles and regulating blood flow. Also enjoy the playful water slides that bring out the child in everyone. The tour concierge will leave at 7am and return at 8pm for dinner at The Retreat.

Duration Full Day Plus (13 hours)





BEACH PLAY DATE AND SURFING ADVENTURE

Who doesn't love a day at the beach?

**1ST PERSON
\$195**

**EACH
ADDITIONAL
\$75**

Jaco Beach is a world class surf destination and is one of the first beaches of the Central Pacific of Costa Rica to be awarded for its sustainable development and tourism practices. Our tour concierge will leave hotel at 10 am for a short 40 min drive through Orotina where he will stop on the side of the road to quench your thirst with fresh Coconut Water from a local stand. First stop is the famous "Bridge of the Crocodiles" in the Tárcoles River, where we'll get out and see some of the largest man-eating reptiles. Then we head towards Playa Hermosa beach where we will stop for lunch at Bowie's Fresh Seafood Restaurant which sits right on the beautiful sand. After lunch we will go directly to Jaco for some beach time, relaxation or a surf lesson, you may walk around the artist community and do some souvenir shopping or maybe sip a drink and watch the sunset. You will return back to The Retreat for dinner.

Duration: all day



COFFEE PLANTATION TOUR

A must-do excursion for coffee lovers!

**1 PERSON
\$70**

El Toledo is a family run gourmet coffee plantation and roaster dedicated to promoting a natural and harmonious approach to boutique coffee farming and distribution. Available only at local farmers markets or served at Atenas locales, when reviews around the world boast about the coffee in Costa Rica, this is exactly what they are talking about. Visitors enjoy a 2-hour walking tour through the working plantation and roaster. Learn about the coffee bean cycle, tips on how to make better coffee, test different roasts (light, medium & dark). Guests often leave with permanent changes to their mindset in how they shop for coffee and look for greener farming practices and fair-trade production options closer to home. The tour concierge will leave at 9:45 am and return in time for lunch at The Retreat.

Duration: 2 .5 hours





ATENAS CULTURE TOUR

**A walking tour through
the town and meeting Locals.**

**1ST PERSON
\$100**

**EACH
ADDITIONAL
\$55**

Costa Ricans are known for their grace and kindness, immerse yourself in the sweet elegance of their culture. Enjoy a half day visit in Atenas- rated one of the best climates in the world according to The National Geographic Society. The tour begins with a stroll through the immaculate, palm-lined Central Park followed by a visit to a local church and the 'Catuca', the house of tourism that walks you through a photographic history of Atenas town. You will visit the private home of "Cecilia" who will receive you with a big smile and a hug then show you how to make delicious corn tortillas the Costa Rican way. She will also show you how to make coffee the old-fashioned way. Visiting the locals and getting to know the culture is what true travel is about. The tour concierge will leave at 10am and return in time for lunch at The Retreat.

Duration: 3 hours



ZOO AVE

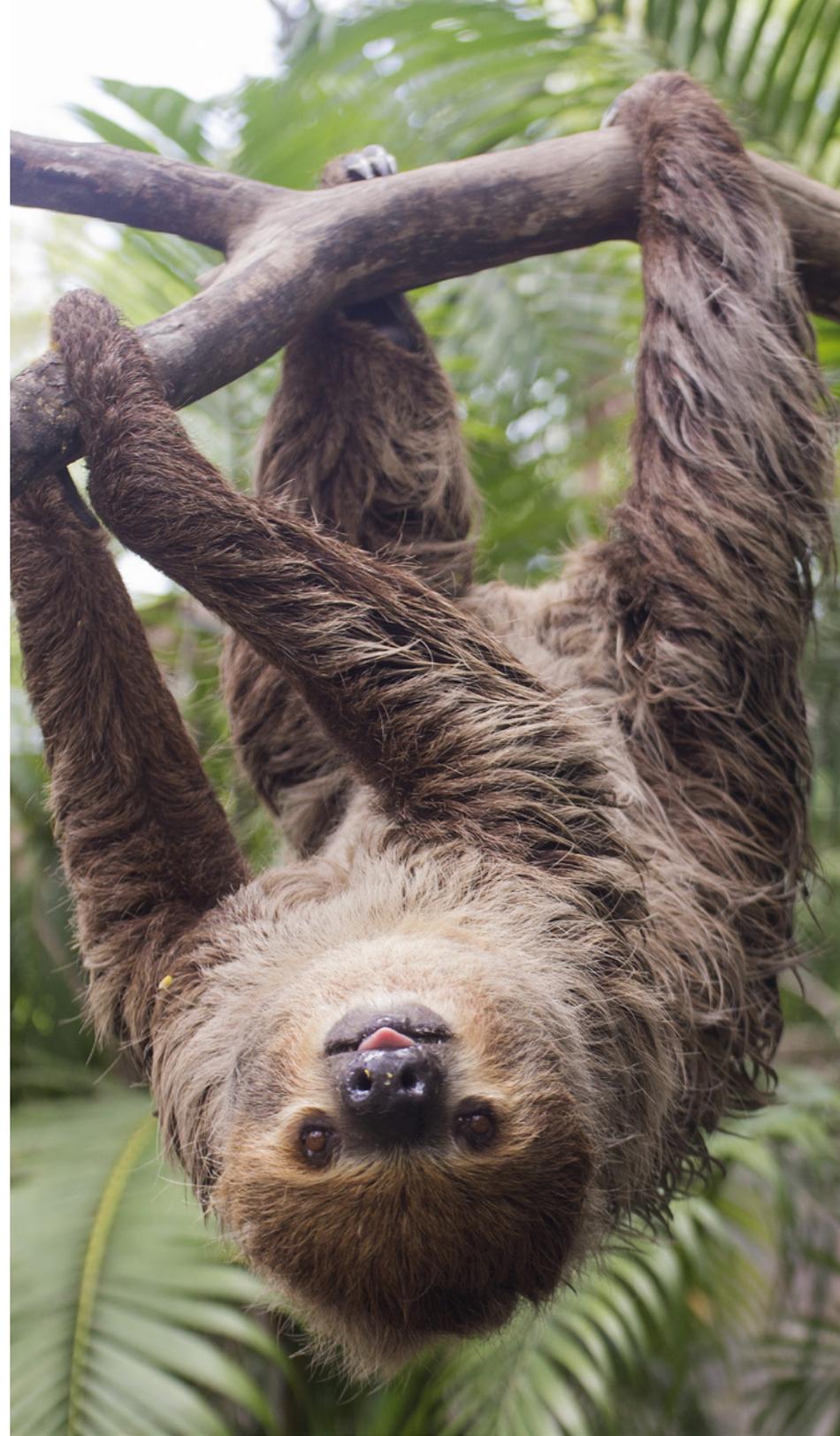
A Zoo to remember, discover Costa Rica's wildlife, close enough to touch.

**1ST PERSON
\$105**

**EACH
ADDITIONAL
\$65**

Entering the Zoo, you are welcomed by the beautiful and boisterous Macaws, and if you reach out, they may shake your hand. Zoo Ave is a non-profit organization, managed by the Nature Restoration Foundation and dedicated to the conservation of Costa Rica's wildlife for more than 25 years. Zoo Ave ensures the care of wildlife species so you will be able to view them during their recovery before they are sent back out into nature. Guests with limited time to visit other natural habitat areas of Costa Rica will appreciate a visit to Zoo Ave where they can see species such as jaguars, crocodiles, sloths, toucans, turtles and multiple species of monkeys. A leisurely walk through their canopied grounds and ornamental gardens is a must. Zoo Ave remains one of the largest rescue centers in Central America. The tour concierge will leave at 10am and return for Lunch at The Retreat.

Duration: 3 hours





MANUEL ANTONIO NATIONAL PARK

**Discover the Pacific
Coastline and a National Treasure.**

**1ST PERSON
\$450**

**EACH
ADDITIONAL
\$195**

Immerse yourself in Costa Rica's tropical paradise as you hike the Perezoso trail through the depths of Manuel Antonio National Park. Keep your eyes peeled while the wildlife gets up close and personal as you meander through the rainforest, eventually making your way to the coast where the tranquil white sand beach awaits. Our tour concierge will leave hotel at 8 am for a short 40 min drive through Orotina where he will stop on the side of the road to quench your thirst with fresh coconut water from a local stand. First stop is the famous "Bridge of the Crocodiles" in the Tarcoles River, where we'll get out and see some of the largest man-eating reptiles. Then we will drive through the famous Jaco surf beach, through Puntarenas and Quepos to arrive at World Famous El Avion for a delicious lunch on the balcony to the Pacific Ocean boasting the best views of Manuel Antonio. Discover how this fighter plane ended up in Costa Rica. After lunch, we will Enter the National Park, and bask in the beauty of nature, feel free to enjoy the uncrowded, pristine beach by soaking up the sun on the sand while eating some fresh fruit, or by jumping into the warm waters. Once you dry off, walk back to the hike's starting point, learning the history of the Quepos Indians and the Manuel Antonio region along the way. On the drive back, enjoy the landscape and views of sunset. We return in time for dinner at The Retreat.

Duration ALL DAY 11 hours



THE CRYSTAL WATERFALL RIVER AND GOLD MINE

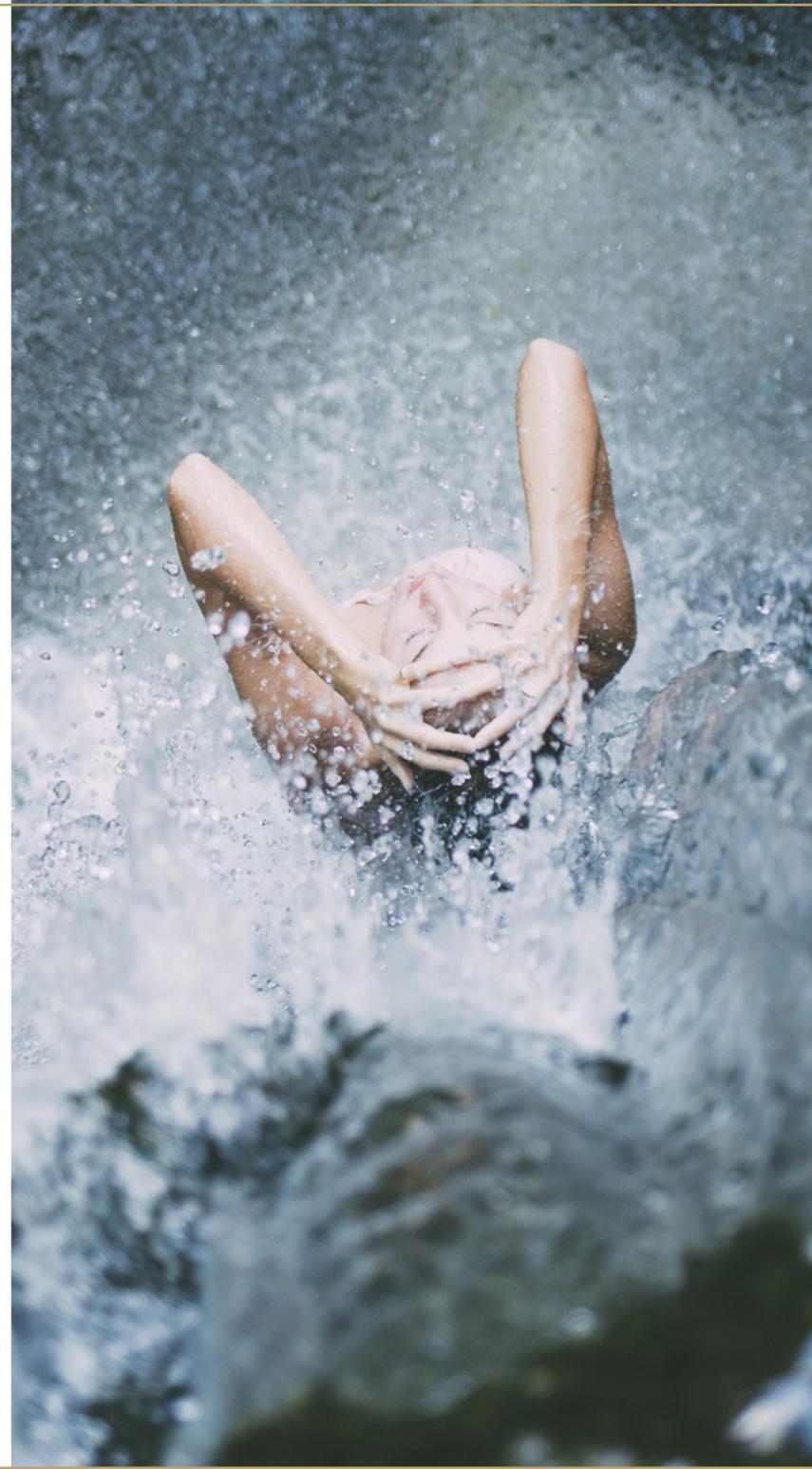
Plunge into the crystal infused waterfall of Altos Del Monte

**1ST PERSON
\$85**

**EACH
ADDITIONAL
\$55**

Hike and swim in one of the wonderful crystal infused rivers of Altos Del Monte. The River Union known as "Las Minas" was once a thriving gold mine as the minerals of the soil in Altos del Monte have provided abundance to historic miners. This is a mystical experience and the jewel of The Retreat. Hidden up in the mountain and following a path along the river we guide you to the base of the Avocado Gold Mine which has a huge and beautiful rock with a gentle water trickling where the most ancient settlers of Costa Rica extracted gold. Here guests can relax and just enjoy the sights and sounds of nature around them. Keep your eyes open for small gold nuggets and baby crystals too. Our tour concierge will leave after breakfast at 10am and provide snacks and water returning in time for lunch at The Retreat.

Duration: 3.5 hours



FARMERS MARKET

Tour the Local Harvest and discover the inspiration for our chefs' menu.

**1ST PERSON
\$90**

**EACH
ADDITIONAL
\$55**

The Costa Rican culture and lifestyle is the starting point to get ready for the cooking class with our Chef. Your visit to the Local Farmer's Market of Atenas will help you to familiarize with the local products, discover new flavors and also to know more about the techniques of our Chef to choose the products we use in our kitchen. Our Chef will invite you to taste local fruits, natural juices and take you to all the corners of the market to show you the variety of products this place has to offer. After this tour to the market, the chef drives you to a local coffee house for Coffee and tortillas. The chef leaves at 10am and returns for lunch at The Retreat.

Duration: 3 hours





TRANSPORTATION



JUICE



GUIDE



ADMISSION



LUNCH



COFFEE



WATER



LUNCH



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**All tours and excursion prices do not include
Costa Rican taxes and gratuity.**