



THE RETREAT

COSTA RICA | WELLNESS RESORT & SPA



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
\$30 USD**

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 hike is a journey down the slopes of the hotel's 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 point the flora and fauna. You can also note the variety of indigenous plants and trees of our Costa Rican landscape and pay particular attention to 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 USD**

**EACH
ADDITIONAL
\$150 USD**

This is one that consistently gets rave reviews. La Paz is a favorite, for its beautiful butterfly gardens, amazing wildlife, and five 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 Poás and the Waterfall Gardens as relaxing and restful as possible, after breakfast at The Retreat the guests enjoy a drive experiencing some Costa Rican culture and passing through some of the most beautiful agricultural lands of the country.

We go directly to Poás 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 lunch is typical Costa Rican, (or we can pack a picnic lunch from The Retreat 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 coffee plantation to explore more of the country's gems.

Departs at 9:00 am and arrives back at The Retreat by 5:00 pm to enjoy the beautiful sunset

Duration: Full day (8 hours)



VISTA LOS SUEÑOS ADVENTURE PARK

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

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

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 Sueños, you will enjoy stunning views of the mountains, and a quick visit to the Tárcoles 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 Sueños Adventure Park, you will begin with one of the best Zipline Tours in Costa Rica, eat a typical Costa Rican lunch and 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. Leave the hotel at 8:30 am and will return at 5:00 pm in time for dinner at The Retreat.

Duration: Full day (7.5 hours)



**1ST PERSON
\$375 USD**

**EACH
ADDITIONAL
\$265 USD**





ARENAL VOLCANO, LA FORTUNA AND THE ADVENTURE

**1ST PERSON
\$450 USD**

**EACH
ADDITIONAL
\$225 USD**

A customized all-day experience in the Rainforest.

A customized all-day experience in the Rainforest.

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 3- hour drive to La Fortuna, at the arrival we will take you to walk across amazing hanging bridges and then you will be able to experience one of the countries famous waterfalls. Prepare to get wet and have some fun.

Enjoy a delicious costarican lunch 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. The tour concierge will leave at 6:00 am and return at 7:00 pm for dinner at The Retreat.

Duration Full Day (13 hours)





BEACH PLAY DATE AND SURFING ADVENTURE AT JACO BEACH

**1ST PERSON
\$315 USD**

**EACH
ADDITIONAL
\$200 USD**

Who doesn't love a day at the beach? Jacó 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 the hotel at 9:30am for a short 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. The first stop is the famous "Bridge of the Crocodiles" in the Tárcoles River, where we'll get out and see some of these large reptiles. Then we head directly to Jacó for some beach time, relaxation or a surf lesson (the surf lesson is not included on the tour and need to be booked in advanced), after this we will head to Playa Hermosa beach. After lunch we will go back to Jaco where you may walk around the local artist community and do some souvenir shopping or maybe sip a drink and watch the sunset. You will return to The Retreat at 7pm.

Duration: all-day



COFFEE PLANTATION TOUR

A must-do excursion for coffee lovers!

A must-do excursion for coffee lovers!

**EACH PERSON
\$70 USD**

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 farmer's 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 1-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 9:30 am and return in time for lunch at The Retreat.

Duration: 3 hours





CULTURE TOUR IN ATENAS

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

**1ST PERSON
\$100 USD**

**EACH
ADDITIONAL
\$55 USD**

A walking tour through the town and meeting Locals.

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 Mercado Central of Atenas.

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 and a typical Costarican lunch. Visiting the locals and getting to know the culture is what true travel is about. The tour concierge will leave at 11:00 am and return in time for lunch at The Retreat.

Duration: 2 hours

Minimum 2 people required



ZOO AVE

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

**1ST PERSON
\$120 USD**

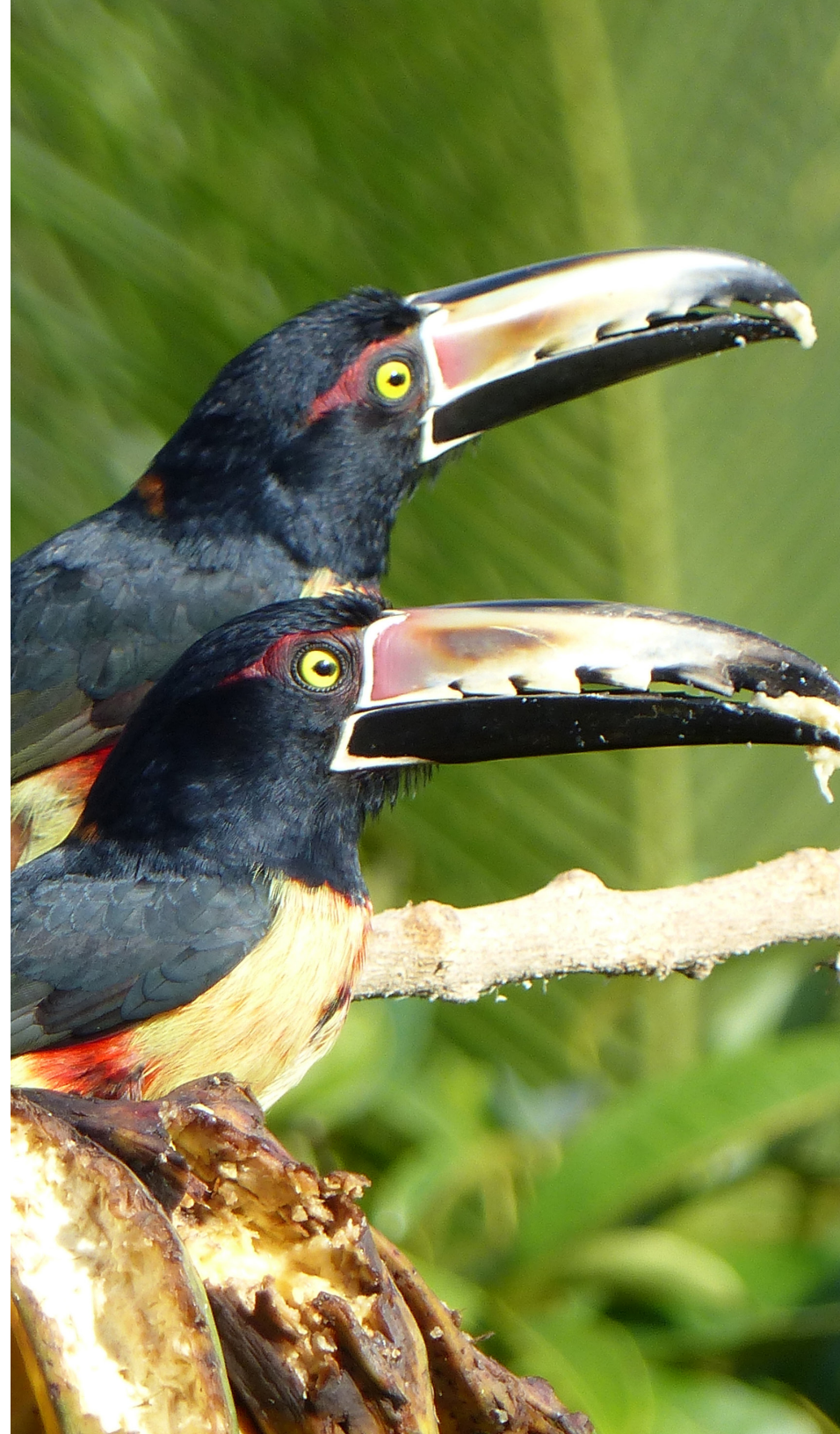
**EACH
ADDITIONAL
\$70 USD**

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

Entering the Zoo, you are welcomed by the beautiful and boisterous Macaws. 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, multiple species of monkeys and more. 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 10:00 am and return for Lunch at The Retreat.

Duration: 3 hours





MANUEL ANTONIO NATIONAL PARK

Discover the Pacific

Coastline and a National Treasure.

The coastline and a National Treasure.

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 will leave the hotel at 8:30 am for a 2 hours drive. Before heading Manuel Antonio the concierge will stop on the side of the road to quench your thirst with fresh coconut water from a local stand. The next stop is the famous "Bridge of the Crocodiles" in the Tárcoles River, where we'll get out and see some of these large reptiles.

Then we will drive through Quepos to arrive at the Restaurant El Avión 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, or by jumping into the warm waters.

Once you dry off, walk back to the hike's starting point, learning the history of the Quepoas Indians and the Manuel Antonio region along the way. On the drive back, enjoy the landscape and views of the sunset. We return at 6:00 pm in time for dinner at The Retreat.

Duration: ALL DAY (9.5 hours)

**1ST PERSON
\$450 USD**

**EACH
ADDITIONAL
\$250 USD**



FARMERS MARKET

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

**EACH PERSON
\$60 USD**

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

Your visit to the Local Farmer's Market of Atenas will help you to familiarize yourself 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. The chef leaves at 5:15pm and returns for dinner at The Retreat.

Duration: 1,5 hours

*Only available on thursdays





TRANSPORTATION



JUICE



GUIDE



ADMISSION



SNACK



COFFEE



WATER



LUNCH



THE RETREAT COSTA RICA

Altos del Monte, Atenas, Costa Rica

Costa Rica +506 2106 3900 | USA / Canada +1 844 307 3682 EXT.402

WhatsApp +506 8947-0707

sales@theretreatcostarica.com

www.theretreatcostarica.com/the-resort/tours-excursions

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