



*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:**

- Access to facilities
- 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 beach-goers alike can receive the best possible oceanside experience in Nosara.





# Surf Lessons

**Time:** 90 minutes / Subject to tide

**Includes:** Surfboard/equipment, instructor, towel, shower

## 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.





# 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.





# Standup Paddle Boarding Mangrove Tour

**Type:** Peaceful tour

**Time:** 3 hours / According to tide

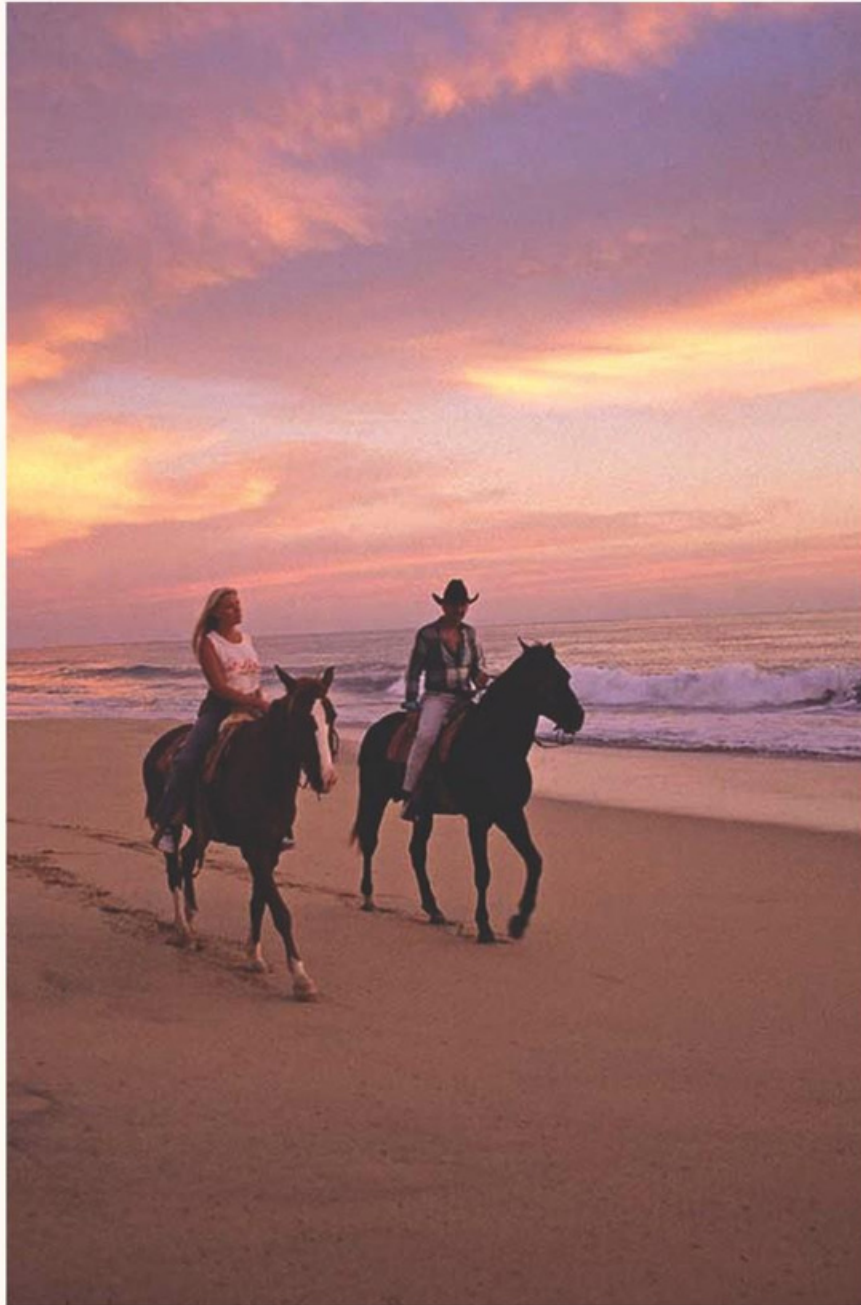
**Includes:** Transportation, guide, coconut water & fruit

## 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.





# 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!





## Early Morning Birding & Wildlife Hike

**Type:** Moderate tour

**Time:** 3 hours / Best around 6:30am

**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.



# 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.





# 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.



# Guided ATV Adventure

**Time:** 3.5 - 5 hours

**Includes:** ATV, Guide, snacks, fruit & water

**Recommended Attire/Equipment:**



If you are feeling truly adventurous, a guided ATV tour is the best way to explore Nosara and its surroundings.

Get a little bit dusty or a little bit wet while driving and learning about the area.

Choose from a Coast to Coast, Jungle, or Cultural Local Tour.





# 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.



# Nosara Archery

**Time:** 1-2 hours

**Includes:** Equipment

**Recommended Attire/Equipment:**



Practice your aim and have fun with friends in the new Nosara Archery. Only a 10 min drive from us and you will get to the beautiful outdoor space perfectly equipped for you.





# 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.





# KAYA Catamaran Tour

**Type:** Relaxing tour

**Time:** 4 hours

**Includes:** Full bar, appetizers, snorkeling gear and fishing equipment available

**Recommended Attire/Equipment:**



Looking for a nice comfortable opportunity to enjoy the Pacific Ocean and the Nicoya Peninsula? Try going on a private sailing tour or make new friends in a group tour while enjoying drinks, food and amazing views. They will top for a swim and head to pink island whenever the tides allow for swimming, snorkeling, exploring and relaxing. This luxury Catamaran offers the best treat for you.



# Yoga Classes

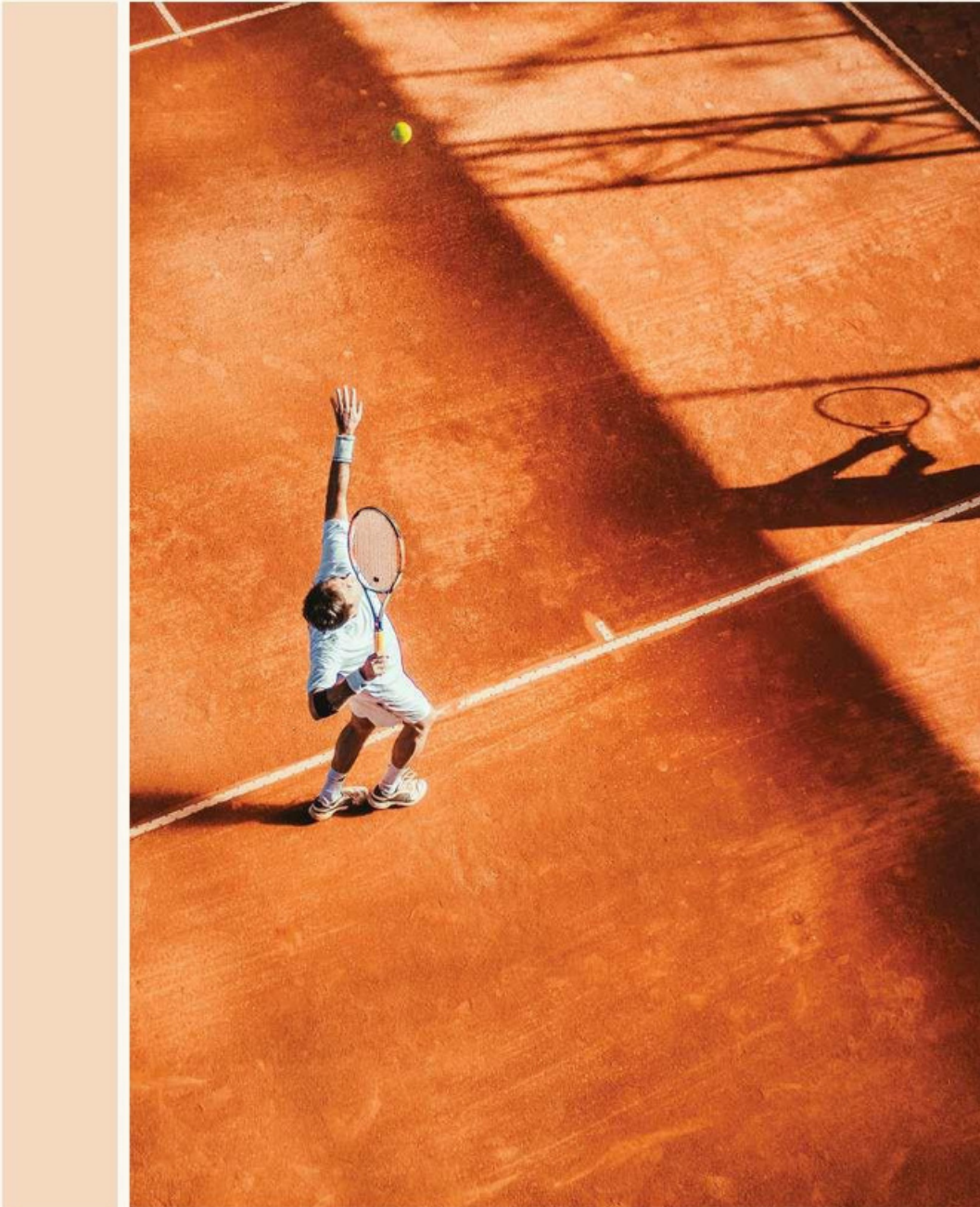
**Time:** 1 hour

**Includes:** Mat, blocks, water

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.





# 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.



# International Animal Rescue (IAR) 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 former 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.





# 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  
 \*rates might change for 1 person only

Private Surf Lessons ..... \$95  
 Semi-Private Surf Lessons ..... \$85 per person  
 Group Surf Lessons ..... \$75 per person

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

Standup Paddle Boarding Mangrove Tour ..... \*\$85 per person

Horseback Riding Guiones Beach ..... \*\$90 per horse

Early Morning Birding & Wildlife Hike ..... \*\$85 per person

Mala Noche Waterfall & Wildlife Adventure ..... \*\$85 per person

Ostional Turtle Nesting Tour ..... \$85 per person

Nosara Wildlife Refuge . Educational Visit ..... \$50 per person donation

ATV Guided Adventure ..... \$145 - 165 per person

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

Nosara Archery ..... \$110 per hour

San Juanillo Beach Snorkeling Tour ..... \$100 per person

Sport Fishing Adventure ..... \$650 - \$1,350  
 \*Price depending on size of boat & length of trip\*

Kaya Catamaran Tour ..... \$150 per person group / \$1450 private up to 10 ppl / \$100 ppl over 10 passengers

Yoga Classes ..... \$80 private lesson up to 4ppl extra person \$15

Nosara Tennis Center ..... \$30 per hour on Hard Court \$40 per hour on Red Clay Court

Costa Verdes ..... \$60 per person donation



