



TOURS IN THE AREA



LOOKING FOR ADVENTURE AND MUST DO'S IN
THE NOSARA AREA? TAKE A LOOK AT SOME OF
OUR FAVORITE TOURS!

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STANDUP PADDLE OR KAYAK

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Kayak or Standup paddle board at the boca/river mouth meander through mangrove tunnels, enjoy the sounds of the jungle while you explore the two largest rivers in Nosara. Where the Rio Nosara and the Rio Montana 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. Kayak alongside herons, cormorants, and maybe even a few crocodiles.



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HORSEBACK RIDING

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Horseback ride this tour may take you through jungle trails and along the beaches from the river to the hills with breathtaking views of the ocean, beaches and mangroves, of Nosara and Ostional. You will ride for two to three hours and learn about local plants, animals and a large variety of birds. The horses are friendly, reliable and trained by an expert, giving beginners and advanced riders a fun experience.





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OSTIONAL TURTLE TOUR

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Ostional turtle viewing. The beach of Ostional is the remote location for the rarely-seen biological wonder. In the rainy season, hundreds – and sometimes hundreds of thousand sea turtles come to one specific mile of beach at Ostional to dig their eggs into the black, volcanic sand. From August through December arribadas occur regularly, sometimes even twice a month, and the numbers of nesting females are in the range of hundreds of thousands as opposed to tens of thousands for the dry season months. Usually the arribadas occur during the darkest nights: a few days before the new moon, when the majority of turtles arrives between 8 pm and 4 am. The largest "arribada" thus far recorded in Ostional, took place in November 1995 when a calculated 500 000 females came ashore.

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CANOPY ZIPLINE TOUR

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Zipline also known as the Canopy Tour. Enjoy the longest zipline in the world, located within a pristine 2500-acre forest reserve. Fly across majestic mountain ridges and soar high above valleys, ravines and rivers. With breathtaking views of waterfalls and the Pacific Ocean. Suitable for anyone looking to experience the ultimate adventure.

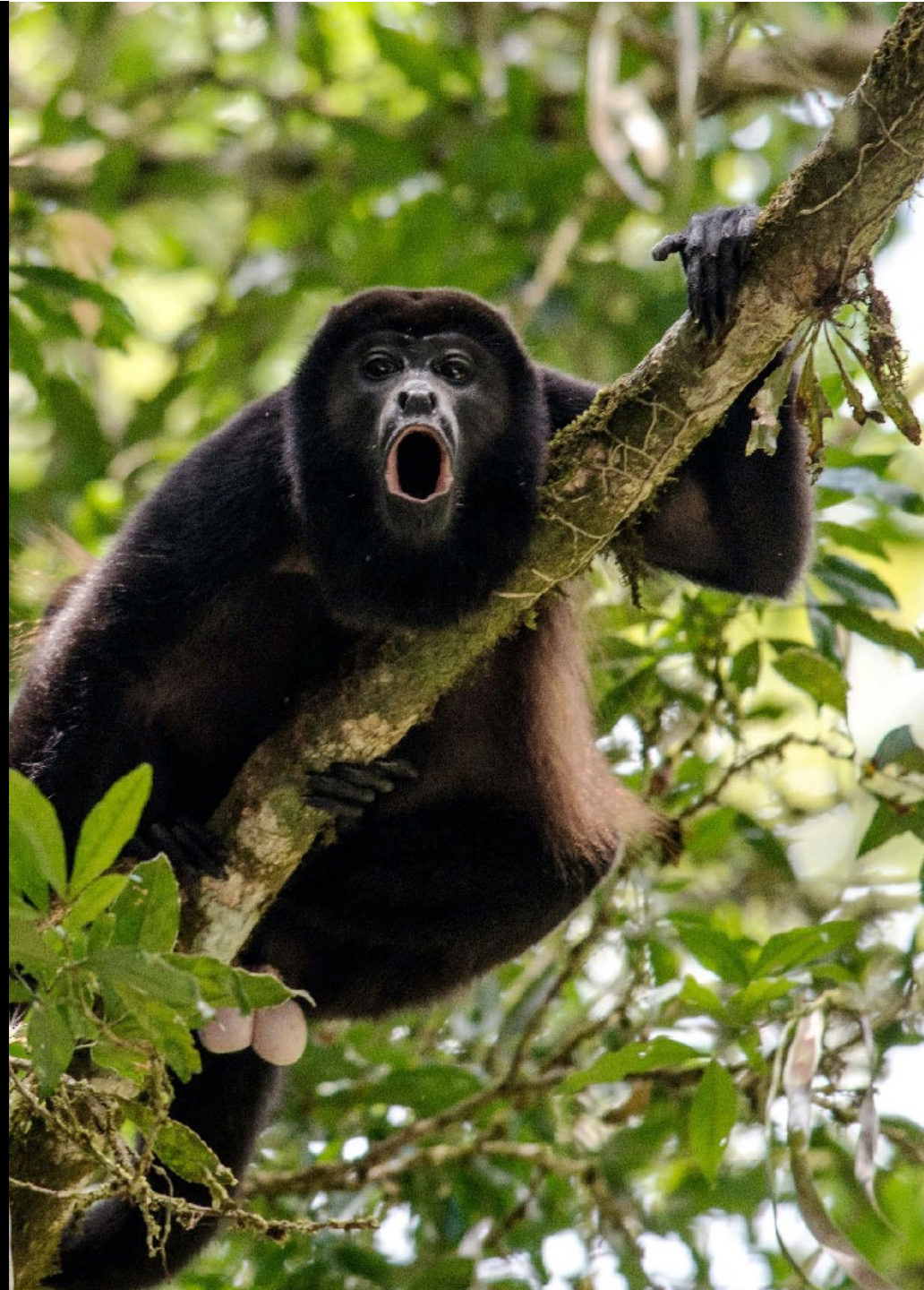


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CULTURAL IMMERSION

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Cultural immersion, or environmental impact tour, spend a day with a local rancher. Learn the Costa Rican process of cheese making, coffee, tortillas, and see what the local cowboys do on a daily basis.





SOUND HEALING

Everything is in a constant state of vibration...the planets, the stars, all sentient beings and the non-sentient objects around you. At the deepest level, every one of the billions of sub-atomic particles we call "you" and "me", are in a constant state of movement and vibration. By using sound and vibration, we 'massage' the vibrational frequencies that surround us. We believe that by working with sound in this way, we can have profoundly positive impacts on our bodies and our lives.



CEREMONIES

Ceremonies like Cacao are used by indigenous tribes of Costa Rica for purification and connecting to the heart. In this musical Cacao Ceremony, led by the members of our local community, will provide an authentic ritual cacao drink, made from pure cacao from Costa Rica. Then embark on a shamanic journey with instruments from around the world, vocals and medicine songs.

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CATAMARAN SAILING FISHING

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Enjoy sunset cruise at pink island, or fishing sport.



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SWEAT LODGE

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Ceremony steeped in Mexican heritage. It involves participants sitting in a traditional sweat lodge for health and therapeutic benefits.



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ICE BATHS

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Ice baths can help soothe your muscles, reduce inflammation, regulate your breathing, boost metabolism & immune system, helps your central nervous system, trains your vagus nerve, lift your mood, and even increase your energy.

