

# ACTIVITIES

## in and around Santa Teresa



ACTION IN THE WATER			
<b>Surf</b>	Enjoy a private or a group surf lesson With "Del Soul Surf School"	<b>Kayak tour</b>	4h tour in the open ocean with either fishing or exploring the river surrounded by mangroves and jungle - looking for boas, raccoons, crocodiles and birds.
<b>SUP</b>	Stand Up Paddle - Start off in the river to get comfortable on the boards. Once we feel ready, we take it to the ocean	<b>River in Cobano</b>	Relax and swim at the fresh sweet water river of Cobano. Recommended for picnics.
<b>Fishing</b>	3h fishing tour with our local fisherman. You get to take all that you caught to the room and have a delicious lunch or dinner.	<b>Scuba Diving</b>	Underwater adventure for beginners and advanced divers
<b>Waterfalls</b>	Jump and swim in the wild waterfalls of Montezuma and Cobano	<b>Snorkeling</b>	View our beautiful underwater wildlife In Mal País, Montezuma & Tortuga Island

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ADVENTURE		REST & RELAXATION	
<b>ATV Tours</b>	Explore the area on your own or with a guide.	<b>Massage</b>	Relax with a great massage with one of our certified massagists
<b>Canopy - Zipline</b>	Zip through a lush river valley in Montezuma or Cabo Blanco.	<b>Yoga</b>	Group or private classes at our spacious open yoga deck
<b>Horseback riding</b>	Explore the jungle and enjoy the sunset while galloping or riding on the beach .	<b>Beach</b>	Enjoy miles of white sand beaches & secret beaches
<b>Hiking</b>	Hike in Curú Wildlife Refuge or Cabo Blanco National park and experience wildlife on your own or with a guide.	<b>Sunset</b>	Enjoy the sunset at Vista de Olas in the infinity pool with a beer or a glass of wine
<b>Bicycle trips</b>	Exotic bicycle trips by your own or with guide for basic and advanced physical conditions.		

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WHERE TO VISIT			
<b>Cabo Blanco</b>	Explore the first nature reserve of Costa Rica & its wildlife.		<b>Manzanillo</b> Tranquil beaches – great for ATV tours and spending the day on the beach.
<b>Tortuga Island</b>	A whole day of hiking, snorkeling & diving.		<b>Curú Wildlife Refuge</b> For eco-tourists and animal lovers - a tropical paradise for hiking and exploring.
<b>Cabuya Island</b>	Explore untouched nature and wild animals.		<b>Coyote &amp; Playa San Miguel</b> Find remote and undeveloped beaches of the Nicoya Peninsula. Explore the authentic & rural Costa Rica with cattle ranches and dramatic coastal scenery.
<b>Montezuma</b>	Visit the picturesque village and its stunning beaches, rivers and waterfalls.		<b>Butterfly Garden of Cabo Blanco</b> Halfway between Malpais and Cabuya - learn about Costa Rican butterfly species.
<b>Mal Pais</b>	Undisturbed mountains and coastal areas. Ideal for bird watching & snorkeling. Visit the fishermen and go on a fishing tour on the secret beach.		<b>Esperanza</b> Go for a drive/hike through the beautiful mountains of Costa Rica. You can also visit the goat farm and more. Ask Edi for details.

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NIGHTLIFE		FAMILY TIME	
<b>Beachfront Bars</b>	Banana Beach, Habanero, Ranchos Itauna & Rocamar.	<b>Rocamar</b>	Family gathering for sunset with DJs, acrobatic and fire shows on Sunday's.
<b>Tap House</b>	Craft beer & cocktail specials.	<b>Trampolin</b>	Inflatable park and full equipped playroom in Mal Pais.
<b>Kika</b>	Live Music on Thursdays and Saturdays.	<b>Low Tide Pool</b>	Located past the Cliff between Playa Teresa and Playa Hermosa. During low tide you can go swimming and snorkeling
<b>Reggae Club La Lora Amarilla</b>	Thursday is reggae night.	<b>Organic Market</b>	Every saturday 3-5pm on the beach.
<b>Rincon del Arte</b>	Wednesdays Live music & bar.		
<b>Rancho Itauna</b>	Tuesday's Sunset electro music & once a month Full Moon party.		

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