



COSTA RICA
PLAYA COYOTE &
WILD BY NATURE ADVENTURES



EXPLORE SAN MIGUEL



KAYAKING



HORSEBACK RIDING



SURFING



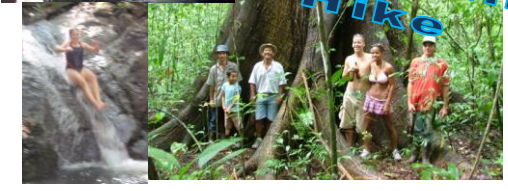
Waterfall Hike



WILDLIFE REFUGE



FISHING



BUTTERFLY FARM



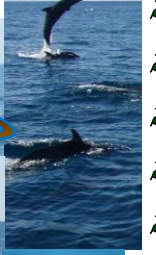
Tidal Pools



TURTLE SANCTUARY



BOAT TOURS



ASTRONOMY



**Get away from it all
in a true tropical paradise.
Relax....**

**and join us on whatever adventures
Your spirit moves you to experience.**

BENCH BONFIRE

COSTA RICA
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EXPLORE SAN MIGUEL



SURF LESSONS

Learn to surf with 'Jesse's' world renowned method. One-on-one private instruction focusing on safety, proper technique and wave judgement. \$65 / 1.5 hour lesson; \$120 / 2 lessons; Quality surf board rental: \$20 / day; free rental for the day with lessons.



KAYAKING IN THE MANGROVES

Experience the mysterious mangroves of a tropical river estuary, one of the great origins of life on Earth, on a two hour guided kayak adventure. \$45 / kayaker



HORSEBACK RIDING

Explore the Mountainous Tropical Dry Forest on Horseback. Discover various plant and wildlife species that inhabit this area. Conclude the tour with a sunset gallop along the beach..... a true Costa Rican experience. \$45 / person



TURTLE SANCTUARY

Learn about and witness the amazing life of Sea Turtles. Volunteer with the Pretoma Turtle Sanctuary Staff identifying turtles, collecting eggs and releasing baby turtles into the ocean. Donations to Pretoma are appreciated.



WATERFALL HIKE

Discover a Private Reserve, featuring a virtually untouched Tropical Dry Forest. Learn about native flora and fauna on this interactive and educational 2 hour hike to a really cool natural waterslide. Donations toward conservation & guide appreciated.



BOAT TOURS, SNORKELING & FISHING / Spear Fishing

Join local captains and fishermen who have lived with the ocean all their lives to discover the rich sea world of Costa Rica's Pacific coast. Have your catch of the day made into a tasty meal by the great chefs at one of the local restaurants. Customized Tours available (Fishing, Half Day Tour, Dolphin Viewing, snorkeling.)



FISHING

Tidal Pools



TIDAL POOLS

Enjoy swimming in natural Tidal Pools. Explore the interesting lava rock formations, caves and pools created by the interaction between volcanic lava and the powerful ocean waves. Discover the abundant marine life that thrives in this amazing ecosystem.

BUTTERFLY



BUTTERFLY FARM

'Butterfly Mike' will amaze you with his character and his astonishing knowledge base. Learn everything you ever wanted to know about insects on this informative nature hike through the jungle. Enjoy Mike's nutritious "Jungle Honey" fresh from the hive. \$25 / person



SURF TOURS



SURF SAFARIS / TOURS

"Let's go surf'in now everybody's learning how, come on a surfing safari with me-e-e-e....."

Guides provide safe surfing tips, instruction & a rocking good time as you surf un-crowded, pristine breaks along Guanacasta's Nicoya Peninsula. Customized Safari pricing.

ASTRONOMY BEACH BONFIRES & GLOW FRISBEE



ASTRONOMY, BEACH BONFIRES, COCONUT BOWLING & GLOW FRISBEE

Enjoy evening entertainment on the beach! If you have never tried coconut bowling, this is a must! After bowling you will be amazed with our laser light and

astronomy show. Then let's start up the bonfire using flint & steel, and have fun in the dark playing with our glow frisbees. Free for ToToBe Resort patrons.

SUNSET YOGA



SUNSET YOGA ON THE BEACH

Wrap up your adventurous day with a relaxing session of Yoga on the beach as we watch the sun set over the vast Pacific ocean. \$10 / person.

MASSAGE



OCEAN-SIDE MASSAGE

Enjoy the serenity of a relaxing massage under the palm trees at the beach. \$40 / 1.5 hours

PURA VIDA

**Get away from it all
In a true tropical paradise,
one of Earth's 4 Blue Zones of long life,
Relax....Rejuvenate yourself....
and Join us on whatever adventures
your spirit moves you to experience**

