



EXCURSION PRICE LIST

Massages	\$100 for 60 minutes
	\$130 for 90 minutes
Water Flow (90 mins)	\$150 (on site or in the ocean)
Thai Massage (90 mins)	\$150
Horseback Riding (2-3hrs)	\$ 80 per person
Kayak Mangrove (2.5-3hrs)	\$ 80 per person
ATV tous (2-5hrs)	Coffee Tour \$160/per driver + \$60 per passenger (includes lunch)
	Waterfall or Jungle Tour \$160 per driver + \$60 per passenger
Catamaran (4 hrs)	\$130 per person: Public tours on Tuesday & Thursday
	Private \$1500 for up to 15 pax
	Private \$1800 16-20 pax
	Private \$2000 21-25 pax
Surf Lesson (60 min)	Group (3+) \$70 per person
	Semi Private (2 people) \$80 per person
	Private lesson \$120
Guided Nature Tour (2.5-3hrs)	\$50 per person
Tree Planting Tour (1.5hrs))	\$70 per person
Waterfall Repelling (2.5-3hrs)	\$100 per person (only available June - December)
Nature Tour by Boat (2.5 - 3 hrs)	\$100 per person (minimum 2)
Turtle Tour (2hrs)	\$70 per person (only in season)
Archery	\$100/hour (1-3 hours needed depending on group size)
Costa Rican Cooking Class	\$40 per person (on site)
Community Acupuncture	\$100 an hour (3-4 people treated per hour)
Latin Dance Class (90 mins)	\$40 per person (minimum 4 people)
Sound Bath (60 min)	\$300
Cacao Celebration (60 min)	\$20 per person (minimum 10 participants)

All excursions paid in cash

Note: Cancelations must be made 48 hours in advance, otherwise full payment will be collected.



EXCURSION DESCRIPTION

Massage: In room massage- Rejuvenate your body and mind with a soothing massage provided by skilled therapists, customized to meet your relaxation and recovery needs.

Waterflow: A deep relaxation is created through massage, meditation and stretches all in one movement flowing through the power of water. Letting go of total contract results in a freedom your body deeply needs and allows emotional blockages and body tensions to be released.

Thai Massage: Experience the perfect combination of deep stretches, rhythmic pressure, and fluid movements that rejuvenate both body and mind. Our Thai massage relieves tension, improves circulation, and balances vital energy, providing you with a sense of well-being and harmony.

Horseback Riding: Enjoy a scenic ride along Nosara's picturesque beaches, lush jungle trails, or open fields, perfect for all levels of riders.

Kayaking Through the Mangroves of Río Nosara: Paddle through peaceful mangrove waterways, observing wildlife like monkeys, exotic birds, and fish in their natural habitat.

ATV Coffee Tour: Venture into the hills on an ATV to visit a local coffee farm, learn about the coffee-making process, and savor freshly brewed Costa Rican coffee.

ATV Jungle Tour: Explore Nosara's rugged jungle terrain on an exciting ATV tour, discovering hidden trails, wildlife, and breathtaking views.

Catamaran: Sail along the coastline, swim or snorkel in crystal-clear waters, and enjoy a stunning sunset from the deck of a luxurious catamaran.

Surf Lessons: Catch your first wave or sharpen your skills with expert instructors on Nosara's world-renowned beaches, suitable for all levels.

Nature Hike: Immerse yourself in Nosara's rich biodiversity with a guided hike through its jungles, spotting wildlife and learning about the unique ecosystem.

Tree Planting: Give back to the environment by planting native trees to support local reforestation efforts and leave a lasting impact on the area.

Waterfall Rappelling: Experience an adrenaline rush as you descend a cascading waterfall, surrounded by the stunning tropical jungle.

Nature Boat Tour in the River and Mangroves: Relax on a guided boat tour through Nosara's rivers and mangroves, perfect for spotting birds, reptiles, and other local wildlife.

Turtle Tour in Ostional: Witness the incredible arribada as thousands of turtles come ashore to nest in Ostional (seasonally timed), a truly unforgettable natural event.

Group Excursions

Archery: Traditional archery lessons with incredible handmade longbows and flatbows. Participants experience this deeply meditative and empowering martial art at his a private range only a 12 minute walk from Kismet.

Costa Rican Cooking Class: Learn how to make a traditional Costa Rican Casado plate (protein, rice, beans, plantains, and homemade tortillas)

Acupuncture: Private or community acupuncture sessions on site for deep emotional healing and physical ailments

Latin Dance Class: Learn latin dance moves including Salsa, Bachata, and Merenge with Yele - a local latin dance teacher

Sound Bath: Sound healing offers a moment for deep relaxation that washes away stress and tension, carrying you with gentleness, softness and care, into a meditative calm state

Cacao Celebration: Cacao honors our connection to the Earth and the elements, enjoy the flavor and benefits of Costa Rican cacao, share collective blessings, guided gratitude meditation, and songs, followed by dance inspired in the indigenous people of Costa Rica