



There are many tours in this area these are just a few of our favorites...

We can organize third party tours and reserve them for you at reception BUT to CONFIRM your tour you will need to pay CASH at our reception desk OR, if available, obtain an electronic payment link from the company so you can pay them.

Some tour companies also have local offices where you can go by to make a payment. Unfortunately we are NOT able to accept credit card payment on their behalf, we can ONLY accept CASH and inquire about electronic payment LINKS.

Each company has their own cancelation policy, please find out all the information you need to know in advance of booking your tour. Tours can be booked through our reception during reception hours but most tour companies are open 8-5pm daily.

***Prices are subject to change. Tour companies often update their prices annually from year to year.



Tierra
de Sueños

ADVENTURES



RAFTING PACUARE RIVER

- **Description:** After getting your gear and a little orientation, the first 4 miles of your journey consist of fun class II-III rapids which is a perfect time to test your new river skills and gain confidence in your team. Then we will enter the famous Pacuare River Gorge, which is 5 miles of some of the best white water Costa Rica has to offer. The 18 mile one day run includes a total of 52 rapids. Few rivers in the world can offer you so many. The river then opens up to a 5 mile stretch on the Valle del Pacuare, where the river is wide open, which gives you the opportunity to rest a bit and to do some wildlife spotting.
- **Departure Time:** 6:00 – 6:30 am
- **What's included:** Breakfast, lunch, transportation to River
- **What to bring:** Come with rafting clothes on (light shoes that will stay on, swim suit, shorts, nylon shirt) sunscreen, water bottle, change of clothes, towel, insect repellent, and a credit card to buy photos, souvenirs or drinks. All luggage will be kept in lockers.
- **Approximate river time:** 4 hours
- **Minimum age:** 12 years
- **Price per person:** \$99 + taxes

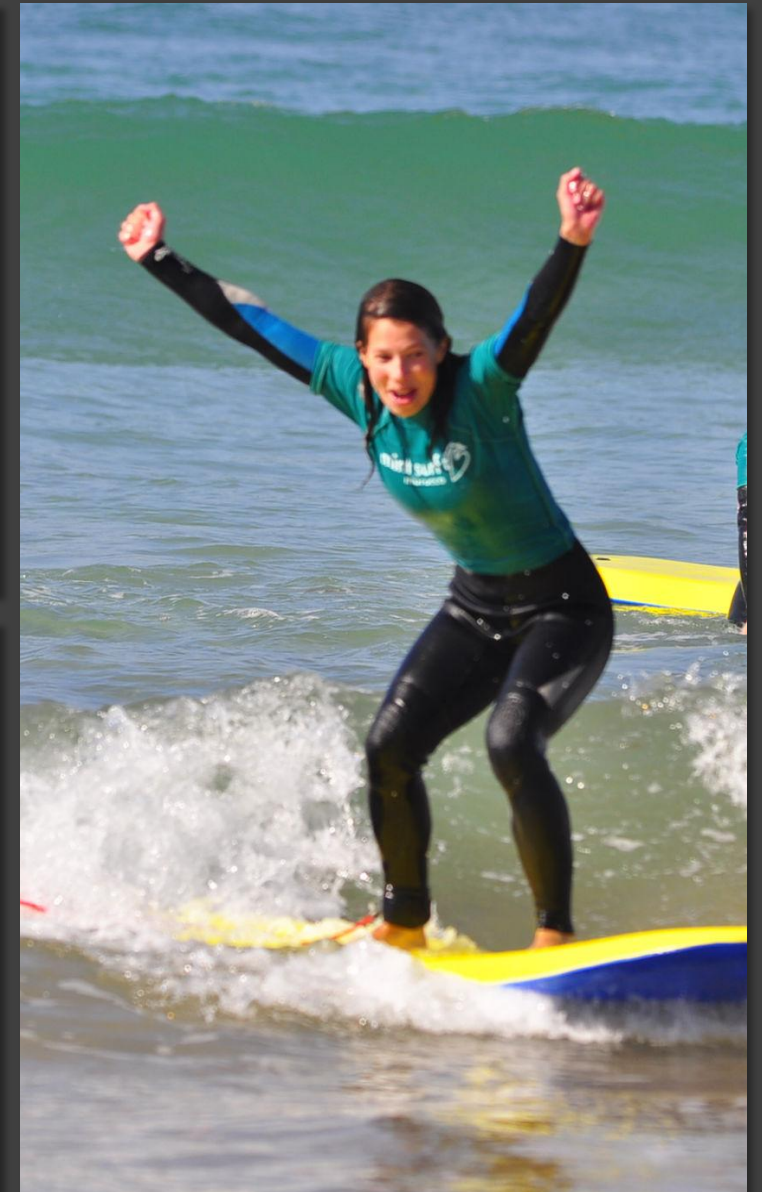
Cancellation policy : Reservations must be prepaid at least 24 hours in advance. Cancellations or modifications must be made by written way at least 24 hours before the tour.



SURF LESSONS

- **Private Lesson:** This lesson is aimed at students who wish to have a personal attention. This is the fastest way to learn how to surf or to improve your surfing with 100% of your coaches' attention focused on you.
- **Semi Private Lesson:** This lesson is focused on having more individual attention than a group class with an average or 2 to 3 people.
- **Group Lesson:** Learn to surf with other beginners in a small groups of 4-5 people.
- **Departure Time:** 8 am approximately
- **What's included:** Soft top fun board, rash guard leash, transport, certified instructor, fresh snack.
- **What to bring:** Swim suit, towel, sun block, water.
- **Duration:** 2 hours.
- **Minimum age:** 5 years old.
- **Prices per person:**
 - Private Lesson \$ 70 + taxes.
 - Group Lesson: \$ 60 + taxes

CANCELATION POLICY: 50% of total reservation will be charged as penalty for cancellations





SNORKELING CAHUITA NATIONAL PARK

- **Description:** You'll travel by boat to the coral reef where you will go snorkeling for two hours at two different points. The reef may surprise you with its abundant marine life. Afterwards you will go to the beach in Cahuita National Park and enjoy a snack of tropical fruit while you take in the beauty all around..
- **Departure Time:** 8 am approximately.
- **What is included:** Transportation, guide, fruit, snorkeling equipment,, and insurance.
- **What to bring:** Sunscreen, waterproof camera, hat & towel.
- **Duration:** 4 hours approximately.
- **Minimum age:** 4 years old.
- **Price per person:** \$65 pp + taxes. Children 4 to 11 pay 50%

Cancellation Policy: If a reservation is cancelled 72 hrs before the date of the activity there is no penalty. If a reservation is canceled 48 hrs before the date of the activity a 50% of the total will be charged as penalty. If a reservation is canceled 24 hrs before the date of the tour a 100% of the total will be charged as penalty.

KAYAK TOUR PUNTA UVA

- **Description:** We'll start at the most beautiful location in the area, Punta Uva. This trip consists of three sections. A magical sea kayaking journey paralleling a coast full of cliffs, caves, and the most amazing rainforest. Then we will paddle our way up river through gorgeous rainforest where you can expect to spot monkeys, sloth, colorful birds, river turtles, bats and iguanas. Back at the beach we will take a nice break to relax, swim and enjoy some fresh fruit and snacks before hiking to the great overview at Grape Point.
- **Departure Time:** 10:00 am – Pickup time depending on location starting in Manzanillo.
- **What is included:** Transport, professional guide, gear, all entrance fees, fruits, snacks and bottled water.
- **What to bring:** Swim suit on, sunscreen, hat, long sleeve shirt/rash guard to cover your back, camera (ideally waterproof), water bottle, change of clothes, towel, comfortable walking shoes, insect repellent, binoculars, raincoat and a bit of cash.
- **Duration:** 4.5 hours approximately.
- **Minimum age:** 6 years old.
- **Price per person:** \$ 59 + taxes

Cancellation Policy: Reservations must be prepaid at least 24 hours in advance. Cancellations or modifications must be made in writing at least 24 hours before of the tour.





ZIP LINING

- **Description:** We will head towards the farm which is located 30 minutes away from Puerto Viejo. You'll arrive at the operation base. From here we'll get you geared up to enjoy our Canopy consists that consists of 9 aerial platforms and 13 ground platforms, with a total of 2760 meters of cable. Once we reach the seventh platform, we will not touch the ground again until the end of the route. You'll have the opportunity to go on the Tarzan swing near the end of our route.
- **Departure Time:** 8:00 a.m. and 01:00 p.m. approx.
- **What is included:** Transportation, certified guides, tropical fruit and water, full equipment, and insurance.
- **What to bring:** Long pants, closed shoes.
- **Duration:** 4 hours approximately.
- **Minimum age and restrictions:** : Not suitable for pregnant women, children under 4 years old, persons weighing more than 120 kilos weight or not in a good physical condition.
- **Price per person:** \$ 57p.p. + taxes (\$12 transportation if needed)

Cancellation Policy: If a reservation is cancelled 72 hrs before the date of the activity there is no penalty. If a reservation is canceled 48 hrs before the date of the activity a 50% of the total will be charged as penalty. If a reservation is canceled 24 hrs before the date of the tour a 100% of the total will be charged as penalty. Cancellation of groups of 10+ persons bookings with less than 7 days notice are not refundable. Within 8-14 days are 50% refundable (less bank fees) and more than 14 days are 100% refundable (less bank fees).

HIKING CAHUITA NATIONAL PARK with Terra Venturas

- **Description:** We will pick you up at approximately 8.00 a.m. and depart to Cahuita. A guide will be waiting for you to start the hike through the Park. The hike lasts about 3 hours and you will be able to see a rich variety of animals and plants. The National Park is a combination of beautiful beaches, coral reefs, and a tropical rainforest where you can easily observe some of the many species of monkeys, sloths, frogs, butterflies and more. As soon as we get to Punta Cahuita we will rest, have a snack of tropical fruit, and then start our hike back to town where the car will be waiting to take you back.
- **Departure Time:** 8:00 a.m. approximately
- **What's included:** Transportation, bilingual guide, tropical fruit, hike through the National Park, and insurance.
- **What to bring:** Insect repellent, swim suit, and towel if you like to spend time on the beach. Donation for park rangers suggested amount: 1000 colones.
- **Duration:** 4 hours approximately.
- **Minimum age and restrictions:** : 4 years old.
- **Price per person:** \$ 58 p.p. + taxes. Children 4 to 11 pay 50%

Cancellation Policy: If a reservation is cancelled 72 hrs before the date of the activity there is no penalty. If a reservation is canceled 48 hrs before the date of the activity a 50% of the total will be charged as penalty. If a reservation is canceled 24 hrs before the date of the tour a 100% of the total will be charged as penalty.



BEACH BONFIRE AT PLAYA CHIQUITA

- **Description:** We will set up a bonfire for your group to enjoy here on Playa Chiquita beach. We will light the fire for you after dinner or once the sun is down and you can spend some time communing with nature and your group. Please make sure you are in a group and comfortable with the walk back to Tierra de Suenos (7 minutes), as there maybe no guide with you after the fire is lit and going.
- **Departure Time:** 7:30 pm approximately or after dinner and desert. Early sundown could also be an option, please inquire.
- **What to bring:** Insect repellent, flashlight and water. If you're sensitive to bugs wear light pants and long sleeves.
- **Duration:** 2 hours approximately
- **Price for Fire set up and lighting:** \$30.00 cash due at time of booking. This is refundable prior to the building of the fire structure.

Cancelation Policy: This is subject to sun and rain. Dry wood is necessary to create the fire. Once the fire structure has been built there is no refund available.



BIKE RENTALS

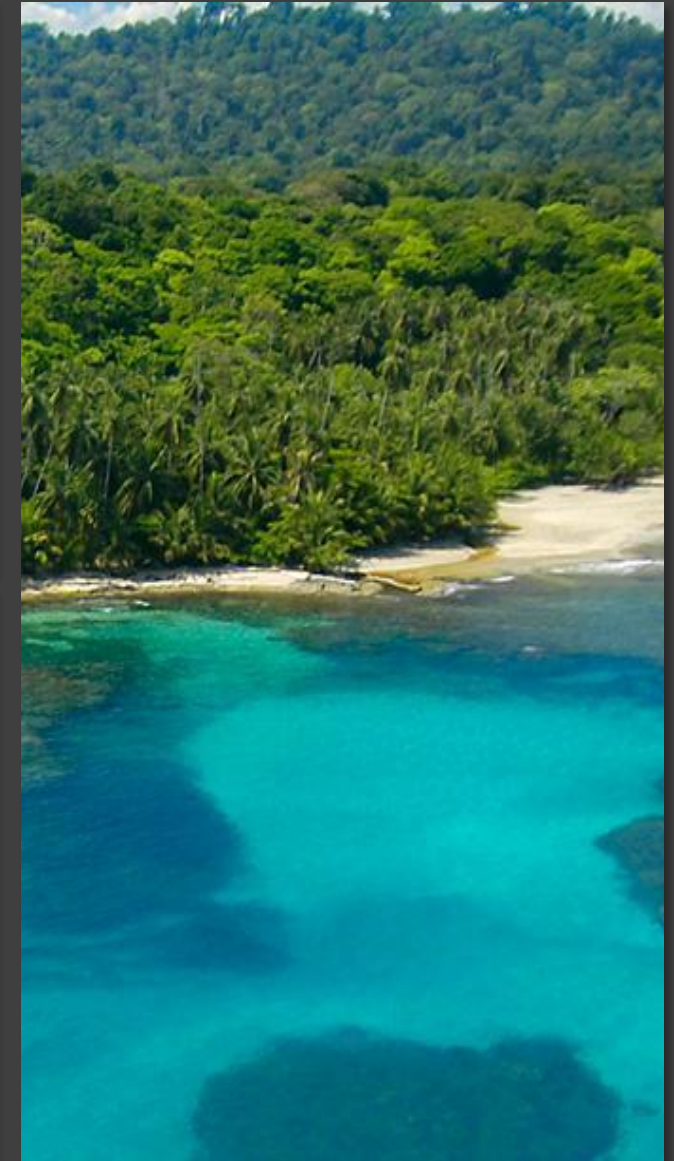
- **Description:** If you want to enjoy riding your bike around to various beaches and attractions we can help you to rent one from our neighboring suppliers.
- **Rental Periods:** Rent for any number of days or one week.
- **What to bring:** You'll be supplied with a lock to use on our outings.
- **Pricing:** \$7 day / \$40 week (prices vary slightly depending on the supplier and time of year)



GANDOCA MANZANILLO HIKE with Terra Venturas

- **Description:** We will pick you up from your hotel and drive you by microbus to Manzanillo where your guide will be waiting for you to take you on this 4 hour jungle adventure through this refuge. The beauty of this refuge is its incredible forests, lagoons, coral reefs and white sand beaches. It is located in the most isolated and exotic place on the entire South Caribbean. At the end of this beautiful adventure you can take a walk or just relax on the beach while you wait for the microbus to take you back to Puerto Viejo.
- **Departure Time:** 7:00 a.m. approximately.
- **What's included:** Transportation, local bilingual guide, snack and insurance.
- **What to bring:** Trekking boots, insect repellent (If you don't have a natural one we will provide you), camera and binoculars, swimsuit and towel if you like to spend time on the beach.
- **Duration:** 5 hours approximately.
- **Minimum age and restrictions:** : Not suitable for children under 12 or persons not in good physical conditions. We may have to cross a river during our trek (especially if it's rainy season), we will just remove our shoes and put them later on.
- **Price per person:** \$ 60 p.p. + taxes. Children 4 to 11 pay 50%.

Cancellation Policy: If a reservation is cancelled 72 hrs before the date of the activity there is no penalty. If a reservation is canceled 48 hrs before the date of the activity a 50% of the total will be charged as penalty. If a reservation is canceled 24 hrs before the date of the tour a 100% of the total will be charged as penalty.





HORSEBACK RIDING

- **Description: Short Beach-Jungle tour** A short but intense experience. Start your morning off with an hour long ride along the beautiful Punta Cocles and Playa Chiquita, or unwind at the end of the day while watching the sunset. This is one of the most popular tour for the family with the kids.
- **Description: Beach-Jungle tour** This tour combines both beach and jungle in one experience. We ride along the beach, where you get to see breathtaking scenery of white sand beaches. Then, we head into the jungle, where you explore the rich wildlife of the tropical rainforest. Your guide will help you spot animals such as howler monkeys, sloths, toucans, parrots and more on this amazing tour.
- **What's included:** Transportation for Beach Jungle Tour, bilingual guide, snack and insurance.
- **Departure Time:** Available in the morning or afternoon.
- **What to bring:** Long pants and closed comfortable shoes. Bring also a hat & sunscreen. You can take your camera and small belongings as horses will have saddle bags.
- **Duration:** Short Beach- Jungle Tour is 1.5 hours. Beach-Jungle Tour is 2.5 hours
- **Minimum age and restrictions:** : Children from 5 years old
- **Price per person:**
 - Short Beach- Jungle Tour is \$60 pp + taxes ** transportation is NOT included in Short Beach Tour**
 - Beach-Jungle Tour is \$85 pp + taxes **transportation included.

Cancelation Policy: Tours canceled 24 hrs before the date of the activity will be charge 100% of the total for penalty

NIGHT HIKE

- **Description:** Learn about the mysteries of the jungle at night and see what comes out at night that you didn't know was there during the day. The jungle is quite a different world at night and has a more raw and wild feel to it. Animals like kinkajous, frogs, caimans, potoos, owls and snakes among others can be found on the surrounding areas of Puerto Viejo. This tour is in Manzanillo wildlife refuge and starts at Maxi's restaurant in Manzanillo town.
- **Departure Time:** 6:00 p.m. after dinner
- **What is included:** Guided tour. Transportation is NOT included and needs to be arranged separately.
- **What to bring:llevar:** Long sleeve shirt, camera, sneakers, hiking shoes or boots, long pants, bug spray, water.
- **Duration:** 3- 4 hours
- **Tour Minimum:** 2 Person Minimum
- **Price per person:** \$50 cash.



Cancellation Policy: 24 hours notice. Tour operation is weather permitting.

CULTURAL ADVENTURES





CHOCOLATE, MEDICINAL PLANTS AND WATERFALL

- **Description:** Visit an indigenous family in Watsy. Learn the process and help make handcrafted chocolate. Learn handcrafted techniques and make art with plants and natural dyes (take your crafts home with you). Swim in the Bribri waterfall.
- **Departure Time:** Approximately 9am
- **What's included:** Transportation, guide, chocolate tasting.
- **What to bring:** Water, closed shoes, bug repellent, sunscreen, camera, hat, extra clothes, swimsuit.
- **Duration:** 3 hours.
- **Price per person:**
 - Price is \$86.50 + taxes for ½ day and \$105+ taxes full day. Includes transportation.

Cancelation Policy: There is no refund for reservations canceled 24 hrs before the date of the activity



KEKOLDI HIDDEN WATERFALL

- **Description:** Visit and swim in the highest waterfall in Talamanca. Hike through primary jungle and secondary forest. Go to the bird watching tower to view birds from the third best place in the world to see the migration of birds.
- **Departure Time:** Approximately 8 am
- **What's included:** Transportation, guide, traditional lunch
- **What to bring:** Water, closed shoes, bug repellent, sunscreen, camera, hat, extra clothes, swimsuit.
- **Duration:** 5 hours.
- **Price per person:** \$86.50 + taxes transportation included

Cancellation Policy: There is no refund for reservations canceled 24 hrs before the date of the activity

CARRIBEAN'S CHOCOLATE TOUR

- **Description:** The tour starts with a walk through our cocoa plantation that is about 1km in distance, where you can learn about cultivation, harvesting and the operations of the cocoa beans. Later you will experience the whole chocolate process from bean to bar. Enjoy beautiful views and taste delicious chocolate.
- **What is included:** Chocolate
- **What to bring:** Closed shoes, insect repellent, poncho or umbrella if it is raining.
- **When:** Monday to Saturday 10am and 2pm.
- **Where:** The tour begins at Carribbean's Coffee shop in Cocles. Transportation is NOT included.
- **Duration:** 2 hours.
- **Price per person:** \$ 32 cash includes taxes.



Discover Our Rainforest's Magic Plants

- **Description:** Your rainforest experience will begin as you enter our magical garden. Keep your eyes peeled for butterflies, including Blue Morphos, hummingbirds, toucans and other flying beauties. You may even be lucky enough to catch a sloth, monkey, iguana or other jungle creature, passing through for a visit. At our first visitor station, you will get to smell the flowers that give Chanel #5 it's famous smell, taste the leaves of a cinnamon tree ! At the 2nd station, you will see our collection of African plants, which includes the famous Cola tree, a Coffee bush and more. There you can also feel cotton from the tree, smell the leaves used to make Old Spice and see some of your favorite fruits growing - avocado, mango, coconut, banana, pineapple, orange, and more! The 3rd station is located in our Cacao forest. There you will see a Sarsaparilla vine, used to make Root Beer, a Wild Yam vine, used to make birth control pills and a Vanilla orchid, used to make Vanilla! At the end of the tour we will offer you some locally made products, made organically from the plants on our tour.
- **What to bring:** Closed shoes, insect repellent, poncho or umbrella if it is raining.
- **When:** Friday to Sunday by reservation from 8 am to 5pm.
- **Where:** Hidden Garden, Puerto Viejo
- **Duration:** 1 hour
- **Price per person:** \$ 25 cash includes taxes. Transportation not included



CALYPSO BAND

- **Description:** Enjoy a unique experience with all the flavor and rhythm of traditional Caribbean music. Calypso has been popular along Costa Rica's Caribbean coast since the late 1800s. More than a century later, the government of Costa Rica has declared the style of music "national patrimony." The band will come to you at Tierra de Suenos and you can dance, laugh and listen!
- **Duration:** 1 hour.
- **Price:** \$ 175 per hour

Cancellation Policy: There is a 100% penalty for reservations canceled 24 hrs. before the date of the activity.



FOOD & CULTURE WALKING TOUR

- **Description:** Team up with your guide in Puerto Viejo, and go on foot to scope out the area's best eats. With six different food samplings along the route, we will stop at small local restaurants for bowls of rich rondon—seafood soup—bite into delicate pieces of chicken cooked with coconut milk, and save room for a sweet-tooth-satisfying dessert of plantintá. Along the way, you'll learn how other cultures have influenced the country's cuisine, and get tips on other places to eat around town before we part ways and you continue your culinary adventures on your own.
- **What is included:** 6 tasting locations
- **What to bring:** Bottle of water, comfortable shoes, hat and sunscreen.
- **Starting time:** 11:30 am.
- **Meeting point:** In front of Cafe Viejo Restaurant
- **Duration:** 3.5 hours.
- **Price per person:** \$75 + taxes. Transportation not included

Cancelation Policy: There is no refund for reservations canceled 24 hrs before the date of the activity



Cooking Class

- **Description:** You can choose any of the following options:
- Easy healthy treats

Learn to make nourishing healthy sweet treats which you can feel good about. During the workshop, we would learn to make 4 healthy sweet treats with simple ingredients, such as banana ice-cream, avocado mousse, energy balls... and learn about healthy natural sweeteners and ingredients to have home to be able to make a healthy treat in under 10 minutes.

- **Costarican healthy twist**

Costa Rica is a tropical paradise and has abundance of local fruit and vegetables. Moreover, Costarican peninsula Nicoya is one of the blue zones, one of the places where people live the longest on the planet.

During the class we will explore some Costarican staples such as yuca, plantains, ginger, beans, corn and learn about different fruits and prepare few healthy simple recipes with the local produce such as Green mango salad, Pineapple bean salsa, Cilantro avocado dip...

- **Speedy healthy dinners**

Dinners are one of the most stressful meal of the day since we often get home tired and feeling like no cooking at all.

During the class, we will learn how to stock the pantry and fridge with healthy ingredient and learn 3-4 healthy dinners ready in less than 20 minutes. .

- **Duration:** 2 hours
- **What is included:** Practical cooking class where you prepare and taste the meals and leave with instructions
- **When:** Thursday at 2:30 pm
- **Where:** Dining area at TDS
- **Minimum people:** 4 people
- **Price per person:** \$60 in cash

Cancellation Policy: There is no refund for reservations canceled 24 hrs before the date of the activity





Tierra
de Sueños

WELLNESS

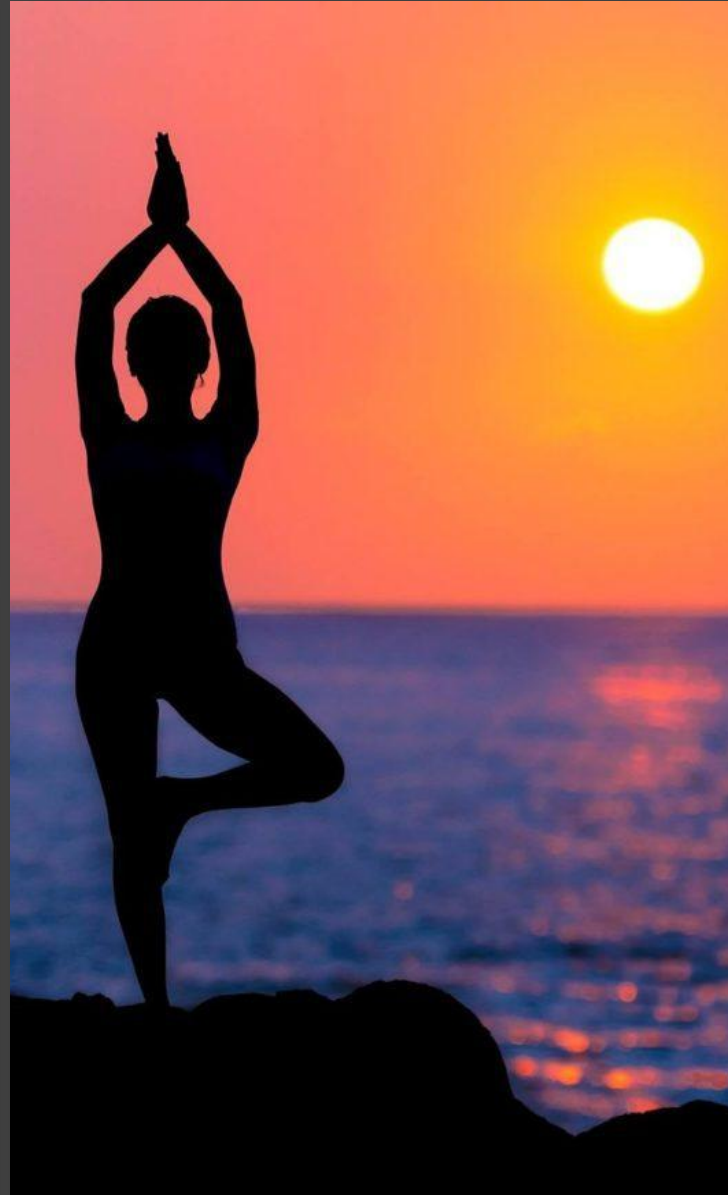


INFRARED SAUNA

- **Description:** Have an amazing infrared hot sauna session to detoxify your body and release unwanted stress. Infrared Sauna Therapy not only detoxifies and relaxes the body but also offers pain release, weight loss, improved circulation and skin purification. The sauna can be for up to two people together.
- **Duration:** 1 hour max.
- **Price per Sauna:** \$20 taxes with included

**Please book your sauna with reception.





MORNING YOGA

- **Description:** Join Us at Tierra de Suenos outdoor yoga pavilion for daily yoga classes in a variety of disciplines including Hatha, Vinyasa, All Natural Hot Yoga, Ashtanga and so much more.
- **What's Included:** All yoga equipment
- **Duration:** 75 minutes.
- **When:** Daily at 8:30 am - just show up!
- **Price per person:** \$10 with taxes included - cash only paid at the yoga pavilion

MASSAGES

- **Description:** Enjoy a relaxing and therapeutic massage with one of our certified massage therapists. Offering open air Thai massage, deep tissue, cranial sacral therapy, Swedish, relaxing and reiki treatments.
- **Duration:** From 60 min or 90 min.
- **Relaxing** - is a smooth gentle treatment that relieves tension, increases circulation and creates relaxation.
- **Deep Tissue** - is a strong therapy that uses pressure points and penetrates deeply into the muscles and tissues to release tension.
- **Swedish** - this massages is gentler than a deep tissue massage and uses long strokes to create some flow in the body.
- **Cranial Sacral** - uses gentle touch to palpate the synarthrodial joints of the cranium and other key spots to move fluids through the body.
- **Reiki** - is a therapy that works on the energetic body using gentle touch or hands just above the body to guide and balance the bodies' energetic body.
- **Price per person:** \$80 or \$105 taxes included

Cancellation Policy: Massages need to be canceled at least 5 hours in advance. They are subject to a 50% charge for NO SHOWS or LATE cancellations.

****Please reserve at least 5 hours before.**

