



There's a rich, beautiful world to discover right outside Harmony's doorstep. Explore Guanacaste, Nosara, Guiones and its surroundings. Come to appreciate the raw and simple beauty of this region as much as we do.

The reception staff can provide information and help to arrange your adventure.

The Guanacaste area has several amazing protected areas and national parks. We invite you to explore them, as you will experience sights and sounds you may have never known before. By visiting these incredible natural attractions, you will also be supporting the Costa Rican National Parks system and contributing to the conservation of our natural resources.

Thank you!

All prices in this document are subject to change. Please confirm prices and cancellation policies per activity with our reception staff when booking.

## SURROUNDING BEACHES



### **Playa Guiones, our backyard**

This beach is a 6 kilometer expanse of white sand that stretches between Punta Pelada to the north and Punta Guiones on the south end. It is the most consistent break in the Nosara area, offering up quality waves year round. There are occasionally rip tides, swimmers should be cautious.

### **Playa Pelada**

On the other side of the cliff on the north end of Playa Guiones is the rocky Playa Pelada, where an offshore barrier reef protects a bay and its moored boats. Towards the southern end of the bay, a blowhole in the rocks forms a natural shower. The spray is best during the incoming tide.

### **Playa Nosara**

Past Playa Pelada, wading across the river mouth leads to the black sand Playa Nosara. The most remote of local beaches, it lies on the delta between the Rio Nosara and the Rio Montana. It is backed by mangroves and ends at Playa Ostional to the north. When the swell is just right, the waves are perfection at this break. Swimming here is not advisable.

### **Playa Ostional**

Lying north of Playa Nosara is Playa Ostional. This beach is part of the National Refuge where hundreds of thousands of Olive Ridley, Leatherback, and Pacific Green sea turtles lay their eggs annually. The Arribada is not to be missed.

### **Playa Garza**

On the other side of Punta Guiones, on the south end of our beach, the broad, tree lined, white sand beach of Garza lies on a crescent bay. This popular sport fishing spot is also home to the fishing village.

## **SURF LESSONS AND BOARD RENTALS**

The schools offer lessons for all levels of experience. Harmony works closely with a just a few schools we have hand picked and will guide you to the school that will best fit your needs. Choose from Del Mar Surf Camp or Nosara Tico Surf School among others. Prices start at \$65 for a 90 minute lesson with surfboard included.



### **Surfboard and Boogie Board Rentals**

If lessons aren't your thing or you know enough to be on your own, rentals are available. Our reception staff will facilitate acquiring a board for you. Rates range from \$20 per day to \$90 for the week. Please see Nosara Surf Shop or Coconut Harry's. Typically, the shops require a deposit for rentals. Nosara Surf Shop also provides ding repair if needed.

Boards can be stored at our guarded board rack located at Harmony's back gate.

## ZIP LINE CANOPY ADVENTURE

See the unequalled beauty of Guanacaste's Tropical Dry Forest while traveling on the longest, most exhilarating canopy tour in the world. Traverse mountain ridges and valleys, soaring high above multiple ravines, with breathtaking vistas of rivers, waterfalls and the Pacific Ocean.

Suitable for nature lovers, adventurers, families and all who wish to experience the ultimate canopy tour adventure. All lines are double wired, with double harnesses, secondary oversized, sturdy cables and all equipment is of the highest quality and standards. All continuous connecting platforms are placed on solid ground. The resulting ride is not only extremely safe but has the added benefit of being completely smooth with no spinning and hands completely free of the line if desired.

Tours take place at 8:00 a.m. or 1:30 p.m. and takes between 2 to 3 hours. The canopy tour is available to children from 5 years old and up. The fee is \$65 for adults and \$45 for children 12 and under.

*\* Sorry, credit cards not accepted.*



## HORSEBACK RIDING ADVENTURES



The small Costa Rican horses are well trained and well cared for by the local ranchers. From the beach ride through the Lagarta Lodge Nature Reserve where you will stand awe struck at the lookout point, with the Nosara Valley and the gleaming Pacific Ocean before you. Descend to a narrow trail that will lead you into the forest, while birds and howler monkeys call out from above. Finally, gallop down pristine Playa Pelada, a less travelled beach with tide pools and white sand. You can also choose a ride to the waterfalls.

With a total duration of two hours, you can enjoy a quiet evening ride on the beach or an adventurous trek to a waterfall. We highly recommend this tour for riders of all ages and levels of experience. The highlights on this tour are a must see and a fun way to spend a morning or an afternoon during your stay at Harmony. Please get details from our reception staff if you have any additional questions.



**Rates start at:** \$50 per person

## **STAND UP PADDLE ADVENTURES with EXPERIENCE NOSARA**

What an amazing way to see the sea life of Guanacaste! SUP is a must try for everyone who loves the oceans. Whether you have tried it before or just thought about it, now it's time to give it a go. You are in the best hands with Experience Nosara. A certified lifeguard guide who is one of the very best watermen around will accompany you and lead you on this outing. All tours are two and a half hours.



### **Rio Montaña SUP Voyage (\$65/pp)**

Paddle the serene and flat waters of the Rio Montaña, weaving your way through mangrove tunnels and birdsong to a hidden trail that leads out to Playa Nosara. This is an adventure that will (peacefully) blow your mind.

### **Ocean Stand Up Paddle Tour (\$65/pp)**

Explore the offshore reefs and vibrant marine life of Punta Guiones as you learn to stand up paddle. There is a reason this is our most popular tour – paddle the open ocean, spot a few sea turtles, and find out why.

### **Paddle Surfing Session (\$65/pp)**

For seasoned paddle surfers and those who'd like to learn we offer guided trips to a variety of out-of-the-way nearby breaks. Instruction through video analysis is available for any level paddle surfer.

## **BOCA NOSARA KAYAK ADVENTURES with EXPERIENCE NOSARA**

Explore the wildlife rich Rio Nosara, and navigate your passage through the exquisite mangrove forest of the Rio Montaña. Most of this tour is shaded, and we have kid friendly tandem kayaks, with a third seat for small children. The abundance of wildlife is overwhelming. Your guide for this tour, from Experience Nosara, is an experienced paddler, fluent in English with a wealth of information about the ecology of Costa Rica.

Cost of this tour starts at \$60 per person and includes roundtrip transportation to and from the tour destination as well as delicious refreshments and snacks. Additionally, all tours are documented with professional grade photos and videos. Each outing lasts two and a half hours.



### **Boca Nosara Wildlife Tour (\$60/pp)**

Explore the wildlife rich Rio Nosara, kayaking alongside roseate spoonbills, anhingas, tiger herons, and maybe even the odd reptile. Then navigate your passage through the exquisite mangroves and exotic sounds of the Rio Montaña.

### **Boca Nosara Moonlight Tour (\$75/pp)**

Discover a nocturnal world more alive than you ever imagined; our moonlight tours are only offered one day before, after, and on the full moon, so take advantage if you happen to be in town. Minimum 4 people.

### **Rio Nosara Downriver Float (\$75/pp)**

Experience all the wildlife of our standard Boca Nosara Wildlife Tour but with an added twist of adventure. Enjoy a new (and moving) perspective of the vast local biodiversity. (Seasonal: May - November).

## **NATURALIST ADVENTURES with EXPERIENCE NOSARA**

With less than 0.25% of the world's landmass, Costa Rica contains an astounding 6% of the world's biodiversity. Just as impressive is the fact that more than a quarter of the country's land area is protected by national parks, preserves, and wildlife refuges. Experience the magical qualities of nature's beauty for yourself. These tours are top pick for our Harmony guests.

Each of these adventures includes transportation to and from the tour destination. Refreshments and snacks are included. Your experience will be documented with professional grade photos and video recordings. Park entrance fees are also covered.



### **Waterfall Hike (\$50/pp), 2.5hrs**

This tour involves hiking through a primary canopy of tropical dry forest, traversing a cattle farm, and crossing a modest creek, before discovering a series of brilliant swimming holes and small waterfalls, each cascading from one to the next. Strap on some all terrain shoes, and wear your bathing suit! Lunch is included.



### **Nosara Birding Package (\$120/pp), 2 sessions**

This is a two-tour package that will explore the more than 270 species of birds that have been documented in the Nosara Biological Reserve. Go first by foot, and then by kayak following the lead of a premier and well-versed local birder. Tours can be split over the course of your vacation.

## **GUANACASTE SNORKEL AND BEACH OUTING WITH EXPERIENCE NOSARA**

We head north through the countryside and several exciting river crossings, to the idyllic white sand coves of a small fishing village an hour up the coast.



**The Beach Day** \$75/pp, Times vary around conditions and tide, ~ 6 hours  
Experience the coves of San Juanillo to their fullest. We pack the snorkel gear and accessories – coolers, beach chairs, and blankets. Plenty of time to play, explore the underwater marine life, and plenty of time to chill. Includes lunch and R/T transportation. Ideal for larger groups looking to make a day of it! Minimum for tour is 3, max is 8 people.



## **EXPERIENCE NOSARA**

With mentions in National Geographic Adventurer and Outside Magazine, Experience Nosara is the area's premier SUP and adventure outfitter that offers you a choice of many rich and exciting outings. We rely on local talent and knowledge to offer innovative, sustainable, and full-service tours, including photos and refreshments.

### *STAND UP PADDLE TOUR*

Rio Montana SUP Voyage: \$65/person, 2.5hrs

Ocean Stand Up Paddle Tour: \$65/person, 2.5hrs

Paddle Surf Session: \$65/person, 2.5hrs

### *BOCA NOSARA KAYAK TOUR*

Boca Nosara Wildlife Tour: \$60/person, 2.5hrs

Boca Nosara Moonlight Tour: \$75/person, 2.5hrs

Rio Nosara Downriver Float: \$75/person, 2.5hrs

### *NATURALIST TOUR*

Nosara Birding Package: \$120 per person for two sessions.

Waterfall Hike: \$50 per person (duration of hike is about 2 ½ hours, includes lunch)

### *SNORKEL AND BEACH OUTING*

Visit local beaches along the coastline a bit north of Nosara like a true local.

The Beach Day is \$75 per person, minimum 3 people

## **NATURE RESERVE TOUR AT LAGARTA LODGE**

Reserva Biológica Nosara is a private nature-reserve with the size of about 50 ha (125 acres) situated along the Nosara River. It is home to an abundant amount of species of plants, mangroves and wildlife. Many different birds, such as seabirds, herons, waders, and others can be spotted. A total of 270 species have been recorded here. You can also see other animals such as monkeys, coatis, raccoons, armadillos, snakes, anteaters, crabs and range of reptiles. This is the perfect place for hiking through mangroves and forests, for watching birds and other animals or for relaxing in the shadows of the trees.

After this amazing tour you can enjoy of a delicious meal at Lagarta Lodge Restaurant, set on a hill about 40 meters above sea level offering a wonderful view of the coastline of Ostional, the mountains, the river mouth from Rio Nosara and over the forest, which belongs to the Reserva Biológica Nosara.

### **Schedules**

**6:30 a.m. to 3:00 p.m.** (if guide is available)

Guided Tour through the Nosara Biological Reserve: Gabriele (the guide) can give the tour in Spanish, English and German!

If you prefer to set out on your own, his tour is also available as a self guided hike.

**Rate per Person \$12**

**Children from 8 to 15 years \$3**

*\* A minimum of 2 people is always required, prices are subject to change*

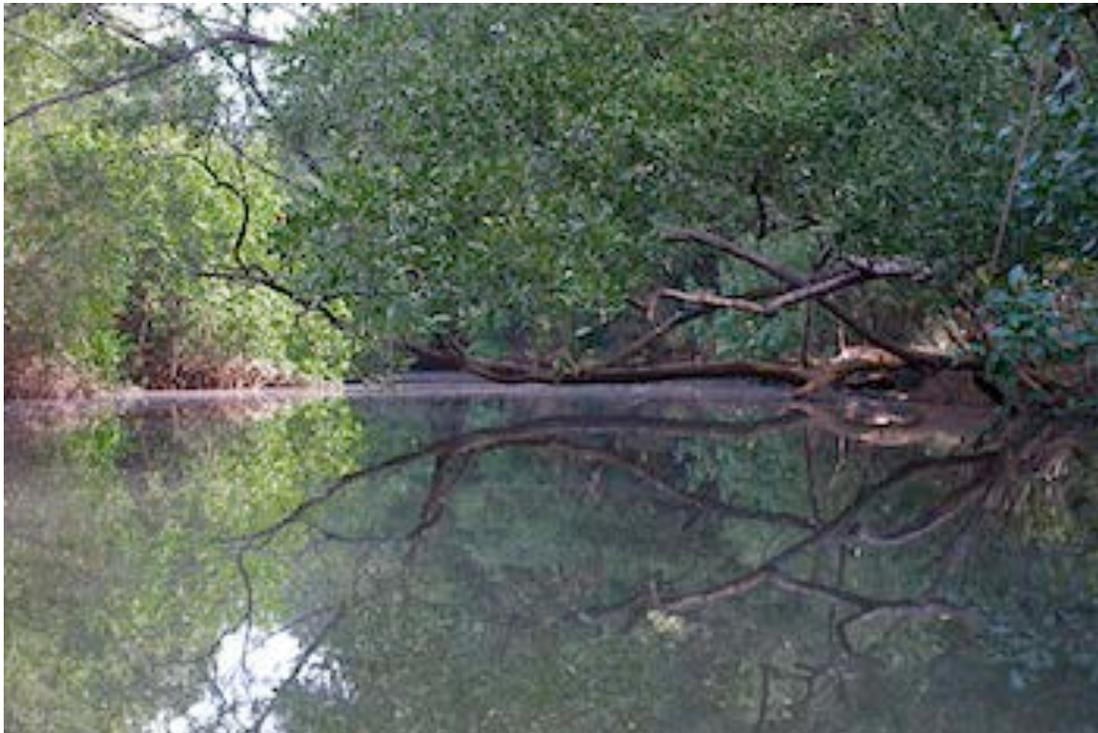


## **NOSARA RIVER OUTING with NOSARA BOAT TOUR**

Discover the beauty of Rio Nosara while you go enter into the world of the mangroves: narrow windings paths through the mangrove forest where the silence on the river will be only interrupted by the mysterious noises of the nature. Quietly glide down Rio Nosara and Rio Montaña covering a distance of over 8 miles with a pollution free motor and soundless electric powered boat while you discover this unique world!

Monkeys and rare birds can be observed, and maybe you'll see two staring eyes in the water: a crocodile or turtles lying in the sun. You will be witness to the magical world of the rivers and mangroves and the animals who thrive here. Take off in the early morning or later in the afternoon and you'll have the chance to see more than 153 different species of birds. Birders, you will be in heaven.

Tour hour is usually at 6:30 a.m. or 2:00 p.m. but depends on the tide (high tide is required). Tours with children are recommended during the afternoon. Cost of the tour is of \$30 per person with Nosara Boat Tour.



## OSTIONAL SEA TURTLE ARRIBADA ADVENTURE

*\* This tour is weather dependent, and usually best after dark*



Seven kilometers and a few river crossings north of Harmony is the small beach side town of Playa Ostional. Here you will discover the fabled *arribada*, when tens of thousands of Olive Ridley sea turtles flood a single beach to nest—or visit 6 weeks after an *arribada* to witness a *nacimiento*, when all the hatchlings emerge from beneath the sand and begin a long, precocious journey to the sea.

With one of the largest *arribadas* on the planet, the Ostional Wildlife Refuge has earned international fame among nature lovers, and plenty of support as one of the most important nesting sites in the world.

This tour departs from our lobby and will leave you with a lasting and intimate memory of having experienced this occasion up close and personal.

The cost per person (minimum of 2) is of \$40 and includes roundtrip transportation to the tour destination, refreshments including ice-cold water, watermelon, and cervezas, park entrance fees and ICT certified local guides. Don't just witness the *arribada*, understand it!

### **When is the Best Time?**

One of these events can last from two to eight days with most nesting-taking place at night. During the months when relatively small numbers of individuals nest the arrivals begin three or four nights after the full moon or whenever there is a moon movement. However, during the peak-nesting season from July through November any correlation with phases of the moon or the tides breaks down completely and a single "arribada" may leave even 100,000 nests.



## **SUSTAINABLE COFFEE TOUR IN HOJANCHA**

Make a trip through history enjoying the incomparable flavor of Costa Rican Coffee and culture by being part of authentic farmer's tradition and customs in this tour.

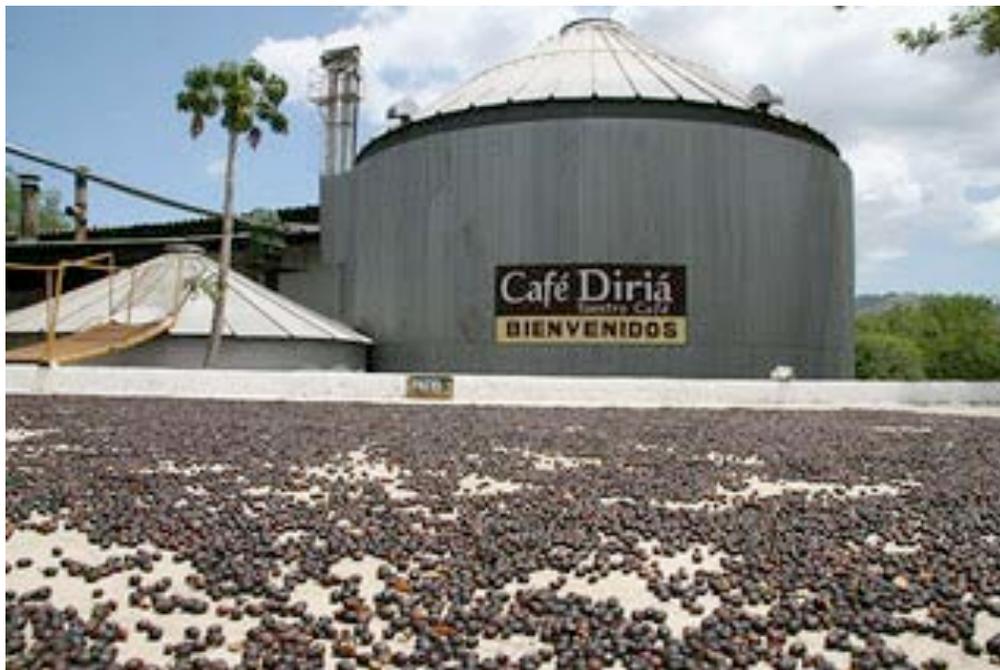
Just two hours away from Harmony you will be having a nice walk around the coffee field and plant production. Here you can see the different processes of the coffee production and the treatment of solid and liquid wastes, transformed later on into raw material for new processes and products, producing finally Guanacaste's best organic coffee.

Here you will also have the opportunity to learn about the equipment used in the collection of coffee as well as some information about the final products and for sure you will taste the exquisite Café Diria. Finally you will also be given an explanation about the coffee production in the area and the indigenous and local cultural values.

This tour is offered by the Planta Beneficiadora Matambu in Hojancha to encourage economic and environmental development to benefit both the associates and members of the community.

The transfer to Hojancha has a cost of \$100 and the tour rate is of \$20 per person.

We recommend you sign up at the Front Desk with one day in advance.



## **HARMONY'S PLANT AND HELP PROGRAM**

Harmony projects such as this strive to promote the development of the local community without compromising the natural surroundings.

Every year more than 15 million hectares of primary forest disappear and 80% of all the primary forest on earth has already disappeared. We hear facts like this all of the time but seldom have the opportunity to make a difference and create a change for the better. Here is your chance.

It would be an honor for our community that you participate in our Plant & Help Program. You will plant an endemic species that will contribute to the conservation of the environment.

### **Here's How It Works**

Sign up with our reception staff by donating \$15 to our Plant & Help Program. You will be scheduled with one of our gardeners to plant your tree in the specific MINAET designated area in the vicinity of the Harmony Hotel. We, the Harmony, commit in turn to take care of these trees with the objective of contributing to the conservation of our forests.



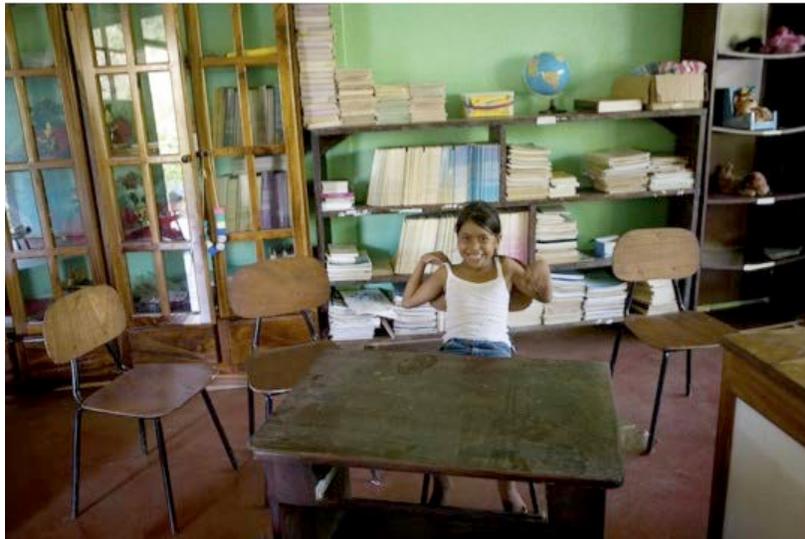
## SCHOOLS OF NOSARA: TURNING HOPE INTO REALITY

The Harmony Hotel's project Turning Hope into Reality is an effort to improve the schools' infrastructure, equipment, and learning aids while addressing the issues of sustainable practices and environmental awareness. Integrating topics such as natural resources, biodiversity, global warming and others into the curriculum can serve both, as a means of teaching science, and also as an introduction to the world of sustainable tourism. The Harmony and its staff complement the curriculum by creating the opportunity for mentorship, experiential learning, and career exploration.

The project started out as an attempt to help the School of La Esperanza, located just a few miles from the Harmony Hotel. However, as the project progressed, the needs of the other schools of the area became more and more evident so we have extended our aid to other schools in the Nosara area: La Esperanza, Santa Marta, Santa Teresita, Garza and Las Delicias. Each has a different story and different needs.

### How Can You Contribute?

- While staying at The Harmony you may contribute with a donation to the school of your choice, just inform the reception staff and we will receive your contribution either in cash or as a Credit Card charge.
- Volunteer & Visit a School. We invite you to stop by one of the 4 local schools and share with the students. Be it your language, musical, artistic or professional skills, all visitors are welcome.
- Bring school supplies with you next time you visit.



*Donations are voluntary and it is hotel policy to operate with absolute transparency.  
100 % of your donation will be dedicated to **Schools of Nosara: Turning Hope Into Reality***

## HARMONY'S GREEN-LIVING TOUR

We invite all of our guests to learn about our numerous green practices during our Green-Living Tour where we will explain the focus of our operation. From inception, the owners of this hotel made it their goal for Harmony to be completely sustainable. As an eco-oriented hotel we are part of the CST (Costa Rican Sustainable Certification), which certifies hotels according to their practices with rigorous rating scale.

The CST program focuses on 4 different environments: the physical-biological, the infrastructure, the guests and the socioeconomic structure.

Harmony Hotel has initiated many programs to benefit these environments by:

- Planting trees to compensate for its carbon emissions,
- Using solar panels to heat your shower water,
- Using alternatives to chlorine to maintain the swimming pool,
- Applying both traditional and worm composting to maintain the gardens,
- Filtering and cleaning water for drinking,
- Treating and testing reclaimed wastewaters for irrigation.

Go behind the scenes to find out what Harmony does day to day to have a positive impact on the environment, and what makes it so special and unique! Sign up for the free Sustainability Tour!

At the Harmony Hotel, we are 100% committed to the Certificate for Sustainable Tourism (CST). If you find that we are not following up on our promises, let our staff know and receive a free Plant & Help!



## **PRICING AND CANCELLATION POLICIES**

(As of 09/2012)

Please see our reception staff to organize any of the adventures you are interested in or to have any questions answered that you may have. They will help you coordinate the time and payment and will inform you of the cancellation policies of each.

### **SURF LESSONS**

We have carefully selected a handful of schools that we respect and trust to provide you with quality and safe instruction. Rates and choices of lessons vary from school to school. Surf lessons include use of a board.

Del Mar Surf Camp: \$65/pp for a 2 hour lesson

**Nosara Tico Surf School: \$60/pp for a 90 minute lesson**

Please visit Nosara Surf Shop or Coconut Harry's for rental rates. A deposit will be required for board rentals.

### **ZIP LINE CANOPY TOUR with MISS SKY**

Rates are \$65 for adults and \$45 for children 12 and under.

Please note that credit cards are not accepted.

### **HORSEBACK RIDING with MIS AMORES**

Mis Amores is owned and operated by a lovely local family. Both husband and wife were born and raised in the Nosara area and have many wonderful stories to share along the way about growing up in this region. They have a vast knowledge of the flora and fauna of this land. And, you can practice your Spanish too!

They are willing to adjust your tour to fit your needs.

The rate for a 2 hour ride is \$50 per person with refreshments included.

### **EXPERIENCE NOSARA**

Spencer, an experienced waterman has teamed up with Felipe, a naturalist and birder to create Experience Nosara, a top notch outfitter that offers you a choice of many rich and exciting outings.

#### *BOCA NOSARA KAYAK TOUR*

Boca Nosara Wildlife Tour: \$60/person, 2.5hrs

Boca Nosara Moonlight Tour: \$65/person, 2.5hrs

Rio Nosara Downriver Float: \$65/person, 2.5hrs

#### *NATURALIST TOUR*

Nosara Birding Package: \$90 per person for two sessions.

Waterfall Hike: \$45 per person (duration of hike is about 2 ½ hours)

Ostional Turtle Tour: \$40 per person (duration is about 3 hours).

#### *STAND UP PADDLE TOUR*

\$60 per person for each 2 ½ hour adventure.

Choose from Stand Up Paddle Touring Lesson, Paddle Surfing Session, or Rio Montana SUP Voyage.

*SURF AND SHORE OUTING*

Visit local beaches along the coastline a bit north of Nosara like a true local.

The Beach Day is \$100 per person.

The Surf and Sand Outing is \$75 per person

**NATURE RESERVE at LAGARTA LODGE**

This tour you can do on your own or with a guide. Tours with guides begin at 6:30 am.

Our reception staff will be happy to assist you in making the arrangements.

**NOSARA RIVER OUTING with NOSARA BOAT TOUR**

Cost of this tour is \$30 per person.

**SUSTAINABLE COFFEE TOUR IN HOJANCHA**

Rate is \$20/pp. Transportation to and from is an additional \$100.

**OSTIONAL SEA TURTLE ARRIBADA ADVENTURE**

The cost per person (minimum of 2) is of \$40 and includes roundtrip transportation to the tour destination, refreshments, park entrance fees and ICT certified local guides.

**HARMONY ACTIVITIES**

Plant & Help: \$15 Donation

Nosara Schools: Turning Hope Into Reality: Free / By Donation

Green-Living Tour: Free