

The Beautiful Haven

Words: Lynn Nicholson



Managed by Cayuga Sustainable Hospitality, Arenas Del Mar is the perfect base to explore the area around Manuel Antonio and Quepos on the Central Pacific coast of Costa Rica. The 38-room resort has been awarded the highest rating for sustainability by the Costa Rican Tourism Board (ICT) and offers access to two beautiful beaches, a beachfront casual restaurant, two outdoor pools and a main restaurant set amongst the rainforest. A full-service spa, ecochic design and large private terraces add to the eco-luxury appeal of the resort.



Tours and activities offered in the area include whitewater rafting, mangrove kayak and boat tours, guided rainforest hikes, ocean kayaking, canopy tours and horseback riding excursions. Arenas Del Mar's resident naturalist guide is available for on property and off property excursions.

Set amongst lush Costa Rican rainforest and adjacent to Manuel Antonio National Park, Arenas Del Mar is the perfect landing pad for any nature-lover wanting to explore nearby parks and come face-to-snout with local wildlife. The hotel's on-site naturalist is always available to guests wanting information about guided tours or the surrounding environment. Some wildlife and nature tours include:

Manuel Antonio National Park Tour: with rainforests, a mangrove swamp, coral formations and 12 islands that serve as seabird sanctuaries, there's much to explore at the nearby Manuel Antonio National Park. Arenas Del Mar's guide teaches guests about the park's distinctive flora and fauna during this three- to four-hour tour. Home to dozens of mammal and bird species, the park is a haven for guests wanting to spy monkeys, agouti, sloth and more.

Early Bird Watching Tour: with more than 856 different species of birds, Costa Rica is a birder's paradise. Set out at 6 a.m. for the two-hour hike and spy a variety of Tanagers, Euphonia, Flycatchers, Robins, Woodpeckers and more. Don't forget to bring a camera and binoculars!

Easy Being Green Tour: learn about the ways Arenas Del Mar is helping the Earth on this one-hour tour. Come behind the scenes and see the native plant nursery and butterfly garden and learn about what the hotel does with its organic wastes in the vermiculture

and compost area. Stop off at the recycling centre, an area that showcases Arenas Del Mar's philosophy for reducing wastes and saving energy. And at the museum, learn key bits of Costa Rican history.

When it comes to water sports and adventures, Arenas Del Mar has an abundance of ocean, river and mangrove tours. Some water-based explorations include:

Morning or Sunset Catamaran: Discover the wonders of the Manuel Antonio coastline – check out the mysterious islands with jagged rock formations, towering cliffs and the nesting grounds of 16 species of marine birds, or dive beneath the ocean's surface and swim amongst more than 60 types of tropical fish, dolphins, whales and sea turtles. This half-day tour takes place on a 60-foot boat and includes meals, transfers and snorkel equipment.

Whitewater Rafting: Arenas Del Mar offers two, unique whitewater rafting experiences at the Savegre and Naranjo Rivers. For a full, but relaxing, day, opt for the beginner/intermediate Savegre tour and discover jungle vegetation, magnificent waterfalls and natural swimming pools. The half-day Naranjo tour is for the more experienced and takes guests on a wild ride from the coastal mountain range above Quepos down to sea level, passing nearby farmlands and palm plantations.

Strap on that helmet and take advantage of Arenas Del Mar's adventure opportunities. Adrenaline junkie? Not a problem at Arenas Del Mar. The hotel caters to guests of all experience and desired-thrill levels. Some adventure opportunities include:

Canopy Tour: zipline, repel and swing high above the rainforest canopy to experience the Costa Rican jungle from its richest



perspective. Start the half-day tour by fueling up with a traditional breakfast or lunch at the ranch house and then get led through winding trails through the forest. Spot Poison Dart Frogs, Toucans and Squirrel Monkeys before having the adventure of a lifetime, flying from a platform at the top of the rainforest canopy. This tour features 21 platforms, nine ziplines, two repel lines, one suspension bridge and one Tarzan Swing.

Hike to Biesanz Beach: discover one of Costa Rica's best-kept secrets, Biesanz Beach. Arenas Del Mar's guide will hike guests out to the beach, located about one hour from the hotel. Once there, strap on that snorkel and explore the cove's clear waters and abundant sea life.

Something for everyone here, so for an exotic destination with days of fun, laughter and sheer relaxation contact Arenas Del Mar www.arenasdelmar.com

Arenas Del Mar
Beachfront & Rainforest Resort

