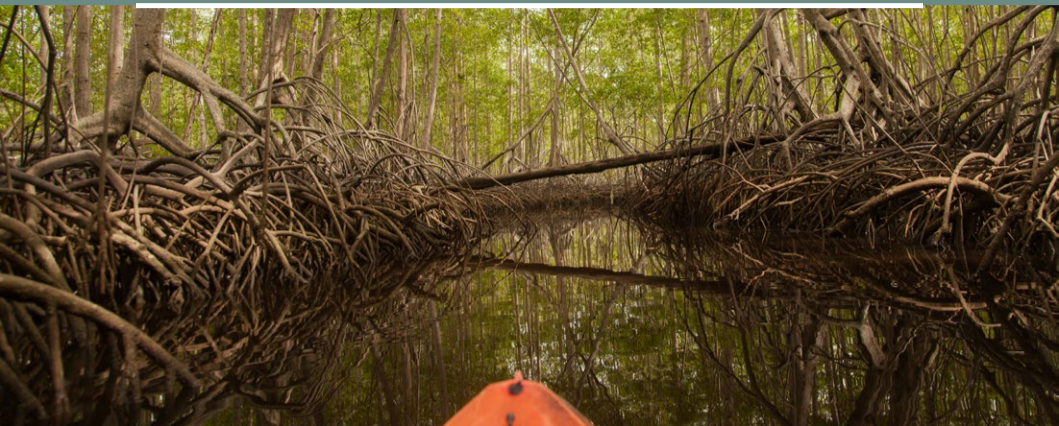

5 NIGHTS ADVENTURIST ITINERARY

At Arenas Del Mar, the adventure begins from the word go. Check in with playful monkeys overhead; stop to spot sloths en route to your room; slide back the doors to the sweet smell of sea salt and surf. You're in Manuel Antonio – and there's enough to keep you busy every day of the month.

Included with your stay: Daily a-la-carte breakfast, 2 complimentary onsite tours, daily yoga or fitness classes, Wi-Fi, complimentary local & international calls.



DAY 1 ARRIVE & ADVENTURE

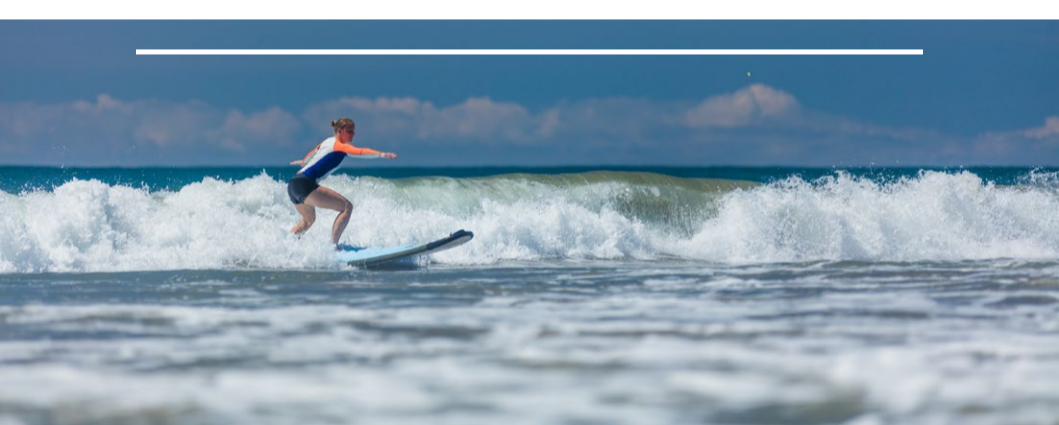
GoPro, check. Hiking boots, check. You've arrived to Costa Rica's adventure capital and you're in for some memorable escapades. Sunscreen up and backpack on – there's no time to waste when it comes to exploring!

Head out into the rainforest after dark with our naturalist guides in search of resident nocturnal wildlife; our night walk is the best chance you'll have to spot iconic frogs, enigmatic mammals, snakes and plenty more.

DAY 2 WILDLIFE & WATER SPORTS

Rise and shine bright and early for a guided tour of the famous Manuel Antonio National Park. Just a stone's throw from Arenas Del Mar, it's a wildlife hotspot and a beachfront utopia all wrapped up in one.

In the afternoon, swap the calm waters of the National Park for the world-class waves of Espadilla Beach at the foot of the resort. There we'll teach you how to surf like a true Costa Rican, no experience required! Upon your return, rest your muscles with an indulgent massage at Las Brisas Wellness Center.



DAY 3 RAINFOREST MEETS OCEAN

Enjoy a peaceful morning in, watching the waves break below and the wildlife swing by. At low tide you'll be able to discover an extraordinary ecosystem right where the rainforest meets the ocean: the intricate mangroves of Islas Damas.

Paddle your way by kayak along the quiet waterways that weave through the mangrove roots, spotting crabs and marine birds as you go. You'll feel like a true explorer in these hidden corners. Round off your day with an inspiring wildlife talk at the resort and a tasty beachfront dinner at Playitas.

DAY 4 INTO THE JUNGLE

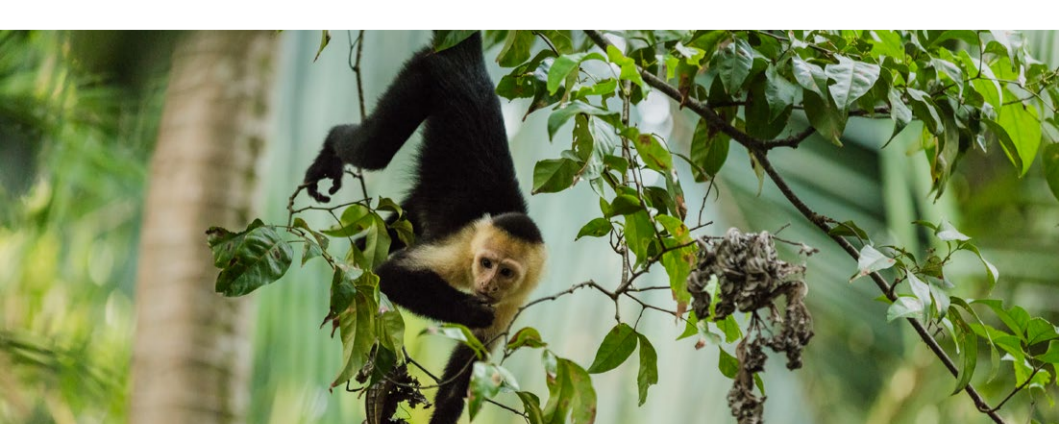
Greet the day with a welcome hit of energy in the form of a beachside functional exercise class. It'll leave you feeling ready and raring for a guided visit to Rainmaker Park, one of the area's most authentic rainforest experiences.

There you'll cross rustic hanging bridges, pass by beautiful waterfalls and encounter an abundance of wildlife on the park's network of trails. Return to the resort for some well-deserved beach time before heading back into Manuel Antonio town for dinner.

DAY 5 IN TOUCH WITH NATURE

On your final day in Manuel Antonio, immerse yourself for a last time in our rainforests and mountains on your choice of adventure. Mountain bike through some of Costa Rica's most beloved landscapes or horseback ride through the hills on a slower-paced countryside tour.

Return in time for lunch at the beach and an afternoon of resort relaxation to round off your adventure-filled stay at Arenas Del Mar.



At Arenas Del Mar, you'll have the flexibility to tailor your perfect adventure with us. Whether that means a good dose of ocean adrenaline or rainforest exploring, our Travel Advisors can help you plan it all – ask us for a personalized itinerary!