

## 5 NIGHTS ESCAPIST ITINERARY

Switch up the fast pace of modern day life for our pura vida rhythm. At Arenas Del Mar you'll find a complete, easy escape from the day-to-day and a luxury beachfront destination to relax, reconnect and restore. Catch a breath of fresh ocean air and enjoy a new sense of inner peace surrounded by nature at its most inspiring.

*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 ARRIVAL & RESORT RELAXATION

Set your out-of-office reply and store your gadgets away – you've arrived to tropical beachfront paradise and it's all about the me-time. Pick your spot under the palms, order in a chilled coconut water, and sink into pure relaxation.

After dark, join us at Mirador Restaurant for some of the country's finest cuisine. Think locally-sourced seafood, contemporary Costa Rican classics and a diverse menu of fresh, wholesome dishes packed with flavor.

### DAY 2 BEACHFRONT BLISS

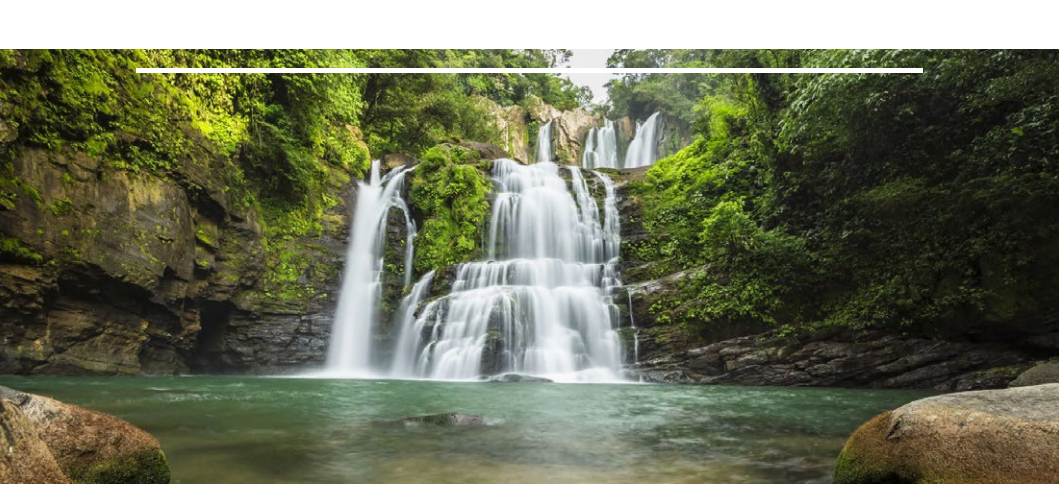
Rise and shine for a complimentary oceanfront yoga class at our secluded Playitas Beach, accessible only to guests of Arenas Del Mar. Afterwards you'll have no trouble finding a shady hammock with your name on it to while away the sun-kissed morning. And there's nowhere better to soak up the glorious Manuel Antonio seascape.

Hop over to nearby Biesanz Beach in the afternoon to paddleboard on its calm, clear waters. Stay afloat long enough and you'll catch a fiery Costa Rican sunset to remember. Alternatively, enjoy it back at the resort with a masterfully-mixed cocktail in hand.

### DAY 3 BACK TO NATURE

Tuck into a full breakfast in bed and sip your Costa Rican coffee with an ocean view ahead of the day's adventure. Today you're off to Nauyaca Waterfalls, one of Costa Rica's most impressive natural wonders.

Hike your way through the rainforest with a guide to reach Nauyaca's two spectacular falls, the first standing at 120ft and the second at 60ft. Together they form a refreshing plunge pool immersed in nature, the perfect spot to jungle bath, relax and reflect.



### DAY 4 COOK UP A STORM

Enjoy a morning at leisure, making the most of our two beaches for sunbathing and surfing, or our network of nature trails for some memorable wildlife watching. Home to squirrel monkeys, sloths and iguanas, at Arenas Del Mar there's seldom a day without any rainforest action.

In the afternoon we invite you to indulge your inner foodie with our chefs who'll teach you to prepare a tasty Costa Rican ceviche. Enjoy your creation with a nice cold cerveza - just the energy boost you'll need to explore Manuel Antonio town for dinner.

### DAY 5 ULTIMATE INDULGENCE

On your last day at Arenas Del Mar, connect with our staff behind the scenes on our Easy Being Green Tour and learn how we seamlessly blend sustainability and luxury. We'll help you reconnect with yourself too with a soothing spa treatment of your choice. From traditional aromatherapy massages to healing reiki, however you like to relax, you'll find your ideal therapy at Las Brisas Wellness Center.

To round off your stay, order in a treat from our Suite Indulgences menu and catch a final sunset from your room's private jacuzzi. These are the moments to daydream about for a lifetime.



*At Arenas Del Mar, you'll have the flexibility to tailor your ideal escape with us. Whether that means including plenty of relaxed beach time or reconnecting with nature on our rainforest tours, our Travel Advisors can help you plan it all – ask us for a personalized itinerary!*