

LOCAL EXPERIENCES

ARTS & CULTURE

CREATIVO ART CENTER 10 min drive
Arts, crafts and dance programs
available every day for children.

DRIFT 10 min drive
Art, cocktails.

GALERÍA PURA VIDA 5 min drive
Local artists' collective.

PERFECT SUNSET SCHOOL 10 min drive
Organized Spanish lessons.

CHILD CARE

CREATIVO ART CENTER 10 min drive
Arts, crafts and dance programs
available every day for children.



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and to access the Santa Teresa map.

SHOPPING

BALU 5 min walk
Natural fabrics, gift shop.

DENGA 5 min walk
Surf and skate shop.

D'KOKO 6 min drive
Beach wear for women, locally
designed, crafted.

REGIA 5 min walk
Thrift, jewelry, natural skincare.

SOMOS STORE 2 minute walk, across the
street from Fermata
Surf & clothing shop, board shaping.

STUDIO COLECTIVA 10 min drive to
Playa Hermosa Village
Curated goods shop. Men's, women's,
vintage, jewelry.

SWELL 8 min drive
Women's clothing, light, breezy, natural
fibers.

TIPSY 5 min walk
Hand-picked world-class wines and
spirits.

YASMINE 7 min drive
Hand crafted jungle atelier.



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LOCAL EXPERIENCES

EAT + DRINK

ANAMAYA 45 min drive to Montezuma
Beachfront healthy gourmet cuisine.

BANANA BEACH 5 min drive
Beachfront, cocktails, music.

BRUKAS 10 min drive - last 500 mts steep
Hilltop oceanview, sunset cocktails,
grilled menu.

CAFÉ SOCIAL 15 min walk
Air conditioned coffee, brunch.

CHEZ COCO 5 min walk
Chic French café serving breakfast, lunch,
dinner.

CONVIVIO 10 min drive
Sports bar and restaurant.

HACIENDA OKHRA 20 min drive
Organic farm special events, 48 hour
pre-reservation only, min. 10 guests.

KATANA 8 min drive
Excellent asian food with a vibrant
atmosphere.

LA PLAZA 10 min drive to Hermosa Village
Kids friendly coffee, brunch.

MANTARRAYA CAFÉ 10 min drive
Casual, healthy lite bites, community
beach ambiance.

MUZZA 2 min walk
Wood oven pizza.

NAMI 12 min walk
All-day classic sushi, cocktails, bar dining.

NAMORÉ 7 min walk
Air conditioned café, bakery, evening fine
dining.

EAT + DRINK

NYA - AGRÁ 45 min drive to Montezuma
Beachfront unique approach to traditional
Costa Rican cuisine.

PLAYA DE LOS ARTISTAS 45 min drive
to Montezuma
Rustic beach location, celebrated cuisine,
reservation only.

PRONTO / TIKILIANO 5 min drive
Air conditioned Italian cuisine with a tiki
bar and dancing.

ROCAMAR 16 min walk
Family friendly beachfront, sunset cocktails,
casual food.

SODA TIQUICIA 10 min walk
Local Costa Rican classic food.

SOMOS RESTAURANT 1 min walk
Casual menu, surf shop, evening music.

THE BAKERY 8 min drive
Famous pastries, cafe style breakfast, lunch.

UMA 5 min drive
Beachfront Israeli food in the sand.

FARM STANDS & MARKETS

GREEN WORLD STORE 5 min drive
Organic produce, natural skincare, local
products.

POP-UP FARMER'S MARKET 10 min drive
Saturdays 3:00-6:00, next to Restaurante
El Carmen.

LOCAL EXPERIENCES

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ADVENTURE

ATV EXCURSION TO CABO BLANCO

Cabuya, 4-5 hours
Dirt road guided driving through the jungle and rivers to Costa Rica's first nature reserve. Once there, trails for hiking. Self guided visits are also available.

HORSEBACK RIDING IN RURAL

COSTA RICA Manzanillo, 2 hours
Ride with the real sabaneros of Costa Rica's countryside, at Hacienda Arios through pastures, jungle, mangrove and an exhilarating final gallop along the beach.

SCUBA DIVING WILD, VOLCANIC

REEFS Malpais, 4 hours
Sharks, manta rays, big schools of fish. Wildlife under the waves of Santa Teresa is always exciting and abundant.

ZIPLINE IN THE JUNGLE

Malpais, 1.5 hours
Zoom through the treetops with views of the ocean, experience the monkeys' habitat.

ACTIVITIES

LOCAL SKATEPARK & FOOTBALL

FIELD 8 min walk
Public community space with skate lessons available upon request.

WOODEN SKATEPARK 5 min walk

Private 3 wooden bowls skatepark. Great for all ages, surfskate private lessons.

WILDLIFE & NATURE

CABO BLANCO ABSOLUTE

RESERVE Cabuya, 4-5 hours
Enter the first ever nature reserve in Costa Rica, which paved the way for this special country's entire conservation - based identity. After the hike, treat yourself to a traditional lunch and chocolate cake at the Cabuya Bakery.

CIRENAS EDUCATIONAL

EXCURSIONS 20 min drive to Manzanillo
Guided nature educational tours for local environmental NGO. Sea turtle patrols, birdwatching and a great traditional meal.

CURÚ WILDLIFE REFUGE

Curú, 5-6 hours
Spend the day searching for animals in the mangroves and forest, then cross over to Isla Tortuga for a snorkel or stay for the unique bioluminescence tour.

EL CHORRO WATERFALL

Montezuma, 2-3 hours
This waterfall lands directly in the ocean and is a medium to difficult hike. Perfect for adventurers.

MONTEZUMA WATERFALL

Montezuma, 2-3 hours
Hike up three waterfalls ending at a 30 meter drop surrounded by jungle. Top it off with a restorative stop at the Butterfly Brewery (butterfly farm, restaurant and brewery).

OCEAN

BLUE OCEAN SAFARI Malpais, 7 hours

Search for turtles, dolphins and whales in the ever-surprising waters around the Nicoya Peninsula near Cabo Blanco Island.

FISHING WITH THE PESCADORES

Malpais, 3 or 7 hours
Fish on a local panga with people who were born and raised in this ocean.

FREEDIVING EXPERIENCE

Hermosa, 2 - 5 hours depending on package
Breathwork and pool training followed by ocean experience.

SNORKEL CABUYA ISLAND

Malpais, 3-4 hours
Reef fish, eagle rays and starfish are all found in the shallow waters of Cabuya's cemetery island.

SUP AT LOW TIDE Malpais, 2 hours

Head out past the break for an invigorating, core-strengthening paddle.

SUNSET BOAT TOUR Malpais, 3 hours

Enjoy Santa Teresa's famous sunsets from the unique viewpoint of a small boat, sipping champagne.

SURF AND BOARD RENTAL AT

FERMATA Fermata, 1.5 hours
The heartbeat of Santa Teresa culture. Learn to ride the waves or refine your skills with professional instructors.

BEACH DAY TRIPS

MANZANILLO 20 min drive

Walk along a white-sand beach to the Río Manzanillo Rivermouth. On the way back, stop at the Atardecer Dorado for a refreshing drink and patacones.

PLAYA HERMOSA 10 min drive

Long, sandy white beach, perfect for surfers of all levels and walkin distance from Mantarraya Café and Jackalope bikinis.

PLAYA SUECOS 15 min drive

Secluded beach cove with calm tidepools for snorkeling, located in Mal País at the edge of Cabo Blanco reserve.

POZA DEL GALLO 8 min drive

Spend low tide soaking in the tidepool across from Rey Patricio, or rent a snorkel kit and search for wildlife.

RÍO LAJAS 45 minute drive to Cabuya

Take a picnic to the river and just hang out under the shade of the forest with a view to the ocean while the kids splash around.



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