

Nosara Activities

Surf, fish, explore and relax.

The surf, the sun and the environment offer a variety of leisure activities, including yoga classes at the Nosara Yoga Institute, surfing lessons at the Nosara Surf Shop or the Safari Surf School as well as spa treatments at Tica Massage. Visitors to the area also can partake in ocean/river kayaking tours on River Nosara or horseback tours through the lush jungle with the guidance of Boca Nosara Tours.

Sports fishing enthusiasts can head to the sea. On the west coast of Costa Rica, there are inshore and offshore reefs that house Sailfish, Blue, Black and Striped Marlin, Doradod (Mahi Mahi), and schools of yellow fin tuna that are present most of the year. Reel Deal Sport Fishing with Captain Carlos Barrantes provides full- and half-day charters aboard an equipped Classic 26-foot Mako Rampage. The charter includes Shimano TLD-25s and Penn 50tw reels for trolling and bottom fishing as well as lunch and refreshments.

For a bird's-eye view of the jungle, adventurous spirits can enjoy the Costa Rican wilderness along one of the longest canopy tours in the world that boasts a total length of 6400 meters. Miss Sky Canopy Tour is located in a 2500-acre forest reserve and includes 12 runs, stopovers at waterfall and river pools and a sky-high experience not to be forgotten.

Relaxing is one of the most precious activities Nosara offers. Awake with the sun around 5 a.m. for walks on the beach, or enjoy a morning swim in one of our many rental properties' Infinity pools. Read a book while swinging on a hammock amidst the jungle breeze, butterflies and howler monkeys. Exercise later at a Judo, boxing and other martial arts classes at the Enchanted Forest or take in a yoga class on the beach.

The possibilities for getting away from it all are endless.

Contact us to learn more about Nosara activities or our services.

Rent-a-Quad

Gunter's Quads	506.682.0424
Monkey Quads	506.682.1001
Nosara Surf Shop	506.682.0186

Sport Fishing

Gilded Iguana	506.682.0259
Halfmoon Bay	506.682.0446
Nosara Travel	506.682.0300

Surf Shops

Coconut Harry's	506.682.0574
Juan Surfo's	506.682.4041
Nosara Surf Shop	506.682.0186
Pancho's	506.682.0591

Tours

Activated Life Experience	506.682.0270
Boca Nosara Tours	506.682.0280
Gunter's Quads	506.682.0424
Iguana Expeditions	506.682.4089
Miss Canopy Tours	506.682.0969
River Tour/bird watching	506.682.0610

YogaNosara Yoga Institute	506.682.0071
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