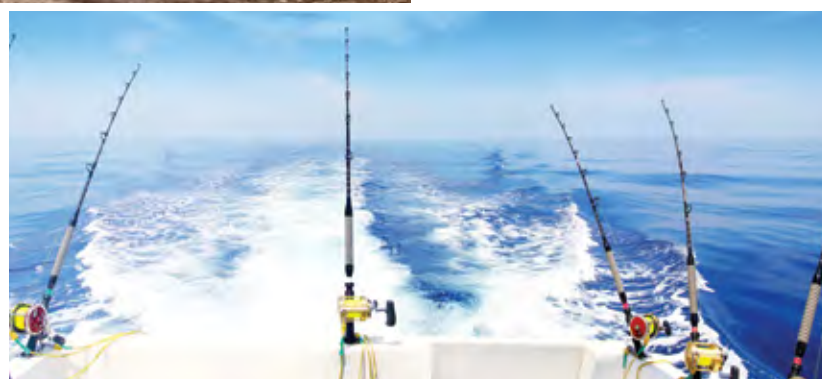




RESORT GUIDE BOOK

LUXURY COSTA RICA
VACATION RENTALS
& REAL ESTATE



Herradura, Los Sueños, Costa Rica
1 888.490.4581 Toll Free USA
concierge@hrgcr.com

USA +1 888 490 4581
CR +506 2637 8484
Fax +506 2637 8844

www.hrgcr.com

LOS SUEÑOS RESORT MAP

ACCOMODATIONS

- 01 ALTA VISTA
- 02 BAY RESIDENCES
- 03 BELLA VISTA
- 04 COLINA
- 05 DEL MAR
- 06 ECO GOLF ESTATE
- 07 LAS VILLAS
- 08 MARBELLA
- 09 MIRAMAR
- 10 MONTEBELLO
- 11 MONTECIELO
- 12 TERRAZAS DE MARBELLA
- 13 VERANDA
- 14 VISTA BAHIA
- 15 VISTA DEL SOL
- 16 VISTA TRES BAHÍAS

AMMENITIES

- A LOS SUEÑOS MAIN ENTRANCE
- B LOS SUEÑOS BEACH CLUB
- C MARRIOTT HOTEL & GOLF
- D CHARTER DOCK
- E HELIPORT
- F MARINA VILLAGE
 - BAMBU Sushi and Asian Cuisine
 - DOLCE VITA Coffee & Sweets
 - LANTERNA Italian Steakhouse
 - THE HOOK UP Bar & Rest
- G SUNSET POINT
- H LOCAL RESTAURANTS
- I PHARMACY & CLINIC



Hello & Welcome



HRG PROPERTIES & RENTALS

Welcomes you to Los Sueños Resort & Marina, and we wish you an unforgettable Costa Rican vacation. Throughout this welcome book, you'll find additional information about the resort, nearby attractions, local restaurants and more. We hope your stay will be filled with adventure, discovery, and beautiful memories that will last a lifetime. To that end, we have taken the liberty of highlighting some of the best experiences in the area.

While you're here, don't miss out on an adventurous day of sport fishing, the calm waters and short-run to the incredibly prolific fishing grounds near Los Sueños Marina make Costa Rica one of the most sought after angler destinations on the planet.

We are fortunate to be near one of the most spectacular national parks in the country, as well as numerous adventure tours, attractions,

and activities. Our guests love to experience Manuel Antonio National Park, the ATV rain forest & waterfall tour, the monkey tour, the crocodile tour, Tortuga Island cruise and of course the famous zip-line tour.

The HRG Concierge staff is available to serve you 24 hours a day, 7 days a week. When it comes to relaxation and fun, we've got you covered. Let us know what you feel like doing and we'll help you book your tour, tee-time, spa service, or activity. We can also schedule private transportation for you to explore, as well as to and from the airport. For more information and to book, don't hesitate to reach out to us at +506 2637-8484 or stop by our office, which is located just 1 mile east of the main entrance to the resort.

Enjoy your stay!

The HRG Team

HARDY REAL ESTATE GROUP

Hardy Real Estate Group (HRG), founded in 2008, lists and sells property in all areas of Costa Rica. Founder, Michael Hardy brings experience, knowledge, and professionalism to a company that consistently has the finest listings at competitive prices. A licensed realtor in Texas, Michael worked as a sales associate for Los Sueños Resort from its inception in 1997 and its multiple property owners in Los Sueños Resort. He also manages and owns assets in all areas of the country. HRG and its Palms Realty Costa Rica, specializes in properties within Los Sueños Resort & Marina.

Owning property in Costa Rica is much different than other vacation areas such as Mexico and the Bahamas. Along with ease of ownership and incredible security, Costa Rica and Los Sueños provide the perfect location for foreigners and locals to own property. The closest resort to the Central Valley and international airport, Los Sueños is a unique destination providing something for the entire family. Contact us today to schedule a showing or a tour of the resort. If you would like to receive more information about Los Sueños Resort and Marina, or the surrounding communities, please contact Mike Hardy at Mike@hrgcr.com. Or, call our office at 011 506 2637 8484, toll-free from the U.S. and Canada at 1 888 490 4581.

Visit hrgcr.com or palmsrealtycr.com to see current listings.



Things you need to know

Checking in and out:

Check-In Time 3:00 pm.
Check-Out Time 12:00 noon.

Security:

All the communities at Los Sueños have their own security staff. They will not allow entrance to any person without proper authorization. HRG is not responsible for theft or damage of personal property, vehicles or valuables left in public areas. We have provided you with security boxes in each unit for your convenience.

Non-Smoking:

All HRG Properties are non-smoking units and smoking inside the rental unit is not permitted. Penalties will be charged to your open voucher for smoking inside the unit.

Swimming Pools and Jacuzzis:

Pool hours are from 6:00 am to 10:00 pm. For parties, large groups or use of the pool after pool hours, please contact HRG’s concierge office. For safety reasons, an adult must supervise kids under twelve (12) years of age.



Visitor Rules:

The following rules regarding the use of the common areas and units are to promote the safety, security, and welfare of the occupants and the property.

- Pets are not permitted in units or common areas.
- The use of offensive language or behavior is not permitted around the pool and or common areas. No one is allowed to pollute the water of the pools in any manner.
- Pool furniture is not to be removed from the pool or the deck area.
- No glass containers or any article, which may be a safety or health hazard, can be brought to the pool or pool deck areas.
- Any individual must shower before entering the pools. Oils, lotions or creams used for sunbathing are to be removed under the shower before entering the pools or whirlpools.
- Proper pool attire is required.
- Diving and jumping into the pool is not permitted. Users are responsible for safe practices at all times.
- No persons or pets shall harm, mutilate, destroy, and alter any of the landscaping work on the property.
- Loitering in the stairwells or other parts of the common areas is not permitted.



Important Phone Numbers:

Emergency Numbers:

- Emergency: 911
- Clinic at Los Sueños: 2637-8610
- Emergency 2637-8608

Private Hospitals:

- CIMA: 2208-1000
- Clínica Bíblica: 2522-1000

Guard Gates:

- Del Mar: 2637-8980
- Vista Los Sueños: 2637-8382
- Eco Golf Estate: 2637-7240
- Colina: 2637-8225
- Veranda: 2637-7239
- Bella Vista: 2637-8591
- Altamira: 2637-8265

Airlines:

- American: 2257-1266
- Delta: 2257-4141
- Continental: 2296-4911
- United: 2220-4844
- American West: 2290-5222
- US Airways: 2520-0693
- Air Canada: 2437-2626
- TACA/LACSA: 2290-2727
- Copa: 2222-6640

¿Habla Español?

Saying Hello:

Hola = Hello. This is the basic way to say hello.

Buenos días = Good morning.

Buenas tardes = Good afternoon.

Buenas noches = Good evening.

Buenas = Shorthand way of saying hello, any time of day. It is more casual and works in the morning, afternoon, or evening. You'll hear the locals use this all the time.

Saying Goodbye:

Chao = Bye. The basic way to say goodbye.

Adiós = A slightly more formal way of saying goodbye. We have also heard adiós used as a sort of greeting and goodbye. For example, if you are driving past someone walking on the street and want to greet them, you could say adiós instead of hola . The idea is that you aren't staying around to chat.

Hasta luego = See you later, or literally, until later.

Hasta mañana = See you tomorrow ("until tomorrow").

Manners and Asking for Things:

Por Favor = Please.

Gracias = Thank you.

Perdón = I am sorry.

Disculpe = Excuse me (when you need to get someone's attention).

Necesito = I need.

Answers:

Sí = Yes.

No = No.

Tal vez = Maybe.

Claro = Of course.

Traveling to another country where the language isn't familiar can sometimes be intimidating. But don't you worry, we have provided you with a basic guide on speaking Español below.

Questions:

¿Dónde? = Where?

¿Dónde está? = Where is...? Useful when asking for directions or where something is.

¿Dónde está el baño? = Where is the bathroom?

¿Cuánto cuesta? = How much does it cost?

¿Acepta tarjetas de crédito? = Do you accept credit cards?

¿Habla Inglés? = Do you speak English? Some Ticos might reply un poco (a little).

Restaurants and drinks:

¿Para tomar? = What would you like to drink? This is usually the first thing a server will ask you.

Agua = Water.

Una cerveza = A beer.

Vino = Wine. Vino tinto is red wine and vino blanco is white wine.

Café = Coffee. The server will ask you ¿Café con leche o negro? (Coffee with milk or black).

Don't worry, they always bring sugar packets.

Batido = A fruit smoothie. Con agua means blended with ice and con leche means blended with ice and milk (milkshake).

Cashing Out:

Para llevar = To go (for your leftovers).

La cuenta, por favor = The bill, please. In Costa Rica, the server won't bring this unless you ask for it.

Propina = Tip.

Servicio = Service. This is the 10% added to the bill for tip. You can add more if you like.

Impuesto ventas = Sales tax (13%).

Various:

¿Donde esta el baño? = Where is the bathroom.

Necesito un taxi por favor = I need a taxi, please.

¿Habla usted inglés? = Do you speak English.

No Hablo Español = I don't speak Spanish.

No Entiendo Español = I don't understand Spanish.

Izquierda = Left.

Derecha = Right.

Experience Costa Rica

BOOK YOUR NEXT ADVENTURE NOW.

HRG offers a full service, 24-hour concierge experience. A professional company that designs the perfect vacation itinerary for all of your needs. "Sit back and relax, HRG will take care of the rest."

Please note that occupancy and availability are limited. If you're visiting during a peak time, we recommend booking any experiences, services, and rentals at the time of your reservation to ensure availability.

You've found the perfect home. Now it's time to have our concierge's team plan the perfect vacation. Costa Rica is one of the most spectacular and ecologically diverse in the world, and HRG is here to help you enjoy it all!

Whether you want to fish in world-class waters, fly through the forest on a canopy tour or ATV, hike or horseback ride to gorgeous waterfalls, take in a few rounds of golf at the professional 18 hole, par 72 Los Sueños Resort course or spend a day at the Spa. Take your pick!

Or perhaps you want to cool off in the beautiful waters of Costa Rica by taking a tour via stand-up paddleboard, kayak, or even taking a lesson and learn how to surf like the pro's. You name it! Your wish is our command. So, sit back, relax and let us take care of the details to give you and your family the vacation experience of a lifetime!

Over the next several pages we will guide you through the beauty and adventure that Costa Rica has to offer. With its diverse ecosystem and terrain, it offers an amazing array of adventure and fun, the perfect place to spend your next family vacation and spring break.

Contact our HRG Concierge Team today to learn more! Call +506 2637 8484.

Local Experiences

World Class Sportfishing

Costa Rica, the Billfish capital of the world!

Calm blue warm waters make an ideal fishing experience. In this area, you can find dorado, yellowfin tuna, wahoo, sailfish. Blue, black and striped marlin, amongst other species.

We have large, medium and small-sized boats to accommodate any size party. Call us and let us know how many people will be in your party and we will gladly reserve a sportfishing vessel.

Type of Fishing:

Offshore and inshore fishing trips available.

Duration:

- Half-day = 4 hours.
- Full day = 7 to 8 hours.

Fishing Charter Includes:

- Bilingual Captains and crew.
- Bait and tackle.
- Snacks, ice-cold beer, water, and sodas. Lunch is provided on full day charters.

What to bring:

Light clothes, sunscreen, a cap, and a camera.



Los Sueños Resort and Marina is the premier offshore sportfishing destination in all of Central America, Mexico, and the Bahamas. Find out why some of the biggest names in tournament sportfishing base their operation out of Los Sueños 200 slip full-service marina. Ideally located in the calmest and bluest waters of the Pacific Ocean. Renowned for world-class sportfishing, the calm pacific waters of Costa Rica are easily accessible from the Marina at Los Sueños Resort.

Costa Rica is known globally as the billfish capital of the world, where most of the sportfishing tournaments are held during peak season, January - April, at Los Suenos Marina, the largest marina in Latin America.

Between 20-30 miles out, enthusiasts will find some of the most prolific sportfishing on the planet. Black, blue and striped marlin, sailfish, tuna, dorado, and wahoo are abundant in these waters, so plenty of excitement can be expected. Your fishing adventure is just a phone call or email away. We have large, medium and small-sized licensed fishing yachts to accommodate any size party.

Just let us know how many are in your group and we will gladly reserve the perfect sportfishing vessel for you. Reel in a 40-pound dorado, 200-pound yellowfin tuna or a 600-pound blue marlin and experience the most exciting and high energy big game fishing of your life. Whether it is business or pleasure HRG will deliver a fishing trip you will never forget.

28' - 35'



36'



40' - 45' Flybridge



50' - 60' Flybridge



Inshore and offshore charters available • For more information ask HRG's concierge service

Species

Costa Rica is one of the most popular destinations around the world for sportfishing and if you're planning a trip, there is a lot to consider. Here is your go-to guide with everything you need to know about sportfishing in the calm pacific waters of Costa Rica.



Marlin

Optimal Time of Year: Overnight trips June-August - Offshore day trips November-April.

Additional Information: Although June-August for overnight trips and November-April for day trips are the optimal months for marlin, with the right captain and crew you can find black, blue and striped marlin year-round.



Tuna

Optimal Time of Year: Year-Round.

Additional Information: You can find Yellow Fin tuna on the Central Pacific coast of Costa Rica year-round but between June-October is when you will find the 200-pounders.



Sailfish

Optimal Time of Year: December-April.

Additional Information: There is never a bad time of year to go for sailfish as they always bite above average in Costa Rica. In the best months, boats can easily raise dozens of fish a day.



Dorado

Optimal Time of Year: Year-Round.

Additional Information: June-October you can find smaller 5-10lbs dorado gathering closer in-shore, near the weed and trash-lines. The rest of the year you can find dorado up to 70lbs in the deeper waters, further offshore.



Wahoo

Optimal Time of Year: Year-Round.

Additional Information: Can sometimes be caught while fishing for marlin and sailfish usually targeted on reefs closer to shore.



Rooster

Optimal Time of Year: May-December.

Additional Information: The bite is good year-round even outside of the optimal months.

Adventure Tours



Mangrove and Monkey Tour

This boat tour takes you through the mangroves for a first-hand experience of this valuable and unique habitat. Hundreds of bird species call the mangroves home, including scarlet macaws, flycatchers, trogons, and more. With a bit of luck, white-faced capuchin monkeys will join you on the boat for an up-close and personal interaction. This is also available as a private tour and will shorten the length of the tour.

Tour length: Two hours plus one hour car ride to the mangroves.

What to bring: Camera, binoculars, sunscreen, bug spray.

What to wear: Comfortable clothes, hat, strap-on sandals or sneakers.



Manuel Antonio National Park

Manuel Antonio National Park is Costa Rica's most popular, and famous, national park. Its 3 square miles are home to an amazingly diverse collection of plants, birds, and animals. At the entrance, you'll have a chance to see giant bamboo, beach almond trees, sloths, and more. The park's easy trails lead to white sand beaches where you can enjoy a swim in the crystal-clear waters of the Pacific. Fun for the entire family, the monkeys are friendly and will come right up to say hello. Be aware though; they love to steal backpacks! They are, of course, searching for food.

A fun day trip for the entire gang, HRG's concierge can arrange transportation and even bring along a picnic lunch and drinks to set up in a secluded spot, under the almond trees, on the beach.

Alternatively, after a long morning in the park, if you don't want to do a picnic there are several nice restaurants outside the park.

Manuel Antonio is full of gorgeous jungle-meets-ocean views, lovely little restaurants and bars, art galleries, souvenir shops, canopy tours, and more; a great day trip for everyone, it's a must-do experience during your stay at Los Sueños Resort.

Tour length: All day trip including 1 hour 20 minutes car ride to the National Park.

What to bring: Camera, binoculars, towels, extra clothes, sunscreen, bug spray, swimsuits.

What to wear: Comfortable clothes, hat, sneakers or strap-on sandals.

Ziplining

If you've always wanted to fly, ziplining may be just the ticket. You'll feel like a superhero as you soar over the forest canopy during this high-flying adventure; the descent is 3.5 miles of adrenaline-inducing excitement. Ten cables, including the longest (2,400 ft.) cable in the area, fly you to a total of 12 platforms, where you can get a bird's eye view of the canopy and the forest floor below.

Tour length: Two hours.

What to bring: Camera, sunscreen.

What to wear: Tennis shoes, comfortable clothes.



ATV and Buggy Tour

An ATV tour will give you a great sightseeing experience as you rumble through the jungle. It's a great way to visit spectacular waterfalls and see those off-the-beaten-path sights that the area has to offer. As you gain elevation, you can enjoy the panoramic views of Playa Jacó, the Gulf of Nicoya and the Nicoya Peninsula, Tortuga Island, and Manuel Antonio.



Along the way stop at a cantina for an authentic taste of local life. Choose from several tours; we recommend the Side by Side Buggy Experience for families, rather than the 4-wheelers; these work better for older or younger drivers. We can also organize a guide to drive the side by side if necessary.

Tour length: One up to four hours. HRG recommends at least three hours

What to bring: Camera, towels, swimsuit, driver's license, a credit card for the security deposit, sunscreen.

What to wear: Clothes you don't mind getting wet or dirty, sneakers, sunglasses, hat.

Tortuga Island

Take a catamaran from Los Sueños Marina and sail off to the beautiful Tortuga Island, known for its pristine white sandy beaches and tranquil crystal blue waters. It is a perfect spot for swimming, snorkeling, kayaking, beach sports, or simply relaxing on the shore. The tour includes a light breakfast on board, unlimited rum punch and piña coladas, lunch and three activities: banana boat ride, eco-trail hike and snorkeling. This tour is also available on a private boat, leave and return at the time you prefer and enjoy a day on the ocean.

- Tour length:** From 7:30 am to 4:00 pm.
- What to bring:** Towel, extra clothes, cash to buy souvenirs, drinks or rent equipment on the beach, camera.
- What to wear:** Hiking shoes or strap-on sandals, sunscreen, hat, swimsuit.



Surf Lessons

Surf's Up, Dude! Oh, and Little Dudes too! If you've always wanted to paddle out, surfing lessons are the way to go. Especially popular for families with young children, professional instructors will have everyone on the water, paddling with proper form and maneuvering all in one lesson! The more athletic will probably want to surf more than once so take a lesson, or two at the beginning of your stay.

- Tour length:** Two hours.
- What to bring:** Towels, dry clothes, a hat, sunglasses, sunscreen.
- What to wear:** Swimsuit.



Aerial Tram

This unique cable-car tour reveals, firsthand, the secrets of the rainforest while soaring through and over the canopy for a breathtaking ocean view. This is the longest guided aerial tour in Costa Rica, lasting an hour. Also included in the tour is a visit to the butterfly garden, the Medicinal Plants Garden, and a guided visit to terrariums, where you'll turtles, frogs, and other amphibians and reptiles. Fun for the entire family, this is an activity that is not only filled with adventure but also with discovery.

- Tour length:** Two hours.
- What to bring:** Bug spray, camera, sunscreen.
- What to wear:** Sneakers are required, comfortable clothes, hat, sunglasses.



Tranopy Tour

For the best of both tree-top worlds, try a Zipline + Aerial Tram tour. Take the tram up the mountain for a leisurely trip and try to spot monkeys, sloths, and birds that call the canopy home. Once at your destination, zip down the cables from platform to platform for a freewheeling rush of adrenaline.

- Tour length:** Two hours.
- What to bring:** Camera, sunscreen.
- What to wear:** Comfortable clothes, sneakers are mandatory.

Crocodile Tour

The Crocodile Tour takes you upstream to see crocodiles, birds and other animals in the wild. Located just 20 minutes from Los Sueños Resort! Once you board the boat and head upstream your tour guide will point out the crocodiles along the way. He will actually step off the boat and feed them, it's exhilarating as you are only steps away. As an added bonus, more than 50 bird species, including the iconic scarlet macaw and migrant waterfowl.



Tour length: Door to door is three hours.
What to bring: Camera, binoculars, sunscreen, bug spray.
What to wear: Comfortable clothes, hat, strap-on sandals or sneakers.

Carara National Park

Named for the Huetar word for crocodile, this national park is home to several ecosystems, including marshes, lagoons, and gallery forests. Created in 1998, Carara is a favorite destination for bird watchers because of its immense primary rainforest. It's also home to one of the largest populations of scarlet macaws in Costa Rica. Carara lies directly in the transition zone between the dry tropical forest and tropical rainforest. The intersection of the two habitats makes it unique: flora and fauna from both live in one area. The high humidity and primary forests mean the area draws many bird species who feast on the abundant insect population. The park protects the Tárcoles River basin, where during the green season, you can catch sight of the famous Tárcoles crocodiles at one of the stations.

Tour length: Half-day tour.
What to bring: Camera, towels, swimsuits, bug spray, sunscreen.
What to wear: Sunscreen, sneakers, comfortable clothes, hat.



Whitewater Rafting

Travel deep into the rainforest for a full-day adventure on the white rapids. Class II-III thrills on the rushes include roller coaster drops as you travel downriver. As you float along, you get a unique view of the rainforest from the water. This trip includes a short hike to some of the most spectacular waterfalls in the area. In the rainy season, you will encounter big-water Class III rapids with roller coaster type waves. In the dry season, you can raft with a guide, or challenge the rapids one-on-one in your own inflatable kayak. Expert guides will be there to help you navigate.



Tour length: Full-day trip including 1 hour 30 minutes car ride to the river.
What to bring: Change of clothes, towels, sunscreen.
What to wear: Sneakers, comfortable clothes.

Jungle Tubing

The trip to put-in on the Savegre River takes you through oil palm plantations, teak reforestation projects, and incredible landscapes. This float downriver starts where the river calms and flows gently through the countryside through Class I and II. Perfect for those 10 and older, there are enough thrills to make this half-day trip exhilarating, but not too exhilarating for the faint-hearted. The gently flowing waters and beautiful scenery of the Savegre River are combined for a relaxing, fun and fascinating experience.



Tour length: Full-day tour including 1 hour 30 minutes car ride to the river.
What to bring: Camera, towels, a change of clothes, water shoes, bug spray, sunscreen, sunglasses, waterproof bag for phone and any valuables.
What to wear: Sneakers, comfortable clothes, hat.

Waterfall Hike

Enjoy an authentic Costa Rican meal before heading up the mountain to start your adventure. After a short downhill trek, you'll hike up the river along trails and bridges to take advantage of the smaller waterfalls and natural pools. There are 4 different swimming holes to cool off in the fresh mountain spring water. Or, submerge yourself under the falls for an invigorating water massage. For the more adventurous, there are places to jump into the pools from heights of up to 25 feet!

Tour length: Half-day tour.

What to bring: Camera, towels, swimsuits, bug spray, sunscreen.

What to wear: Sneakers, comfortable clothes, hat, sunglasses.

Horseback Riding & Waterfall Tour

This is perhaps one of the best ways to discover the wonders of the Costa Rica rainforest. The adventure park has some of the best-kept horses and views in the area. Come and discover nature at its best on our property, where you will also enjoy our waterfalls and natural swimming pools. There, you will saddle up and depart on your journey to the waterfalls and swimming areas. Upon arrival at the swimming waterfall area, your bilingual guide will offer you fresh fruit and water and you will have some time to relax and enjoy the waterfalls and natural slide.

Tour length: Two hours.

What to bring: Swimsuit, camera, towels, bug spray.

What to wear: Sunscreen, long pants, a hat, sunglasses.

SUP Stand Up Paddleboarding

Actually an ancient sport (Records of earlier forms of SUP have been found as early as 1,000 B.C. and its iterations span over various regions such as Peru, Israel, Italy, China, and beyond), stand up paddleboarding (SUP) is enjoying a resurgence, and there's nowhere better to do it than

Herradura Bay. Just outside Los Sueños Resort, the bay is a perfect place to do (or learn) a little SUP because the waters are calm. The whole family will enjoy exploring the coastline. No previous experience is needed and it's a suitable activity for most fitness levels. Be sure to keep your eyes peeled; you never know what marine life might happen by!

Tour length: Three hours.

What to bring: Sunscreen, towel, water bottle.

What to wear: Swimsuit, a T-shirt or rash guard, and shorts.

Kayaking

Enjoy spectacular coastal scenery along the way that's just as exciting as the journey's end. Who knows, you may spot a dolphin or humpback whale! When weather conditions permit, enjoy snorkeling from the beach. Other activities may include beachcombing and monkey- or birdwatching. No experience is necessary! This tour is open to experienced kayakers or adventurous first-timers; it's a great way to get out on the water.

Tour length: Half-day tour.

What to bring: Camera, towels, swimsuit, bug spray.

What to wear: Sunscreen, sneakers, comfortable clothes, hat.

Canyoning

Combined ziplining, waterfall rappelling, and hiking are all part of the adventure, as well as swimming and cliff jumping from as high as 25-feet. Guides instruct you on the proper use of the equipment, safety, and proper techniques. From there it's a 5-minute hike to the first zipline. After 2 "zips" over the river, it's another short hike down-river for swimming and cliff jumping (from heights of 4-25') if you're up for the challenge! After 4 waterfalls, it's a short climb up and out of the canyon and another 15-20 minutes of hiking back to the truck.

Tour length: Half-day tour.

What to bring: Camera, towels, swimsuits, bug spray, sunscreen.

What to wear: Sneakers, comfortable clothes, hat.

Sailing

Climb aboard a 30-foot catamaran and feel the ocean breeze in your hair. Tours vary and depart daily from Herradura Bay. Morning tours include a snack, soft drinks, and snorkeling. Sunset tours include a snack and soft drinks only.

Tour length: Three hours.

What to bring: Camera, towels, swimsuits, bug spray, sunscreen.

What to wear: Sneakers, comfortable clothes, hat.

Golfing

The La Iguana Golf Course features 18 championship holes with a 73.4-course rating, par-72 and slope 145. Playing at La Iguana, an exotic 6,698-yard Ted Robinson-designed golf course in Costa Rica would be any golfer's dream. The naturally challenging layout will please players of all skill levels. Reach out to your HRG concierge to schedule your tee time.

What to bring: Water bottle, bug spray (clubs and golf carts are available for rent at the golf shop).

What to wear: Whatever makes you feel like a champion, hat, sunglasses, sunscreen.

Chocolate Tour

The Chocolate Experience will start with a short 30-minute walk, where we will introduce you to the Central Pacific transitional forest, during the walk, we can observe the amazing flora and fauna, once the walk is over its time to start with the Chocolate Experience, Vista Los Sueños Adventure Park has the first International Cocoa collection of the Central Pacific, during this experience you will learn about the different varieties of Cocoa, as well as the ancestral history and the impact on the world economy and the most important part is that you will be able to try the actual Cocoa fruit before the process, also be part of the Cocoa production process, as well as try different types of Chocolat and mix it with tropical fruits. As an additional plus on this experience, you will learn about 2 of the most traditional agricultural products of Costa Rica "Sugar cane" and "Coffee" you will have direct contact with the plants and the natural history of these crops. At the end of the experience, there will be organic chocolate bars with different Cocoa percentages as well as other Cocoa products for purchase.

Chocolate Experience Includes: Guided tour with a bilingual guide, tasting of chocolate and fruits.

Duration: 2 Hours (approx.).

What to bring: comfortable clothes, sunscreen, tennis shoes, sunglasses, and a camera.



Beaches

A big part of visiting Costa Rica is enjoying its beautiful beaches.

There are numerous beaches near Los Sueños Resort Costa Rica, so whether you're into swimming, sunning or surfing, there is a little something for everyone. The good news is, some of them are even quite hidden, and the less crowded (in our opinion) the better!

HERE ARE A FEW OF OUR FAVORITE BEACHES, IN AND AROUND, LOS SUEÑOS RESORT & MARINA:

Los Sueños Beach Club

Of course, we'd be remiss if we didn't mention Los Sueños Resort's very own white sand beach, located within-and accessible by-the exclusive multi-million dollar Los Sueños Beach Club. With a massive, free-form swimming pool, swim-up bar, kiddie pool area, Alfresco Restaurant, and playground. This beach pretty much has it all. Protected by Herradura Bay, this beach is perfect for swimming.

Herradura Beach

Right outside the main gates of Los Sueños Resort, turn right toward the ocean. At the end of the road, you'll find a great swimming beach, kayaks for rent, and a few beachside restaurants. This beach tends to be a bit crowded, but it's fun for lunch and sunsets. This is a good beach for swimming as it is protected by the bay.

Playa Manta

From Los Sueños Resort, drive along the Costanera highway toward San Jose. Immediately before Punta Leona Resort, turn left onto the unmarked dirt road at Soda Nímar. Continue along for 10 minutes. You'll pass fields and also pass through the Punta Leona Resort where a security guard may stop you and take down your license plate number. Just let them know you're headed for Playa Mantas, which is right next door to Playa Blanca. Upon arrival, you'll find a small parking area. There will be a guard who will charge a small fee to watch your car for the day. This beach is great for swimming.

Playa Jacó

Jacó Beach is one of the top surf spots in the Central Pacific. Over two miles of coast entices surfers from across the world and Jacó is home to top international surfing competitions. It's also a great spot to wander the sands and take in a stunning sunset before enjoying the popular hub's many dining options. Beach chairs and umbrellas are available for rent all along the beach.

Playa Hermosa

This long stretch of beach is great for intermediate to advanced surfers and those who love long walks and lounging in the sun. Sprinkled with restaurants and hotels, you'll be able to easily find a spot nearby a place to eat. If you prefer a more secluded area, just drive down the outer road beyond the Hermosa village till you find the perfect spot, grab your stuff and pull up a piece of sand! This beach is a surfing beach; do not enter the water without some kind of floatation device.

Playas Esterillos Este & Oeste

These beaches are a bit further down the road at about a half-hour to 40 minutes from Los Sueños Resort. The good news is, they are far less crowded than Herradura, Jacó or Hermosa. The not so great news is that there are far fewer places to eat and drink; though there are a few bars, restaurants and hotels sprinkled along the way. These beaches are best for surfing and sunning.

Sunsets

Without a doubt Costa Rica has some of the most amazing sunsets in the world.

Here are a few of our favorite spots to enjoy these extraordinary and breathtaking views...

Backyard Bar

On the beach. Especially fun on Saturday afternoons, the weekly surf contest is a great way for the entire group to enjoy the surf, sand, and sunset. Call your concierge to reserve a good table and head on over to Playa Hermosa (about 15 minutes down the road from Los Sueños) around 2:00 pm or 3:00 pm, then hang out for sundowners once the contest is over. Often with a live band in the evening, things tend to wind down by 8:00 pm at this open-air bar. Open daily, this is a casual bar for watching the surf, enjoying the surf contest and live music on Saturdays. Cold beer, mixed drinks, and barbecue-style bar-food.

Selina Beach Bar

Great for sunset drinks, Selina Beach Bar is the perfect evening starter. Located right on the beach just off of the town center in Jacó. Part of a chain of co-work and stay properties, Selina's Beach Bar offers a great opportunity to connect with and be inspired by young travelers and seekers, young crowds.

Clarita's Beach Sports Bar and Grill

Just open till 10:00 pm, this beachside bar is great for casual open-air drinking and dining right on the beach in Jacó. Good food, pizza, ice-cold beer, and beachy vibes make this a fun place to hang from sunset on. Thursday is fun for Latin music and dancing under the stars to reggae, salsa, and merengue. Friday is Karaoke night. Saturday is live music and Sundays feature Clarita's world-famous calypso band 'Dun Worry. Oh, and yes, the football game will be on!

Tiki Bar

Tiki Bar is a beachfront bar with happy hour drink specials and spectacular sunsets located in Laguna Resort in Jacó. Get there early, though, to enjoy drinks and sunset because they close at 6:00 pm.

Rancho & Bar Tangeri

With its beachfront location right on the sand, the Rancho Bar Tangeri is great for lunch, afternoon drinks, sunset cocktails, and dinner. Situated on the Hotel Tangeri property, yet completely separate from the hotel, this palapa bar and restaurant offers up deliciously large margaritas and mixed drinks, boca specials on Fridays, and great pizza.

Villa Caletas

Perched 1,200 feet above the sea lays Villa Caletas, where you'll experience sophistication, relentless beauty and peace. An exceptional feature of this stunning venue is its Greek Amphitheatre, set into the mountainside where guests can sit in awe as the fiery sunset graces the horizon.

Costa Rica's Central Pacific coast has become a culinary melting pot, showcasing the best of cuisines from around the world. Fresh ingredients, expert chefs, and a commitment to quality have made the area home to some of the country's best dining experiences. Fortunately for those visiting the Los Sueños Resort and Marina, many of these options are just a stone's throw away. We have compiled a list of our favorite eateries-some of which are within the resort itself, and some that are just around the corner.



Los Sueños Playa Herradura Restaurants:

Marriott Hotel Restaurants

- Hacienda Kitchen (2630-9221): Full breakfast buffet daily, 6:00 am to 10:00 am. Dinner service Friday, Saturday, and Sunday from 5:00 pm to 10:00 pm.
- Casa del Café & Gift Shop (2630-9213): Coffee shop, sweets, sandwiches, lunch, and pastries daily, 24 hours.
- Bar Ocho (2630-9218): Open terrace dining, serving fresh ceviche and a variety of coffee and cocktails. It also features a taco bar.
- 18 & Greene at the Club House (2630-9217): Steakhouse, bar, seafood, gluten-free options. Open daily noon to midnight. Open daily for lunch from 11:00 am to 3:00 pm and dinner from 5:00 pm to 10:00 pm.
- The Sushi Bar (2630-9000) inside the Marriott reception area: Open daily 5:00 pm to 10:00 pm.
- Zoe Beachside Restaurant & Lounge (2630-9215): Grill offering American style food, such as hamburgers, sandwiches and salads, open daily, 10:00 am to 6:00 pm.



At the Marina Village (delivery service available):

- Dolce Vita (2630-4250): Open daily for breakfast, lunch, and pastries, gelatos are made daily. 6:00 am to 10:00 pm.
- The Hook Up (2630-4444): Great option for happy hour and to watch sports on a giant TV screen. Open daily, 6:00 am to 10:00 pm.
- Lanterna (2630-4111): Steakhouse and best Italian food, including pizza and lasagna. Open daily, 11:00 am to 10:00 pm.
- Jimmy T's Provisions (2637-8636): Pasta salad, guacamole, shrimp cocktail, and gourmet foods, all prepared fresh daily for take out.
- Bambú (2630-4333): Fusion Asian and sushi at the marina. Open daily, 11:00 am to 10:00 pm.
- Terrace Bar Upstairs at Lanterna (2630-4111): Serves Lanterna menu, features big-screen TVs, and a more relaxed atmosphere. Open 5:00 pm to 10:00 pm.

Outside the Gates of Los Sueños

At Herradura Bay

- El Pelicano (2637-8910): Beachfront location, great lunch specials, and waterfront dining. Open every day from 12:00 pm to 10:00 pm.
- Restaurante Juanita (2637-8073): Beachfront location, very local Costa Rican fare, cooks your fresh catch. Open daily, 11:30 am to 10:00 pm.

Turn left out of Los Sueños

- Soda Iguana Pacific (2637-8884): Good for typical Costa Rican breakfast and lunch. Open Monday through Saturday from 6:00 am to 4:00 pm.
- Pizza Hut (2290-9595): Pizza, pasta, and wings, fast food, take out, delivery, eat-in.
- Subway: Subs, eat-in, take out, 7:00 am to 9:00 pm.
- North End Pizzeria (2637-7015): Pizza, breakfast burritos, salads. They have a daily lunch menu. Ask about the lunch specials. Will deliver to the resort. Open daily from 6:00 am to 8:00 pm.
- Rancho Manuel (2643-2164): Great Costa Rican typical food and bar. Open daily, 11:00 am until midnight.



Jacó Beach

- El Hicaco (2643-3226): Highly recommended for groups of friends, or even a romantic dinner for couples. Open daily, 11:00 am to 10:00 pm.
- Green Room (2643-4425): Live music every night and great cocktails, craft beers. Open daily, 9:00 am to 11:00 pm.
- Caliche's Wishbone (2643-3406): BEST TUNA POKE in town. Great Mexican and local food and cocktails. Open Thursday through Tuesday, noon to 10:00 pm.
- Lemon Zest (2643-2591): International cuisine and great gourmet food, fresh fish, duck and steak dishes. Open Monday through Saturday, 5:00 pm to 10:00 pm.
- Amancio's (2643-2373): Good Italian food, pizza, and fresh pasta. Run by an Italian chef. Open daily, 2:00 pm to 10:00 pm.
- El Tajo (4001-4354): Best place for wood-fired local food with great sunset views. Call the HRG office for directions. Open daily, 10:00 am to 11:00 pm.
- Jerah (8359-2067): Authentic Thai dishes made with fresh ingredients served in a relaxed environment with an ocean breeze. Open daily for lunch: 11:30 am to 2:30 pm and for dinner: 5:30 pm to 10:00 pm.
- Amara (2438-4099): Mediterranean restaurant in the center of Jacó. Healthy dishes, made with the best fresh, local ingredients. Monday through Friday, 12:00 pm to 10:30 pm Saturday, 12:00 pm to 11:00 pm and Sunday, 12:00 pm to 10:00 pm.
- Puddle Fish Brewery (2643-1659): Jacó's only brewery, Puddle Fish Brewery is a Boutique Brewery + Tasting Room inspired by Surf, Sail, and Sea. Specializing in homemade craft beer, gourmet pub fare & creative garden cocktails. Please check out PuddleFish Brewery.com for hours of operation, upcoming special events, and live music.
- Public House Jacó (6071-1118): Located in the center of main street Jacó with a 2 story concept. Downstairs offers air-conditioned seating with a varied selection of local artisanal craft beers. Enjoy by draft, bottle and sometimes even cans. They also a great selection of your favorite liquors and mixed drinks. Happy Hour is every day from 5:00 pm to 7:00 pm, discounts on liquors, cocktails and our complete beer selection! Open every day from 12:00 pm to 10:00 pm.



In Jacó Walk

Jacó Walk is an open-air plaza full of great restaurants as well as a playground, yoga studio, shops, and fun street fountains for the kids to cool off in.

- Graffiti Restro Café & Wine Bar (2643-1708): Funky, comfortable, bistro-style restaurant. Open daily, 5:00 pm to 10:00 pm.
- Tsunami Sushi (2643-1635): Try their specials and 50% off nights on Wednesdays and Fridays. Open daily, noon to 11:00 pm.
- Hamburguesía (2643-1763): Fresh gourmet burger ingredients, affordable prices, all coupled with a vast selection of drinks, beers, and wines. Open Sunday to Wednesday 12:00 pm to 11:00 pm and Thursday to Saturday 12:00 pm to 10:00 pm
- Via Dell'Amore (2101-5385): Wood-fired pizza, homemade pasta, salads, and crostini. Open Monday through Thursday, 12:00 pm to 3:00 pm and 6:00 pm to 10:00 pm. Friday and Saturday, 12:30 pm to 3:00 pm, 6:00 pm to 11:00 pm.
- Cinco De Mayo Taquería (7139-5682): Mexican style food with quality products and great prices. Offering a variety of tacos, burritos, gringas and vegan options! Open Tuesday through Sunday, 12:00 pm to 9:00 pm.

Playa Hermosa

- Vida Hermosa (2643-6215): Watch the surfers from the terrace dining overlooking the beach. Open daily, 8:00 am to 10:00 pm.
- Backyard Bar (2643-7011): Great for barbecue and the surf contest every Saturday starting at 3:00 pm. Open daily, 3:00 pm to 10:00 pm.
- Bowie's Point (2643-7013): Casual al fresco dining right in front of the ocean. Open daily, 6:30 am to 10:30 pm.



Private Chef

Experience Los Sueños through the pleasure of heavenly food and let our concierge desk arrange the perfect evening in the comfort of your own vacation villa or condo. One of the greatest pleasures in life is food. Having a delicious meal, enjoying new flavors, a beautifully set table, are part of great vacation experience, it is also the perfect way to celebrate a special occasion, or even with no special reason at all, simply to enjoy life.

“Los Sueños” is Spanish for “The Dreams”, and that’s precise because when you are staying at Los Sueños in Costa Rica you are definitely living a dream, the perfect combination of relaxation, luxury, and adventure. Los Sueños takes pride in offering all the comforts in one place, and the experience wouldn’t be complete without fantastic food.

Whether you like to cook your own dishes, prefer a special private chef-prepared meal for you and your loved ones, or you are having a special event and want to impress your guests a private catering can have the perfect solution for home owners and vacationers at Los Sueños Resort.

There is a gourmet grocery store located in the marina village where you will find a wide variety of fresh local organic produce as well as imported goods; everything is carefully selected by. If you are craving Angus Buckhead Beef, delicious Stone Crab, Main Lobster or maybe you just need a cheese plater to go with a fantastic bottle of wine, Jimmy T’s has everything you need and more.

We work with amazing Executive Chefs that have the experience, equipment, and staff necessary to offer a complete catering and private chef service no matter the group size which will accommodate your taste and budget. The creativity to prepare an unforgettable intimate meal is a guarantee.

Through our concierge desk, we can help coordinate booking and Executive Chef, to organize a party, your family dinner, etc. After a day of golfing, surfing, deep-sea fishing, finish your day by having a mouthwatering meal while watching the sunset at Los Sueños, it doesn’t get better than that



Nightlife Experiences

If you're still ready to boogie after the day's adventures, Jacó Beach and its surrounding areas offer up the perfect pitch for beachy, breezy, summer-dream evenings (no matter what time of year it is!). Boredom is one feeling that you're never going to experience during your vacation in Los Sueños. If you're not too wiped out from the day's adventures, there is plenty to be said for nightlife in Los Sueños Resort and nearby Jacó Beach and Playa Hermosa.

Nightlife in nearby Jacó Beach also includes a number of excellent restaurants and, for cocktails and dancing later, you can find plenty to do till 2 am. Starting around 10:00 pm, check out Black Marlin, XTC, Republik Jacó Blu and Orange Pub. For an earlier kind of evening, on Saturdays be sure to check out the weekly surf contest at The Backyard Bar and Grill in Playa Hermosa and stick around for sunset cocktails and barbecue. The backyard generally winds down around 8 pm; night owls head out on the town in Jacó after that.

In Jacó Beach:

Jacó Walk

Offering several bars and restaurants, Jacó Walk can be a fun place to spend the evening. The first stage of this mixed-use development was inaugurated back in March 2017 and includes an array of commercial options, banks, pharmacies, restaurants, bars, fitness center, dental and medical services, among others. Open-air shopping and an ecological trail make Jacó Walk a cool place for everyone, young and young at heart alike.

The project has two more stages upcoming, one which will include a 56-room boutique hotel and the last one will feature a beach club, residential area, and a 120-room hotel.

Puddle Fish Brewery

Jacó's only brewery, Puddle Fish Brewery is a Boutique Brewery + Tasting Room inspired by Surf, Sail, and Sea. Specializing in homemade craft beer, gourmet pub fare & creative garden cocktails. Please check out PuddleFish Brewery.com for hours of operation, upcoming special events, and live music.

Caliche's Wishbone

Well known for its unique mix of casual to exotic, Caliche's Wishbone offers an eclectic menu of Asian, Cali-Mex, and vegetarian. All are infused with coastal Costa Rican influences. Signed surfboards decorate the restaurant with menu recommendations, including the house specialty: poke served with sticky rice, avocado, sesame seeds, spinach and, of course, raw tuna. Other offerings include Pargo Rojo (red snapper), pizza, salads, pasta, and pita options, cooked in a wood-fired oven.

Thursday is Ladies Night; women drink free from 10 p.m. to midnight, followed by an after-hours party and music.



Public House (Formerly Los Amigos)

Public House Jacó: Located in the center of main street Jacó with a 2 story concept. Downstairs offers air-conditioned seating with a varied selection of local artisanal craft beers. Enjoy by draft, bottle and sometimes even cans. They also a great selection of your favorite liquors and mixed drinks. Happy Hour is every day from 5:00 pm-7:00 pm, discounts on liquors, cocktails and our complete beer selection! Open every day from 12:00 pm to 10:00 pm



Graffiti Restro Café and Wine Bar

Enjoy seasonal dinner fare at one of the hippest restaurants in Jacó Beach, Graffiti Restro Café and Wine Bar. This eclectic bistro-style restaurant has a lively atmosphere and a blackboard menu that changes daily based on locally available products. While walk-ins are always welcome, reservations are recommended for parties of 2 or more. Please contact your concierge to make arrangements.

Green Room Café

The Green Room Café offers the perfect combination of elements for a fun night in Jacó; great food, art, and live music set the tone in this space that was created with the purpose of entertaining and offering guests a memorable experience.

Thrumming with good vibes, the bohemian atmosphere is a creative hub set by local and visiting artists. Local bands showcase their talent on stage while clients enjoy a variety of delicious dishes and craft beers, original artwork hangs from the walls hoping to inspire and seeking admiration. The Green Room is the perfect spot to hang out in a beach town that is the definition of Pura Vida living.

El Point Beach Bar & Restaurant

Open daily from 7:00am to 10:00pm serving, breakfast, lunch, and dinner. Seafood and fish specialties and one of the best sunsets in Jacó. You can find live music and other fun events by checking their Facebook page and don't forget to check out happy hour every day from 2:00pm-5:00pm.

Señor Harry's Mexican Restaurant

This casual dining restaurant is open until 10:00 pm and is known for its generous and delicious cocktails, as well as for its Tex-Mex cuisine. Many people load up on margaritas at Señor Harry's before heading out for a night on the Jacó Beach strip. Rumor has it that dance lessons are also on the menu most evenings, so if you're curious about learning how to salsa or merengue this is the place to be!

Jacó Bar

With live bands and singers almost every night, daily drink specials, and great bar grub, Jacó Bar can deliver it all for your night out on the town. Mostly a young crowd, board games like Jenga can often be found well underway. Check out jacobar.com to see what's on the menu for daily drink specials and upcoming events.

Croc's Resort and Casino

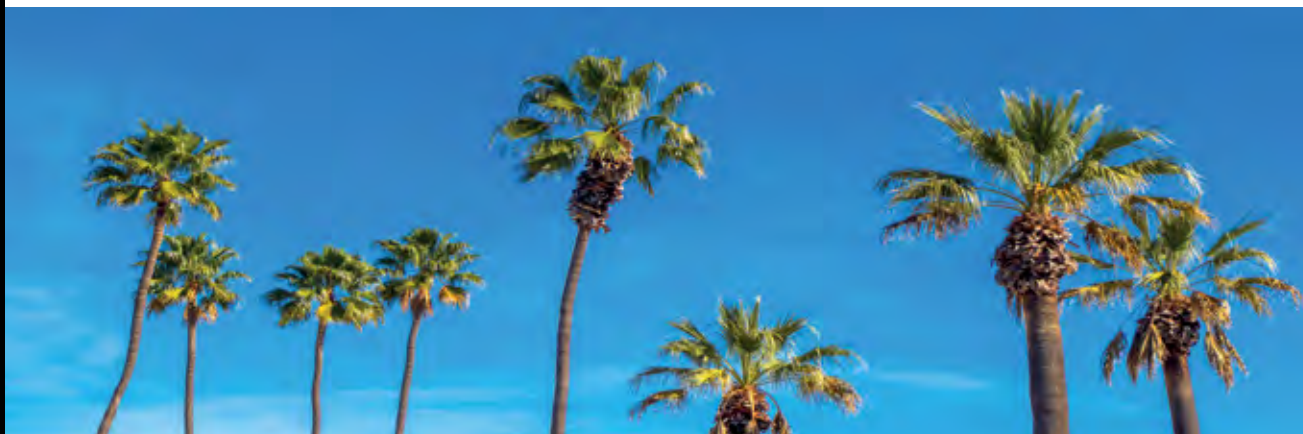
The gambling experience at Croc's is like a small, friendly version of a Vegas casino, but right on the beach. The bars and lounges offer a nice variety of domestic and imported beers and liquors, and you are free to play with your American dollars or local Colones at the tables and slot machines.



Helicopter Transfers

Save time and travel with more comfort. It's only a 20-minute heli-ride from Los Sueños Resort to the San José airport. You can also adventure and go for a tour to see the diverse nature and volcanos on a private tour. Our private helicopter advantages of flying point-to-point are often invaluable, with service to remote following helicopters:

- Bell 407 Helicopter for 6 passengers landing/departing in/from Los Sueños Resort & Marina.
- AIRBUS H125 B3e Helicopter for 5 passengers landing/departing in/from Punta Bocana.
- Robinson R66 Helicopter for 4 passengers landing/departing in/from Punta Bocana.
- Robinson R44 Helicopter for 3 passengers landing/departing in/from Punta Bocana



Ground Facilitator

This service eases the logistics of gate arrival and departure to the San José airport; the primary aim is to ensure passenger comfort and help navigate customs and immigration requirements after your flight arrives at the airport. An agent is on hand to meet arriving passengers and facilitate customs and border processing, as well as direct passengers to their ground transportation or connecting helicopter flight. Although most efficient for passengers with only carry-on luggage, the ground facilitator can also assist with baggage collection. The departure service takes passengers through necessary formalities through boarding.



Luxury Transportation

We think it's nice to be able to come off of a long flight and just leave the luggage handling, driving, and navigation to someone else. When you exit the airport, you'll find a dedicated, local driver

waiting for you; he will take your bags, show you to your car and let you just sit back and enjoy the ride.



Personal Driver

You can drive yourself but why bother when a dedicated driver frees up some time and eliminates any frustrations your trip might present! No worries about the route, the traffic, restaurant options, otherwise unknown sight-seeing ops, parking the car or getting back safely.

Hiring a driver is all about flexibility and insider knowledge, as well as maximizing your experience during your stay in Costa Rica. Available 12 hours per day, every day of your stay, your personal driver is available to transport you to tours and adventures, sightseeing, evenings out, or wherever else you want to go.



Private Tours

Although we find our public tours to be a great way to meet new people who share a common interest, there are many advantages to a private tour. In addition to choosing days and times that fit their schedule, guests can enjoy the freedom to customize tour itineraries and the services of a dedicated tour guide.

Photography Service

Take home those special memories of your family and friends Costa Rica vacation by arranging a daytime or sunset photography session during your stay at Los Sueños Resort. We make sure to capture the best moments, whether you need a photographer for an event, a dinner, or simply want a great group photo. Your photoshoot location can be at the resort or any nearby area.

Spa Services

There is nothing that says, "I'm on vacation" like getting an in-room massage, pedicure, body scrub, or wrap. We work with only the best in the area and our concierge team at HRG will set you up with the pampered day of your dreams. We can arrange expert massage therapy, manicure and pedicure services, facials, hair and makeup, and more.

Whether it's for a special occasion such as a wedding or you just feel like getting your spa on, (but don't feel like getting out and making your way over to the spa and back), we've got you covered.

No need to schlep over to the day spa; our therapists will come to your vacation villa or luxury condo! Nothing tops off a great day of adventure like a nice relaxing massage, body wrap to soothe the sunburn or invigorating body scrub, right in the comfort of your own space. No need to get dressed and drive back "home" after your spa service; you can simply head straight to bed or slip on something comfy and enjoy the evening or day ahead without having to go anywhere. Perfect for those who wish to be truly pampered during their vacation, in house spa services is a luxury experience that should not be missed. Reach out to your HRG Concierge to learn more about in-house spa services and book a session.





Costa Kids Childcare

Costa Kids, because parents deserve a vacation too! Fully bilingual, trained in CPR, and even teaching experience! Costa Kids Nannies come prepared with lots of energy, ideas, and sometimes even a craft box! Enjoy an evening out, a day at the spa, or an adult adventure that the Littles just can't join; you'll have a great time knowing your kids are in good hands.



Get into shape while you're in Costa Rica! You'll go home with a great tan and a-rockin' body. National champion Susetty Tabash offers personal training, classes and group sessions at her fitness studio in Jacó Walk, Jacó Beach.

Susetty Training Center

HRG Cancellation Policies

RESERVATION CANCELLATION POLICIES

In the event of cancellation of any stay during any dates, customers may receive full credit on money paid towards a stay in the same property reserved. The guest will have one year from the scheduled arrival date to use the credit towards a stay in the same property at the then applicable rates and availability.

If a cancellation occurs within 30 days of the guests' arrival date, HRG will keep all funds paid and the guest will not be allowed to reschedule the reservation. Under certain circumstances, HRG may decide to credit the guest all or part of the money paid towards a future reservation.

TOUR CANCELLATION POLICY

Guests have up to 60 hours prior to their scheduled tour time to call and cancel with no penalty incurred in most of the cases and depending on the reason. If the guest(s) cancel less than 60 hours prior to their scheduled tour time, a 100% cancellation penalty will apply. Deposits, rescheduled services, and "No Shows" are non-refundable.

HRG Properties & Rentals will not issue refunds due to circumstances **beyond our control**.

All refunds and cancellation policies are subject to the discretion of the tour operator.

NOTE: During Peak Season our policy changes to 72 hours.

AIRPORT TRANSPORTATION CANCELLATION POLICY

Reservations for airport transportation must be canceled 48 hours prior to your scheduled pick-up time or originally scheduled flight arrival time to qualify for a refund. Services may be rescheduled. Rescheduling fees may apply. Cancellations made less than 48 hours are non-refundable.



The More You Know...

Looking to know more about the amazing country of Costa Rica? We have put together a list of fun facts to help you learn more and also some tips that may help you get around with a bit more ease.

Costa Rica is a country unlike any other, rich in culture and biodiversity. The locals love to interact with tourists, so we encourage you to read up! Learn about the culture and background of this beautiful paradise, it's people, and be ready to have a vacation experience that you will never forget!

Culture

- Tico/Tica - Costa Ricans affectionately refer to themselves as Ticos (males) or Ticas (females). You should feel comfortable using this term as well!
- Greeting the locals - When you are on vacation, who can remember what time of day it is? "Buenas!" (pronounced "bwenas ") is a shorthand way of saying "hello", any time of day. It is more casual and works in the morning, afternoon, or evening. You'll hear the locals use this all the time. If all else fails, using the standard "hola!" (pronounced "ola") is always acceptable.
- "Mae" (pronounced "my") is the Ticos way of saying "Dude". Open your ears and you will hear this being said in nearly every sentence.
- Media Naranja - Costa Ricans often refer to their significant others as their "Media Naranja", meaning the other half of their orange
- The money of Costa Rica, called Colones, comes in many colorful bills. Every denomination of Costa Rican cash features a different landscape and animal chosen from Costa Rica's vast biodiversity,

including the white-tailed deer, capuchin monkey, sloth, and blue morpho butterfly, all of which can be easily seen here.

• **US dollars are also readily accepted and are the standard currency in tourism.**

• "Pura Vida" means pure life if you translate it literally, but it's more than that, it's a way of life. Pura Vida is the national slogan, and experts think that this mentality is one of the reasons that Costa Ricans often are considered one of the happiest people in the world.

• Happiest Country in the World - Costa Rica has been ranked the happiest country in the world year over year, most recently in 2019, by the Happy Planet Index. With Pura Vida as their philosophy, it comes as no surprise.

• Soccer Fields - Every town, no matter how big or small, has its own soccer field and a school. Soccer is a way of life in Costa Rica, so if you are looking for a way to interact with locals, don't be shy to join in during friendly weekly Sunday mejengas (slang for pickup game).



Food

• Casado - The national dish is the Casado and consists of a piece of protein, a salad, rice, beans, and fried sweet plantain. The word “casado” actually means to be married, and this is how the term came to be used for food, because once a man was “casado” he would have food for life.

• Gallo Pinto – One of the greatest things about the food here, it’s simple but delicious! Gallo Pinto traditionally is a mixture of beans and rice leftover from the night before, mixed with some peppers, onions, cilantro, Lizano sauce, and other spices. It’s one of the few traditional Costa Rican foods that you must try here.

• Soda – Similar to a diner, a “soda” is a small, informal restaurant that serves traditional Costa Rican dishes like Casado and Gallo Pinto for as little as \$3-4 USD a plate. This is where the locals eat!

• Pulperia – A pulperia is a neighborhood convenience store that sells essential supplies, food items like canned goods, eggs, milk, bread, and some produce. Almost every small town has a

pulperia, but the prices at these shops are often marked up 10-20% for the convenience.

• Eggs are sold unrefrigerated.

• Coffee – You will find some of the best coffee in the world, here in Costa Rica! The most traditional and one of the best methods of preparation is to brew using a “chorreador”, a pour-over that utilizes a filter made out of a special cloth that is hung from a wooden frame.

• Bananas - Second largest exporter of bananas in the world, so make sure to eat some of those delicious local bananas!

• **Water – the tap water is safe to drink in Los Sueños Resort. They pride themselves on the state of the art water treatment system in place.**

• Chiliguaro – if you are looking to spice up your night, a shot of Chiliguaro will do the trick! Chiliguaro is Costa Rica’s most famous cocktail and can be found at almost every bar. Traditionally it is served as a mixture of Guaro, Tabasco sauce, lime juice, and a few other special ingredients.

Biodiversity

• Home to Over 5% of the World’s Biodiversity - The country’s territory takes up only 0.03% of the world’s land, but despite the relatively small area, it is home to more than 5% of the total biodiversity in the world.

• More than 25% of Costa Rica’s land is dedicated to national parks, reserves and wildlife refuges. Tourists and locals alike are drawn to Costa Rica’s natural beauty—and are committed to preserving it. With 20 national parks, 8 biological reserves, animal refuges, and protected areas, 26 percent of Costa Rica’s land is protected.

• Volcanoes - There happens to be well over 121 volcanic formations in the country. One way to cool down is to hike around some of the landscape or to enjoy the hot springs around the volcano. Poás Volcano has the second widest crater in the world, and Arenal Volcano is known as a stratovolcano – a tall, symmetrical volcano that’s built upon successive layers of rock, ash, and lava.

• Butterflies, Butterflies and more butterflies - Costa Rica is home to approximately 90% of the butterfly species found in all of Central America and over 18% of all butterfly species in the world. Some of the world’s smallest, largest and most magnificent species can be found here and there are a number of butterfly gardens and farms where you can enter enclosed areas and walk among the fluttering beauties.

• Costa Rica is home to wild sloths - Sloths are incredible animals and they are a favorite here in Costa Rica. The Costa Rican forests are home to these tree roaming animals, so when you go, look out for sloths!

• Jesus Christ lizard - The Basilisk, also known as Jesus Christ Lizard can literally walk on water, and that’s how it got its nickname. Keep an eye out for these awesome creatures on any jungle hike. It’s an amazing sight!

• Orchids - Are you a flower lover? Then you will be happy to hear that you can find more than 1.400 varieties of orchids!

• Turtles - During Costa Rica’s arribada (“mass arrival”), as many as 100,000 Olive Ridley turtles come ashore on Ostional National Wildlife Refuge’s isolated beaches, leaving behind as many as 10 million eggs. You will have many

opportunities to see the turtles in person at either Jacó or Hermosa beach.

• Hummingbirds - Over 50 Species of Hummingbirds are Found in Costa Rica and a lmost 15% of all hummingbird species can be found in Costa Rica. From the smallest one weighing in at only 2 grams to the largest weighing a whopping 11.5 grams.

• Dogs roam freely. Sometimes they have owners, other times they are community pets. They are almost always friendly and will often adopt you for a walk along the beach.

• The national animal of Costa Rica is the white-tailed deer. The white-tailed deer was declared a national symbol during the administration of José María Figueres, who was a former president of Costa Rica, on May 2, 1995.

• Ecofriendly - Costa Rica has set a goal to become the first fossil-free country in the world, and they are already on a good path to achieve the goal. It’s one of the most eco-friendly countries in the world, and today, almost 99% of all energy is renewable.



Random Facts

- Army - Costa Rica is one of the few countries in the world that have no army. They abolished the army in 1948 after the civil war ended.

- There are 7 provinces which make up the country including San José (where the capital is), Cartago (where the capital used to be), Alajuela (located in the central valley), Heredia (beautiful and mountainous), Guanacaste (the Northern region of Costa Rica), Limón (home to beautiful Caribbean beaches) and Puntarenas (home to Los Sueños Resort and extends all through the Central & South Pacific Coasts).

- Street Names - Costa Rica Only Started Using Street Signs in 2012. Unlike the Western world, Costa Rica does not use street names and does not have a postal code system. So, don't be surprised when your hotel address sounds something like this: "200m South of the mango tree then 50m East. It's the house in front of the house with the red gate". Pro Tip: using google maps can be a big help as you're traveling around!

- Want to learn the national anthem? The national anthem of Costa Rica is played daily on most radio stations at 7:00 am. Tune in, it's a great way to practice your Spanish!

- Discoteca vs nightclub - In Costa Rica, a Discoteca is a nightclub, and a nightclub is actually a strip club. So, make sure you ask for the right thing on your nights out!

- Life Expectancy - A little-known health fact about Costa Rica's population is that the life expectancy here is almost 79 years, one of the highest in the world. Costa Rica is also home to one of the 5 Blue Zones in the world. Blue Zones are known as areas of the world where people live measurably longer lives.

- Costa Rica is close to the Equator, giving the country a solid 12 hours of daylight year-round. The upside to this is that the sun always rises by 5:45 am and sets by 6:00 pm. **Side note: Costa Rica has the most breathtaking sunsets ever!**



Something else piquing your curiosity? Ask us anything! Call our HRG Concierge Team at +506 2637-8484 or write to us online.

