

Experiences Book //
Tours & Activities 2024

Index

Curated Experiences to Inspire the Explorer	4
01 // Beach Bible	5
Playa Uvita, Playa Chaman, Playa Ventanas, Playa Dominical	6
Playa Hermosa, Beach Hopping	7
02// National Parks & Biological Preserves	9
Marino Ballena National Park	10
Waterfalls Tour	11
Whale & Dolphin Watching	13
Marino Ballena Nature Walk	15
Corcovado National Park	17
Corcovado Nature Hike	18
Caño Island Biological Reserve	20
Snorkeling at Caño Island	21
Scuba Diving at Caño Island	23

03// Explore & Discover	25
Nauyaca Waterfalls Hike	27
Rancho La Merced Horseback Riding	29
Night Hike	31
Rainforest Birdwatching	33
Sloth Tour	35
Boruca Indigenous Reserve Excursion	37
Villas Alturas Wildlife Refuge	39
Rainforest Reset Experience	41
04 // Adventure	43
Paradise Uvita Canopy	45
Waterfall Rappelling	47
Surf Lesson	49
White Water Rafting	51
Mangrove or Beach Kayaking	53
Mangrove Wildlife Tour by Boat	55
Uvita by ATV	57
Catch & Release Boat Fishing	59



From our rain forested mountains down to our sprawling Jurassic coastline, Costa Rica's south is a tropical playground for those seeking a taste of the country's true essence.

Discover the largest area of protected land in Costa Rica on our very doorstep. Or, take to the waters for world-class snorkeling, surfing and up-close encounters with extraordinary marine life. Experience it all from Kurà on any one of the following tours, available as private experiences or in small groups.

Cancellation Policy & Pricing

All of our activities require at least 24 hour notice in order to be cancelled without the penalty of full price tour cost. The Corcovado Nature Hike holds a stricter cancellation policy, please refer to the tour page for details.

Prices are in USD and already include taxes.

01 // Beach Bible



The pristine beaches of the Marino Ballena National Park in Uvita are all within a 20 to 30 minute drive. They include Uvita Beach, Arco Beach, Ballena Beach and Chamán Beach. A little further afield you'll also find Ventanas Beach, Hermosa Beach and Dominical. During the week, you may be pleasantly surprised to find very few other visitors on these stunning shores.

During your stay, we offer scheduled transfers every day at low tide to Uvita Beach for the Whale's Tail. Let us know the evening before if you would like to visit the beach and we will check the times for you. Any time you hit the beach, we'll provide you with ice water and towels.

Playa Uvita

At low tide, walk out to the iconic sandbar shaped like a whale's tail*. The reef that protects this remarkable formation from dangerous currents and strong waves makes it a perfect place to swim. The southern end of the beach is also excellent for amateur surfers. From Kurà it's easy to underestimate the scale of this beach – there are approximately 2km between the entrance of the beach and the tip of the whale's tail.

Daily complimentary shuttle

Playa Chamán

This pretty pebble beach* is great for swimming, especially on the south side, and a picturesque spot to watch the fishermen in action, anchoring their boats in the small tranquil bay. It holds the Blue Flag eco award for its cleanliness, security and beauty.

Daily complimentary shuttle

*Requires an entrance fee as it is part of the Marino Ballena National Park.

Playa Ventanas

Wonderfully scenic, this beach is surrounded by mountains and gets its name from the 'windows' formed by vast rocky caves and tunnels right at the water's edge. At low tide, there is much to explore. Tucked away and reminiscent of Jurassic Park, Ventanas is one of the best secluded beaches in the area – and a perfect spot to try our traditional "Churchill" snow cones

Transportation \$40 each way

Playa Dominical

With waves for more experienced surfers, this lively little village has an abundance of picturesque beachfront bars and restaurants, as well as colorful stalls selling beachwear and knick-knacks. Here is the spot to grab a bite or a board, and spend an hour or two exploring.

Transportation \$40 each way

Playa Hermosa

The light grey sands of sprawling Hermosa (meaning 'beautiful' in English) provide the perfect spot to catch a gorgeous sunset while watching the local surfers and boogie boarders. Grab an 'agua de pipa' (coconut water) and enjoy the people-watching.

Daily complimentary shuttle

Beach Hopping

A 4 hours excursion to 4 beaches of your choice. Includes water, fresh fruit and wrap or sandwich.

\$300 per couple

Distance in minutes from Kurà to nearby beaches

Ventanas 40 min.

Ballena & Arco 30 min.

Chamán
25 min.

Hermosa 30 min.

Dominical 40 min.



02 //

National Parks & Biological Preserves

For those who like their nature pristine, protected and bursting with biodiversity, the following curated tours take you to the heart of Costa Rica's most beloved ecosystems, where the waters are warm, the wildlife is abundant and the adventures are inspiring.

Discuss with Concierge about personalizing your experiences with a private guide or tailoring your tours to suit your interests and schedule.



Waterfalls Tour

This experience will begin at the Cascada Verde waterfall in Uvita; this small charming waterfall boasts a natural pool, a 3-meter-high platform and a stone slide. Travelling south along the coast, you will visit the gorgeous Playa Ventanas with its incredible stone caves formations, before culminating the experince at the mystical Pavón Waterfall in the village of Ojochal.

Please note this is a private couple experience instead of a group trip.

Practical info //

Leave Kurà: 7:00 am (recommended)

Tour duration: half-day

Tour includes: Park entrance fee, bilingual naturalist guide, water, fresh tropical fruit and typical Costa Rican lunch at a local restaurant

What to bring: Comfortable shoes or sandals, swimsuit, towel, dry bag, change of clothes, sunscreen

Price: \$185 pp.



Whale & Dolphin Watching

Explore our shores in search of breaching humpback whales (July-October) and two different species of playful resident dolphin. Other species occasionally spotted include Bryde's, pilot and false killer whales as well as whale sharks. Round off your tour by snorkeling amongst the coral and rocky reefs of the National Park discovering the wonderfully colorful marine life that thrives beneath the surface

Practical info //

Leave Kurà: 7:30 am

Tour duration: 4 hrs

Tour includes: Snacks before the tour, park entrance fee, bilingual naturalist guide, snorkeling gear, water and fresh tropical fruit

What to bring: Sandals, bathing suit, hat, sunscreen, towel and camera

Price: \$95 pp. regular tour (between 10 to 20 people)

Private tour option available



Marino Ballena Nature Walk

Explore the lush vegetation of the Ballena Marine National Park to as you get into the trails in search of birds and wildlife along the route. With the help of a naturalist guide you will be able to see from howlers to white-faced monkeys, from bats even raccoons and even crocodiles while exploring this area unique features, natural history and delicate ecosystems.

Please note this is a private couple experience instead of a group trip.

Practical info //

Leave Kurà: Depending on low tide (please inquire with the Concierge)

Tour duration: 2.5 hrs

Tour includes: Park entrance fee, bilingual naturalist guide, water and freely transport fruit

fresh tropical fruit

What to bring: Walking shoes, hat, comfortable clothing, swimsuit, sunscreen. and camera

Price: \$150 pp.





Corcovado Nature Hike

Speed over to Corcovado National Park's San Pedrillo ranger station by boat, taking in inspiring views of the Osa coastline during the 1.5 hour journey. At the park you'll hike two different trails, the first around 3 hours long followed by lunch, and the second - leading to a waterfall approximately 1.5 hours long. Both provide a fantastic opportunity to encounter numerous mammals such as howler, spider and white-faced monkeys, sloths, coatis, raccoons and tapirs, as well as a great variety of birds, plants, and endangered trees that have been standing for centuries.

Practical info //

Leave Kurà: 6:30 am

Tour duration: 9 hrs

Tour includes: Park entrance fee, bilingual naturalist guide, water,

picnic lunch and snacks

What to bring: Hiking boots or closed walking shoes for the park trails, sandals (optional), towel, bathing suit, sunscreen, insect repellent, camera

Price: \$175 pp.

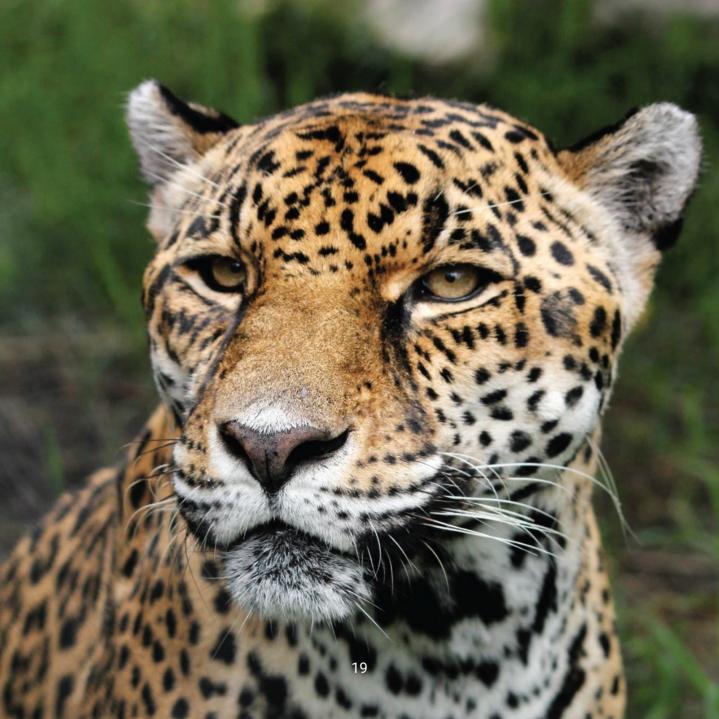
Ask Concierge for private tour

options available

Transportation: \$50 round trip

Cancellation Policy: once the tour is booked, a penalty of 25% is applied to any cancellation; if the tour is cancelled less than 24 hours prior, a

penalty of 100% is applied





This small island lies approximately 20 km offshore from the Osa Peninsula at Drake Bay, and is well-known for its beaches and coral reefs which are home to 19 coral species. Caño Island's real attraction is underwater, where its rich sea life includes species from white-tipped sharks to manta rays and many colorful reef fish.

Formerly a pre-Columbian burial ground, Caño Island is also a site of great archaeological importance, preserving an important part of Costa Rican indigenous history.

Snorkeling at Caño Island

Take a scenic 1hr and half boat trip out to Caño Island, the paradisiacal setting for some of Costa Rica's very best snorkeling. Here you'll explore the island's pristine coral reefs, observing a great variety of marine species – many of which are in danger of extinction – before heading over to Violines Island for a picnic lunch and an afternoon of beach relaxation on its picturesque shores.

Practical info //

Leave Kurà: 6:30 am

Tour duration: 8 hrs

Tour includes: Reserve entrance fee, bilingual naturalist guide, equipment, water, picnic lunch and snacks

What to bring: Sandals, bathing suit, dry bag, sunscreen, towel, change of clothes and camera

Price: \$175 pp.

Ask Concierge for private tour

options available



Scuba Diving at Caño Island

Hop over to Caño Island by boat to explore beyond the waves at some of the world's best dive sites. The protected waters of this marine park are home to an astounding variety of both pelagic and reef fish, meaning it's not uncommon to swim beside large schools of jacks and barracudas, sting and manta rays, as well as sharks. With dive sites ranging from 10-40m and great visibility year round, there is plenty to discover under the surface.

PADI Certification is required to book this tour.

Practical info //

Leave Kurà: 6:30 am **Tour duration:** 8 hrs

Tour includes: Reserve entrance fee, bilingual naturalist guide, equipment, water, picnic lunch and snacks

What to bring: Sandals, bathing suit, dry bag, change of clothes, towel, sunscreen and camera

Price: \$215 pp.

Ask Concierge for private tour

options available



03 //

Explore & Discover

For those who believe the greatest adventures are best experienced close to nature, back pack on and binoculars at the ready, the following hand-picked tours offer you the ultimate chance to indulge your inner explorer.

Discuss with Concierge about personalizing your experiences with a private guide or tailoring your tours to suit your interests and schedule.



Nauyaca Waterfalls Hike

The spectacular natural wonder known as Nauyaca comprises two impressive waterfalls. Hike over a 4km route to reach the first which stands at 45m in free fall, and a second tiered fall standing at 20m. Together they form a 1,000sqm pool perfect for swimming, and a number of smaller natural pools for paddling.

Practical info //

Leave Kurà: Flexible times, morning hours are recommended

Tour duration: 3.5 hrs

Tour includes: Bilingual guide, entrance fee, fresh fruit, water and

towels

What to bring: Bathing suit, walking shoes, sunscreen, insect repellent and camera

Price: \$150 pp.

Ask Concierge for private tour

options available



Rancho La Merced Horseback Riding

With its scenic pasture land, beautiful rainforest reserve, its mangroves and its waterside setting, the vast 1250-acre Rancho La Merced National Wildlife Refuge makes the ideal spot for an adventure on horseback. Explore the reserve with a knowledgeable guide, passing by rivers and riding along the beach, spotting birds and other tropical flora and fauna en route

Rancho La Merced offers various horse trails:

- Day time waterfall horseback ride, 9 am and 2 pm (dry season)
- Beachfront horseback ride, daytime or sunset (tide dependent)

Practical info //

Leave Kurà: 8:15 am or 1:15 pm for waterfall horseback ride; low tide hours for the beach ride

Tour duration: 2.5 - 3 hrs.

Tour includes: bilingual guide, riding

equipment, water and snacks

What to bring: Long pants, closed shoes, towel, sunscreen, insect

repellent and camera

Prices: Sunset ride \$85 pp. Waterfall / beach ride \$75 pp.



Night Hike

When the sun starts to set, the rainforest comes alive. Tune into the impressive chorus of our noisy nocturnal wildlife as you duck into the jungle after dark in search of the many creatures of the night. Discover red-eyed tree frogs and snakes, rare owls, eyelash vipers and more alongside your eagle-eyed naturalist guide on this gentle yet thrilling adventure

Practical info //

Leave Kurà: 6:00 pm

Tour duration: 2 hrs

Tour includes: Bilingual naturalist

guide, water, flashlight and

non-alcoholic refreshing drink upon

your return at Kurà

What to bring: Compulsory use of rubber boots (provided by Kurà), long pants, insect repellent and camera

Price: \$90 pp.

Night walk in Uvita \$90 pp.



Birdwatching Tour

We offer you two exciting options for the birdwatching tour

Mountain Rainforest Tour near Kurà

This tour will lead you to explore the mountains around Kurà, enjoying the peace of the misty morning and the embrace of the trees, scouting for the native birds that inhabit the area.

Tour at Refugio Nacional de Vida Silvestre Barú

This tour takes place in the coastal rainforest, where, with the help of a naturalist guide, will explore the various hiding places of our tropical birdlife, spotting trogons, toucans, woodpeckers, as well as many other species that inhabit the forest.

Practical info //

Leave Kurà: 6:00 am

Tour duration: 3 hrs

Back at Kurà: 10:00 am

Tour includes: bilingual naturalist guide, water and fresh tropical fruit

What to bring: hiking shoes for the trails, sunscreen, insect repellent, binoculars and camera

Prices: \$90 pp. for the Mountain Rainforest Tour near Kurà

\$375 p. couple for the tour at Refugio Nacional de Vida Silvestre Barú (includes round-trip transportation)



Sloth Tour

This is an exciting and rewarding excursion specifically focussed on spotting the sloths camouflaged in the trees! During this gentle hike around the streets of the laid back town of Bahía Ballena and the Marino Ballena National Park, we will have the opportunity to see many other animals as well, such as diffrent species of monkeys and birds. While we search for the timid sloths, your knowledgeable guide will explain you everything about the species you will encounter and their habitat.

Practical info //

Leave Kurà: flexible time, 7:30 am recommended

Tour duration: 2-3 hrs

Location: Bahia Ballena and Marino

Ballena National Park

Tour includes: Private bilingual guide, entrance tickets to the Marino Ballena National Park, fresh tropical fruit, juices and cold water

What to bring: Comfortable shoes or

sandals, hat, sunblock, bug repellent. Binoculars will be provided and we will take pictures with your smartphone trough our telescope

Price: \$100 pp.



Boruca Indigenous Reserve Excursion

The Boruca culture has strongly influenced the creation of the hotel in several aspects: from the name "Kurà", which means jaguar in the Boruca language, to the design of the logo, to the decoration with the carved wooden masks that are the work of Boruca artisans.

The tour begins with a hike to the waterfalls for a refreshing swim. After the visit to the town and the local museum, you will participate in a mask-making workshop where you will learn about the entire process from materials, design, carving, and painting.

After enjoying a delicious traditional lunch, you will assist in a textile workshop, where you will discover how fabrics are dyed with natural pigments, and how various textile craft products are made.

Practical info //

Leave Kurà: 7:00 am

Tour duration: 7 hrs approx.

Tour includes: Bilingual guide, traditional lunch, masks workshop and textiles workshop and round trip

transportation

What to bring: Comfortable shoes, bathing suit, hat, sunscreen, insect repellent, binoculars, camera and money to buy handicrafts

Price: \$550 per couple (private tour)



Villas Alturas Wildlife Refuge

Villas Alturas is perched aside the lush Escaleras mountains, with dazzling views over the Pacific Ocean and home to the Alturas Wildlife Sanctuary, dedicated to the rescue and conservation of Costa Rica's endangered wildlife.

Visitors will meet the sanctuary residents while learning about their history, biology and conservation needs. Here you can meet a variety of animals including: spider monkeys, capuchin monkeys, sloths, parrots, toucans, peccary, and kinkajous.

This heartwarming tour also provides information on Alturas Wildlife Sanctuary's history, their aims and objectives and our rescue work.

In accordance to Costa Rican law, it is prohibited to touch the animals.

Practical info //

Leave Kurà: 8:15 am, 10:15 am or 12:15 pm

Tour duration: 1 hr approx

Tour includes: bilingual naturalist

guide and water

What to bring: comfortable shoes, hat, sunscreen and camera

Price: \$33 pp.

Transportation: \$70 round trip

*Reservation is required for this tour, and only guided tours are allowed. Please note that the Refuge is only accessible by 4x4 vehicles.

All guided tours are available Tuesday thru Sunday at 9:00 am, 11:00 am and 1:00 pm. Closed on Mondays.

All the proceeds go towards the maintenance of the refuge.



Rainforest Reset Experience

We will set out on a guided walking meditation and nature experience thorugh the lush rainforest roads surrounding Kurà; with the help of a guide we will have the opportunity to spot some of the local wildlife, on the way to our panoramic yoga spot.

After we settle in the space, a 30 min session of restorative yoga flow and mindfullness meditation will be offered accompanied by the peaceful sounds of nature.

Practical info //

Leave Kurà: Sunrise option 6:30 am;

Sunset option 4:30 pm

Tour duration: 1h 15 min

Tour includes: Yoga mat, water and non-alcoholic refreshing drink upon

your return at Kurà

What to bring: Comfortable clothes,

insect repellent and camera

Price: \$120 pp. \$180 per couple



04 // **Adventure**

For those who like their travel experiences fast and thrilling, wet and wild, the following selection of exhilarating tours offer you the chance to find your fix of adrenaline a stone's throw from our peaceful haven.

Discuss with Concierge about personalizing your experiences with a private guide or tailoring your tours to suit your interests and schedule.



Paradise Uvita Canopy

Venture on a treetop tour of 5 or 6 zip lines to experience the rainforest from a different angle.

Featuring 10 platforms, rappelling at 50 foot tall trees, and a rope descent into a natural pool to end the adventure enjoying a waterfall with a natural stone slide, there are few jungle adventures more exciting than this.

*Maximum weight limit: 260lbs

Practical info //

Leave Kurà: 6:30 am, 9:30 am

or 1:00 pm

Tour duration: 2.5 hrs

Back at Kurà: 12:00 pm or 4:30 pm

Tour includes: Bilingual guide, safety equipment, water and typical Costa Rican lunch at a local restaurant

What to bring: Closed shoes, bathing suit, comfortable clothes, change of clothes, dry bag and sunscreen

Prices: \$120 pp. Night option: \$195



Waterfall Rappelling

Harness up for a wet and wild adventure taking you through Uvita's hidden canyons and down six of its dramatic waterfalls, the largest standing at an impressive 27m, or 88ft. During this outing, you will have the opportunity to merge with the natural elements and gain experience through 4 rappels of varying diffculty, accompanied by your skillfull guide.

Finally, you will enjoy a picnic lunch at the Uvita River where you'll be able to cool off and relax in its pristine pools.

No previous experience is required to enjoy this tour.

Practical info //

Leave Kurà: 8:30 am

Tour duration: 3 hrs

Tour includes: Bilingual guide, rappelling equipment and safety gear, water, picnic lunch at the river, fruits, snacks and your photos taken

What to bring: Water shoes or hiking shoes, bathing suit, towel, change of clothes, GoPro if you have one, cellphone, dry bag, sunscreen and insect repellent

Price: \$150 pp.



Surf Lesson

From Dominical to Uvita and all the way down to Bahia Ballena, if you want to learn to surf and return home with some enviable new skills, you won't find better waves than these. Embrace the hip Costa Rican coastal culture and get up and riding with a pro instructor – standing guaranteed!

Practical info //

Leave Kurà: Depending on the tide

Tour duration: 2.5 hrs

Tour includes: Surfboard, rashguard, professional instructor, insurance, snacks and non-alcoholic drinks

What to bring: Swimsuit, towel and

sunscreen

Price: \$70 pp.



White Water Rafting

You can choose to enjoy this adrenaline filled activity in rapid class II-III — IV+ along different rivers located in South and Pacific central, depend on your selection you could enjoy pristine deep canyon, hike to a waterfall, pool drop river and of course exciting descents surrounded by tropical rainforest.

To participate in this tour it is mandatory to know how to swim.

Practical info //

Leave Kurà: 6:00 am or 7:00 am, depending on your choice of river adventure

Tour duration: Half day or full day tours available

Tour includes: Bilingual guide, equipment and safety gear, water and snacks

What to bring: Dry bag, water shoes, bathing suit, towel, insect repellent, sunscreen, change of clothes

Prices: From \$140-\$165 per person, depending on your choice of river adventure



Mangrove or Beach Kayaking

We're blessed with an impressive, pre-historic looking coastline, and what better way to discover it than by kayak?

Paddle into the mangroves to explore the enigmatic ecosystem where the rainforest meets the ocean. You'll spot crabs scuttling along the roots, catch a glimpse of marine birds tucked away amongst the foliage and enjoy the peace of these hidden waterways as you glide through the canals and weave amongst the mangrove roots. After a short rest, we will paddle a scenic loop to Uvita beach.

No previous kayak experience is required.

Practical info //

Leave Kurà: Depending on the tide, please inquire with Concierge

Tour duration: 2.5 hrs

Tour includes: Park entrance fee, bilingual naturalist guide, kayaking equipment, water and fresh fruit

What to bring: Water shoes, bathing suit, change of clothes, dry bag, hat, towel, insect repellent, sunscreen and camera

Price: \$90 pp.



Mangrove Wildlife Tour by Boat

The Sierpe river is the most extensive wetland and mangrove ecosystem in all of Costa Rica. It is fed from the mystical Sierpe lagoon where it starts, flows all the way down to the Pacific Ocean and is connected with the Térraba river, the largest river of the country and later returns back upriver with salt water as high tide rises. This rich wetland ecosystem provides its inhabitants with an incredible diversity of wildlife, given that it's located at the entrance to the Osa Peninsula.

As soon as we take off from Sierpe with the boat and enter the meanders of the mangroves watercourse, you will be able to spot the iguanas perched on tree branches and roots, crocodiles, which are very common on the river sides, snakes and turtles, different species of monkeys racoons, coatis and many birds.

Practical info //

Leave Kurà: 7:00 am

Tour duration: 6 hrs approx.

Tour includes: Bilingual naturalist guide, boat fee, water, fresh tropical fruit and typical Costa Rican lunch at

a local restaurant

What to bring: Water shoes or comfortable shoees, dry bag, hat, insect repellent, sunscreen and camera

Price: \$160 pp.



Uvita by ATV

Ride across mountains and into the rainforest on this exquisitely scenic and easy-paced tour. You'll pass through several streams, coffee fincas and banana plantations en route to the majestic San Luis waterfall – one of the tallest in Costa Rica – then to a second waterfall for a snack and a refreshing swim.

Enjoy the ride individually or share the adventure on a side-by-side guad.

Practical info //

Leave Kurà: 8:15 am

Tour duration: 4 hrs

Tour includes: Bilingual guide, ATV,

fresh tropical fruit and water

What to bring: Comfortable shoes, bathing suit, towel, sunscreen, camera, credit card and ID card

Additional info: A credit card and your passport are needed for the

insurance cover

Prices: Single \$150 Side by side \$290 Ask Concierge for private tour

options available



Catch & Release Boat Fishing

This tour is departing from the beautiful Quepos Marina Pez Vela, on the Central Pacific coast, home to some of the country's major fishing tournaments.

Choosing between a full day or half day tour, you will be able to experience the thrill of catching (with a bit of luck!) some big fish such as dorado, a yellowfin tuna, marlin or swordfish, before releasing them back into the deep ocean waters.

Practical info //

Leave Kurà: 6:00 am (recommended)

Tour duration: Half or full day

Tour includes: Bilingual captain, snacks, non-alcoholic refreshments, water and round trip transportation

What to bring: Sandals, bathing suit, hat, towel, sunscreen, camera, dry bag and a change of clothing

Prices: Half day: \$1,300

Full day \$1,950





*HUPA

CAYUGA