



¡BIENVENIDAS A COSTA DULCE!

○ *SURF* ○ *YOGA* ○ *SWIM* ○ *SPA* ○ *INDULGE* ○ *RELAX* ○

AMENITIES



3 POOLS, 1 BAR



CONSERVATION PROJECTS



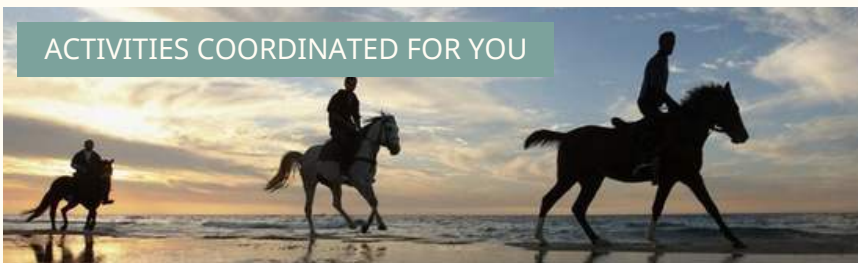
WEEKLY BEACH BONFIRE



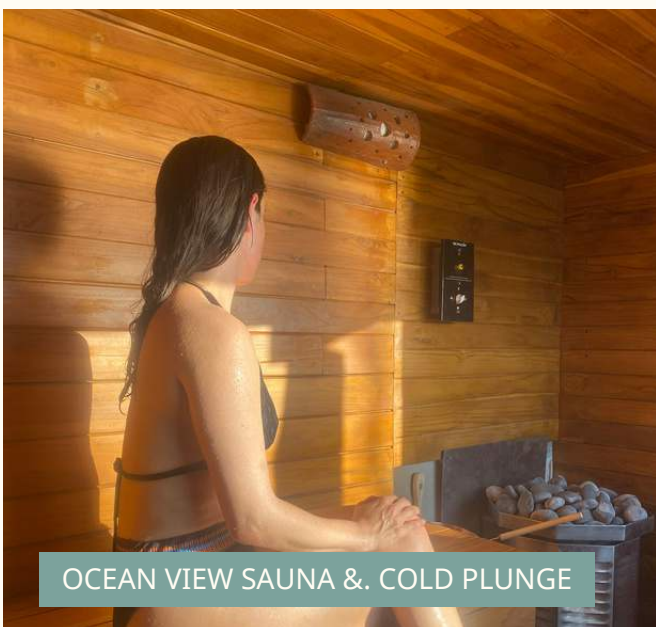
TEMAZCAL



LEARN TO SURF WITH DAILY WAVES



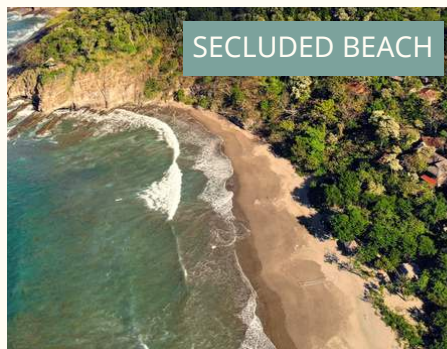
ACTIVITIES COORDINATED FOR YOU



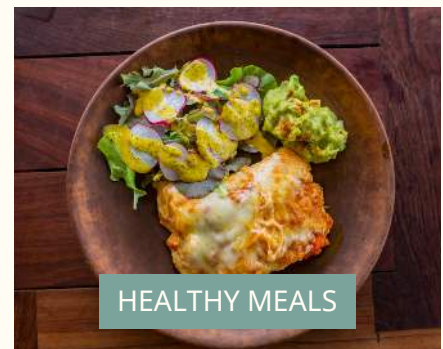
OCEAN VIEW SAUNA &. COLD PLUNGE



SPA



SECLUDED BEACH



HEALTHY MEALS



COSTA DULCE
NOURISH YOUR NATURE

3 OCEAN-VIEW YOGA SHALAS

All stocked with Manduka Pro Mats, blocks, straps, and bolsters



COSTA DULCE
NOURISH YOUR NATURE

ACCOMMODATIONS PREVIEW

Private & Shared Rooms, most with ocean views | 48 Beds Max | 65 People Max



BIG BUNGALOW



OLITA SHOWER



NIDO



COLIBRI

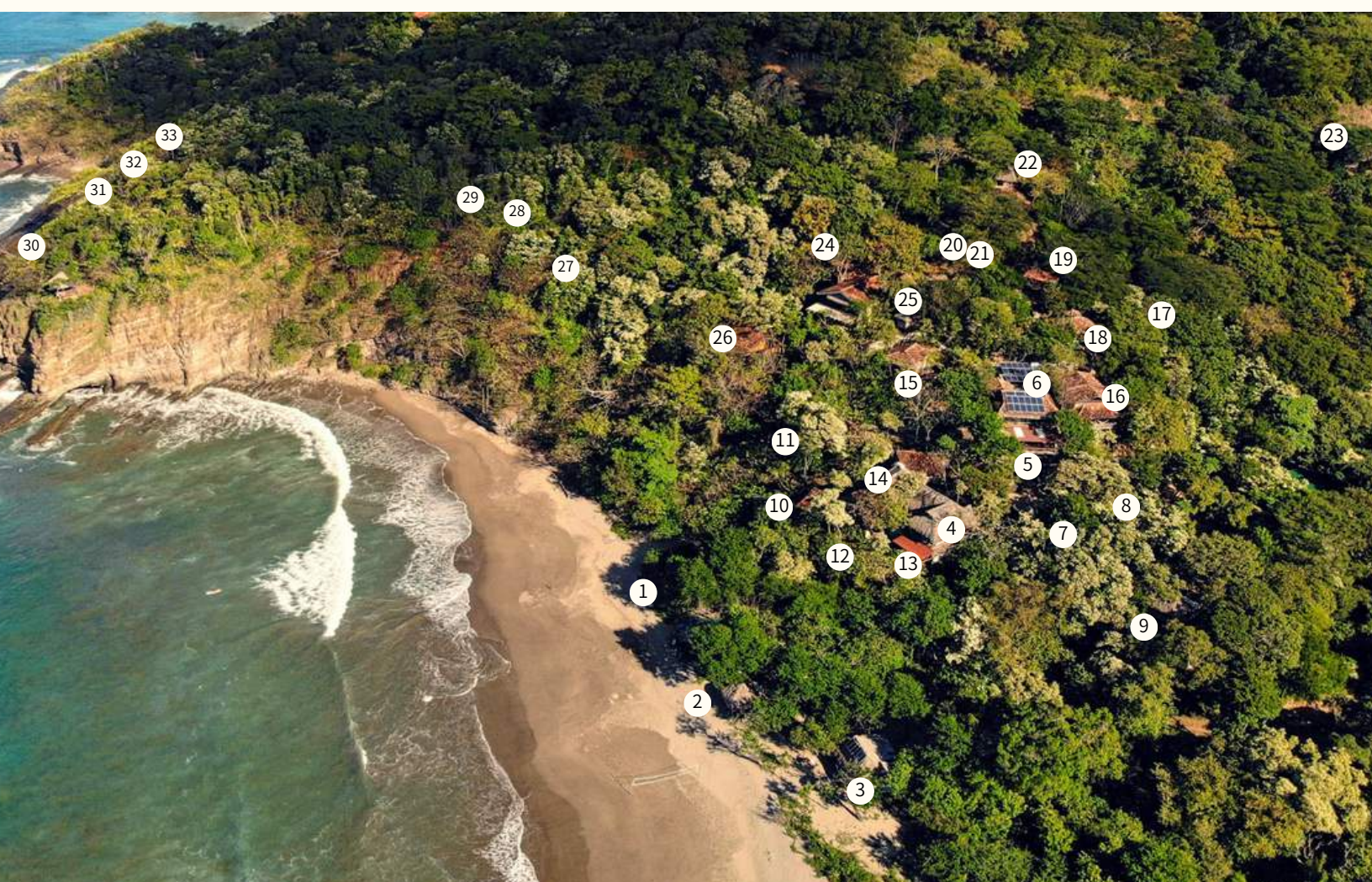


SACJUANOCHE



PRIVATE SPACE WITH POOL, LOUNGE, KITCHEN & STUDIO FOR PETITE RETREAT GROUPS

COSTA DULCE RETREAT CENTER MAP



1 - Vital Actions Turtle Hatchery
2 - Beach Lounge Area
3 - Rancho Tortuga Beach Bar
4 - Casa Ola
5 - Costa Dulce Restaurant
6 - Yoga Studio
7 - Pool + Bar
8 - Front Desk
9 - Spa
10 - Olita
11 - Nido

12 - Sacuanjoche
13 - Cangrejito
14 - Ranita
15 - Pelicano / Congo
16 - Casita
17 - Bosque
18 - Big Bungalow
19 - Colibri
20 - Jicaro
21 - Pitaya
22 - Mariposa

23 - La Jungla
24 - Casa Horizon Rooms
25 - Horizon Studio and Kitchen
26 - Villa Cortez
27 - Delfin
28 - Tortugita
29 - Ballena
30 - La Punta Wellness Center
31 - Glamping Cabin 1
32 - Glamping Cabin 2
33 - Glamping Cabin 3



THE COSTA DULCE KITCHEN

MEAL SCHEDULE

Fresh coffee, tea, & grab-n-go fruits available all day

6 AM: Pre-breakfast (fresh-cut fruit, granola, yogurt)

9 AM: Breakfast buffet

1 PM: Lunch

6:30 PM: Dinner

*Times may vary, please listen for the bell

** If you will not attend a meal or need it at a different time, please communicate with the front desk.

FOOD SOURCING

We are fortunate enough to have access to ample fresh fruits and vegetables available from local farmers, and make an effort to source all products as close to home as possible. The chicken and fish served is often caught or raised by one of the local Costa Dulce team members.

DIETARY RESTRICTIONS & ALLERGIES

We are able to accommodate most dietary restrictions, requirements, and preferences. If you have an allergies please clearly state this upon arrival (or email us ahead of time) so we can prepare your meals accordingly.



COSTA DULCE
NOURISH YOUR NATURE



DAILY ACTIVITIES

SAUNA AND COLD PLUNGE

\$15 per session | \$10 just sauna or cold plunge | \$80 weekly package

Perched on the cliffside with the “lookout studio” the sauna and cold plunge offer stunning view and the perfect start to the morning. Experience the benefits of heat and a sweat, followed by the invigorating anti-inflammatory benefits of a cold plunge.

YOGA CLASSES

\$15 per class | \$25 per workshop

The Costa Dulce School of Yoga is a certified school, with passionate and professional teachers who will guide you through weekly Vinyasa, Hatha, Yin and Restorative classes. We highly value the power of meditation/mental training and breathing techniques to connect people to themselves and their natural surroundings. Check the weekly schedule by the Yoga Shala or talk to one of your teachers about yearly Yoga Teacher Trainings.

SURF LESSONS & BOARD RENTALS

\$50 per lesson | \$15 board rental | \$15 surf trip

Playing in the waves is one of our favorite activities at Costa Dulce. Our Surf School is run by attentive, knowledgeable and English speaking local instructors. Lessons are available daily and we also have a week long program designed to help you step up your surf. You can also rent a board or just body surf, either way it's a blast.

TURTLE RELEASES

Vital Actions and its founder, Tim, are committed to protecting the critically endangered sea turtle species that nest here on the beach. Stop by the hatchery to learn more and if you're lucky you might see hatchlings make their way to the ocean.

As a nonprofit organization, Vital Actions fully depends on donations, so if you love the project and wish to support, each dollar counts, please visit www.vitalactions.org to become part of the hero squad via Patreon.



COSTA DULCE
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WEEKLY ACTIVITIES

JUNGLE WALK (\$20)

Discover The Collado Reserve, our reforestation program, and learn about the beautiful but vulnerable ecosystem that it is. Enjoy the seasonal waterfall and you might even spot local monkeys and sloths on your hike.

SAN JUAN DEL SUR TRIP (\$15)

Discover the pleasant mix of traditional Nicaraguan culture and a vibrant expat culture in the local fishing town San Juan del Sur. Experience the local shops and street markets, or make yourself comfortable with an ice-cold drink at one of the many beach bars.

CACAO MEDITATION (\$20)

Cacao has been imbibed for centuries by several different indigenous populations. Sit for an intro to the beauty of cacao, where all of our chocolate originates, and set your intentions with a short guided meditation.

SWEAT LODGE (\$30)

Temazcal is a traditionally built mesoamerican sweat lodge used in practice by indigenous people to purify and revitalize the body. Similar to a combination of a steam room and sauna, this experience will have you enjoying the healing benefits of a full body detox.

SALSA CLASSES (free)

Dive into the local culture and discover the joy of moving your body to salsa music with an engaging instructor.

BEACH BONFIRE (free)

Enjoy the incredible view of the night sky over Playa Escameca while relaxing by the bonfire.



ACTIVITIES AVAILABLE ON REQUEST

HORSEBACK RIDING (\$75)

What better way to explore our surrounding area than on horseback? Our tours support the local communities, so they can take care of their families and horses.

OCEAN PANGA BOAT TOURS (\$75)

One of the favorite add-ons of all, take an ocean adventure with Captain Alex and El Tumbo Azul, enjoy fishing, exploring remote beaches, snack on the freshest (and likely the tastiest) ceviche. Opportunity to wake surf behind the boat and work on your surf skills.

CATAMARAN CRUISE (\$110+)

Spend an afternoon of bliss, beaches, whales, and/ or fishing. Top it off by watching sunset from the San Juan harbor, you will be riding on cloud nine when you get back to Costa Dulce.

OMETEPE TOUR (\$160+)

Enjoy picturesque views while you ride the ferry to the double volcano island in Lake Nicaragua and then explore the crystal clear waters of Ojo de Agua, try the succulent cacao at El Pital, and then finish the day at Playa Mango.

NICARAGUA CULTURE & ADVENTURE TOUR (\$130+)

Choose from a variety of locations to explore more of Nicaragua, choices include a hike around the extinct Mambacho Volcano with stunning views, taking a swim in Laguna de Apoyo, exploring the markets of Masaya or the colonial town of Granada, and more. Pairs well with an arrival or departure day if flying through MGA



THE NICA SPA

PAMPER PACKAGE (\$160)

- ☞ 90 min relaxing massage
- ☞ Body scrub + mask
- ☞ Facial + Foot massage
- ☞ Manicure + Pedicure

PREMIUM PACKAGE (\$255)

Pamper Package plus...

- ☞ 60min relaxing massage
- ☞ 75min deep tissue massage

PURE INDULGENCE PACKAGE (\$325)

Premium Package plus...

- ☞ 4 handed massage

A LA CARTE SERVICES

- Relaxing massage, 60 min (\$45)
- Relaxing massage, 90 min (\$60)
- Deep tissue massage, 50 min (\$45)
- Deep tissue massage, 75 min (\$60)
- 4 handed massage (\$80)
- Full body mask + face mask (\$40)
- Facial treatment (\$25)
- Foot massage (\$25)
- Manicure (\$15)
- Pedicure (\$15)
- Depilation with hot wax (\$15+)

SEE FULL LIST OF SPA OFFERINGS AT WWW.COSTADULCEBEACH.COM/SPA



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YOUR YOGA RETREAT PARADISE