

## 5 NIGHTS FAMILY ADVENTURE ITINERARY

If you're more about family adventures than poolside chilling, you'll find your inner explorer in Manuel Antonio. Discover wild and exotic creatures in our rainforests; take to the waves and learn to surf; catch crabs on the beach or cook with our chefs. We'll help you experience everything Manuel Antonio.

*Included with your stay: Daily a-la-carte breakfast, 2 complimentary onsite tours, daily yoga or fitness classes, Wi-Fi, complimentary local & international calls.*



### DAY 1 ARRIVAL & RESORT RELAXATION

Spend your first afternoon in tropical paradise exploring our resort, splashing around at the beach, and admiring an epic Manuel Antonio sunset from the infinity pool.

After dark, join us at Mirador Restaurant for some of Costa Rica's finest food. We've even put tasty tico twists on our kid's menu. You can look forward to fresh and locally-inspired dishes, responsibly and organically sourced ingredients, and an array of colorful fruits and veggies... all packed with a passion for flavor.

### DAY 2 MANUEL ANTONIO NATIONAL PARK

The sun is shining bright and the howler monkeys are calling. It's the perfect morning to visit Manuel Antonio National Park with our resident guides. Spot monkeys, sloths and hundreds of species of camouflaged mammals and birds on the gentle nature trails leading up to two white sand beaches. Don't forget your bathing suit - the park's beaches are some of the best in Costa Rica.

Return for an afternoon in to soak up the sunshine and play in the sand at our secluded Playitas Beach. It's accessible only to guests of Arenas Del Mar.



### DAY 3 SURF & EXPLORE

You've plucked up the courage and the waves are looking just right - surf's up! Grab a board and spend a little while practicing on Espadilla Beach with your professional instructor. Then you're off into the Pacific! Who'll be the first to get up and riding Costa Rican style?

Make traditional tortillas with Mama Ellie after lunch - it'll be the little energy boost you need ahead of the jungle night walk. This might be the best shot you have at catching a glimpse of our iconic tree frog amongst other creepy crawlies.

### DAY 4 NAUYACA WATERFALLS

Fuel up on a hearty breakfast ready for today's adventure: Nauyaca Waterfalls. The hike is hard work but the reward is sweet. You can rest your legs in the cool waters below the majestic 120ft waterfall, and watch the kids dive from the top.

Upon your return, enjoy a siesta by the beach and come evening time you'll be raring to explore Manuel Antonio town for dinner. Just ask us for recommendations!

### DAY 5 CANOPY ZIPLINING & THEMED DINNER

Experience Manuel Antonio's rainforest from a different angle as you zip across the canopy Superman style. There's no better way to round off a family rainforest adventure than by admiring the immensity of nature from above.

In the evening you can look forward to a beachfront barbecue night at Playitas Beach with live music and tasty food cooked before your eyes. Buen provecho!



*At Arenas Del Mar, you'll have the flexibility to tailor your itinerary to suit the whole family. That means if Dad wants to surf while Mom visits the spa and the teens go rafting, it can all be arranged. While there is never a shortage of adventures to be had around the resort, vacation time is just as well spent relaxing on the beach. Ask our Travel Advisors for a personalized itinerary and quote!*