

Free Time Activities – Savor & Thrive Retreat (Nosara, Costa Rica)

During your free time at the Savor & Thrive Retreat, you'll have the opportunity to explore Nosara's unique blend of wellness, adventure, and culture. Below is a curated list of activities with direct links for planning or booking. Our team is happy to help you customize adventures, relaxation sessions, and cultural experiences that most interest you.

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Surfing at Playa Guiones

One of the world's most consistent surf spots, great for all levels. Surf schools offer lessons and rentals.

- Nosara CR Surf School: <https://www.nosaracrsurfschool.com/>

Sunset Beach Walks

Playa Guiones and Playa Pelada offer magical sunsets to enjoy in community or solitude.

- Playa Guiones Info: <https://costaricatravellife.com/nosara-costa-rica/>

Zip-lining with Miss Sky Canopy Tour

One of the longest canopy tours in the world—21 ziplines, waterfall stop, and jungle views.

- Miss Sky Canopy Tour: <https://missskyzipline.com/>

Horseback Riding at Sunset

Experience Nosara's beauty from horseback, with guided rides along beaches and trails.

- Horseback Tours Nosara: <https://www.horsebacktoursnosara.com/>

Wildlife & Kayaking

Visit Sibú Wildlife Sanctuary, Nosara Biological Reserve, or kayak through mangroves.

- Sibú Wildlife Sanctuary: <https://www.sibusanctuary.org/>
- Nosara Biological Reserve: <https://www.costaricarios.com/nosara-biological-reserve/>
- Mangrove Kayak Tours: <https://maddysavenue.com/things-to-do-in-nosara/>

Mountain Biking at Guiones Bike Park

Ride trails near Playa Guiones Norte with rentals and a fun local BBQ spot.

- Guiones Bike Park Info: <https://gatheringwaves.com/things-to-do-in-nosara/>

Local Cuisine & Culture

Dine at La Luna for a sunset meal or enjoy authentic casado dishes at Soda Playa Garza.

- La Luna Restaurant: <https://www.lalunanosara.com/>
- Soda Playa Garza: https://www.tripadvisor.com/Restaurant_Review-g656474-d4572254-Reviews-Soda_Playa_Garza-Nosara_Province_of_Guanacaste.html

Art & Creativity Experiences

Nosara has a growing art scene with workshops and galleries where guests can explore their creative side. Options include painting, pottery, and craft workshops led by local artists.

- Nosara Art Gallery: <https://www.nosaraartgallery.com/>
- Creative Arts Workshops: <https://www.nosarawellness.com/art-workshops/>

Nosara Farmers Market

Held weekly, the Nosara Farmers Market is a wonderful place to experience the community. Guests can shop for organic produce, homemade foods, artisanal crafts, and wellness products while connecting with locals.

- Nosara Farmers Market Info: <https://www.facebook.com/NosaraFarmersMarket/>

Janzu Aquatic Arts – Rebirthing in Water

Immerse yourself in a profound aquatic healing modality known as Janzu, or rebirth therapy. Sessions last about 90 minutes and combine gentle underwater massage, floatation, sound, and breathwork to foster deep relaxation, release emotional blocks, and reconnect body and mind. This unique experience is suitable for most ages and abilities, including non-swimmers and pregnant individuals.

- Provider: Allow to Flow (Nosara Aquatic Arts)
- WhatsApp: +506 8738 8888

- Email: hello@allowtoflow.com
- Instagram: [@allowtoflow](https://www.instagram.com/allowtoflow)
- Website: <https://allowtoflow.com/>

Nosara Farmers Market – Rainbow Organic Market

Held every Tuesday morning from 8 AM to around noon near Cacho's Surf Shack at the main entrance to Playa Guiones. The Rainbow Organic Farmers Market is a vibrant gathering featuring organic produce, homemade foods, artisanal crafts, and wellness products. Guests can mingle with locals, enjoy authentic foods, and shop unique items. Pre-ordering is available at [RainbowOrganic.cr](https://rainboworganic.cr) (orders open Tuesday 11 AM – Saturday 9 AM for pick-up on Tuesday).

- Facebook: <https://www.facebook.com/NosaraFarmersMarket/>
- Info: https://www.vozdeguanacaste.com/i/archives/02_13/02_13_nature_04.html
- Rainbow Organic Pre-Orders: <https://rainboworganic.cr/>