

# WEEKLY COMPLIMENTARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Nature Hike	8:00 AM - Nature Hike - Morning Mobility	8:00 AM Nature Hike	8:00 AM - Nature Hike - Morning Mobility	8:00 AM Nature Hike	8:00 AM Nature Hike	8:00 AM Nature Hike
	9:00 AM Birdwatching	9:00 AM Ethnobotany Walk	9:00 AM Birdwatching	9:00 AM Ethnobotany Walk	9:00 AM Birdwatching	
10:00 AM SUP Clinic	10:00 AM Kayak Tour	10:00 AM Discovery Center Tour	10:00 AM SUP Clinic		10:00 AM Discovery Center Tour	10:00 AM Shore Fishing
11:00 AM - Tamarindo Reserve Tour - TRX Training	11:00 AM - Xochitlán Tour - TRX Training	11:00 AM - Xochitlán Tour - TRX Training	11:00 AM - Cooking Class: Cochinita Pibil - TRX Training	11:00 AM - Shore Fishing - TRX Training	11:00 AM - Cooking Class: Black Aguachile - Kayak Tour - TRX Training	11:00 AM - Beach Volleyball - TRX Training
12:30 PM Art of Guacamole *	12:30 PM Beach Volleyball	12:30 PM Art of Guacamole *	12:30 PM Tamarindo Reserve Tour	12:30 PM Tamarindo Reserve Tour	12:30 PM Art of Guacamole *	12:30 PM Discovery Center Tour
2:30 PM Cooking Class: Ancestral Tamales	2:30 PM Coffee Extraction Methods Workshop *	2:30 PM Snorkel Tour	2:30 PM Coffee Extraction Methods Workshop *	2:30 PM Snorkel Tour	2:30 PM Coffee Extraction Methods Workshop *	2:30 PM Tamarindo Reserve Tour
3:30 PM Functional Training	3:30 PM Functional Training	3:30 PM Functional Training	3:30 PM Functional Training	3:30 PM Functional Training	3:30 PM Functional Training	3:30 PM Functional Training
		4:30 PM Regional Fermented Drink Workshop		4:30 PM Regional Fermented Drink Workshop		4:30 PM Regional Fermented Drink Workshop
5:30 PM Foosball Tournament	5:30 PM House Wine Tasting *	5:30 PM Billiard Challenge	5:30 PM House Wine Tasting *	5:30 PM Foosball Tournament	5:30 PM Billiard Challenge	5:30 PM Foosball Tournament



**TAMARINDO BEACH  
AMENITIES**

**COMPLIMENTARY**  
Kayak / Snorkel / Shore Fishing  
Paddleboard / Schiller Water Bike / Bodyboard

Please book all activities 24 hrs in advance  
(\* Adults only 18+ year old)

Scan the QR code and chat with us.  
Ask about additional experiences available

