

Activities to help Rebalance Your Life

Pacific Pleasures

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Set on the beach of one of Costa Rica's top surfing destinations, Latitude 10 Beach Resort is located in the heart of a rainforest, with the ocean as its front yard, and the sophisticated beach town of Santa Teresa within easy walking distance.



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This means that guests to the secluded beach resort have many options – they can relax by the infinity pool, listening to the sound of the waves, take in a meditation and yoga class in the resort's open air studio, the Meridian Room, book a massage and enjoy leisurely beach walks.

For a more active vacation, Latitude 10 Resort is mecca for surfing lovers or those interested in learning how to surf for the first time. Santa Teresa not only offers great dining and shopping, it is famous for its waves and beautiful beaches. Known for consistently good surf, it has built a reputation as a perfect destination to learn or improve your surfing. Lessons can be arranged on property, and guests are treated to personalized sessions from some of the best surfing instructors in the area. Lessons are tailored to experience and guests are encouraged to be

inspired by exploring the many beaches of Santa Teresa and watching the experienced surfers in action.

Close by Santa Teresa and Latitude 10 is Costa Rica's first national park: Cabo Blanco Nature Reserve which is located on the southern tip of the Nicoya Peninsula. Not only is Cabo Blanco an important refuge for the protection of seabirds, it is also one of the most beautiful and scenic sites on the Pacific Coast featuring a diverse variety of wildlife. In the park guests will experience white face capuchin monkeys, howler monkeys, armadillos, white-tailed deer, coatis, green and black iguanas, tayras, bats, porcupines, pacas, and northern tamanduas, as well as many birds like woodpeckers, white-threaded magpie-jays, bare-throated tiger herons, and long tailed manakins! The whole

area is covered in rich tropical forest and the park also features deserted beach, deep-blue sea, unusual geological formations, and countless tidal pools where a myriad of sea creatures live.

Guided tours also include half or full day kayaking tours at Curu Wildlife Refuge, a small wildlife preserve and national park also on the southern tip of the Nicoya Peninsula. During the tour added entertainment includes watching sea turtles, playful monkeys and gliding right by huge pelicans.

Costa Rica is also the birth place of rainforest canopy tours. Close to Latitude 10 Beach Resort, Mal Pais Canopy Tours take place on a 26-hectare farm covered in rich tropical forest and diverse wildlife, at the entrance of the Cabo Blanco Nature Reserve. Guests experience a journey through the treetops with the Pacific Ocean lying below. The



canopy walk is nearly a kilometer long and has eight platforms set high in the gigantic trees. Steel cables connect the platforms, which are between five and 25 meters in height. Platforms are connecting via ziplines and there are two rappels descending from gigantic trees. Professional nature guides accompany guests on the unforgettable journey exploring the rainforest's biodiversity.

Another option to explore the beaches and rainforests is to go for a sunrise or sunset horseback journey with an experienced guide who will take guests to special places only accessible with horses.

Originally built to be a private family estate, Latitude 10 is set on over seven acres of beachfront property. The five free standing casitas are individually decorated and surrounded by their own tropical, rainforest gardens. The heart of the resort is the Clubhouse, an open-air ranchito which overlooks the infinity pool and over 100 meters of private white sand beach. This is where guests can relax and rebalance, enjoy breakfast, cocktails and light meals, and even have their private chef create meals, if they book the whole resort. An open air studio, the Meridian Room sits high above the trees and is where guests receive personalized massage and spa services.

Santa Teresa lies in the southern tip of the Nicoya Peninsula, one of the most diverse and attractive areas of Costa Rica. It takes between three and seven hours to fly to Costa Rica from most U.S. and Canadian cities, and most international flights land in San José's Juan Santamaría International Airport (airport code SJO) which is serviced by all the major airlines. From there, guest can jump on either Sansa Air <http://www.flysansa.com/> or Nature Air <http://www.natureair.com/> for a short flight to Tambor, which is just a 50 minute drive to Santa Teresa and Latitude 10 Resort.

www.latitude10resort.com