


# Top 10 things to do while at Los Suenos Marriott!

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- 1) You have to try Los Suenos Marriott's famous **mojitos at sunset** at Puesta del Sol. Originating in Cuba and Ernest Hemmingway's favorite drink, this refreshing cocktail made a comeback and we made it even better. If you don't want to feel the buzz, try out our virgin mojitos instead.
  - 2) Immerse yourself in the primary **rainforest flora and fauna surrounding La Iguana Golf Course** – either by playing a round of golf or by taking part in the La Iguana Experience hike available in the afternoons. Pay close attention and you can view iguanas, toucans, scarlet macaws, pizotes, monkeys and the occasional sloth!
  - 3) **Manuel Antonio and its National Park** – beautiful beaches, incredible wildlife, quaint town and all 1 hour drive away from the resort. Enjoy this amazing town and national park booking with Los Suenos Tours or by renting a car and adventuring on your own. Be sure not to feed those mischievous monkeys!
  - 4) The **view from the hotel tower** is a must! Have an intimate private dinner for two (you can ask anyone at the resort to book this area for you) or just grab a drink, sit there and enjoy the beautiful Herradura Bay views.
  - 5) **Ká niki (Forest) Retreat at Sibö Rainforest Spa & Retreat**. The scents in this organic rainforest inspired treatment cultivate peace, love and harmony. The refreshing facial, stonecrop body treatment and relaxing massage will leave your mind and body invigorated.
  - 6) **Yoga by the ocean**. Breathe in and breathe out that clean natural air next to the hotel's black volcanic beach. The perfect way to start the day feeling re energized and up for the next adventure at only \$15 per class and free if you have a spa treatment or massage that day.
  - 7) You haven't been to Costa Rica if you haven't tried **Zip lining through the rainforest canopy!** Zip lining is a safe, but thrilling activity and only needs a minimum level of instruction, so it is suitable for people of all ages and the views are spectacular! Eco tourism at its best.
  - 8) Have you had breakfast yet? **Gallo Pinto** is Costa Rica's most famous dish and is typically served for breakfast. The name means "spotted rooster" and be sure to have it with the traditional Salsa Lizano. Try it alongside many of our varied national fruit selection at breakfast and of course with a cup of our renowned Costa Rican coffee.
  - 9) **Surf's up!** Never tried it? Don't worry go to the nearby town of Jaco and partake in surf lessons or just hold up a board for a photo op. Experienced? Don't miss the world famous waves of Hermosa Beach a few minutes away as well.
  - 10) How **GREEN** have you been lately? Visiting one of the world's greenest countries you must learn and partake in some of Costa Rica and the resort's green practices!. Learn about the resort's environmental initiatives (ask around or see the Adventure Guide) and maybe plant a Tonka bean tree for the scarlet macaws or help donate to the national parks. Did you know Costa Rica aims to be the first fully carbon neutral country before 2030?