



CAYUGA[®]
COLLECTION

FAMILY MINI-GUIDE



DISCOVER TRAVEL, THE CAYUGA WAY

We're the Cayuga Collection. Nine award-winning sustainable hotels & ecolodges in Costa Rica, Nicaragua and Panama. We are tucked away in the most incredible corners, committed to protect & preserve the communities & ecosystems that surround us.

Watch our video to see what sustainable hospitality means to us!



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The Cayuga Collection represents so many of the values that National Geographic holds close. Their properties are a shining example of how sustainability can be achieved with elegance and authenticity

Lynn Cutter
Executive Vice President
National Geographic Travel



TRAVEL THE CAYUGA WAY

Here, You'll Find a Different Kind of Family Getaway

You'll Travel Like a Local

We want you to feel the local vibe here. We offer visits to the market, cooking classes, Spanish classes and more. Our staff is quick to recommend those little secrets and hideaways that only locals know about.

Play Soccer with the School Kids

Let kids be kids! And get to know our community too.

Our Wildlife Guides Will Host You

No canned speeches here. Our local guides take pride in sharing their knowledge and personal experience with you.

See What it Means to Travel Sustainably

Take our Sustainability Tour and learn the ins and outs of how our hotels and ecolodges manage their operations. You can even help plant a tree. And don't forget to bring or buy your re-usable water bottle!

You'll See Binoculars Replace the iPad

We're equipped with WIFI but after a few days here, the gang just might trade digital for the wonder of the natural world. Tell them to hashtag #cayugacollection when they want to share.

Tips from Moms Who've Been Here

Play hookey. "It's totally okay to miss a week of school, especially if your kids are under 12...we just find it's less busy, you'll find better deals, and there's more selection."

Bring supplies if you visit a local school. "Bring art supplies, deflated soccer balls, or used clothing, any items that can be donated to a school."

Make room for the 'unscheduled'. "Go stargazing. Go for a full moon walk on the beach. Bring a flashlight and do light-painting on the beach. I like the things that 'just happen by accident.'"



Meals to Satisfy Even the Youngest Food Critics

Go-to meals and Costa Rican-inspired dishes - we've got the whole family covered

Some of our hotels include breakfast, lunch and dinner so you don't have to think about it

Half portions are available. Nothing goes to waste

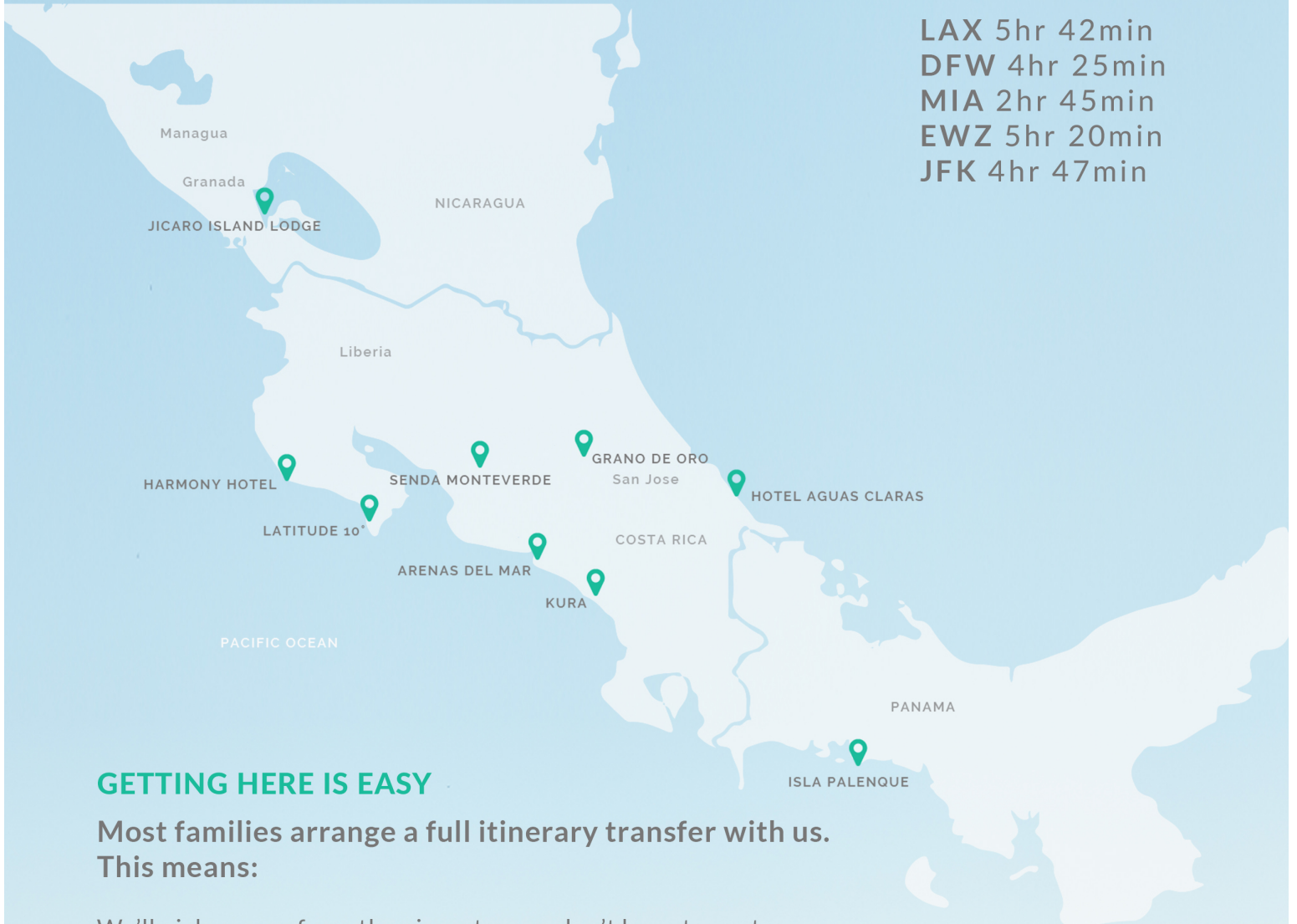
Full day of experiences? We'll pack a complete lunch for you, including snacks

The water is safe to drink because we have our own water filtration systems on site

WHERE WE'RE LOCATED

TYPICAL FLIGHT TIMES

LAX 5hr 42min
DFW 4hr 25min
MIA 2hr 45min
EWZ 5hr 20min
JFK 4hr 47min



GETTING HERE IS EASY

Most families arrange a full itinerary transfer with us.
This means:

- We'll pick you up from the airport - you don't have to rent a car
- We'll take you directly to our hotels and ecolodges
- We can help you arrange transfers between Cayuga hotels
- We can help you get around once you're here

**We do recommend that unless everyone in the family is an experienced traveler, pick one or two places to stay*



ARENAS DEL MAR

Manuel Antonio, Costa Rica

Located within eleven acres of rainforest, be on the look-out for white-faced capuchin monkeys, sloths and iguanas right from your room terrace. Here, you'll find *everything* Manuel Antonio - tours, activities and adventures for the whole family.

With two white-sand beaches just a few steps from your room, the whole family can enjoy a private day at the beach.



CHILDREN
OF ALL AGES
WELCOME



EVERYTHING MANUEL ANTONIO



Experiences

Mountain Adventure Tour
Horseback Riding
Mangrove Kayaking
Whale Watching



Wellness

2 Pools on the property
Japanese-Style Jacuzzis
Las Brisas Spa:
Facials, Wraps & Massages



Beach & Water

Playa Espadilla Beach
Playitas Beach
Surf Lessons
White Water Rafting
Hanging Bridges &
Waterfalls Tour



Adventure

Manuel Antonio Park
Rainforest Night Walk
Rainforest Hawk Trail
Canopy Ziplining



Culture

Cooking Classes
Easy Being Green Tour
Botanical Gardens
Spices, Gardens & Flavors
Farmer's Market Visit

Must-Do Experiences

Go Canopy Ziplining
Explore Rainmaker Hanging Bridges
Swim in the Nauyaca Waterfalls

Local Secrets

Make Tortillas with Mama Ellie
Discover Campesinos Waterfalls
Hike along Savegre River

Evening Activities that Won't Cost a Thing

Turtle Nesting (Seasonal)
Movie & Theme Nights



WHERE YOU'LL STAY

Book our Connecting Rooms:
Ocean View Premium Suite located next to
an Ocean View Superior Room

King size bed with pull-out sofa bed
2 sofa beds available
Additional roll-away available
1650 sq. feet of living space
Sleeps up to 5 people comfortably

Want instant Pool & Beach access?
Reserve rooms and suites on the lower part
of our property next to Playitas pool & beach



DINING WITH US

TOP 3 FAMILY-FRIENDLY MEALS

Our Mac'n Cheese
The Chicken Fingers
Our Spaghetti Pomodoro
Finish with the Arroz con Leche for dessert

THE MUST-TRY DRINK

The "Strawberry, banana and mango" smoothie made fresh with a bamboo straw

SNACK BREAK?

Try *Guayabita*, a traditional Costa Rican candy. Available at any supermarket or restaurant & also with our turndown service

RATES

GREEN SEASON PROMOTIONS

STAY 5, PAY 4 NIGHTS April 20th – December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES FROM:

\$420/night Green Season
\$550/night High Season
\$900/night Holiday Season

Children 11 years of age and under may stay at no additional charge if sharing room with parents. A \$75 added charge applies for each additional guest sharing the room with two adults.

What's Included:

Full a la carte breakfast
Two complimentary on-property tours: Tortilla Making and Easy Being Green Tour
Complimentary Wi-Fi throughout the property
Complimentary in room "Tico Bar" with local drinks & snacks
Free local and international calls from your room



QUESTIONS?

Phone: +(506) 4040-0422 / +1 888-394-5970 Toll-Free
Email: reservations@arenasdelmar.com
www.arenasdelmar.com

SENDA MONTEVERDE

Monteverde, Costa Rica

Your Cozy Mountain Lodge in
the Cloud Forest.

Find all the best essentials at
this luxury mountain lodge. Easy
access to Monteverde Cloud
Forest adventures and unlimited
hiking at the Aguti Wildlife
Reserve.





THE HEART OF THE COULD FOREST



Cloud Forest

- Monteverde Cloud Forest Reserve
- Cloud Forest Sky Tram
- Selvatura Hanging Bridges
- Cloud Forest Birdwatching
- Aguti Wildlife Refuge



Wildlife

- Cloud Forest Night Walk
- Selvatura Reptiles & Amphibians Display
- Bat Jungle
- Monteverde Frog Pond
- Selvatura Butterfly Garden & Insect Museum



Mountain Experiences

- Horseback Riding
- Local Farm Experience
- Monteverde Orchid Garden



Adventure

- Sky Trek Zipline
- Tree Climbing & Rappelling
- Canyoning & Waterfall Rappelling



Culture

- Walk to Monteverde downtown
- Coffee, Chocolate & Sugar Cane Tour

Must-Do Experiences

- Walk Costa Rica's Longest Hanging Bridges
- Go Ziplining
- Explore Monteverde Cloud Forest Reserve

Local Secrets

- Make tortillas with Chef Maly
- Sunsets from Senda's Lookout

Activities that Won't Cost a Thing

- Nature Talks
- Sunset Bonfires & Hot Chocolate
- Coffee Lounge Board Games



WHERE YOU'LL STAY

Book a Senda Suite

Sleeps up to 6 people comfortably
 2 separate bedrooms
 1 King size bed and 2 twin beds
 2 full bathrooms
 Living room with sofa, terrace

Or Book a Junior Suite

1 King size bed in private bedroom
 1 twin day-bed in living area
 Sleeps up to 3 people comfortably



DINING WITH US

OUR FOOD PHILOSOPHY

Curated by celebrated Costa Rican Chef Carlos Alvarado, our menus feature sensitively and locally reared meats and poultry, sustainably caught seafood, and a colorful array of fresh plant-based creations.

We bake our breads in-house, blend our own nut butters and spiced fruity chutneys, and put a signature Senda spin on our international favorites.



RATES

GREEN SEASON PROMOTIONS

STAY 3, PAY 2 NIGHTS April 20 - December 20, 2020

[CHECK AVAILABILITY](#)

At Senda Monteverde, our rates vary based on Season and Luxury Accommodation Category. We also offer Special Rates and Seasonal Promotions.

That's why we encourage you to talk to our Travel Advisors – we can give you our very best rates and perks based on your travel dates.

SEASON RATES FROM:

\$260/night Green Season
\$330/night High Season
\$450/night Holiday Season

Children 12 years of age and under stay at no additional charge if sharing room with parents. A \$50 added charge applies for each additional guest over the age of 12 sharing the room with two adults.

What's Included:

Full A-La-Carte Breakfast
Private Concierge Service
Wi-Fi

QUESTIONS?

Phone: 1-866-380-4032 / +(506) 4040-0421
Email: reservations@sendamonteverde.com
www.sendamonteverde.com

I S L A PALENQUE

Isla Palenque, Panama

The tropical island experience you've been dreaming of. A 400-acre, private tropical island resort in the Gulf of Chiriquí, Panama. Rich in primary forest, 7 secluded beaches and a sacred history of archaeological significance.

CHILDREN
OF ALL AGES
WELCOME



TROPICAL ISLAND ADVENTURE



Experiences

Secrets of the Island Tour
Guided Jungle Hikes & Trails
Beachfront BBQs



Wellness

Fresh & Healthy Meals
Yoga Classes
In-Room Massages
for Parents



Beach & Water

7 Beaches on the Island
Infinity Pool
Punta Ballena Blowhole



Adventure

Coastal Rock Hiking
Tree Canopy Climbing
Coiba National Park
Turtle Hatching



Culture

Boquete Tour:
Coffee & Cloud Forests
Visit Ngobe Tribe
of Chiriquí

Must-Do Experiences

Tide Pools, Lagoons & Mangroves
Island Scavenger Hunt
Organic Garden + Farm

Local Secrets

Island Hopping: Playa Blanca & Bolaños
Kayak to Piñitas & the sand-bottomed caves
Day at the Woodshop

Activities that Won't Cost a Thing

Kayaking & Paddleboarding
Language Classes
Guided Rock Fishing



WHERE YOU'LL STAY

Book a Beach Casita

**King-sized bed with roll-away
Sleeps up to 2 adults & 2 children**

Craving instant beach access?
All our Casitas are steps from the beach

And if the kids are older...
Feel free to book 2 Casitas next to each other



DINING WITH US

OUR FOOD PHILOSOPHY

We believe that the tastiest dishes start with the purest ingredients.

That's why we source locally and organically, fish responsibly in our own waters, and cook exclusively grass-fed beef and hormone-free chicken.

Here, you'll enjoy fresh and wholesome food from sunrise to sundown.

RATES

GREEN SEASON PROMOTIONS

STAY 4, PAY 3 NIGHTS April 20th - December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES FROM:

\$780/night Green Season

\$980/night High Season

\$1600/night Holiday Season

What's Included:

3 Gourmet A-La-Carte Meals Per Day
Guided Island Tours
Snacks & Non-Alcoholic Drinks
Round Trip Boat Transfers Boca Chica-Isla Palenque
Use of Kayaks, Paddleboards, & Fishing Gear
Island Wi-Fi



QUESTIONS?

Phone: +506-4040-0420 / +1-855-679-4364 TollFree
Email: info@islapalenque.com
www.islapalenque.com

JICARO ISLAND ECOLOGDE

Granada Isletas, Nicaragua

Jicaro Island Ecolodge is Nicaragua's top nature eco resort, located on a private island in the Granada Isletas of Lake Nicaragua. One of Nicaragua's best hotels, the ecolodge is located just a short boat ride from the colonial town of Granada with spectacular views of the Mombacho Volcano across the lake.



**CHILDREN
AGE 12+**
WELCOME
ALL SEASON

**CHILDREN
AGE 8+**
WELCOME BETWEEN
MAR 15-APR 15
JULY 1-AUG 20



LAKES & VOLCANOES



Experiences

Plantations Tropical Forest & Hot Springs
 Classic Masaya & Catarina
 Cerro Negro Sand Boarding
 Leon City Tour



Wellness

Yoga on Floating Deck:
 Bikram, Vinyasa &
 Ashtanga
 Wellness Center:
 Swedish & Shiatsu Massage
 Hot Stone Treatments



Beach & Water

Lake Nicaragua
 Sunrise/Sunset Kayak
 Stand up Paddleboard
 Island Boat Tours



Adventure

Mombacho Volcano
 Masaya Volcano
 Canopy Zipline
 Horsebackriding
 Cloud Forest Trek



Culture

Colonial Granada
 Catarina Apoyo Lagoon
 Handicraft Markets

Must-Do Experiences

Try Cerro Negro Volcano Sand-Boarding
 Go Canopy Ziplining on the slopes of
 Mombacho Volcano

Local Secrets

Visit Masaya Volcano National park and the active
 Santiago crater. It's one of the few places in the world
 where an active volcano can be observed up close

Evening Activities that Won't Cost You a Thing

Take in some Nicaraguan Folklore
 Indulge in Caballo Bayo



WHERE YOU'LL STAY

Book a Treehouse Casita

King size bed on the 2nd floor
 Queen size pull-out bed on the 1st floor
 Sleeps 4 people comfortably

An additional Casita can be reserved
 side-by-side to accommodate 5+ people



DINING WITH US

TOP 3 FAMILY-FRIENDLY MEALS

Our Banana Pancakes
The Nica Breakfast
Our Buñuelos

Want something different? [Ask for Gallo Pinto Burger!](#) Gallo Pinto is the breakfast favorite (rice and beans) worked into a hamburger patty and served with our home made ketchup

MUST-TRY DRINK

The “[Grama Tee](#)”, a delicious tea made from local grass

Drink straight out of a fresh coconut with a bamboo straw!

SNACK BREAK?

Try [Cajeta de coco & Leche Burra](#), a traditional Nicaraguan candy. Available at any supermarket or restaurant & also with our turndown service

RATES

GREEN SEASON PROMOTIONS!

STAY 4, PAY 3 NIGHTS April 20th – December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES FROM:

\$460/night Green Season
\$650/night High Season
\$1050/night Holiday Season

What's Included:

Lodging in Private Deluxe Island Casitas
3 daily multi course a la carte meals
Non alcoholic beverages
1 round trip lake transfer from Granada’s Asese Port to Jicaró



QUESTIONS?

Phone: +(506) 4040-0416 / +1 844-747-7865 Toll-Free
Email: reservations@jicarolodge.com
www.jicarolodge.com

LATITUDE 10° RESORT

Santa Teresa, Costa Rica

Originally built as a private summer hang-out, our five-acre beachfront boutique hotel features five secluded, open-air casitas nestled in nature, steps from a beautiful, empty beach. It's the kind of place where you'll trade stories with travelers you've just met. Pedal into town. Putt around the local cantinas. Wander the beaches. You'll feel like a local in no time.

CHILDREN
6+ WELCOME



PRIVATE BEACHFRONT



Experiences

Horseback Riding
Isla Tortuga Tour
Complimentary Bicycles
Scuba Diving



Wellness

Yoga
Massage Treatments
Beauty Treatments



Beach & Water

Santa Teresa Beach
Playa del Carmen
Playa Hermosa
Seascape Kayak Tour
Surf Lesson/Surf Guide
Boogie Boards



Adventure

Montezuma Waterfall
Canopy Zipline
Mal País Canopy Tour
Cabo Blanco Reserve



Culture

Must-Do Experiences

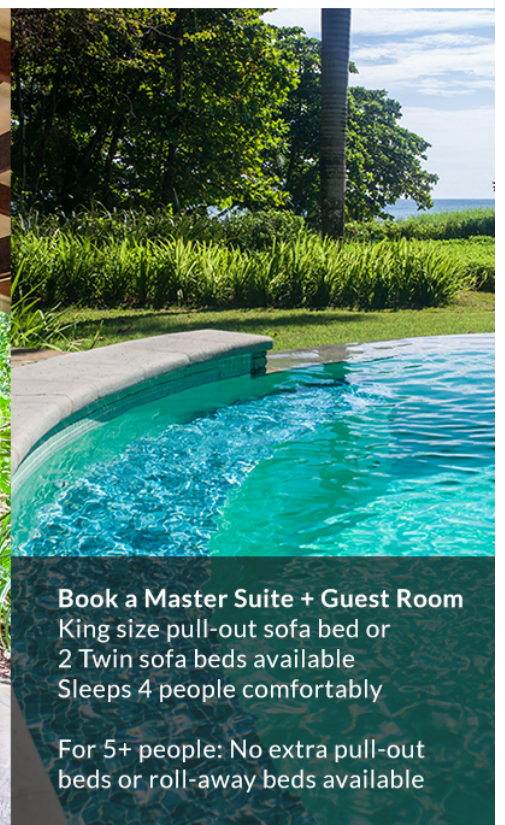
Explore Tortuga Island
Learn to Surf in Santa Teresa
Discover Montezuma Waterfall

Local Secrets

Visit Hacienda Ario for the nature, horses, and riverside
Watch the sun set on Latitude 10's private beach

Evening Activities that Won't Cost You a Thing

Quiet, full moon beach walks
Ride into town with our free bicycles
Boogie Boards



Book a Master Suite + Guest Room
King size pull-out sofa bed or
2 Twin sofa beds available
Sleeps 4 people comfortably

For 5+ people: No extra pull-out
beds or roll-away beds available



DINING WITH US

TOP 3 FAMILY-FRIENDLY MEALS

Our Fish Tacos
Our Chicken Quesadilla
The Pasta Penne with Cheese/Natural Tomato Sauce

Want something different? Try **Casado**, a local dish. Made with rice, beans, picadillo, salad with a protein of choice. Fish, Chicken, Beef.

THE MUST-TRY DRINK

The “**Tentation Smoothie**”, a delicious drink made with coconut milk, pineapple, orange juice and banana

FOR DESSERT?

Try our chocolate milk shake with vanilla Ice cream. The special ingredient is Britt Chocolate - our national product of Costa Rica

RATES

GREEN SEASON PROMOTIONS!

STAY 4, PAY 3 NIGHTS April 20th – December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES FROM:

\$290/night Green Season
\$370/night High Season
\$550/night Holiday Season

What's Included:

A la carte breakfast daily
Use of Latitude10 bicycles & Boogie Boards

QUESTIONS?

Phone: +(506) 4040-0419 / +1 844-865-6837 Toll-Free
Email: reservations@latitude10resort.com
www.latitude10resort.com

HOTEL AGUAS CLARAS

Puerto Viejo, Costa Rica

Let the Cultures & Colors of the Caribbean Coast Enchant You
This adults-only, beachfront arts hotel will enchant you with its curated artwork, eclectic decor, and colorful surprises. All set within the magic of a tropical jungle.

CHILDREN
AGE 12+
WELCOME
ALL SEASON



CARRIBEAN COLOURS

ACTIVITIES



Experiences

Punta Uva Bike, Hike & Kayak
Jaguar Rescue Center
Ara Project



Wellness

Casa Gandhi Wellness Center
Yoga Classes



Beach & Water

Snorkeling
Surf Lessons



Adventure

Cahuitta Snorkeling
& Rainforest Hike
Canopy Tour



Culture

Secrets of the Island Tour
Boquete: Coffee &
Cloud Forests
Visit Ngobe Tribe of Chiriquí



WHERE YOU'LL STAY

Book: Casa Coral, Casa Magolia or
Casa Floralia

Accommodates up to 10 guests
2 - 4 Bathrooms
Open Living Spaces
Full kitchen & kitchenette



DINING WITH US

TOP 3 FAMILY-FRIENDLY MEALS

Our Fish Tacos
Green Pancakes
Fish and Chips

Want something different? Try [Ceviche Aguas Claras](#), a locally inspired dish.

FOR DESSERT?

Try our home-made ice cream!
Want to be surprised? Try the Chef's Desert of the Day

RATES

GREEN SEASON PROMOTIONS!

STAY 4, PAY 3 NIGHTS April 20th – December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES STARTING FROM:

\$290/night Green Season
\$340/night High Season
\$390/night Holiday Season

What's Included:

A-la-carte breakfast daily
Use of cruiser bicycles & snorkeling equipment

QUESTIONS?

Phone: +(506) 4040-0418 / +1 844-828-4277 Toll-Free
Email: reservations@hotelaguasclaras.com
www.hotelaguasclaras.com



AND WHEN YOU NEED A GETAWAY, JUST THE TWO OF YOU

Visit this exclusive couples retreat overlooking Ballena Marine National Park

Uvita, Costa Rica

One of the top romantic destinations in Costa Rica, Kura Design Villas are isolated in an area biologically famous for its lush vegetation, pristine beaches, and abundant wildlife. You'll love the spectacular salt water infinity pool with a 180 degree view of the Pacific horizon.

MUST-DO EXPERIENCES

- Try your first Surf Lesson
- Go Diving & Snorkeling
- Take in views of the Whale's Tail
- Visit Uvita & Ballena Beaches
- Swim in our infinity pool

LOCAL SECRETS

Explore Nauyaca Waterfalls



RATES

GREEN SEASON PROMOTIONS!

STAY 4, PAY 3 NIGHTS April 20th – December 20th, 2020

[CHECK AVAILABILITY](#)

SEASON RATES FROM:

- \$690/night Green Season
- \$790/night High Season
- \$1230/night Holiday Season

What's Included:

- Full breakfast
- Complimentary Wi-Fi
- Twice-daily cleaning service
- In room Espresso machine

QUESTIONS?

Phone: +(506) 4040-0417 / +1 844-783-4507 toll-free
Email: reservations@kuracostarica.com
www.kuracostarica.com



GRANO DE ORO

San Jose, Costa Rica

Converted from a tropical Victorian mansion and located right in the heart of San Jose, Hotel Grano de Oro is the perfect spot to enjoy both city sights and rainforest adventures. After a full day of sight-seeing, unwind on the Jacuzzi Terrace, a rooftop garden terrace with lawn beds and 2 jacuzzis for secluded lounging.

MUST-DO EXPERIENCES

Go on the Rainforest Aerial Tram & Canopy Tour
Explore Poas Volcano and La Paz Waterfall Gardens

LOCAL SECRETS

Check out the Central Market. We buy everything & anything here!

Unwind at La Sabana Park, a gorgeous green space with trails & playgrounds in the heart of the city

EVENING ACTIVITIES THAT WON'T COST YOU A THING

Relax on our Jacuzzi Terrace that's open until 10pm

SNACK BREAK?

Try a **Guayabita**, a chocolate filled with guava jelly

Or for dessert, try **Tres Leches*** or **"Three Milk Cake"**, a typical and delicious Costa Rican dessert

TOP 3 FAMILY-FRIENDLY MEALS

Homemade Nachos
Our Chicken Fajitas
The Grilled Cheese Sandwich

THE MUST-TRY DRINK

Our **Creamsicle Drinks** made with your choice of tropical fruit mixed with ice cream

RATES

GREEN SEASON PROMOTIONS!

PLEASE ASK WHEN YOU RESERVE

CHECK AVAILABILITY

SEASON RATES FROM:

\$165 - \$525 /night High Season
\$150 - \$395 /night Green Season
Double Occupancy

What's Included:

Free Wi-Fi throughout the property
Free Secure Parking

✉ QUESTIONS?

Phone: +(506) 2255-3322
Email: info@hotelgranodeoro.com
www.hotelgranodeoro.com