



PURA VIDA!
WELCOME TO THE
GILDED IGUANA

THE ORIGINAL SURFER SPOT IN NOSARA SINCE 1988

Surfers, yoga lovers, and adventure travelers seeking the best in Costa Rica hotels come for direct access to the region's most famous beach, Playa Guiones, and stay to experience the most consistent surf breaks in the world, a relaxing yoga retreat, and adventurous mountain biking. Our hotel and experiences are designed for the entire family.



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HOTEL

Designed by acclaimed architect Benjamin Garcia Saxe and San Jose based interior Design firm SOFIA Interiorismo, our Nosara hotel rooms feature artisan craftsmanship, indoor and outdoor showers, and outdoor living space.

HOTEL ROOM AMENITIES

- 100% cotton sheets
- Daily housekeeping service
- Beautyrest® mattresses
- Nightly turndown service
- Hair dryer
- Vanity mirror
- Mini Bar
- Raw botanical organic bathroom amenities
- Beach towel at front desk
- Tea/coffee making facilities
- Surf board storage
- Balcony or outdoor shower

STANDARD SURF ROOMS – DOUBLE BED

Standard Surf Rooms at The Gilded Iguana are located to the north of the pool, and are the best value options for accommodations at the hotel. **(4 rooms; 1 with 1 bed and 2 with 2 beds)**

PREMIUM KING ROOM – KING BED

The Premium King Room features a king size bed, table and chairs, desk, mini bar and fridge, coffee and tea maker. The Premium King Rooms have either an outdoor terrace with outdoor shower. All rooms have surfboard storage. **(6 rooms)**

PREMIUM DOUBLE – QUEEN ROOM

The Premium Double Queen Room features two queen size beds, side tables, table and wall lamps, mini bar and fridge, coffee and tea maker. These rooms have either an outdoor terrace with outdoor shower, or vaulted ceilings with an outdoor balcony. **(15 rooms)**

PREMIUM PLUS – KING BED

Located on the upper level, The Premium Plus King rooms features a King size bed, vaulted ceilings, a table and chairs, outdoor balcony, and an extra large bathroom. All rooms have surfboard locker or storage racks. **(2 Rooms)**

SURFER SUITE

Located on the first floor, this suite is a two-bedroom unit for surfing families or groups from 2-6 people. **(1 Room)**. The main room has a single queen bed, two sets of bunk beds with two single beds each **(total of four single beds)**, closets, storage area. The second room has a living area, kitchenette and table. The main room has a single queen bed, two sets of bunk beds with two single beds each **(total of four single beds)**, closets and storage area. Adjacent is a large outdoor terrace. The bathroom features two toilet rooms, double sinks and a large shower.



For Gilded Iguana's cancellation policy, visit thegildediguana.com/faqs.



THE RESTAURANT & BAR AT THE GILDED IGUANA

Welcome to the focal point of The Gilded Iguana. Since the 1980s, our bar and restaurant has been many things to many people: a surfer hangout, a nightlife spot, a community meeting place, and everything in between.

Come to experience the best in Nosara, Costa Rica restaurants and stay for the fresh food, inventive cocktails, and live music. Our chef offers Costa Rican specialties blended with Mediterranean influences, and can accommodate vegan, vegetarian, and gluten-free diets.

General Hours: 7:30am to 9:00pm, open to the public.

Breakfast: 7:30am to 10:30am Lunch & Dinner: 12:00pm to 9:00pm

THE GILDED IGUANA SPA

Unwind and recharge with our diverse spa menu, which includes body treatments (massages and scrubs), and facials. All services are delivered by professional in-house therapists and we source organic, Costa Rican products to nurture and replenish your body and skin.



SURF CLUB & SCHOOL

Hit the waves in Playa Guiones: a full-service surf school offers professional instruction to surfers of all ages and skill levels. Available to both hotel guests and the public (for additional paid access), members of this innovative Surf Club enjoy 160+ surf boards, private lockers and showers, a lounge area with ping pong tables, foosball, and more, as well as the organic Surf Club Juice Bar.

ACTIVITY CENTER

Our new Activity Center houses everything you need to get your adrenaline pumping. Nosara MTB takes all-level riders to unique terrain, where the mountains of Costa Rica's tropical coastline meet the sea. Two-hour tours include mountain biking instruction from a personal guide, as well as bike rentals, a helmet, gloves, hydration, and first-aid assistance. Whether a beginner seeking an easy ride, or an expert wanting to tackle challenging single-track, we personalize tours to your ability. Additionally, our new, expanded Surf Boutique and Yoga Studio opens late fall.



HOTEL FACILITIES

- Meeting and conference room for up to 35 people
- Free high-speed Wi-Fi
- Organic anti-mosquito misting system surrounding the entire property
- Porter services
- Tour desk booking
- Laundry service
- Room service if requested
- Restaurant open for breakfast, lunch and dinner, complimentary daily breakfast
- Hotel boutique
- Onsite Gilded Iguana Spa
- Infinity saltwater pool, jacuzzi and kids pool
- Doctor available on call
- Self-parking
- One handicap person room
- 24-hour security