

Ostra Restaurant

Hotel Building 4

Run

Hydro
THERAPY

Fitness
CENTER

Functional
DECK

Mind &
BODY

Dojo

Surf

Nomads
BASE CAMP

NET & GREEN

PLAYA

OUTPOST

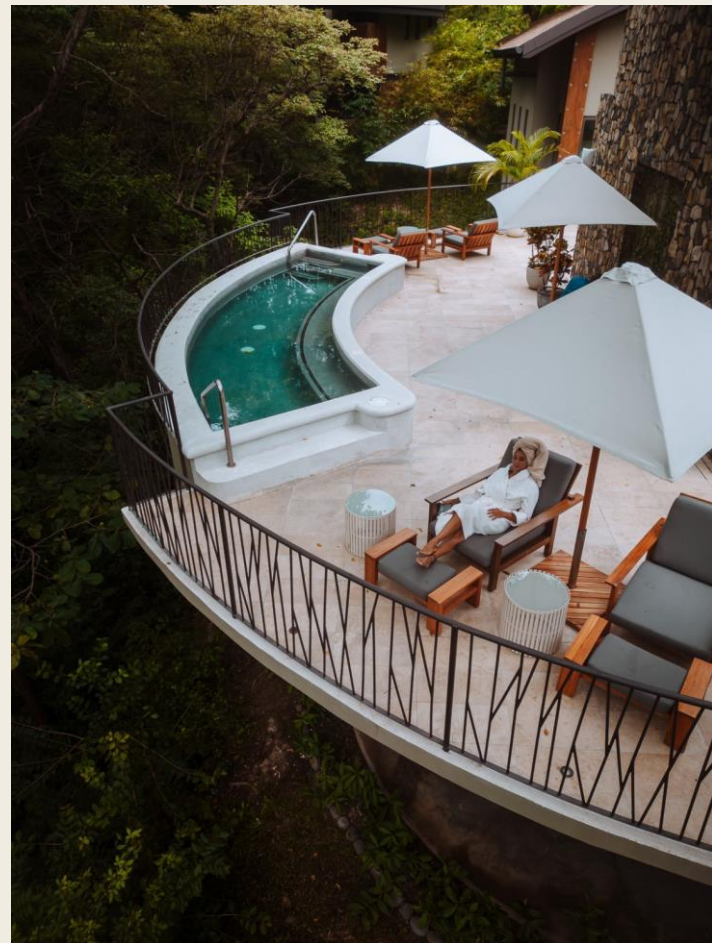
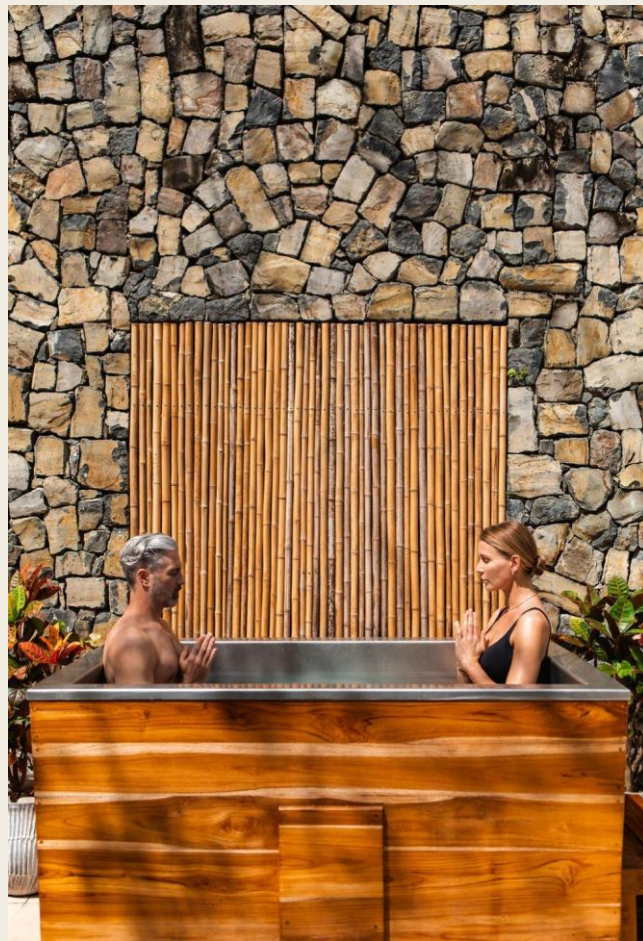


Hydro THERAPY

*Cold plunge, steam rooms
and relaxation pool*

Our Hydrotherapy Dome is for guests seeking a moment of bliss or to re-energize; diving into our cold plunge pool to invigorate their senses, unwind in the soothing relaxation pool, or indulge in the calming warmth of our steam room. The perfect start or end to your wellness programming.

Open from 8am – 8pm

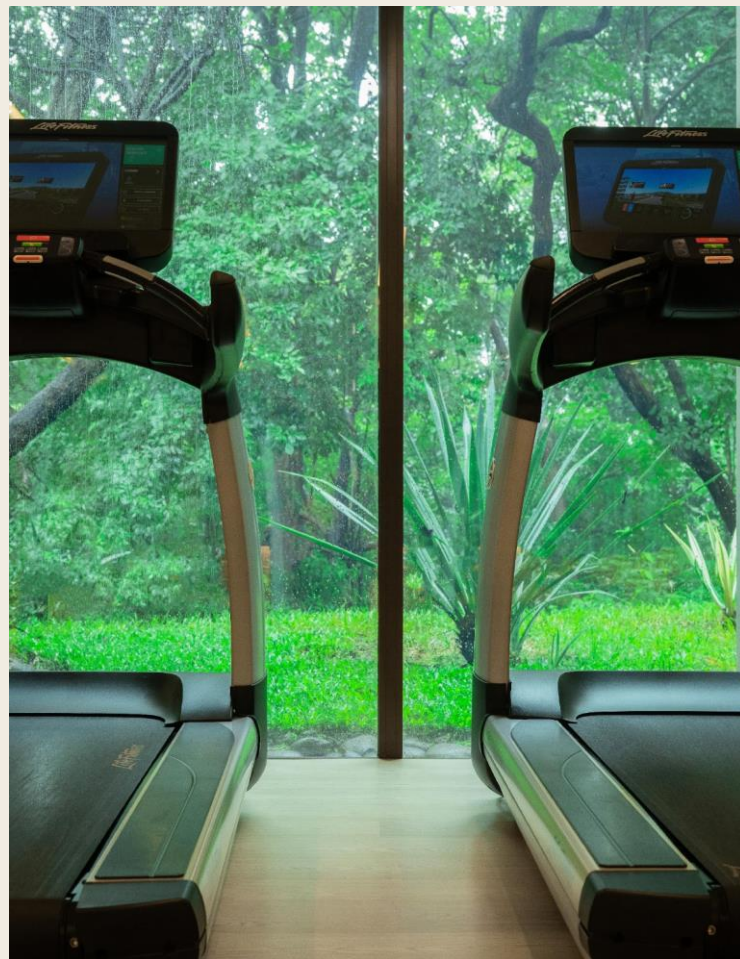
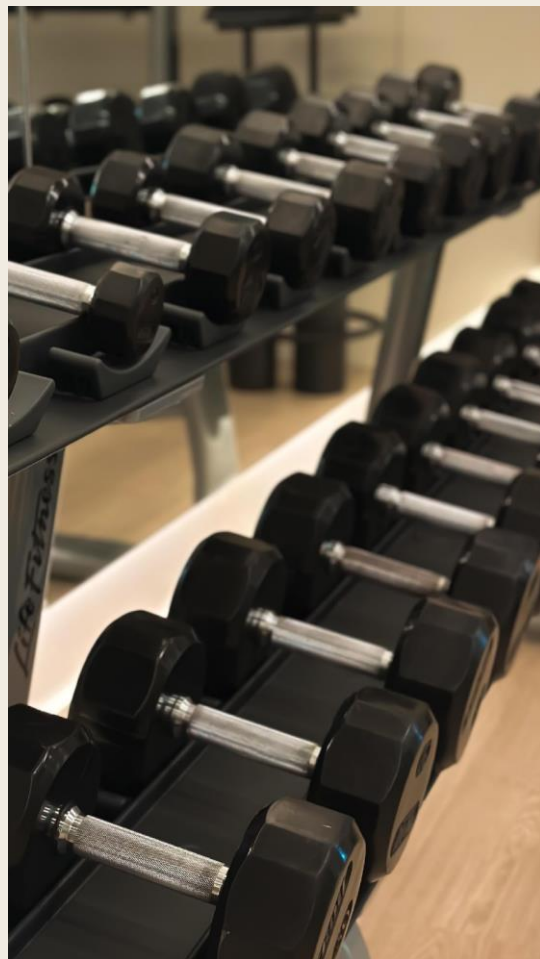




Fitness CENTER

Cardio machines & weightlifting equipment

Our 24-hour indoor gym combines fitness and comfort, catering to all guests — whether they are early risers or night owls. With options for solo workouts or personalized training sessions, we provide the perfect environment to meet diverse fitness needs.





Functional DECK

*Specialized functional
movement equipment*

Inspired by your traditional CrossFit box this is a dynamic space that will encourage bonding through fitness with challenging workouts together or even challenge yourself. We encourage guests to do our “Workout of the Week” and share their results on the communal chalkboard.

Open 24 hrs





Mind & **BODY**

*Exercise mats, aerial yoga and
sound healing*

Our Mind & Body dome is a holistic environment where guests can connect with our experienced practitioners through a variety of wellness classes, or embrace their own practice in the peaceful stillness of early mornings or evenings. All while taking in the expansive views of Culebra Bay.

Wellness activities can be booked [here](#).





Dojo

Competition grade tatami mats

Step into our tree house inspired Martial Arts dome. Whether it is stretching, meditation or learning self-defense this is a sacred area nestled in the tropical forest.

Please [contact us](#) for dojo availability and open mat.





Run

All weather running trail

Enjoy jogging along Culebra Bay starting from our Nomads Base Camp or below Rio Bhongo restaurant.

The jog is approximately 3km from Andaz to the Marina and back.





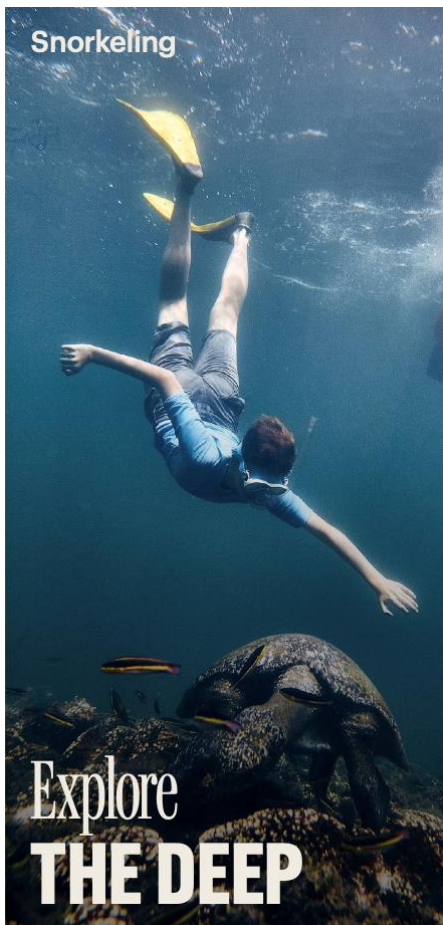
Nomads

PLAYA

Non-guided activities are complimentary and available through The Explorers team at Playa Sombrero or at Casa de Playa.

Use of equipment does not require reservation.

For guided activities [click here](#) to book.





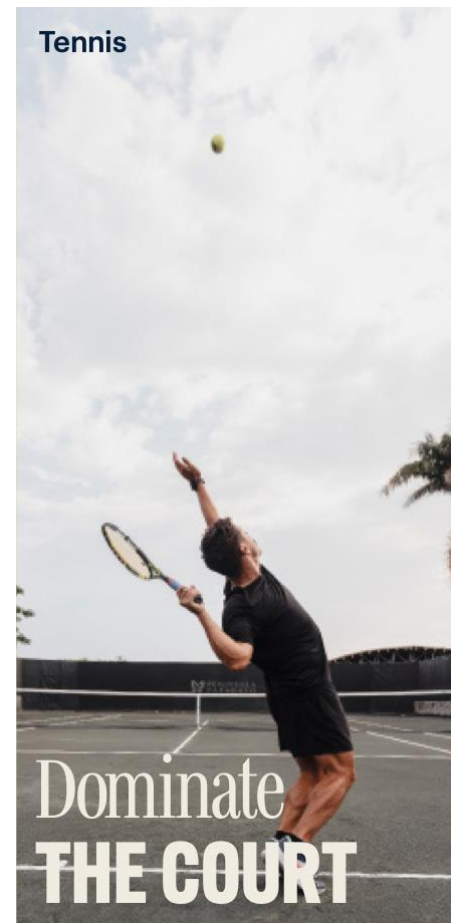
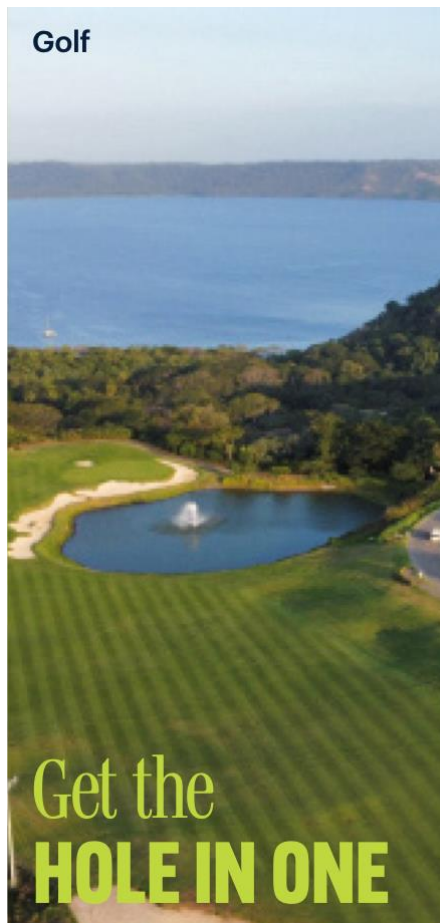
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NET & GREEN

Located within Peninsula Papagayo, a 12 minute transfer from Andaz.

Offering an 18 hole Arnold Palmer Signature golf course, pickleball and tennis. Our guests can enjoy quality time while participating in these fun and engaging sports.

Please [contact](#) our Concierge for course and court availability.





Nomads



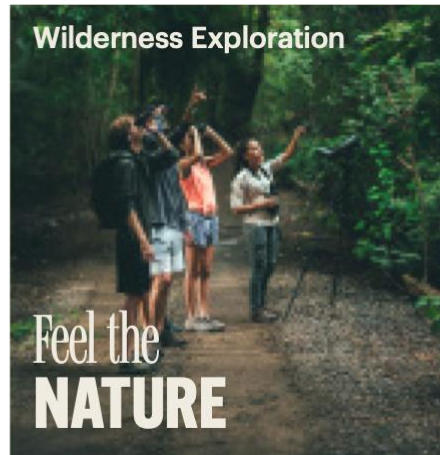
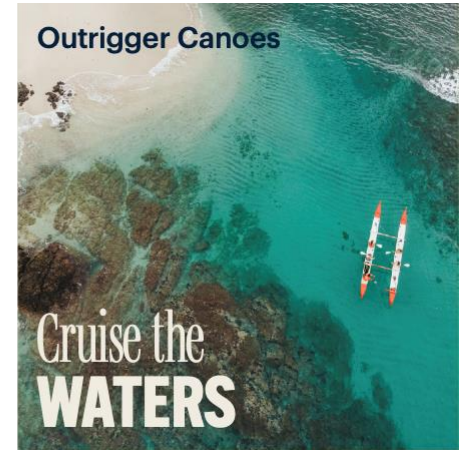
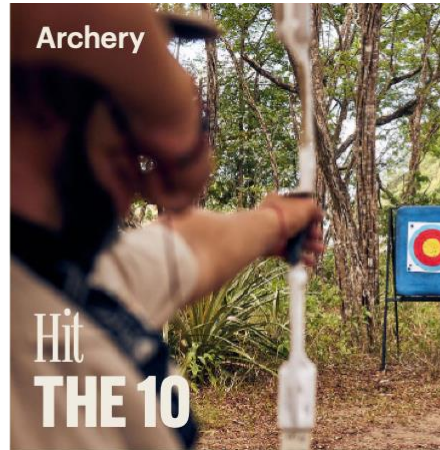
Nomads

OUTPOST

Located within Peninsula Papagayo, a 7 minute transfer from Andaz.

Offering a variety of nature-inspired experiences, we can enhance our guests' connection to the beautiful and unique Papagayo surroundings, fostering a sense of adventure and exploration.

Please [contact us](#) to inquire any of this activities.





SurfX

Dive into the thrill of surfing with SurfX. Experience options for all levels, this program offers expert guidance, quality equipment, and access to Costa Rica's iconic surf sites for an unforgettable experience.

Please [click here](#) to consult with concierge for availability and program options.



Nomads

Active programming for the adventurous guest