FREE WITH NOSARA THIS WEEK

The Nosara High-Season Guide 2026–27

Guiones · Pelada · Nosara

Everything worth knowing for the season in Nosara, Guiones and Pelada, in one phone-friendly guide: the beaches, the wellness week, the standing nights and the season's big dates.

Get it free when you sign up for our weekly email: one message every week with what's on in Nosara, Guiones and Pelada — events, eats and deals, every item linked to where we found it.

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START HERE

Welcome to Nosara

Nosara is a surf-and-yoga town spread along one jungle coast. Playa Guiones is the centre — the long beach, the studios, the cafés. Playa Pelada, just north, is the sheltered cove and the locals' end of the sand. Bocas de Nosara, inland at the river mouth, is the working town the beach grew out of.

This coast runs on wellness. Three full studio grids — Harmony, Nalu and Bodhi Tree — publish their own schedules, and around them sits a layer of independent teachers, a Zen center and one very good neighbourhood pub. This guide gives you that rhythm. Everything in it was checked against venues' own pages and posts in November 2026. Where something wasn't confirmed yet, we say so rather than guess — and because local plans occasionally shift, it's always worth a quick check with the venue before you set out.

What's inside

- The towns at a glance — which base suits you
- Beaches, end to end
- Eat & drink — the places that anchor the week
- The wellness week — the class bench, studio by studio
- Every week: the standing nights, venue by venue
- A week in Nosara — the rhythm, day by day
- Seasons, practical tips, and how to use the weekly newsletter

No paid placements: nobody can buy their way into this guide.

Place names in teal open their map — and 'Add to your calendar' saves a big date.

The towns at a glance

Playa Guiones — the beach town itself: the five-kilometre surf beach, the studio grids, the restaurants and most of the weekly pattern, along a handful of jungle roads. If you want to walk to everything in this guide, base yourself here.

Playa Pelada — the northern cove: a sheltered bay, a point to walk at low tide, the neighbourhood pub and the quietest evenings on this stretch. Stay here for the calm; walk or cycle down to Guiones for the classes.

Bocas de Nosara — the town at the river mouth, where Nosara's local life actually lives: the shops, the services and the airstrip road. Its weekly pattern is still being confirmed venue by venue, and this guide says so rather than padding it — as its nights confirm, they join the weekly issue.

Ostional — not a town in this guide but the coast's great neighbour: the wildlife refuge beach a short drive north, where the arribada turtles come ashore (see Big Dates and Good to Know).

Most people mix all of it: the three bases are minutes apart, and the weekly pattern below criss-crosses them constantly.

BEACHES

Beaches

One coast, three personalities — and a refuge beach up the road.

- **Playa Guiones** — the long arc: five kilometres of consistent surf, the sunset crowd at the main entrance, and the drum circle at the north end on Fridays.
- **Playa Pelada** — the sheltered cove: calmer water, a rocky point, tide pools, and the beach the Zen Center's sangha walks on Sunday mornings.
- **Playa Nosara** — the quiet stretch toward the river mouth: fewer people, more birds, the local end of the coast.
- **Ostional** — the refuge beach north of Nosara: protected, ranger-run, and visited for the turtles — only ever with an accredited guide (see Good to Know).

LOCAL TIP — LOCAL TIP — Guiones' surf is the day's organising fact: mornings are glassy, the sunset session is the social one. Pelada is where you swim; Guiones is where you surf; and the sunset hour is the day's main event — the whole coast treats it that way.

EAT & DRINK

Eat & drink — the places that anchor the week

Nosara's restaurants publish less of their programming than its studios do — the eating week is confirmed venue by venue, and the weekly issue carries each night as it confirms. The anchor we can set in stone:

El Chivo — the neighbourhood pub in Playa Pelada: tacos and tequila grown into a full casual menu, a front patio, and the grocery-café La Bodega next door. Its standing week is Taco Tuesday, Live Music Fridays and Sunday Brunch, plus a Charity Trivia on the first Thursday of every month. Hours: Monday 4–10 p.m., Tuesday to Saturday 12–10 p.m., Sunday 10 a.m.–9 p.m. The pub publishes its nights but not their times — the local custom is to check on the day.

Around it, the studio cafés and beach bars fill the days: the Sunset Groove's own page points you to Pura Pizza on the way down to Guiones Beach on Fridays, which tells you something about how this town organises a Friday.

WELLNESS

The wellness week

The deepest class bench in our network — three full studio grids and a layer of independents, around 97 verified class slots a week:

Harmony Healing Centre — the Harmony Hotel's studio in Guiones, open daily 7 a.m.–6 p.m. The fixed point is **Harmony Yoga, every day at 8:15 a.m.** (75 minutes, teacher rotating). Around it: Aerial Yoga and Restorative on Mondays, Qigong Tuesday and Friday at noon, free morning Meditation Wednesday and Friday at 7:30 a.m., and a Sunday that runs Slow Flow, Breathwork and Restorative Aerial.

Nalu Studio — the movement studio on Calle Los Mangos in Guiones: about 35 classes a week — Zumba, circuit training, Pilates, boxing, kickboxing, capoeira, kids' karate and tumbling, and a Sunday Restorative Yoga at 3 p.m. Drop-in $25 (locals $12); book in the Nalu Studio app.

Bodhi Tree Yoga Resort — the resort shala above Guiones: Vinyasa, Aerial, Yin, sound journeys, Dance Lab classes and Boxing with Gustavo, on a schedule the resort updates through the month. Buy your tokens at the yoga desk before class; mats and props are provided.

Pilates Nosara — the reformer studio at Bodhi Tree: mat and reformer classes through the week, including the Thursday 7:30 a.m. Comunidad Reformer, taught in Spanish. Booked through its own Punchpass page.

The independents — Maitri Yoga School's morning class at Luzia, Monday, Wednesday and Friday at 7 a.m.; Nosara Blue's Reiki-Infused Self-Love Yoga in Pelada, Tuesdays at 9 a.m.; and the Nosara Zen Center in the K Section — free Open Zen Teaching on Tuesday evenings through the winter series, and the Pelada Sangha's beach meditation on Sunday mornings.

EVERY WEEK

Every week — the standing nights

The nights that run every week of the season, each one from the venue's or organiser's own channels:

El Chivo (Playa Pelada) — **Taco Tuesday** · **Live Music Fridays** · **Sunday Brunch** — plus **Charity Trivia** on the first Thursday of the month. The venue publishes the nights, not the times: check on the day.

Silencio Sunset Groove (Guiones Beach) — **every Friday, 5–7 p.m.**: a silent-disco sunset session on wireless headsets, a curated DJ set, and an opening and closing ritual. Only 50 headsets; every ticket includes a donation to the Nosara Drum Circle.

Nosara Zen Center — **Open Zen Teaching**, Tuesdays 6 p.m. through the winter series (dated talks to December 22), free and open to the community.

The drum circle — the Tamboreada gathers at North Guiones on Friday afternoons as the drums fade into the Sunset Groove; it is a community fixture rather than a venue night, so check the week's issue for its current details.

A second layer of nights — the Tuesday market, more live music rooms, the other studios' evening programmes — circulates locally but hasn't been confirmed on the venues' own channels yet. We don't print rumours: as each night confirms, it joins this page and the weekly issue.

DAY BY DAY

A week in Nosara

Monday — Maitri at Luzia at 7, Harmony Yoga at 8:15, Zumba and Aerial through the morning: the bench at full stretch.

Tuesday — Pilates at Nalu, reiki yoga in Pelada, Qigong at noon, capoeira at 6:15 — and the Zen Center's winter talk at 6, then tacos at El Chivo.

Wednesday — Bodhi Tree's full shala day and Pilates Nosara on the reformers; Community Acupuncture at Nalu from 10.

Thursday — the Spanish-language Comunidad Reformer at 7:30, Bodhi Vinyasa, Aerial at noon, Women's Sensual Dance at 4:30.

Friday — the week's hinge: morning classes, then the drum circle at North Guiones, the Sunset Groove as the light goes, and live music in Pelada.

Saturday — Circuit Strength, Vinyasa at two studios, Yinfluence at noon: the active day, then a quiet night.

Sunday — the sangha walks Pelada at 8:30, Slow Flow at 10, brunch at El Chivo, Restorative Yoga at 3. The reset day.

BIG DATES

Big dates

The season's first big date is already on the calendar — tap the bar to save it. Still ahead: the Zen Center's winter talks close on Tuesdays, December 15 and 22; the Ostional arribada's dry-season window is expected around December 28 to January 1 (a moon-linked estimate — visits only with accredited guides); and El Chivo's Charity Trivia lands on Thursday, January 7. All of them run in the weekly issue with their details as the organisers publish them.

Friday, December 11 — Silencio Sunset Groove

From 5 to 7 p.m. on Guiones Beach: the silent-disco sunset session — Sound Off wireless headsets, a curated set by Chris Hawk, and an opening and closing ritual by Stacy Irie Soul. Only 50 headsets, and every ticket includes a donation to the Nosara Drum Circle. The drum circle runs into it at the same beach from 4:30 — the same bar saves the Groove; the week's other days are in the issue.

Add to your calendar

The seasons

High season (December to April) — the dry months: the full bench, every standing night, the arribada's smaller dry-season windows, and the town at its busiest over Christmas and New Year. This guide is written for these months.

Green season (May to November) — the rains arrive in the afternoons and the town exhales. The wellness core serves residents, not just the season — the studio grids run all year — and the biggest arribadas land in these months, peaking July to November. The bar nights are the part of the week that breathes with the calendar — which is exactly what the weekly issue tracks.

Whenever you come: the pattern in this guide is the standing week, and the weekly email is where its changes land first.

GOOD TO KNOW

Good to know

- **Book the bench ahead.** Nalu Studio books through its own app; Pilates Nosara through Punchpass; Bodhi Tree sells class tokens at the yoga desk — buy them before you head to the shala.
- **Times move.** Venues shift nights without telling anyone — every listing in the weekly issue links to its source, and a quick check with the venue is the local custom. El Chivo publishes its nights without times at all.
- **Ostional is guide-only.** The refuge beach is protected: turtle visits happen only with accredited AGLO guides, and the arribada windows are moon-linked estimates, never guarantees.
- **Sunset is a fixture.** The drum circle, the Sunset Groove and half the town arrange Friday around it. Plan like a local: beach by 4:30.

About this guide — The Nosara High-Season Guide 2026–27 is published by Nosara This Week, part of Costa Rica Newsletters. Facts were checked against venues' own pages and posts in November 2026; where something wasn't confirmed, the guide says so. No paid placements. Corrections welcome: nosara@alunamediaholdings.com.

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