



TREECASA
NICARAGUA

TREECASA HOTEL & RESORT ACTIVITIES BOOK 2024



This document is *interactive*.
To facilitate your navigation, we invite you to **click on the chapter you wish to consult**.
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01

TreeCasa Welcome Center Informations

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Our transportations depart and arrive at our Welcome Center, conveniently located in the heart of San Juan del Sur.

Our Welcome Center is a clean, safe and quiet area to wait for your transportation.

Our knowledgeable staff will be happy to provide you with information on local activities, restaurants, and anything else you would like to know to enhance your stay.

WELCOME CENTER HOURS:

8.30 am to 4.30 pm

From Monday to Sunday (every day).



* Póngase en contacto con recepción para obtener más información o hacer una reserva: 505 8329 0591



02

TreeCasa

Free Hotel Shuttles Informations

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*Please contact reception for more information or to make a reservation.

Telephone / Whatsapp: 505 8329 0591

TreeCasa offers complimentary transportation service to and from San Juan del Sur, Mixcal Beach and local destinations to give our guests every opportunity to explore the area.

To take advantage of our complimentary shuttle service, please contact the front desk to make a reservation.

* Please, if you are part of a group, call us or inform the driver in advance to ensure a suitable vehicle.

WELCOME CENTER



- 11:30 am - Monday through Sunday
- 2:30 pm - Monday through Sunday
- 4:30 pm - Monday through Sunday
- 7:30 pm - Monday through Sunday

10 - 15 min

TREECASA

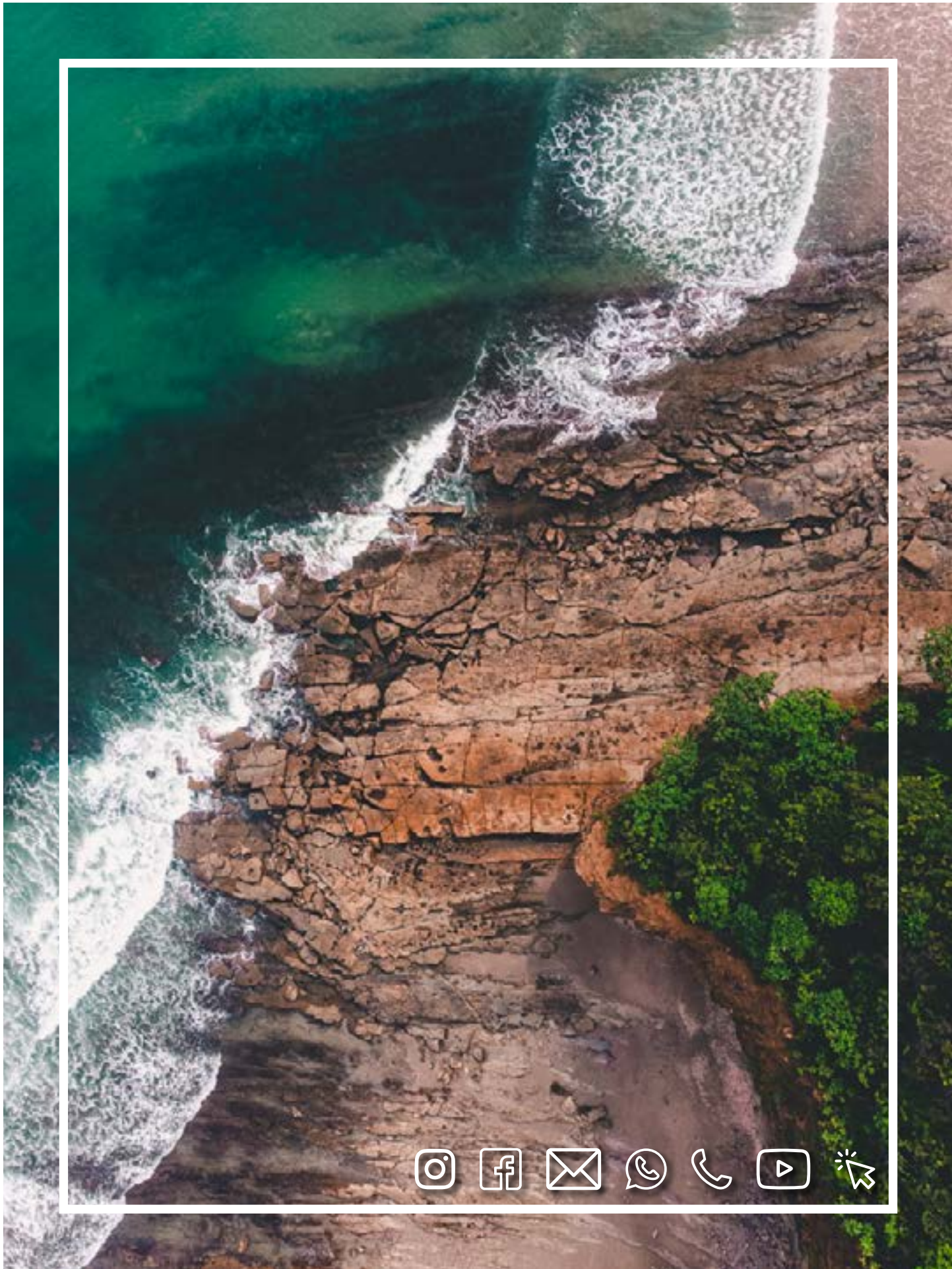
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- 11:00 am - Monday through Sunday
- 2:00 pm - Monday through Sunday
- 4:00 pm - Monday through Sunday
- 7:00 pm - Monday through Sunday

10 - 15 min

WELCOME CENTER



03 TreeCasa Transport for clients

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We offer you a wide variety of private trips to take you to TreeCasa Hotel & Resort Nicaragua. But also to facilitate your visit to Nicaragua during your stay with us.

Below you will find the list of places we serve.

**Please contact us at the hotel reception or
Contact us by phone or whatsapp at +505 8329 0591
so we can follow up on your request.**

COME TO NICARAGUA

**Liberia - Peñas Blancas
San Jose - Peñas Blancas**

ONCE IN NICARAGUA

**TreeCasa - Airport
TreeCasa - Granada
TreeCasa - Mirador Platform
TreeCasa - Peñas Blancas
TreeCasa - San Juan del Sur
TreeCasa - Majagual
TreeCasa - Playa Maderas
TreeCasa - Remanso
TreeCasa - Beautiful**

AROUND

**TreeCasa - La Flor
TreeCasa - Boaco
TreeCasa - Managua**

We offer these one-way trips but also round trips.

Contact us for more information on pricing and booking: +505 8329 0591

*Contact reception for more information or to make a reservation: 505 8329 0591



04 TreeCasa

Horseback riding or hiking

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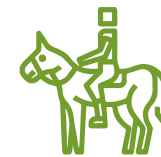


Hiking

Points of interest: Laguna short trail
Montecito waterfall
Lookout

Recommended equipment: water, pants, repellent,
hat or cap, closed sports
shoes

Duration: 1.5 hours
Maximum 6 people



Horseback riding

Points of interest: Laguna short trail
Montecito waterfall
Lookout

Recommended equipment: water, pants, repellent,
hat or cap, closed sports
shoes

Maximum 4 people
Not recommended for children under 13 years of age.
But they can go on the same horse as the parents at
the front.



Contact us for more information on pricing and booking: +505 8329 0591

Always with a guide. Prices do not include taxes. Reservations are required 24 hours in advance.
For advance reservations, payment of 50% of the total value of the service will be processed.
In case of cancellation with less than 24 hours, a penalty of 50% of the total value of the service will be charged.

05 TreeCasa Cycling on property

Dear customers,

As you may have noticed, we have bicycles at the reception entrance.

These bikes are free to use for you
have a reservation for one night or more at TreeCasa Hotel & Resort.

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06 TreeCasa

Visit of organic garden and garden

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From our gardens to your table.

The products you eat were freshly picked of our gardens to provide you with a large amount of nutrition and a unique experience.

Please contact us at the hotel reception or
Contact us by phone or whatsapp at +505 8329 0591
so we can follow up on your request.

ORGANIC GARDEN TOUR + COOKING CLASS
For adults and children (between 8 and 12 years old)
Minimum 5 people
Maximum 8 people



ORCHARD AND GARDEN TOUR
45 minutes
10 person maximum



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07 TreeCasa All Terrain Vehicle Tour

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Experience the thrill of off-roading.

Take your adventure to new heights by booking the Polaris tour to a road near TreeCasa Hotel & Resort or Playa Maderas and San Juan del Sur.

Explore as you immerse yourself in the excitement of off-roading.

Please contact us at the hotel reception or
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so we can follow up on your request.

MADERA BEACH AND SAN JUAN DEL SUR

Minimun 2 persons

Maximum 3 people

Duration: 120 minutes

Age: No restrictions



ON TREECASA PROPERTY

Minimum 2 pax

Maximum 3 pax

Duration: 40 minutes

Age: No restrictions



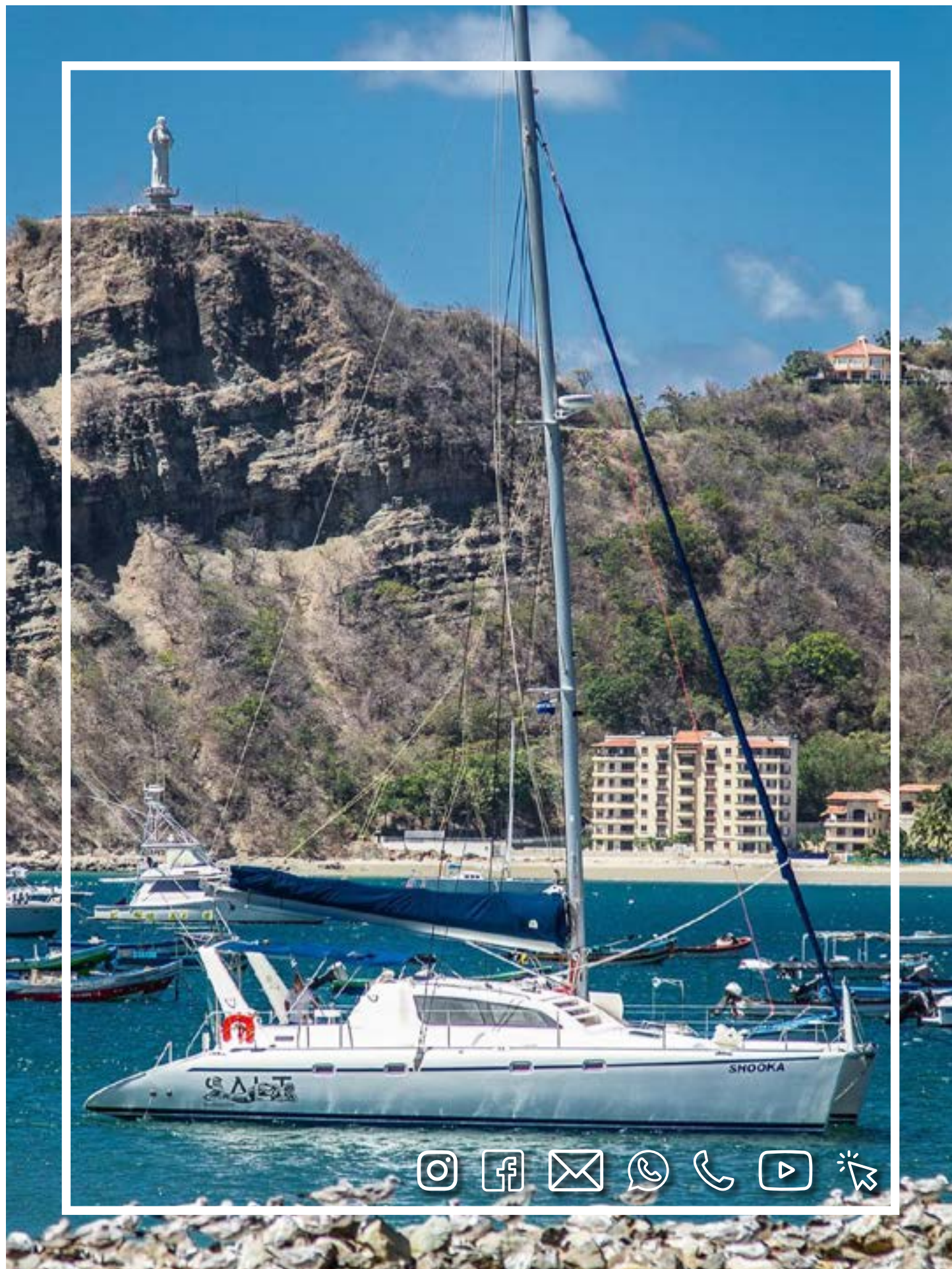
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08 TreeCasa

Catamaran excursion

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Swim, snorkel, hang out, and participate in other activities.
Luxurious 47' catamaran with plenty of space to relax.
Let our professional staff pamper you with bottomless bars and delicious bites,
while listening to a curated selection of great music.



Trips open regularly for a single price
and «premium» per person with everything included.
Contact reception for more information or to make a reservation: +505 8329 0591

If you have smaller groups, singles or couples, possibility of bringing them
on a shared ride.

Contact us for more pricing information: +505 8329 0591

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09 TreeCasa Sea Turtle Expedition

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Between July and February
Turtle tours depend on nature and the arrival of the turtles,
check availability.



Every year, between July and February, more than 150,000 olive ridley sea turtles come ashore.

La Flor Reserve is one of the few nesting sites in the world where these magnificent endangered sea turtles can be captured.

Join us on an overnight expedition and witness this ancient creature nesting or hatching on the shores of a stunning wildlife reserve.



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Reservation policies: reservations are required 24 hours in advance.

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“MEZCLA ZEN” MASSAGE

Option 1: 60 minutes - individual

Option 2: 90 minutes - individual



Our popular spin on classic techniques.

A full-body Swedish massage uses long, gentle strokes with a customized blend of essential oils and is combined with Shiatsu pressure point therapy on the hands and feet to improve circulation.

Lymphatic drainage to stimulate your immune system and cranial and facial massage complete this Zen experience.

«DEEP TISSUE» MASSAGE

Option 1: 60 minutes - individual

Option 2: 90 minutes - individual



This deep tissue therapeutic massage is designed for those who want a more intense and detailed massage to relieve chronic tension in specific muscle groups.

A perfect follow-up to a day in the jungle (rural or urban).

“OMETEPE” MASSAGE

Option 1: 60 minutes - individual

Option 2: 90 minutes - individual



The name of the two volcanoes that rise from Lake Nicaragua derives from the Nahuatl words ome (two) and tepetl (mountain), which means two mountains.

This massage experience is for the two of you.

Combine 2 of the massages above to pamper yourself and your partner with this ultimate relaxation experience.



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TreeCasa Masajes / Spa

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“REFLEXOLOGY” MASSAGE

Option 1: 40 minutes - individual

Option 2: 60 minutes - couple

Option 3: 90 minutes - couple



This treatment consists of applying pressure to specific points on the body to stimulate health.
Based on the fact that many areas of the body are reflected in the feet.

By selectively pressing the feet, it is possible to stimulate the Autonomic Nervous System, which influences the circulatory system and the lymphatic system.

«SHIATSU» MASSAGE

45 minutes - individual



Originally from Japan, it is a therapeutic massage that combats the imbalance of the body and spirit through pressure with the fingers, seeking to harmonize body, mind and emotions through contact, with the aim of improving health and vitality. of the person who receives.

BODY MASK: CHOCO LOVE

60 minutes - individual



This exfoliating, nourishing and moisturizing treatment with cocoa is perfect for all skin types and helps reduce the appearance of stretch marks and cellulite.





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TreeCasa Massajes / Spa

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BODY MASK: SWEET TROPICAL WELLNESS

60 minutes- individual



We've got you covered with a tropical fruit blend including pineapple, papaya and honey after our natural exfoliating mask. This coconut oil-infused treatment leaves your skin hydrated and purified and is especially recommended for dry or sun-damaged skin.

Hand and foot massage completes the treatment.

COFFEE WITH LOVE SCRUBS

30 minutes - individual



Extreme exfoliation will renew and nourish your skin while helping to reduce cellulite and stretch marks. Made with sustainably grown Nicaraguan coffee and other local ingredients: unrefined cane sugar, cinnamon, and a splash of Flor de Cana rum.

SUPER MOISTURIZING COCONUT SCRUBS

30 minutes - individual



This treatment is an exfoliating and moisturizing treatment made with natural coconut milk and coconut oil. Especially recommended for dry skin, it provides your skin with a higher level of hydration.

Reservation policies: reservations are required 24 hours in advance.

Payment of 100% of the service is required to reserve.

In case of cancellation 2 hours prior to its execution, a penalty of 50% of the total price of the service will be charged.

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LYMPHATIC DRAINAGE

30 minutes - individual



Lymphatic drainage helps our body purify toxic substances, reduces blood pressure, It stimulates the immune system and has positive effects on the skin.

SUCTION CUPS

30 minutes - individual



Vacuum therapy or cupping therapy is an ancient technique used in traditional Chinese medicine. Currently, glass or plastic cups are used for this practice, which are more hygienic and durable.

ACUPUNCTURE

30 minutes- individual



Acupuncture involves the insertion of very fine needles into the skin at strategic points on the body and a key component of traditional Chinese medicine, it is frequently used to treat pain.

Its use is increasingly common to improve general well-being, for example, to manage stress. Acupuncture is primarily used to relieve discomfort associated with various diseases and conditions, including:

- POSTOPERATIVE AND CHEMOTHERAPY-INDUCED NAUSEA AND VOMITING
 - TOOTH PAIN
- HEADACHES, INCLUDING TENSION HEADACHES AND MIGRAINES
 - PREGNANCY PAIN
 - LOW BACK PAIN
 - NECK PAIN
 - OSTEOARTHRITIS
 - MENSTRUAL CRAMPS
- RESPIRATORY DISORDERS, SUCH AS ALLERGIC RHINITIS



09 TreeCasa Special offer

Massimo De Angelis at TreeCasa

Massimo's search for a holistic way to interpret the body resulted in more than thirty years of high level international work experience in bodywork, including personal fitness training, posture and structure alignment evaluation, wellness coaching, as well as massage therapy, reflexology, and shiatsu.

His studies of Chinese Medicine, Shiatsu, Tai Chi, Ashtanga Yoga, Massage Therapy, Ayurveda and more, have resulted in a deeper understanding of the body as a whole, a unique entity.

This approach, combines postural evaluation, specific muscle chain stretching, mobility and strength training, as well as functional and breathing exercises, massage and shiatsu bodywork treatments and meditation.

This makes your session a truly holistic experience.

Through a highly personalized wellness coaching program and body work treatments Massimo can help you significantly improve your wellness and quality of your life!

Being multilingual in Italian, English, Spanish and German enhances his communication skills with each individual client.

Limited time OFFER:
50 % OFF your first session

For more information and to book and appointment, contact:

Massimo De Angelis
WhatsApp: +505 8821 2248
healingjourneysjds@outlook.com

Prices do not include taxes.



Special offer: Massimo De Angelis at TreeCasa Hotel & Resort

HOLISTIC WELLNESS COACHING

 U\$ 60.00

A wellness coach is a professional who **helps clients achieve their health and wellness goals by providing guidance, education, resources, feedback, support, and motivation**. They work with clients to identify their specific needs and create personalized plans to help them achieve their desired outcomes.

A coach may work in a variety of settings, including gyms, health clubs, hospitals, and private practices. They may also work with individuals or groups, depending on their client base and specialty. In many cases, they work with clients online giving them the opportunity to live and work anywhere.

A holistic wellness coach is a specific type of mentor, motivator, and guide that focuses on helping people improve their overall health and well-being.

What will work is making lifestyle changes and choosing good healthy options for all areas of your life. This is what holistic means. It means taking a look into everything and addressing them.

PERSONAL TRAINING

 U\$ 60.00

A personal trainer is an individual who creates and delivers safe and effective exercise programs for healthy individuals and groups, or those with medical clearance to exercise. **They motivate clients by collaborating to set goals, providing meaningful feedback, and by being a reliable source for accountability.**

Trainers also conduct a variety of assessments beginning with a health-screening and may also include assessments of posture and movement, flexibility, balance, core function, cardio-respiratory fitness, muscular fitness, body composition, and skill-related parameters to observe and gather relevant information needed to develop an effective exercise program and support client goal attainment.

Trainers create exercise programs following a progression model, using the baseline assessment as the starting point of a clients physical abilities and framing the program to fit the individual personally.

They also provide education on many other aspects of wellness, including general health and nutrition guidelines. Helping clients to reach their full potential in various aspects of life, it requires a comprehensive client-centred approach along with a belief that clients are resourceful and capable of change.

POSTURE EVALUATION, ASSESSMENT & TRAINING

 U\$ 60.00

Body posture is one of the most important factor to consider before starting any fitness program.

In a fitness center the prevention and treatment of postural problems must be necessarily a primary service offered to the clients of the club. Trough the posture evaluation we obtain important information to determine the best exercises for a safe training program.

Furthermore we will be able to identify the areas with muscle retractions or muscular deficit, avoiding that sectorial muscle contractions cause pain. We can describe the posture as a muscular equilibrium that allows to maintain the bolt upright position and the segment movement as a whole.

The goal of the postural training is to:

- Relax the muscular tensions.
- Retrieve their initial length from the shrunken muscles.
- Improve the coordination and the equilibrium
- Improve the knowledge and consciousness of your body
- Reduce stiffness and pain, improving flexibility and joints mobility
- Develop consciousness of the relation between the breathing, movement and posture

HOLISTIC NUTRITION

 U\$ 60.00

Holistic nutrition focuses on a **natural approach to a healthy diet and considers the individual as a whole, including all aspects of his lifestyle**. This natural approach incorporates emotional, spiritual and physical health to create a state of well-being for optimum health. A holistic approach to proper nutrition encourages education on basic nutrition to develop a holistic diet that incorporates natural and organic foods, natural holistic supplements and food treatments for chronic health conditions.

The fundamental principle of holistic nutrition is that food provides the energy needed to function properly and supplies the nutrients that are required to build and regenerate bone, muscle, fat and blood.

Holistic nutrition requires a proper balance of protein, vitamins and other nutrients for optimum health to reach optimum energy levels, emotional well-being and the ability to fight infections.

Following the guidelines of proper holistic nutrition can help prevent various health problems such as heart disease, diabetes, obesity and cancer.

Special offer: Massimo De Angelis at TreeCasa Hotel & Resort

BODY COMPOSITION TESTING

 U\$ 60.00

Body composition describes the components that comprise your total body weight, including your muscles, bones, and fat. The most common methods for estimating body composition include the following:

- **Bioelectrical impedance analysis (BIA):** During BIA, electrical signals are sent from electrodes through the soles of your feet to your abdomen to estimate your body composition.
- **Skinfold measurements:** During skinfold measurements, calipers are used to estimate how much body fat there is in a fold of skin.

Skinfold measurement is a test that estimates your amount of body fat, which is converted into percentage of total body weight. To do it a caliper is used to pinch body fat and measure it's thickness on multiple sites of the body.

MASSAGE THERAPY

 U\$ 60.00

Massage has been practised for thousands of years. Today, if you need or want a massage, you can choose from about many different styles with a wide variety of pressures, movements, and techniques. These all involve pressing, rubbing, or manipulating muscles and other soft tissues with hands and fingers. Sometimes, even forearms and elbows are used.

More and more people recognize the health benefits of massage. They choose from among many massage styles to get relief from symptoms or to heal injuries, to help with certain health conditions, and to promote overall wellness.

The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. **By relieving muscle tension, Swedish massage therapy can be both relaxing and energizing. And it may even help after an injury.**

DEEP TISSUE MASSAGE & REFLEXOLOGY

 U\$ 60.00

Deep tissue massage is best for giving attention to certain painful, stiff «trouble spots» in your body.

The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin.

Though less rhythmic than other types of massage, deep tissue massage may be therapeutic – relieving chronic patterns of tension and helping with muscle injuries, such as back sprain.

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and well being; by reducing stress in people's lives can be key in optimizing good health and building resilience.

It is a touch therapy that is based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body and reflexologists work these points and areas.

The theory of reflexology is that all the systems and organs of the whole body are mirrored or reflected in smaller peripheral areas, for example the feet, hands, ears and face.

The reflexologist simply works those reflected areas with their sensitive fingers, aiming to bring those areas back to balance and therefore aiding the body to work as well as it can.

Some specific conditions that massage can help include:

- Anxiety
- Depression
- Digestive disorders
- Fibromyalgia
- Headache
- Insomnia
- Nerve pain
- Postoperative care
- Scar tissue
- Soft tissue strains and injuries
- Sports injuries
- Backache
- Muscle tension
- Temporomandibular (TMJ) disorders

Special offer: Massimo De Angelis at TreeCasa Hotel & Resort

LYMPHATIC DRAINAGE MASSAGE

 U\$ 60.00

Lymphatic drainage massage **is a form of gentle massage that encourages the drainage of lymph nodes and movement of lymph fluids around the body. It can help relieve lymph-edema.**

The fluid in the lymphatic system **helps remove waste and toxins from body tissues.** Some health conditions can cause lymph fluid to build up. Lymphatic drainage massages can benefit people with lymph-edema, fibromyalgia, or other conditions.

Lymphatic massage, sometimes called manual lymphatic drainage, is a specialized type of medical massage. It can help treat lymph-edema, in which lymphatic fluid collects in certain areas of the body because it cannot drain away effectively.

Lymphatic massage aims to improve the flow of lymph fluid, which should reduce swelling.

The lymphatic system plays a key role in the body's immune defences.

DYNAMIC MEDITATION

 U\$ 60.00

With exercises, movements and chanting based on Sufi work, we will facilitate the opening of the intelligence of the heart through deep concentration in the moment. As we move, the layers that veil the hidden essence of the moment fall away.

It is a natural state beyond the mind and connects us to a deeper reality, freeing the body from tension, and bringing harmony, contentment and peace.

Massimo has been following the guidance of his Sufi Master for 20 years and shares his knowledge to help bring participants to the present moment and transports them to a deep healing state, going beyond the mind and intellect and experience the **"intelligence of the heart"**.

He guides the group through timeless meditative techniques using music, drumming, slow movements, breathing exercises, dancing, as well as whirling and chanting.

ZEN SHIATSU TREATMENT

 U\$ 60.00

A private session is a remarkable experience. Because it works with Ki – your life energy. It not only works on the surface of the body, but it also is effective at a much deeper level, including stress levels and emotions.

Eastern philosophy teaches us that there are energy pathways, called meridians throughout the body. The meridians carry KI (or CHI) - our life essence.

The smooth flow of KI through this meridian system is what accounts for physical health and emotional well being. Any blockage, stagnation or imbalance within the meridian system can result in physical, physiological and emotional discomfort.

At the beginning of a session, the therapist determines which meridians most need to be brought back into balance and then focuses on those meridians during the session.

The continuous rhythmic movement is often compared to the flowing movement of Qigong or Tai Chi. You will lie on a mat wearing loose comfortable clothing, which makes it ideal for those who are body conscious.

Benefits:

By balancing the energy, the body and mind can follow its own natural impulse to heal itself. This deep relaxation rejuvenates you and induces a state of harmony and peace.

Relief from the common physical and emotional symptoms including:

- Fatigue
- Backache
- Headaches
- Joint pain and stiffness
- Muscle tension
- Insomnia
- Anxiety
- Relieves stress and tension
- Improves digestion
- Strengthens the immune system
- Relieves post-traumatic stress

Limited time OFFER:
50 % OFF your first session

For more information and to book and appointment, contact:

Massimo De Angelis
WhatsApp: +505 8821 2248
healingjourneysjds@outlook.com



TreeCasa

Adventure Park

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ZIPLINE CANOPY TOUR

Includes 4x4 vehicle ride in our private nature reserve + views of the lake, volcanoes and ocean



ADVENTURE TOUR

Ziplines / Canopy tour + tarzan swing or rappelling
Includes 4x4 vehicle ride in our private nature reserve + views of the lake, volcanoes and ocean



ADRENALINE TOUR

Ziplines / Canopy tour + tarzan swing or rappelling
Includes 4x4 vehicle ride in our private nature reserve + views of the lake, volcanoes and ocean



NATURE TOUR

Sloth and monkey sighting tour with guides in our private nature reserve + walking trails in our arboretum + 4x4 vehicle ride + views of the lake, volcanoes and ocean



Contact us for more information on pricing and booking: +505 8329 0591

* Contact reception for more information or to make a reservation: +505 8329 0591 -

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TreeCasa
Surf

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Surf class for adults and children
Equipment included (boards)

4 people max.
More than 4 people depending on availability.
Lesson with experienced instructor

Transportation from the hotel to the beach included (round trip)
On Remanso or Maderas or Yankee beach.



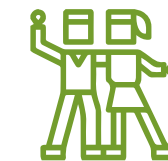
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TreeCasa
Salsa (free lesson and shuttles)

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Every Monday and Friday TreeCasa offers free salsa lessons, open to all levels in a happy atmosphere.

Come dance with us and enjoy 2x1 cocktail specials including our home-made sangria with flor de jamaica!



Salsa classes are free.



Monday

Friday

1 hr lesson

1 hr lesson

Lesson 1: 5.30 pm - 6.30 pm
Lesson 2: 6.30 pm - 7.30 pm

Lesson: 7.30 pm - 8.30 pm
Fiesta: 8.30 pm - 10.00 pm



MONDAY | LUNES SHUTTLES



FRIDAY | VIERNES SHUTTLES



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Yoga class:

At TreeCasa, we offer private yoga classes with a professional instructor.

The classes can be adapted according to the client's level (energizing or relaxed).

Meditation:

Meditation by Deepak Chopra.

A mental form of yoga, in which we silence our thought process and get to the source of the thought. In other words, we dismantle notions of the self and arrive at a higher self. Meditation is a process of calming the mind and an affirmation of the individual's relationship with the universal.



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* Contact reception for more information or to make a reservation: +505 8329 0591 -

Always with a guide. Prices do not include taxes. Reservations are required 24 hours in advance. For advance reservations, payment of 50% of the total value of the service will be processed. In case of cancellation with less than 24 hours, a penalty of 50% of the total value of the service will be charged.





15

TreeCasa | **Kayak tours** **the Islets of Granada**

RETURN TO
CONTENT

Enjoy a tour of the famous Granada Islets, an archipelago that emerged as a result of an ancient volcanic explosion, off the shore of Lake Nicaragua.

On this tour we will take you to Granada, the colonial city, founded in 1524 by the conquistador Francisco Hernández de Córdoba, and be inspired by the natural splendor of Las Isletas during a 2-hour kayaking experience.

You will receive detailed safety instructions before entering the water. In a sturdy kayak, you'll enjoy the spectacular scenery created by the scattered islands as you explore at your own pace. We will pass by 365 small islets (St. Paul's Fortress and monkeys on an island) and we will be able to observe local ways of life and modern developments and observe exotic bird species. The birdlife around the islands is abundant. You will see cormorants, herons, parrots, falcons, vultures and many other birds.

Then, we will have lunch at the "El Barú" Restaurant. We will walk through the Cathedral with three chapels and the shopping street of La Calzada, a settlement of the Spanish conquest, visit the historical places of the city riding a horse-drawn carriage and learn about the local culture. See highlights such as the old train station, San Juan de Dios hospital, La Polvora Fortress, Elba cigar factory, San Francisco convent and museum, then explore La Calzada shopping street on a walking tour.

And finally your tour guide and driver will take you. Return to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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16

TreeCasa | Night Tour the City of Masaya and Volcano

RETURN TO
CONTENT

After leaving your hotel, we will take you to the municipality of San Juan de Oriente where there are craft workshops and you can find pottery and ceramics. Throughout the town you will find several shops that offer pieces of decorative art, whether with bright or sober colors.

The Catarina viewpoint is one of the highest hills surrounding Laguna de Apoyo, and the view from there is amazing. It is located at the top of the town and is also an attraction. You can see the entire lagoon as well as the city of Granada behind it. The Mombacho volcano borders Lake Nicaragua and also has a prominent presence.

San Juan de Oriente and Catarina are part of the so-called White Towns. Both are located in the department of Masaya, known as “the city of flowers.”

In Masaya we will visit the Crafts Market which is a regular market; This place was burned down back in the 60s and 70s but in the late 90s the interior was restored and today it is a beautiful open-air market.

After lunch, we will take a short drive to the Masaya Volcano National Park, the most active volcano in Nicaragua. Here we will see petrified lava, sulfur dioxide coming out of the main crater, stunning views of the Momotombo and Momotombito volcanoes, Lake Managua and Masaya lagoon and finally your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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17

TreeCasa Masaya and Laguna de Apoyo

RETURN TO
CONTENT

We will get to know the unique culture of Nicaragua.
Visit San Juan de Oriente which is one of the traditional towns. Sit back and try your hand at being a craftsman for a few minutes at a craft workshop and school with a local family.

Then we will visit the Catarina viewpoint, one of the most impressive viewpoints in Nicaragua and the largest garden in the country.

After that, we will visit the craft market, which offers a variety of crafts made by local artisans from the Pueblos Blancos.

Enjoy your lunch at the Apoyo Lagoon; Bathe in the clear, calm waters to cool off. You'll also have time to rent a platform, bike, or kayak to tour the crater lagoon.

After that, we will take a short drive to the Masaya Volcano National Park, the most active volcano in Nicaragua. Here we will be able to see petrified lava, sulfur dioxide coming out of the main crater and finally your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is a 7 hour tour.



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18

TreeCasa | **City Tour of Granada and Boat ride in the Lake Nicaragua**

RETURN TO
CONTENT

Granada, with its rich history and vibrant architecture, has captivated travelers for centuries.

On this 8-hour tour of Granada, you'll visit the city's historic sites aboard a horse-drawn carriage ride and learn about local culture.

See highlights such as the old train station, San Juan de Dios hospital, La Pólvera Fortress, Elba Cigar Factory, San Francisco Convent and Museum and then explore La Calzada shopping street on a walking tour; Having lunch at the restaurant "El Barú" with a variety of meats and seafood, this will conclude with a relaxing boat ride on Lake Nicaragua to explore the more than 365 small islets.

And finally your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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19

TreeCasa | **Reservation of Mombacho Cloud Forest and Granada city (hike and canopy tour)**

RETURN TO
CONTENT

See the magnificent Mombacho Volcano in a Natural Reserve.

After a panoramic tour of the volcano, you will arrive at the biological station near the summit. Choose to embark on a guided hike along trails abundant with flora and fauna OR satisfy your appetite for adventure during a zip-lining experience on a coffee farm. Also see stunning views of Lake Nicaragua and Las Isletas on a clear day.

And then a short walking tour to further explore La Calzada shopping street on a walking tour; having lunch at the “El Barú” Restaurant with a variety of meats and seafood.

This tour concludes with a relaxing boat ride on Lake Nicaragua to explore the more than 365 small islets.

And finally your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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20 TreeCasa | **chocolate tour** **in the city of Granada**

RETURN TO
CONTENT

Come to the colonial city and follow the life of a cocoa bean from the tree to the Granada Artisanal Chocolate Museum. Try making some chocolate and give it a try.

You will also learn about its role in the Nicaraguan economy. You'll visit the city's historical highlights aboard a horse-drawn carriage ride and learn about local culture.

See highlights such as the old train station, San Juan de Dios hospital, La Polvora Fortress, Elba Cigar Factory and you will also have an incredible view from the Torre de La Merced Church.

Then explore La Calzada shopping street further on a walking tour. We will have lunch at the "El Barú" Restaurant.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is a 7 hour tour.



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21

TreeCasa | Sandboarding in the Cerro Negro volcano

RETURN TO
CONTENT

Your trip begins at your hotel and from there we will head to the city of León. Just before you arrive after a four-hour drive, strap on a board and get ready to have fun during a 3-hour private sandboarding trip on the slopes of the Cerro Negro volcano, taking a one-hour hike to 1,600 feet (500 meters).) summit.

After enjoying great views, wear your special clothing; Grab your board and rocket down the steep surface of the volcano, descending at full speed on a 10-minute, adrenaline-filled ride that you'll remember for years to come.

Then we will visit the second oldest city in Nicaragua; They are nothing more than ruins. León was founded in 1524 and was one of the most important cities in the region. Gold from Nicaragua and other countries was traded in León, and many rich merchants lived here. After this stop we will continue to the new city of León where we will visit the largest church in Central America.

The building still preserves its colonial architecture, with an interior patio in the center and the rooms that surround it. The house has also been decorated according to the colonial style.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 5:00 am.
Drinks and snacks are included in this tour.
This is a 14 hour tour.



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In case of cancellation within 24 hours, a 50% penalty of the total value of the service will be charged.





22

TreeCasa | **Distillery** **Flor de Caña Rum and tour of** **the city of Leon**

RETURN TO
CONTENT

Have you tried Flor de Caña rum? This rum is made in Nicaragua and is one of the best rums in the world. From humble roots dating back to 1890, Flor de Caña has grown to become Nicaragua's number one exported brand.

The company's traditions and heritage have remained unchanged over the decades. Today, the fifth generation of the Pella family continues to guide the company with its commitment to expert craftsmanship, the finest natural ingredients, and the unique slow aging process in bourbon barrels.

Visit the place where this rum is made, learn about all its processes and most importantly, learn about its history, which is interesting and inspiring. Also, discover the colonial city of León, its history, traditions and its beautiful cathedral.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 5:00 am.
Drinks and snacks are included in this tour.
This is a 14 hour tour.



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23

TreeCasa | **Day tour
complete by boat around Las Isletas
and Rock Island**

RETURN TO
CONTENT

Explore the islets of Lake Nicaragua by boat and access private Rock Island for some downtime. When the Mombacho volcano erupted thousands of years ago, it threw huge rocks into Lake Nicaragua. As a result of this violent eruption, 365 islets were formed off Granada. The islets vary in size between one hundred square meters and more than one hundred hectares. The wild nature, resident and visiting birds and the daily routine of local families make it an ideal place to take a boat ride or kayak on the lake. We will have lunch in Rock Island.

At the Granada dock there are numerous boatmen who offer a boat trip to the islets. You can slowly pass by the islands and glimpse the immensity of Lake Nicaragua.

The birdlife around the islands is abundant. You will be able to observe cormorants, herons, parrots, falcons, vultures and many other birds. The lake is also home to many fish. Freshwater sharks are almost never seen. You can see the huge Mombacho volcano rising right next to the lake.

The fortress of San Pablo is located on the islets of Granada. It was built to protect the city from constant pirate attacks during the 18th century. The fort has witnessed the battles and conflicts that occurred in the Colonial Era.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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24

TreeCasa | **Classic Tour** **full day in Ometepe**

RETURN TO
CONTENT

Take an unforgettable trip and enjoy what Nicaraguans call the Oasis of Peace, Ometepe Island: The largest Volcanic Island in the world, located in a freshwater lake and named a Biosphere Reserve by UNESCO.

We will go from your hotel to Puerto de San Jorge. Here we will take the ferry and travel for approximately one hour and 15 minutes to this mystical island. Once there, we will visit five different sites of interest such as Punta Jesús María; It is the westernmost point of Ometepe. El Ceibo Pre-Columbian Museum, whose pieces date back to the 16th century and the history of Nicaragua's national currency, the Charco Verde Natural Reserve, in addition to seeing the Howler Monkeys.

Later we will visit Santo Domingo beach to enjoy a delicious beachfront lunch before heading to the Ojo de Agua natural water springs.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 5:30 am.
Drinks and snacks are included in this tour.
This is a 12 hour tour.



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25

TreeCasa | **Waterfall** **San Ramón in Ometepe**

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CONTENT

The San Ramón waterfall is located on the southern slope of the Madera Volcano on the Island of Ometepe, about 4 kilometers from the small town of San Ramón. The tall natural waterfall can be reached after a pleasant hike, ascending the forested foot of the impressive volcano.

Nature abounds along this trail and there are many animals that can be seen on the way to the waterfall. Howler monkeys live in this area and are not unlikely to be seen. Here we will have lunch at Playa Santo Domingo; It is a white sand beach, this hotel offers panoramic views of Lake Nicaragua and Ometepe Island.

At the end of this tour we will have a short time to enjoy the Natural Water Spring in El Ojo de Agua. At the last stop we will visit one of the places of interest such as Punta Jesús María, which is the westernmost point of Ometepe.

Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 5:30 am.
Drinks and snacks are included in this tour.
This is a 12 hour tour.



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26

TreeCasa | **Day Tour** **around Laguna de Apoyo**

RETURN TO
CONTENT

This tour compiles the best attractions of the Pacific of Nicaragua to discover Lake Nicaragua. Take a shower in the fresh water of the Apoyo Lagoon. The tour begins with a brief visit to La Virgen Bay where we can see the Concepción and Madera Volcanoes. It is located on the magical Island of Ometepe.

We will then head to Granada on a relaxing boat ride across the Lake to explore over 360 tiny islands and glimpse the immensity of Lake Nicaragua. The birdlife around the islands is abundant.

We will have lunch at the “El Barú” Restaurant.

You will be able to observe cormorants, herons, parrots, falcons, vultures and many other birds. The lake is also home to many fish. Freshwater sharks once populated the lake, but this unique animal today is endangered and almost never seen. Enjoy your lunch at the Apoyo Lagoon; Bathe in the clear, calm waters to cool off.

We will also have time to rent a deck, bicycle or kayak to take a brief tour of the lagoon. Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is a 10 hour tour.



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In case of cancellation within 24 hours, a 50% penalty of the total value of the service will be charged.

27

TreeCasa | **Lovely** **Masaya and Granada**

RETURN TO
CONTENT

This tour includes the best destinations in the Pacific of Nicaragua to discover in one day, the most important sites in Nicaragua. The tour begins with a brief visit to the Catarina viewpoint, one of the most impressive viewpoints in Nicaragua. Enjoy the great view of the Apoyo Lagoon from here.

After this panoramic tour, admire the crafts market and learn about Nicaraguan folklore. Visit the city of Masaya to peruse the local market for crafts and souvenirs from local artisans and artists. Then head to the Masaya Volcano National Park, one of the most active volcanoes in the world and a must-see during your stay in Nicaragua.

After that, we will head to the beautiful colonial city of Granada. Here we will have some free time and the option to choose a suitable option for lunch, there is a wide variety of restaurants around the city. After lunch your driver will take you to the port, once in the port, you will take a relaxing boat ride around the islets of Granada that are part of an archipelago of more than 360 small islands.

The last stop will be at the incredible Granada Cathedral Tower, as well as time to explore the central square and the famous Calzada street. Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is a 12 hour tour.



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28

TreeCasa | **Historical tour** **on foot through San Juan del Sur**

RETURN TO
CONTENT

The port of San Juan del Sur is where you will meet your guide and learn a little about the history of this colorful coastal town.

This is a 2-hour historical walking sightseeing tour of San Juan del Sur, ideal for anyone with limited time. See a hotel that used to be the beach house of Nicaraguan dictator Anastasio Somoza García.

The Victoriano hotel is a landmark in San Juan del Sur. The mansion was built in the early 20th century by British immigrant William Cross, using materials shipped from England. It later became a weekend retreat for the ruling Somoza family before being restored and becoming the 21-room Hotel Victoriano.

The Catholic Church was built in the early 1880s with wood brought from La Paz Chontales. Outside we will see two images of the local saint San Juan Bautista and the Virgen del Carmen or patron saint of fishermen.

Learn about local history, modern developments, and keep an eye out for different types of businesses.

Our next stop will be at the Hotel Estrella, the oldest hotel in the city and the image gallery of the Hotel La Estación. Our last stop in the town will be in front of Century 21 where we can see the famous Face of the Indian.

Statue of Christ of Mercy: Enjoy all these things with a guide without traveling more than a few kilometers from the city center. Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is a 2 hour tour.



Contact us for more information on pricing and booking: +505 8329 0591

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In case of cancellation within 24 hours, a 50% penalty of the total value of the service will be charged.



29

TreeCasa | **Day trip** **in San Juan del Sur**

RETURN TO
CONTENT

This 8-hour tour is designed for people looking for fun in the sun and safe adventures. All activities are accompanied by an experienced native guide who will make your vacation fascinating, incredible and memorable.

We will see the most beautiful landscapes, views and attractions of San Juan del Sur aboard an all-terrain vehicle, a Yamaha Viking 700cc.

Then we will head to the zip line to explore the nature of the town and a totally different beautiful view of the bay. It has been providing quality and safe adventures. Descend along 16 platforms for a total distance of 2.5 kilometers to the top of ancient trees through the forest and descend into the valley, observe howler monkeys and listen to tropical birds, enjoy the beautiful vegetation, reaching heights about 50 meters from the ground. ; The longest line is 328 meters!

After having enjoyed this adrenaline, we will have lunch at one of the best seafood restaurants in the city; It is a typical and spacious place located on the bay's boardwalk. He is a seafood specialist. Their mixture of shrimp and lobster is very well known. Their homemade desserts include magnificent and sumptuous tres leches. This place offers careful and familiar service.

Then we will take you to the Statue of Christ of Mercy: One of the sites that we cannot forget to visit in San Juan del Sur. It is a colossal statue of Jesus that stands at the top of the right hill overlooking the north and south beaches. It is the perfect place to see the city.

The last stop will be in Marseille or Hermosa Beach. This small fishing bay is located right next to San Juan del Sur, just 6 km north of the town. Visitors will find a small rock in the middle of the bay, where seabirds occasionally rest. Finally, your tour guide and driver will take you back to your hotel.

Children under 5 years old enter for free.
It is recommended to leave at 9:00 am.
Drinks and snacks are included in this tour.
This is an 8 hour tour.



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