



Mal Pais / Santa Teresa Activity Guide

Part 1:

Around Town

- I. Restaurant Recommendations
- II. Hotel Poolside Food & Drinks
- III. Fresh Produce & Fish Shopping
- IV. Grocery/Convenient/Liquor Stores
- V. Hardware Stores
- VI. Excursions & Activities



I. Restaurant Recommendations

Note: This is a list of pointers to places that tend to stand out. Given seasonality opening times and menu experience may vary- calling ahead is generally recommended. With the exception of the hotels all restaurants are cash only.

- **Kojis – Sushi [Map 1]**
Playa Hermosa (+506) 2640-0815. Open for dinner 5:30-9:30. Closed Monday.
Highly recommended for the top-notch service, atmosphere, and excellent cuisine. Delicious selection of fresh sushi rolls, sashimi, and Japanese delicacies.
- **Product C – Seafood [Map 7]**
Playa Carmen Mall (+506) 2288-5570
Choose from a variety of fresh seafood selections including ceviche, oysters, and the catch of the day. They also offer great selection of microbrew beers to accompany your meal.
- **Al Chile Viola - Italian [Map 4]**
Santa Teresa (+506) 2640-0433. Open Mon-Thurs 6:00pm-10:00pm and Fri-Sun 12:00pm-10:00pm.
Homemade Italian specialties served in an intimate candle-lit setting. Select from pastas and bread, sauces, ragus, and authentic pizzas accompanied by live music on the weekends.
- **Almas – Thai & Specialties [Map 5]**
Santa Teresa (+506) 2640-1055. Open for dinner 6:00pm-10:00pm.
An off-the-road, quiet location with a menu of Thai entrees, a beef tenderloin special and a varying Sushi selection.
- **Otro Lado – Mediterranean [Map 6]**
Santa Teresa (+506) 2640-0583. Open 8:00am-10:30pm. Closed Sunday.
A quaint lounge of the road that serves a selection of authentic Mediterranean cuisine.
- **Ginger Café – [Map 7]**
Outdoor café perfect for breakfast with delicious coffee and fresh baked goods.
- **Olam – [Map 8]**
Santa Teresa (+506) 2640-0991 Open 7:00am-4:00pm. Closed Saturday.

Stop by this charming patio-based venue for a healthy breakfast, lunch or snack. A wide variety of delicious smoothies, juices, raw food treats, and gluten free options to choose from.

- **Burger Rancho – Burgers & Local Dishes [Map 9]**
Santa Teresa (+506) 2640-0583. Open 8:00am-11:00pm. Home delivery.
A wide selection of burgers, salads and sandwiches. Watch for tasty daily specials and consider the trademark burger.
- **Brisas del Mar – Mediterranean Local Fusion [Map 11]**
Santa Teresa (+506) 2640-0941. Open for breakfast 8:00am-11:00am and dinner 4:00-10:00. Closed Monday.
Consistently some of the best food in town with great service and a breathtaking ocean view. Calling ahead for a reservation is highly recommended. An up and rotating menu of steaks, seafood, chicken and vegetarian dishes with an ocean view. Save room for the unbeatable heated brownie and ice cream for dessert.
- **Kasava – Gourmet Fast Food [Map 12]**
Santa Teresa (+506) 2640-0720 Open 8:00am-3:00pm. Closed Sunday
Stop by for a healthy breakfast or lunch on the go, or eat in and let the kids romp around the indoor playroom. A make it yourself salad bar, grilled sandwiches, homemade desserts, and vegetarian and gluten-free options.
- **Las Piedras – Argentinean Barbecue [Map 13]**
Playa Carmen (+506) 2640-0453. Open for dinner 5:30pm-10:00pm.
A rustic restaurant grilling up Argentinean-style seasoned chicken, ribs and more in a simple setting.
- **Chop-it & Holy Cow Burgers– Salads, Wraps, and Burgers [Map 14]**
Playa Carmen Mall (+506) 2640-0000. Open 11:00am-4:00pm. Closed Monday
Fresh organic salads and wraps made to order with a large variety of healthy ingredients. Or pick up one of the delicious gourmet hamburgers made from hormone and antibiotic free brangus beef and a side of hand cut fries.
- **Papaya Lounge– Latin [Map 16]**
Mal Pais (+506) 2640-0230 Open for breakfast 7:30am-10:00am and dinner 5:00pm-10:00pm. Closed Tuesday for dinner.
Take in the spectacular ocean views from the hilltop terrace while sampling a fresh fruit daiquiri or one of the best mojitos around. The inspiration fro the menu, décor and ambiance draw from the local Latin American culture. They offer a delicious range of tapas, including local seafood and produce.
- **Mary’s – Latin American Fusion & Pizza [Map 17]**
Mal Pais (+506) 2640-0153. Open for dinner 5:30pm-10:00pm. Closed Wednesday.
A charming restaurant that includes a varied cuisine of fresh fish, chicken, and good sized appetizers. The authentic brick oven cooks up a delicious selection of pizzas.
- **Playa de los Artistas – Mediterranean [in Montezuma – see Excursions]**
Montezuma (+506) 2642-0920. Open for lunch Mon-Thurs 12:00pm-4:30pm and lunch dinner Fri-Sat. Closed Sunday
Highly recommended for romantic dinner, great lunch and great cocktails. See ‘Excursions’ below for more details.



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- | | |
|---------------------------|--|
| Morning Tour | 9:00 - 11:00 |
| Tickets: \$45 per person | Farm Tasting Tour
With Garden Class |
| Sunset Tour | 3:30 - 7:00 |
| Tickets: \$70 per person | Farm Tasting Tour
With Entrée & Wine
& Breathtaking Sunset |
| Fullmoon Dinner | 4:00 - 9:00 |
| Tickets: \$170 per person | Farm Tasting Tour
Served With a Three
Course Meal & Drinks |



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II. Hotel Poolside Food & Drinks

- **Pranamar** – Eclectic Fusion [Map 2]
Playa Hermosa
Have a seat above the tropical and exotic lagoon pool setting at the Pranamar restaurant, Buddha Eyes. The menu style combines Pacific Rim cuisine with Asian and native influences in a casual yet refined dining atmosphere. Stop by the gift shop for locally made jewelry, bags, art and more.
- **Flor Blanca** – [Map 3]
Santa Teresa (+506) 2640-0232. Open for breakfast, lunch and dinner.
Upscale setting close to one of the nicest white sand beaches in the area. Great for having a cocktail to enjoy or sitting down for a fine dining experience. The menu is International and creatively extending from sushi and seafood to beef, lamb and classic burger dishes.
- **Tropico Latino** – [Map 10]
Santa Teresa (+506) 2640-0062
Close to the white sand beaches with a wide variety of food and drinks to choose from.
- **Vista de Olas** – [Map 15]
Mal Pais (+506) 2640-0184. Sunday Barbecue Specials.
Atop the hill overlooking the ocean and coastline with a stunning view of the sunsets. Have a cocktail at the bar while taking a refreshing swim in the infinity pool.

III. Fresh Produce & Fish Shopping

- **Green World Store** – [Map 4]
Santa Teresa (+506) 2640-0434. 8:00am-8:00pm. Closed Sunday
A large selection of fresh fruits and vegetables, including locally grown and organic produce. Also available is a good variety of natural pantry staples such as coffees, honey, nuts, and jams.
- **Organic Market** – [Map 9]
Playa Carmen, every Saturday from 3:00pm-5:00pm
100% organic fruits, vegetables, herbs, cheeses, breads, chocolate etc. Other vendors also come and sell baked goods, art, clothes and jewelry.
- **Product C Fish Market** – [Map 6]
Playa Carmen Mall (+506) 2640-1026. Open Mon-Fri 10:00am-7:00pm.
An always fresh selection of local and imported fish and seafood—lobsters, oysters and other specialties included.
- **Fisherman Village** – [Map 10]
Mal Pais
A little fisherman village is located at the very Southern tip of Mal Pais where the fresh catch is sold right off the boat and filleted at your request. To get the best catch before it sells out, time your visit to meet the incoming boats—typically in the morning around 7:00am and in the afternoon around 4:00pm. All fishing trips take off from here (see Activities below for more details).
- **Farmers Market**
Cobano, every Monday from 5:00am-11:00am
A wide variety of fresh fruits and vegetables to choose from.

IV. Grocery/Convenient/Liquor Stores

- **Super La Hacienda** – [Map 1]
Playa Hermosa. Open 7:00am-9:00pm.
- **Super Costa** – [Map 3]
Santa Teresa. Open 7:00am-9:00pm.
- **Super Ronnie 1** – [Map 5]
Super Ronnie 2 – [Map 2]
Santa Teresa. Open 7:00am-9:00pm.
Wide variety of all ethnic foods, a large selection of organic ingredients and a counter in the back with fresh meats.
- **Bean and Bejuco** – [Map 7]
Playa Carmen Mall. (+506) 8730-3627. Open 9:00am-7:00pm.
A specialty store offering a variety of all natural & organic products difficult to find in the area.
- **Liquoreria Franks Place** – [Map 8]
Playa Carmen (across from Playa Carmen Mall). Open 9:00am-9:00pm.

V. Hardware Stores

- **Ferreteria 2000-** [Map 3]
Santa Teresa (+506) 2640-0450. Open Mon-Fri 7:00am-1:00pm. Closed Sun.
- **Ferreteria Ferroca-** [Map 10]
Playa Carmen (+506) 8385-8300. Open Mon-Fri 7:00am-12:00pm, 1:00pm-4:00pm and Sat 7:00am-12:00pm. Closed Sun.
- **Ferreteria Cobano** – [in Cobano, for greater selection]
Cobano (+506) 2642-0043. Open Mon-Fri 7:00am-5:00pm and Sat 7:00am-2:00pm. Closed Sun.

Excursions & Activities

Note: again this is a selective list of pointers to places & people that tend to stand out—subject to change.

▪ **3-Stage Waterfalls – Montezuma**

This day trip is ideal to cover a variety of interests: take a quad ride through the countryside, a hike in the jungle, and a swim in the waterfalls. Start by taking the road all the way down to the southern end of Mal Pais and turn left into the road to Cabuya – [Map 11]. Follow the main road and in Cabuya turn left towards Montezuma. Look out for the peninsula's oldest and largest tree along the way! Drive along the coast until you arrive at the parking for the waterfalls ('Cascades'). Walk the trail from there and arrive at the bottom of a 3-staged waterfall looking at the biggest stage (100ft fall). If you are up for it you can hike up along the side on steep trails until you have access to the upper stages that serve for jumping (10ft and 30ft jumps). You will find yourself enjoying the views from all angles. Depending on your timing you can include a canopy tour (see Activities below) and lunch or dinner at the rare spot Playa de los Artistas (see next item).

▪ **Playa de los Artistas – Montezuma**

This restaurant/lounge is a rare and fading jewel. Due to the laws protecting beachfront being more strictly enforced, this romantic beachfront lunch and dining destination is the last one standing in the greater area. Serving inspiring cocktails and outstanding Mediterranean cuisine this is worth the trip (45 minute car ride when driving to Montezuma via the main road to Cobano – [Map 11]). Open for lunch Mon-Thurs 12:00pm-4:30pm and lunch and dinner Fri-Sat. Closed Sun. Call (+506) 2642-0920 for reservation and current hours.

▪ **Cabo Blanco Natural Reserve – Cabuya**

Cabo Blanco Natural Reserve is famous not only for its stunning display of subtropical forest and fauna, but also for being the first officially established National Park in Costa Rica. Thanks to a visionary Swedish couple identifying this jewel decades ago we have access to 1250 hectares (2750 acres) of untouched lush forest and kilometers of dramatic coastline, which is home to hundreds of animal and plant species. There is an option to take the 4hr round trip long walk to an otherwise inaccessible beach or a shorter 2hr walk. To get there take the road all the way down to the southern end of Mal Pais and turn left into the road to Cabuya – [Map 11]. Follow the main road and in Cabuya turn right towards Cabo Blanco. Open Wed to Sun from 8:00am-4:00pm. A small entrance fee applies. Call (+506) 2642-0093 for additional information.

▪ **Canopy Tours – Montezuma or Mal Pais**

Float through the tree tops—a thrilling experience in a unique setting, serves a half day.

Mal Pais (+506) 2640-0360 [Map 11]

Montezuma (+506) 2642-0808 (includes a stop at the Montezuma waterfalls).

▪ **Quad/ATV Rental – [Map 5]**

Call Quad Point (+506) 8338-0632 or (+506) 8860-8134 and mention 'Casa Tecal' for a discount.

▪ **Surf Shops**

Papa Surf, Playa Hermosa (+506) 2640-0590 Surf Lessons, board rentals, skate ramp, bikinis, t-shirts and more. [Map 0]

Kina Surf Shop, Santa Teresa (+506) 2640-0627 [Map 2]

▪ **Surf Lessons and Board Rentals**

Call Mick (+506) 2640-0848.

- **Kite Surfing**
Eight hours of intense lessons over two days including equipment for \$350
Juan-Carlos: (+506) 8371-5680
Lo Lo: (+506) 8324-8671
- **Fishing** – [Map 9]
Call Emiliano (+506) 8837-2553 for time slots. Take off from Mal Pais Fisherman Village and depending on the season and luck catch anything from Tuna ('Atun') and Mahi Mahi ('Dorado') to exotic items such as giant Rooster Fish.
- **Massages**
Cristina (+506) 8839-5920
Dolores (+506) 8320-7661
- **Yoga/Pilates**
Pranamar (+506) 2640-0852. [Map 2]
Horizon Center (+506) 2640-0524. [Map 4]
Flor Blanca (+506) 2640-0232. [Map 3]
Yoga Spa Natural @ Tropico Latino (+506) 2640-0402. [Map 10]
Casa Sryi Yoga (+506) 2640-0223. [Map 1]
Cristina (+506) 8881-5635, (+506) 2640-0060. Private and group sessions.
- **Golf** – Tambor
Los Dolphines Golf Course & Resort, next to the Tambor Airport strip (+506) 2683-0294. Open tee times 7:00am-4:00pm. This course is kept in excellent condition and set amidst a Giant Macaw rehabilitation reserve giving it a true touch of paradise. The magnificent 9-hole course is rated at a true 72.14, providing a nice challenge even for the more avid golfer. Best of all the course is rarely busy so you can take all the time you need or rush through as fast (and as often) as you want.

I. Helpful Phone Numbers

- **Taxi/Minibus**
Taxi Negro (+506) 8836-2689.
Taxi Dago (+506) 8898-7974.
Minibus (+506)8877-0765.
- **Car Rental** – [Map 6]
Budget Rent-a-Car (+506) 2640-0500.
- **Quad/ATV Rental** – [Map 5]
Call Quad Point (+506) 8338-0632 or (+506) 8860-8134 and mention 'Casa Tecal' for a discount.
- **Banks** – [Map 7, 9]
ATM operating hours are 6:00am-10:00pm.
Banco Nacional, Cobano (+506) 2642-0115. Open Mon-Fri 9:00am-4:00pm.
Banco Nacional, Playa Carmen (+506) 2640-0409. Open Mon-Sat 1:00pm-7:00pm.
Banco de Costa Rica, Playa Carmen (+506) 2640-0409.
- **Pharmacies** – [Map 8]
Farmacia Amiga, Playa Carmen Mall (+506) 2640-0539

Pharmacia Amiga, Cobano (+506) 2642-0685

- **Post Office**

Cobano (+506) 2642-0323.

- **Police**

Call 911, (+506) 2642-0770, (+506) 8390-0111.

- **Medical Emergency**

Call (+506) 2380-4125

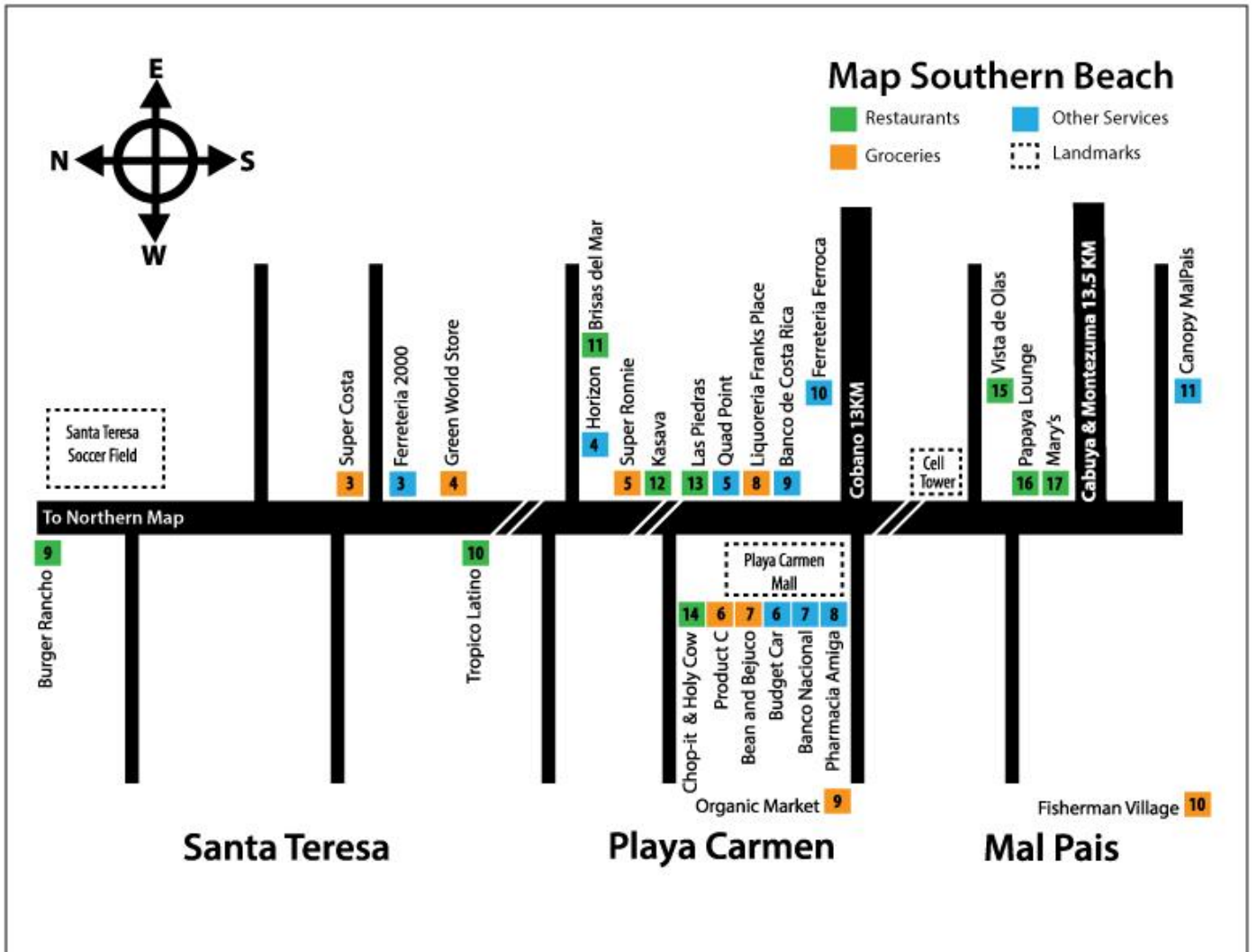
- **Hospital**

Call (+506) 8380-4125 or (+506) 2665-2626 or (+506) 2286-1818.

- **Airlines:**

Nature Air (+506) 2683-0579, www.natureair.com.

Sansa Airlines (+506) 2211-9414, www.flysansa.com.



III. Map
 Note: This map is NOT drawn to scale, but rather based on landmarks. Use landmarks for orientation.

