

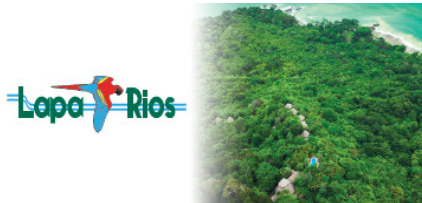
## About Cayuga Sustainable Hospitality

Cayuga Sustainable Hospitality develops and manages hotels, lodges and other tourism related projects in Latin America and the Caribbean that are committed to the four “P”s of sustainability - people, planet, profit and place. It offers solutions and expertise to tourism operators looking to enhance their performance in an environmentally and socially responsible manner. As well, Cayuga will provide expert responsible travel advice including full itinerary suggestions for families, adventurers and honeymooners - [www.cayugaonline.com](http://www.cayugaonline.com).

Cayuga’s clients in Costa Rica and Nicaragua are:

### Lapa Rios Ecolodge, Osa Peninsula, Costa Rica

[www.laparios.com](http://www.laparios.com) · [info@laparios.com](mailto:info@laparios.com) · Tel. (506) 2735-5130



Lapa Rios is an upscale 16-bungalow ecolodge protecting over 1,000 acres of preserved rain forest on the Osa Peninsula, Costa Rica; an area prized for its biodiversity and soon to be named a World Heritage Site. The 60-plus staff members are from the local isolated area, and environmental education is fundamental to the employees

and international guests’ experiences. The development of the local primary school is entirely funded by the ecolodge's Travelers Philanthropy outreach. Lapa Rios is certified by the country's Certification for Sustainable Tourism (CST) program and received the highest award of five leaves. This model ecolodge has been consistently voted as one of Latin American’s top resorts by National Geographic, Condé Nast Traveler, Travel & Leisure and Andrew Harper.

### Arenas Del Mar Beach & Nature Resort, Manuel Antonio, Costa Rica

[www.arenasdelmar.com](http://www.arenasdelmar.com) · [info@arenasdelmar.com](mailto:info@arenasdelmar.com) · Tel. (506) 2777-2777



Recently opened in 2007, and named one of the hottest new hotels in 2008 by Forbes Traveler, and Condé Nast Traveler, this 38-room beach and nature resort offers spectacular views of the Manuel Antonio National Park on the Central Pacific coast of Costa Rica, set in eleven acres of rainforest with private trails and two tree-shaded sandy

beaches. Created as a model project for sustainable development, Arenas del Mar strictly follows the guidelines laid out by the Costa Rican Certification for Sustainable Tourism (CST). The resort offers two restaurants focusing on fresh local ingredients, pools with views of the national park and the beach as well as a spa & wellness center. Locally guided tours and activities such as white water rafting, mangrove kayak and boat tours, guided rainforest hikes, ocean kayaking, catch and release sport fishing, Canopy Tours and horseback riding excursions are just outside its door.

## Finca Rosa Blanca Coffee Plantation & Inn, Heredia, Costa Rica

[www.fincarosablanca.com](http://www.fincarosablanca.com) · [info@fincarosablanca.com](mailto:info@fincarosablanca.com) · Tel. (506) 2269-9392



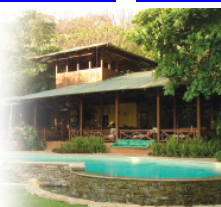
Costa Rica's first boutique hotel, Finca Rosa Blanca continues to achieve the highest score in the Costa Rican Certification for Sustainable Tourism and was recently voted one of the top 10 eco-resorts in the world by Trip Advisor. Situated above the beautiful Central Valley, Finca Rosa Blanca is an authentic Costa Rican hideaway. It was

built with the goal of creating an ecological haven and a sustainable tourism destination in a high-quality, aesthetic environment for visitors who want to experience the biodiversity of Costa Rica. The inn has 30 acres of hard bean coffee which is certified organic by an international organization called OKO Garantie and is certified sustainable by the Rain Forest Alliance and CICAPE, the Costa Rican National Organization for Coffee. Guests are encouraged to participate in the hands-on production and cultivation of the coffee in order to gain an appreciation for coffee and the local culture. The Inn also offers 13 unique suites focused on coffee culture, comfort, art and design. Surrounded by volcanoes, and indigenous gardens, the inn is the perfect base for a Costa Rican getaway as it is only 20 minutes from the international airport. Finca Rosa Blanca also features a restaurant and bar with magnificent views, a full service spa, private tours of the Inn's organic shade grown coffee plantation as well as guided volcano, bird-watching, nature walks, horseback tours, and an infinity swimming pool and jacuzzi.

## Latitude 10 Beach Resort, Santa Teresa, Costa Rica

[www.latitude10resort.com](http://www.latitude10resort.com) · [info@latitude10resort.com](mailto:info@latitude10resort.com) · Tel. (506) 2640-0396

LATITUDE 10  
EXCLUSIVE BEACH RESORT



Set on seven acres of private beach front property, Latitude 10 Beach Resort offers guests a very personalized and intimate experience, and was originally built to be a private second home. Staying at Latitude 10 is like staying with good friends at their luxury beach house. The resort consists of five spacious free standing, individually

decorated and private casitas. Each casita has its own décor, private open air bathrooms and rainforest showers. The heart of the resort is the Clubhouse, an open-air ranchito which overlooks the infinity pool and over 100 meters of private white sand beach. This is where guests can relax, enjoy breakfast, cocktails and light meals, and have their private chef create meals if they book the whole resort. An open air studio offers personalized yoga and massage services. As part of its commitment to the quadruple bottom line of people, planet, profit and place, Latitude 10 hires almost exclusively from the local community and encourages guests to explore Santa Teresa, set on the southern tip of the Nicoya Peninsula in Costa Rica. It provides bicycles to guests so they can discover the surrounding area that offers an abundance of local culture, restaurants and a reputation for ecological consciousness that has awarded the community a "blue flag" since 2001.

## Jicaro Island Ecolodge, Granada Isletas, Nicaragua

[www.jicarolodge.com](http://www.jicarolodge.com) · [info@jicarolodge.com](mailto:info@jicarolodge.com) · Tel. (505) 2552-6353



Developed in harmony with the surrounding nature and local community, Jicaro Island Ecolodge is Nicaragua's most upscale nature resort located on a private island in Lake Nicaragua. Nine private two story casitas serve as the perfect setting for romantic escapes and wellness retreats on this secluded island getaway. The open kitchen serves

Nicaraguan fusion cuisine using local and organic ingredients in an open air setting overlooking Mombacho volcano. Immerse yourself into a magical island experience filled with peace and tranquility and access to a wide variety of activities ranging from hiking or zip lining on volcanoes, bathing in hot springs and exploring the colonial treasures of Nicaragua.

---

**Website:** <http://www.cayugaonline.com>

### **Media Contact:**

Deirdre Campbell, **The Tartan Group**, (250) 882-9199 (cell) or [deirdre@tartangroup.ca](mailto:deirdre@tartangroup.ca)

Trisha Lees, **The Tartan Group**, (250) 896-3838 (cell) or [trisha@tartangroup.ca](mailto:trisha@tartangroup.ca)