



For Immediate Release

Embrace inner sloth with Costa Rican ecolodge experiences

Cayuga Sustainable Hospitality runs walks with Costa Rican Tourism Institute's new sloth campaign

Nov. 1, 2011, San José, Costa Rica – With the [Costa Rican Tourism Board](#) having just launched a new campaign that features a three-toed spokesperson named Mr. Sloth, a collection of luxury eco-accommodations is profiling how guests can emulate the country's newest relaxing ambassador and offering smile-worthy overnight rates.

Cayuga Sustainable Hospitality manages properties across Costa Rica and any guest who reserves a three-night stay at any Cayuga property before Jan. 31, 2012 for travel from April 23 to June 15, 2012 and from Aug. 15 to Nov. 15, 2012 will receive an extra night's accommodation for free. Bookings can be made online at www.cayugaonline.com.

"We are using this opportunity to encourage our guests to slow down and experience life through the eyes of one of Costa Rica's most loveable animals," said Hans Pfister, CEO and principle of Cayuga Sustainable Hospitality. "Nap in a beachside hammock, stroll the wildlife-rich beaches and rainforest and chat with a *tico* over a leisurely cup of organic coffee, deciding for yourself if Costa Rica truly deserves the title of Happiest Country in the World."

Cayuga's properties include [Finca Rosa Blanca Coffee Plantation & Inn](#) located just outside San José, [Latitude 10 Exclusive Beach Resort](#) in Santa Teresa, [Lapa Rios Ecolodge](#) in the Osa Peninsula, [Hacienda Tayutic](#) in Turrialba and [Arenas Del Mar Beachfront & Rainforest Resort](#) in Manuel Antonio. To make travelling from property to property a bit easier at unsloth-like speed (most destinations take less than 60 minutes of flight time), guests can hop on one of the 74 daily inbound flights of [Nature Air](#) – a Costa Rican company that has the distinction of being the world's first carbon neutral airline.

Sloth-like experiences include:

- ➔ **Slow Food** – Set 4,000-feet above sea level, your sloth-like self will be happy wining and dining high above Manuel Antonio's Central Valley at [Finca Rosa Blanca Coffee Plantation & Inn](#). As an eco-luxury inn with a 40-acre hard bean organic coffee plantation, be sure to take a tour and learn how local coffee is grown, cultivated, roasted and served (try your paws at a coffee tasting and cupping, too). After you wake up from a nap in one of the Inn's 13 individually designed rooms, head to the on-site El Tigre restaurant and enjoy freshly prepared dishes off the daily menu, each featuring local and seasonal ingredients – perfect for any sloth's digestive system. Overnight rates start at \$250 US (based on double occupancy) and include full breakfasts and afternoon coffees.
- ➔ **Zen Out** – After sleeping in at one of the five private beachfront casitas at [Latitude 10 Exclusive Beach Resort](#), stretch your furry jungle muscles with a morning of surfing or an afternoon of yoga (and because this accommodation was built with a small, intimate footprint in mind, you never have to go far to reach your bungalow, the restaurant or the beach). Also close-at-paw is the local town, a spot packed with funky shops, small cafes and good company (the laidback surfers are never in a rush – unless the waves are calling). Overnight rates start at \$195 US (based on double occupancy) and include breakfast, beach equipment and bicycle use.



- ➔ **Rainforest Comes to You** – Surrounded by 1,000-acres of one of the world’s most biodiverse rainforests, you don’t have to search for wildlife experiences at [Lapa Rios Ecolodge](#) – they come to you. Spread your two (or three) toes and hang from a hammock outside your private bungalow, soaking in the Golfo Dulce views and watching monkeys, birds and other jungle creatures cavorting in the rainforest canopy above. If you’re feeling more like a coati (an active and crafty raccoon-like creature that’s often spotted in Costa Rican rainforests) than a sloth, consider taking part in one of Lapa Rios’ more active tours, such as ziplining through the jungle, kayaking through a series of mangroves or rappelling down a waterfall. Overnight rates start at \$250 US (based on double occupancy and recommended three-night stay) and include all meals, non-alcoholic drinks and on-site tours.

- ➔ **Get a Sugar Rush** – At [Hacienda Tayutic](#), a comfortable Caribbean-style guesthouse, sloths can amble to the property’s plantation for a tour and tasting of the delicious macadamia nuts, coffee and sugarcane. Glucose rush has you jumping out of your furry hide? Burn off some of that energy at one of the Hacienda’s high impact activities, ranging from whitewater rafting to volcano hiking and horseback riding. As a peaceful and laidback property, you’ll have plenty of time to nap on the deck, wander the gardens (keep your beady eyes out for the old chapel and lagoon) and fill your gullet with some of the kitchen’s delicious creations). As an added bonus, the Hacienda is introducing a new two-room spa in early December 2011 – the perfect spot for filing down your two or three toenails. Overnight rates start at \$295 US (based on double occupancy) and include breakfast and snacks throughout the day. Guests who stay longer than two nights receive a complimentary Hacienda tour with lunch.

- ➔ **Five-star Relaxing** – Blending the best of both worlds, sandy beaches and lush rainforests, [Arenas Del Mar Beachfront & Rainforest Resort](#) is Costa Rica’s only accommodation with five-star luxury and five-leaf sustainability. Catering to your every sloth-like whim, this resort has two on-site restaurants, a full-service spa (perfect for removing that slow-growing algae from your fur), two pools with lounge areas and rooms featuring large balconies and outdoor Jacuzzis. Overnight rates start at \$260 US (based on double occupancy) and include breakfasts and two on-site tours.

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 Ps 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 provides expert responsible travel advice, including full itinerary suggestions for families, adventurers and honeymooners. For more information, visit www.cayugaonline.com.

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