

AQUA TOURS WELLNESS SERVICES

Nutrition
Wellness & Spa
Activities
Tours & Services



RESTAURANT & BAR

OPENING HOURS

Bromelia Restaurant

07.00 am - 10am Breakfast | 12.00am - 2.30pm Lunch | 6.00pm - 9.30pm Dinner

Bar

11.00am - 11.00pm

PHONE NUMBER

+505 8739 2422

WELCOME

Head Chef Ben Slow of Aqua's Bromelia Restaurant cordially invites you to come and try our local & fresh cuisine. Our menus always feature seasonal local fresh produce sourced from local farmers and fishermen. We update our menu regularly to guarantee the freshest ingredients. Bromelia Restaurant also bakes all its own breads. We also run special events for most Nicaraguan and American holidays.

Our bar on the beach with waves lapping right under your feet, is open from 11am every day and has an extensive range of national and international drinks and cocktails - a great place to meet people.

Our Bakery and Pizzeria features artisanal Pan De Vida hearth breads fresh from our clay oven. Specialty loaves will include Cheddar Bread, Wholemeal Sourdough and Cinnamon and Raisin swirls among others.

We look forward to serving you fresh creative cuisine beachside.

SAMPLE DISHES FROM OUR MENU

BREAKFAST

French Toast, Pancakes, Homemade Granola and Fresh Fruits, El Typico, Omelette (\$6-10)

STARTERS

Pumkin Soup, Organic Green Garden Salad, Daily Catch Ceviche, Bruschetta (\$6-8)

MAINS

Fajitas, Shrimp or Chicken Satay, various Pasta dishes, various Curry dishes, Churrasco, Catch of the Day (\$14-20)

DESSERTS

Panna Cotta, Lemon Sorbet, Fruit Salad, Cakes (\$5)



WELLNESS & SPA

OPENING HOURS

08.00 am - 06.00pm

PHONE NUMBER

+505 8849 6235

WELCOME

Practice yoga to the sound of the waves on our elevated oceanside platform, deepen your relaxation with a massage offered in our spa villa or in the comfort of your villa, and advance your practice through private training programs, lessons and nutritional workshops. Aqua's 'pure wellness in nature' programs make use of classes and treatments incorporating local natural products, materials and techniques. Personal wellness consultations are made available for all guests and include a customized program of recommended treatments and services.

BOOKING & RESERVATIONS

We recommend booking your Wellness Services ahead of time in order to ensure that we have availability. You may pre-book your wellness services by calling front desk at (+505) 8849 6235. At the time of booking a credit card will be required to reserve your service. If for some reason you need to cancel your service please do so 24 hours ahead of time in order to avoid being charged for the service in full.

YOGA & MEDITATION

Detoxifying Yoga Class

Daily at 10am (90 min | \$10)

Walk-ins and all levels welcome.

Sunset Meditation and Yin Yoga Classes

Scheduled on request at 5pm (90 min | \$10)

Walk-ins and all levels welcome.

Private Lessons

Scheduled on request (90 min | \$50)

NUTRITIONAL CONSULTATION AND RAW VEGAN / CHOCOLATE WORKSHOPS

Learn the basics of healthy eating for your body and digestion. A free 15 min consultation provides details on how we can help tailor an improved eating regimen for your body.



WELLNESS & SPA

SPA MENU

MASSAGES

Aqua Massage, After Yoga Massage, Mombacho Massage (60 min | \$50)

Reflexology Foot Massage (30 min | \$40)

Face, Neck & Scalp Massage (30 min | \$30)

FACIAL TREATMENTS

Rejuvenating Facial (50 min | \$50)

Sol Recovery Facial (30 min | \$40)

BODY TREATMENTS

Detoxifying Lymphatic Drainage (50 min | \$50)

Aqua Oxygenating Envelopment (30 min | \$40)

Organic Cacao Exfoliation (30 min | \$40)

Papaya and Pineapple Enzymatic Polishing (30 min | \$40)

SPECIALTY SERVICES

Ear Candling (30 min | \$35)

WELLNESS PACKAGES

Amore: Organic Cacao Exfoliation & Mombacho Massage & Champagne Cocktail & Fruit Platter (90 min | \$180 per couple)

Aqua: Aqua Massage & Sol Recovery Facial & Guava Cocktail (90 min | \$90)

Yoga: Choice Of After Yoga Massage or Detoxifying Lymphatic Drainage followed by Detoxifying Foot Reflexology & Jamaica Tea (90 min | \$90)

ARRIVAL

If receiving a service in our spa (villa "Garza") we recommend that you arrive approximately ten minutes early in order to fill out our client questionnaire which will help us customize the service/services and offer a more personalized treatment. You may also choose to come to the reception any time prior to your appointment to fill out the questionnaire in advance. If receiving a service in your private villa then please expect your therapist to arrive 10-15 minutes early in order to set up.



BEACH & WATERSPORTS

RENTAL HOURS

8.00am - 5.30pm

PHONE NUMBER

+505 8849 6235

WELCOME

Redonda Bay has a shallow white sandy bottom, and an orientation that is protected from large pacific coastal swells by our cove, making bathing relaxing and comfortable. All Aqua customers are welcome to lounge on our beach loungers, snorkel or kayak, and treat yourself to fresh organic juices, cocktails served up right on the beach.

Aqua has a number of recreational water activities available right on the beach, including Kayaks, paddle boards, surf boards and snorkeling. Lessons and instruction are also available for surfing with the top local surfing breaks of Colorados and Manzanillo just to the North and South, and kayak/paddle boards in the bay.

Please call to book 12 hours in advance.

RENTALS - (FREE FOR GUESTS OF AQUA)

Kayaks and Paddle boards: \$10/hr \$15/2hrs \$20/half day \$35/full day

Surf boards: \$15/day

Snorkeling gear: \$5/day

Traditional Fishing lessons and equipment: \$10 / day

SERVICES AND LESSONS

(lessons include equipment rental)

Surfing: Single \$30/1 hr, \$55/2hrs, \$80 /3hrs, \$100/4hrs

Couples: \$50/hr, \$95/2hrs, \$180/4hrs

Kayak/Paddle boarding: \$15/hr

Traditional Nica fishing: \$15/hr

Transportation to local surf beaches: \$18 round trip



TRIPS, TOURS & SERVICES

OFFICE HOURS

07.00 am - 09.00pm

PHONE NUMBER

+505 8849 6235

WELCOME

On land or on water there are many activities for you right here at Aqua, including fishing, hiking, snorkeling, sea kayaking, horseback riding and of course world class surfing. Our local community and surf town of Gigante has a surprisingly active nightlife and a number of charming restaurants only a 15 minute walk away. We also encourage you to get involved with our local schools, children, farms and conservation efforts. Further afield, we can organize day trips for volcano and island tours, tours of coffee plantations, tobacco rolling, trips to Granada and private islands in lake Nicaragua.

We are here to craft an experience in our wonderful country just to your liking!

BOOKING & RESERVATIONS

We recommend booking your day trips and tours 2 days ahead of time in order to ensure that we have availability. You may pre-book by calling front desk at (+505) 8849 6235. At the time of booking a credit card will be required to reserve your service.

If for some reason you need to cancel your service please do so 24 hours ahead of time in order to avoid being charged for 50% of the service. If you cancel 6 hours or less in advance we will charge for the service in full.

THINGS TO REMEMBER

Please remember to bring a copy of your passport on all tours. The reception desk will be happy to assist you with this.

Some useful items to bring with you are hats, sunscreen, sturdy shoes, cash, water, and a camera to capture your unforgettable adventures!

Tours start and end at Aqua Reception, and most of them include transportation, lunch and soft drinks.

Our tour guides and operators are bilingual (English and Spanish) and undergo regular quality assessment and development training - we pride ourselves on working with the best local operators.



TRIPS, TOURS & SERVICES

TOURS

VOLCANO MOMBACHO HIKE & CANOPY TOUR [Full day]

An exhilarating day up to the peak of Mombacho volcano for hiking and ziplining. 1 to 4 hour hikes with differing grades from gentle to advanced are possible

\$170/pp (2 people) | \$140/pp (For 3-7) | \$129/pp (For 8-15)

OMETEPE ISLAND DAY TRIP [Full day]

Chose from a relaxed indigenous art and organic coffee plantation tour, or a hike to the top of Maderas Volcano (6-8 hrs)

\$149/pp (2 people) | \$119/pp (For 3-7) | \$109/pp (For 8-15)

GRANADA CITY TOUR & MASAYA VOLCANO NATIONAL PARK [Full day]

Visit both colorful colonial Granada and the active Masaya volcano crater, tunnels and cave

\$135/pp (2 people) | \$99/pp (For 3-7) | \$89/pp (for 8-15)

GRANADA CITY TOUR & LAS ISLETAS [Full day]

Explore colorful colonial Granada and also tour the isletas surrounding the city by boat

\$150/pp (2 people) | \$99/pp (for 3-7) | \$89/pp (for 8-15)

LAGUNA DE APOYO, MASAYA VOLCANO & MARKET [Full day]

A day trip to a beautiful volcanic crater lake, local markets for traditional souvenirs, and the active Masaya volcano

\$120/pp (2 people) | \$89/pp (for 3-7) | \$69/pp (for 8-15)

MASAYA VOLCANO NIGHT TOUR [Half day, afternoon departure]

A nighttime caving adventure through the lava stream caves in active masaya volcano - exploring the unique fauna and possibly lava glow

\$135/pp (2 people) | \$109/pp (for 3-7) | \$99/pp (for 8-15)

CANOPY OF SAN JUAN DEL SUR [Half day]

Ziplining just 5 minutes away from San Juan Del Sur

\$120/pp (2 people) | \$99/pp (for 3-7) | \$89/pp (for 8-15)

SAN JUAN DEL SUR AND LA FLOR SEA TURTLE WILDLIFE REFUGE [Night departure, 8 hrs]

Visit one of Nicaragua's most important wildlife sanctuaries to observe sea turtles laying and hatching

\$129/pp (2 people) | \$105/pp (for 3-10) | \$99/pp (for 11-15)

SAN JUAN DEL SUR BY BOAT [Full day]

Zip over to San Juan del Sur for a fun day trip, stopping by a private sandy beach to play on the way back

\$95/pp (2 people) | \$79/pp (for 3-5) | \$59/pp (for 6-8)



RIVAS - SAN JORGE AND SAN JUAN DEL SUR TOUR [Full day]

Tour Rivas by three-wheeled bike, the port city of San Jorge and the beach city of San Juan del Sur
\$99/pp for 2 | \$89/pp (for 3-10) | \$79/pp (for 11-15)

NICARAGUAN FISHING EXPERIENCE [early morning or mid-afternoon departure, half day]

Troll for local fish while viewing the coastline in a local panga - we'll cook up your catch!
\$89/pp (2 people) | \$69/pp (for 3-5) | \$49/pp (for 6-8)

SPORT FISHING WITH CAPTAIN ROB

Chase down deep water game with captain Rob in his custom center console boat well-kitted with sonar and modern equipment.

\$160/pp (2 people) | \$120/pp (for 3-4) | \$90/pp (for 5-6)

SUNSET CRUISE [late afternoon departure, 2 hrs]

A gentle, relaxing, romantic or booze cruise for our nightly gorgeous sunset.

\$69/pp (2 people) | \$49/pp (for 3-5) | \$39/pp (for 6-8)

OMETEPE ORGANIC FARM TOUR [early morning departure, full day]

Learn how two farms on Ometepe use the latest integrative permaculture techniques to farm the land locally
\$189/pp (2 people) | \$159/pp (for 3-7) | \$129/pp (for 8-15)

AQUA SUSTAINABLE SYSTEMS TOUR [1.5-2 hrs]

A tour of how we have conceived, crafted, and operate Aqua as a sustainable system

\$25/pp (2 people) | \$20/pp (for 3 or more)

HORSEBACK RIDING TOUR [1.5 hrs]

Explore the beautiful nature and beach of our local area on horseback

\$25/pp

HIKE THE BIG FOOT ("PIE DE GIGANTE") FORMATION [1.5 hrs]

A guided hike out to the point of Pie de Gigante for majestic pacific coast views

\$25/pp

LAS SALINAS HOT SPRINGS & DINNER TOUR [Half day]

Boat up to Las Salinas and transfer to 4x4 for an exploration of the hot springs in the area. Dinner at a wonderful local seafood restaurant.

\$109/pp (2 people) | \$89/pp (for 3-5) | \$69/pp (for 6-8)

PRISTINE REMOTE BEACHES BOAT TOUR [Half day]

Cruise the coastline whale, dolphin, and turtle watching; stop by pristine beaches accessible only by boat

\$80/pp (2 people) | \$69/pp (for 3-5) | \$49/pp (for 6-8)

SERVICES

Transportation to MGA, Rivas, Granada, LIR (costa rica) - PLEASE CALL

Spanish lessons - Group and Private - PLEASE CALL

