

MÍSTICO

BEACH COMMUNITY & RESORT

- COSTA RICA -

Ride. Connect. Belong.

BEACH COMMUNITY & RESORT — CENTRAL PACIFIC — COSTA RICA

Riding lessons and horse experiences where nature, wellbeing, and the bond between people and horses come together — set within the Místico way of living.

PROGRAM OF ACTIVITIES

01. THE MÍSTICO EQUESTRIAN EXPERIENCE

More than riding. A way to belong.

Between the forest and the Pacific, a different rhythm begins — the trail quiets, nature surrounds you, and a horse waits at the gate. This is where the Místico Equestrian experience begins.

Místico Equestrian is not only a riding center. It is an experience that brings together nature, wellbeing, learning, and the connection between people and horses — authentic, thoughtfully guided, and memorable for the whole family. Here, riding begins with understanding the horse. Our approach combines horsemanship, individual instruction and connection with nature, creating experiences designed around both horse and rider.



WHAT WE RIDE BY

Respect for the horse
A relationship of mutual benefit and trust.

Responsible riding
Thoughtfully guided and properly prepared.

Wellbeing
Presence and calm, in and out of the saddle.

Harmony
The quiet understanding of horse and rider.

Nature
Forest, trail, and coast as the classroom.

Belonging
A community gathered around the horses.

02 · TRAIL RIDES & EXPERIENCES

Into the forest, down to the sea

Ride out along Místico's natural trails — through the forest, into the light, and toward the Pacific. Guided experiences tailored to the rider.

Horseback riding tour — US$60
Explore the green trails at Místico · 60 min

Private personalized ride — US$100
Your route, your pace — planned around you · 60 min

Family ride — US$220[1]
Up to 4 riders, together on the trail · 60 min



1. Family ride price is one payment for the entire group of $220.



03 · RIDING LESSONS

Lessons for every rider

From the first time in the saddle to refining an advanced seat, lessons are shaped to the rider — patient, personal, and grounded in horsemanship.

Instruction led by **Lisa Goldman**, B.S. Equestrian Studies, with 50 years of experience across multiple equestrian disciplines.

Beginner
Balance, confidence, and the basics of contact and care.

Intermediate
Transitions, position, and riding with feel across gaits.

Advanced
Specialized work across disciplines, tailored to your goals.

LESSON RATES

Private lesson · 45 min	**US$70**
Private lesson · 60 min	**US$80**
Semi-private · 2 riders· 60 min	**US$65** / person
Group lesson · 3 – 6 riders · 60 min	**US$50** / person

YOUR INSTRUCTOR

Lisa Goldman

B.S. EQUESTRIAN STUDIES · 50 YEARS WITH HORSES

Lisa Goldman has spent **over 50 years** working with and learning from horses across disciplines including dressage, hunter jumper, three-day eventing, and trail riding. She holds a **B.S. in Equestrian Studies** — though she will tell you the horses have always been her greatest teachers.

> *"The relationship between horse and rider should be one of mutual benefit and harmony."*

— MÍSTICO EQUESTRIAN · LEAD INSTRUCTOR





04 · POLO

Polo

Where riding becomes sport.

A discipline of precision, rhythm, and connection — polo is where horsemanship meets sport, played in the heart of Místico.

Polo lessons at Místico Equestrian build on the foundations of horsemanship, introducing riders to mallet handling, positioning, and horse control at speed. Instruction is personal and progressive, guided by a lifetime spent in the saddle.

YOUR INSTRUCTOR

José Chávez

WITH HORSES SINCE HE WAS 3 YEARS OLD



Riding since the age of three — bareback from the start — and working with polo horses since age six. A lifetime spent with horses of every kind.

Riders should be comfortable at walk, trot, and canter, with confident, independent control of the horse, before beginning polo instruction. For riders without that experience, an introductory or refresher riding class is recommended beforehand — the ideal way to prepare for the saddle before picking up the mallet.

POLO RATES

Item	Rate
Polo lesson · 60 min — private	**US$50**
Polo lesson · 60 min (semi-private, max 2 riders)	**US$40**[1]

1. Semi private polo lesson price is per person.

04 · POLO

Polo

Where riding becomes sport.

Rates are per person. When two riders take a class together, the second rider receives a reduced rate. Classes are semi-private, limited to a maximum of 2 riders.



GOOD TO KNOW

- Minimum riding age: 6 years (same as all Místico Equestrian activities).
- Helmets are provided.
- For polo lessons, closed-toe boots or shoes with a small heel are required — sneakers are not permitted, for rider safety. (Sneakers are fine for standard riding lessons and trail rides.)
- Mallets ("tacos") are provided — no need to bring your own equipment.
- Polo activities are subject to rider assessment, horse availability, and trail/field conditions.

05 · MISTICANO RATES

Explore your neighborhood

Programs to find a home at the stable for Místico owners.

Místico Owners

Preferred rates and lesson packages for the Místico Beach Community & Resort owners. All lessons are 60 minutes long, making it easy to incorporate riding into daily life.

Owner private lesson	**US$50**
Package · 4 lessons	**US$180**
Package · 8 lessons	**US$340**
Owner's horseback riding tour	**US$50**

Minimum riding age is 6 years.



MÍSTICO
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- COSTA RICA -

RESERVATIONS

Come spend a morning with us.



PHONE
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WHATSAPP
+506 6121-5634

INSTAGRAM
@mistico_costarica

LOCATION
Místico · Central Pacific, Costa Rica

GOOD TO KNOW

Riding activities are subject to rider assessment, horse availability, weather and trail conditions. Age, weight and experience restrictions may apply. All participants must complete the required documentation.

RIDE. CONNECT. BELONG.

CANCELLATION POLICY

CANCELLATIONS MADE 24 HOURS OR MORE BEFORE THE SCHEDULED ACTIVITY

No cancellation fee. Any payment made may be refunded or applied as a credit toward a future booking.

CANCELLATIONS MADE LESS THAN 24 HOURS BEFORE THE SCHEDULED ACTIVITY

The reservation is non-refundable and 100% of the activity fee will be charged.

NO-SHOWS

No-shows will be charged 100% of the reserved activity.

LATE ARRIVALS

Guests are kindly requested to arrive at least 15 minutes before the scheduled start time to complete the required waiver and documentation. Late arrival may result in a shortened experience and does not qualify for a refund. If the delay makes it impossible to safely conduct the activity, it will be considered a no-show.

WEATHER CONDITIONS

Horseback riding activities may be modified, postponed, or cancelled due to weather, trail conditions, or any circumstance that could affect the welfare of the horses or the appropriate operation of the activity. If Místico Equestrian cancels an activity, guests may reschedule or receive a full refund.

HORSE AND RIDER CONSIDERATIONS

Místico Equestrian reserves the right to modify or cancel an activity when necessary due to horse health or welfare, rider suitability, trail conditions, or operational circumstances. In such cases, an alternative horse, activity, date, or refund may be offered, as applicable.

CHANGES TO RESERVATIONS

Changes to the date or time are subject to availability and should be requested at least 24 hours in advance.