

Short Hike

Sunrise Hike & Beach Meditation

We pick you up and take you through the quiet countryside to the enchanting Alto Vista Chapel. Under the clear starry sky, we will make our way along the northern coastline to a beautiful white sand beach. We will take a seat on the pure white sand as the day breaks before us and our meditation begins. What a magnificent way to experience Aruba.....so tranquil, so serene and yet so powerful.



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Sunrise Hike & Beach Meditation

Tour Description:

Start your day in the most magical way—hiking under the stars and watching the sunrise over Aruba's wild North Coast. This exclusive experience begins in the quiet darkness at Alto Vista Chapel, leading you on a scenic trail through untouched nature, ending at a secluded beach where a guided mindfulness meditation awaits. As the sun rises over the ocean, reconnect with yourself and the beauty of Aruba in this peaceful and inspiring setting. Transportation, local guides, and breathtaking views are all part of this unforgettable morning.

Designed for:

Travelers seeking serenity, spiritual connection, and immersive nature experiences. Ideal for wellness enthusiasts, couples, solo explorers, and anyone looking to start the day with clarity, calm, and the raw beauty of Aruba's coastline and Nature.



 Starting Point



 Briefing



 Alto Vista Chape



 Birds Singing



 Private "Mindfulness" Beach Meditation



 Boca Cora



 Firemen's Trail



ITINERARY SUMMARY



Excursion Size
Private



Excursion Type
Cultural, Scenic, Active,
Spiritual



Excursion Duration
3 hours including
transportation



Time
5:30 am / 6:30 am
(Depending of the time of the year)



Activity Level
Moderate Hiking



Transportation
Included



Distance
4 km / 2.5 miles



**Food/Beverage
Provided**
Water and fruit

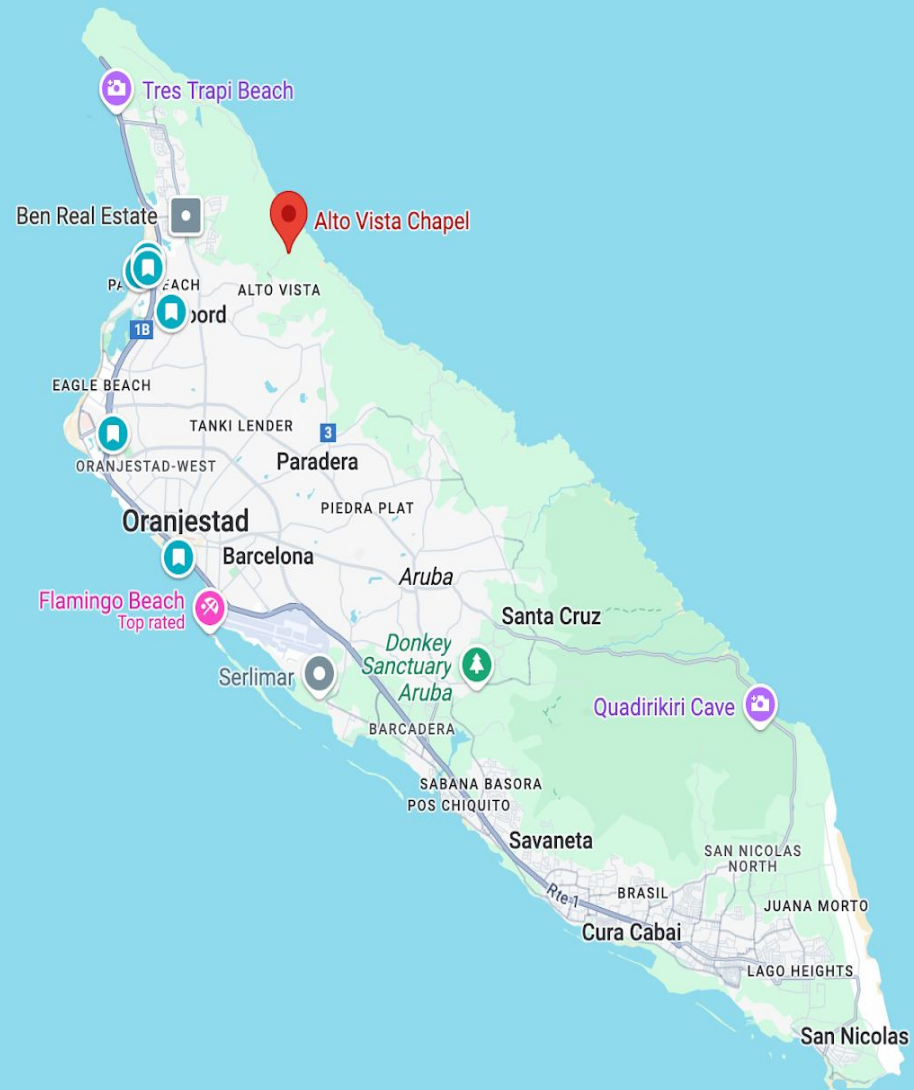


Recommended Dress
Sneakers, comfortable
shorts or pants for walking,
T-shirt, camera and hat.

This tour is Private

Restrictions – This tour is physically active and general health is necessary.







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