

Costa Rica 2019 Travel Info

Location

Playa Hermosa, Guanacaste Province is on the Gulf of Papagayo on the NW Pacific coast of Costa Rica.

<https://www.google.com/maps/place/Playa+Hermosa/@10.5759612,-85.6838625,16z/data=!3m1!4m5!3m4!1s0x8f9e2a1b8e6f8003:0x88573390debbd4a2!8m2!3d10.572799!4d-85.6802457?hl=en>

Flights

The Daniel Oduber International airport in Liberia (LIR) is 25 minutes from the retreat site. Alaska has a flight from LAX Tuesdays, Thursday, Saturdays and Sundays. From Seattle, a 5:00 AM flight connects in LAX and will have you in Costa Rica in time for sunset in Playa Hermosa. You can also arrive in LA the day before to catch the 8:30 AM flight from LAX the next day. On the return, the flight leaves around 5:00 PM and gets into Seattle 2:30 AM, or you can spend the night and catch a Seattle flight the next day.

Delta, United, American and others also have direct flights from many U.S. cities.

Airport transportation

Round trip transportation to/from the Liberia airport is included.

Travel Documents

Visas are not required in advance, will be issued on arrival for 90 days. **Note that passports must have a minimum of six months before expiration for admission into Costa Rica.**

Lodging

We will be living in three private homes with pools in the Hermosa Heights residential community. The beach at Playa Hermosa is about a 20 minute walk, a little longer on the return as it is uphill. The yoga space will be an outdoor patio with plenty of shade in one of the houses, and meals will be next door. The third house is a 5-10 minute walk. All bedrooms and living areas have panoramic views of the Gulf of Papagayo.

If you come early or stay after, there are some nice small hotels on the beach in Playa Hermosa and Playas del Coco, as well as a higher end one in Playa Panama. We will be glad to give you referrals and make introductions, it is high season, so sooner is better. We will also have a limited number of rooms in the houses the nights before and after the retreat for an extra \$60/person/night.

Meals

Fruit and coffee/tea daily before morning yoga and a full breakfast afterward will be provided. There will also be five catered dinners included. All food is fresh and local, with seafood, poultry, and plenty of vegetables.

You will be on your own the other two nights. With several good restaurants in Playa Hermosa and many more in nearby Playas del Coco, there will be numerous of options.

Activities

There will be free time about 10:00AM- 5:00 PM daily, as well as evening after dinner. Options for guided excursions include Rincon Volcano, Tears of Cortez waterfall, Diamante Eco Park, local beaches, and others. We will have more information and ability to sign up at our opening dinner Sunday night.

For music and other nightlife, Coco is 10-15 minutes away.

Rental cars

We will have a van for Liberia airport pickup and dropoff, and routine trips to Hermosa and Coco. For exploring on your own, rental cars are available for about \$50/day, including insurance. We will be glad to make introductions for you with enough advance notice.

WIFI and cellphones

All of the homes have WIFI service, as do most restaurants and businesses. WhatsApp is a great way to communicate back home, as well as locally, without any airtime charges. If you have Verizon, they offer an extension of your home plan for a flat rate of \$10/day, and service is good.

Currency

The Costa Rican currency is the colone, with about 560 colones/US dollar. ATMs are prevalent for use of debit cards, and credit card use is widespread. Be sure to put on a travel notice with your bank. If you prefer bringing cash, we will have colones on hand to change from dollars.