

A Sacred Pause

Summer Solstice Retreat

Welcome! Glad to have you join us! A retreat from the routine, from the norm, from your day to day. A retreat to get away, rejuvenate, calibrate and reconnect with yourself. There are few better opportunities than this to have an experience of a lifetime and take care of yourself so well all in one!!! You are going to LOVE it! You are going to - Tierra de Sueños Retreat and Wellness Center. Tierra de Sueños is at Playa Chiquita in Puerto Viejo and is nestled in the jungle right next to some of the best beaches in Costa Rica. The center is just outside the touristy port town of Puerto Viejo on the Caribbean side of Costa Rica with typical warm and turquoise Caribbean beaches. This is as far East and South in Costa Rica as one can get. Monkeys, toucans, sloths and other wildlife inhabit the area and are seen and heard overhead.. As an Eco facility in a remote area of the country we are considered off the beaten track. clean air, healthy food, active life and easeful living. True PURA VIDA!

The infrastructure in Costa Rica is not up to the same standards of North America, and while everything works most of the time, sometimes things happen! Puerto Viejo, the township we are a part of, is definitely a little remote in Costa Rica. We are right in the jungle and out in nature far away from busy city energy, which is why people come here. But coming here means relaxing and understanding that sometimes things can happen and don't work as well as they do in the US all the time. Eco-Friendly We reuse as much as possible. We compost our waste. Everything goes back into nature here. We are eco friendly and use very little chemicals. We are also right in the midst of the jungle so expect a natural environment teeming with life. Remember that here we can't separate ourselves so definitively from nature as is possible in other places.

The Planning Process

Travelling to the centre can be made to be smooth and easy if you are prepared. We are 4-5 hours drive from the San Jose airport but the drive is pretty cool and relaxing if you are a passenger and if time permits you will have a stop along the way for an optional meal. Bring a good book to read or listen to, some snacks and you'll be set. If a car ride is not your thing, hop on a national flight from San Jose to Limon using Sansa Air <http://crc.flysansa.com/en/home>. These national flights are around \$80. You can then take a shuttle or taxi from Limon to here, about an hour drive, for around \$20-\$25.

Is Costa Rica like vacationing in Mexico? No, this is not an all inclusive vacation centre with buffets and bottomless drinks and in fact it is a different approach altogether. The Caribbean of Costa Rica has minimal access to supplies and large vendors but instead has a bounty of fresh delicious fruits, coconuts, fish and vegetables. We use these foods and others to make the most delicious and nourishing meals. All homemade, all from scratch, and all fresh to your table. You may notice the foods are refreshing and cleansing. We offer clean health drinking water, fresh vitalized air, and then top that off with local caribbean delights in food and culture! It's truly a unique experience. Because importation is very costly and limited we source locally and buy loads of fresh foods from markets. You will notice that conservation, recycling and reusing is a way of life throughout the country, but especially here in the remote area of the caribbean. We will invite you to enjoy quick showers and participate in washing your plates and cups which allows us to run our small kitchen despite lacking the convenience of a dishwasher.

Is Costa Rica cheap? No. An interesting thing about Costa Rica is that you may find that it is not as inexpensive as you may have been told or expected. There was a point in time where things here were much less. But the dynamics in the economy have definitely shifted over the years and made it such that the cost of many things like transportation, tours, food, souvenirs and massages are comparable to what you would pay in your home country. So plan your financials as you would for a trip in your home country. Also plan to have some cash on hand as many items are cash only. USD work well for everything and are widely accepted.

Important Details

- Weather – Temperatures are great year-round. And even in other months you will still get lots of sun mixed with some rain.
- Bungalows – Our bungalows are open air with no air conditioning as temperatures stay between 73-88 degrees year-round. All bungalows have fans to keep air circulating and the evening air is often cooler. You'll hear the sounds of nature all around.
- Caribbean Style – Our bungalows are fitted with zinc roofs meaning that you will hear the sweet sound of the rain on your roof top. For some this is amazing for others a lot to take in. Come prepared with earplugs in case you are in the latter group!
- Food – We prepare healthy, locally sourced, fresh meals. Our standard menu is vegetarian and includes eggs for breakfast, many beans, legumes and pulses for protein.

- Food Allergies – If you have any food allergies or dietary restrictions please let us know beforehand so we can plan.
- Drive from airport – Tierra de Suenos Retreat & Wellness Centre is about a 5 hour drive at peak driving times. There are also flights from San Jose to Limon if you are looking to reduce your travel time or time in a car. Please look up Sansa Airlines and the national airline in Costa Rica. Limon is about a 1 hour drive from Tierra de Suenos.
- Beaches – Our retreat center is a short 5 minute walk across the street to a beautiful body of turquoise water. Warm like a bathtub but refreshing from the heat. The beach may very well be your favorite place to be!

FAQ's

Where are you located? We are 6 kms away from Puerto Viejo. Our physical address is: Tierra de Suenos Retreat & Wellness Center 50 Meters North of Hotel Shawanda in Playa Chiquita Puerto Viejo de Talamanca, Costa Rica

When do we check in and out? Check-in time is 2:00 PM and check-out time 11:00 AM. Our lodge is open between 8am and 8pm - if you need to arrive outside of these times please contact us in advance so we can make arrangements.

What are your hours?

Our front reception is open from 8am to 8pm. If you are arriving outside of these times please let us know so we can make sure to meet you at your arrival. Call us at 2750-0378 if you are running late the day of your trip.

What beaches are in the area? The Caribbean side of Costa Rica is host to some of the most beautiful rock free beaches in all of Costa Rica. At our location you have the choice of a variety of beaches for whatever your heart desires, surfing, jumping the waves, relaxation, stand up paddle and more... ● Playa Negra – entrance of Puerto Viejo. This is where surf training and beginning surfers practice. ● Cocles – In Cocles just 5 minutes past Puerto Viejo. ● The main beach Salsa Brava – This is the competition wave area for extremely experienced surfers. ● Playa Chiquita – This is across the street from us and has a beautiful private beach area. Tan, swim or do your morning walk or yoga on the beach. ● Punta Uva – One of Costa Rica's most famous beaches 1 mile away and only 2 minutes drive from us! ● Manzanillo – 10 minutes from us. This is a calm beach and excellent for young families with children.

What is the weather and temperature like? The local temperature averages 73-88 degrees year round. The climate has often been called a "micro-climate", implying that the variable factors affecting this region are independent from the rest of the neighboring areas. This region shares very little in common with the rest of the country's weather cycles and prognostication, as the rainy season is often blessed with several weeks of dry, hot and sunny days, while tropical showers can be experienced during the summer season.

When does the rainy season begin?

From May through August, expect clear skies in the morning and rain in the afternoon or overnight. No matter if it rains or shines there is always so many things to do and see in this beautiful location and often rains come and go leaving the air fresh and revitalized. What are the essentials to bring on my trip? Be sure to plan for both the heat and rain. Sneakers and flip flops. The jungle loves to ruin leather so plastic footwear is better! Long pants for excursions, a light coat or sweater for those cooler evenings. A bathing suit, yoga apparel, umbrella, flash light, your own personal hygiene and care products and that's really all you need. You can bring your own personal yoga mat for your practice. It will make you feel comfortable and at home even while being in the jungle!! But if you can't fit it no worries as we do have some on site.

What are the roads like?

The roads on the Caribbean side are very good. You are able to bike for long stretches but must be cautious of the fast drivers. The roads from the airport to our retreat center are some of the best roads in Costa Rica but the highway is also very slow moving so sit back and relax.

How are the beaches? Is there surfing? Many of our guests have experienced rocky beaches on the pacific side. We are privy to many beach areas on the Caribbean side all of which are rock free and simply beautiful. If you are interested in surfing, we have some great surf areas. When in the water always watch the flag system while at the beach Green is mild current, yellow-medium and red- high current and caution while swimming is recommended.

Where can we shop? We are less than 10 minutes away from Puerto Viejo where you will find many shops, restaurants and artisans offering unique designs. We also have small boutiques and sellers close by. There is a grocery store a short walk from our centre and you can buy beer, wine, snacks and basic necessities.

How do the telephones work?

Tierra has a local phone used for the lodge needs and for emergencies. We can also call anywhere in Costa Rica for you if needed. Cellular phones generally have good reception in our area if you are using one. If there is an emergency back home and a loved one needs to reach you, they can call our local telephone number from 8 to 8 and we can come and get you for that call.

Do you have WIFI? Tierra offers Free WIFI to all guests. WIFI is available in the main lodge and eating area at all hours of the day. Do keep in mind though that the internet is not as reliable as other developed areas of the world and it is NOT in your bungalow.

Do I need vaccinations? Where are the closest medical facilities? No vaccinations are required. A fully equipped emergency facility and clinic is located 10 minutes away in Puerto Viejo. Also, it is advised that you speak with your doctor about any vaccinations or considerations that they may suggest about traveling in Costa Rica. Medical travel insurance is always advised.

Are there mosquitoes?

This is the jungle, so there ARE mosquitos and many other bugs. The mosquitos are not excessive (depending on where you're from and your mosquito experience) but you will notice them. Bed nets are provided. You can bring bug repellent for your use or better yet a pair of pants and long sleeved shirt for evenings.

What currencies should I use?

The local currency is Colones however bring U.S.\$ cash which can be used in Costa Rica to pay most things related to tourism. In the Puerto Viejo there are a couple banks and a few ATM machines. Most tour operators and small businesses only

accept cash so it's wise to have some with you, and tours are often priced in dollars. Cash is also great for tipping. We do not apply an automatic gratuity but you will see this used across the restaurants in the area. Tipping in Costa Rica is not required, but very appreciated and our staff are grateful to receive gratuities. We do have a gratuity box onsite if you would like to leave something for the staff to share. If you are planning to use your credit card, please inform your bank that you will be travelling and using your credit card outside the US/Canada/Europe. Often banks will shut down credit card payments outside the US if not informed. Exchanging currency at the airport will be very costly, check with your bank before you leave your home country to bring some US cash or Colones with you. It's handy and you will want to have some. If you forget there are bank machines here in town.

Can I use my Credit Card?

Credit card acceptance varies widely. Taxis, Tuk Tuks, smaller restaurants/stores and some tour companies will only take cash. Many larger companies are set up to take credit cards which will also include a 11-13% Costa Rican Sales Taxes. Common credit cards that are accepted are VISA and Mastercard. Very few places take American Express or other credit cards. Cash is the most maneuverable way to pay for what you need and to sometimes receive discounts, but you will be fine with either.

What travel VISAs are needed?

No travel VISA is necessary as you are allowed to be in Costa Rica for 90 days. What travel insurance is needed? You will want to get your own travel insurance.

What taxes will I have to pay?

Tourist Tax Upon leaving Costa Rica a tourist tax must be paid before passing customs. A rate of \$28.00 can be paid directly at the airport at time of arrival or

may have been included in your ticket price - check with your airline. The local tax rate is 13% in hotels. Other rates apply for other services.

What is the nature like?

Costa Rica is well known for its thriving natural habitat and is one of the main reasons so many tourists come to Costa Rica every year! Expect to see a variety of large insects, plants, butterflies, howler monkeys, sloths, agouti and more. There are wildlife facilities close by as well.

What other amenities should I think about?

Electricity voltage and plugs are the same as in the US 110 volts. However electricity systems have more surges than we are accustomed to in North America so be aware that these can affect electrical devices at times. We suggest to use electricity as needed but not leave your devices plugged into the sockets when not necessary. Each room is equipped with a safe deposit box, ceiling fan, as well as other amenities. If there is something you need that your room doesn't have please speak with us at the lodge so we can see how we can better serve you.

What about laundry?

Laundry service is only a short 3 minute walk away and is generally done the same day.

Do I have to bring shampoo and soap? All bungalows have soap, shampoo and conditioner available.

Do I tip? Tips are not required at our centre but are certainly appreciated. Standard service charges at restaurants in the area are generally 10% and added on automatically. We do have a tip box in our lobby eating area and when tips are

received they are shared across all our staff, unless of course you choose to tip someone directly.

What's the Yoga Pavillion like? Our Yoga shala is an open air shala set into jungle landscape. It is made of wood and can be quaintly creaky. The surface is smooth and slippery so please be aware of this when doing movement off your mats or moving quickly. There are mats and blocks available for use if you don't want to bring yours.

Suggested Packing List

Expect temperatures to range from 73-88 degrees. You only need a light sweater or two for evenings, and a pair of light pants to protect your legs from mosquitos when the sun goes down. ☐ running shoes for fitness classes and / or light hikes or activities ☐ sandals for beach and retreat center use - slip ons are great ☐ day pack to carry water/snacks/personal items to the beach or on tours ☐ swimwear - even if you don't swim you may want to wade in the ocean ☐ beach towel and / or beach mat ☐ sun hat / high factor sunscreen / sunglasses / SPF clothing- be aware that you will be close to the equator so the sun is intense and you need protection ☐ sweater and light loose pants for in the evenings ☐ rain shell and an umbrella ☐ water drink bottle and a to-go hot beverage cup ☐ yoga mat if you will be doing yoga - there are also some at the center ☐ flashlight ☐ baby wipes are handy ☐ moisturizer or aloe vera gel if you get a sunburn ☐ ear plugs - it's amazing to sleep in the sounds of the jungle but if they are too much you'll have ear plugs to help. Howler monkeys wake up really early ;-). ☐ natural bug spray if you are sensitive to mosquitos ☐ US or CR currency for purchases, massages, tours and transportation. Cash will almost always be your easiest option for paying for these things. ☐ A book or two for reading during free times A Request... In our remote town of Puerto Viejo we don't have many choices for shopping and a limited amount of materials are available. One thing that our family is always looking for

is kids books. We have a 2 and 4-year-old that love to read with us. If you have old or unused kids books around your home we would love to help you repurpose them and give them a home here.

Questions? If you have any questions that you want to ask before you travel here please message us at info@tierradesuenoslodege.com or call us at 506-2750-0378 in Costa Rica. Safe Travels ~ The Tierra de Suenos Team