

Boca Sombrero 2009/2010 Retreat Info

Hola,

Thank you for choosing Boca Sombrero to host your retreat.
We look forward to share the beauty of the Osa Peninsula with you!
Here is the information that you will need to make plans for your group.

ACCOMMODATIONS

Our spacious beachfront property has been landscaped with much care to promote privacy and welcome wildlife. We have 8 thatched-roof tent platforms and 3 houses, Casa Rio Sombrero, Casa Playa Sombrero and Casa Troya. The houses and tent platforms are just steps away from Playa Sombrero as well as the mouth of Rio Sombrero, which can be an excellent seasonal freshwater dipping source.



Casa Playa Sombrero has an open construction that allows for a steady ocean breeze throughout the living space and also provides both ocean and lush mountain views. Upstairs has a large floor plan with a beautiful hardwood floor and a thatched roof ceiling. This room provides two netted, king sized beds and a balcony with a spectacular view of the Golfo Dulce. Two extra beds can easily be arranged. Downstairs has a cozy living space, bathroom and detached kitchen. The kitchen is equipped with professional appliances. Both the living area and kitchen open up to a full sized swimming pool and lounge area. The pool has both deep and shallow areas and allows for a refreshing escape from the tropical climate

Casa Rio Sombrero was handcrafted with fine hard woods, an open floor plan, and a beautiful thatched roof. Upstairs the house has two bedrooms containing king-sized, netted beds. Downstairs, there is a central kitchen that has been designed as the focus for gathering and is equipped with excellent appliances and a bar. There is a comfortable dining area and a detached bathroom that allows for both privacy and luxury. The bathroom area has a covered dipping pool that provides a refreshing escape from the tropical mid-day sun.

Casa Troya has two bedrooms upstairs, one bath, and a fully functioning kitchen. Using as much local material as possible Casa Troya stays within the bounds of typical Osa Peninsula design which calls for half-walls, allowing a constant ocean breeze to act as a round-the-clock central air system. Depending on through whose eyes you look, Casa Troya design evokes a sense of movement in its structure, as the lines of the house resemble a wave, ship, and/or animal. In the end, Casa Troya proves to be another aesthetically pleasing and inspired home which will offer all of the comfort and luxury you seek on your vacation.

Our 8 **thatched-roof tent platforms** are spread out on the magnificent 20 acre property. These are specially designed for comfort in the tropics. The thatched roof will keep you dry and cool, while the transparent ridge on top lets light in. They are equipped with beautiful screened Moroccan style tents whose special fabric allows good ventilation and guarantees dulce sueños (sweet dreams). Each tent platform has a cozy porch to relax on. All bungalows have a private adjoining open air shower with a nearby shared bathroom facility. Each one has two single mattresses.

The third house on the property is used as the **Casa Grande**, where we serve the meals and created comfortable and cozy hang out areas. Our well trained kitchen crew will serve delicious food in a beautiful atmosphere.

The **yoga deck** has a 9 by 13 yard platform and a bamboo construction with a thatched roof. It's close to the beach and comfortably fits 30 people. There's 30 straps, blocks and blankets as well as 10 yoga mats available. Please tell your clients to bring their own mat.



PRICES

The price includes accommodations and all excellent meals.

Jungle Cabin:

Casa Playa Sombrero:

Casa Rio Sombrero:

Casa Troya:

(details to be added)

MEALS

During retreats all meals are included. Our cuisine is light and delicious with an emphasis on fresh produce. Our wonderful staff prepares daily local specialty and world recipes using local ingredients. Throughout the day there is teas, coffee, fruits and juices available.

We serve fruits, tea, coffee and juices before yoga class, after we have a big brunch, a light lunch and a great dinner.

ELECTRICITY

We are off the grid...our electricity comes from solar panels, and the energy is stored in batteries (for emergencies there's a generator backup). We have electricity in our Casa Grande and in the three houses. The tent platforms do not have lights but a fan.

Our yoga deck has a stereo for CD's or iPod.

GETTING HERE

We recommend that you have your students book their own flights into San Jose, the capital of this beautiful country. Travel from San Jose to Puerto Jimenez can be arranged through Isabel at Osa Tropical. The friendly staff at Osa Tropical can coordinate all your in-country travel needs from flights to taxis, and hotels in San Jose if necessary, at no extra charge to you.

Their email address:

osatropical@ice.co.cr

phone: 506-735-5062 or 735-5722

fax : 506-735-5043

Sansa and Nature Air are the two airlines that have several flights daily to Puerto Jimenez. The flight is 45 minutes, and costs approximately \$120 each way.

Both airlines (www.flysansa.com and www.natureair.com) make special offers on their websites. These cheap tickets have to be booked online. **Please note** that Nature Air takes off at Tobias Bolano Airport in Pavas/San Jose, which is about 30 minutes taxi drive (\$20) from the Juan Santamaria International Airport. So if people don't stay over night in San Jose they should fly Sansa and just change terminal at Juan Santamaria International Airport.

The taxi ride from Puerto Jimenez to Boca Sombrero is about 35 minutes and costs \$30. Each taxi can hold up to 6 people.

EMERGENCY

We have a good clinic and full service pharmacy in Puerto Jimenez. There is a 24-hour emergency plane in Jimenez to take a patient to San Jose where there are excellent hospitals if needed.

EMERGENCY CONTACT NUMBERS

We have SKYPE and internet at the Casa Grande.

Skype lucky.sombrero

Skype-phone 011-49-9172-418386

Or Isabel's phone number 011-506-735-5062 or 5722 and she will get a message out to us.

WHAT TO BRING

Pack lightly!

Good flashlight and extra batteries... LED headlamps are best.

Shoes that can get wet, like all terrain sandals or sneakers.

Beach towel

Sunscreen

Bug repellent

Bathing suit

Cap or hat

Lightweight long pants and shirt

Yoga mat. We have some extra mats, blankets, straps and blocks.

ACTIVITIES

All the activities will be arranged once you arrive here.

The prices are per person.

If there is a taxi necessary, because the tour starts in Jimenez, then the price of transport can be split between all the passengers. The taxi is \$30 each way, and holds up to 6 people.

Surf Lessons - \$45

Waterfall Repel - \$75

Tree Climb - \$55

Dolphin Watch and Boat Tour - \$65 (plus Taxi to Jimenez)

Kayaking - \$45

Bird Watching - \$35

River Nature Hike - \$25

Spa services

Massage - \$65 one hour, \$90 one and a half hours

Jungle Facials/ Scrubs/ Wraps - \$35 through \$75

Acupuncture \$65 one hour

EXPENSES

We suggest that you have your students bring U.S. dollars or travelers checks. A recommended amount is \$500. They can always bring it back home if they do not use it! They will need funds to pay for the following...

Activities- Everyone raves about all the tours!

Gratuities- If you have been greatly pleased, then this is a perfect way to show your appreciation...we recommend a \$50 and up tip per person for the staff for the week...and a 10% tip for each activity guide.

Night life- Buena Esperanza is a funky restaurant and bar, about a 20 minute walk from us.

Airport Exit fee - there is a \$28 airport tax when you leave the country. This can be paid with cash or credit card.

The ATM machine in the bank in Jimenez is NOT always reliable, and it also entails going to Jimenez, so cash or travelers checks are the way to go.

PASSPORT/ VISA/ VACCINATIONS

You **MUST** have a valid passport to enter Costa Rica (and it must not expire within 30 days of your arrival for Americans and 180 days for some nationalities)

You do not need a Visa if you are American. Other nationalities should check with your consulate.

You do not need any vaccinations.

We hope this answers everything. If there are any other questions at all, please do not hesitate to contact us.

Thanks so much,

Monika and Walter