

NOSARA COSTA RICA INFORMATION

Nosara History:

In 1821, Central America (Costa Rica included) declared independence from Spain. Soon after, the Central American republics were established. Originally Guanacaste belonged to Nicaragua. However, in 1846, the annexation of Guanacaste as part of Costa Rica took place. “Guanacastecos” (as the people living in the province are referred to) have always had a deeply rooted sense of independence. This strong sense of independence gives the area noticeable distinction from the rest of Costa Rica, and the advanced Spanish speaker will even notice a variance in their Spanish accent.

For generations, the land around Nosara was used mainly for cattle pasture. Large tracts of land were deforested thus greatly diminishing the beauty of the area. However, 35 years ago, a community of foreigners was established in the area and they made reforestation a priority. Today, Nosara is one of the green zones of greatest beauty in all of Costa Rica. Nosara’s “Proyecto Americano” is a perfect example of responsible planning and development. A large number of homes exist in the area yet the first time visitor will still feel the total isolation and be able to surround himself with nothing but a pristine tropical environment.

Travel to Nosara:

You can either fly into San Jose or Liberia to get to Nosara. From each of these cities, you can either take a commuter flight into Nosara (approximately \$80), hire a shuttle, or take the bus. **The shuttle bus is included from SJ to Nosara included in your package, but only one so you MUST get there in time to catch the flight. Make sure you contact us before you book your flight to find out when that is.**

If you fly into Liberia or at a different time or day into SJ, you are responsible for your own shuttle

It’s a 5-hour bus ride from San Jose and takes you from the hills of San Jose, through the jungle and little towns of Costa Rica to Nosara. The bus will stop along the way so that you can eat. It’s a very interesting way to travel and really “see” Costa Rica if you’ve never been.

It’s approximately a 90 minute drive from Liberia to Nosara.

Frontier Airlines flies directly from Denver to San Jose. Continental Airlines fly you to Liberia.

Nosara Town Tidbits:

The “real” town of Nosara is rather rustic and is comprised of all dirt roads. There’s an area in town that is considered more “touristy” but is still comprised of businesses and buildings all along one main road.

In the more “touristy” area, there’s a great bakery in/near the Hotel Café De Paris that serves great coffee and yummy baked goods.

There's no building allowed along the waterfront, so all beachfront is open to the public. The area is very "green". There's very little trash and the residents recycle everything. Down by the beach is one of the best vegetarian places to eat in town and get great green tea smoothies, acai berry drinks, where make the best frozen drinks.

Additional Activities in Nosara for an extra fee (except one surf lesson):

Surfing: One surf lesson is included in your package so definitely make the most of it! We use the best in Nosara from Safari Surf School. Your board is included in the first lesson and if you wanted to rent a board after that it is \$10 a day at our discounted price. (Of course if you break something on the board like the leash or bust it up, you are responsible).

Snorkeling: Can rent snorkeling gear at Hotel Café de Paris

Turtle Watching: Turtle Beach is close to Nosara and is visited by 1000's of sea turtles every year. Reservations can be made at Café de Paris.

Canopy Tour: There's a rainforest Canopy tour available with Zipline within a 5-10 minute drive of Nosara. Reservations can be made at Café de Paris.

Horseback riding- Reservations can be made at Café de Paris.

Sportsfishing- Reservations can be made at Café de Paris.

Bike rentals: Bike rentals are available in town through a few different shops. Info can be found at Café de Paris.

Car Rental:

Taxis are not available in Nosara. However, if you want to travel a bit outside of Nosara, there are 3-4 car rental companies in town, including Hertz and Budget.

Pharmacy:

A small but reasonably well-stocked pharmacy is located in town. It is open during normal business hours Monday through Saturday and closed at noon for an extended lunch.

Post Office:

Yes, there IS a post office and the mail system is strong and very similar to the States.

What to Bring:

1. Passport (it is also recommended to bring 2 copies of your passport)
2. Cash and/or Credit Cards

- Travelers' Cheques can be used but are **not** widely accepted in Nosara (with a fee attached) CASH IS KING!!
 - There is an ATM machine (this is a recent addition we are very excited about!) but it is a VISA card only machine
 - Small denominations are best (\$5, \$10 & \$20's)
 - U.S. dollars **are** accepted everywhere
 - Credit cards are not accepted in many places.
 - Banco Popular is the one bank in town, located near the Hotel Café de Paris. It is open on Monday and Friday from 9am – 3pm.
 - Tipping: 10% is already included on the bill, but you should add another 10% when you feel it is appropriate. Remember, the minimum wage here is only about \$1 US per hour.
3. Phone cards can be purchased in Nosara
 - Phone cards purchased in the U.S. or abroad do **not** work in Costa Rica
 4. Sunscreen
 5. Insect Repellant
 6. Flashlight
 7. Water Bottle
 8. Lightweight, quick drying clothes for yoga
 9. Any vitamins, medications that you will need
 10. Your Yoga Mat (can also be purchased at the retail store)
 11. A small towel for use during yoga class
 12. Personal notepad and pens
 13. Laundry detergent if you plan to hand wash your clothes
 - There is a small laundry mat – approx. \$13/load to wash and dry
 14. We will go out dancing one night so if you want to bring a certain outfit or shoes
 15. Raincoat
 16. Flip flops
 17. Swim suit
 18. One strap and at least one block
 19. Acidophilus
 20. Apple cider vinegar pills (for digestion)
 21. Auro Dry ear for clogged ears
 22. Travel Greens Plus-green supplement

What NOT to bring:

Keep in mind that “dressed up” in Nosara usually involves putting a t-shirt over your swimsuit. Pack lightly and casually. As I've been told from a frequent visitor, NO ONE dresses up in Nosara. The fanciest outfit you will probably wear will be on the plane. The only shoes you most likely will need are flip-flops and hiking shoes.

Leave your make-up at home, along with your small electronics and lap top (if you can bear it). Don't bring or wear any really nice jewelry. Keep in mind that the people of

Nosara are typically very poor and the petty theft rate is extremely high. If you do have valuables, be sure to place them in a safe when you're not in your room.

Oddly enough, flip-flops are often stolen too. When you go out to surf, try burying your flip-flops in the sand and just remember where you hid them so you can find them upon your return.

Restaurants

NAME	BREAKFAST	LUNCH	DINNER	COCKTAIL BAR	DAYS A WEEK
CAFE DE PARIS	YES	YES	YES	YES	7
DOLCE VITA	NO	NO	YES	YES	6
CASA TUCAN	YES	YES	YES	YES	7
MARLIN'S BILL	NO	YES	YES	YES	6
GUILDED IGUANA	YES	YES	YES	YES	7
LAGARTA LODGE	YES	YES	YES	YES	6
HARBOR REEF	YES	YES	YES	YES	7
ESTANCIA NOSARA	YES	NO	YES	YES	7
VILLA TAYPE	YES	YES	YES	YES	7
LAST RESORT	YES	NO	YES	YES	7
GIARDINO TROPICAL	NO	YES	YES	NO	7
RANCHO TICO	NO	NO	YES	YES	7
RANCHO CAMPESINO	YES	YES	YES	NO	7
OLGA'S	NO	YES	YES	NO	7
IGUANA LOCA	YES	YES	NO	NO	6
DISCO TROPICANA	NO	NO	NO	YES	6
BAMBU BAR	YES	YES	YES	YES	6
RESTAURANTE CASA ROMANTICA	YES	NO	YES	YES	6

Websites:

1. www.nosara.com
2. www.surfnosara.com
3. www.puravida.com