

Savor and Thrive: Frequently Asked Questions

What's Included?

Q: What's included in my retreat package?

Your package includes accommodations, daily meals, yoga and wellness classes, and guided group activities. Some excursions and wellness services may be optional add-ons.

Q: Are meals provided?

Yes! Daily breakfast, lunch, and dinner are included. Meals are freshly prepared with local, healthy ingredients, with vegetarian and vegan options available.

Q: Are yoga/fitness classes part of the program?

Absolutely. Daily yoga and/or movement classes are included, suitable for all levels.

Q: Are excursions included, or do they cost extra?

Some local excursions are included, such as beach trips and cultural outings. Additional excursions (like surfing lessons, horseback riding, or ziplining) can be arranged at an extra cost.

Q: Is airport transportation included?

Group transfers may be included depending on your package. Private transfers can also be arranged for an additional fee.

Knowing Nosara

Q: What is the climate like in Nosara?

Nosara has a warm, tropical climate year-round. Expect sunny days with average temperatures between 75–90°F (24–32°C).

Q: What's the weather during retreat season?

Dry season (Nov–April) is sunny and warm, while green season (May–Oct) brings lush landscapes with afternoon showers. Both are beautiful times to visit.

Q: Is the beach safe for swimming and surfing?

Yes! Nosara's Playa Guiones is known for gentle waves ideal for beginners, and bigger sets for advanced surfers. Always follow local safety flags and lifeguard advice.

Q: What is the local community like?

Nosara is a mix of locals and an international wellness/surfing community. It's known for eco-conscious living, yoga culture, and a relaxed pace of life.

Q: What currency is used, and are credit cards widely accepted?

Costa Rica's currency is the colón (CRC), but U.S. dollars are widely accepted. Credit cards are used at most places, though small shops may prefer cash.

Travel & Documents

Q: What travel documents do I need?

A valid passport is required to enter Costa Rica. Make sure it's valid for at least 6 months beyond your travel dates. U.S. citizens do not need a visa for stays under 90 days.

Q: Do I need a visa to enter Costa Rica?

Most visitors from the U.S., Canada, and Europe do not require a visa for stays under 90 days. Check your country's specific requirements before traveling.

Q: Do I need travel insurance?

Travel insurance is highly recommended. It can cover unexpected events like flight delays, medical care, or lost luggage.

Q: Is there a departure tax when leaving Costa Rica?

Yes, there's a departure tax of about \$26 USD. Most airlines now include it in the ticket price, but if not, you'll pay it at the airport before departure.

Health & Safety

Q: Do I need vaccines or health records to attend?

No special vaccines or records are required. We do recommend being up-to-date on routine vaccines.

Q: What medical care is available in Nosara?

Nosara has clinics, pharmacies, and a private hospital. For advanced care, larger hospitals are located in Nicoya (45 minutes away). International private clinics are also available in Liberia and San José in case of an emergency.

Q: Is Nosara generally safe for travelers?

Yes, Nosara is known as a safe, welcoming community. As with any destination, we recommend being mindful of your belongings and avoiding walking alone late at night.

Q: Are there mosquitoes or other tropical concerns I should prepare for?

Yes, mosquitoes are common in tropical areas. We recommend packing insect repellent, light long sleeves for evenings, and reef-safe sunscreen.

Transportation

Q: What's the best airport to fly into?

Liberia International Airport (LIR) is the closest (about 2.5 hours away). San José (SJO) is another option (about 5 hours).

Q: How far is Nosara from the airport?

Liberia (LIR) is around 2.5 hours by car, and San José (SJO) is 4–5 hours depending on traffic.

Q: Do I need to rent a car?

No, a car isn't necessary for the retreat itself. Transportation is provided for included activities. If you want extra independence, you can rent a car, golf cart, or scooter.

Q: What are the common ways of getting around town?

Golf carts, scooters, and bikes are popular ways to move around Nosara. Taxis and shuttle services are also available.

Q: Can airport transfers be arranged?

Yes, we can help arrange group or private transfers from Liberia or San José airports.

What Should I Pack?

Q: What type of clothing should I bring?

Light, breathable clothing is best. Think yoga gear, swimsuits, casual beachwear, and a light sweater for cooler evenings.

Q: Do I need special shoes or yoga gear?

Bring comfortable sneakers for light hikes/walks, sandals or flip-flops for the beach, and your favorite yoga clothes. Mats and props are provided, but you're welcome to bring your own.

Q: Should I bring my own yoga mat?

We'll have mats available, but you may prefer bringing your own if you like using personal equipment.

Q: Do I need insect repellent or sunscreen?

Yes! Pack reef-safe sunscreen, insect repellent, and aloe vera for after-sun care.

Q: Will I need a rain jacket?

Yes a light rain jacket or poncho is recommended.

Q: Are there any items you recommend for beach and surf time?

Yes—swimsuits, a rash guard for surfing, quick-dry towel, reusable water bottle, and waterproof phone pouch are all handy.