



TRAVEL LOGISTICS, COVID, AND PLANNING YOUR TRIP ALL YOU NEED TO KNOW!

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Costa Rica!

As you prepare, please **thoroughly read** this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience, including recommendations for diet, medications, resources, and holistic preparation.

We look forward to healing with you! ♥

Summary of Travel Requirements

- ✓ Traveler's medical insurance
- ✓ Return ticket/proof of onward travel within allowable tourist stay (usually 90 days)
- ✓ Valid passport for duration of stay, (and for some countries up to 3 months beyond arrival date), & visa if necessary ([see here](#) or [here](#))
- ✓ For origin countries with risk of yellow fever, proof of yellow fever vaccine ([see here](#))
- ✓ Complete [Soltara arrival information form](#) (also sent via email 2 weeks before your retreat)
- ✓ Bring remaining balance in like-new, USD bills (if applicable)

Entry & Travel Requirements

Traveler's Medical insurance covering the dates of your travel. **Health insurance in your home country is not sufficient**

- We suggest a traveler's medical insurance plan that covers all possible medical expenses and accommodations in case of COVID-19 infection.
 - The following agencies cover COVID-19 infection and related expenses:
 - [National Insurance Institute \(INS – Instituto Nacional Seguros\)](#),
 - [Sagicor](#)
 - We **do not** read and approve insurance plans. If you are unsure if you have an appropriate plan, please see the above links or contact your insurance company directly.

Proof of Onward Travel

Costa Rica also requires a return ticket or proof of onward travel within the tourist visa limit (90 days for most countries, check [here](#) to be sure).

(Origin countries with risk of yellow fever) Yellow Fever Vaccine

If you are traveling from some countries, including Peru, you will also need to show proof of yellow fever vaccination. Please see the [Visiting Costa Rica Entry Requirements](#) page for more information.

TRAVEL

Group Shuttle: Arriving and Departing from Your Retreat

To catch our shuttle, book your flight to the Juan Santamaría International Airport (**SJO**) in San José, Costa Rica

- **We offer free group pickup on Day 1 of your retreat at 10:30 am** (for an 11:00 am sharp departure) from the [Wyndham San Jose Herradura Hotel](#), 15 minutes from SJO Airport
 - If you plan to fly in on Day 1, your flight must land **by 8 AM** on Day 1 for enough time for customs (could take up to 2 hours) to get to the Wyndham for the 10:30 AM meet-up
 - **We highly recommend arriving the day before**, to ensure smooth arrival
 - You will arrive at Soltara around 3:00 pm, after a 90-minute drive through the beautiful rolling hills of Costa Rica, and catching the 1:30 pm ferry ride from Puntarenas to the Nicoya Peninsula.
- **Dropoff, after your retreat, is on the last day at The Wyndham Hotel, at 4:30 pm**
 - Check out will be 10:30 am on the last day, catching the 11:30 ferry to Puntarenas and driving back to San Jose as a group. You will return to the Wyndham by 3:30 pm & can grab a taxi or Uber to SJO if needed.
 - **We *highly* recommend departing at least 1 day after your retreat ends**, but if you must depart the same day, plan to depart with enough time to return to the airport, or you may miss your flight if we have delays traveling back to San Jose

On Your Own: Getting to and from Soltara

- If you are coming from elsewhere in Costa Rica or do not wish to travel with the group, you can meet the group at the [Puntarenas Ferry Port](#) at 1:00 for the 1:30 pm ferry, or [drive to Soltara](#) separately on your own, **please arrive between 3:00 and 4:00 pm.**
 - **Please indicate in your arrival form (sent 2 weeks before your retreat) your plans so we can be sure to account for your ferry ticket if needed!**
 - **NOTE FOR DRIVING DIRECTIONS:** From the main (paved) road as you near Soltara, take the Playa Blanca left turn (if you are coming from the direction of the Playa Naranjo ferry), there is a black sign with color letters saying “Playa Blanca” as a

reference, after that turn the Maps app defines the right road straight to our main gate.

- If you need a taxi or private transport from your destination **to** Soltara for your retreat, **you may book one [here](#)**, this site has great deals and reliable transfers
 - If you need transport **after your retreat** to your next destination, we recommend booking with Montezuma Travels, they know where Soltara Playa Blanca is located to pick you up.
 - To reserve, use any of the following communication channels:
 - Email: info@montezumatravels.net
 - WhatsApp: +506 8814-1370 with Stiven
 - Signal: +506 8814-1370 with Stiven
 - Cancellations made with at least 24 hours' notice of scheduled arrival/departure won't incur a charge
 - Cancellations made with less than 12 hours are non-refundable and any balance due will be charged to credit card provided or have to be pay in cash to any of the representatives
 - There are no refunds and payment will be made in full for no shows
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HOTELS

Staying in San Jose Before/After

Recommended Choice: [Marriott Hacienda Belen Hotel](#)

Budget Choice: [Wyndham Herradura Hotel](#)

- If you wish you stay at the Wyndham Hotel, please note the food options are limited and it is not in a very walkable area, but there are taxis and Ubers available. UberEats is also available with many options for delivery, simply let the front desk know when you order.
- If you would like to book here, you can get a special discounted rate for \$99 USD/night. Send an email to reservaciones@wyndhamherradura.com indicating your desired stay dates and guest information, and request the Soltara discount.

Getting from SJO to Your Hotel

- There are many taxis available as you exit the airport for approx. \$10-15 USD
- Uber is available for \$5-7 USD (Uber drivers are not allowed in the terminal, so you'll need to meet them outside the terminal across the street to be picked up)
- If you book your stay at the Wyndham Hotel, they offer a private airport pickup for \$18 USD. If you wish to book, request this in your booking email to the Hotel with your flight information at least 72 hours in advance

PACKING

The weather in Costa Rica is tropical! Although we are on the Gulf, temperatures can reach up to 25 – 30 C (80 – 90 F) with high humidity. While things can cool down after rain, the sun is very strong! You'll want to wear light and breathable clothing that can get wet and dirty if needed. We recommend you bring some light and loose, long-sleeved shirts and long pants to help protect against sun and occasional mosquitos. The following list covers everything to ensure your journey is as pleasurable as possible!

- **Digital and printed copies of your travel insurance**
- **Sun hat/scarf/bandana to cover head** (important for after last ceremony/arcana)
- **Red Flashlight(s)** (Important! **LED RED LIGHT** for ceremonies – see [here](#) for example/to purchase)
- **Reusable water bottle**
- Lighter(s) (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
- Hand sanitizer (for travel – provided by Soltara while on retreat)
- Sneakers/walking shoes
- Sandals or flip-flops
- 2-3 pairs swimming gear
- 1 pair loose fitting, breathable pants
- 1-2 loose fitting, breathable long-sleeved shirts
- Casual/active hot weather attire (enough for 7 days, laundry service available on request)
- 1 Warm sweatshirt (just in case)
- 1 Rain jacket or poncho (May through December - rainy season)
- Insect repellent (natural only, please – no DEET)
- Sunscreen (30+ SPF Recommended) – the sun is **very strong** here!
- Personal watch (so you don't have to use your phone for the time)
- Small first-aid kit for scrapes, cuts and bug bites
- Toiletries
- Power adaptor if necessary (our plugs are the same as USA/Canada – Type A/B)
- Necessary medications (**that have been approved during intake process – please consult with a facilitator before taking any while on your retreat**)
- Spanish/English Dictionary
- Notebook / Journal & pens
- Passport + 2 photocopies of passport
- Money belt/passport wallet
- Bank card with "Plus" or "Visa/MC/AMEX" logo
- Credit card with cash withdrawal option
- Travel/medical insurance information
- **USD \$300-\$1000** (for souvenirs, Shipibo market, meals when not at Soltara, etc. – large Shipibo tapestries can cost \$500+ USD depending on size and design)

- **Remaining balance due for retreat (if applicable) in crisp, like-new USD bills** (no tears please, thank you for your understanding!)
- Notify financial institution of travel plans

Preparation Support

Additional discounted preparation support is available via [this link](#) with our therapist Sharon Slate, or [this link](#) with our therapist Sean Chiddy. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Many guests have found this to be highly beneficial in their preparation for medicine work.

We also have monthly preparation circles with therapist Sharon Slate through our private community platform [The Maloca!](#)

Check out our [Events section](#) to register for a preparation circle.

For other questions, please see our [FAQ page](#) 😊

We look forward to journeying with you!

*In grateful service,
The Soltara Team*

