



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! ♥

COVID-19

Testing Requirements

- Soltara **requires a VIRAL COVID-19** test taken **within 36 hours** of your retreat start.
 - For example - if you are meeting the group at 11am Sunday, your test may be taken no earlier than Saturday
 - Please bring a hardcopy or screenshot of your results to the hotel for pick up on the first day of your program. Please do not email us your results beforehand.
 - Results will be checked on Day 1 of your retreat
 - Tests must be **ANTIGEN** or **PCR**; antibody tests will not be accepted
- **If you are already in Costa Rica** or will be here more than 36 hours before your retreat, we recommend [Lab Echandi](#) (many locations including airport) or [Hospital CIMA](#) in San Jose. They provide **antigen or PCR COVID-19** tests with quick results. Otherwise, there are many clinics doing testing now, research online to find one near your destination.
- **Please note:** If you have had COVID-19 in the 3 months leading up to your retreat, we recommend rescheduling, as it is possible your COVID test could come up positive. Unfortunately, we will not be able to welcome anyone to the retreat who presents a positive COVID test.

Vaccines

- If you're getting vaccinated, we recommend at least **2 weeks** in-between vaccination and your retreat to ensure no interactions with the medicine
- If you have the **COVID-19 Vaccine**, we **still require** an Antigen or PCR test taken within 36 hours of arrival to enter the retreat

Returning to the US/Other Countries

- Most countries require a COVID test within 72 hours of returning to your home country
- **All Costa Rican airports now offer COVID testing through Lab Echandi**
 - Results in 1 hour for antigen and 3 - 24 hours (price dependent) for PCR tests
 - You can arrive to the airport early for your departing flight and **book your testing appointment [via this link](#)**.
 - Please book your departing flight accounting for this additional time if needed, noting we return to the Wyndham Hotel (15 min from airport) by 11:30 am.
 - Continue reading for more information on arrival/departure times

Costa Rican Entry Requirements

As of April 1st, 2022, Costa Rica has eliminated all COVID-related entry requirements, however, Soltara still requires a viral COVID-19 test and traveler's medical insurance:

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

- We suggest a 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 \(INS – Instituto Nacional Seguros\)](#),
 - *The top right corner of the page has an English flag to translate the page to English*
 - [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.

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). 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.

Summary

- ✓ Viral COVID-19 test within 36 hours of retreat start
- ✓ 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](#))

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 11:15 am** (for 12 pm 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 9 AM** on Day 1 for enough time for customs (could take up to 2 hours) to get to the Wyndham for the 11:15 AM meet-up
 - We highly recommend arriving the day before, to ensure smooth arrival
 - You will arrive at Soltara around 4:00 pm, after a 90-minute drive through the beautiful rolling hills of Costa Rica, and catching the 2 pm ferry ride from Puntarenas to the Nicoya Peninsula.
- **Dropoff, after your retreat, is on the last day at 11:30 am at The Wyndham Hotel**
 - Check out will be 7 am on the last day, catching the 8 am ferry to Puntarenas and driving back to San Jose as a group. You will return to the Wyndham by 11:30 am & can grab a taxi or Uber to SJO
 - **We *highly* recommend departing at least 1 day after your retreat ends**, but if you must depart the same day, plan to depart after 2 pm, or longer if you need to wait for COVID test results, 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 1:30 for the 2pm ferry, or [drive to Soltara](#) separately on your own, **please arrive between 3:30 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!**
 - 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 destination, we can schedule you a ride **while you are here** on your retreat. There is no need to request it beforehand.
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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 due to COVID shutdowns and it is not in a very walkable area, but there are taxis and Ubers available.
- 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, see the map)
- 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!

- **Face covering/mask** (Required for travel - not worn on your retreat)
- **Digital and printed copies of your travel insurance and negative COVID test**
- **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)
- **Lighter(s)** (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)

- Reusable water bottle
- 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

Additional preparation support is available via [this link](#) with our wonderful therapist Sharon Slate, or [this link](#) with our other wonderful 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.

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

We look forward to journeying with you!

*In grateful service,
The Soltara Team*

