

Heart to Heart Retreat FAQ's

Samasati is an eco resort, please bring bio-degradable personal hygiene products!

1. What do I bring?

The usual for a warm weather climate vacation: suntan lotion, beach hat, insect repellent, water bottle, rain jacket, swim suit, athletic shoes, sandals, warm weather clothing with option for cooler nights and rain, passport, medical information, journal. As we proceed through the retreat readying process we will have group phone calls to coordinate travel plans and any other incidentals we come up with!

2. How is the weather through the year?

On the Caribbean side of Costa Rica there is no rainy season (as oppose as the Pacific side and the Central Valley where it rains from May to December). On the Caribbean side of Costa Rica the weather is unpredictable and it can rain at any moment. It never lasts too long. It generally rains at night times or late in the afternoon and the sun shines every day. Temperature is around 80 degrees and it lowers to 70 degrees at night. Because Samasati is on a hill, 600 feet above the sea level, the breeze from the ocean keep the climate very pleasant.

3. What about wild life, mosquitoes and bugs?

Samasati is nestled in a property of 270 acres of primary forest, so there are a lot of living creatures around. No animals come close to the rooms: you can see toucans, monkeys, parrots and sloth, but you will always see them from distance. Samasati has 5 dogs that "control" the territory and equilibrium has been established through time with the rest of the wild life.

Because of the altitude and the ocean breeze, there are not too many mosquitoes. We suggest clients to wear a mosquito repellent after sun set, more as prevention than anything else. If you take an excursion or a walk in the forest, you do want to make sure you wear mosquito repellent. There is no need of mosquito netting over the beds and all the windows have mosquito nets.

4. At what times are the meals and what kind of food is served?

Meals are served buffet style. Food is delicious and it is vegetarian. Tofu, soy meat, beans, seitan are served at every meal so that each meal is very well balanced. Fish is served once a week for groups. Fish is available every day upon request for an extra charge of \$ 8.00. We use eggs, milk and cheese and our chef can also accommodate any other diet (vegan, gluten free etc...) Breakfast is 8 – 10 AM, Lunch is 1:00 – 2:00 PM (unless you have excursions so that packed lunch can be prepared) dinner is served at 7:00 PM. Any particular diet needs to be communicated one month ahead of time.

5. Do you serve alcohol?

We serve beers and different kinds of wines.

6. How is electricity, do rooms have hair drier, do you have laundry facilities?

The electricity is the same as in the United States, so you do not need any converter. Rooms have not hair driers. They have soap and cream. Samasati has laundry facilities, 1 full load of laundry costs \$ 9.00 and you can bring the laundry at the reception. They will wash it for you and have it ready the next day.

7. Do you have phones and do cellular phones work at Samasati?

We do not have phones at Samasati. You can find phones and Internet cafes at the nearby town, Puerto Viejo. Cellular phones have service in certain parts of the resort.

8. How do people go to the beach?

The closest beaches are 4 miles away from Samasati and they are gorgeous. There are white sand beaches, black sand beaches; they have a lot of shade and the ocean is warm and swimmable through the whole year. The trip to the beach is \$ 7.00 per person round trip. The minivan can take you to Puerto Viejo, where you can choose between going to the black beach or to the white beach. In Puerto Viejo you can also rent bicycles or scooters to go and visit other beaches.

9. What do you find in Puerto Viejo?

In Puerto Viejo there are small gift shops, restaurants and Internet cafes. It is a very laid back touristy town.

10. Do we need Malaria shots?

Malaria has been eradicated form the Caribbean region 10 years ago. We have never heard of a case in the area.

11. Is there any hospital close by Samasati in case of any emergency?

There is a clinic at the “bottom of the hill”, just 5 minutes away from Samasati. They have an emergency room and there is always a doctor there. If there is something really serious they have ambulances to transport the patient to Limon or San Jose’.