

**Important Information**  
**How To Get To US**  
**Seasonal Weather**  
**What To Bring**

*"Life Discovers Life in the Journey"*

Hello Nature Traveler and Friend,

We welcome you and are looking forward to having you here with us!

In this document you will find information about:

- Pg 1. Payment for your reservation
- Pg 2. What to bring
- Pg 4. Seasonal weather
- Pg. 5 Directions/The different methods of arrival and route options for getting to us
- Pg 10 The different tours and activities you can plan in advance of your arrival or when you get here

Please be in contact with our Life for Life Administrator Keidy-Tatiana ~ Phone/WhatsApp: +506- 8450- 7198 or at [lifeforlifehosteldrake@gmail.com](mailto:lifeforlifehosteldrake@gmail.com) with any questions you might have or any help you might need during your travels.

### **Payment**

We accept the following for payment:

**Deposits:** 25% of total reservation cost plus 4% handling fee for either Paypal or Credit/Debit Cards.

1. **PayPal:** Transmittal of funds through our PayPal email address which is: [tortugaslifeforlife@gmail.com](mailto:tortugaslifeforlife@gmail.com) PayPal link allows you to pay with your PayPal account or a credit or debit card. We ask a 25% deposit before arrival or you can pay the entire amount upfront. If you would like to pay 25% now and the rest upon arrival, you can pay with cash or credit card at Life for Life Hostel. When paying by PayPal please add 4% onto both your deposit and final payment. PayPal fees are higher in Costa Rica then elsewhere.
2. **Direct bank transfer to Life for Life Hostel Drake Bay.** To obtain this information contact Life for Life Administrator Keidy-Tatiana either via email [lifeforlifehosteldrake@gmail.com](mailto:lifeforlifehosteldrake@gmail.com) or ~ Phone/WhatsApp: +506- 8450- 7198. These transfers can be made from your bank, or transfer companies, i.e. Xoom, World Remit, XE, etc.

**Final Payment: Cash or Credit/Debit Cards.** We accept credit and debit cards at the hostel. There is a 4% fee added on to your purchase for use of credit cards. You can pay in either credit/debit cards and/or dollars or colones for the remainder of your bill including all tours taken. We are required to collect the 13% VAT tax on all goods and services offered.

***Please note Costa Rica has initiated a 13% VAT Tax on goods and services as of mid July. Please add this amount into both your deposit and when you pay your final bill.***

## What To Bring

- Cash  
**We accept colones and dollars.** Many places in Drake do not accept cards or some days the machines are down. It is best to have extra cash to pay for your purchases. It is will be much easier to travel with cash in this remote area than a card. Some restaurants, grocery stores and guide services take them, but not all and if they do there is often a fee. There is **not** a bank or ATM in the town of Drake Bay. The nearest town you will find one in is Palmar Norte.
- **Headlamp and/or Flashlight and extra batteries** ~ With both red and white lights. Very Important for walking around at night.
- **Sunscreen** ~ If you are going to go on a Rio Claro River Tour please bring environmentally friendly sunscreens as the environment is very sensitive and pure in this Wildlife Reserve
- **Sunhat**
- **Mosquito Repellent** – there are sites online that will recommend different types
- **Water Bottle** ~ You always have access to safe filtered drinking water with us, but there are also many great water bottles available out there with built in filtration systems for use along the hiking trails etc...
- **Mini/Travel First Aid Kit** – including waterproof bandages and antibiotic cream. Some people with sensitive stomachs bring *Loperamide (Imodium)* or *Charcoal Tablets, aids for nausea* when visiting the area to support themselves in micro-bacterial changes
- **Hiking Sandals/Shoes** ~ To walk anywhere from where we are you will be walking along a path through the jungle along the beach coastline. There are tree roots and rocks, mud puddles, creeks and some parts that go along the sandy and beaches - so fun! There is also a part where you may have to cross through a couple inches or even a foot of the river on the Rio Claro beach... all of this to give you information for what footwear to bring if you are planning on hiking along this trail at all while here!
- **Flip Flops** for walking around the hostel and beach
- **Waterproof high Boots & shoes** ~ During heavy rainy season May - November
- **Rain jacket/Rain pancho and/or Umbrella** ~ During light and heavy rainy season May - November
- **Waterproof (dry and wet bags) carrying case for your cell phone, electronics and other valuables;** as well as books or any kind of paper that can easily mold in this damp and humid environment if here for extended periods of time. Waterproof carrying cases you can wear around your neck are a great way to have your cell phone protected and handy for a quick picture!
- External battery and charger for electronics, Binoculars, Writing/Art Supplies
- **Recommendation: Prepaid Costa Rican cell phone SIM card.** It can be helpful and useful while traveling in Costa Rica to have use of your cell phone. If you do not make arrangements with your current cell phone provider to have service in Costa Rica, and your current phone plan allows you to unlock your phone, you buy a prepaid SIM card to use while here.
  - The Kolbi ICE company works the best in the Drake Bay area.
  - The easiest place to get one is in the baggage terminal at the San Jose airport before you walk out of the building. It is not possible to find them anywhere else in the airport after this. If you do not buy it here (in the baggage terminal), your next option is to buy in a town before you get to us. Most grocery stores and mini marts will recharge your SIM card but not all will *sell* the SIM card itself.
  - Note: Costa Rican's use **WhatsApp** as their main cell phone communication method, so perhaps consider downloading it ahead of time if you do not already have it!

**\*Cell Phone and Internet Service at Life For Life Hostel**

- While we are remote we do have wifi and at this time we do not have cell phone tower access.
- Once at Life For Life, there are a few places and silvers of beach 30 min - 1.5 hrs along the path that do get cell phone service and we can point them out to you during your stay if needed
- The town of Drake Bay is a 5 - 6 hr round trip hike journey along the truly exquisite coast line trail. It is a great day adventure and in the town of Drake Bay you can find cell phone service and restaurants with internet.

## Seasonal Weather

Ah the rainforest of Costa Rica... It's weather seasons are very unique. But as in some places rain may deter one from travel... here... it is just another unique and exciting experience. It may not be a lounging on the beach... But there is something special, exciting, calming and profound about being with the warm tropical jungle and the water as it gives life to this rich environment. It allows for much self reflection and time to work on personal projects etc... in this remote nature retreat bubble. Rainy season is also the time of the Sea Turtle Conservation Project!

Just come prepared and you will have so much fun! :)

- End of April/May
  - Beginning of Rainy Season
  - Rains showers most of day
  - Beginning of Sea Turtle Conservation Season
- June, July, August
  - Costa Ricans call it "Mini Summer"
  - Sunny and warm/hot most of day
  - Afternoon rain showers/rain storms
- September
  - Beginning to get more rain!
- October, November
  - Rains more frequently during day
  - Some weeks of nonstop rainstorms
- December, January, February, March, April
  - Costa Rican Summer!
  - Tropical paradise
  - Hot Sun
  - December is the end of Sea Turtle Conservation Season

## Directions ~ Arrival Journey ~ Route Options!

*The journey to getting to us is a beautiful travel adventure and tour of Costa Rica all in itself. There are a few route options and each has several different gorgeous and fun modes of transportation.*

**\*\*\*Please Be In Contact With Us About Your Travel Plans and Arrival Time\*\*\***

As you are aware, we are wonderfully remote, which is an extraordinary and rare experience in this modern day world. It is very important that you please be in contact with Keidy-Tatiana [lifeforlifehosteldrake@gmail.com](mailto:lifeforlifehosteldrake@gmail.com) or Whatsapp Life

for Life +506 8450 7198 at our Costa Rican mainland office about your arrival method and time. This way we can stay aware of supporting you with any needs that may arise en route, **and most importantly - - we will be waiting for you when you arrive to help you with your things and guide you to the Hostel.**

**No matter where you arrive to - there will be a 15 - 20 min walk along the jungle-beach path to get to us that we will be there to support you with!**

## Starting in San Jose

Without A Car

### 1) San José - Palmar Norte - Sierpe - Playa San Josecito:

Bus, Taxi, Boat

#### Bus: San Jose - Sierpe

From the Tracopa Bus Station [tracopacr.com](http://tracopacr.com) in San Jose (near Clinica Biblica) there is a direct bus to Sierpe along the coast leaving at 8:30am, arriving at 1:30pm (5hrs). \$14 p.p

#### Bus: San Jose - Palmar Norte

There are non direct buses leaving from Tracopa Station starting at 5am. Get a bus toward Paso Canoas, Golfito, Ciudad Neilly, San Vito or Rio Claro. Get off in PALMAR NORTE, where they all stop. \$12 p.p. Along the Coastal Routes it is 5 hrs, along the mountain routes it is 6 hrs.

#### Taxi: Palmar Norte - Sierpe ~ 30 minutes ~ We will arrange for you!

If you have been in contact with Keidy-Tatiana before your journey about your route plans, we will have arranged for a taxi or colectivo to be at the bus station to pick you up at your arrival time to take you to the Sierpe boat dock/Don Jorge's Restaurant. If something happens contact Keidy-Tatiana at +506- 8450- 7198. The cost is 8,000 colones which is about \$16 total. If more than 2 people the price moves to \$5 p.p.

#### Bus: Palmar Norte - Sierpe

You can also take a bus from Palmar Norte to Sierpe that is 500 colones/about \$1. It leaves Palmar at **9:30am, 11:30am, 2:30pm**. It takes about 30 minutes and drops you off at a park a 5 minute walk to the boat dock.

#### Boat: Sierpe - Playa San Josecito

This boat ride is very special. This river winds like a snake (a Sierpe) through one of the biggest mangrove forests in the world. The river then joins with the Pacific Ocean of Drake Bay. The boat dock is in the town of Sierpe right next to Restaurant Don Jorge. Every day of the week there are 2 boats that leave from Sierpe to the town of Drake Bay - - but you will be going further on to San Josecito Beach - - a few stops after the Drake Bay Stop AND YOU MUST TELL THEM THAT!

The 2 boats are at: **11:30am** and **4pm** and take 1.5 hrs. The 11:30 is \$15, the 4pm is \$30 - and you must have cash. **\*You MUST speak to the captain of the boats and be Very Clear that you are going to SAN JOSECITO and to Life For Life Hostel with Ricardo.** It is best to make specific arrangements/reservations with our captain friend the day before if you can. That way your place is reserved and he knows to drop you off at San Josecito Beach. Captain Chancha +506 8853 5168 or his wife Sarita +506 8851 4973. Best way to call is through WhatsApp. They only speak Spanish.

#### Hire Private Boat

Once at the dock you also have the option to hire a private boat and captain that will take up to 20 people. This boat can leave at any time for \$150 total. We do not recommend arriving in San Josecito later than 5pm as there is still a 20 minute

walk along the jungle path to the hostel and it is difficult to see the trail at night especially with luggage to carry. Please let us know if these are the arrangements you make.

### **Walk: San Josecito Beach - Life For Life Hostel**

Once you get dropped off at San Josecito Beach - *because you have let us know your arrival plans in advance*, someone will be there to meet you to help with your luggage and guide you back to the hostel. **If for some reason there is a**

**miscommunication and you are not accompanied by someone from the hostel, here are the walking directions:**

With your back towards the water - turn right and walk along the beach until you see the only trail on an incline that is between a big rock to the right and a small pond to the left. From here, you will stay straight on this beautiful narrow trail for about 20 min. Enjoy your first views of the incredible coastline from inside the jungle, and after 15 - 20 minutes, you will see the Life For Life Hostel sign on your left directly after you cross a bridge with a handrail. There is a picnic table on your right in front of the entrance - you can't miss it!

### **Hotels Palmar Norte:**

There are a number of hotels in Palmar Norte that you can reserve prior to your arrival. The bus station is only a 5 minute walk from there, or you can arrange our taxi service to pick you up at the hotel and take you to Sierpe from there the next morning. To arrange a taxi: Keidy-Tatiana at +506- 8450- 7198. The cost is 8,000 colones which is about \$16 total. If more than 2 people the price moves to \$5 p.p.

### **Banks: Palmar Norte**

Along this route Palmar Norte is the last town with banks and ATM's. Neither Sierpe or Drake Bay have them.

### **2) San Jose - Drake Bay:**

Passenger Plane - Taxi - Boat

### **Passenger Plane: San Jose - Drake Bay**

This way is the breathtakingly beautiful and exciting experience of taking a small single engine passenger plane from San Jose to Drake Bay airport. It takes about 2 hours, carries 12 - 15 people and doesn't fly above 10,000 ft allowing views of the volcanos, forests, rivers and of Drake Bay as you arrive - amazing! Sansa is the airline that makes this flight; most are every hour from morning to afternoon.

[FlySansa.com](http://FlySansa.com)

### **Taxi: Drake Bay Airport - Drake Bay Beach (Playa)**

When you arrive at Drake Bay Airport, take a taxi to "La Playa" (The Beach) where the "Botes" (Boats) are. \* You will want to give a minimum of 30 minutes for this part, but we recommend 1 hour just to make sure.

\*Important: There is not an obvious boat dock in Drake Bay like in Sierpe. The boats arrive in the water close to the beach and people get on and off in the water (the same at San Josecito).

### **Boat: Drake Bay Beach - San Josecito Beach**

You will be taking the taxi boat from Drake Bay to Playa San Josecito - **of which THERE IS ONLY ONE - - at 12:30pm**. It is 9,000 colones or \$20 dollars and you must walk out in the water to the boat and tell them that you want to go to San Josecito or "Life For Life Hostel con Ricardo." The ride takes about 30 minutes. If you see you will not arrive in time, you can plan on staying the night in Drake. If you miss it for whatever reason - Please Let Us Know as we will be expecting you and will change plans accordingly.

Once at San Josecito - - we will meet you or if something happens and we are not there (which would only be in an emergency type situation) the walking directions are as above.

***There are also 2 other options from Drake besides the boat:***

1. **One is to walk it!** If you don't have too much luggage! It takes 2.5 - 3.5 hrs one direction depending on how much you stop and what your pace is. There are many up and downs. It is a path full of rocks, and mud and tree trunks that winds through pristine beaches and the edge of the jungle, full of birds and animals of all kinds and rock outcroppings made of lava! Since it is one of the most beautiful and fun walk/hikes there is, we recommend you do it at some point during your stay from the Hostel and back, perhaps when you do not have your luggage.

2. **Two, is to try to find a taxi.** You can ask around if anyone knows of a taxi that will take you to "La Escuela en Playa Rincon" (the school on Rincon Beach). Here there is a small parking lot/field a car could take you to and then a 15 - 20 minute walk along the beach path to the Hostel. It is not a for sure option, and we highly recommend the boat ride, but if you want to go this route it should be about \$25 and take about 45 minutes. Again, Please Let Us Know your plans of this, and we will meet you at the parking lot/field to help guide you and carry your things.

**With A Car**

**1.) San Jose - Sierpe - San Josecito:**

Drive, Park, Boat

**Drive: San Jose - Sierpe**

Look up driving directions to the town of Sierpe. Once there you can park at *Restaurant Don Jorge* - which is located at the boat dock - and park it there securely for \$7/day. There will be a ferry you will have to take with your car on this route.

**Boat: Sierpe - San Josecito**

Take the boat ride from Sierpe to San Josecito as explained above.

**2.) San - Jose - Playa Rincon**

Drive

**Drive: San Jose - Playa Rincon**

Look up directions on Google Maps for:

**Rincón de San Josecito, Puntarenas Province, Costa Rica**

It is about a 7 - 8 hour drive. There will be a part of this trip you will have to take a ferry with your car. When you get to the end of the road you will be on top of a ridge, the road will then turn to gravel and you will go down a steep incline that will take you to a parking lot/field on the edge of the beach. You will be parking here at your own risk. It is mostly very secure on this beach, but we do recommend that you do not leave anything at all visible in the car.

We also recommend that you do not arrive after sunset which is 5:30pm. When you let us know when you will be arriving we will be there to meet to you and help you carry your things. If you do not need support with your luggage, you can walk along the path next to the beach 15 - 20 minutes and you will eventually see us on your RIGHT - right before going along a small bridge with a handrail you will see the sign of our entrance that is the picture on the top of this document.

Have wonderful and enjoyable travels!

## Tours and Activities

There are many things to do at the hostel once you are here (if it is not rainy season) including boogie boarding and snorkeling - equipment provided by us. You can make a fire on the beach, lounge in the hammocks, take a tour of the botanical garden and fruit trees and learn about more parts of a coconut you can eat then you may know!

If our resident massage therapist is in (at times she is traveling away from the hostel) you can schedule a massage!

There are also many tours that are a great way to dive deeper into Costa Rica. Some we offer ourselves and some we can arrange for you:

### Our Tours:

- Rio Claro Canoe/Kayak Waterfall Tours: At the site of the Life For Life Sea Turtle Conservation Project - The Rio Claro Wildlife Refuge - we offer 2 and 4 hour tours in canoe or kayak up the peaceful and serene river. On the way back down you can jump off a cliff into the crisp water, you can float down the current in life jackets, and hike to waterfalls where you will find skin cleansing and rejuvenating mud masks that once dry - you can wash off in the waterfall shower.
  - 2 hrs - \$25
  - 3 hours - \$30
  - 4 hrs - \$40 (includes a longer hike to a bigger waterfall)
- Whale and Dolphin Tours: At a few different points during the year, the migrating whales come close in to the coastline - if we see them on a day you are here we can go out in our small boat to get a closer view, and might also see pods of dolphins that come closer to the coastline during those times of year as well!
  - 2-3 hours - \$25 - 1 person
  - \$5 per additional person
- Area Day Hike, Night Hike, and Tide Pool Tours: Our resident groundskeeper Alfredo, is an amazing Tour Guide. Born and raised in the area he has nuanced knowledge and awareness of the birds, animals, and flora of the area born through his personal experience. He loves sharing this with all and can arrange Day Hikes, Night Hikes, Snorkeling, and Tide Pool tours with you when you arrive.
  - 2 hrs - \$25 - 1 person
  - \$5 per additional person

### Tours we offer to arrange for you:

- Snorkeling Cano Island ~ One of the most amazing snorkeling and diving locations in Costa Rica
  - 4 hrs - \$80 p.p
  - + \$20 roundtrip transportation to Drake Bay from Hostel p.p.
- Scuba Diving Cano Island
  - 5 - 6 hrs - 2 Dives: \$140 p.p - - 3 Dives: \$195 p.p
  - + \$20 roundtrip transportation to Drake Bay from Hostel p.p.

- Horseback Riding
  - 2.5 - 3 hrs - \$50 p.p
  
- Corcovado National Park Day Hikes
  - 5 hrs - \$90 p.p
  - + \$20 roundtrip transportation to Drake Bay from Hostel p.p.
  
- Canopy Walks and Zip Line Tours
  - 3 - 4 hours - \$ 65 p.p.



If you are interested in any of these tours ~ just write us an email letting us know what you are interested in and we will arrange it for you!

Looking forward to spending time with you in our beautiful sanctuary.

For our hearts to yours....Pura Vida!

*The Life for Life Team*