

Nosara Costa Rica



Spiritual Retreat and BB Workshop

General details regarding Costa Rica;

[CIA world facts](#)

[Visit Costa Rica](#) Government link with general information on Costa Rica.

[State Department](#)

[UN](#)

General Travel information;

Flying to Costa Rica;

Travel to Costa Rica is fairly easy and accessible from most major airports in the US.

Direct from Newark and the New York area airports flying time to San Jose International or Liberia International is approximately 5 hours and 15 minutes, Liberia though is typically more expensive a destination.

LAX does not appear to be direct to either San Jose or Liberia.

Direct from IAH Houston San Jose is 3 hours and 40 minutes and Liberia is 3 hours 30 minutes and the same price.

Which airport do I fly in to?

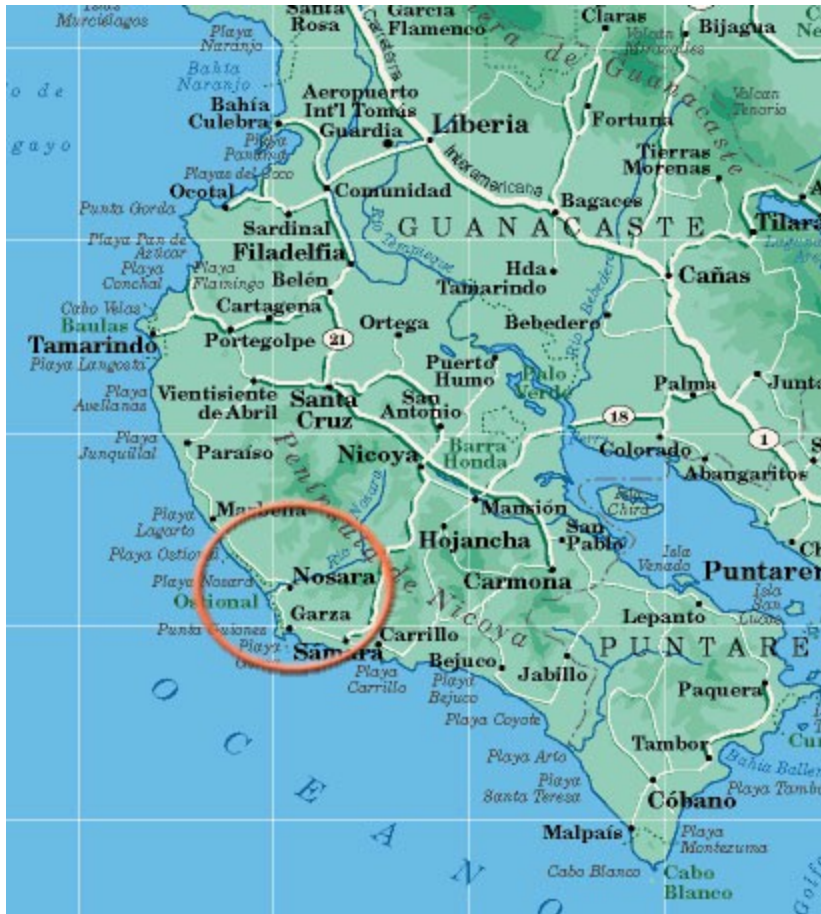
Your choices to fly into Costa Rica are San Jose (SJO) and Liberia (LIR) and while each airport will get you to Nosara, there is a difference. If you fly into Liberia you most likely will be driving the rest of the way to Nosara as the flight from Liberia to Nosara makes three stops and takes longer than the drive. Let's start with a map of Costa Rica showing Nosara, Liberia and San Jose.



San Jose is the capitol of Costa Rica and out of a country of 4.6 million 1.4 million live in San Jose proper and another 1 million in the suburbs. So San Jose holds almost 60% of the country's population and is a modern city. If you are coming for the week staying an extra day to experience the city may be a good idea.

To travel from San Jose to Nosara you have two choices, land by bus or by rental car, which is approximately a 6 hour trip or, by air which is approximately 45 minutes with one stop in Tamarindo. This flight is scenic to say the least as it spirals out of San Jose and heads over the jungles and mountains flying over coffee and pineapple plantations then the water for Tamarindo the one stop, then back over the water before landing in Nosara. It is really quite pretty. I have not driven, so I cannot comment on that route. The airline to take out of San Jose is [Nature Air](#) and we will be contacting them to see about a group rate.

The flight on Nature air is not out of San Jose, but from Tobias Bolanos International Airport, which is a 15 minute cab ride out of San Jose International. Nature air tends to operate on a schedule that makes it easy for international travelers to catch the flight. The flight from Tobias Bolanos will put you into Nosara airport, a 10 minute ride from downtown and all the lodgings currently planned. ***It is highly suggested you let me know when you will be arriving in Nosara if coming by Nature air as it will be part of the plan to provide transportation or have transportation available when you land.*** The airport in Nosara is a strip of runway with a small shack at the end. There are no cabs waiting for travelers. This way, we can make sure you are taken directly from the airport to your room. If you are driving from San Jose, we will make a map available to you before you leave for your trip that will detail where you are staying, you will be responsible to get there.



Lodging

Lodging will be your responsibility. We have arranged for some rooms and we are able to make available those rooms on a first come first serve basis. Rooms in Nosara tend to sell out quickly for the high season and will do so well in advance of the high season. We are currently working with www.surfingnosara.com to handle reservations for rentals. If you don't book early you may end up with either very expensive lodgings or out of town lodgings. One of the reasons to limit the workshop to 30 attendees is the lack of rooms. Rooms in Nosara don't work the same way as in the States. Most require you to wire half the cost upfront on a no refund policy. In the U.S. you usually just reserve with a credit card and have a cancellation policy that is easy, not so in Nosara.

So far we have reserved <http://www.casadeolas.com/> two homes @ 3400 per week of which one is spoken for. In addition we have reserved two 2 bedroom 2 bath condominiums at <http://www.namasteoasis.com/> which are probably the best value for the money @ 1200 per week. Also we have spoken with <http://www.harmonynosara.com/en/> and they gave quoted room rates of 330 per night. Other rentals are <http://www.thegildediguana.com/> <http://www.villamangocr.com/>. I do suggest contact www.surfingnosara.com as they are our unofficial agents on this retreat and know all the places to stay.