



Planning Your Trip

#CASAARENOSA

WELCOME TO CASA ARENOSA!

We are honored you chose to stay at Casa Arenosa! We invite you to unplug, relax and experience the 'pura vida' lifestyle. Wake up to the sounds of the howler monkeys, take a swim in the ocean, then stroll along a secluded beach and watch scarlet macaws soar overhead. Afterwards, take a dip in the refreshing plunge pool and relax in a hammock while watching four different kinds of endangered monkeys play in the bamboo gardens off the deck.

At night, sleep in a comfy bed under a mosquito net canopy while being lulled to sleep by the rhythmic sound of the waves. This is the life...Pura Vida.

Casa Arenosa is a fully functioning eco-home off the grid. It is entirely powered by solar energy and has a rainwater catchment system as well as fresh spring water. Here, you can experience off the grid living in jungle luxury.

Casa Arenosa is a two-story, open-air home, with a plunge pool and plenty of decks and areas to relax and lounge. It has with three bedrooms, two bathrooms with indoor/outdoor showers, a separate kitchen palapa and a dining room palapa all connected with an open thatch-roof breezeway. Our wonderful caretakers, Chiky and Laura, live on-site at the back of the property. They are local Costa Ricans devoted to making sure your vacation is amazing!

Enjoy!

Casa Arenosa | PLANNING YOUR TRIP

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Casa Arenosa | PLANNING YOUR TRIP

Hola!

We are so happy you will be staying at Casa Arenosa. We are thrilled that you will be able to experience the magic of Matapalo, Costa Rica!

Here is some quick information to help you plan your trip.
(For more detailed information, please see the welcome guide and FAQ)

THIS GUIDE INCLUDES:

- Check-in Information
- Getting to Casa Arenosa
- Grocery shopping
- Quick Info FAQ
- Packing List
- FAQ - detailed info
- Driving directions

CHECK-IN INFORMATION

Check-in time: 3:00 PM

Check-out time: 9:00 AM

Our caretaker will greet you when you arrive. The caretaker house is near the driveway entrance. When you arrive, give a shout out hello, and he will greet you and give you a tour of the house.

House Manager / 'Caretaker'

Our caretaker's name is Chiky and he is wonderful! His wife is Laura, who is an amazing chef and they have a friendly, adorable son, Felix. They live on-site in a separate house on the back of the property.

In addition to ensuring your comfort during your stay, he can also arrange guided tours for you, make lunch/dinner reservations, arrange taxis, etc. Whatever you need, please ask Chiky.

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Casa Arenosa | PLANNING YOUR TRIP

GETTING TO CASA ARENOSA FROM SAN JOSE, COSTA RICA

San Jose, Costa Rica (SJO) → Puerto Jimenez → Casa Arenosa

You will fly into San Jose International airport. Most likely you will need to spend the night and depart for Casa Arenosa the next morning.

Staying the night in San Jose

We recommend staying at the [Courtyard Marriott, San Jose Airport in Alajuela](#). They have an airport shuttle.

San Jose, Costa Rica → Puerto Jimenez

Drive

You may either rent a car in San Jose and drive to Puerto Jimenez. Then, follow the driving directions provided to get from PJ to Casa Arenosa.

Fly

You may also choose to take a short flight, on a “puddle jumper” from SJO to Puerto Jimenez.

Intra-Costa Rica airline: Sansa Airlines, www.flysansa.com

Getting to Casa Arenosa from Puerto Jimenez

Taxi

There will be several taxis at the airport. Choose one that has 4-W drive.

Rent a car

If you are renting a car in Puerto Jiménez, please see the driving directions page.

Rental Car company in Puerto Jimenez: Solid Rental Car

**** PRO TIP:** We advise guests to wear insect repellent / deet when they are in the cities/towns. i.e. San Jose and Puerto Jiménez.

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GROCERY SHOPPING

After arriving in Puerto Jimenez, your next stop will be grocery shopping.

Please plan to shop for all of the groceries you will need for your visit when you first arrive into Puerto Jimenez at the B.M. Grocery Store.

If you are taking a taxi from the local Puerto Jimenez airport to our house, the taxi drivers will happily wait for you while you shop for your groceries. The average price for taxi service is \$50.

We shop at the B.M. Grocery Store - please buy all of the groceries you think you will need for your entire vacation. This also includes herbs and oil. We wish we could provide this for you, however due to the hot, humid environment, these items go rancid quickly.

(Note: We provide drinking water)

If you run out of groceries or need something during your stay, please let our caretaker know. For a fee, you can make a shopping list and he will make arrangements for someone to buy it in town and send it out on a taxi.

**** YOU MUST BUY GROCERIES IN PUERTO JIMENEZ BEFORE DRIVING TO
CASA ARENOSA! ****

EXTRA PAYMENTS | Other services

If for some reason there is a need to pay for additional guests, etc, please go to Osa Tropical and give the money to Isabel or Gabriella.

OsaTropical@gmail.com

Casa Arenosa | QUICK INFO

OTHER QUICK INFO

(For more detailed information, please see the welcome guide and FAQ)

Housekeeping

Our housekeeper is Chucky's wife, Laura, and she is lovely.

Phone access:

We do not have a landline at the house. If you need to be able to make calls, we recommend that you contact your mobile carrier service to inquire about getting a temporary international calling plan/internet access service.

WiFi:

We have wifi available. This is the most remote part of the jungle though, so it can be very slow and difficult to access at times. Please be in 'vacation mode' and be patient with it. Thank you.

Meals

We provide a fully equipped kitchen. However, since herbs, spices and oils go rancid quickly in the jungle, we recommend buying what you will need for your stay when you go grocery shopping.

Chef/Cook

Sometimes, you may want to have someone else cook for you. Please arrange with Chiky to hire a cook. The meals are typically around \$6-10/plate/person and the guests provide the groceries.

Restaurants

There are some fun restaurants/hotels nearby where you can enjoy a nice meal.

Tours and Activities

The area offers numerous adventures and tours, such as horseback riding, fishing tours, waterfall rappelling, surf lessons, etc... Please ask Chiky to assist you to make arrangements for you.

WE HOPE YOU HAVE A WONDERFUL TIME!

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Casa Arenosa | PACKING LIST

Here is your guide to packing for your stay at Casa Arenosa. Since it is tropical weather, aka hot and humid, you don't need much in the way of clothing. You will most likely wear a bathing suit and sarong most of the day.

CLOTHING

- 1 pair of lightweight pants – Avoid jeans.
- 1 long-sleeved shirt – loose and lightweight, in light colors
- Tank-tops
- Shorts and/or skirts
- Simple, light weight dress
- Lightweight raincoat (waterproof/breathable)
- 1 warm synthetic top (e.g. – fleece) - only if you are going to the mountains
- Underwear/bras
- Yoga wear - optional
- Bathing suits
- Sun hat / baseball cap
- Rash guards
- Board shorts
- Water shoes / surf booties
- Sunglasses

FOOTWEAR

You'll be walking almost every day on-course, sometimes along muddy trails. Your shoes will likely get sandy, wet, and muddy!

- Closed-toed hiking or tennis shoes – go for comfort with these!
- Sport sandals (Teva/Chaco-type with a heel strap or light weight tennis shoes).
- Socks
- Water shoes! (ie: surf booties)
- Flip-flops

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PACKING LIST *continued*

DAILY NECESSITIES

- 1-qt. water bottle
- Headlamp or flashlight

PRO TIP: ALWAYS use a flashlight at night!

- Extra sets of flashlight batteries

PERSONAL CARE ITEMS

- Passport: must be valid for at least 6 months after your arrival date
- Money - Cash is king on the Osa, and you can use US dollars to purchase items.
- Watch
- Toiletry articles (biodegradable soap and shampoo, toothbrush, paste, etc.)
- Small first aid kit

It's nice to have your own supply of fresh Band-aids, Neosporin, Tylenol, Benadryl, Ibuprofen, and Swimmer's Ear Drops, Itching remedy

- Personal Medications (over the counter and prescribed) – leave in original packaging with dosage instructions
- 2 inhalers / Epipens (if you have a prescription for an inhaler)
- Prescription glasses or contact lenses: Bring a pair of glasses even if you prefer to wear contacts, and a spare set (of contacts or glasses), if you have them
- Sunglasses: polarized with 100% UV protection
- Sunscreen: 30 SPF minimum, water-resistant, natural water-based; bring enough to cover you for the length of your vacation!
- Lip balm with sunscreen
- Insect repellent: We recommend a natural or organic repellent
- Umbrella (If it is rainy season)
- Aloe for sunburns

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PACKING LIST *continued*

OPTIONAL SPORTS / ACTIVITY GEAR

We are unable to provide sports gear for guests because of the difficulty of maintaining them in high quality condition. If you know you want to surf or boogie board, we suggest bringing these things with you. They are also available for rent from Encanta la Vida, an eco-lodge across the road from us. Thank you.

OPTIONAL

- Surf board
- Boogie board
- Snorkeling gear
- Swim goggles
- Yoga mat
- Art supplies, for example a watercolor journal and watercolors
- Writing journal and pens
- A good book!
- Movies
 - *PRO TIP: Download your movies on your devices at home before departure.
- A day bag/pack
- Spanish dictionary/ phrasebook
- Sarongs
- Waterproof phone case
- Digital Devices - We invite you to unplug and relax! This is your vacation!
- Camera
 - PRO TIP: Pack your camera in a plastic bag for protection against moisture and sand, or bring an underwater camera
- Film or memory cards & extra camera batteries
- Binoculars
- Deck of cards, hacky sack, other small games

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PACKING LIST *continued*

NOTE:

- **Please do not bring a blow dryer.** Our solar power system is minimal and can not generate enough power for blow dryers. Thank you for understanding!

PRO TIPS:

- Ear plugs - Bring ear plugs for use on the airplane! Especially the small puddle jumper airplanes from San Jose to Puerto Jimenez.
- Foldable cooler bag - This will come in handy for grocery shopping.
- Fly below the radar! Don't call extra attention to yourself and your wealth. Leave the diamonds and Rolexes at home and opt for inexpensive jewelry.
- Bring plenty of cash! While more and more places accept credit cards, the majority of transactions are cash. INSIDER TIP: Vendors accept payment in US Dollars

Casa Arenosa | FAQ

Q: What is the weather like?

Casa Arenosa is located in the tropics and close to the equator. Costa Rica is considered a rainforest country and warm temperatures, ranging from the 70's - 90's on average, are characteristic throughout the year.

There are two well-defined seasons:

Dry Season: December – April

Rainy Season: May – November

The rain, especially on the Pacific coast, typically occurs during the afternoon or evening and is "warm". We experience a short mid-year mini Dry Season towards the end of July and beginning of August when rainfall decreases significantly for 3-4 weeks. The rainiest months are September and October, especially in the south Pacific region.

Note: The climate in San Jose is often very different to the coastal regions. A medium-weight jacket is highly recommended for cooler nights in and around the capital.

Q: Do I need to speak Spanish?

It is not necessary. Chiki can understand English, although he is very shy to speak it. When necessary, his son speaks English and can act as a translator. All the local tours and guides all speak English too.

Q: Is the water safe to drink?

Yes. However, we provide bottled drinking water too.

Casa Arenosa gets its water supply directly from a well on the property and it tastes delicious.

Q: What medical facilities are available?

There is a clinic open 24/7 in Puerto Jimenez. There is a hospital in Golfito and for serious emergencies there is an air ambulance service which will get to a choice of hospitals in San Jose

Q: Are there safety issues?

None specifically for Costa Rica or the Osa Peninsula. The usual cautions that you would observe anywhere are all that is necessary here. Given the open design of the house, we recommend that you stow your valuables away out of sight or put them in the provided lock boxes at night and when you are away from the house.

Q: What about insects?

There are many insects around but they are not a huge nuisance. Remember there is a whole food chain out there and there are plenty of animals and birds intent on eating all insects found. Most encounters with insects are part of the spectacle of being in the rainforest and are not a problem. That said, it is a good precaution to have insect repellent on, particularly in the early evenings. Also, the beds have high quality mosquito netting. However, if you are very concerned about the possibility of insects being around you then it is possible that the open air living at Casa Arenosa may not be the best environment for you.

Q: Who can assist us with the planning of our trip?

Contact our Travel Agent, Osa Tropical, and let them help you coordinate your travel plans. They can assist with booking intra-Costa Rica flights, car rentals, airport transfers, San Jose hotels, etc. They are the experts with years of experience ensuring that guests are looked after not only in the house but during their whole visit to Costa Rica.

You can email them at [Osa Tropical@gmail.com](mailto:OsaTropical@gmail.com)

Q: Who will be able to help us during our stay?

Our caretaker, Chiki, lives on site. He is there to ensure that your stay is as enjoyable as possible.

In addition to ensuring your comfort at the house, he can assist you to book tours, make lunch/dinner reservations, order taxis, arrange for a chef/cook, etc.

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Q: Do I need to rent a car?

No you do not need to. If you are happy to walk, you will have the chance to take in more of the beauty of Matapalo. If you want to go to other places, we recommend catching a taxi. This can be easily arranged by Chiki. The taxi drivers know the area well, will often spot animals and birds that you would miss and can look after the driving while you enjoy your surroundings.

However, if you prefer to have your own vehicle this can be sorted with pick up and drop off in San Jose or Puerto Jimenez.

The Puerto Jimenez car rental agency is Solid Car Rental.

Q: What is there for kids to do?

Plenty! Even the most jaded and screen addicted kid will marvel at the sight of monkeys playing in the trees. Bugs, slime, mud, rocks, birds, hermit crabs, the natural world around them will captivate their curiosity. Away from the house and garden, kayaking, swimming, surfing, tree climbing, waterfall hikes and zip lining are just some of the incredibly popular activities available. A visit to the Wildlife Sanctuary will give them an encounter with animals unrivaled by any zoo. This is an ideal place for children to explore and learn about the rainforest. Nearly all tours welcome children and, where necessary, babysitting can be arranged.

However, we should note that due to the open design of the house, we do not recommend it as a good choice for a family with children under the age of 3. Parents of toddlers would not be able to relax!

Q: Can I use credit cards or US Dollars?

Cash is king in Matapalo. The higher-end restaurants will take credit cards as will the supermarket. Everyone else prefers cash. Tour operators may charge extra for using a credit card. You can pay with US dollars or Colones and can get either currency from one of the 2 ATM's in Puerto Jimenez. Bring plenty of money. Costa Rica is more expensive than people generally think.

Q: What about food?

If you plan to cook for yourself, we recommend buying all the groceries you will need for your visit when you first arrive in Puerto Jimenez at the B.M. grocery store. If you run out of groceries mid-stay, then you can arrange with Chiki to have groceries delivered.

If you would like to have a cook for daily or evening meals, please ask Chiki and he can coordinate it for you.

There are also many eating out options. Within a short walking distance there is Encanta La Vida, a small hotel with dining available if booked ahead. Within a half an hour walk there is Martina's, an open air funky bar and restaurant serving lunch and dinners, and Lapa Rios, an eco tourism resort with gourmet dining and a fabulous view. Further afield by car or a possible calorie burning hike, is Bosque del Cabo, another resort with dining to match its views. Head into Puerto Jimenez and there are many options for eating including Carolinas for all day casual and local food and [Pizza Mailit](#) in the evenings for the most awesome pizzas and pasta.

Q: What about groceries?

The only supermarkets are in Puerto Jimenez and we suggest that you plan to shop on your way into Casa Arenosa. After that, when supplies run low, our caretaker can arrange to have groceries ordered and delivered to the house.

Q: Is it possible to get ice?

Yes! Our refrigerator has a freezer with ice-cube trays.

Q: What about tips?

Gratuities are very much appreciated! We'd love it if you could be generous tipping our staff if you enjoyed your stay.

Q: Is the house air conditioned?

No, this is not available. The house is open and is designed to take advantage of the cool air movements coming down the hill behind the house. Most guests find this very comfortable and fans are provided in the bedrooms for the occasional time when the breeze weakens. In addition, we have a ceiling fan in the downstairs lounge area.

Q: What electronic devices can I bring?

We hope that this will be a time for you to escape and completely relax, unwind and unplug, leaving the modern world behind as much as possible! Some modern essentials are inevitable though and includes cameras, cell phones and a laptop for Skype.

We do request that you do not bring hair dryers and curling irons, anything that needs to heat up, as these use too much power. In the jungle you don't have to worry about what your hair looks like. The outlets are standard North American for 110V applications. If you have a question about a particular device please ask.

Q: Can I make phone calls?

No landlines exist in the area. However, recently cell phone coverage was expanded and the Matapalo area now has 3G coverage. As you come through the airport you are now able to purchase a SIM card for use in Costa Rica. **Check with Osa Tropical for the latest information regarding Costa Rican SIM Cards** and compatibility with certain phones. **OsaTropical@gmail.com**

You may also want to check with your carrier to see if you can get temporary international calling plan and internet access.

Q: Housekeeping?

Included in the rental is a cleaning service every other day and sheets and towels are changed regularly. Should you require something daily, or have your laundry done as well, this can be arranged with our housekeeper for a reasonable fee. Please ask Chiki to arrange this for you.

Q: What supplies are provided in the house?

We provide drinking water, all linens, towels, kitchen towels and toilet paper, liquid soap, dish detergent, and other staples for the kitchen.

Since herbs, spices and oils go rancid quickly in the jungle, we recommend purchasing what you need at the BM Grocery store in town.

We also have some games and books together with information cards on the flora and fauna of the area. Our visitor information book also has additional details in it. In addition many different fruits grow on the property and Chiky will share with you whatever is ripe and ready for you to enjoy.

Q: How do we get to Casa Arenosa?

All international flights go through San Jose, Costa Rica's capital city.

You will need to plan an overnight stay in San Jose unless your international flight arrives before lunchtime (in the dry season) or departs mid-afternoon. We recommend staying at the Courtyard by the San Jose Airport in Alajuela.

San Jose to Puerto Jiménez:

If you choose to fly: Your destination will be the airport in Puerto Jimenez. The intra Costa Rica airline is Sansa Airlines. Osa Tropical can assist with reservations. The flights are available through the morning and early afternoon and last about 45 minutes. The flight offers breathtaking views of the country's majestic mountains and magical beaches. You'll want to keep in mind that there is a baggage restriction of 25 pounds per person, with additional weight allowed for an additional charge.

If you choose to drive: Driving is a great way to see this beautiful country and I can provide you with detailed directions. It takes about 7 hours from San Jose to Puerto Jiménez. It is essential to hire a four-wheel drive vehicle and plan your journey to arrive while it is still light. The roads are usually good until you reach the Osa peninsula. From there into Puerto Jimenez road has been improved but there are still sections where caution is required and the driving is by pothole and pit. Not an easy drive and much more difficult at night!

Casa Arenosa | DRIVING DIRECTIONS

Driving Directions to Casa Arenosa from Puerto Jimenez:

-On the main paved road in Puerto Jimenez, on one end you will see B&M Market (Grocery store). Osa Tropical office is across the street where the Nature Air sign is.

-Take a right at the B&M market. There will be a green on the road that says Matapalo, like the ones you see on the freeways here.

-You will go straight on this dirt road for 35-45 minutes. You will go through some river beds. On your left you will see the gulf and on each side there are pastures with cattle.

-You know you are entering the area when on your right you will see a mint green building that says "Carbonera School" and on your left you will see a sign that says "Buena Esperanza" in front of a funky little outside bar and restaurant.

-Keep going straight up the hill, after a driving for a few minutes on a straight dirt road you will see a little wood bus bench on your left, just after that, on your left there will be a little road going down a steep little hill,

Turn left onto that road and follow it to the right, look for 2 white stone pillars with a guard house looking structure. (If you go up a steep hill and see Lapa Rios on your left you went too far.)

-You are now in Matapalo. Keep going straight on the little jungle bumpy road.

-You will pass house signs that say, "Casa Bamboo". "Encanta la Vida" and after the entrance to Encanta la Vida, you will find the entrance to Casa Arenosa and Casa la Luz, on the ocean side (Left side of the road as you come from the direction of town).

-Enter the 'Casa Arenosa', 'Casa la Luz' Driveway

-Veer LEFT at the fork in the drive.

- As you pull in Casa Arenosa's drive, you will see a small, elevated caretakers house.

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- Shout out a big 'Hola!' and our caretaker will greet you and give you a tour of the house and grounds.

Also, you can ask anyone and they will point you in the right direction. It sounds a lot more complicated than it is.

In case you may need more specific information, please do not hesitate to visit the Osa Tropical office. It is located in Puerto Jimenez main street across BM supermarket and has a big Nature Air signed out in front..

HAVE A GREAT TIME!

Casa Arenosa | SAFETY RULES

Please follow these rules closely!

1. Hydrate - inside and out! Be sure to drink plenty of water and keep cool by dipping in the plunge pool, taking cold showers.
2. Only put your hands and feet where you can see them. Costa Rica has abundant wildlife, including snakes, scorpions, etc. So, please look where you walking and putting your hands.
3. Give you clothes, hats and shoes a good shake before putting them on.
4. Beware of snakes - especially at dawn and dusk.
5. Always use a light / headlamp at nighttime. It is very important to see where you are walking.
6. Backwash Beach - is not recommend as a swimming beach, especially when there is swell in the water. Sometimes there can be strong undertows and currents. The swimming beach, Pan Dulce, is just round the corner. Chik can show you where it is.
7. NO CANDLES, flames or smoking of any kind. We understand candles lend to the ambiance, however the risk of fire is too high. We provide battery powered candles for your use. (Please ask Chiky if any of the batteries need to be replaced.) THANK YOU!
8. Beware of falling coconuts! Although the coconut trees are beautiful, please avoid walking or relaxing under them.

BE SAFE AND HAVE FUN!!

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