

SALADERO ECOLODGE

Golfo Dulce, Costa Rica

Practical information that we hope will make your trip the most fun it can be.

Getting Here

By Air

Sansa and NatureAir both fly into the area from San Jose and either Puerto Jimenez or Golfito airports are just about equal distance from Saladero (35 mins by boat). Baggage weight limits are more restrictive on these smaller planes. Its best to travel light to avoid having to pay for extra weight – please be sure to check your ticket information for restrictions. Whenever possible please fly into Puerto Jimenez so that we can minimise boat trips.

Golfito is not geared to tourists, but is a good local transfer point with buses and taxis to take you on to points beyond. Puerto Jimenez has more to offer in terms of restaurants and tour offices; it also has plenty of decent places to stay and is a starting off point for Corcovado National Park and Matapalo.

By Car

In Golfito you can leave your car at the Mar Y Luna hotel/bar. They have a secure and guarded lot and charge \$10 per day. In Pto Jimenez you can leave at several hotels on the beach. Fees vary.

Pick up by boat

You will be transferred from either Puerto Jimenez or Golfito to Saladero by boat. Please be prepared to get your feet wet when getting in and out of the boat. It is best if you wear some kind of water shoes i.e. Crocks or flip flops.

The crossing from town to Saladero takes about 35 - 45mins and sometimes we see dolphins, whale sharks and sea turtles, so make sure you have a camera handy to get those pictures!

We always pick up guests in the mornings between 7.30 am and 11 am. This is because we do not run the boat in the dark for very early arrivals, the water is usually calm before 11 am and the crossing is more comfortable. In the afternoons there may be rain and the crossing can be very rough, wet and take much longer. To save journeys we try to coordinate our guests coming and going on the same boat trips. Please check with us before booking local flights to coordinate boat schedules and to assure we can pick you up when you arrive.

If you do arrive after 11 am you will need to spend the night in Golfito or Puerto Jimenez and we will gladly provide the names of suggested places to stay.

What to bring with you

Clothing should be very casual and lightweight, anything made out of fabric that dries quickly is best. We have some snorkels here, however if you are bringing children you may want to bring a set for them as we only have two small sets here. We also have rods and fishing equipment for you to use and any fish caught we will be delighted to prepare for you.

Packing List:

Lightweight long sleeved shirt and pants for cool evenings or to cover up from the sun

Shorts & Tee shirts

Lightweight frocks for ladies - Sarongs (there are so many uses to mention for these)

Swimsuits - Lightweight skins if you plan to do a lot of snorkelling. The water is warm but they will protect you from the sun and will keep too much suntan lotion from damaging the reef. Long sleeve tees and leggings work too.

Lightweight camping towel for the beach and swimming (we do not provide beach towels)

Sun hat (waterproof)

Camera and Binoculars

Books - we have small book exchange here

Snacks in ziplock bags - although we make sure you have plenty of good food to eat during mealtimes we are remote and there are no shops near here and so you might want to pack the chocolate, nuts and raisins for the snacks between meal munchies!

Bug spray - we rarely have mosquitoes at Saladero, but we are in the rain forest and we do have bugs (some are really cool!). Some do bite in the evenings but it is very seldom we have them here. If you have access to Skin So Soft from Avon, it has citronella in it and is quite effective with most bugs. Just as a reminder, all cabins are screened. We do have organic natural lemongrass spray for sale as a natural way to repel bugs.

Sun Tan Lotion - Essential. We are very close to the equator (8 degrees north) and the sun is strong here even on cloudy days. Make sure you have waterproof factor 50 at least but if you are fair then SPF 80 or even higher is better. We want you to go home with a light tan not a burn!!

Waterproof shoes - Crocs are great for this environment. The beaches around the area are mostly small rocks. Its volcanic and you will spend lots of time in the water, kayaking, snorkelling or just walking on the beach.

Ear Plugs - Although many people find the sounds of night birds and frogs magical at night, light sleepers may wish to have a set on hand just in case.

Flash lights or head lamps -for walking around at night.

Dry bags to use when in the kayaks for keeping cameras etc dry

Zip lock bags in various sizes to keep electronics dry from the humidity, if you have some of those little bags of silicone that come in boxes of shoes to keep humidity at bay put them in too.

Cards and board games- we have some cards and games here

Extra Batteries, solar chargers and/or battery back-up storage for recharging devices

Refillable water bottles to take on your adventures. We also have some reusable water bottles you are welcome to use.

Any special medicines

Try to pack light, (I know this is subjective) a carryon bag is usually plenty big enough with a small day pack. You will find the roads here are often gravel so dragging a big bag in the rocks is just not fun. We can do laundry or provide a bit of detergent if you want to wash you own clothes.

Other Bits and Pieces

Mobile Phones – Most mobiles/cell phones can pick up a signal here. You may also wish to purchase a phone sim card or telephone at the airport in San Jose.

Internet – We have wifi available at all times in the area of our restaurant (Beach House). It is free of charge.

Solar Power – The Beach House has solar power and provides electricity for lighting in some guest rooms. The system also provides the electricity to power our low energy refrigerator, lighting and in the dining room. Guests staying at Saladero can charge e-readers, phones, cameras etc. in the dining room between 10 am and 4pm when the sun is shining. Please keep in mind the electric is limited and charging devices outside of these hours is not permitted. The system is not powerful enough to use hairdryers or heated hair irons (ladies this is your chance to have a good excuse to let your hair go natural!). A backup charger is good for reserve power and if its solar even better.

Tree House – This cabin has a solar powered light. We also have a solar-powered light for this cabin. *Remember this cabin is 88 steps up the hill and we do not recommend it for those with mobility problems.*

Mariposa Cabin – We provide solar-powered lighting for this cabin and we recommend that you bring headlamps for the short walk to the bathroom at night and when returning to the cabin after dinner. Located in the garden, this cabin is an excellent place to view birds and sometimes forest animals.

Bungalow Cabin – has a private bathroom, outdoor shower and a double bed. It is roomy and has lots of storage. There is solar electric lighting.

Glamping Cabins – We provide solar lamps for night time and mosquito nets are in all cabins. A headlamp for the walk to the bathroom at night is a good idea and for walking in the evenings

We also ask that guests using the common area in the Beach House in the evenings or early in the mornings keep voices low so as not to disturb other guests who may be relaxing or sleeping upstairs.

Laundry - If you would like us to do your laundry for you while you are here we would be happy to do so; the charge for a machine load is \$10.

Cleaning rooms - We try to limit our impact on the environment by changing sheets and towels after the 3rd night instead of changing linens daily. This also helps us keep our costs down and pass the savings on to our guests with some of the best rates in the area. We recommend hanging towels up to dry after using.

Water/Drinks - Our water is directly from a spring. The water we use for drinking is UV treated and very safe. We serve plenty of fresh homemade juices with meals and have a bar with beer, sodas and wine for purchase. Our refrigeration space is very limited and we regret we do not have a space for storing drinks or food brought to Saladero by guests.

Tours and special services - We offer a number of different tours to enrich your experience while you are with us, you will find information about our tours on our website www.saladeroecolodge.com. If you have any other special activities you would like to do while you are here we may be able to arrange it for you. Please let us know in advance and we will be delighted to make enquiries.

Special Diets - We strive to source all of our foods from the farm or locally and our meals tend to be fresh tasting. Like most small, remote lodges we have a set menu providing a healthy meal for all our guests for breakfast, lunch and dinner- our menu is not ala carte. Most of our meals are vegetarian/vegan and high in nutrients from our organic garden. We can also prepare and modify meals/juices for diabetic needs. We use nuts & gluten in our kitchen. Many of our meals include beans, rice, roots and dairy.

Please let us know in advance of your arrival if you have any food restrictions and please keep in mind we cannot accommodate highly specialized diets, especially high meat Paleo or Keto diets.

Tipping - It is customary in Costa Rica to tip the staff if you have enjoyed your stay. As a general rule \$5-\$10 a day for a couple would be normal, a little more for a larger group.

Final Payment - Please make the final payment for your stay with us prior to arrival here. In the lodge we just accept cash! We do not accept credit cards!

Pura Vida !!

We look forward to having you stay with us!