

## Welcome to Los Suenos Marina, Playa Herradura, Costa Rica

Welcome to Los Suenos Marina. The following information is to assist you in making your stay enjoyable and answering questions you might have regarding area services and attractions.

**The Marina Office** will provide a detailed contractual information sheet of rates and services upon entering the Marina. The water on the docks is potable and chlorine-free. Showers are available near the office. Cable television is available at a monthly rate. Ice can be purchased at the office. The fuel dock has diesel and gasoline, and you need to make an appointment. The Esso Gas station on the main highway has outboard oil, diesel fuel and oil filters, and many brands of oil. At this time the Marina is still under construction, and there are no stores or other services on the property. The Marina office can advise on an address to forward mail from the US.

Los Suenos Marina  
Playa Herradura

Perry Hodell – Marina Manager  
Sarah Ocampo Perez – Office Administration Manager  
E-mail: [sperez@los-suenos.com](mailto:sperez@los-suenos.com)

PO Box 662-1007 San Jose, Costa Rica CA  
Phone 506-6433941 Fax 506-643-2426  
[www.los-suenos.com](http://www.los-suenos.com)

Julian Craven – Dock Master  
Esteban Chaves -- Dock Services

**The Los Suenos Marriott Resort and Hotel** 506-603-9000, is adjacent to the Marina and is operated independently. The five-star resort has a golf course, casino, three restaurants, coffee/gift shop, pool, beauty salon, etc. but does not offer marina tenants “reciprocal” use of their facility. We opened a “house” account with a credit card and used the facilities throughout the time we were here. The front desk manager is Mayela Alfaro. You will need to fill out an information sheet she will provide with credit details. The restaurants are excellent and pricey. The outstanding breakfast at the golf club house is \$10 per person.

**The Town of Jaco** – The funky surf town of Jaco is less than fifteen minutes by cab – cost 2000 colones. (Currently 3000 colones is \$10.00 US dollars) The office will call a cab for you. Everything can more or less be found in Jaco, except for propane and compressed air. Jaco has many resorts and small hotels along the beach and around the town. The narrow side streets leading to the beach are quiet, but offer some surprises. Walk down them and explore the area. It is helpful if you speak Spanish.

Jaco Restaurants - We found many restaurants and hotels in unlikely places. Our favorite restaurants are Wishbone Pizza/Mexican in the middle of town, Monica’s Italian Restaurant around the corner toward the beach, Cococabana restaurant (dinner only) on Calle Anita, Hotel Cocal with nice beach view restaurant (rooms are \$45 including breakfast) 643-3082. Try Chatty Cathy’s for breakfast and light lunches upstairs across from the grocery store. Cathy and Rheiny are a friendly Canadian couple willing to share their local knowledge. Another lively breakfast place is Sunrise Café on the north end. There is also a Pizza Hut that delivers.

**Groceries** – Mas X Menos in the middle of Jaco has good quality groceries, and hard to find things like bagged Dole lettuce. It is a one-stop place and Tuesday is the best day for fresh food. Be sure to check out the Frutastica vegetable store on the side street by Pops Ice Cream place. It has an ever-changing stock of excellent fruit, vegetables, German bakery bread, and meats. There are several bread stores including Panchi’s Panaderia across the street from Mas X Menos. I usually stopped at several stores when provisioning. Block ice can be found across the street from Frutastica.

**Pharmacy** – Across from Pops is Farmacia Manantial – 643-1800. There is also a clinic nearby.

**Banking** – There are several banks and ATM’s in town, and none take MasterCard. Visa is the card of choice. . .even in many shops and restaurants. We had to go to Puntarenas for cash from our MasterCard checking account.

**Hardware Store** – The large ferrateria, Super Macavi is on the corner next to Pops Ice Cream. There is an electrical supply store called Maesa (643-1992) across from Mas X Menos on the small street leading to the ocean. You will find an appliance store carrying blenders, microwaves, irons, etc. next door to the AquaMatic laundry.

**Liquor** – There are several liquor stores – we shopped at Tienda de Licores Jaco on the south end of town. They have a wide selection of wine and some gourmet foods. We got discounts for cases purchased with cash. Mas X Menos also sells beer and liquor/wine. The prices by the bottle are about the same.

**Laundry** – There are several – we prefer AquaMatic. They are located on the south side of town across from the veterinarian. You can do your own, or have it done. The results were excellent – nicely folded and wrapped in plastic. You can usually pick up the same day if you get it there in the morning.

**Propane Gas** – Propane fills are available at Zeta Gas – 663-6603 - about one hour north of the Marina just off the main highway. Drive north past Caldera. The propane farm is about four kilometers on the right hand side of the road, before you get to Puntarenas. The sign on the highway says “Z” Gas then immediately turn right on a dirt road. They close at noon on Saturday. Have the Marina call to make sure their pumps are in operation.

**Boat Service** – For electrical items on your boat i.e. batteries, generators, or electronics, contact Preston at Metro Alarm & Marina 643-1159. He is very capable but in high demand.

Boat Service – Near the Marina on the road leading to the highway you will see Pelicano Marina operated by Randy Kuhn – 643-3984. There are several small powerboats/trailers in the yard. He has many different boat supplies/parts, and is knowledgeable about where to get things around Jaco.

**Telephone** – No public phones on the property. You can buy phone cards in Jaco at several small gift stores and use any pay phone along the street. We used a 199 card that gives English directions. It has a number code on the back that you scrape off. Pick up the phone and dial 199. Wait and dial 2 for English directions. Enter the code number on the back of the card and hit #. Then to call US dial 001 before the area code and number. If you receive a phone call or fax from the US advise your caller to dial 011 before the area code.

Calling Card Calls – You must make access through either a private phone or the public ICE Chip phone that has an LCD display. (non-display phones won't work) To access, dial 0800, wait for the short beeps to stop, and then dial your access number. AT&T 0114114, MCI 0122222, Sprint 0130123.

**Travel Agent** – The Best Western has a travel agency in the main lobby that can arrange tours or airline tickets for you.

**Internet Cafes** – There are several along the main street in Jaco. We enjoyed the one behind Pizza Hut but it has erratic hours. We also liked the one in the cluster of stores near Zuma Car Rental, and across from the Serenity Spa. There is another adjacent to a café across the street from Zuma. We have tried them all, and they are about the same price and usually air-conditioned.

**Haircuts** – Both salons in town are adequate and charge about \$10-12 for a haircut. Try the one next door to the Sunrise Café on the north end of town. Don't miss the Serenity Spa near Zuma's for a full range of services - \$40 massage and \$15 pedicure. Do it. . . you deserve it!

**Rental Cars** – There are several car rental agencies in town including Economy, Budget, National, and Zuma. The rates range from \$199-\$250 per week for a standard shift car, and slightly more for a jeep. Many of the roads are improved, and there are only a few places where jeeps are essential. We rented by the month and selected Zuma 643-3207 who offered us the best monthly rate and provided good service.

**Guides and Tours** – Buy a Lonely Planet Guide book – We planned our own tours around the country, and picked up local guides. We especially enjoyed the Arenal Volcano and Lake area and highly recommend

the Tabacon Resort 233-0780. Monteverde Cloud Forest is very special but a rough ride. Friends have used King Tours in Jaco – next to Zuma – to arrange guided trips around Costa Rica.

**Nearby attractions:**

*Villa Caletas* – Described as jungle “Victorian” this small resort offers lovely gardens and an intimate cocktail patio with stunning views of the Gulf of Nicoya. Go by 5:30 and view the magnificent sunsets. Dinners in the fancy resort restaurant are fixed price \$33. It is about fifteen minutes north of Los Suenos on the main highway – turn off on the left before the entrance to Punta Leona 257-3653.

*Carara Park* – About twenty minutes north of Los Suenos – small easily hiked reserve. The 90-minute trail through the jungle is great. There is a small parking lot several kilometers north of the main entrance that has hiking trails with better bird watching. Don’t leave anything in your car. Daily 8-4.

*Rio Tarcoles* – Thirty minutes north of Los Suenos stop at the bridge and watch the crocodiles basking on the riverbanks. This area is on the flight path for parrots and macaws. Bring binoculars. For fresh fish, the Rio Tarcoles fish cooperative is just south on the right – a great place to buy seafood and lobsters. Drive down a dirt road several blocks – toward the Gulf.

*Steve ‘N Lisa’s Restaurant* – Delightful ocean front TICO restaurant north of Punta Leona. Breakfast, lunch and dinner. . . also delicious margaritas. They offer a large menu. Stop here after you hike Carara Park.

*Manuel Antonio Park* – An easy 1½ hour drive south of Los Suenos Marina. The park is closed Monday, and opened Tues.-Sun. 7-4 park fee \$6.00. Guides wearing badges will meet you in the parking lot and offer to guide you for about \$15 per person on an easy two-hour hike. It is worth it. They will help you spot sloths, bats, monkeys, birds, insects and snakes. Bring a bathing suit if you want to swim in the inviting aqua blue lagoons. . . pack a picnic lunch. Also, in the town of Quepos you can arrange river rafting, horse back riding, etc. Try Iguana tours.

*Rainmaker* – a private reserve in the rainforest about twenty minutes north of Manuel Antonio Park in Pocaes. The two- hour hike consists of a series of suspension bridges in the rainforest canopy. Bring a bathing suit for a dip in the natural pool along the river. You have to have an appointment and go with a guide. Costs about \$45 per person and includes a light breakfast and lunch. 777-1250 ext. 207.

**Puntareñas** – Industrial city on the east coast of the Gulf of Nicoya, about 90 minutes north of Los Suenos. The city has many supplies cruisers need, including some marine stores. There are several boat yards where you can haul out, and we were told one can fill scuba air tanks at the fire station. There are three computer service/supply stores, and many household supply stores. Two hardware stores are TunG SinG 661-0781, and across the street Ferreteria Segares 661-0084.

The Costa Rica Yacht Club 661-0784 is located on the causeway on the south end of town. It has moorings, swimming pool, a remodeled hotel, restaurant with great hamburgers, new travel lift and dry dock.

Official paperwork. Problems or questions for aduana or port captain can be handled by DIAMAR – Ramon Suarez Rojas, 661-4263. He is knowledgeable about what is available in Puntarenas, and is very helpful and friendly – speaks English well.

**San Jose** -There are some neat areas around San Jose, and the climate can’t be beat! It is less than a two-hour drive, or a \$75 taxi ride. Try the Aurola Holiday Inn, and several places around Sabana Park like the Christina, and the Hotel Melia. Don’t miss the huge Multiplex Shopping Mall in Escazu – follow the signs to Santa Ana. The mall offers everything you could want, including a great grocery store just like home.

*This information was compiled by Doug and Judy Decker s/v Limerence to assist those cruisers who stop in this lovely area. We stayed here from May – September 2001. . . To download this or one of our other cruising guides, please visit: [www.deckersailing.com](http://www.deckersailing.com). The Deckers can be reached through email at: [cruise2000@deckersailing.com](mailto:cruise2000@deckersailing.com). Please make updates and additions to this guide as necessary to help others in your wake have an enjoyable stay.*

Rev. 8-30-01