



What You Need....To Know & To Bring

TRAVEL EMERGENCY CONTACT INFORMATION

Phone: In Mexico – 011 52 1 (322)-127-5425 for Soco
From the U.S. – 1 866 801-4084

Email: soco@haramararetreat.com

TRAVEL DOCUMENTS

PASSPORT – You must have a current passport to travel to Mexico. Your passport must be on your person at anytime you are off the grounds of the Retreat. Please refer to the link for current information: <http://www.travel.state.gov/content/passports/english/country/mexico.html>

TOURIST VISA – You will be given this document to fill out on your flight to Mexico. Be sure to fill out the top AND bottom portions of this document and sign where designated.

The address you will need for where you will be staying is –
HARAMARA RETREAT
PLAYA LA ESCONDIDA NO 196 OTE
SAYULITA, NAYARIT

You will present this document with your passport to the Immigration official upon your entry into Mexico. After stamping, the official will tear off and return the bottom portion to you. Your Tourist Visa must be on your person with your passport at anytime you are off the grounds of the Retreat.

BE SURE YOU KEEP THIS PIECE OF PAPER FOR YOUR DEPARTURE! You will be asked for this by your airline upon check-in for your return flight home. If you do not have this piece of paper there will be a fine and the hassle of redoing all of this paperwork on the spot!

CUSTOMS DECLARATION – You will be given this document to fill out on your flight to Mexico. Be sure to fill out and sign this document where designated. After collecting your checked luggage from the luggage carousel you will proceed to the Customs area. Once in the Customs area you will place all of your carry on and checked luggage on the x-ray machine conveyor and present your Customs Declaration document to the Customs official. You will then be asked to press a button for a Customs inspection. This is a random selection system. A Green Light means you are free to collect your x-rayed items and pass through the Customs area without an inspection. A Red Light means you will need to collect your x-rayed items and proceed to the Customs inspection counter where all of your luggage will be searched.

VACCINATION RECORDS - No vaccinations are required to enter Mexico. (However, you may want to check with your doctor for more information on vaccinations.)

TRANSPORTATION TO HARAMARA

Transportation shuttles are available between the airport and Haramara. The Arrival Shuttle is \$90.00 USD for one to four people sharing the shuttle. There is an additional charge of \$5.00 USD for each additional person up to seven. The Departure Shuttle is \$65.00 USD for one to four people sharing the shuttle. There is an additional charge of \$5.00 USD for each additional person up to seven. The total charge for each shuttle will be prorated per person based on the number of people sharing the shuttle. Unless it has been included in your individual package or group retreat price, you will need to pay cash for your transportation shuttles directly to the shuttle driver.

Rates and availability for any other transportation are variable and we are unable to provide them.

After you clear Customs you will proceed through two sets of sliding glass doors towards the arrival area. Between these two sets of sliding glass doors you will be running a gauntlet of people hawking time shares and taxis. We strongly suggest that you don't make eye contact with any of these people and keep walking forward towards the second set of doors. You are not being rude by ignoring them.

Exit the airport doors. Turn and walk to your right along the sidewalk. There is a Corona Bar towards the end sidewalk, where the shuttle driver will be waiting. They will be holding a sign that says "Haramara Retreat" and/or the name of the retreat. The driver will have a checklist with your name(s) on it. The driver will gather everyone scheduled to be on the shuttle and will then take everyone and their luggage out to the shuttle, load up and bring everyone directly to Haramara.

Shuttle payments are to be paid in USD by guests directly to the shuttle driver. Guests should make certain to have a sufficient selection of bill denominations to make the payment and gratuity. Neither the drivers nor Haramara will be able to make change for the guests and there are no options to pay by credit card.

Additional arrangements can be made if you are not flying in on your check-in date. You can either arrange to take a taxi from your location to the airport and join an already scheduled Arrival Shuttle or for an additional pick up fee of \$20.00 USD - \$45.00 USD, depending on your location, a separate shuttle can be sent to pick you up.

WEATHER

The Central Pacific Coast of Mexico is surrounded by jungle and receives 345 days of sunshine per year. Located on the same latitude as the Hawaiian Islands, its sub-tropical climate is often compared to Hawaii's. The rainy season is June through October with August and September being considered as the two "rainy" months. Rain usually doesn't start until late in the afternoon, leaving most of the day free for outdoor activities.

The months of March, April, May, October and November are warm (upper 70s to low 80s). December, January and February are comfortable (low to mid 70s) but can be chilly at night (low to mid 60s). June, July, August and September are hot (mid 80s to low 90s) and humid.

ACCOMMODATIONS

Each cabana is private and secluded and has its own private bathroom with a shower, a flush toilet and hot and cold water. Each cabana is designed to be open air with no windows or screens. Hammocks are provided inside most cabanas depending on space available. There are hand-woven sheets on the beds and monogrammed towels in the bathroom.

There are towels each designated for a specific use – bath, pool and beach. They are not to be removed from their designated area or used for other than their specific use.

Dormitory – This is available to Group Retreats Only. The dorm is a large open room and will accommodate up to eight people in individual beds. There are two bathrooms, one at each end of the dorm, to accommodate up to four people each. In each bathroom there are two showers, two sinks and a toilet.

ELECTRICITY

There is no electricity in the cabanas. They are illuminated at night with oil lamps and candles. You will be unable to use any small electrical appliances like hair dryers, curling irons or razors. There is no outdoor lighting so you will need to **bring** a flashlight or a headlamp for use at night. There are electrical outlets in the dining room, pool terrace and yoga shalas for recharging electronic devices and batteries. It is the same voltage as the U.S. so no converter is needed.

WATER

The water from the faucets is safe for showering and other necessities. There is clean, fresh, purified water provided in each cabana for drinking, brushing your teeth and cleaning your contacts and contact cases and in the dining room for drinking. The ice used at Haramara is also made from clean, fresh, purified water. **Bring** a portable reusable water bottle for personal use.

PHONE/INTERNET/FAX

There are no phones, internet or fax out at Haramara. If you would like to use a phone, the internet or a fax you will need to go to one of the internet cafes in the town of Sayulita, a five minute taxi ride away.

There is cell phone reception at the highest point on the property. Your cell phone, including data service, may work in Mexico depending on your service provider and your plan. Please contact your service provider before you depart to make this determination.

If you do bring a cell phone with you, please make sure that during your stay it is either turned off or to vibrate so as not to disturb others. If you make or receive calls, please do so away from the yoga shalas when in session, pool area and other guests so as not to be disruptive.

MONEY

The majority of your costs are covered in your trip price, including your accommodation and meals. Unless specified otherwise in your individual package or group retreat price, airport transfers in the U.S. and Mexico, on-site purchases, off-site excursions and staff gratuities are not included.

Cash and credit cards are accepted at Haramara for on-site purchases in our boutique, restaurant, terrace, pool bar and spa. Transportation shuttles in Mexico, staff gratuities and off-site excursions need to be paid for in cash. In the town of Sayulita, U.S. and Canadian Dollars and Mexican Pesos

are much more widely accepted than credit cards or traveler checks. You can obtain Mexican Pesos at home before your departure or upon arrival in Puerto Vallarta at the airport.

SECURING PERSONAL ITEMS

We recommend that you refrain from bringing with you any unnecessary personal items including, but not limited to, jewelry, electronic devices, binoculars or cameras as there are no individual safes in any of the accommodations. There are locking bureau drawers where you can keep your personal items private. For larger items that you determine are necessary to bring with you, please see our Guest Manager about securing them.

Haramara Retreat will not be responsible for the replacement of any items damaged, lost or stolen while staying at the Retreat.

STAFF GRATUITIES/TIPPING

Tips for the Kitchen, Dining & Housekeeping Staff are not included in your trip price. Everyone on our staff works hard to make your stay a pleasant and enjoyable one. If they have done a good job for you, we suggest that you budget \$15.00 USD per day, or \$100.00 USD per week, per person in your cabana. This will be shared amongst all of the Service Staff. You may leave this with our manager or your Group Retreat leader at the end of your stay. Gratuities for the Spa Staff need to be paid directly to them at the time of service.

FOOD/DRINK

Our delicious and healthy gourmet meals are made from only the freshest natural and local ingredients by our talented chefs. Our menu is chosen daily by our head chef based on the ingredients that are available at the market that day. The always-changing daily menu includes a seafood or vegetarian dish. With advance notice, special dietary needs can be accommodated.

In the dining room, coffee and fresh squeezed juice is offered in the mornings while tea and fresh fruit water are available all day. A choice of appetizers and beverages, alcoholic and non-alcoholic, are available at our pool bar during the day. Alcoholic beverages are available for purchase at lunch and dinner in the dining room.

ON-SITE/OFF-SITE ACTIVITIES

Haramara has a selection of on-site and off-site activities for you to enjoy. On-site, among other things, take a cooking class from our talented chef, participate in a Temazcal ceremony or indulge in a spa treatment from one of our high caliber body workers and therapists. Off-site, enjoy a surfing, kayaking or snorkeling excursion, go horseback riding, bird watching, hiking, do a zip line canopy tour or spend the day browsing in Sayulita or other nearby towns. We highly recommend treating yourself to at least one activity while you're here!

Many on-site and off-site activities are only available on a seasonal basis. Those that are available during your stay will be shown on the sign up sheet. Sign up sheets for on-site and off-site activities will be available in the dining room – on arrival for individual guests and after orientation on arrival night for Group Retreats. There is a 24-hour notice cancellation policy. Cash payments for spa services or excursions are to be paid directly to your body worker, therapist or excursion operator at the time of service. Payment by credit card for spa services can be arranged.

FOR ADDITIONAL INFORMATION – PLEASE READ THE ACCOMPANYING FAQ SHEET

What to Bring – Pack Light – One Bag is Great!!

- Cash and credit card to pay for transportation shuttles, staff gratuities, on-site purchases and off-site excursions.
- Flashlight or headlamp and extra batteries for walking at night
- Book light and extra batteries for evening reading
- Camera
- Organic personal toiletries – shampoo, toothpaste, etc
- Insect repellent
- Hat, visor and sunscreen
- Light jacket or sweater for early mornings and late evenings
- Small day pack or tote bag
- Clean inside shoes/slippers for cabana. Outdoor shoes are not to be worn in the cabanas and are to be removed before entering the dining room.
- Sturdy walking shoes – All areas of the retreat are connected by a network of unpaved trails. Some of them are steep and can be slippery.
- Plastic or metal water bottle for refilling as desired.

Please make sure that you take home everything you've brought with you as we are unable to return to you anything left behind.

We make every effort to make your stay a safe and enjoyable one. However, please keep in mind that Haramara is in the Mexican jungle and appropriate precautions are necessary.

If you experience any problems or have any suggestions please let us know.

Have a wonderful journey and an incredible adventure at Haramara Retreat!