



Jungle Retreat Costa Rica

Embark on an unforgettable journey with a group of fearless women to South Costa Rica! Picture this: boards in hand, hearts brimming with excitement, and the promise of pristine waves on an untouched coastline. Paddled out, welcomed by empty lineups, a surfer's dream come true. Gliding across the crystal-clear water, feeling the invigorating embrace of nature, a powerful reminder of the freedom that comes with riding the open ocean. Join us on this extraordinary adventure where every wave tells a story, and every moment is a celebration of the untamed beauty that is South Costa Rica.

④ What's Included

<input checked="" type="checkbox"/> arrival/ night San Jose + 5 nights cozy beach front villa.	<input checked="" type="checkbox"/> 3 Filmed surf sessions and video analysis
<input checked="" type="checkbox"/> coached surf sessions. seminars	<input checked="" type="checkbox"/> Ground transportation outings to fave restaurants
<input checked="" type="checkbox"/> Round trip airport transfers (SJO)	<input checked="" type="checkbox"/> Unlimited surf board usage



④ Dates & Pricing

- Main House Stay: \$2000
- Private Villa Stay: \$1900
- Shared Villa Stay: \$1850



Book Your
Surf Experience Now!

\$500 deposit (paypal)
wavescr@gmail.com
+506 88294610

Surf with Andrea

TRAVEL ITINERARY

SEPTEMBER 6TH - 12TH 2026

Travel Itinerary: Costa Rica Surf Adventure

Sunday, 6th: Arrival Day San Jose

- Land at Juan Santamaria International Airport (SJO).
- Clear customs and immigration.
- Transfer to Hotel in San Jose included in package shared accommodation.

Check-in and relax after your journey.

Monday, 7th:

- Transfer to the stunning beach front villa in Pavones. 6.5 hours approximately
- Check-in and relax after your journey
- Afternoon:
 - Longboarding fundamentals coaching session (2 hours).
 - Free time to explore the local surroundings or relax at Villa.
 - Dinner

Tuesday, 8th: Coached Surf Session with Video Analysis

- Morning:
- Breakfast at House.
- 2-hour coached surf session.
- Afternoon:
- Video analysis session to fine-tune techniques.
- Optional afternoon surf or leisure activities.
- Dinner at Local Restaurant

Wednesday, 9th: Coached Surf Session and Forecast Seminar

- Morning:
- Breakfast at House.
- 2-hour coached surf session.
- Afternoon:
- Yoga.
- Free time for personal exploration or relaxation.
- Dinner at Local Restaurant

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Thursday, 10th: Coached Surf Session with Video Analysis

- Morning:
- Breakfast at House.
- 2-hour coached surf session.
- Afternoon:
- Video analysis to enhance skills.
- Leisure afternoon at your own pace.
- Dinner at local Restaurant.

Friday, 11th: Coached Surf Session and Surf Seminar

- Morning:
- Breakfast at Local Restaurants
- 2-hour coached surf session.
- Afternoon:
- Informative surf seminar sharing tips, tricks, and experiences.
- Dinner at Local Restaurants

Saturday 12th: Departure Day

- Morning:
- Breakfast and check-out.
- Departure for San Jose (accommodation not included in package)

Sun 6	mon 7	tues 8	wed 9	thurs 10	fri11	sat 12	sun 13
arrival						early am surf	departure
accommodations	Accom Riviera	accommodations	FLIGHT				
san jose	sunset surf	surf	surf	surf	surf	san jose	BACK
		video	video		video	transfer sjo	lay day
SJO	leis	leis	leis	leis	leis	SJO	

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SEPTEMBER 6TH - 12TH 2026



TRAVELING TO AND FROM YOUR RETREAT

Entrance and exit requirements are subject to change.*

Participants are responsible for booking and covering the cost of their round-trip flights to San José (SJO), arriving on Sunday. We will stay overnight in San José so the group can travel together the following day in the same private shuttle to and from Pavones.

Once your flights are booked, please email your itinerary to wavescr@gmail.com so we can coordinate ground transportation.

Alternative travel option:

For those who prefer not to do the 6.5-hour shuttle, you may book a domestic flight (not included in the package) from San José to Golfito Airport with Sansa Airlines. From Golfito, we can arrange a private shuttle with one of our trusted drivers to Pavones for \$120 (approximately 1.5 hrs).



Once in Costa Rica, you'll be guided to customs where they will ask for your travel plans and check your documents. Once cleared, you'll head to baggage claim for your bags. This is also where some choose to stop at the duty-free store to stock up on a few desired items.



We know it's been a long day. After clearing customs, please look for the hotel shuttle just outside the customs exit.

We will be staying at the Hampton Inn across from the airport.



All transportation throughout the week, including surfboards and equipment, is fully taken care of. I'll be personally driving and coordinating our transport to keep surf days and excursions running smoothly.

For the drive to Pavones, I'll be behind the wheel. We may stop in Jacó for a quick bikini shop if anyone's up for it, and we'll break for lunch at one of the most magical spots along the way.



NOT INCLUDED:

- Dinner
- airfare
- extra activities

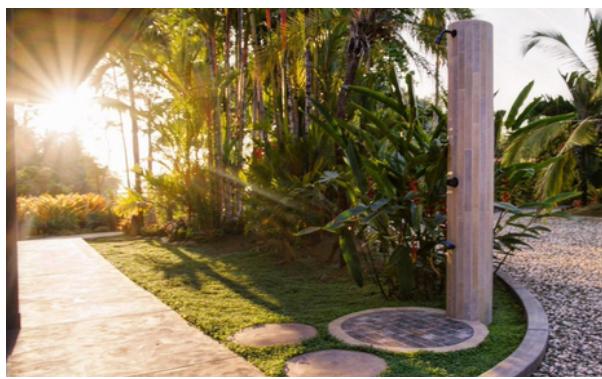
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TRAVEL ITINERARY

SEPTEMBER 6TH - 12TH 2026

ACCOMMODATIONS

Lei's View, located just a few steps from the renowned Pavones surfing point break, provides an exclusive all-female surf experience. Offering the comforts of home, including Wireless Internet, air conditioning, hot water, and full kitchen. Nestled in beautiful, private gardens, the villas at Riviera ensure a secluded and safe environment. The perfect destination for an unforgettable all-female surf adventure.



Surf with Andrea

TRAVEL ITINERARY

SEPTEMBER 6TH - 12TH 2026

FAQ'S

1. What is included in the retreat package?

Accommodation:

1 night in San José (September 6, included in the package).

5 nights in Pavones (September 7–12).

Last night in San José (Not included in price)

Daily brunch (breakfast/lunch).

Ground transportation:

Shuttle pickup from the airport upon arrival in San José.

Transport to Pavones on September 7 (6:30 AM departure, approx. 6.5-hour drive).

Return transport to San José on September 12 (participants must book their own accommodation in San José that night).

Daily Surf coaching:

Video-recorded surf sessions. (3 x per week)

Video analysis and technique seminars.

2. What is not included?

Meals (aside from brunch).

Airfare to/from Costa Rica.

Extra activities (e.g., massages, dolphin tours, boat trips).

Tips for guides, coaches, drivers, and other services.

Accommodation for the night of September 12 in San José (not included in package).

3. How do I reserve my spot?

A \$500 deposit is required to secure your spot. Payments can be made via PayPal to wavescr@gmail.com.

The final payment is due 15 days to 1 month prior to the retreat. We recommend avoiding PayPal for final payments due to high commissions; please reach out for bank transfer details, or bring cash with you.

4. How do I get to Pavones?

Arrive at San José airport (SJO) on September 7.

Shuttle service will pick you up from the airport and transfer you to the hotel for your 1-night stay.

On September 8, we depart early (6:30 AM) for Pavones.

Expect 6.5 hours of travel, including a lunch stop in Jaco. There will also be a quick stop at DKOKO bikini shop for a 10% discount on sustainable swimsuits.

5. What should I bring for the trip?

Surf gear (if you're not bringing your own board, please send desired measurements in advance).

Surf swimwear and rash guards.

Reef-safe sunscreen.

Yoga clothes & mat (optional but recommended).

Raincoat (Pavones is rainy during this time of year).

Comfortable shoes (for the walk to the waves, we recommend surf booties).

Snacks and non-perishable foods for quick fuel before or after surfing.

Cash in USD (bring about \$300-\$400, as some places don't accept credit cards and there is one ATM in town).

6. What activities are available outside of the surf sessions?

- Massage: \$60.
- Dolphin Quest Tour: \$150 per person.
- Boat trip to Matapalo (right-hand break): \$100 per person.
- Yoga session: \$20 per class.
- Jungle Hikes: \$15 (explore the surrounding jungle with a local guide).

7. Do I need any vaccinations or health considerations?

- We recommend checking travel advisories for any health requirements before you depart.
- There is a private clinic in Pavones if needed: [Clinic Pavones](#).

8. What happens after we leave Pavones?

- We'll depart Pavones on September 12 for San José. Book your return flight for September 13 as the retreat officially ends on September 12.

9. What do I need to know about money and payments in Costa Rica?

Cash is king in Pavones; make sure to bring about \$300-\$400 in USD (no need to exchange money).

Some businesses accept credit cards, but most do not.

ATMs in Pavones are limited, so have your PIN number ready and let your bank know you'll be traveling.

10. How do I communicate with the group during the retreat?

WhatsApp is the preferred communication app in Costa Rica. Please send your phone number to +506 88294610 (Andrea) or +506 84310654 (Lia). A group chat will be created before the retreat.

11. What else should I know?

- Expect rain during this time of year. That's why we choose this season – it's the best time to catch the best waves in Pavones!
- Meals are not included (except for brunch), but the house has a fully equipped kitchen for you to stock up on food and drinks at the nearby supermarket.
- Please complete the surfing questionnaire to help us tailor the experience to your skill level: [Surfing Questionnaire](#).

12. What should I know about booking my flight?

Please book your flight to arrive at San José airport (SJO) on September 6.

Book your return flight for September 13, as the retreat ends on September 12. The return transfer will take place on the 12th, so ensure your flight departs on the 13th for the best experience.

13. What if I have more questions?

Feel free to reach out via email as many times as necessary for any additional questions.

PACKING LIST

It's time to get going and get packing! Below is a list of things to consider while packing for your trip. Please don't hesitate to reach out with any questions.

PACKING LIST:

- Surf swim suits and rash guards. Leggings for the water if you're prone to burning or rashes.
- Insulated water bottles. Traveling with a coffee mug also comes in handy for early surfing coffee or road drinks.
- Snack foods like protein bars and non-perishables for quick fuel before or after surfing. Emergency vitamin drinks/powders aren't a bad idea either.
- Beach hat
- Walking sandals
- A few nice sundresses
- A light weight hoodie or long sleeves
- Sarong
- Earplugs and eye mask if you're a light sleeper. We are in the jungle!
- Sunscreen
- Bug spray
- Yoga clothes & yoga mat (if feeling like joining a yoga class)
- Shower stuff and wash cloth or shower scrub. The house does not stock shampoo, conditioner, and body wash.
- Running shoes (if that's your thing)
- Light weight beach bag or backpack
- Travel speaker
- Rain Coat
- Arnica or some type of muscle rub. Surfing uses all your muscles in ways they're not used to. Ibuprofen is always handy.
- There are 1 ATMs we can access in Pavones. However we strongly suggest starting with 300-400 in cash (in a mix of 20's, 10's, and 5's). You'll need cash for your massages, extra activities, meals(some places do take CC), snacks, and alcohol and tips. No need to exchange money. US dollars are ok.
- You are welcome to enjoy alcohol at the house however we do not provide that. You can stop at the duty free when you land if there's something you'd like. We will be able to make stops through the week as well to grab beverages and other soft drinks.