

FREQUENTLY ASKED QUESTIONS

RESERVATIONS & PAYMENTS	2
How do I make a reservation?	2
How do the room selections work?	2
What methods of payment do you accept?	2
What is your cancellation policy?	2
Can I bring my partner who does not join the clinic?	3
Can children come on a event?	3
Can I stay at The Finca for an extra night or two?	3
Are there many guests traveling solo?	3
What are the group sizes like?	3
TRAVELING TO/FROM NOSARA	3
What should I know about booking my flights?	3
What is the weather like in Nosara?	4
What travel documents do I need?	4
Do you know what the baggage weight limits are?	5
What should I pack?	5
Are vaccinations required?	6
Do I need medical or travel insurance?	6
How much money should I bring? What is the local currency?	6
Are there bugs?	7

Reservations & Payments

How do I make a reservation?

To make a reservation you fill in the form on the website. We will send you all the necessary information including the reservation form per mail, which you fill in and send back to our office. Via Paypal you make your \$750 non-refundable deposit. Please follow the instructions on the Paypal website to finish the process of making your deposit.

The deposit will be applied to the total event cost and the remainder of the cost will be due no later than 90 days before the start date of the event. Space is limited so reserve early to guarantee your spot.

Once we receive your deposit, we will send you an orientation email with a waiver that we ask you to fill out and return to us before the start of your journey.

How do the room selections work?

Please note that there are a limited number of private rooms available and these generally book up fast. Many of our rooms have two beds and are booked as shared rooms. If you are traveling alone and opt for one of these rooms, we will match you with a roommate of the same gender for the week. If you are traveling with a partner, please just let us know if you would like to share a room and/or bed.

Please note that most guests spend very little time in their rooms during our events given the number of activities we have scheduled and the expansive and beautiful common areas. Most groups arrive as strangers and leave as family.

There are two houses on Finca Austria that we use during most of our events. If we have 6-8 guests on a event, we will likely only use one of the houses, so rooms may need to be reallocated depending on the final head count (you will be notified of any changes to your room as far ahead of time as possible and every effort will be made to place you in a similar, if not better room at no extra charge).

What methods of payment do you accept?

A \$750 non-refundable deposit is required to reserve your room via Paypal. The deposit is not refundable under any circumstances. The deposit will be applied to the total event cost and the remainder of the cost will be due no later than 90 days before the start date of the event via Paypal

You can use a credit card if using through Paypal. Paypal sometimes also offers 90-day payment plans that are interest free.

What is your cancellation policy?

The deposit is not refundable under any circumstances.

If you need to cancel your reservation, we will refund any payment made (less the \$750 deposit) if cancellation is requested more than 90 days before the start date of the event. We will refund 50% of the payment made (less the deposit) if cancellation is requested 30-90 days before the start date of the event. We will not refund any payment made if cancellation is requested less than 30 days before the start date of the event.

Equus-Training/Horse Agility Austria reserves the right to cancel an event if the minimum number of guests (6) for the event treat is not reached; in this case, Equus-Training/Horse Agility Austria would notify guests of the cancellation at least 60 days in advance of the start of the event and provide a full refund (including the deposit).

Trip insurance and health insurance that covers you in Costa Rica is recommended to cover the costs associated with last minute cancellations or any unforeseen circumstances.

Can I bring my partner who does not join the clinic?

Usually the finca has room for at least a few partners to join the event, or you can share a room. Please email us about pricing. Please inquire ahead of time on the availability of space for partners.

Can children come on a event?

In general we require guests to be over 16 years of age to participate on that special event; although, we occasionally make exceptions depending on the circumstances of the event and the trainer's preferences.

Can I stay at The Finca for an extra night or two?

Unfortunately guests cannot stay at The Finca beyond the events dates as the resort is only available in week increments. There are many options to choose from in Nosara and we recommend taking a look at reviews on TripAdvisor to help you make your choice.

The following are a few recommendations in order of price (more or less highest to lowest): [in Playa Guiones] [The Harmony Hotel](#), [Casa Romantica](#), [Harbor Reef](#), [Living Hotel](#), [The Gilded Iguana](#), [Sunset Shack](#), [Nosara Beach Hostel](#) [in Playa Pelada] [Villa Mango](#), [Bella Vista Mar Hotel](#), [Paspartu](#).

Guests can also stay in Liberia (just across the street from the airport) at the Hilton Garden Inn. Or if you need to stay a night in San Jose there is [Casa Bella Rita](#).

Are there many guests traveling solo?

Yes. In fact, the majority of our participants are women traveling solo. We also get a lot of couples and friends traveling together. Most guests arrive as strangers and leave as family.

What are the group sizes like?

We do have a minimum of 6 participants and usually a maximum of 8 participants for the clinic itself. But there can be more people as some of the participants are bringing friends or partners with them.

Traveling To/From Nosara

What should I know about booking my flights?

Most of our guests opt to fly into the Liberia airport (LIR) which is about a three hour drive from Nosara. About an hour of this drive is on a dirt, bumpy road. We provide shuttle transportation to/from the Liberia airport at no extra charge. **We recommend that guests arrive between 9am - 3:30pm on the first day of the event.**

If it is not possible to arrive before 3:30pm, we recommend arriving the day before the event starts and staying across the street at the [Hilton Garden Inn](#). Your shuttle would then pick you up at the hotel in the late morning on the start date of the event. This avoids driving and arriving in the dark (not advised!) after dinner on the first day. Check-in at the Finca begins at 1pm.

We recommend that guests book **departure flights between 10am - 5:00pm** out of the Liberia airport on the final day of the event. Take into account that the shuttle ride to the Liberia airport takes about three hours and you need to arrive at the airport at least two hours before your flight for international check-in (e.g., if you have a 2pm flight, the shuttle would depart The Finca around 9:00am). If you need to book an earlier flight, we recommend booking it for the following day and spending a night at the [Hilton Garden Inn](#) in Liberia. Check-out is at 12pm.

Another option is to fly into the larger San Jose airport (SJO) and take a short one-hour commuter flight to the Nosara airport via [Nature Air](#) (flights on Nature Air leave from the same international airport - SJO). This allows you to avoid the bumpy road :-). We can arrange for pickup and drop off at the **Nosara airport anytime** as it is a short five minute drive from the Finca. You could also opt for a shuttle from San Jose; however, this is not recommended as it is about a five hour drive from Nosara and somewhat unpredictable. We can help you arrange a shuttle from San Jose but it is usually an additional cost of \$150 each way. If you are planning on staying a night in San Jose we recommend [Casa Bella Rita](#).

What is the weather like in Nosara?

Detailed information and a map of Nosara and its surrounding areas are available [here](#).

Nosara is located about 9 degrees north of the Equator – so you will definitely want to bring sunscreen! The average temperature throughout the year is in the low 70's (~21 degrees Celsius) at night and high 80's or low 90's (~ 33 degrees Celsius) during the day with high humidity. Seasonal changes do not bring significant changes in temperatures.

On the Nicoya Peninsula (where Nosara is located) you can expect brilliant sunshine, day after day, from December until April. Locals refer to the dry season as summer (verano) and this is also the high season for tourism. May to October is generally referred to as the "green season" as the rains (generally starting in the afternoon) clear out the dust and bring more lush green landscapes.

What travel documents do I need?

Citizens of the United States, Canada and the European Union may enter Costa Rica with a passport that remains valid at least six months after your travel date. Please inform yourself at your national embassy.

A valid passport allows most visitors to stay for a maximum of 90 days. You must show proof of your date of departure upon entering Costa Rica (i.e., a copy of your return ticket). Citizens of other countries may require a visa to enter Costa Rica. Also note that if you are flying from areas with yellow fever (e.g., Peru) you must have proof that you have received the yellow fever vaccine in order to enter Costa Rica.

Before you travel to Costa Rica, be sure to make a copy of your passport. You will need to carry the copy with you at all times.

Do you know what the baggage weight limits are?

Baggage weight limits depend on the airline carrier you fly, so please check directly with your airline to find out the exact weight limits. In general, the weight limit for international flights is 50 pounds for checked luggage. Please note that for "in-country" [Nature Air](#) flights, there is usually a 25-pound baggage limit (including carry-on's). Baggage over 25 pounds often incurs a surcharge when flying Nature Air.

What should I pack?

Please note that the local grocery store and pharmacy only carry the basics with brands that you probably are not used to. If there are things that you cannot live without, please bring them along. Sadly, there is no Whole Foods Market nearby. Also, we are in the jungle, so please be prepared for things to get dirty.

The following is a suggested packing list:

- Protective headgear for riding (well fitted and ASTM/SEI certified helmet) - we cannot provide guests with helmets!
- Appropriate footwear for riding (relatively smooth sole with at least one inch heel)
- Socks
- Breeches, jeans or yoga pants
- Sunscreen for the face and body
- Aloe or Solarcaine in case you get burned
- Hat
- Sunglasses
- Bug repellent
- Comfortable clothing for hot weather (shorts, tank tops, sun dresses, thin long sleeved shirt and/or pants to cover up from the sun and/or bugs)
- Sun shirts (protect from UV rays)
- handkerchief
- Swimsuit
- Beach towel (towels for the pool are provided but if you would like to have a beach day on your free day or if you plan on traveling after the event, you may want to bring a beach towel)
- Sandals (flats are best)
- Camera & charger
- Journal & pen
- Headlamp or flashlight
- Alarm or phone

- Any special medications/toiletries you require (dremamine if you get car sick)
- Any dietary supplements you require
- Rain layer or poncho (only during green season or if traveling elsewhere in the country – May to November)

Are vaccinations required?

The general rule is that no shots are required for travel to Costa Rica. The Center for Disease Control (CDC) recommends that travelers have their routine vaccinations up-to-date and recommends most travelers have their Hepatitis A and Typhoid vaccinations as a precaution. Nosara is not a malaria zone; however, it is recommended to bring and use bug repellent. More information can be found [here](#).

Do I need medical or travel insurance?

Yes. It is important that you have medical insurance while traveling abroad and participating in activities such as horseback riding, yoga and outside activities that you may engage in such as ziplining, surfing or riding ATVs. Your medical insurance MUST cover you should you need emergency medical attention in Costa Rica, emergency evacuation or repatriation. The nearest hospital is in Nicoya - two hours away. The nearest well-equipped hospital is in San Jose - six hours driving or a one hour flight when evacuations are necessary.

Travel insurance is also highly recommended, particularly to cover yourself in the event that you need to cancel all or part of your trip and are not eligible for a refund under our cancellation policy. Please refer to the question above about our cancellation policy. Travel insurance can also be useful in the event of flight cancellations and baggage loss or damage.

How much money should I bring? What is the local currency?

Your event includes most of the daily expenses so you should not need much cash during your stay, but here are a few things to consider. Many of the guests like to bring enough cash to buy souvenirs, pay for drinks, lunch and outside activities on the free day and to leave tips for the hardworking staff. Tipping is completely optional, but many guests choose to leave tips for the massage therapist, cleaning staff, shuttle driver and/or the stable hands. As a gauge, on average guests leave between \$50-100 for the week for tips. Tips are generally pooled at the end of the week.

In Nosara and most of Costa Rica it is possible to use the US dollar. Credit cards are accepted at some of the local businesses and restaurants.

There are ATM machines located at the two banks in Nosara (one at the gas station and one in Playa Guiones near Cafe Paris). You can use your regular ATM card to withdraw cash in USD or colones. We are happy to take you to either bank during your stay.

The rough exchange rate is 500 colones to 1 US dollar. An easy way to figure out the exchange rate is to double the first digit and drop the last three zeros. For Example 1000 colones = \$2 USD; 5000c = \$10; 10,000c = \$20. Please check with your bank or online to see more accurate exchange rates during the time of your stay.

Are there bugs?

YES! Nosara is considered a dry forest in Costa Rica, so there are indeed creepy crawlers in the area and at times in the hotel. Geckos frequent the rooms (and keep other pesky insects away).

Come equipped with insect repellent and a sense of humor. There are not many poisonous insects/animals (compared with the rain forest and other areas in Costa Rica), but bugs can be an annoyance, especially those who are allergic to them. There are tips for keeping them out of your room (basic stuff like keep the doors closed and lights off).

