

Chorro Ecolodge Guidebook

Your Guide to Overnight **Glamping** in the Rainforest



Find us online at lunavidaadventures.com

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Created by Cara Naylor, a female founder with two decades of trip design experience in Costa Rica, Luna Vida knows the popular spots as well as the hidden gems. We have what it takes to turn a vacation into a life-enhancing experience. Let us create something exceptional for you. Take a moment to explore our unique experiences in Costa Rica during your visit to Chorro Ecolodge at lunavidaadventures.com.

Welcome!

Thank you for choosing
Chorro Ecolodge!



We are a Tico, a Gringa, and our two 'Tingo' children. Our family project has been years in the making and is a great way to spend quality time in nature with friends and loved ones.

We are delighted that you have chosen to spend part of your vacation in Costa Rica at our lodge, and we look forward to sharing all the wonders of this beautiful area with you. We aim to exceed your expectations by providing a tranquil and relaxing environment for your holiday.

At Chorro Ecolodge, our utmost priority is to make sure you're happy and comfortable during your stay. We assure you that your feedback is invaluable to us. Your opinions and concerns matter, and we are committed to addressing them quickly and finding solutions that are best for everyone.

Please feel free to contact us via phone or email at the contacts below if you want to share anything at all. Your satisfaction matters; direct communication is the most effective way to resolve concerns.

Once again, thank you for choosing Chorro Ecolodge. We feel privileged to have the opportunity to host you during your time in Costa Rica.

Wishing you safe travels and extraordinary adventures ahead!

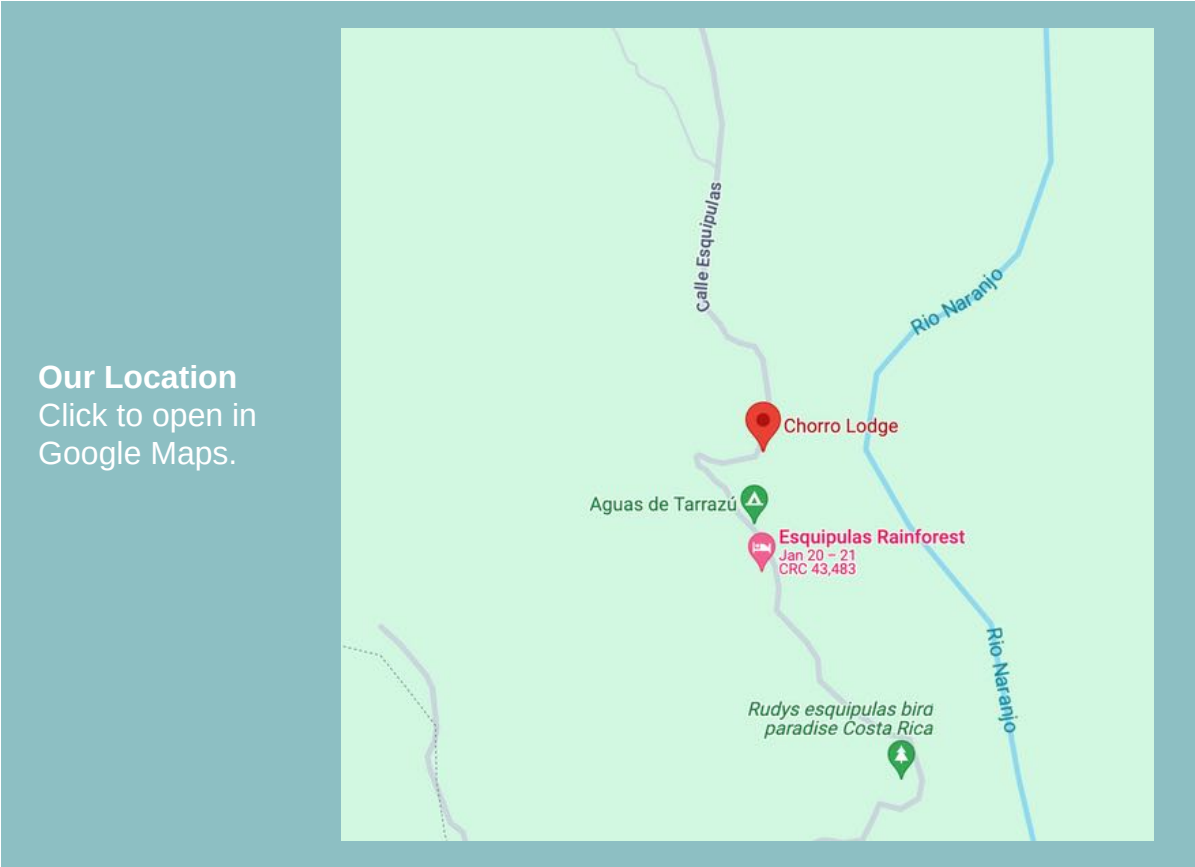
Pura Vida!

Cara, Leo, Kaia & Luka

Contacts & Our Location

Our contact numbers are all available for messaging on WhatsApp.

Office (7am - 8pm)	+506 8959-8989
Leo Vazquez (Owner)	+506 8706-7458
Cara Naylor (Owner)	+506 8703-8021, cara@lunavidaadventures.com
Doña Luz (Neighbor)	+506 8791-0372 <i>(to coordinate meals as needed)</i>



Chorro Ecolodge FAQs

ESSENTIAL SAFETY CONSIDERATIONS & RULES

1. Please avoid the river and waterfall during the rains. If it is sprinkling no worries, but if anything more, it is advisable to enjoy the river from above.
2. Do not attempt to swim the rapids of the river, as this is a class IV-V section only suitable for licensed guides. There are some safe pools to swim in and the waterfall pool.
3. Please stay on trails and be mindful of snakes. Always use a flashlight when walking around at night.
4. Absolutely no smoking, eating, or drinking in the tents or on the yoga deck.
5. Please remove shoes when entering the yoga deck and tents.
6. We operate day tours on-site. Please respect the silence during yoga classes.
7. The kitchen and rancho area is a shared space, so please keep it tidy for other guests and the folks who come in for day experiences.
8. We are in the jungle. Wildlife is abundant, including insects. It is possible that they can find their way in and around your tents. Please understand that we are in their home, and let us know if you need us to move something along.

IF YOU EXPERIENCE ANY ISSUES

If there is a problem, a leak, a light bulb out, or anything not working, please let us know so we can fix it for you. **Your happiness is our #1 priority.**

Check-In & Check-Out

Check-in is between 2 pm and 5 pm. It is important to arrive before dark as the lighting is limited outside tents and the rancho area.

Check-out time is 10 am. If we don't have new guests arriving the same day, we might be able to arrange a later checkout at no additional charge but this must be confirmed in advance.

Wireless Internet & Cell Coverage

Cell service is spotty, and the internet is jungle internet (it works, but it can be slow), so remember to take care of any important online business before you arrive so that you can enjoy a very welcome digital detox!

Wireless Internet Password: dragon2007

Cleaning

The Lodge will be lovely and clean on your arrival. Please note that we are in the tropics and sticky sugary spills anywhere will attract ants and bugs! If you have any spills to clean up there are cleaning products and cleaning cloths in the kitchen Rancho. Please do not use the bath or beach towels to clean.

Please us know if you require extra cleaning services during your stay. Cleaning is charged at \$5 per hour.

Laundry

You are provided with freshly laundered sheets and towels on arrival. If you are on an extended stay sheets and towels will be changed once a week, or more often if requested- please just ask.

For personal laundry – we are happy to provide wash/dry/fold service for \$15 for one large bag of clothing.

Water & Electricity

Water is potable from all faucets at the lodge.

Costa Rica uses the same system as North America with a 110-volt electrical system. We do get periodic power outages year-round. Most power outages are short-lived, and service will return to normal relatively quickly. But just in case, keep a flashlight handy!

Please Save Energy!

We kindly ask that you conserve water and electricity whenever possible. Please turn off the fans, lights, and electrical appliances when not in use.

Trash

We encourage all guests to avoid bringing excessive plastic bags/bottles. To help reduce the amount of solid waste produced, Chorro Ecolodge avoids the purchase of non-biodegradable products. Uncooked fruit and vegetable waste is composted on the farm, while non-biodegradable waste is brought back to Quepos, where we have been working together with Asoproquepos, an organization that focuses on the collection and processing of recyclable waste.

All trash should be taken to the Rancho and deposited in its corresponding bin. We have one bin for regular trash and one recycling bin for glass, plastic, and aluminum. There are extra trash bags available in the Rancho as needed.

Toilets & Showers

Each tent has a compost toilet. Our toilets use sawdust to quickly decompose human waste and reduce it to a nutrient-rich dry matter with no water waste while also preventing sewage from entering the environment. We try to be as eco-friendly as possible with the most negligible impact on the land.

How to use the toilet?

1. Make your deposit. Place toilet paper in toilet.
2. Add 1 scoop of saw dust for #1 and 2 scoops for #2.
3. Cover the lid. Have an EXCELLENT DAY!

Each tent has a private, open-air hot water shower. Please always remember to rinse off dirt and sand before entering the tents. Please do not sit on the furniture in wet clothes or swimsuits, and please always avoid putting wet or dirty clothes/towels on beds or furniture.

The Rancho

“When I stood here for the very first time and looked down at the river, I knew I had to do something so people can enjoy this special place.” Our Rancho was built during the first 10 months of the Pandemic and is a dream for us. We hope you will enjoy the serenity and magic of this place surrounded by nature.

Casa Verde

This is our caretaker's home located just after you enter the gate on your right. Marcos lives there, and he is a wonderful human. He only speaks Spanish but can help with anything you need.

Security

We suggest you keep your passport and valuables on you or locked in your car. Please make sure that none of your valuables are left in view in public areas.

Waterfall Pool

There is a beautiful waterfall with a natural pool located by the river. To reach the pool, walk down the rocky pathway. When you arrive to the river in front of you, the waterfall pool will be to your right.

Banks & Money Exchange

There are numerous ATM machines in the Quepos and Manuel Antonio areas where you can withdraw money in either colones or US dollars. Many banks are also available that will exchange currency for you, though most shops and restaurants will accept US dollars.

Health & Medical

For Medical Service we recommend Centro Medico Quepos (+506-27771727) or Emergency Services (+506-83969494). They are situated in Quepos next to the Catholic Church. They speak excellent English, have an ambulance service, work with larger hospitals and give receipts for travel insurance.

The local Quepos Hospital is only 15 minutes from the Lodge. You can call 911 for an emergency, but we recommend contacting Centro Medical to coordinate.

Police & Emergencies

Dial 911 for emergencies, and please notify us as soon as possible.

Supermarkets

BM Supermarket just outside Quepos is our largest supermarket and well stocked and good for everything but fresh fish. There are several small supermarkets in Quepos including Super Jordix, Mini Price, and several others.

For fresh fish go to Martec in the covered market next to the bus station in Quepos. MiniPrice is the best place to go for imported goods and alcohol.

Local Farmers Market: On Friday evening and Saturday morning, farmers come from the surrounding area with local produce. This is a great place to stock up on fruit and veggies. This is in Quepos across from the seawall, to the left side of town if facing the ocean).

Massages

Kerri and Roxanna are the BEST masseuses we have ever been to and are all-around extraordinary women. They can come to the Lodge with their table and massage you there. Go on, you deserve it!

\$90 for 60 minutes and \$120 for 90 Minutes

Wildlife & Creepy Crawlies



Local Wildlife

We have three species of monkeys in Costa Rica, and we often see the Squirrel monkeys here at the lodge. We also sometimes see Sloths in the gardens, but they are more challenging to spot. Although these creatures are cute, **do not try to touch or feed the wildlife**. This behavior encourages their dependency on you and discourages them from existing naturally in their typical habitat. **It is also against the law to feed wild animals in Costa Rica.**

You can also see amazing birds, including several species of Toucans, Scarlet Macaws, Motmots, and fly-catchers. At night, the walkways and river areas are not illuminated so as to protect the feeding and breeding patterns of nocturnal animals that we care about so deeply.

Insects, Bugs and Other Creepy Crawlies

Foods, liquids, or anything sweet left out, however small, will attract ants, so we recommend that you keep most foods in your refrigerator or sealed containers and always wipe down surfaces well after preparing food.

You are in the jungle, so however clean we keep the Lodge, you always see bugs, most of which are harmless. This is simply part of life in the tropics.

The Lodge has a couple of resident geckos that you might hear chirping, and they are great for eating mosquitos and other insects.

Tours & Activities

Explore the wonders of nature and local culture during one (or more!) of our captivating tours at Chorro Ecolodge and in the surrounding areas of Manuel Antonio.

Activities at the Lodge

HIKING

Just take a right out of the gate and follow the dirt road up into the mountains to find some incredible views! Also, our neighbors, Esquipulas Rainforest Lodge, have trails on their property. They charge a \$7 per person entrance fee. Please report to the restaurant and pay the trail fee before starting your hike.



YOGA & MEDITATION

Our open-air teak yoga platform is perfect for practicing your soul medicine. If you don't have your own practice, we offer all levels of yoga classes upon request. We need to know at least two days in advance to make sure our favorite instructors are available! Private class: \$120 flat rate.

BIRD WATCHING

Great for early risers! Walk around the farm or up on the dirt road early in the morning for some great bird watching opportunities. Common sightings include hummingbirds, toucans, motmots, and more!



WHITE WATER RAFTING

There is a class IV and V rafting section that begins right at the river in front of the waterfall at Chorro Ecolodge during the summer months of December to April. Our partner company H2O Adventures operates these awesome trips - details below!

COFFEE TOUR

Excellent Artesanal Coffee tour at Esquipulas Rainforest lodge. Learn about the entire process of making coffee from the plant to a freshly brewed cup in your hand. Located just down the road within walking distance. Tour times: 7:30am, 12:30pm, or 6pm (with Sangria). Tour lasts 4 hours and includes delicious lunch or dinner. Cost \$70 per person.





Hanging Bridges, Jungle Waterfalls & Trapiche Experience

Operated by our sister company
Luna Vida Adventures

Visit a unique community forming a cooperative for eco-sustainable tourism. Enjoy a leisurely hike through the local trails while learning about the flora and fauna.

Cross one of the highest hanging bridges in the country and enjoy a refreshing dip in a 120-foot waterfall deeply hidden in the primary rainforest.

After cooling off in the waterfall, we will hike up to the home of one of the founders of the cooperative and enjoy a special lunch with our friend Doña Corona in her quaint home. Explore her garden, sample some local fruits, learn about the campesino lifestyle, and afterward join an interactive experience of pressing sugar cane with a traditional sugar mill or Trapiche.

\$120 per person



BESTSELLER

White Water Rafting with *H2O Adventures*



HALF DAY NARANJO TOUR

The Naranjo River drops steeply from the mountains above Quepos offering a thrilling experience for all.

December-April

Chorro Section Class IV(V)

\$109 per person

May-November

Londres Section Class III

\$104 per person

Departures: 8 am and 12:30 pm

Includes: Guide, all equipment, snacks, and beverages.



FULL DAY SAVEGRE TOUR

The fun lasts longer on this full-day 5 ½ hour guided rafting trip down the Savegre River with Class II & III rapids.

Price: \$134 per person

Departure: 7:30 am

Rating: Moderate

Includes: Guide, all equipment, breakfast, and a riverside picnic lunch.

Suggestions: Sunglasses with floaty cord, closed-toe shoes or hiking sandals, sunscreen, swim suit, towel, waterproof camera, and dry clothes.

Indulge in Pure Bliss: Craft Artisanal Chocolates

Embark on a delightful chocolate journey with our immersive chocolate workshop, where you'll satisfy your sweet tooth and indulge in a truly enriching experience. Dive into the heart of cacao production as you have the rare opportunity to taste the cacao fruit in its pure, unprocessed form—an experience that provides a deeper understanding of the origins of the delectable treat you're about to create.

The enchantment continues with an enlightening lesson on the rich history of chocolate. Delve into the fascinating narratives surrounding the cultivation, trade, and evolution of chocolate, gaining insights into its cultural significance. Once armed with newfound knowledge, roll up your sleeves and step into the world of chocolate making. Choose from an array of toppings to customize and elevate your truffles, making them uniquely yours.

\$75 per person
(3 person minimum)

A Guest *Favorite* ♥



Tours in Manuel Antonio

The Manuel Antonio and Quepos area offers a wide selection of tours and activities, and we are happy to help you make reservations as needed.

You will need to drive to Manuel Antonio/Quepos (approx 30min) for these tours.

SNORKEL & DOLPHIN WATCHING

Spend approximately 4 hours touring the coast and islands looking for dolphins and whales when in season, and snorkeling or swimming in front of beautiful white sand beaches.

Price \$89 per person

Departures: 9am and 2pm (*departures change in low season*)

Includes: Guide, drinks, light lunch or dinner and snorkel equipment

Suggestions: Bathing suit, sandals, sunscreen, and camera



CANOPY ZIPLINE TOUR

Enjoy 20 Platforms located in primary rainforest with 11 zip lines, Tarzan Swing, Superman line, Crocodile pond, Butterfly Garden and Serpentarium. Tours last approximately 2 ½ hours.

Price: \$80 per person

Includes: Equipment, guide, fruit & snacks

Suggestions: Tennis shoes, long shorts or pants, insect repellent

MANGROVE KAYAKING TOUR

Cruise through the mangroves in a kayak, viewing white-faced monkeys, caimans, boa constrictors, crocodiles, and even the rare silky anteater. Tours last approximately 4 hours.

Price: \$70 per person

Includes: Guide, kayak, paddle, life vest, and lunch or dinner at a typical Costa Rican soda

Suggestions: Sunscreen, swimsuit, tennis shoes or sandals and waterproof camera



MANUEL ANTONIO NATIONAL PARK TOUR

Home to over 100 species of mammals and 200 species of birds. The two white sand beaches are the main attractions, as well as the surrounding mountain views. Tours last approximately 3 hours.

Price: \$55 per person

Includes: Guide, park entrance fee, drinks and snacks

Suggestions: Sunscreen, camera, comfortable shoes, bathing suit, and towel

Even More Experiences!

We can also help arrange any of the following activities that may be of interest to you:

Horseback Riding
ATV Tours
Jet Ski Rentals
Scuba Diving
Surfing and Surf Lessons
Paddle Boarding
Ocean Kayaking
Deep Sea Sport Fishing
& More!



All Things Food



“Typical Costa Rican breakfast served by neighbour Doña Luz (and daughter Melissa), who also made our delicious dinners...”

Lunches we had in the nearby Esquipulas Rainforest resort where you can eat while looking at the most colourful birds we’ve ever seen!”

There is no restaurant on the premises, but you have several options. We have a fully equipped kitchen so that you can cook your meals. There is a full-size refrigerator/freezer, two-burner stove, coffee maker, water heater, blender, toaster oven, and all necessary cooking utensils. Water is potable from all faucets.

If cooking is not for you, we highly recommend our neighbor **Doña Luz (WhatsApp: +506 8791-0372)**, who can prepare delicious meals for you in her home. She lives 50 meters up the road from Chorro Ecolodge at the end of the soccer field. She cooks authentic Costa Rican meals on her wood-burning stove, and many folks enjoy the cultural experience of eating in a local home. **Please let us know at least two days in advance** if you would like her to cook for you because she needs time to head to town to shop for your visit.

Cost: Breakfast \$6 per person, Lunch and Dinner \$8 per person

Note: This should be paid in cash, US\$ or Colones using the current exchange rate.

Another nearby option is to dine at Esquipulas Rainforest Lodge. They have a small restaurant that serves breakfast, lunch, and dinner. To get there, you walk left out of the front gate, and they are located about 150 meters to the right with a red gate. They require a reservation at least 24 hours in advance.

Cost: Breakfast \$7 per person, Lunch and Dinner \$9 per person

Restaurants Nearby

There are two local restaurants near us that we can highly recommend:

Zorra Panda Bar: 2km from the lodge. Famous for a cold beer with “carnitas.” It's a good spot to meet the locals. This is located on the right side of the road just before the pavement begins again, heading back towards Manuel Antonio.

Koky's La Cazuela: 8km from the lodge. Best pork ribs, yucca, and coldest beer in Central America and the Caribbean. When you are headed back to Manuel Antonio and get to the first stop sign, make a right, and it is the first entrance on your right in the African Oil Palm plantation.

Restaurants Manuel Antonio

Café Milagro: The best coffee in Costa Rica! For breakfast, lunch, or afternoon smoothies and “fusion food” for dinner. They have live music seven nights a week from 7 pm. Take a bag of their coffee home to remind you of your trip!

Agua Azul: Great for a relaxed lunch, sunset, or an evening meal, with friendly staff and great food, this is one of our favorites.

El Arado: Best Tico restaurant in town! Go down to the main road and cross over and continue down the road opposite. El Arado is about 3 mins down on the left. Ana cooks up some great food and serves food with style.

Emilio's Café: Great Café style restaurant in Manuel Antonio, amazing cakes, coffee and sandwiches, daily specials fish curries, middle eastern and fusion food, great vegetarian options.

Falafel Bar: Run by Israeli's, with much more than “just” falafels, This is a great inexpensive and healthy cafe.

Restaurants Quepos

Runaway Grill: Located on the Quepos at the Pez Vela Marina, a beautiful location. Great food with an unbeatable sunset happy hour on bar food AND drinks!

Tentacion: This is opposite the waterfront in Quepos, good coffee, smoothies, sandwiches and wraps.

Favorite Beaches

Playa Espadilla/ Manuel Antonio Beach

The primary public beach in Manuel Antonio, on the road just before the exit of the National Park. It offers beach chairs, umbrellas, surfboards, boogie boards, and snorkel rentals. Gift and souvenir stores are numerous along the beach. There are several restaurants and small supermarkets located in front of the beach.

Manuel Antonio National Park

There are two beautiful white-sand beaches for a more private day in the sun. There are restrictions on food that you can take into the park, pre-made sandwiches and cut-up fruit are permitted, but no snacks in prepackaged wrappers, unless for infants and people with medical reasons. The park costs \$16 per person, and it is closed on Mondays (Kids under 12 are free). Beaches outside the park are free.

Playa Biesanz

A sheltered beach that is good for swimming, quieter Monday -Friday, and gets busy on weekends. From the junction at the top of the hill in Manuel Antonio, take the road heading towards the Hotel Parador, pass the Shana Hotel, on your right you will see a sign for Biesanz. Park your car (there is usually a watchy-man you will have to pay) and follow the trail to the beach. You can rent chairs and umbrellas, kayaks, and paddle boards on the beach; we recommend using Big AL.

Playa de la Macha

If you are up for a reasonably strenuous hike, this is a secluded beach. To walk, go back down to the main road and cross over, walk down the road opposite passing El Arado and take the first road of the left. In 100yds there will be a V in the road, take the left again. Follow this road winding down and then up, passing a couple Lodges. You will come to the top of the hill with 2 gates on either side (if you are driving park here). Walk down the road it will get steadily worse and then turn into a track. You will have to take a sharp right, and then keep right again. You will start having to scramble down and climb over rocks to get to the beach. Remember to bring water and that it is a big hike back up! I would only recommend this hike for people in good physical condition.



Transportation

TAKE A TAXI TO CHORRO ECOLODGE

Please only use the official Red Taxis. There is a taxi rank in central Quepos or ask in any hotel or restaurant if they can call you a taxi.

Taxi rank number is 2777 0425.

As of February 2020 a taxi charges \$30-\$40 to bring you up to the lodge.

Say “Un taxi para Esquipulas, de Villa Nueva 3 km para la montaña.”

Keep a look out as taxis do NOT wait long!

UBER works in town. There are 2 or 3 in town.

BUS INFO

Public buses go between Quepos and Manuel Antonio beach every ½ hour between 7am and 7pm and then less frequently until 9pm. The bus is currently 600 colones for each trip (kids 3 and over pay). There is a bus stop to the park on the main road on the other side of the street to the left and to Quepos on this side of the street to the right.

There is no bus service to Chorro Ecolodge.



Contact us for
further inquiries.

cara@lunavidaadventures.com

