

GENERAL INFORMATION FOR GUESTS

PLEASE PRINT THESE INSTRUCTIONS AND BRING THEM WITH YOU

Playa Lapa and the Carate area is best enjoyed and most convenient in a rental car, which can be picked up in San Jose or in Puerto Jimenez. These arrangements can be made for you at CaféNet El Sol in Puerto Jimenez info@soldeosa.com.

STAFF OF PLAYA LAPA

Paul Collar, our project manager, resides in Jimenez, and has arranged your stay at Playa Lapa. While not readily available for immediate assistance as Roberth and Eva, he is the person with his finger on the pulse of Playa Lapa. You can reach him by e-mail at pdcollar@racsa.co.cr or by telephone at 2735-5702.

Katiana is Paul's personal assistant in Jimenez and the manager of CafeNet El Sol and will be familiar with all of our guests; while not exactly bilingual, Kati (as well as Paul) will be the person to respond to any needs that may arise. Her e-mail address is: katiana@soldeosa.com.

Supplies All guests are responsible for bringing their own food and supplies with them to Playa Lapa—these can be purchased in Jimenez at the BM Corcovado grocery store after you pick up the keys. Please remember to bring everything you normally use, including shampoo and soap. You are welcome to use any supplies we may leave in our home, but plan on picking up everything you will need on this first trip, as there are no other stores beyond Jimenez, and the ride to Carate is almost 2 hours.

You will also need to pick up a block of ice at Hielo Corcovado, located directly between The Washery and Comisariato La Esquina across the street from Choza del Manglar. Request it to be "*empacado*" which means packed in saw dust to reduce melting. A cooler will be available at Playa Lapa to store your ice block.

Refrigeration at Playa Lapa depends directly on solar power availability, *and guest consumption*.



Diagonally across from the Corcovado is the Panedaria or bakery, where you will want to get a supply of delicious freshly baked pastries and bread, which should be kept in the refrigerator chest. All food should be stored in plastic food boxes (provided,) and spilled food and liquids should be cleaned up immediately to prevent the ants. If you find that you have an emergency need of something from the grocery store or drugstore, items can be sent out on the afternoon Collectivo; billing for such services carry a 15% surcharge, plus the cost of transport. Contact Paul or Katiana.

COLLECTIVO This is the taxi service from Jimenez, which passes by the gate of Playa Lapa at approximately 8:30 AM, and again at approximately 3:30 PM. Please remember Tico Time is different from our time—if you are expecting a delivery from town, be prepared to wait by the gate as long as it may take.

EMERGENCY PREPAREDNESS

Please take a few minutes to locate some items before dark, in the event of a power outage:

CANDLES, MATCHES—Kitchen drawer to the right of the stove. These are for emergency use only.

POWER CENTRAL CLOSET—first closet to the left of the spiral staircase

INTERNET HOOK UP TO SATELLITE—this is a wireless connection; linksys is the name of the connection. Be sure that the satellite modem and the wireless router are plugged in. It takes 15 minutes after turning on the modem for the satellite signal to engage. In the unusual event that all four green lights are not on after waiting fifteen minutes, there may be a problem with the Internet connection, and you will need to go to Terrapin or Lookout Lodge to use their Internet (for a fee), and contact Paul in Jimenez to trouble shoot the problem with the Internet service provider.

FIRST AID— Please bring a personal first aid kit with you, including band aids, bandages, tape, cotton, gauze, antiseptic, insect repellent and sun screen. Our personal first aid kit is located in the bathroom on the first floor for emergency use; please replace any supplies that you use. There are first aid instructions available at the following website:

http://en.wikipedia.org/wiki/Wilderness_first_aid. Please be familiar with basic first aid in advance of your trip, especially if traveling with children.



WATER CONSUMPTION It is safe to drink the water from all faucets in Playa Lapa, as an ultraviolet filtration system is in place for your safety. All house water passes through this system.

SECURITY All doors and windows are fitted with steel security grills—this is in keeping with traditional Spanish architecture, as well as for protection of our valuables. Please lock the steel security doors *whenever* you leave the house.

COMMUNICATIONS

THE INTERNET SATELLITE is your communication system, as there is no phone line in Carate; this is also how you will contact Paul or Katiana, if you have an emergency. You will need to bring a laptop computer with wireless capacity to connect to “linksys”. The modem is located in the master bedroom closet. The internet signal is occasionally unavailable due to dense cloud cover. We cannot be responsible for natural events interfering with internet communication. If you have an emergency or a need when the internet is down, you can take your laptop to Terrapin lodge, about 1/2 mile before Playa Lapa on the Carate

road, and access their satellite signal for a small fee per time used. Please enjoy cold beverages while you are there, and consider making reservations (by noon) for an excellent dinner at a very reasonable price. If you do not have a laptop with you, you may be able to negotiate use of the lodge's computer as a patron, however if there are guests at the lodge, it may not be available for your use. Your own personal computer is an indispensable communication tool throughout your travels in Costa Rica.

POWER

Playa Lapa functions in harmony with the environment, without noisy, polluting gasoline engines to supply our power. Energy is harvested from the sun, which supplies most of the power needed to support fans, lights and appliances at Playa Lapa. There is a *finite* amount of power that is generated everyday and stored in batteries beneath the house; it must be used conscientiously during the day in order to provide electricity at night when there is no solar energy. Never leave lights or fans on that are not in use. Do not use any heat producing appliances such as coffee makers, toasters, hair dryers or curling irons. There is a coffee sock and thermal pot for coffee (instructions below.) Also, you must time your laundry needs to coincide with peak power generation potential during the day and never do laundry on overcast days or in the evening hours.

You can monitor your available power on the charge controller located on the left wall inside the power closet. By touching any of the four white buttons the LED lighting will come on. The number that is most relevant is the **voltage**. The power system will work until the



batteries drop to a voltage of 10.3 volts, at which point the inverter will shut off. If this happens during daylight hours, you are using up the power faster than it can be generated. Please turn off any appliance in use, as well as lights and fans and wait an hour, or until you see that the voltage has been sufficiently restored. There is a light switch on the left side of the charge controller that will manually turn the inverter back on. If the power should go off after sundown, the system has been depleted and cannot be restored until the next day. However there is a reserve of about 5 minutes of power left—you can switch it on manually to gain 5 more minutes of light only-- during which time you must light candles and prepare for darkness till 5:30 AM. Be warned that if this happens, your refrigeration will be off till mid morning on the next day. Always check the voltage by mid afternoon, and conserve power as needed for activities after dark, such as watching DVD's on your laptop. Keeping lights off after dark will not only conserve power, but will avoid attracting insects.

Under optimal operating conditions the battery voltage will fluctuate between 11.6 and 12.6 volts (yellow or green light.) When the system is fully charged, the battery voltage should be around 14.6 volts, but it will quickly drop from this initial reading to the operational range of 11.5-12.5 volts during system usage. If the light is ever red, you must immediately turn off any appliance in use, including the modem, to restore the voltage; otherwise the system will shut down, and will need to be turned back on manually.

A Pelton Wheel has been installed to generate current from our other natural resource, water. It is powered by the same flow of water that supplies the house, and is only a small source of energy charging the batteries after dark, as well as on rainy days. Needless to say, during the dry season this is not a realistic source of power; however during rainy weather when the solar panels are producing very little, the Pelton will supply enough power for basic needs (but not the washing machine or dryer).

To summarize, the best way to ensure that you always have power is to not use electrical power that you do not need, and check the voltage frequently. Do not use lights during the day and never leave any light or fan on that is not being used. If you do not have a laptop and will not be using the Internet, then you should unplug both the modem and wireless router. The refrigerator is 12 Volt and will remain operational for a short time after the inverter can no longer sustain other appliances; however it too will fail if power is not conserved during the day. Plan on doing no more than one load of laundry per day; and limit use to the morning hours on a sunny day.

HOT WATER

The sun is hottest during the hours of 10:00AM to 3:00PM on a bright sunny day—this is the best time for a hot shower, courtesy of the solar hot water system built into the roof. The water will cool as the sun goes down, becoming

tepid to very cool just after sunset. It will not heat up again until 2-3 hours after sunrise the next morning. Please understand that hot water will not be available during overcast weather, or at night, and plan accordingly. It cannot be emphasized enough that hot water, like electricity, must be guarded and conserved; please use cool water only in the sink and the washing machine, and conserve hot water for bathing.

CARE OF CASA PLAYA LAPA

This is a very remote destination and there is no fire department!!

Therefore NO SMOKING is ever permitted inside the house!!

Please Use extreme caution with candles and when operating the gas stove!!

If it is necessary to smoke during your stay, please limit it to outside of the house. Please review the instruction for operating the stove, at the end of this section. Be aware that the breeze from the ocean can be strong through the kitchen window, and avoid clutter near the open flame on the stove while cooking.



“NO ZAPATOS POR FAVOR”

(The sign on each door) means “no shoes, please”. The house is a no shoes area, to protect the floors and furniture from damage by dirt and sand which accumulates on our footwear. You will find that the local lodges also request that you remove your shoes before entering. Please do not wear outdoor footwear into the house. There is a foot washing station and water hose located below the back deck near the stairs to rinse feet upon returning from hiking or the

beach; please do not rinse feet up on the deck. Flip flops are provided for use inside the house. We will greatly appreciate your assistance in the care of our floors and furniture.

TRASH/GARBAGE/WASTE In keeping with the Eco-friendly effort on the Osa Peninsula, Playa Lapa maintains a “low impact” attitude toward the environment. Disposal of trash and garbage is, therefore, a sensitive matter. ALL waste must be separated and collected in the three collection cans located in the kitchen: for trash (burnable), plastic, and metal (recyclable). These tied bags must be stored in the secure bodega in the old foundation, and the door locked to prevent animals from scattering the trash. Organic garbage must be deposited daily in the compost pit beyond the banana grove, in front of the wood shed. Garbage left unattended outside WILL attract vultures. Please leave the burning of trash to the cuidador.

In a further attempt to protect the environment, please do not flush unnecessarily, and never add any chemicals or dispose of sanitary products in the toilet. Please deposit facial tissue and toilet paper in the trash receptacles whenever possible.

Unwanted

houseguests

(Scorpions and other vermin) These will never be a problem if the floors are kept clear and dry—avoid piling things in corners, as the humidity will make these areas attractive to intruders. Do not ever put on shoes or clothing left on the floor without shaking them and inspecting for scorpions. Peg racks can be found in both bedrooms to hang clothing off the floor. There are no insects or spiders that have life-threatening bites or stings, however a scorpion sting is painful, so be watchful, particularly when handling damp clothing. You may use personal insect repellent, but surface spraying with insecticides is not permitted. Keeping the house clean and dry, and the floors clear of clutter will prevent problems.



DINING OPTIONS

FISH is commonly available from local fishermen, and both red snapper and snook are frequently caught in the vicinity. You may be able to purchase a catch from Ticos working hand lines on the beach; however many local lodges depend on this source of fish as well, so there is often competition and you may need to be persuasive to secure the fresh catch of the day for your own table.

DINNER AT LOCAL LODGES will require advanced reservations and can be secured by e-mailing or visiting the lodges personally, usually by the morning before. The e-mail address for Terrapin Lodge is info@terrapinlodge.com. Lookout Lodge is terryjconroy@yahoo.com. Laguna Vista Villa is kenya@lagunavistavilla.com. Meals are expensive by most standards, but reflect the difficulty of transporting food and restaurant supplies into this remote area. The menus are determined by demand and supplies on hand. Most lodges do not have a la carte meals, but have a single meal that they serve to all their guests. Still, lodge meals are usually haute cuisine and well worth the price.



COOKING AT HOME is the most popular option, with a well supplied kitchen for food preparation. All food supplies must be brought with you to Playa Lapa; however feel free to use any of the staples that are stored in the pantry closet. Be sure to put all food into zip lock bags to guard against ant infestation; do not leave any food on counters or table, and wipe up spills immediately.

ENTERTAINMENT

SWIMMING The undertow on Playa Lapa's beach can be strong, and in most cases non-swimmers and small children should NOT attempt it. Always swim with a partner or a group; the most dangerous time to wander out into the surf is at high tide; low tide is conversely the safest time, and also the best time for beach combing.

BEACH AMENITIES

Beach chairs may be taken to the beach for your use. Please do not leave chairs unattended on the beach; rinse them after use and return them to the back deck.

Beach towels The large striped towels may be used on the beach with care. Please hang them up to dry and thoroughly shake the sand out before laundering.

Flip flops are provided and may be worn inside the house. They may also be used on the beach, then rinsed and dried before returning into the house.

TOURS

A large variety of tours can be arranged by contacting CaféNet El Sol in Puerto Jimenez, which is a full service travel agency. It is their business to help people make these arrangements, as well as air ticketing, rental cars, and just general information. The following popular tours are available: kayak fishing in the lagoon; in-shore and deep sea fishing in the ocean or the Gulf; hiking by the day or hour in Corcovado National park; local waterfall excursions; kayaking on the lagoon; motorboat tours of the Gulf; horseback riding; bird watching; night turtle watching on the beach, and crocodile counting on the lagoon. If you prefer any other activity requiring a guide, please make your request early with Paul.

TURTLE WATCHING

Baby sea turtles are most likely to be seen on the beach at dawn, struggling to cross the treacherous expanse of sand from their nest in the dunes to the protection of the surf. Hawks and vultures will be watching for these tasty morsels as well; where you observe birds congregating, look for a nest of hatchlings. More than half of the babies are eaten during this first trip; those that hatch after daybreak have very little chance of surviving predation, so feel free to hand carry any you may come across down to the edge of the water. The vultures will not approach while you are near, so if you have the time to wait and watch the migration, it is a worthwhile experience. These late hatchers are often the weakest and will only benefit from your attention. Do not forget to bring your camera!

Adult sea turtles can be seen late at night digging their nests near the dunes and laying the hundred or so eggs. Please turn off house lights after dark to prevent illuminating the beach, as lights disturb sea turtles and disorient hatchlings. Do not use a flashlight at night on the beach; it will cause female turtles to abandon their nesting process, and it discourages other turtles from coming ashore to nest. It goes without saying that you must never use a flash camera while observing the turtles at night.

The roseate spoonbill has been sighted most frequently at the near end of the lagoon by the mouth of the slough, again very early in the morning. It is a spectacular sight to watch her rise in flight, as the feathers beneath her wings are quite a dramatic flash of rose. Plan to walk the beach at dawn toward the lagoon for a spectacular sunrise event, as well as sightings of these natural treasures.

INSTRUCTIONS FOR OPERATING APPLIANCES

LAUNDRY FACILITIES The washing machine and dryer are for your personal laundry only (clothes). Please vigorously shake all garments and swimwear before washing, and turn the pockets to remove all sand and small stones. These machines draw a large amount of electricity to operate. In order to have enough power for lights and small appliance after dark, these machines must be used during daylight hours on sunny days only, when the solar power is at its peak production, between the hours of 10AM and 2PM. When using the dryer please remove lint from the lint basket after every load.



STOVE and OVEN This is a gas powered appliance—the burners are lit by turning on the burner, and immediately pushing the ignition button. This makes a spark which lights the gas. In the event of a power outage, the stove must be lit by hand: strike a long match or light the lighter **FIRST**, then turn on the burner and light it immediately. Be very careful not to flood the area with gas before your fire source is lit, and stand clear of the stove while lighting it. The oven door must be handled very carefully, as it has already sustained damage from the continuous salt air. Please open and close it gently. To light the oven: pull the oven knob **OFF**, grasp the stem and push in while turning counter-clockwise; this will start the flow of gas. Immediately light the oven through the bottom drawer. (We are sorry for the inconvenience; the range arrived new with the faulty oven knob.)

There is a spare tank of gas in the power closet in the event that you run out of gas. You can contact Paul to arrange to hook up the spare tank, but this could take

a day or more; Instructions for changing the tank yourself are as follows (it is very easy; I can do it myself and I'm small):

1. Take the spare tank (from power closet) out to the side of the building under the stove.
2. Set the tank on the concrete blocks to the right of the main tank cabinet.
3. Find the **GREEN VALVE** on the **RED HOSE** hanging just above the block.
4. Connect the **GREEN VALVE** to the top of the tank by pushing it down.
5. Open the **OFF-ON LEVER** on the side of the green valve.
6. Open the **RED BALL VALVE** at the end of the red hose.

CHEST FREEZER/FRIDGE This is for all practical purposes a refrigerator only, as it has only one temperature setting. PLEASE do not touch the dial or button on the front lower right of the chest. If you need freezing temperatures, or want to have ice available, a Styrofoam cooler full of ice chips in the bottom of the refrigerator will last for 2-3 days. DO NOT put your whole ice block into the refrigerator! There is a smaller chest for the ice block; chip pieces from the block with the tool provided to use in beverages, or store chips in the foam box inside the refrigerator. (There is an ice pick in the cutlery drawer; please don't use the cutlery for chipping ice!) Do not allow water to accumulate on the floor of the refrigerator, as it will interfere with the temperature control. Use a rag to remove puddles. The refrigerator door creates a vacuum each time it is closed, which lasts for several minutes. Attempting to force the door open at this time will damage it.

MAKING COFFEE We cannot use a coffee maker because of the power demands of heating appliances, but the coffee sock is an unusually good way to make fresh coffee. You will need the coffee thermos, the sock and a measured amount of water to boil in a sauce pan or the kettle. Measure coffee into the sock, 1 tablespoon per cup; boil the water, then pour over the coffee using the sock stand over the thermos.

FIRST AID



Sunrise over the lagoon

FIRST AID IS YOUR OWN RESPONSIBILITY. A good source of information for techniques and procedures (online) is:

http://en.wikipedia.org/wiki/Wilderness_first_aid.

Insect repellent should be used when you go outdoors. There is a **Mosquito net** (in the chest of drawers in the master bedroom) which can be used over the bed for sleeping, but there will be less of a problem if you avoid turning on lights in the sleeping areas after dark. Bring a basic first aid kit with you and be familiar with how to use it for various emergencies. For serious injuries keep control of the situation and contact Terrapin lodge at (info@terrapinlodge.com); or your closest neighbor diagonally across the road from Playa Lapa, Carlos, who is bilingual. Also Terry and Katya Conroy at Lookout Lodge speak English terryjconroy@yahoo.com.

Paul, Katiana and I communicate by Instant Messenger daily, and it would be very helpful to download MSN Instant Messenger and be in the loop with us for the duration of your visit to assist you with tours, supplies, emergencies and general support.

BIENVENIDOS!



Useful Spanish for communication

HOLA! Hello!

Buenos días! Good morning!

Buenas tardes! Good day!

Buenas noches! Good evening (or night!)

Bienvenidos! Welcome!(group)

Bienvenido!(man), **Bienvenida!**(woman)

Pura vida! Pure life!

Por favor... Please...

Gracias! Thank you!

De nada or **Mucho gusto!** You're welcome!

Lo Siento. I'm sorry.

¿Puede ayudarme, por favor? Can you help me, please?

Hoy—today, **Esta noche**—tonight

El desayuno—breakfast, **El almuerzo**—lunch, **La cena**—dinner

¿Cuánto cuesta? How much does it cost?

Lunes—Monday, **martes**—Tuesday, **miércoles**—Wednesday,

Jueves—Thursday, **viernes**—Friday, **sábado**—Saturday, **domingo**—Sunday