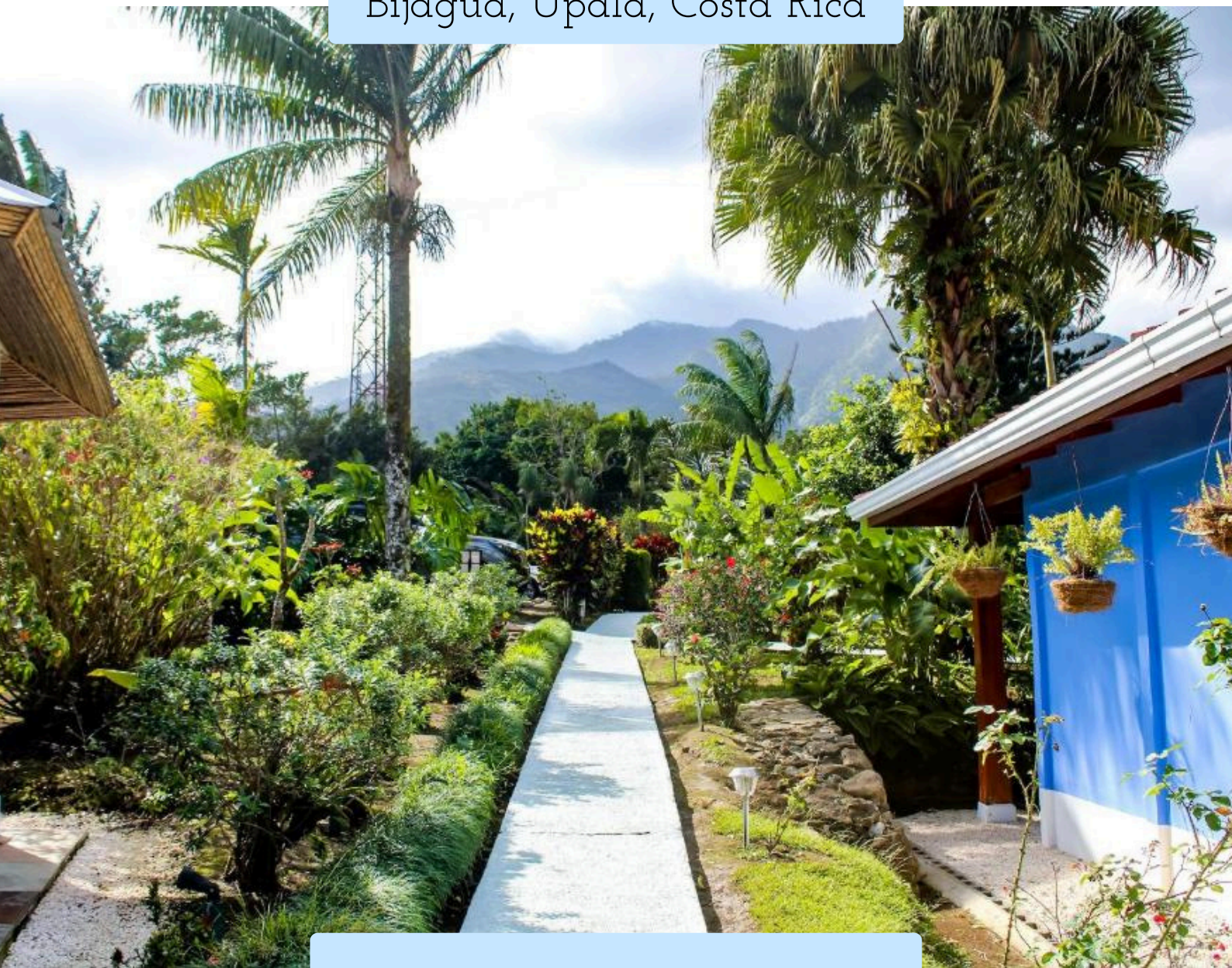


WELCOME

TO

Sueno Rio Celeste

Bijagua, Upala, Costa Rica



Hotel Guide Book

A message from the owners

Thank you for considering our lovely bed & breakfast as you journey through Costa Rica!

On our first visit to the country we stayed at Sueño Rio Celeste and were overcome with a sense of tranquility and renewed energy! We hope your stay with us will leave you feeling rested and refreshed in order to take on the wonders of Costa Rica!

As you explore our property keep in mind that we are in a mountainous yet tropical rainforest that is full of life. You can expect some rain daily which helps to ensure our little piece of heaven is constantly vibrant, green and flourishing.

Temperatures can range from mid 60 to mid 80 degrees Fahrenheit. One of the many wonders of being situated between the Tenorio and Miravalles Volcanos is cool temperatures and the constant movement of the weather. Bringing a rain jacket and light sweater or long sleeve shirt is advisable most of the year.

You will most assuredly hike and trek while staying with us and to help you restore your shoes to a clean state, we have a large "Shoe Wash" station at the front of the property and towels on your refrigerator for drying them when you return to your cabin. We hope this guide will also assist you in organizing your activities during your visit.

On our property we have a simple jungle trail that starts in front of the reception area and gives you a nice 10 minute walk to see the jungle from below.

Our Jungle is natural and can have frogs, lizards, snakes, sloths, monkeys, the occasional coati and many birds. While the trails are groomed it is a jungle and there can be live critters on the path or on vegetation. Please look before you walk or touch!

We also have a lovely jungle yoga/meditation deck for your enjoyment and a large rancho with dipping pool and in-ground jacuzzi. Spa services can be arranged in your room or on the yoga deck and in the near future, also in our "Sueño Spa" Hut in front of the pool.

Be sure to check out our section on area Tours in the guide! There are many wonders to see in this region and we can assist you in narrowing down those that are best for you and help you reserve as needed. Most of the tours have a Facebook site or website so that you can check them out ahead of time.

In order to reserve a yoga class, spa service, tours or transportation, it is most efficient to do so ahead of your stay. Please email us at SuenoCeleste@gmail.com or message us on WhatsApp at +506 8713-7676 or call the hotel +506 8713-7676

It is our pleasure to serve you and we look forward to your stay with us!

**Relax, be at peace & enjoy!
Many blessings for a wonderful
adventure in Costa Rica!**

Marci & Bryant Hicks

Amenities



1 Reception gallery

2 Pool & Jacuzzi

3 Yoga deck

4 Fire circle

5 Jungle trails

6 Sueño Spa

7 Common area
with jungle view
covered varanda



Hotel Policies

Check in	02:00 pm - 6:00 pm
Check out	11:00 am
Breakfast	07:00 am - 08:30 am
Reception	06:30 am - 07:00 pm
Pool	10:00 am - 08:00 pm
Jacuzzi	1:00 pm - 08:00 pm
Yoga deck	day break - 08:00 pm
Front gate	Closes at 9:00 pm - late entries accomodated upon request.

To use the pool and jacuzzi, guests must be 12 years or older (younger children may be allowed at management's discretion)*
Regarding the gate schedule: We are happy to accommodate your needs. Please let us know if you plan to be out past 09:00 pm*

- No climbing or sitting on cables or rail on the Pura Vida deck or Yoga deck.
- Children are the sole responsibility of parents, please accompany.
- Please don't leave open food in your room - place in refrigerator - recycle bins across from bodega & bring organics to reception.
- This is a **no-smoking property**. If you arrive and need to smoke, please ask about our policies & fee.

After hours phones and WhatsApp

CR +506 8713 7676

USA +1 325 262 5720

Pool & Jacuzzi

- Please shower before entering the pool/jacuzzi
- Please wear appropriate swim attire
- No running, jumping or diving
- Jacuzzi has strong suction on left side by entry. Keep head above water.
- Love scenes are forbidden
- No glass or food in the area
- No lifeguard on duty, swim at your own risk
- Minors **must** be accompanied by parents

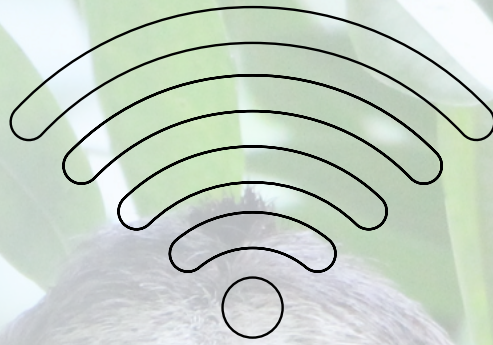
Jacuzzi is designed to be used in a calm manner for the enjoyment of guests of all ages.*

Yoga deck

- No running
- No food or alcohol
- Please use headphones with electronic devices.
- Do not climb, swing or pull cables or railing
- Please remove shoes
- Minors under the age of 12 **MUST** be accompanied by parents

See reception for more details

Wi-Fi access



Network
Sueno Celeste

Password
SChotel*1



Clean water

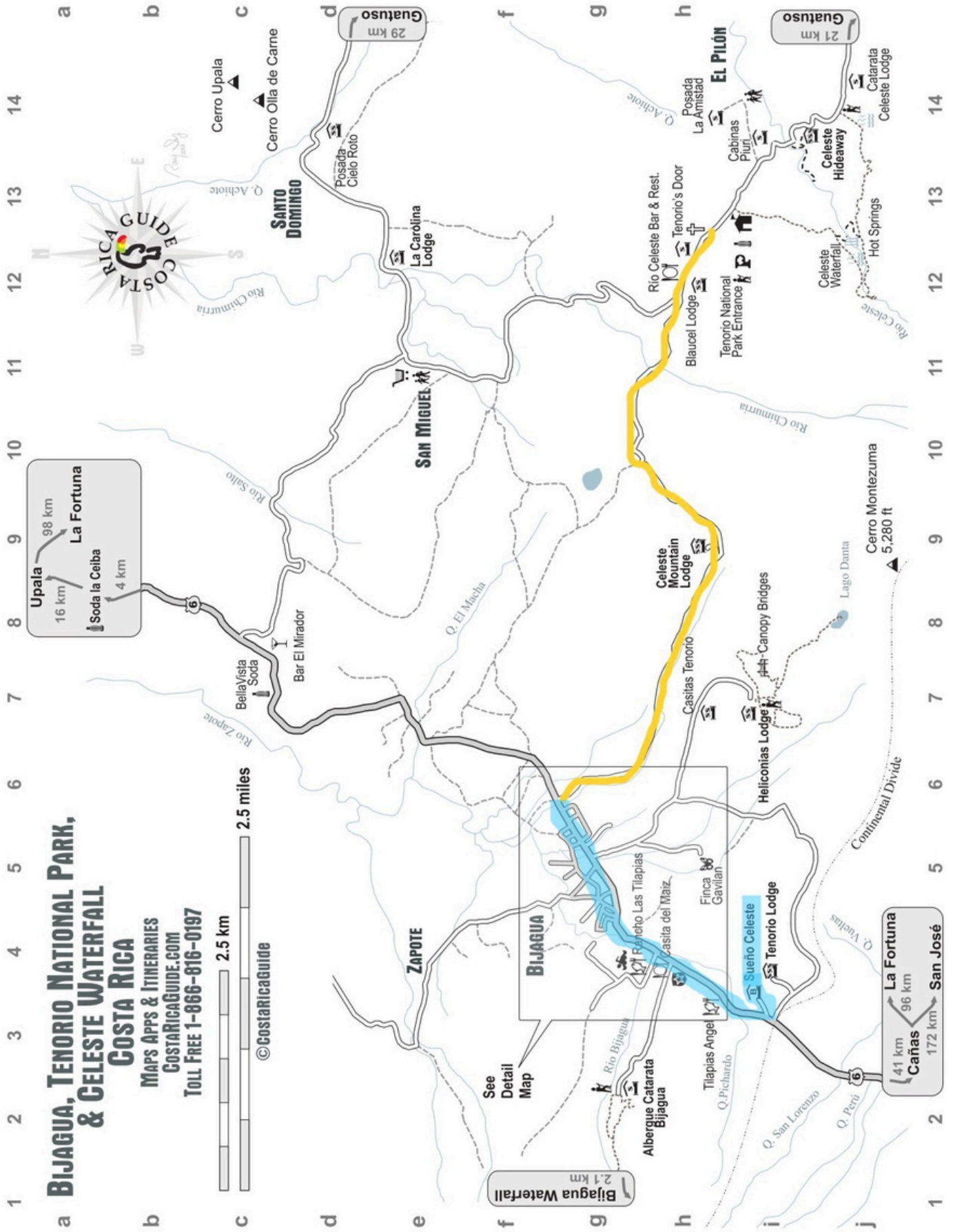
Our water comes from spring water on the Miravalles Volcano and it is filtered prior to delivery to our hotel, this means you can drink tap water!

If you would like your water cold for your adventure for the day, please ask as we keep cold water available for you water bottle at all times.

We value protection and conservation of our environment and the animals within. Therefore, we kindly request you to conserve as much water as possible.

Please utilize our recycle bins at the top of the property and be conscious and aware of the delicate flora and fauna that surrounds you while at the hotel and in Costa Rica itself.

Explore with Ease



[CHECK MAP HERE](#)

Breakfast

We serve a delicious & fresh fruit salad accompanied by our homemade granola (nuts, seeds, oatmeal, honey), local yogurt & eggs prepared to your preference. Our daily side dish, homemade bread, French press coffee or Costa Rica chocolate, natural juice, & homemade marmalades round out a very good morning.

All are made with love daily using ingredients sourced locally.



Sueño Spa

For your relaxation & Wellness...



Relaxing massage	(1 Hour)	\$75.00
Therapeutic massage	(1 Hour)	\$80.00
Combined techniques	(1 Hour)	\$85.00
Bamboo or hot stone massage	(1 Hour)	\$85.00
Sciatic nerve massage	(1 Hour)	\$75.00
Facial exfoliation session	(40 Min)	\$50.00
Children massage	(30 Min)	\$50.00

Special Combos

Relaxing massage + facial exfoliation	(1 Hour)	\$95.00
Limphatic massage + reflexology	(1 Hour)	\$95.00

****Jungle deck experience for any of the above w/availability +\$50.00****



CASH PRICE

Credit Card + 13% IVA

Advanced reservation preferred
suenocelstereservations@gmail.com

+506 8713 7676

BOOK HERE

Shop

CASH PRICE

Credit Card + 13% VAT

AROMAS

Liquid hand soap	\$15.00
Shower Gel	\$15.00
Spray Repellent	\$15.00
Body Lotion	\$15.00

LA TORTUGA VERDE

Lip Balm	\$15.00
Nat Insect Defence	\$25.00
Night Cream	\$25.00
Hand & Body Balm	\$25.00
Clay Masks	\$25.00
Scrubs	\$25.00

33 SOLES

Venus Touch	\$35.00
Facial Serum	\$30.00
Body Lotion	\$30.00
Lip Balm	\$10.00

Shop

CASH PRICE

Credit Card + 13% VAT

FINCA LA AMISTAD

Chocolate Bar S	\$5.00
Chocolate Bar L	\$10.00
Chocolate Bar 5pac	\$22.00
Caramelized Cocoa Beans	\$6.00
Coffee Beans Covered in Milk Choco	\$8.00
Macadamia Covered in Choco	\$9.00
Powdered Cocoa	\$10.00

DOBORE COFFEE

Whole bean	\$28.00
Travel Drip-Bags 8 servings	\$25.00

ON SITE

Italian Espresso	\$2.00
2-cup French press	\$6.00
Organic Hot Chocolate	\$4.00
Italian Wine	\$25.00
Sodas	\$3.00
Beer	\$4.00
Tuber Chips/Snacks	\$2.00

Laundry

We know that traveling, especially in Costa Rica creates the need to launder and dry your clothes occasionally.

Yu Laundry can help you!

- The service includes washing, drying and folding of your clothes.
- It's preferred to bring your clothes during the morning to the reception. Your clothes will be picked up at the afternoon and brought back next day in the morning.

Rate \$3.0 per kg
CASH only accepted
(USD and Colones)

Footwear drying service

Ensure your footwear stays comfortable!
We make sure to remove moisture from your shoes
so you can be ready for more adventure!

**** please do not use hair dryers to dry shoes or clothing as they will melt**

Rate

\$5.0 per pair of shoes

See reception for more details

Fitness amenities

Don't let your fitness routine take a vacation! We invite you to visit the local gym conveniently located near the hotel.

Schedule

Monday to Friday

5:30am to 9:00am

5:00pm to 8:30pm

(with trainer)

For a different time see reception

Rates

\$5.00 per session

LOCATION



Tours & Attractions



Tap on image for more information



Tenorio Volcano National Park

This park has a rainforest that protects species of wildlife of regional importance. The color of the Celeste River, surrounded by a lush forest, offers a stunning landscape worthy to be known and admired. 2-3 hrs
Reservation required prior entry*

[BOOK HERE](#)



Rio Celeste Horseback Riding Tour

This is a beautiful tour to visit Rio Celeste outside the National Park without the park restrictions. It includes horse back riding and swimming in the river. 3 hrs



Cataratas Bijagua

Beautiful 4 tiered waterfall high above Bijagua. Trails are less groomed & more private than most therefore we recommend most guests go with a guide for safety & good sighting of flora & fauna - also a beautiful option for swimming or getting in water - 3-4 hrs
* use caution as water can be deep

Local tours & Attractions - 10min to 30min drive

Tours & Attractions



Tap on image for more information

Huella Verde Tenorio



Hike the jungles of the Tenorio Volcano to 2 amazing waterfalls where you can stop & take a swim. Complete your morning back at the rancho with a typical & cultural lunch cooked for you on the wood fired stove while you enjoy one of the best vistas in the area: views of Lake Nicaragua, the Miravalles volcano & mountains of Nicoya.

Prior reservation required 4 hrs

Heliconias Hanging Bridges



Enjoy the biodiversity of the tropical forest on the Tenorio Volcano with a hike through the property trails. The trails include a 2.5Km route with 3 hanging bridges with incredible Flora & fauna at a height of the tree tops Great for bird watching. 1.5hrs to 2 hrs

Miravalles Mountain View



Hike lush & beautiful trails on the Miravalles volcano with beautiful creeks, gardens, small coffee plantation & Vista overlooking the Tenorio & Bijagua.

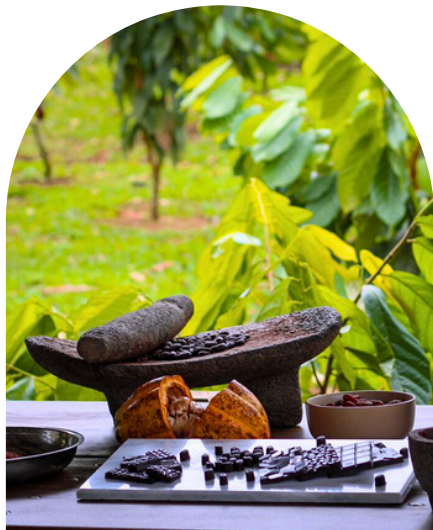
Enjoy a wide range of fauna and flora as well as a breathtaking view of the Tenorio volcano. Hike includes a lovely hanging bridge and trails. 1.5-2 hrs

Local tours & Attractions - 10min to 30min drive

Tours & Attractions



Tap on image for more information



Fincaventura Tours

Offers a natural and cultural experience in relation to representative crops of Costa Rica, such as cocoa, coffee, pineapple and sugar cane. Also offers natural trails and fauna spotting. They also have a nice shop & Restuarant - 2 minutes from hotel 1-2 hrs



Tree Chocolate Tour

On this farm, you will be able to see (and taste) step by step of how chocolate is made, from the plantation to finished chocolate bars. They also raise medicinal plants, sugar cane & coconut - Lovely shop with hand crafts & chocolate . Guides are entertaining **Reservation requiered prior entry. Request reservation at Reception* 2-3 hrs**



Frog's Paradise

Frog's Paradise is the perfect option for nature lovers to enjoy many types of wildlife in their natural habitat. Typically a night tour where you will more readily see frogs, snakes and other such amphibians & nocturnal animals. **Reservation required - request at reception. 2 hrs**

Local tours & Attractions - 10min to 30min drive

Tours & Attractions

Tap on image for more information



Finca La Amistad

Is a 95-hectare sustainable cocoa farm in northern Costa Rica. It combines the best of Swiss techniques and Costa Rican products to obtain a simply delicious result. Restaurant on site - With the full experience you will take home several bars of Chocolate you make !
reservation required - 2.5 to 3 hrs



Río Celeste Nature

Activities such as tubing and rafting, promoting responsible experiences and the conservation of the natural environment of the Celeste River.



Bijagua Rainforest Tours

Local tour operator. Their goal is to bring great variety of tours in Bijagua and the northern region of Costa Rica, such as Caño Negro, Arenal Volcano, Tenorio Volcano and more!

Local tours & Attractions - 10min to 30min drive

Tours & Attractions

Tap on image for more information



Tenorio Adventure

Local tour operator specializing in adventure tours, including rafting, tubing, ATV rides, and nature safaris. Committed to safety, high-quality service, and environmental respect.



Tapir Valley Natural Reserve

Perfect for day and night wildlife watching. Offers Birdwatching tours, Jungle night tour and more.

Reservation required 24 hrs prior to tour via website. 2.5 hrs



Las Pumas Animal Rescue Center & Sanctuary

This is the organization that provides rescue & rehab as well as long term habitat for animals in the Tenorio Region that are sick, injured, abused or orphaned - with 2 veterinarians, 2 biologists & facilities located on a large ranch - they provide a most necessary service for our local birds & wildlife - We highly recommend - 1-2 hrs

Local tours & Attractions - 10min to 30min drive

Tours & Attractions

Tap on image for more information



Rincón Corobicí Rafting

Provides guided rafting tours with different difficulty levels, ranging from calm scenic floats to thrilling Class III-IV rapids. The tours allow participants to enjoy the region's lush landscapes, diverse wildlife.



Hacienda Guachipelín

Offers thrilling adventures and eco-friendly experiences. Enjoy zip-lining, hot springs, horseback riding, and volcanic mud baths amidst stunning landscapes!



La Leona Waterfall

A guided hike that takes you through rivers and lush trails to a stunning turquoise waterfall nestled in a canyon—perfect for nature and adventure lovers!

Tours & Attractions outside local area - 30min to 2 hours drive

Tours & Attractions



Tap on image for more information



Ponderosa Adventure Park

A safari and adventure resort in Liberia that offers direct interaction with giraffes, zebras, and many other animals. **The Teekisia package** is one of the more complete options, as it includes the safari, the waterfall tour, lunch, and all adventure activities (canopy tours, kayaking, and ATV riding).



Cataratas Llanos del Cortés

Perfect for a refreshing swim or a relaxing picnic. Come and experience the serene beauty and lush surroundings!



Colinas del Miravalles Hot Springs

Here, you can relax in natural hot springs, explore lush trails, and enjoy breathtaking views. It's the perfect spot to unwind and reconnect with nature. approx 1 hr drive

Tours & Attractions outside local area - 30min to 2 hours drive

Birds, Nature and Culture in Bijagua

Personalized Tours with Walter Díaz



Click on the image to visit website

Walter Díaz is a local guide in Bijagua with extensive experience in ecotourism and birdwatching in the Tenorio area. He offers authentic, personalized tours in less crowded locations, ideal for those seeking a more natural experience. He specializes in half-day excursions, interpretive hikes, and birdwatching for both beginners and experienced.

He is known for his vast knowledge of birds, flora, and fauna, his friendly and professional manner, and his fluency in English. He also offers reasonable prices and a responsible and sustainable approach. He can also help organize other activities such as waterfall hikes, tubing, and cultural experiences, making each visit a complete experience in Bijagua and Tenorio Volcano National Park.



info@bijaguaexpeditions.com



[+506 8481 9803](tel:+50684819803)

Advance booking recommended

Your Ocean Adventure Awaits !



PLAYAS DEL COCO, COSTA RICA

You enjoy the cooler temperatures & amazing flora & fauna of the mountainous rainforest but you also would love to have a day on the ocean. We have you covered !

Just a short 90 minute drive to catch an amazing charter

Groups from 1-6

Stop by hotel reception or contact us for availability & pricing



FISHING, SURFING & SNORKELING TOURS

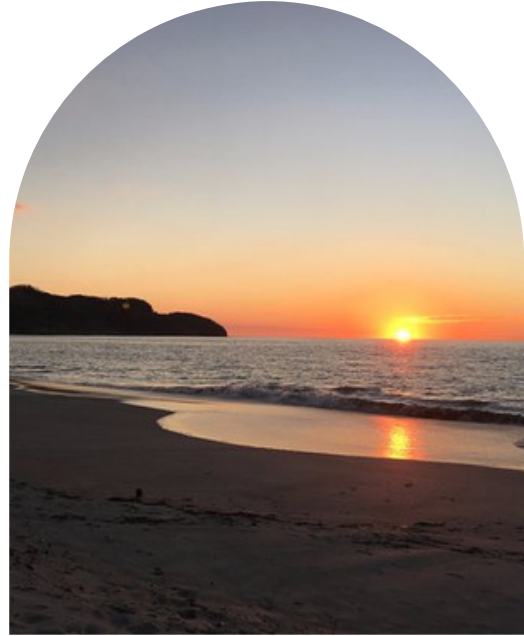
Tours & Attractions

Tap on image for location

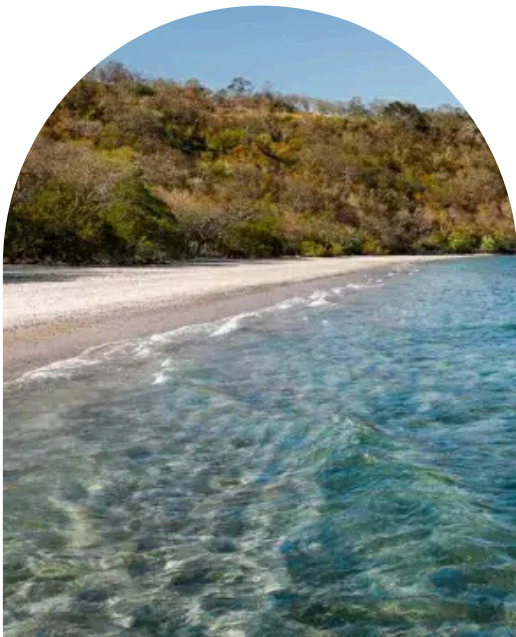
Beach getaway



Playa Hermosa



Playa Cabuyal



Playa Panamá



Playa Virador

Beach locations within 90min to 2.5 hours

Restaurants

Tap on image for location



Blue River
Brewery



La Choza
del Maíz



Hummingbird
Café



Café
Semilla



Poro
Seafood

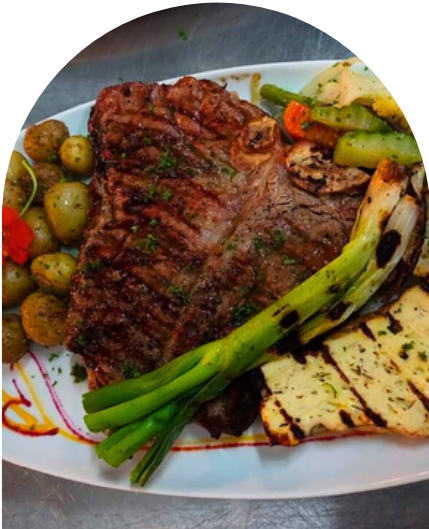


Celeste Mountain
Lodge

Requires reservation*

Restaurants

Tap on image for location



Ecoporo
Rainforest



Pizzería
El Barrigón



El sabor de
Doña Carmen
& Morpho Garden



Tenorio Lodge
Requires reservation*



Soda
Doña Eli



Kantala
Restaurant

Perfect for lunch after Tenorio
National Park or
fine dining at night.
Requires reservation for dinner.*

Restaurants

Tap on image for location



Regular hours from 11am to 10pm
Pupuseria & Kingyo Closed on Mondays Que Chulada
close on Tuesday



Transportation

Local transportation

Mainly for short trips around town

Mauricio Panagua	+506 87730603
Daniel Morales	+506 8672-5130
Tuck-tuck taxi	+506 8585-0204
Henry Gusman	+506 8358-4318
Minibus (12 pax)	

Day trip

For excursions and guided tours that cover longer distances, you have the option to request a private guide for your journey.

Tempisque Travel
+506 8584-0027
agroser@hotmail.com

Bijagua Rainforest
+506 8998-2954
bijaguarainforest@gmail.com

Tenorio Adventure Tour & Transfers
+506 8970-2332
nes@tenorioadventurecompany.com

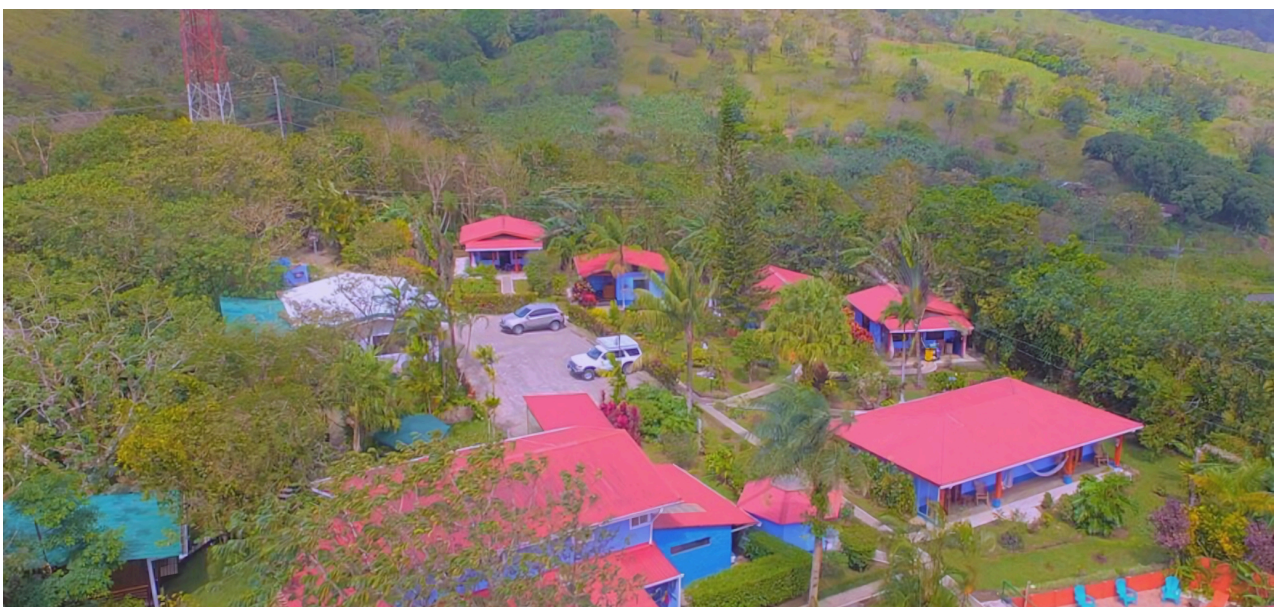
In case of emergencies

in our amenities

Because we are located in a humid and tropical jungle surrounded by volcanoes we can eventually face different natural phenomena.

Since we wish you to have the best experience, please consider this recommendations if needed:

- Remain calm.
- Listen to the staff indications during evacuation.
- Make sure to bring ID with you during evacuation.
- Reunion point is located in the parking lot.
- There are fire extinguishers in each cabin.
- Avoid hand-feeding, petting or trapping wild animals if you get to spot or interact with them.



Emergency contacts

Embassies and Consulates

Argentina	+506 2234-6270
Austria	+506 2220-2909
Belgium	+506 2289-5058
Brazil	+506 4800-1960
Canada	+506 2242-4400
Denmark	+506 8829-0075
France	+506 2234-4210
Germany	+506 2290-9091
Israel	+506 2221-6444
Italy	+506 2234-2326
Mexico	+506 2257-0633
Netherlands	+506 2221-4829
Spain	+506 2222-1933
United Kingdom	+506 2258-2025
United States	+506 2519-2000

Emergency contacts

Health Centers

Emergency Center

911

Clinics in Upala

Integral Emmanuel Clinic

+506 2470-1085
+2470-0890

LOCATION

San Erasmo Clinic

+506 2470-1085

LOCATION

Clinic in Liberia

San Rafael Arcangel Hospital

+506 2690-5500

LOCATION