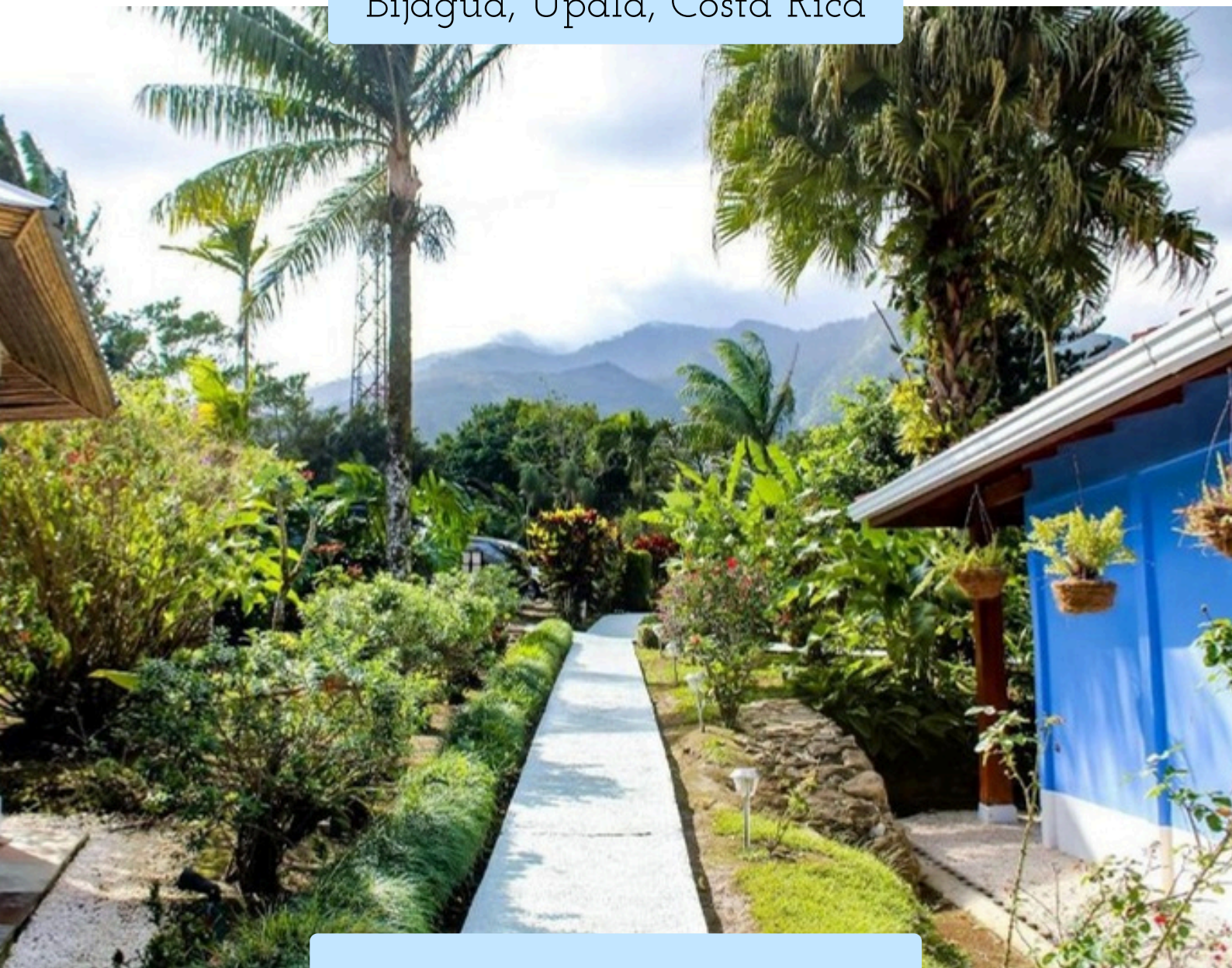


# WELCOME

TO



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](mailto:SuenoCeleste@gmail.com) or message us on WhatsApp at [+506 8713-7676](tel:+50687137676) or call the hotel [+506 8713-7676](tel:+50687137676)

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





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# Hotel Policies

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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 & Jacuzzi	10:00 am - 08:00 pm
Yoga deck	day break - 08:00 pm
Front gate	Closes at 9:00 pm - late entries accommodated 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

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# Pool & Jacuzzi

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- 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.\*

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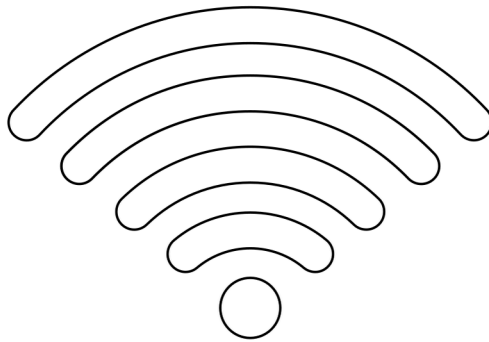
## Yoga deck

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- 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

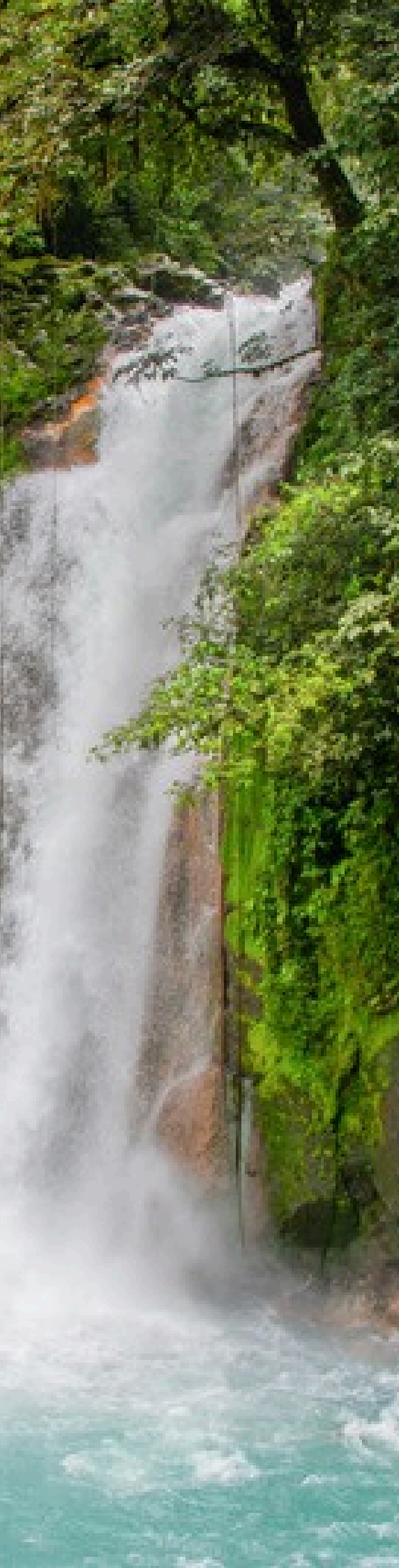
# Wi-Fi access



Network  
Sueno Celeste

Password  
SCbungl-8





# 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 enviroment 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

Discover the best of our location with our map! Whether you're planning a hike, visiting local attractions, or finding your way back to the hotel, this map has you covered.

[CHECK MAP HERE](#)



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# Breakfast

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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.







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# Sueño Spa

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**We offer different options for you to enjoy and relax!**

## CASH PRICE

*Credit Card + 13% VAT*

Relaxing massage \$65 (1 hour)

Therapeutic massage \$70 (1 hour)

Combined techniques \$75 (1 hour)

Bamboo or hot stone massage \$80 (1 hour)

Sciatic nerve massage \$65 (1 hour)

Facial exfoliation session \$40 (30min)

Children massage \$40 (30min)

Available from 02:00 pm to 06:00 pm

*Advanced reserve preffered*

**BOOK HERE**

# Group & Private Yoga

Enhance your  
stay with

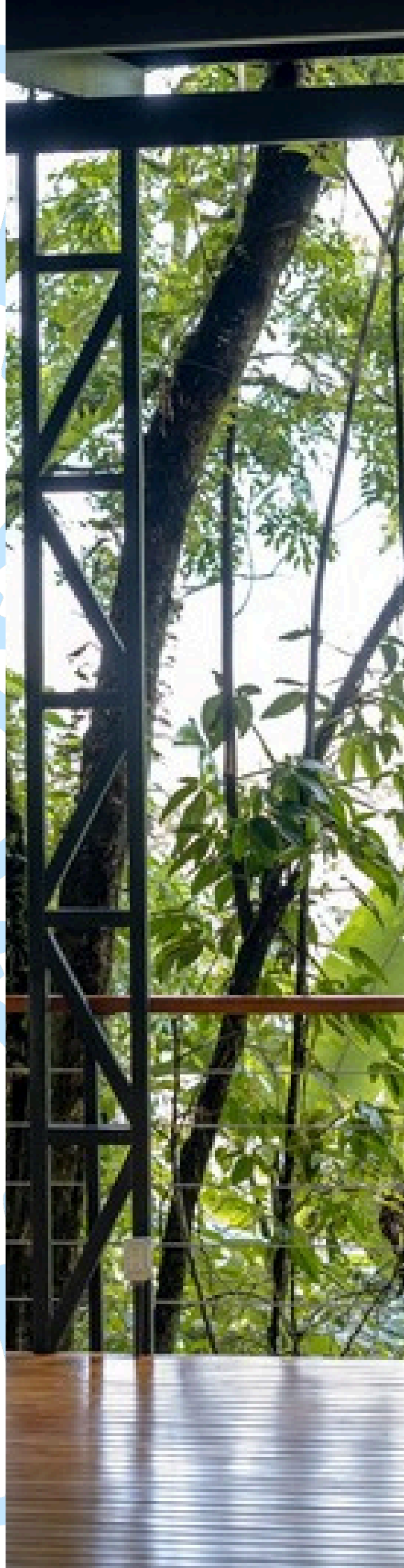
Daily morning classes

Private sessions

Specialty classes

For more information,  
enrollment & fees  
click below

[HERE](#)



# Shop

## CASH PRICE

*Credit Card + 13% VAT*

Liquid hand soap	\$15.00	
Shower gel	\$15.00	
Shampoo	\$15.00	
Hair Conditioner	\$15.00	
Relaxing body lotion	\$15.00	
Spray Repellent	\$15.00	see
Local art	reception	
Handmade Chocolate bar	\$5.00	\$4.00
Beer	\$20.00	
White or Red Wine (bottle)	\$3.00	\$8.00
Lemon Soda Coca Cola		
Nuts -(assorted gourmet options)		
Roasted Figs	\$10.00	



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# Laundry

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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.
- Consider that it usually takes from 3 to 5 hours to complete all the laundry process (depending on the amount of clothes).

See reception for more details

## Rate

\$3.0 per kg

**CASH** only accepted  
(USD and Colones)

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# Fitness amenities

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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.

**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.



## Cataratas Bijagua

Walk through the trails and enjoy the beautiful waterfalls, vegetation and animals.

Local tours & Attractions - 10min to 30min drive



# Tours & Attractions >>>>

Tap on image for more information



## Huella Verde Tenorio

Hike in the forest with a viewpoint overlooking the Tenorio Volcano. It also has views of Lake Nicaragua, the Miravalles volcano and a small part of the Nicoya peninsula. It includes lunch or sunset viewing with snacks.



## Heliconias Hanging Bridges

Enjoy the biodiversity of the tropical forest through a tour through the property trails. The trails includes a 2.5Km route that includes 3 hanging bridges. Great for bird watching.

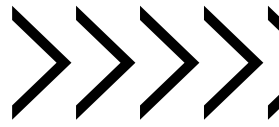


## Miravalles Mountain View

There is a wide range of fauna and flora to be observed, as well as a breathtaking view of the Tenorio and Miravalles volcanoes. Enjoy of a hanging bridge and trails.

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.



## Tree Chocolate Tour

In this farm, you will be able to see (and taste) step by step of how chocolate is made, from trees to finished chocolate bars.

**Reservation required prior entry. Request reservation at Reception\***



## Frog's Paradise

Frog's Paradise is the perfect option for nature lovers to enjoy many types of wildlife in their natural habitat.

Local tours & Attractions - 10min to 30min drive

# Tours & Attractions

Tap on image for more information



## Tapir Valley Natural Reserve

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



## Tenorio Adventure

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



## 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



## Rescue Center and Sanctuary

### Las Pumas

This is an area where animals that have been mistreated are rehabilitated. Many, unable to be released, remain in the place under professional care. You will have the opportunity to see many wild animals and other activities.



## 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.



## Cataratas Llanos del Cortés

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

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



# Tours & Attractions

Tap on image for more information



## 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!



## Hacienda Guachipelín

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

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

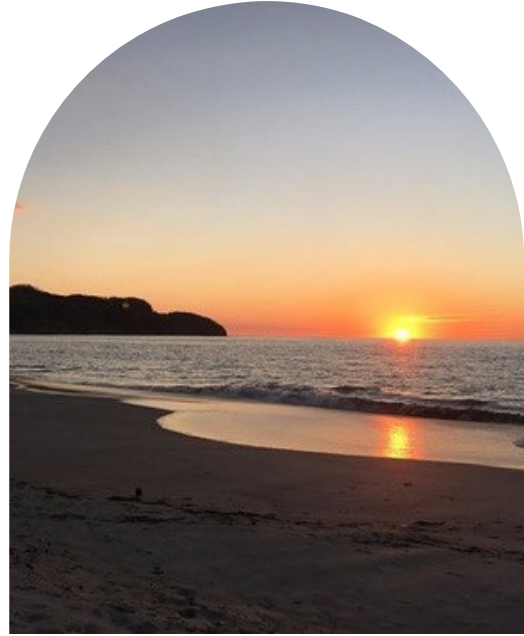
# Tours & Attractions

Tap on image for location

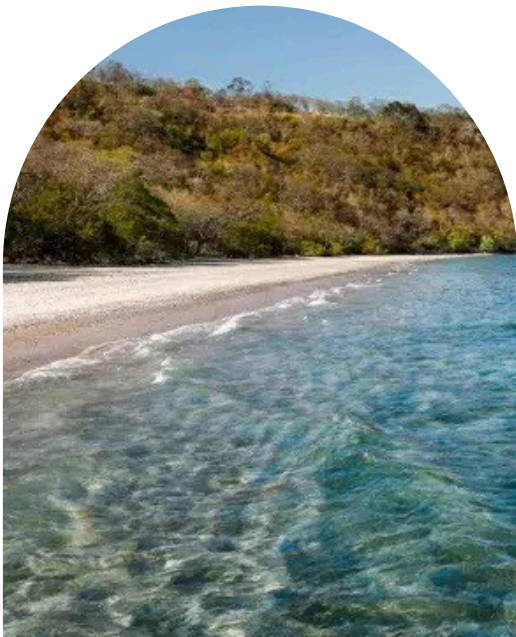
## Beach getaway



Playa Hermosa



Playa Cabuyal



Playa Panamá



Playa Virador

Beach locations within 90min to 2.5 hours



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# Restaurants

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Tap on image for location



Blue River  
Brewery



La Choza  
del Maíz



Café  
Semilla



Poro  
Seafood



Celeste Mountain  
Lodge

Requires reservation\*

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# Restaurants

Tap on image for location

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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.\*



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# Restaurants

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Tap on image for location



Hummingbird  
Café



Dulce Amor  
Café



# 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.



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# Emergency contacts

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## 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

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#### San Erasmo Clinic

+506 2470-1085

LOCATION

### Clinic in Liberia

#### San Rafael Arcangel Hopital

+506 2690-5500

LOCATION

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# Transportation

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## Local transportation

Mainly for short trips around town

Orian Rodriguez	+506 8699-9932
Daniel Morales	+506 8672-5130
Tuck-tuck taxi	+506 8585-0204
Henrry 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



# Thank you!

Thank you for choosing to stay with us!  
We're delighted to have you as our guest and look forward to making your visit memorable.  
If there's anything we can do to enhance your stay, please don't hesitate to let us know.  
Enjoy your time here!