

Escape and Adventure  
A Yoga and Stand Up Paddle Retreat  
with Erin O'Malley  
February 14-20, 2015

**Travel Information and More!**

Thank you for your interest in spending this amazing week together!!

**Flights:**

PLEASE NOTE THAT THERE IS A MINIMUM OF 8 PARTICIPANTS REQUIRED TO CONFIRM THIS RETREAT. PLEASE DO NOT PURCHASE YOUR FLIGHT UNTIL THIS HAS BEEN CONFIRMED.

The best flight from the Laguna Beach area is the only non-stop flight from the Los Angeles International Airport (LAX) to the Manzanillo Airport (ZLO). If flying from out of the area, you might also check flights to Puerto Vallarta (PVR).

We strongly suggest that everyone coordinate flights so that we can share all ground transportation to/from the airport to the Villas. (Please note the shuttle prices below.) PLEASE ASK LAURA AT RETREAT SAVVY FOR THE LATEST FLIGHT SCHEDULE OF ALL THE PARTICIPANTS BEFORE BOOKING YOUR FLIGHT. If you do arrive outside the window of the others in the group, please plan on taking your own ground transportation. Please discuss your flight preferences with Laura before purchasing your flight so we can coordinate flights and ground transportation. Flights are changing all the time and we cannot guarantee how many you will be grouped with in your ground transportation but we always do our best to fill the vans!

**PLEASE NOTE:** Travel dates are Saturday, February 14 and Friday, February 20 (unless you decide to extend your stay on your own.)

**Suggested Flights:**

Feb 14. Alaska #284. Depart LAX: 10:30am. Arrive ZLO: 3:31pm.

Feb 20. Alaska #265. Depart ZLO: 4:30 pm. Arrive LAX: 5:48 pm.

**Ground Transportation:**

(These are 2014 prices. They could fluctuate due to the price of gas.)

**Manzanillo to Careyes**

- Suburban holds 6 to 7 passengers \$167 + tip. Based on one way. (or 2000 pesos)
- For 1-2 people: \$92 + tip. Based on one way. (1000 pesos)

## **Puerto Vallarta to Careyes**

- Suburban holds up to 5 to 7 passengers: \$260.00 + tip (\$260 + 15% tip = \$300 total. \$300 will be divided by the number of people in your van. We will try to fit as many in one van as possible but plan on anywhere between 4-6 people in your van and work with Laura on your flights so that we can group as many people together as possible.) Based on one way.

## **Ground Transport to Careyes**

### **Upon Arrival in Manzanillo or Puerto Vallarta:**

All ground transportation is cash only. Laura at Retreat Savvy will be coordinating the group to share ground transportation to and from Elixir de Careyes. I highly recommend taking into consideration when others are flying so you can share ground transport. Please note, that if your flight arrives the ZLO on February 14 later than the group or departs ZLO on February 20 earlier than the group, you will most likely be taking ground transportation alone and will be responsible for the cost.

## **Car Rental:**

There is an option to rent your own car and drive in and back. However, you will be responsible for getting yourself there and back. Directions will be provided from Manzanillo or Puerto Vallarta.

## **Other Information:**

### **Meals**

- Three delicious and mostly organic meals a day, prepared by our private chef are served at the table. Dinner includes vegetarian options and fish or chicken.
- If you have dietary restrictions or special needs, please let Laura at Retreat Savvy know well in advance.
- Meals include juices, teas, water. Does not include alcoholic beverages.

### **Tips**

- It is up to guests to tip the staff according to the service received. (The suggested amount is \$10 per day per guest (\$70) as a minimum and, after they dazzle you, you may wish to donate \$100 or more for the week. (cash only)

### **Extras**

- All extras like telephone calls must be paid individually in cash prior to departure.
- Use of telephone is limited to the office.
- There is no charge for use of steam bath.
- Massages may be reserved ahead of time and at the villa in your room or balcony. Prices range from \$70-\$100.
- Laundry: There is a \$5.00 charge per guest, per day in which you'd like your personal laundry done.

Activities: (prices based on 2014. May be slightly higher in 2015.)

- Steam Room: Free
- Massage: \$70-100 an hour. Can be booked on arrival.
- Coastal Boat Tour: \$120 an hour divided by 7 person max per boat. The captain can take you to private beaches along the coast line or out snorkeling, or whale/dolphin watching.
- Snorkeling: Around Hotel/ Playa Rosa: \$10.00 Rental
- Horseback Riding, 1 hour Ride: \$50.00, Max 3 people.

- Kayaks: Single Kayak: \$10.00 an hour, Double Kayak: \$15.00 an hour
- Tennis Courts: \$10.00 per hour, \$15.00 night time
- Golf: \$150 per person
- Mountain Biking: \$ 10.00 per hour
- Scuba Diving: One tank: \$100 per person 40 minutes. Second tank: \$50 per person 40 minutes

## **Travel insurance**

All deposits and payments are non-refundable. It is highly recommended that you purchase travel insurance to protect your investment should you have an emergency and not be able to make the trip. Suggested companies: [www.travelex.com](http://www.travelex.com) or [www.statravel.com](http://www.statravel.com).

## **Requested Information to send to Laura at Retreat Savvy:**

- Please send flight information to Laura as soon as you have it so she can arrange your ground transportation. ([laura@retreatsavvy.com](mailto:laura@retreatsavvy.com))
- Please send any dietary restrictions or special dietary needs well in advance.