

# Welcome to Pavones

This guide has all of the information and locations you'll need to get around. If you have any other questions or special requests, Krystin is always available to help.

**Krystin's WhatsApp Number: +506-8535-8374**

Use **WhatsApp** while you are here, it works the best in our area and everyone uses it.

## Things to Remember:

- There are NO GAS STATIONS or BANKS in our area. See "GAS & BANKS" below...
- Business hours will differ depending on the time of year.
- Not all restaurants sell alcohol.
- Ask Krystin to send you flyers of current things happening in the area.
- Click on the [blue hyperlinks](#) for the map GPS locations.

Local business owners rely on YOU ... Please Spread the LOVE! Pura Vida!

## RESTAURANTS & BARS

### [Soda Q'Tuanis](#) - [Cocal Amarillo](#)

- Open MOST days for breakfast, lunch & dinner
- Sells fresh sourdough bread

### [Titiguana's](#) - [Punta Banco](#)

- Open MOST days for lunch & dinner

### [Tico Mex](#) - [Pavones](#)

- Lunch & dinner at the Pavones sign

### [Ebenezer's](#) - [Pavones](#)

- Great food, ice cream & dessert bar
- Leo offers exceptional fishing tours
- Sells fresh fish often

### [Cafe de la Suerte](#) - [Pavones](#)

- Great food with vegan & organic options
- Open for breakfast & lunch mostly

### [Sylvia's Place](#) - [Pavones](#)

- Not open regular hours
- Breakfast, lunch or dinner

### [La Plaza Bar](#) - [Pavones](#)

- Great local bar in town center
- Open for lunch & dinner
- Great parties, ask before you go

### [Nick's Place](#) - [Pavones](#)

- Plays Live sporting events
- Has Live music sometimes
- Open for lunch & dinner

### [La Choza de Carmelita](#) - [Pavones](#)

- Open for breakfast, lunch & dinner

### [La Choza de Gaby](#) - [Cocal Amarillo](#)

- Closed Mondays
- Open for lunch & dinner

### [La Piña Italian Restaurant](#) - [Pavones](#)

- Best pizza & Italian food in the area
- Open for lunch & dinner most days
- Live music some nights, ask before you go
- Has seating on the beach
- Has art shop, great for gifts or souvenirs

### [Los Almendros](#) - [Punta Banco](#)

- Breakfast, lunch & dinner most days
- Has great parties, ask before you go



## GROCERY

### Summary - Cocal Amarillo

- Full grocery store
- Sells GAS

### Super Los Petreños - Pavones

- Full grocery store

### Super Rio Claro - Pavones

- Small grocery store

### MiniSuper WilliWillis - Pavones

- Small convenience store

### MiniSuper Super J - Cocal Amarillo

- Small convenience store

## SHOPPING

### Sea Kings Surf Shop - Pavones

- Swimsuits, souvenirs, gifts
- Surfboard rentals & accessories

### Julieta's Beach Clothing - Pavones

- At Saturday Market
- WhatsApp +506-8488-1875

### Saturday Market - Pavones

- Every Saturday 10am - 2pm
- Locals sell their handmade goods & food
- Great for gifts or souvenirs

### Super Rio Claro - Pavones

- Small gift shop next to the grocery store
- Great for gifts & souvenirs

## BEACHES

### **Please Use Caution!**

The ocean is powerful and can be unpredictable! Watch out for Rip Currents, and heavy Undertow. If you are not a strong swimmer or are unfamiliar with swimming in the ocean, swim where there are other people around you and/or bring a floaty with you.

Read about each beach below to determine which is the best for you.

### Pilon Beach "Leftovers"

- Great for swimming, families, beginner surf

### Pavones Point

- Intermediate to Experienced Surfing
- Swimming is good in front of fishing boats

### Punta Banco

- Experienced surfing, has rip currents
- My favorite thing to do with family or a romantic evening...come out here before sunset at low tide. Find a good tide pool to relax in as you watch the sunset.

### Rio Claro River

- Walk up river on hot summer days, very shallow and fun to explore
- Not recommended for rainy season!

## EMERGENCY

### [Police Station - Pavones](#)

-Please call 911 for emergencies

### [Pharmacy Hodgson - Cocal Amarillo](#)

-Next to the Sumary Grocery  
+506-8780-0282

### [Clinica Ebais - Conte](#)

-Basic Medical Help  
-Bring your passport

### [Clinica Pavones - La Hierba](#)

-Basic Medical Help  
-Bring your passport

### [Golfito Hospital - Golfito](#)

-Serious medical help  
-Bring your passport

## GAS & BANKS

### [Gas Station - Rio Claro](#)

-Takes Card or Cash

### [Banco Nacional - Rio Claro](#)

-Bank

### [Banco Nacional & Coopealianza - Laurel](#)

-Banks

### [Gas Station - Laurel](#)

-Takes Card or Cash

## HEALTH & WELLNESS

**Contact Krystin if you are interested in  
booking a Private or Group Session**

### [Pilates with Oriana - Cocal Amarillo](#)

\$15 / class / person  
-75 minutes, equipment included  
-Ask for available class times

### [Yoga with Ashley - Cocal Amarillo](#)

\$10 / class / person  
\$3 mat rental or bring your own  
-75 minutes  
-Ask for available class times

### [Pickleball Courts - Cocal Amarillo](#)

-Daily / Weekly / Monthly Prices  
-Kids, 55+, Open Play Hours  
-Ask **Corynne** for more details **+506-8386-4094**

### [Natural Ayurvedic Facial with Vallari](#)

\$45 for 60 minutes  
-By Appointment Only, Comes to You

### [Massage with Betty](#)

\$60 for 60 minutes  
-By Appointment Only, Comes to You

**\*Ask Krystin For More Details\***

**\*PLEASE Include A Tip For All Guides,  
Instructors, or Professionals\***



## TOURS / FUN THINGS

**Contact Krystin If You Are Interested In Booking a Tour**

### **Tours with Enrique**

**(Can accommodate special requests)**

**Jungle Trek** - \$30 / person

**Waterfall** - \$30 / person

**Beach or Jungle Horse Tour** - \$55 / person

**Rio Coto Boat Tour** - \$65 / person

### **Tours with Amy**

**(2 person minimum applies)**

**River Hike** - \$40 / person

**Foraging Tour** - \$40 / person

**Hill Hike** - \$40 / person

**Beach & Waterfall Hike** - \$35 / person

**Snorkel Tours** - \$110 - \$160 / person

(Pricing & Availability depends on  
weather & scheduling)

(There are many variations on Snorkel Tour  
packages available, up to 8 people)

### **Quad Rentals**

**(Need Valid Drivers License,  
Waiver Must Be Signed)**

\$50 / Day

\$300 / Week

\$950 / Month

### **Quad Tour with Alejandro**

**(Based on Availability)**

\$100 / person

-Includes drinks

-Around 3 -4 hours

### **Petting Farm - Santuario Vista Mar**

**Meet pigs, goats, and more at this  
non-profit sanctuary**

\$25 / person

-4x4 required or request a pick-up from  
Rancho Burica

### **Chocolate Making Workshop**

**(2 person minimum applies)**

\$45 / person - Includes all materials

-About 1 ½ hours

-By appointment only, can come to you!

**\*Ask Krystin for more details on any of  
these tours\***

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