

Orosi Mountain River Lodge



Orosi Valley, Central Costa Rica

4-day REJUVENATION RETREATS IN THE MOUNTAINS OF COSTA RICA

Enjoy the breath-taking beauty and seclusion of the **OROSO MOUNTAIN RIVER LODGE**, site of the Rejuvenation Retreats. This 23-acre “tropical rainforest paradise” is located in a nature-protected zone above Orosi Valley at 4,000 feet altitude, with year-round temperatures averaging 70-75.° Surrounded by steep mountains, this hidden valley with a roaring river passing through it, is truly a “Shangri-La” of the Western hemisphere. Here visitors can enjoy peace and solitude, while exploring the rich biodiversity of flora and fauna that has made Costa Rica the #1 Mecca for Nature Lovers. The Orosi Mountain River Lodge is the ideal setting to experience **La Pura Vida**- to relax and recharge while making positive lifestyle changes to improve your health, happiness and quality of life!

Workshops take place in the open-air Pavilion or Lodge, which offer a 360 degree panorama of the valley and mountains. The large two-story house has a fully-equipped modern kitchen, wok stove and dining room for groups up to 20, four bedrooms, 2 full baths, plus a large meeting room and porch upstairs. Four rustic cabins, nestled along the edge of the roaring Rio Sombrero, have spectacular views of the river, mountains, macadamia orchard, ponds and mountain spring swimming pool. The rustic cabins have 1 or 2 bedrooms, sitting room with picture window, changing room, private bath with shower and hot water and a porch with table and chairs to enjoy the outdoors. The largest cabin with French doors opening onto a large private deck is ideal for families or groups.



Just down the mountain is the 5 star Rancho Rio Perlas Hotel and Spa, formerly a 300 acre coffee plantation, where one can enjoy natural thermal springs, fine dining and spa services. 4 miles from the Lodge is the sleepy town of Orosi, population 3,000, home to the oldest colonial church in Costa Rica still in operation. A popular destination for budget travelers, Orosi hosts many restaurants and a Spanish language school.

ACCOMODATIONS ON SITE: Maximum 21 participants in 4 cabins and 4 rooms in the main house.
ACCOMODATIONS AT 5-star RANCHO RIO PERLAS RESORT & SPA: 3.5 km below the Orosi Mountain River Lodge, this full service spa and hotel offers has a thermal springs pool, two restaurants with live music on weekends, 60 acres of lush vegetation and hiking paths, panoramic vistas. Participants staying at Rio Perlas will be provided transportation to and from the Lodge.



RETREAT PACKAGE EXTENSIONS & TOURS

For those wishing to extend their stay, we will be glad to assist you in finding lodging and tours at local hotels. Examples of half or full day tours include sight-seeing in Cartago, San Jose, Christina Organic Coffee Plantation, Cachi Dam, La Basilica Maria de los Angeles, Tapanti Rainforest National Park, Volcanoes Irazu and Turrialba, Lankester Botanical Gardens, springs), and outdoor adventure trips such as whitewater rafting, bird watching, and hiking.



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