



Everything you need to know before visiting Nosara

Nosara is a unique place in the world for its natural attributes and we are pleased to introduce you to the magic that is Nosara.

You will visit a protected area

Playa Guiones and Pelada, along with Playa Nosara and Playa Ostional are part of the Ostional National Wildlife Refuge. **This place is home to thousands of female olive ridley turtles that come to lay eggs.** This nesting phenomenon is known as an “arribada,” which in Spanish means “arrival”. The Ostional National Wildlife Refuge ranks second in the world with the highest mass nesting of turtles.



Protect the turtles

Nosara is one of the best international destinations to see sea turtles and they are protected within the refuge. In Guiones, Pelada, Nosara and Ostional beaches, **driving motorized vehicles is not allowed** because the sand on the beach is compacted and there is a risk of accidents. **Bonfires are prohibited.** Campfires scare off turtles looking to nest and worse, bonfires are a threat to existing nests. A nest is not visible on the sand’s surface, and a bonfire can be burning over an existing turtle nest, which is lethal to the nest.



Be careful in the ocean

This place is ideal for surfing, there can be high waves and the potential of strong rip currents, especially at the change from high tide to low tide. Rip currents are dangerous. Please ask about the safest places to swim and enjoy the ocean. **Nosara does NOT have full-time lifeguards** on the beaches, so prevention is very important! **Please observe the flags placed on the beach**, if you see a **yellow flag** it means to **swim with caution** and a **red flag** means that **swimming is not advised.**



No Domestic Pets at the Beach

In the Refuge - the beaches of Guiones, Pelada, Nosara, and Ostional - **domestic animals are prohibited.** They may **attack wild species** such as raccoons, iguanas, turtles, among others. In addition, **if your pet has contact with a wild animal, it may become infected with a disease.** For example, distemper to dogs. While we understand the joy of bringing pets to the beach, please do not bring them to the beaches within the refuge.



Take your trash home

There are no garbage cans at the beaches. The reason is because garbage becomes a source of contamination at the beach and also, many wild animals feed on the leftovers that are dumped in the cans. Please bring your garbage home with you and dispose of it accordingly.



Reduce your carbon footprint

We invite you to explore our local trails! Reduce your carbon footprint and **move along the wonderful trails** of the Asociación Cívica de Nosara. There are about 12 kilometers of trails that allow you to connect between the different points of the community and enjoy fun walks in the middle of nature.



Zero waste community

We strive to be a community that handles its waste responsibly. During your stay, **please recycle and compost your waste.** Request information with your hotel or vacation rental to learn more about how to properly manage waste during your stay and help us become a zero waste community.



Always cautious

Although Nosara is a safe place, it does not hurt to be vigilant. **We recommend that you do not leave valuables in your vehicles or on the beach.** Always use the security methods that the house or hotel you are staying in has and avoid sharing confidential information with people you do not know.



#NoPlasticNosara

Reduce single-use plastic. Travel with your own reusable water bottle, toiletry items, and cloth bags to help reduce waste in the area.



Emergency numbers:
Nosara Police: 9-1-1
Medical Emergencies/ Red Cross: 9-1-1
Nosara Firefighters: 8709-0614
Electrical emergencies: 2000-1369
Refuge For Wildlife: 8824-3323