

*An immersive & inspiring experience for your mind, body, & soul*



RANCHO  
*Cannatella*

Exclusive Oceanfront Estate

PAVONES, COSTA RICA



# Welcome to

## RANCHO

# *Cannatella*

We invite you to enjoy the raw, natural beauty, and permeable life-force our home has to offer. Escape reality and immerse yourself into jungle soul at its finest. Experience southern hospitality, world-famous surf, a brick driveway skate ramp, homegrown organic food, rejuvenating yoga, coconut, sugar cane, and cacao classes, horseback riding on the beach, world-class fishing tours, and jungle mountain tours.





# Meet the Family

Rancho Cannatella is a family owned and operated oceanfront rental estate and farm in Pavones Costa Rica. Cannatella is a family name from New Orleans to Florida and now in Costa Rica. The land and their family has a story that will inspire you to never give up on your dreams. The Cannatella family is passionate about ocean therapy (surfing, swimming, snorkeling, fishing), skating, permaculture, family wellness, farm to table, community, yoga, home education, jungle living, and much more.

Jungle Soul Mama, aka Blakely, is a certified yoga instructor and plant based chef. She is passionate about creating an environment for people to reconnect and heal themselves and/or family through food and movement while in nature.

Joseph is a certified surf instructor, skater, and master wood worker who is passionate about teaching surfing, skating, and permaculture. Joseph started the Tourism Board of Pavones in 2018 with the first project being Senderos de Costa Rica, a coastal bike trail from Zancudo to Punta Banco.

Joseph and Blakely have three amazing children, two dogs, three horses, 1 cat, and a handful of chickens and turkeys to welcome you:) Their intention is for you to feel relaxed, rejuvenated, centered, and inspired!



# The Experience

A unique and unforgettable experience that will not only nourish and invigorate your body and mind, but inspire your soul. The experience here at Rancho Cannatella will make you slow down, reflect on the simple and meaningful, and make you feel healthier than ever before. Reconnect your family and yourself, or bring a group for healing or fitness retreats. Relax and recharge without the chatter and noise of busy life back home. There is something about the vibration, climate, and life force here that truly makes you feel strong, clean, and vibrant. You will move your body in nature and fuel with some of the most nourishing and vibrant foods that will bring you back to life in a way never imagined.





# RANCHO *Cannatella*

## PAVONES

Rancho Cannatella is an oceanfront estate and farm on four acres centrally located in Pavones, Costa Rica. We are walking distance from three surf point breaks, one being the famous long left hand point break "the Pavones Point," and two other left hand point breaks minutes walk from your bedroom door.

Pavones may be off the beaten path, but you will soon find out the journey here is part of the initiation to experience pristine and epic natural beauty. The abundance of exotic animals living freely in the surrounding ecosystem creates an immersive experience. Squirrel monkeys, Scarlet Macaws, Toucans, Blue Morpho Butterflies, are a small sampling of the daily animal sightings. A true paradise awaits you with uncrowded beaches, secret surf spots, incredible natural resources of clean air and pure water. The fact that towns like Pavones still exist is inspiring in itself.





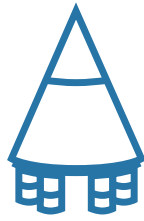
# The Garden

We believe food is medicine and celebrate preparing gorgeous vibrant meals with locally grown ingredients. The meals we cook for our guests have a huge emphasis on home grown, earth to table fruits and vegetables. For the last 10 years we have been planting and harvesting in our own farm and garden. Our homegrown staples include: all organic rice, beans, corn, cacao, plantains, yucca, camote, bananas, papayas, mangoes, guanabana, star fruit, coconuts, jackfruit, grapefruit, oranges, limes, mangosteens, mamón chinos, chaya, katuk, aloe, basil, cinnamon, oregano, juanilama and much more. You can experience raw vegan, gluten free, and local specialty cooking classes with Blakely. We offer tours of our oceanfront and mountainside farms to teach our guests about cultivation and utilization of our crops. For guests staying a week or more, complimentary coconut, and sugar cane processing workshops are offered. Learn about these two essential plants and how to traditionally make coconut milk and sugar cane juice.









# Accommodations

Experience our exclusive oceanfront oasis surrounded by the tropical rainforest of Pavones in southern Costa Rica. Located steps away is a secluded beach on the pristine shores of the Golfo Dulce. This tranquil and beautifully landscaped estate resides on 1.25 acres filled with lush botanicals, tropical fruits, a variety of coconut palms, and exotic flowers.

All rooms have air conditioning and Wi-Fi.

## KING WOLF

Our King Wolf Suite has an outdoor shower, private porch, walk in closet, and solar hot water. Poolside with garden and ocean views.

## YLANG

The Tree House Bedroom under our Ylang Ylang tree is made of gorgeous local wood with a private balcony. This room is intimate, rustic and memorable.

## PLUMERIA & COCONUT

In addition to the king size beds in each room, the Coconut includes a twin size bed. These rooms share an adjoining bathroom. Great for families with his and hers sinks, ceiling fans, bathtub, poolside, with ocean views. These rooms have solar hot water. Each room has French glass doors that open to the pool.

*King Wolf*



*Ylang*



*Plumeria*



*Coconut*





# Prices & What's Included

## Green Season:

September-November:  
\$500 per night

## High Season:

December-August:  
\$550 per night

## Peak Season:

December 20-January 10,  
March 15-30, April 1-30:  
\$625 per night

## Commissions:

*7% Sales & 3% Referral Fee*

- Sleeps up to 9 people
- 4 bedrooms with 5 beds (3 king, 1 queen, 1 twin, & portable crib available)
- 3 bathrooms
- Pool
- Rancho
- Fully stocked kitchen
- Daily housekeeping with 1 free load of laundry
- Daily continental breakfast
- Welcome appetizers





# Adventures & Activities Packages

Custom packages and retreats can be customized to your needs.

## Epic Jungle Family Adventure

Bring your family and reconnect in nature with each other, play in the ocean, hike mountains, run horses down the beach, jump into a waterfall, watch monkeys play, ride a long wave, enjoy delicious healthy home cooked meals, and learn more about living in the jungle.

## Detox & Heal with Vibrance

Cleanse your body and mind with ocean, food, movement therapies. Connect with nature. Move your body in the ocean and on land. Nourish with vibrant nutritious food. Be inspired to eat and cook healthy meals. Make moments with yourself and loved ones to reconnect and recharge in nature.



# Adventures & Activities

## Move Your Body

Move your body in nature. Ground your feet in the sand and bask your face in the sun. Experience vitality through your entire being.

- **Horseback Riding**  
\$45 per person  
Ride on the beaches & mountains. Many routes from which to choose.  
All experience levels are welcome.
- **Waterfall Hike**  
\$65 per person  
Hike to a breathtaking waterfall, experience ionic healing from the source, followed by a farm to table lunch.
- **Farm Hike & Farm to Table Experience**  
\$65 per person  
Hike our permaculture farm, peel fresh rice, grind corn, sort beans, harvest fruit, eat the most delicious homegrown organic meal on a beautiful mountain side.
- **River Spa & Hike**  
\$45 per person  
Hike up the Rio Claro River with a local guide, rub & scrub with natural, edible scrubs, & oils, enjoy a supercharged snack.





# Adventures & Activities

## Mind Body Soul

Let go and renew your body and mind while quieting your soul. Get inspired in the kitchen. Cleanse and nourish your body. Boost your physical and mental energy.

- **Wellness Healing**  
\$125 per person  
Yoga on the beach, Sound Healing meditation, superfood smoothie, In-room massage or on our oceanfront deck, followed by a raw vegan lunch.
- **Raw Vegan Cooking Classes**  
\$30 per person for 1 dish or \$100 for 4 dishes.  
Learn how to make a supercharged smoothie, raw zucchini pasta with avocado lime herb sauce, chaya rainbow green wraps with tahini cilantro dressing, & superfood bliss balls, or superfood raw cacao treats.
- **ReEnergize & ReVitalize**  
\$125 per person  
Start your morning with a fresh pressed juice or fruit bowl, & coconut Bulletproof Coffee, Mate, or herbal tea. 1-2 hour guided hike, swim, or surf followed by supercharged salad & crackers. Afternoon stretch & meditation.



## Adventures & Activities

- **DIY Spa Day**  
\$35 per person and choose your scrubs  
We will make scrubs for your body and face. Finish with cold aloe & lavender/peppermint/lime olive oil.  
Scrub in our outdoor shower with:
  - Raw sugar & lavender
  - Oat, almond, lavender, & peppermint
  - Coffee & coconut oil

### Ocean Therapy

- **Fishing Tour on the Golfo Dulce**  
\$250  
Half day trip to Matapalo for fishing or surfing. All fish caught will be cleaned & prepped to cook for dinner. Non-alcoholic drinks included.
- **Local Surf Tour with Joseph**  
\$65 per person for a 2 hour lesson/trip (includes snack and drink)  
\$130 per person for a 4 hour trip (includes lunch)  
Depending on time of year & swell, Joseph will take to you to one of the 3 incredible surf point breaks within a very short walking distance from Rancho Cannatella, to local beach breaks, or the point break in Pilon.
- **Local Surf, Lunch, & Wood Art Tour in Pilon with Shirley**  
\$75 per person  
Surf lesson with Shirley, farm to table lunch with Ana, & wood art tour with master wood craftsman, Manuel.



## Adventures & Activities

- **Surf/Skate Camp Day**  
\$100 per person for skate & surf lesson (3-4 hours)  
Depending on your level, Joseph will coach you through warm up & training exercises for both surfing & skating. He will guide you through the different sections of our skate park. Skate the driveway park then grab a surfboard and paddle out with Joseph to local spots. Enjoy cold coconuts & fruit on the beach.

### Complimentary Tours

For our guests staying 7 days or longer.

- **Rancho Cannatella Farm Tour**  
Harvest seasonal fruit & make medicinal tea.
- **Coconut Milk Workshop**  
Learn about beach coconuts, how to open, grate, & squeeze them into milk. Enjoy a cup of fresh coconut milk.
- **Sugarcane Workshop**  
Learn about sugarcane, how to harvest & process, then hand crank to squeeze out the natural juice. Enjoy a cool glass with some fresh squeezed lime.





# Jungle Soul Kitchen

## Complimentary Breakfast

Watermelon juice or fresh fruit plate, coffee or herbal tea with coconut milk, superfood powerbars with oats, pumpkin seeds, coconut, chia, flax, banana, and carrot.

## Cannatella Breakfast

\$15 per person

Tropical Fruit Plate or Superfood Smoothie with a choice of:

- **Nourish Bowl: Surfer's Dream**  
Gallo pinto (rice & beans), coconut veggies, garden salad with avocado & toasted seeds, served with choice of eggs, patacones (fried green plantains) or homemade tortillas & fresh local cheese or tahini cilantro sauce.
- **Power Jack: Cinnamon Flax Banana Pancakes**  
Made with apple, banana, vanilla, gluten free flours, flax, & chia seed served with homemade granola, local plain yogurt, & honey or tahini vanilla honey sauce.

## Cannatella Dinner

\$30 per person

- **Chaya Spring Rolls Appetizer**  
Filled with a rainbow slaw & steamed camote.  
Served with herb tahini lime sauce.
- **Herb & Citrus Grilled Fish or Veggie Burgers**  
Served with coconut rice, spiced beans, jungle garden salad, roasted root vegetables, & homemade bread or tortillas.
- **Homemade Superfood Chocolates**



# FAQ's

## Planning Your Vacation

### Where are you located?

We are located in the heart of Pavones, 1 kilometer south of the bridge over Rio Claro. When driving into town after you pass "Los Delfines Ferreteria" (hardware store and supermarket) you will take a slight right, then pass another supermarket on your left "Rio Claro Super", drive forward 1/2 km, pass over cement bridge veer right onto the "beach road." After passing the main Pavones point you will drive past "Shooting Star Yoga Studio," on your left, continue south and we are the second gate on your left, "Rancho Cannatella."

### Should we rent a car? What is the best way to get around Pavones?

We recommend families and small groups rent a car. Most places are accessible by bike, however, with kids, boards and hot days it's easier to transport in an air conditioned rental car. We provide 1-free bike rental with a 1-week or more stay. We can coordinate bike rentals as well as 4x4 (quad) rentals.

### How is the weather?

Dry Season from the end of November through April is filled with hot sunny days and warm evenings. Temperatures range from 75°F/23°C to 95°F/35°C. Green season begins in May and lasts through the beginning of November offering sunny mornings with rainy afternoons and evenings. Temperatures range from 70°F/21°C to 90°F/32°C. Rains are warm and come and go quickly, which always leaves time for many activities. June, July, August are big wave season and temperatures begin to cool down.

### Which airport should we fly into?

It's best to fly into San Jose then book a local flight through SANSA Airlines to Golfito.

### When is the best time to go?

Green season is great for people who want to experience lush green vegetation, quieter beaches, town, and don't mind the occasional rain storm. Dry season is preferred by those who are looking for consistent sun and an escape from the northern winters, and like the local environment being drier and a bit busier.

### Are kids welcome?

We are a family friendly destination, a kids paradise to explore and enjoy nature. Basketball hoop, treehouse, skate ramp, kid friendly pool, big open yard for football, soccer, or frisbee, steps from the beach, fresh fruit to pick, boogie boards, and much more! Our kids will lead the way!

### Is babysitting available?

YES! We have well experienced and trustworthy babysitters who have helped us with our kids for many years. Hourly rate depends on number of kids and hours.

### How far are you from the beach and surf breaks?

Rancho Cannatella is steps from the beach and minutes walk to three different world-class surf breaks. We are a 10-minute drive from a beach break that works December through March when swells are smaller at point breaks. We are a 10 to 15 minute drive from two other point breaks.

Continued

## FAQ's

### Planning Your Vacation

#### What is the cancellation policy?

August 1st-December 20th

- 30 days prior to arrival:  
No Charge
- 29-8 days prior to arrival:  
1 Night penalty
- 7 days to no show:  
Full Charge

December 20th-July 31st  
(Peak season)

- 60 days prior to arrival:  
No Charge
- 59-30 days prior to arrival:  
1 Night Penalty
- 29 days-no show:  
Full Charge



## FAQ's

### What should I pack?

We recommend the following essentials checklist:

- **Passport:**  
A valid passport is mandatory to enter Costa Rica. Research the travel requirements for your country of residence.
- **Cash:**  
Cash only town; no ATM.
- **Clothing:**  
Lightweight, breathable, & moisture wicking.
- **Lightweight long sleeve shirt or sweater**  
For nights.
- **Bathing suits**
- **Pants**  
For horseback riding.
- **Hat**
- **Sunglasses**
- **Sandals**
- **Walking or running shoes**
- **Sunscreen & bug spray:**  
Natural as possible,  
please no aerosol spray.
- **Prescription medications**
- **Camera and/or binoculars**
- **Converter:**  
Needed for European electrical plugs.  
CR uses U.S. style 110 volt outlets.



# FAQ's

## Traveling to Pavones

### **What is the best way to travel to Rancho Cannatella?**

Fly into San Jose International Airport and either rent a car to drive from San Jose to Pavones or fly SANSA to Golfito.

In Golfito, rent a car (which we can help arrange) and drive to Pavones. Another option is to hire a taxi van which can hold up to 6 people for \$75. The drive is approximately an hour and twenty minutes. The first 20-30 minutes are on paved roads, the last hour is on dirt roads. Best to arrive before dark.

### **Do I need to bring my own surfboards?**

You have a choice of bringing your own boards. Prices vary per airline. We recommend renting boards locally.

### **Where can I rent surf boards & schedule surf lessons?**

We have a quiver of boards available for rent for \$15 per day or free with lesson here at Rancho Cannatella. Lessons with Joseph are \$45 per two hours.

The local surf shop "Pavones Surf Shop" also has a wide variety of boards ranging from 6'0" to 9'2" for \$15 for a 24 hour period with a credit card deposit. If you rent for more than one week a 20% discount is applied.

### **Do I need to speak Spanish?**

Our family and tour guides are bilingual. Most of the housekeeping staff speak Spanish, however, we can help you translate. The locals are always happy to practice their English.





# FAQ's

## Staying at Rancho Cannatella

### What time is check-in & check-out?

Check in is after 2pm.  
Check out by 11am.  
Please schedule with us if you are arriving early or late so we can accommodate you.

### Do you have Wi-Fi on property?

We have normal speed Wi-Fi in the rooms and Rancho. Depending on the day and the weather it can slow down because we are on jungle time :)

### Which form of payment do you accept?

We accept bank transfers in the U.S. and Costa Rica, PayPal, or cash.

### Can we use credit cards in Pavones?

The supermarket and three out of the eight restaurants accept credit cards.

### Are there ATMs?

There are no ATMs in Pavones, the nearest ATM is a 45 minute drive. We recommend bringing cash with you or withdrawing in Paso Canoas, Laurel, or Golfito.

### What are the customs about tipping?

In general, it's customary to tip in Costa Rica, but not required. Customers typically add an extra 5-10%, especially if the service exceeded expectations. In hotels, a good rule of thumb for tipping the housekeeping staff is \$5-\$10 per night. Drivers typically receive a few extra dollars for short cab rides, more for longer trips, and tour guides and instructors are customarily given approximately \$10 per individual. You can leave a tip upon check-out that will be divided amongst our Rancho Cannatella staff.

### Are you pet friendly?

We do not accept outside pets on our property because we have two dogs, cats, chickens, and turkeys.

### Do you provide laundry service?

We offer laundry service to our guests, which includes wash, dry, and fold. The first load is free and \$10 per load for following loads.

### Is smoking allowed?

Smoking is not allowed in the rooms or the Rancho. You can smoke on our oceanfront deck, please ask us for an ash tray.

### Which activities should we do outside of Rancho Cannatella?

Mountain tours, horseback riding on the beach, river hikes, waterfall tours, fishing tours, tours to indigenous reserve.

### When is the best time to visit?

Every month of the year in Pavones has different conditions and swell.

December-March:  
Dry season

April-November:  
Green season

December-February:  
Smaller swell conditions

March-November:  
Medium to big swell conditions



## FAQ's

### Health & Safety

#### **Do I need medical insurance?**

Yes, you do. You should always have medical insurance whenever you travel abroad. Your medical insurance must cover you while you are doing an activity. It must also cover you in the event that you require emergency evacuation or repatriation.

#### **Is there a medical facility or hospital nearby?**

The nearest doctor is a 45 minute drive and the closest hospital is in Golfito about an hour and twenty minutes away. We advise that if you require medical attention or specific medications you coordinate and organize all of your needs before arriving. We are happy to assist in the process just let us know.

#### **Is there a pharmacy in Pavones?**

The nearest pharmacy is in Laurel, 45 minute drive.

#### **Is the water safe to drink?**

We have clean spring fed well water that runs through the tap, which is perfect for cooking,

cleaning, and brushing teeth.

We filter the well fed tap water for drinking and fill glass bottles in the refrigerator.

#### **Do I need shots before arriving to Pavones?**

The majority of our guests do not get any shots before visiting Costa Rica however you can read the latest U.S. government travel advisories here: <http://www.cdc.gov/travel/destinations/traveler/none/costa-rica>

#### **Is the area of Pavones and Rancho Cannatella safe?**

Our town and estate are safe. We have been living full-time on the property for 12-years with no issues. The property is completely fenced and gated. We have someone on premises 24/7. We have a police station about five minutes away. We advise against leaving valuables, particularly electronics, on display and/or unguarded. This precaution applies when traveling throughout Costa Rica, particularly on the beaches while swimming. We also suggest not to venture out alone at night.

#### **Are there Sharks?**

There have been no reported shark attacks in the area.

#### **What about bugs?**

During the first months of green season, mosquitoes are around mostly during sunset and sunrise. Use repellent, wear long light colored pants and shirts, and keep your doors closed at all times during their peak times. Occasionally you will come across a scorpion which will not hurt you unless you startle it. Always shake out towels and shoes before using them.

#### **Are there rip currents & rocks?**

Depending on the time of year, weather, and swell there can be rip currents. We are happy to show you the safe swimming channels to avoid getting caught in them. There are many beautiful rocks on our beaches. We are happy to guide you safely in and out of the water to avoid them.



# FAQ's

## About Costa Rica

### What is Costa Rica all about?

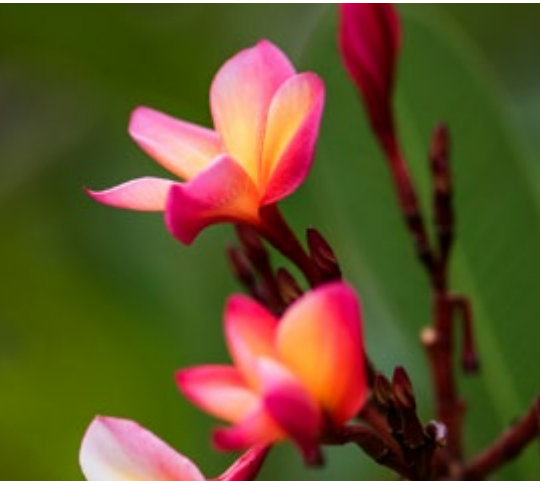
World-renowned for the rich natural biodiversity the country has a long history. Volcanoes, some active and dormant, dot the central region. A variety of microclimates can be experienced throughout the country from dry jungles to tropical rain forests to coastal beaches. Earliest accounts mention the area being an important trade route for ancient civilizations. Many ancient large granite stone spheres have been found throughout the country and can be seen displayed in parks and other areas. The country received its independence in 1821. In 1948, the military was abolished and its headquarters converted to the National Museum of Costa Rica. The country drives an ecofriendly philosophy and leads the world in reforestation. Because of the healthy ecosystem 6% of the world's biodiversity is located here and is considered to possess the highest density of any country worldwide. Many medicinal plants grow in abundance. The locals are always smiling, friendly, and helpful towards tourists. Ticos (an idiomatic term used for a native of Costa Rica) understand the importance of appreciating and respecting nature through their knowledge of the land and its bounty.

### What wildlife can be experienced at Rancho Cannatella?

Howler and Squirrel monkeys are a daily appearance. You will hear them howling or chirping respectively before actually seeing them in the fruit trees. Scarlet Macaws fly in pairs as they mate for life or groups for protection. They enjoy the nuts of our almond trees while loudly squawking. A large variety of exotic birds from Toucans, Mot Mots, parrots, hummingbirds, and butterflies including the giant Blue Morpho, love our garden. Big and small iguanas of all ages roam the property. At night you will hear the sounds of the waves crashing onto the beach and the soothing sounds of the harmonizing jungle. During the green season Humpback Whales can be seen directly from the beach. Simply observing nature without disturbing it provides the most valuable experience. Be safe and do not touch any wildlife. DO NOT EAT any plants without confirming with us first.

### What about the turtles?

Several species of sea turtles visit the local beaches to lay their eggs. Check out the Turtle Conservation Project in Punta Banco for more information: <http://tortugaspuntabanco.com>



# Contact

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*We look forward to hosting you!*



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