



## WELCOME TO TROGÓN LODGE

### Location

Nestled in the Cloud Forest of San Gerardo de Dota (Savegre) at 2,200 meters above sea level (7000 feet), that means mountain fresh weather. Temperatures range between 16 and 23 C° on daytime and, and 12-6 C° at night time. How to get here from San José Drive Highway 1 towards the South, heading to Cerro de la Muerte. At the Km 80, turn right for the last 7 km to the Lodge. This last stretch is a windy, gravel, steep road. No 4x4 required, but please drive carefully. Drive takes approximately 2 to 2 hours and 87 km in total.

### What to bring

Comfortable walking shoes, cotton clothing, sweater, windbreaker, scarf, hat/cap, sunglasses and sunblock.

### Electricity

110 volts. Please bring adapters if required.

### Smoking

Based on Costa Rican law, it is prohibited to smoke in the rooms, reception, restaurant, and inside the bar or in the living room. Smoking area is in the bar's deck.

### Trout

At Trogón Lodge, we offer fresh trout from our own ponds, as part of our menu. We don't offer trout fishing as this is a very delicate fish and can be easily damaged when trying to be caught. Hydroponics, fruit and vegetables from the area At Trogón Lodge we have our own hydroponics where fresh vegetables are cultivated and will be

served on your meals. We also use many local fruit like Golden Berry, Chilean Arica, figs and berries. We invite you to try these local products. (Our main hydroponics garden is located at our Café Kahawa, at 2.5 km from Trogón Lodge and from where we bring the vegetables. At the Lodge you will see the small collection of lettuce).

### Pets

No pets allowed.

### Sustainable commitment

Our Lodge observes an important sustainable commitment, that includes practices such as:

- Blue Ecologic Flag Award (BAE) 2014 and 2015.
- Our program invites you to participate by using water and electricity rationally and also disposing of your residues properly.
- All rooms have a heating unit. To avoid mayor emissions of carbon, our staff will turn on your heating at 6 pm and turn it off next morning. When in use, make sure to keep the lattice in room open.
- Our organic waste is treated through our compost program.

**To become a responsible traveler don't forget to "kill nothing but time, take nothing but pictures and leave nothing but footprints".**

Wherever you travel, don't engage in hunting, animal capturing, or tree cutting activities. Don't cut or take plants or any other type of forest product and please don't take wild animals with you.



— IT IS WITH GREAT PLEASURE THAT WE ARE LOOKING FORWARD TO YOUR VISIT —

Make sure to turn off the lights when you leave your room, even if it is for a short while.

Use the gas heater only when necessary, we are trying to reduce our environmental impact, in a world of limited resources. Be sure to turn it off when you leave the room.

How to use the gas heater: Every day between 5:30 and 6:00 pm, we turn your room gas heater pilot on. To set it to your desired temperature, turn the knob counter-clockwise. We recommend use it in low setting. Be careful when manipulating the unit, because it's easy to turn it off. If that happens, please see our manager for assistance.

Gas heaters require ventilation; please make sure not to close the lattice in the room.

We have placed specially designed light bulbs to reduce our electrical impact. Please note these are of slow start and will turn brighter as they heat up.

If you would like to help us reduce our ecological footprint by re using your towels, please hang them in the rack. If you want them changed, please leave them in the basket in your room.

Consider that we use a gas system to heat up the water, please take short showers. Preserving this natural resource is key factor.

Laundry service is available at front desk at additional cost and for garments to be washed in water. No dry cleaning service available. Check in time is 2:00 pm and check out time is

12:00 noon. We will be glad to provide you with your room before check in time if available and possible. Otherwise we will keep your bags in reception while you enjoy the facilities. If you would like to check out anytime later than noon, please ask before hand in reception for availability. 2 hours after check out time, an extra night charge applies.

Our parking service is free of charge. Do make sure to lock it properly and take all valuable items with you.

Electricity is 110 volts.

Wake up call. If you require a wake up call, please don't hesitate in letting our reception staff know for assistance.

Walking sticks are available in reception, and are free of charge. Please return to the same place.

We have free WiFi service in the common areas of the Lodge (reception and Bar area). We don't offer WiFi in your rooms, although a weak signal might reach some rooms.

For our guest's health and safety, no pets are allowed.

There's a souvenir shop right next to reception where you can also purchase some toiletries (toothpaste, toothbrush, among others) as well as snacks.

**THANK YOU FOR VISITING.**