



**HEROIC  
HEARTS  
PROJECT**

**Villa Cascada Retreat Center  
Travel Tear Sheet**

**Ayahuasca**

**La Puerta, Mexico**

# Overview

- Before you Travel
- Locations & Country Info
- During Travel
- Hotel Info, Meals & Transportation
- Retreat Center Info
- Retreat Schedule
- Packing List
- Community Agreements



*Aerial view of Villa Cascada Retreat Center*

# Before you Travel

- ❑ **Provide HHP Emergency Contacts & Comms Procedure document to Spouse/Significant Other/Emergency POC** so your loved ones know who to contact if necessary
- ❑ **Provide Travel Notice to your Bank** so you have no issues with bank cards
- ❑ **Print/Photocopy and Screen Shot of:**
  - ❑ Passport
  - ❑ Travel Itinerary
  - ❑ Travel Medical Insurance (Optional, but highly recommended. Do your own research. HHP does not cover the costs of medical visits/treatments that occur in country)
- ❑ **Add emergency phone number for TakeTwoTravel (+1-646-751-8886) into your phone contacts**
- ❑ **Review the Packing List.** HHP covers carry-on only
- ❑ **Print and or add this document to your personal digital drive** for ease of reference



*Villa Cascada  
Retreat Center*



# Locations and Country Info

- **Retreat Center:** [Villa Cascada Retreat Center](#)
- **Closest Town:** [La Puerta](#)
- **Closest Major City:** [Puerto Vallarta](#)
- **Arrival Airport:** Gustavo Diaz Ordaz International Airport or Puerto Vallarta International Airport (PVR)
- **Hotel:** [Hotel Eloisa Lázaro Cárdenas 179 Zona Romántica, Emiliano Zapata, 48380](#) (~30 minutes drive to/from PVR), +52 322 2226 465 / +52 322 2220 286
- **Climate:** Tropical wet and dry climate, with dry winters and rainy summers. Average daily high 86 °F - low 70 °F; average daily humidity is 75%. Rainy season extends from mid June through mid October, with most of the rain between July and September.
- **Language:** Spanish, which is spoken by 90 percent of the people. Indian languages of the Aztecs, Mayans, and other tribes are still spoken throughout the country
- **Currency:** Mexican Peso (MXN). USD\$1 roughly MXN\$17



*Aerial view Villa Cascada Retreat Center*

# During Travel

- ❑ **Pack some diet-friendly snacks to take with you** as there will be limited options available at the airport (all meals during travel are self-purchase up until dinner at on the day of arrival)
- ❑ **Leave yourself plenty of time to get to the airport and check in (2+ hrs)**
- ❑ **Do not drink the tap water in Mexico**
- ❑ **Update the HHP Team on your travel movements via the Group Signal Chat** (i.e. Wheels up/Wheels down)
- ❑ **If you get a delayed or canceled flight**, let us know via the Group Signal Chat. If early morning/late at night or you are not getting any response, reach out to our travel agent directly on **+1-646-751-8886 (add this phone number to your contacts)**.



*PVR Airport*



# During Travel - Currency

- ❑ At PVR airport, if you have time after clearing customs, **visit the ATMs**. Be aware that you will be charged an international access fee of 1-3% per transaction (depending on your bank). You can also bring US Dollars with you to exchange at one of the currency exchange kiosks at PVR airport (wait until outside baggage claim) or nearby the Hotel (ask at reception).
- ❑ There will be opportunities to exchange money or draw money nearby to the Hotel, **but not at the retreat center**, however, Venmo is available.
- ❑ **How much money do I need?** Purchase of local souvenirs is available on the last day of the retreat (optional, but highly encouraged). A general guide would be souvenirs for a family = USD\$300 (MXN\$5000), self + partner = USD\$200 (MXN\$3500), self = \$120 (MXN\$2000).
- ❑ Optional, but highly encouraged is also to add around USD\$40 (PEN\$150) anticipated costs after the purchase of local crafts to tip the local retreat facility staff



*Mexican Pesos*

# During Travel - to/from PVR & Hotel

- ❑ **Arriving:** You will be **on your own to get from PVR airport to the Hotel** on your day of arrival. You can catch a taxi from immediately as you exit the terminal. Pricing =
  - Car: 01-03 Pax ~USD\$25.00 (~MXN\$430)
  - Van: 01-05 Pax ~USD\$45.00 (~MXP\$770)
- ❑ Another option is Uber (which is generally cheaper). To get to the Uber pick up spot, you will need to walk outside of the airport complex for pick up (immediately turn left outside of the terminal exit and cross the footbridge). On the other side of the footbridge is the closest Uber pick up location for PVR airport.
- ❑ **Departing:** you will be **on your own to get from the Hotel to PVR airport** on your day of departure. You can ask the hotel reception to call you a taxi or Uber. Uber is able to drop off inside the PVR airport complex, only not pick up.
- ❑ It is likely that you will be on the same flights into and out of PVR (or arrive/depart at similar times) as other participants. Riding as a group to/from PVR airport and the Hotel can be coordinated via the Group Signal Chat.



# Hotel Info, Meals & Transportation

- **Hotel:** [Hotel Eloisa Lázaro Cárdenas 179 Zona Romántica, Emiliano Zapata, 48380](#) (~30 minutes drive to/from PVR), +52 322 2226 465 / +52 322 2220 286
- **Check In:** 2:00pm / **Check Out:** 10:00am
- **Rooms:** Twin shared (same gender)
- **Breakfast:** Self-purchase. There is cafe close by (A Page In The Sun) that serves breakfast. First meal at the retreat center will be lunch on the first day of the retreat.
- **Arrival Dinner:** The HHP Veteran Peer Support Specialist and Facilitation Team will take the group out for a diet-friendly meal the day everyone arrives, remainder of meals (whilst not at retreat center) are self-purchase.
- **To/ From Hotel and Retreat Center:** Depart Hotel for pier (walking distance) at 9:00am. Catch a boat from pier to Pura Vida (40-60 mins).



*Common Area Space at Villa Cascada  
Retreat Center*



# Retreat Center Info - Facilities

- **Rooms:** Twin shared (same gender), each room has its own bathroom/shower. *Biodegradable toiletries preferred.*
- **Cell Phone/WIFI:** You will have the opportunity to check-in with family upon arrival, facilitators will then ask for your phones to create a digital detox for the period of the retreat. Phones will be returned on the last day to take photos.
- **Water:** Filtered water is available at the kitchen area to fill your water bottles.
- **Meals:** All meals provided, no dinner will be served for evening ceremonies.
- **Washing Clothes:** Laundry is available onsite
- **Safe/Secure Storage:** Each room has a safe available for important personal belongings.



# Retreat Center Info - Staff & Practices

- **Healer(s):** Male. [Mestizo](#) and [Shipibo](#) multicultural healing tradition
- **HHP Facilitator:** Remains with retreat participants throughout, facilitates sharing circles (sharimonies) and assists facilitators (as necessary) during ceremonies
- [Ayahuasca](#): South American psychoactive brew, traditionally used by Indigenous cultures for spiritual ceremonies, divination, and healing a variety of psychosomatic complaints
- [Mapacho](#) and [Rapé](#): Sacred tobacco used in ceremonies (not mandatory)
- [Temazcal](#): Traditional sweat lodge ceremony use to clean the body in preparation for ceremonies
- **Movement, Meditation, Breathwork:** Organized practices offered daily
- **Flower Bath:** Mixture of herbs and flowers administered by facilitator prior to ceremonies



*Puerto Vallarta facilitators*

# Example: Retreat Schedule - Day 1 & 2

*(subject to change)*

## Day One

**14:00 - Arrival & Hotel Check In**

**18:00 - Meet & Greet Dinner**



*Evening Common Areas at Villa Cascada Retreat Center*

## Day Two

**0900 Hotel pick up**

**1000 Transport to Villa Cascada**

**1100 Arrival to Villa Cascada. Welcome & Room Assignments**

**1300 Lunch**

**1400 Introduction Orientation/Group Activity (Introspective work)**

**1700 Temazcal Traditional Purifying Ceremony (Sweatlodge)**

**1900 Dinner**



# Example: Retreat Schedule - Day 3 & 4

*(subject to change)*

## Day Three

**0800 Group Activity  
Movement**

**0900 Medical check ups**

**1000 Flower Bath**

**1300 Lunch, followed by  
free time and massages**

**1600 Group - Preparation**

**1800 Ceremony**



*Kitchen at Villa Cascada Retreat Center*

## Day Four

**0800 Group Activity Breath  
Work**

**0900 Breakfast**

**1000 Group Processing  
followed by free time and  
massages**

**1300 Lunch, followed by  
free time and massages**

**1600 Group - Preparation**

**1800 Ceremony**

# Example: Retreat Schedule - Day 5 & 6

*(subject to change)*

## Day Five

**0900 Breakfast**

**1000 Group Processing followed by free time and massages**

**1300 Lunch**

**1400 Excursion to town and beach**

**1800 Dinner**

**1900 Group activity**



*Backyard view at Villa Cascada*

## Day Six

**0800 Group Activity Tai Chi and QiGong**

**0900 Breakfast**

**1000 Group Processing followed by free time and massages**

**1300 Lunch, followed by free time and massages**

**1600 Group - Preparation**

**1800 Ceremony**

# Example: Retreat Schedule - Day 7 & 8

*(subject to change)*

## Day Seven

**0900 Breakfast**

**1100 Group Processing**

**1300 Lunch followed by  
free time and massages**

**1500 Group Integration**

**1700 Dinner**

**1800 Fire ceremony**



*Swimming Pool at Villa Cascada  
Retreat Center*

## Day Eight

**0900 Breakfast**

**1100 departure from Villa  
Cascada to Puerto Vallarta**

**1200 Arrival to PV**

**1300 Hotel Check in Puerto  
Vallarta**



# Packing List

- Flashlight or headlamp - 1 x bright for jungle, 1 x red for ceremony (if combined, must be one button switch, not scroll through)
  - Refillable Water Bottle
  - Bathroom items – toothbrush/toothpaste, floss, shampoo and soap, etc.
  - Natural Insect Repellent (Deet Free only)
  - Travel alarm clock or watch
  - Raincoat
  - USD\$100-300/MXN\$2000-5000 to purchase local crafts on last day of retreat, USD\$40/MXN\$700 to tip facility staff (both optional, but highly encouraged)
  - Lighter (for Mapacho)
  - Hat/ head scarf/ bandana
  - Sneakers/walking shoes
  - Sandals/Flip Flops
  - Swimwear for Flower Bath and Pool
  - Females: Sarong or long skirt for Temazcal
- Comfortable clothing (does get cool at night):
    - 2-3 pairs pants
    - 2-3 pairs shorts
    - 3-4 short sleeve shirts
    - 3-4 long sleeve shirts
    - 1-2 hooded sweatshirt or light jacket
    - Qty underwear/socks
  - Journal and Pens
  - Talisman/Sacred Item
  - Ear Plugs and facemask
  - No** Alcohol, Cannabis or any Non-prescribed Medication
  - No** Weapons of any kind (including personal knife and/or multi-tool)

*\*Towels and Bedding are provided*

# Community Agreements

## Showing Respect & Honoring Boundaries

- We invite you to practice **cultural humility**. Everyone is coming to this experience with a diversity of backgrounds and lived experiences. Please be mindful of this in your words, humor, and actions.
- During group shares, support others through practicing presence, actively listening and simply affirming what others have said. Refrain from offering analysis or advice unless it has been explicitly asked for.
- During ceremonies, allow facilitators to tend to fellow guests who may be struggling, as tempting as it may be to want to offer a helping hand! We encourage you to **stay present with your own experience**.
- Please keep the experiences, words, and sharing of others **confidential** by not repeating/relaying outside of our retreat cohort. What is said on retreat stays on retreat!
- Please do not take **photographs** of others without their consent.
- **No gossiping, bullying or violence of any kind will be tolerated**. Please take any issues you may have with another guest directly to the Veteran Peer Support Specialist or facilitation team.
- We ask that you contribute to keeping the space safe by **respecting others' emotional and physical boundaries** (e.g. do not assume others are comfortable with physical interactions such as hugs without consent). Practitioners will provide hands-on assistance with your consent.
- **No romantic or sexual encounters** with fellow retreat guests are permitted. Please be mindful of being in an open and vulnerable state and maintain appropriate boundaries of personal intimacy and space.