

# Travel to Puerto Vallarta

## **PV in General**

Puerto Vallarta is a fun, safe place to visit. A few precautions help guarantee a good time.

Most of the streets are cobble stone and the sidewalks are often uneven with drop offs. Pedestrians yield to cars. Watch for obstacles in your way when walking. Most locals speak some English and are friendly and eager to help out. They like foreigners.

Winter weather usually sunny and warm. Daytime temperatures range from mid-70s to low 80s f. Nighttime temperatures are usually low to high 60s. Humidity will be low.

The water and ice in restaurants are safe. I avoid salads and produce because they are harder to wash.

Vendors abound on the streets and beaches. If you don't want to talk to them, just don't make eye contact. If they persists, shake your head "no" and look away. This is how they make their living, so don't be bothered by their persistence (in fact you can learn a lot about testing for interest and not taking rejection personally).

## **Travel To PV**

Come before the workshop or stay after. Either way, the workshop will give you opportunity to work on yourself and play in a tropical paradise. I suggest you arrive at least one day before the workshop and stay at least one day after the workshop.

In spite of the sensationalism in the American media, Puerto Vallarta is a SAFE, inviting place to visit. I have been visiting and living in PV for several years. I feel safer here than I do in my hometown of Seattle or any other major US city.

I suggest you don't rent a car. You can catch cabs anywhere in town. If you are adventurous, you can ride the bus (they abound in PV). A cab ride from

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the airport to the Old Town area of PV will cost you about \$270 Pesos (around \$25 USD). Write down where you are staying and show it to the taxi driver at the airport.

Money. A week before you leave have your bank order you \$200 - 300 dollars worth of Pesos. Most places take foreign currency, but most prices are listed in pesos, so it is easier to keep track if you pay in pesos. Some restaurants in PV take credit cards, but many take only cash. When you use your credit or debit card, your card company will give you an exact exchange rate with a small foreign service charge. I suggest not having over \$500 in your debit account and carry a credit card that has a relatively low limit. Write down your credit card numbers and keep the numbers and phone numbers separate from your credit cards. Contact your bank and credit card company before you leave home to let them know you will be traveling in Mexico.

While in PV, keep the the name and address of where you are staying with at all times in case you need to show it to a cab driver to get you back to where you are staying. Show the cab driver the name of the hotel and address where you are staying. Ask ahead of time how much the fare will be. Have close to exact change because cab drivers often pretend to have no change if you give them more than the fare. Cabs will accept US dollars or Pesos.

## Where to Stay

It is recommended that you book a hotel in the following areas of Puerto Vallarta:

- **Old Town, Romantic Zone, or Central Zone** (easy walk to my Condo)
- **Hotel Zone** (short cab ride to my condo)

## What to Wear

Shoes:

- Flip flops and Sandals
- Comfortable walking shoes (you will do a lot of walking in PV)

Clothes

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- Swim trunks/board shorts for pool and beach.
- Cargo shorts, casual shorts.
- T-shirts.
- Light weight polo or short sleeve button front shirts (untucked) for evenings. Cotton, linen or silk.
- One pair of long pants for night wear. Chinos, khakis, jeans.
- Workout clothes and running shoes if you jog or workout.

## Accessories

- Hat.
- Sunglasses.
- Digital camera.
- Sun screen, chap-stick with sun screen.
- Passport (this is essential for travel to Mexico)

## Meds

- Pepto-Bismol tablets (chew one or two a day), Imodium tablets (if necessary). Ear plugs (Mexico can be noisy at night).
- Any other RX you take.