

# **Bahia Del Sol Cruiser's Guide**

## **June 2010**

We hope the Bahia del Sol Cruiser's Guide will contribute to making your stay in Bahia del Sol a more pleasant and enjoyable experience.  
e-mail hotel with arrival info: [repcion.hotel@bahiadelsol.salvador.com](mailto:repcion.hotel@bahiadelsol.salvador.com)

Contained within are a few of the services and places of interest that you may find in our local area and in San Salvador.

For any additional information you may need, or suggestions you may have for this guide, please don't hesitate to contact Colette or Murray

S/V

Tarazed

On VHF Channel 16.

E-Mail: [WDA3853@sailmail.com](mailto:WDA3853@sailmail.com)

Please remember :do not put this e-mail address on any list so they do not receive any SPAM!

### **Bahia del Sol Cruiser's monitor Channel 16**

Currency is the American dollar. Just like in the States but smells like mildew!  
Any prices or recommendations are from 2010 season. The taxis, tours, restaurants and hotels were available during this time. Remember, things can change overnight!

Every attempt was made at entering accurate waypoints and bus routes and information. Errors may be present-we regret any unintentional errors. Maps and GPS waypoints are not for navigation.

A Useful Published guidebook is The Lonely Planet Guide to "Central America on a shoestring"  
This is for south of Mexico. Available in Antigua, seldom in San Salvador, so buy in States. Or purchase on-line at [http://shop.lonelyplanet.com/Primary/Product/Destination\\_Guides/Country.jsp](http://shop.lonelyplanet.com/Primary/Product/Destination_Guides/Country.jsp) . (Please respect the authors by not making illegal copies of your purchased guides.)

## GENERAL ENTRANCE INFORMATION

When outside of the estuary, call Hotel Bahia del Sol on Channel 16. They will advise you as to high slack tide and arrange a panga with hotel pilot to guide you over the bar. This is done only in daylight hours. You can anchor safely outside the surf to the north or the south of the entrance in 40' of water. If things are too rough or the swell is really big, you can go to Barillas and return a few days later when the swell is better. However many people wait outside patiently for a good time to enter.

You can also try emailing Tarazed, they will try to contact the hotel staff to make sure a pilot is available. [WDA3853@sailmail.com](mailto:WDA3853@sailmail.com) or the hotel [recepcion.hotel@bahiadelsolelsalvador.com](mailto:recepcion.hotel@bahiadelsolelsalvador.com)

Standby waypoint

➤ 13°15.7' N and 088°53.5' W ◀

If there enough cruisers there is a net on Channel 22 in the morning (7:30am in 2007 or 9:00am in 2008). Try first on VHF 16 to ask someone for assistance. They can help arrange a pilot with the hotel and provide answers to your questions.

## What's Where

Costa del Sol, La Herradura, San Salvador, and Zacatecoluca

### SKETCH OF THE ESTURARY



### Marina Contact Info:

Tel: (503)-2257-9463 or (503)-2257-9464

Fax: (503)-2275-8167

[info@hotelbahiaodelsolelsalvador.com](mailto:info@hotelbahiaodelsolelsalvador.com)

<http://www.hotelbahiaodelsolelsalvador.com>

## GENERAL TRANSPORTATION TO THE SURROUNDING AREAS

### BUSES

There are three buses you can take from Bahia del Sol.

- ◆ **Bus 495** — To San Salvador and stops along the way. Does **not** go to Zacatecaluca, "Zacate"
- ◆ **Bus 495A** - Direct to San Salvador, turns at Arco. Leaves LaPuntilla at 5:05 AM and 11:10 AM. Returns at 8:10 AM and 4:00PM. Cost is \$1.25 1hr 30min
- ◆ **Bus 193** — To Zacatecaluca. To go to **San Salvador**, get off at **Arco**, go up the path, cross the road and catch a bus going toward San Salvador. This is faster than the local 495 bus.

A bus that has "Auto Pista" on it means it is a direct bus to San Salvador, as direct as direct may be.

\*\*\*\*\***Ear Plugs**\*\*\*\*\* are very important and make the trip tolerable since the drivers play music at incredible decible levels.!!!!

Also here is a micro bus that can be taken with 22 of your closest neighbors directly to Centro. It departs from a stop before **ARCO** across from a yellow auto hotel. It is quicker and gets someone to centro directly. These same minibuses leave from centro to arco.

The 495 bus to San Salvador drops people off at **Terminal Sur (GPS:13\*39'.696;89\*11'.419)**-grab a #26 bus/microbus/taxi to centro and your favorite destination. At the end of the day, take the 26 bus

which takes people from San Salvador centro to terminal sur(for the 495 bus back to costa del sol(bahia del sol).There is also an autopista bus from Terminal Sur back to Costa del sol that leaves at 3:50 PROMPTLY.

waypoint for **ARCO(GPS:13\*27'.908,89\*01'.051)**

## Banos

Clean ones are:

Zacate- 'Biggest Hamburger stand, chinos cyber café (Tolerable one in internet café next to Don Juan supermarket)

San Salvador-Campero Chicken, Martinez Y Saprisa, metrocentro. Tolerable at Vidri hardware, Marinsa (outboards), Multiplaza upstairs in food court.

## TAXI WITH DRIVER

*See also: tours and excursions*

Arrangements can be made for a taxi for the day, including a driver, for a day trip to San Salvador or the location of your choosing. Check at the front desk.

# BAHIA DEL SOL

## PLACES TO VISIT - THINGS TO DO

## AIRPORT

The main international airport is located less than an hour away from Bahia del Sol by car. A taxi will cost you approximately \$30 each way. **TACA** is the name of the El Salvadorian airline. Continental, as well as other airlines, fly out of El Salvador. It is recommended that you contact a travel agent to make plans or else go to the airport personally to arrange your travel plans.

You can get to the airport by bus, but it involves taking at least 3 different buses. Take a bus to Arco, go up the path, cross the highway, and take a bus toward San Salvador. Tell the driver's assistant who takes your money that you want to go to the airport. They will tell you when to get off. Cross the highway and catch another bus going toward the airport.

**Remember**—When you leave the country you will pay an exit tax of about \$28,cash. There is an ATM at the airport.

**Pets** leaving El Salvador by plane need to be certified by a veterinarian.

## ALTERNATORS & STARTER MOTORS& WINDLESS MOTORS

Alternators and starter motors can be repaired at almost any auto repair shop. Stop at any one and if they can't repair it for you, they will gladly direct you to one who can.

**Nov 2005:** (happy report on windless motor repair Oct 2005)-

**Taller Union Electricidad Automatriz (GPS 13\*42'.592;089\*11'.062)**

**14 Av Norte Y23 Calle**

**ote. No.636, San Salvador**

**2235-2009,2235-3009,2226-0349**

**21 Calle Oriente No.612**

**SanSalvador**

**2225-0941**

## ATM

You can find ATMs at Zacatecaluca, *at the Banco Custalan in the mall (where one can take out more money), Don Juan market, or the Scotia bank across from the church*, San Salvador, or at the airport.

## AUTO RENTALS

Arrangements for a rental car can be made at Bahia del Sol's Reception, or you can go directly to the airport by bus or taxi to personally make arrangements.

**Euro Rent-Cars** is at 29 Calle Poniente y 7<sup>th</sup> Ave Norte, #1622 in San Salvador. Their phone number is (503)2235-5232, or you can email them at [chamba@eurorent.com.sv](mailto:chamba@eurorent.com.sv) and finally, their website is [www.eurorent.com.sv](http://www.eurorent.com.sv). S/V Breila rented a car for \$40/day plus \$20 to travel out of El Salvador for a 4-day trip to Honduras. (2004) It took them one hour to get the required notarized statement to take the car out of El Salvador. This document is mandatory to have in your possession to leave the country with any rental car and the fee will vary, depending on the agency.

**Sandoval y Co.** is recommended for a good price and is located in San Salvador. If you plan to take a rental car out of the country, say to Guatemala, you must inform the rental company in order to obtain a necessary official form that specifies the days you will be in the other country, and this form is obtained for an additional fee (amount varies with each rental agency).

The phone numbers are (503) 2225-0739, 2295-5405, or 2325-0392

**GrupoTropical** has locations at the airport, and in town. Central office phone # (503)2279-3236 fax# (503)2279-3235 e-mail: [grupotropic@navegante.com.sv](mailto:grupotropic@navegante.com.sv) Rates from \$30.00/day including tax and insurance. (quoted in 2005) [www.tropicrentautos.com](http://www.tropicrentautos.com)

## BAKERY GOODS and BREAD

Check with the local tiendas. (5/2008 *Local vendors on bikes with baskets travel the road outside the hotel and sell rolls, sweets and pan*)

**LaHerradura** Great bakery-Go up main street past central market. Turn L in front of the red and white tower, go through the yard to far R corner. Ask if you don't see the door.

## BATTERIES

Batteries can be purchased at Price Smart, such as Group27 and Group 31 Deep Cycle.

## BOATYARD

Murray and Colette can assist you with inquiries regarding a boatyard. They have a 35 ton Travelift as well as moorings and dry boat storage. They can be contacted on VHF 16 by calling their boat, **Tarazed**. Carlos is the local manager.

## BOAT CARETAKING

**Tarazed** can assist you in this area. There may be other cruisers who are willing to watch boats as well. Ask on the morning net.

**Santos** also has moorings and boat caretaking.

## BOTTOM CLEANING / DIVERS

Santos, a local young man, does a good job cleaning the bottom of your boat. He lives across the estuary from the hotel on the island next to the 2-story building, with the sign "Taller Todito" (A Little of Everything Workshop). Take your dinghy over to the island and just ask for him. You can also call him on Channel 16. He is known as **Santos** on the VHF radio. His rates were \$35 per cleaning and less for each subsequent cleaning if you agreed to have him do it every 2 weeks. Changing zincs is extra. You can also check with any of the boat workers at the hotel dock.

## BUSES, CENTRAL AMERICA

King Quality and Comfort Line to Guatemala, Honduras, Nicaragua, Costa Rica. See **GUATEMALA** for directions to Puerto Bus International.

**King Quality** in San Salvador (503)2257-8997, 2243-3457  
In Guatemala City (502)2369-0404

**Confort Line** in San Salvador (503)2257-8998  
In Guatemala City (502)2369-0456

**Trans Nica(Costa Rica,Nicaragua,El Salvador,Honduras)**

<http://www.transnica.com>

505-270-3133 / 505-270-3147

**Tica Bus (Mexico & All of Central America)**

<http://www.ticabus.com>

505-222-6094

## CANVAS FABRIC

You can find canvas for your boat (may be some Sunbrella) and canvas fabrics for upholstery in this shop. Lots to choose from.

### **CoPlasa-**

9a. Av. Norte y 1a. Calle Poniente No.531

San Salvador

Tel: 2271-0767

**(GPS:13\*41'.884;89\*11'.730)**

### **Martinez Y Sapriza- Almacan Marysa**

5a Av NorteY 1a Calle Poniente

Sansalvador

22220069;2225994

(1 block away from CoPlasa)

(owner speaks english, lots of seconds/remnants sold by the pound)

(clean Bathroom)

**(GPS:13\*41.965;89\*11.730)**

### **Servilonas Marysa**

15 Av. Nte. entre 6a. C. Pte y Calle Gerardo Barrios, S.S.

San Salvador

<http://www.lonasmarysa.com>

e-mail: ventasmarysa@integra.com.sv

Tel: (503) 2222-2659

## CARPENTRY

Contact Murray for an appointment.

Santos does some woodwork.

## CHIROPRACTOR

Dr.Edmundo Lozano,Jr. Av Los Andes No. 2992, Col. Miramonte, San Salvador

TEL: (503)2260-3335/ cell: 7769-3990 near Metro Centro

## COFFEE

El Salvador is not known for coffee. The Starbuck's grown here is strictly for exportado. Buy coffee in Guatemala at the local supermercado. (LaBodega in Antigua) About \$3.50-\$4/lb You can buy this same coffee at PriceSmart.

## COMPUTER SERVICES

Check with the hotel. They have someone who works on their computer system. There are usually cruisers who are very knowledgeable in this area. There is a Toshiba service center in SanSalvador.

## DENTIST

Contact Colette to see a list supplied by a local Health Unit associated with the American Embassy.

**Dr. Norma Mixco@22631901/22112550 Calle Mirador #4937,Colonia Escalon**

(located a few blocks up from the world trade center) Many happy smiling cruisers!

## DERMATOLOGIST

**Dr Maria Celeste Valiente de Alvayero**

**Edificio Diagonal No313,Col.Medica,SanSalvador**

**Tel. 2264-3088,7885-5678**

This street is past FREUND and to the right(north) off Escalon, then 2 blocks on the left

## DHL SERVICE

DHL is the fastest and most reliable way to get packages (or mail pouches) from the US or Canada. It is located near Metro Center. Have the package addressed to:

**Your Name—The Boat Name**

**DHL El Salvador**

**47 Av. Norte , Pasaje las Terrazas #104**

**San Salvador, El Salvador, C.A.**

Make sure that the waybill and package are both conspicuously marked “**Vessel in Transit**”. Get the tracking number from the person who sent the package and either track it online or call DHL at 2250-5400 to see when it has arrived. ( I called and it was released before I got there the next day.)

Take your **passport (must be the person the package is addressed to- not a spouse), boat documentation. The “vessel in transit” document was not needed in 2008.** You can ask the Immigration person at the hotel as they may have new information. You will have to go to DHL, across the hall to customs, then back to DHL. With luck, you won't have to pay any customs fee. They will give you a form and send you to the DHL Customs warehouse. It is about 5 min by taxi. With luck, your package may have been released by the Aduana and waiting for you at the office .

## DIESEL ENGINES

Contact Murray for an appointment.

*For Fuel Injection pump or lift pump repair(2 happy reports with reasonable prices)-*

**Salguero Diesel Laboratory**

**18a Calle Pte No**

**1229 Col Santa Cristina Barrio Santa Anita**

**SanSalvador**

**2-222-270**

*For Bearings :*

**Cemarsa**

**1132 Venezuela**

**Sansalvador(near 25 Ave sur)**

**(GPS:13\*41'.527; 89\*12.362**

for delo 40 sae oil:

**A&A Commercial**

**Calle San Antabad Y Ave Los Tanques**

Marinsa was able to order 30 wt SAE diesel oil

Machine shop that can press bearings, engine belts

**Proveedores industriales**

**25 AV Sur No 416**

**SanSalvador**

**2222-0359**

**2271-1707**

**(alternate site is 17av sur no416 tel 271-0436;222-1088,2221277,2221699)**

For Starters/alternators and windless motors

**Taller Union Electricidad Automatriz (GPS 13\*42'.592;089\*11'.062)**

**14 Av Norte Y23 Calle**

**ote. No.636, San Salvador**

**2235-2009,2235-3009,2226-0349**

**21 Calle Oriente No.612**

**SanSalvador**

**2225-0941**

## DIVING

Oceanica in San Salvador

## ELECTRICAL REPAIRS / REWIRING / ELECTRICAL ENGINEER

Check with Murray on channel 16.

## FIBERGLASS REPAIR

Check with Murray on Channel 16.

To do-it-yourself, see *Hardware Store* below.

## FISHING SUPPLIES

See *Hardware Store* below.

See Marinsa and Barracuda

Aqua Fun also has a fishing supply area.

## FUEL

Bahia del Sol's fuel dock, the Gas Club or the Texaco fuel dock charge the similar prices for fuel.

## GROCERIES

### SUPER-MERCADO

Take any bus approximately 2 miles beyond San Marcelino and you will see a Super-Mercado on the right. When you see a Texaco sign on the left, it is 300 feet further on the right. This Super-Mercado has **everything** you could want from a grocery store except fresh produce. It even has Iguana Soup! Fresh produce you will have to find elsewhere. They have a large selection of swim suits, flip-flops and swim toys.

### TIENDAS

There are small tiendas all along the main road.

**Emily's** is a very small Tienda, located approximately ½ mile from the entrance of Bahia del Sol Resort and Hotel. Turn right and walk the one-half mile. Hours 6AM-9PM Marta is the owner and she has veggies and frozen chicken, beef and pork, canned goods and beer. Fresh breads on M-W-F.

**Pupuseria Kenny** is just past Emily's. Hours are 7AM-6PM with food served 4-8PM. Fresh breads on T-F. She has c-o-l-d cervesa anytime!

**El Milagra** is a tienda across the street and down the lane. Hours are 6AM-8PM. She has a few groceries and frozen chicken and meats. Fresh breads on Wed.

**Comeador Merci** is a restaurant on the left, just before Emily's Open 7AM to 8PM Rice and corn pupusas

next door is: **Tienda Linita** She has frozen meats, some veggies and all sizes of bottled water, no beer

## SUPERMARKETS

**Super Selectos** is in several locations. Store selection and quality vary from location to location. Range from "funky" to rivaling North American stores.

-There are two **Super Selectos** in the SW corner of San Salvador that rival North America:

1) "MUTIPLAZA" GPS 13\*40'.946;89\*14'.668

(Via bus 42 from downtown or from metrocentro take 30B get off before it makes left turn at GPS 13\*41'.181';89\*14'.345 and catch the 42 for the last 1 mile)

2) **Hiper mall (a Wal-Mart):**

**entre 77y79 av Sur Col. Esclon;tel 264-2560;fax 264-2559**

-another that was highly rated:

- **Selectos Gigante**

**Av.olimpica Y59 av Sur,San Salvador,Tel 2223-3860;fax 223-3451**

--For convenience: A downtown store :

**4A Calle PTE y Av. Oscar Romero(GPS13\*41'.724;89\*11'.590)-**

**Europa (GPS:13\*42'.284;89\*14'.199) (VIA 30B bus from metrocentro)**

**ALSO** When done shopping and returning on the bus, at terminal Sur they sell onions and tomatoes, etc on the bus while you wait to get underway.



## Zaca:

**Don Juan Dispensa (gps:13\*30'.175;088\*52'.344)**

has a good selection and is next to the internet café and the ATM

**Super Selectos** is located next to the market, ATM and the church.

## HARDWARE STORE

The best store is **Almacenes Vidri**, S.A. De C.V., ( **Vidri is a Super Ace Hardware store**), located at:

21 Av. Sur Entre 12 Y 14 C.Pte. S.S.

San Salvador

Telephone: 2271-4033

(**GPS:13\*41'.75;89\*12'.34**) near intersection of Venezuela and 25 ave

Another Vidri is located in centro(not as big):

**VIDRI (GPS 13\*42'.798;089\*14'.790)**

29Cpte y 1A ave Nte #207 ;tel 225-9500

Between Terminal Sur and centro is

**Goldtree Ace (GPS 13\*41'.085;089\*11'.500)**

in plaza San Jacinto,,Calle mexico Y 10aAv sur Bo ,

**Freund**

## ICE

You can purchase ice from the bar at the hotel. They can get blocks of ice with an advance order. Mar y Sol laundry facility also has ice cubes as does Aqua Fun and the Texaco fuel dock. Mar y Sol also has Ice blocks which are not made from purified water. It is tap water.

## ICE CREAM AT POP'S or LA NEVERIA

To get to **Pop's**, refer to the directions to the *Super Mercado* in groceries. Right next door on the right is an establishment where you can go in and sit down for a real ice cream sundae and more. It's a fantastic ice cream parlor!

For other ice cream, **La Neveria** is an ice cream chain in El Salvador that is inexpensive and delicious. The closest one by bus is just past San Marcelino. **La Neveria** is also found in LaHerradura, Zacate, and every mall in San Salvador.

April (from Entelecheia) and Dan (from Tricia Jean) both report that the carmel flavor at the **Sarita** (another chain) is worth a taste

## IMMIGRATION

Immigration is done at the Bahia del Sol Hotel for your convenience. There is a \$10 pp entry fee. Be sure to get a 90 day permit. If you leave the four country area, when you return you will get a new Visa for another 90 day period (be sure to ask for 90 days). As of **1/1/2008**, this is a 4 country Visa--El Salvador, Guatemala, Honduras and Nicaragua. For renewal purposes, officially you are to be out of this area for 72 hours.

You may get a 30 day extension at the Immigration office in San Salvador.

**NOV 2005 :PLEASE make sure you do not exceed the 90 day limit. Two boats were hit with 120\$ fees per person**

## Importing boat items from States via airlines

See **DHL**

## INTERNET

Bahia del Sol has wi-fi internet capability. Also the Metro Centro and Metro Sur Malls in San Salvador offer numerous air conditioned internet cafes for \$1/hour.

LaHerradura and Zacate also have internet cafes. Zacate, near Don Juan is closed Sat.

In San Salvador, there is an **Office Depot** that is on the left as you approach Metro Centro.

## LAUNDRY

The Bahia del Sol Hotel---Bring your laundry to *Recepcion*. The cost is \$1.00/pound. This is equal to \$2 / Kilo!!.

\*\*\*\***Mar y Sol** also does laundry. \*\*\*\*The current rate is \$.35/piece. She stacks small items together. Bring it to her restaurant when it is open or her house, which is located at the end of the road where it intersects with the highway.

## Lumber

**Abetus Lumber**

**On Venezuela Blvd**

**San Salvador**

**(GPS near waypoint-13\*41'.5; 89\*12'.3;near Cemarsa Bearings)**

## MAIL DELIVERY

You can have mail sent directly to the hotel. It took 10 days to 4 weeks for first class air mail. A few residents use this technique to receive mail quite often as DHL can be very expensive.

Current Address:

Hotel Bahia del Sol

Boulevard Costa del Sol, Kilometro 78

SAn Luis La Herradura, La Paz

El Salvador, Central America

Put on the envelope

Boat Name

Recipient: Boat owner name

## Malls

**Metrocentro** (office depot near by)

**(GPS (via 29bus):13\*42'.150; 89\*12'.985**

**Take bus 29 from centro and bus 30 back to centro**

**Galleria Mall**(has a bagel shop- the Bagel Factory tel # 2245-0901)

**(GPS(via bus take 30 B from metro center to the Galleria):13\*42'.260;89\*13'.733)**

**Multiplaza, Las Cascadas,and La Gran Via** are next to each other,check a map

**Central Street Market in downtown SanSalvador:**

**(GPS:13\*41'.881;89\*11'.569)**

**Maps**-The El Salvador map for tourists that is free at the front desk is ok, but the Mapa Turistico that costs about \$2 is much better. It can be found in the bookstore in the Galleria mall

## MARINE STORE

### Marinsa

Gabriel speaks English has ordered/shipped hazmat items out of Miami; Carries Mercury/Mariner. Outboards are "reasonably priced" and priced better than in USA and Gabriel delivers it to the dock!!! Just ask for what you need, as you may not see it.

**67 Av SUR No 121 Col Escalon**

**SanSalvador 2-298-7007**

**GPS:13\*41'.267;89\*13.843**

**Take bus 42 from centro.**

**Get off in traffic circle at Texaco before the bus turns southwest.**

### Barracuda

Located on the main road at Mar y Sol road. It is associated with Marinsa.

### Island Marine

This is Tarazed's business. They have a haulout facility, dry storage and moorings.

Contact them by e-mail for current rates.

## MECHANIC FOR OUTBOARD MOTORS

Santini works on gasoline engines and outboard engines. You can find him on the island across the estuary from Bahia del Sol. His son Santos speaks English.

**Vidri** has quite a bit to offer for OMC (Johnson/Evinrude) outboard motors.  
Also see the information provided under *Hardware Store*.(vidri)

## MEDICAL CLINIC

There is a clinic at km 71. Maybe 10 minutes by bus. Cost is free, nice to give a donation..

## MOVIE THEATER

Metro Centro and Galleria's Mall are never expensive any day of the week, but Wednesday are the least expensive day to see a movie. Be sure to ask if it is subtitled ("subtitulo") or in Spanish.

## MUSIC STORE

There are many in San Salvador and most are named **Electronica 2001**. Our favorite:

Calle Arce y 11a Ave Sur  
San Salvador, El Salvador  
2221-0493, 2271-2975  
e mail: [electronica2001es@yahoo.com](mailto:electronica2001es@yahoo.com)  
**(GPS:13\*41'964;89\*11'.941)**

## Office Supplies

Office Depot next to Metrocentro and Multiplaza

## PHARMACY and Medical Supplies

Pharmacies are all over, and similar to Mexico, you don't need a prescription except for narcotics and other controlled medications.

## IV's-For IV saline-

**Laboratorio Teramed**  
Av.Lamaleipec Calle  
Chappanastipuc #6  
Calle Industrial  
St.Eleina  
Tel# 22784100

## IV tubing,general medical equipment(coldpacks,sutures,etc-

**Electrolab Medic**  
Calle a San Antonio Abad No2123,frente al Colegio Cristobal  
SanSalvador 239-9999;fax 226-9360

## Rx

### **Farmacias Virgen de Guadalupe(GPS 13\*42'.492;89\*12'.089)**

Sucursal Zona Medica  
Pje. Juan Llort y Diagonal  
Dr. Luis E Vasquez No. 104  
Colonia Medica ,San Salvador, Tel 2226-2536,fax 2226-2535

**VS.**

### **Farmacias San Nicolas Farmacia.com.sv**

Call center#2211-7000 (several locations)

### **Medical center area(GPS 13\*42'.652;89\*12'.154)-**

ColoniaMedica  
2a Diagonal Y23a Calle PTE  
Edificio Zavaleta local #7,Col.Medica

### **Centro:Hula-Hula-**

1a AV SUR #117,SanSalvador  
tel 2222-9946)

## POST OFFICE

You can find post offices in Zacatecaluca and San Salvador. If you want to send out mail, you must go to the post office and buy the stamps, have it stamped and send it out. There are no mail boxes as we know them. The hotel receives mail, but there is no process for sending out mail from there. Currently, it is \$.59 to send a letter to the US or Mexico.

**9/2005**-post office in Metrocentro

## PORT CAPTAIN

This is done by the Portuario (Port Authority) You can expect them to meet you at the dock at Bahia del Sol along with immigration. Be sure to check out with them the day before or the day you leave!! to get your **International or National Zarpe**. You need one even to go to Barrilas.

## PROPANE

2010 Ask about Martin doing a run for the cruisers. It is in San Salvador.

## PROPELLERS

See *Hardware Store* above.

## PUPUSAS

There are numerous Pupuseria's all over and any one of them will serve you an incredibly inexpensive, tasty local meal. Two can eat a delicious meal for under \$4.00. They are also sold on most buses. Typically they start with a corn flour based paste (masa) rolled into a ball, then stuff it with a filling, flatten it out and cook it like a tortilla. In addition to cheese and beans there are many kinds of fillings, including pescado, camarones or vegetables. Everyone has their own recipe. They are the "national food" of El Salvador. Don't miss out! They are also made with rice flour. Vegetarians can get the cheese, bean and vegetable pupusas and vegans can get the same minus the cheese. There are no eggs, dairy or lard (most places use vegetable oil) used in making pupusas.

## RADIO PARTS

Ask the local cruisers.

In metrosur(across/connected to metrocentro) is Casa Rivas/elcorazon electronica

There is a RadioShack there also.

## REFRIGERATION

There is an excellent refrigeration store in San Salvador. However, there are **NO** 12 volt systems available. "Possibly in Panama". There are places to buy the needed gasses and some systems may be repairable locally. R134 and R12 are available in Zacate, be sure you have the correct valves and connections for your unit. They may not be available down here.

## RESTAURANTS In the local area:

**Bahia del Sol** has food all day. Check the menu. \$\$\$ 30% discount if credit card is registered.

**Pupuseria Kenny** is just past Emily's. Hours are 7AM-6PM with food served 4-8PM. She has c-o-l-d cervesa anytime!

**Jessica pupuseria** is just past **Kenny**. Hours are 8AM-8PM. Food served all day.

**Hotel Pacific Paradise** is across and a little further down on the Pacific side. They have restaurant service all day near the pool. Entertainment on weekends.

**Mar y Sol** Open daily, b,l,d. Breakfast(2 eggs,bacon,beans, 2 cups coffee) is about \$3 per person. Dinner about \$5-\$6 plus drinks. Open around 8AM and closes between 6 and 9PM

**Acajutla** Across from the end of Isla Cordoncillo and has a dinghy dock. More upscale like a Chili's restaurant.

## SCHOOL

In 2005, Desiderata and AquaMarine sent their children to the school on the island, Cordoncillo. After two weeks, they were still enjoying the experience. You can offer to assist at the schools.

**Jan of Quantum Leap** teaches English at the island school on Mon and Thurs and appreciates the assistance of cruisers. It's an opportunity for you to meet the locals and practice your Spanish.

## RIGGING

Not yet available.

## SEAMSTRESS

Anna Milagro at tienda **El Milagra** does sewing. (See *tiendas* for directions) She is highly recommended by s/vAlaskason.

## STAINLESS STEEL FABRICATION, NUTS, BOLTS

See *Hardware Store* above.

Giovanni Recinos  
Barrio San Miguelito  
Juan Pablo II Avenue  
2222-2382

He works with stainless steel fabrication and soldering. Call him for info . You need to go to him. Entelecheia was happy with a radar arch he made.

## SUPER-MERCADO

See GROCERIES

## TIENDAS

See GROCERIES

## TELEPHONES

You can purchase pay as you call cell phones and get new chips in San Salvador at the TIGO offices. **TIGO** is the company most common. The TIGO cards are available everywhere. The closest is at Kenny pupuseria and at the liquor store in La Puntilla. Currently the phones are \$25 and up including a chip and 30 min of time. The cost is \$.10/minute to the US. Ask before you buy as some companies charge much more out of the country.

Some cruisers bought phones in Guatemala and then bought a new chip in El Salvador. You can get chips for phones in Panama and Ecuador as well as other countries. They are \$4-\$5 in El Salvador and Guatemala. Your old cell phone might be useable, bring it along and ask. It must be "unlocked". After the earthquake in 2001, the country rebuilt the phone system to be a cell based system with functioning towers everywhere. Not so in Nicaragua.

**CLARO** is another phone company. Their phones work in the neighboring countries as well.

For either company, buy your card with time in the country you purchased the chip. You cannot fill the time with another country card.

3G is available but you must have a resident sign for you at this time.(4/2010)

## TOOLS

The best store is **Almacenes Vidri**, S.A. De C.V., (which is a Super Ace Hardware store), is located at:

**(GPS:13\*41'.75;89\*12'.34)**

(near interesection of Venezuela and 25 ave) San Salvador

21 Av. Sur Entre 12 Y 14 C.Pte. S.S. 3371-4033

## TOURS and EXCURSIONS

### Jorge Martinez Tours - TourIn

Jorge is well known for his variety of tour packages. He is bilingual and has a 10 passenger air conditioned van as well as a bus. He will also do custom tours for you within El Salvador as well as neighboring countries.

**Jorge Martinez**

**(503) 2284-6405**

**cell (503) 7268-3621**

**e-mail:** [Kokymoretours@hotmail.com](mailto:Kokymoretours@hotmail.com) [kokymoretours@gmail.com](mailto:kokymoretours@gmail.com)

[www.tourinelsalvador.com](http://www.tourinelsalvador.com)

Cruisers have shared trips to the coffee plantation (where Starbucks comes from!) and a local Mayan ruin/volcanic remains of a town (like Pompeii). Also several have gone to Copan, Honduras. One group did a huge trip ending in Antigua, Guatemala. This last trip was Copan, Rio Dulce, Tikal, Coban, Antigua.

The hotel has a party boat you can book for your group that will take you to the Rio Lempa and other areas of the lagoon. Contact the *Recepcion* office at Bahia del Sol.

You can also rent a panga! Just ask around.

## TRAVEL AGENT

Daniel Menendez at Aviles Tours in San Salvador. 2233-2220, or e-mail him at:

[Agenciadeviajes@Avilestravel.com.sv](mailto:Agenciadeviajes@Avilestravel.com.sv)

Francisco Garcia at 887-5788, or email him at: [Francisco@intertours.com.sv](mailto:Francisco@intertours.com.sv) for information on flights and other travel information. He has been very responsive.

U Travel in San Salvador is associated with Carlson-Wagonlit Travel. (503)2505-0566

Located at Avenue la Revolucion #3 Col. San. Benito, San Salvador Ask for someone who speaks English.

JIMENR is a travel agency in Zacate, in the strip mall. (503)2334-0629. No English, but helpful.

## VETERINARIAN

Dr. Jose Orlando Infantozzi at Colonia Escolar can be reached at 2263-7088 or 2263-7201

Office staff speaks English. Jose speaks some English. Office consultation \$9.

## WATER

You can make water on the high incoming tide. You can also purchase 5-gallon containers of purified drinking water for \$2.00 each from the bar at the hotel or at most Pupuserias. Water is available at the dock if you are desperate BUT it is not drinkable and contains some salt water. Most people wouldn't put it in their tanks. During the rainy season, it is very easy to collect water. Some people filter it, others do not. The locals also buy drinking water.

## WATER FILTERS

Available at ACE Hardware.

## Western Union Office

(GPS :13.42'.012;89\*12'.813) take bus 42 from centro or back to centro from Marinsa.

## GUATEMALA

Currency is the Quetzales. \$ exchange at the border, but expensive. Get a few and then hit up the ATM.

You may take a regular first class bus from San Salvador to Guatemala City. Departure times are 7:00 a.m. and 3:30 p.m. from the main bus station. The top level of the bus is Coach for \$45 roundtrip; first class is on the lower level for \$75 roundtrip. For a rental car to Guatemala, see *Auto Rentals*.

**Directions to Puerto Bus International:** This is the bus terminal for Comfort and King Quality Lines. Take the 495 to San Salvador. Get off in San Marcos (Terminal Sur). Take the #26 to Alameda Juan Pablo II. Get off and take the #29 or Route 7 bus (toward downtown) and get off at Puerto Bus International. The cross street is 19a Ave. Nte.

**Tica** bus leaves from another station. Both have a hotel associated with them. It is best to stay there overnight as the bus leaves very early in the AM.

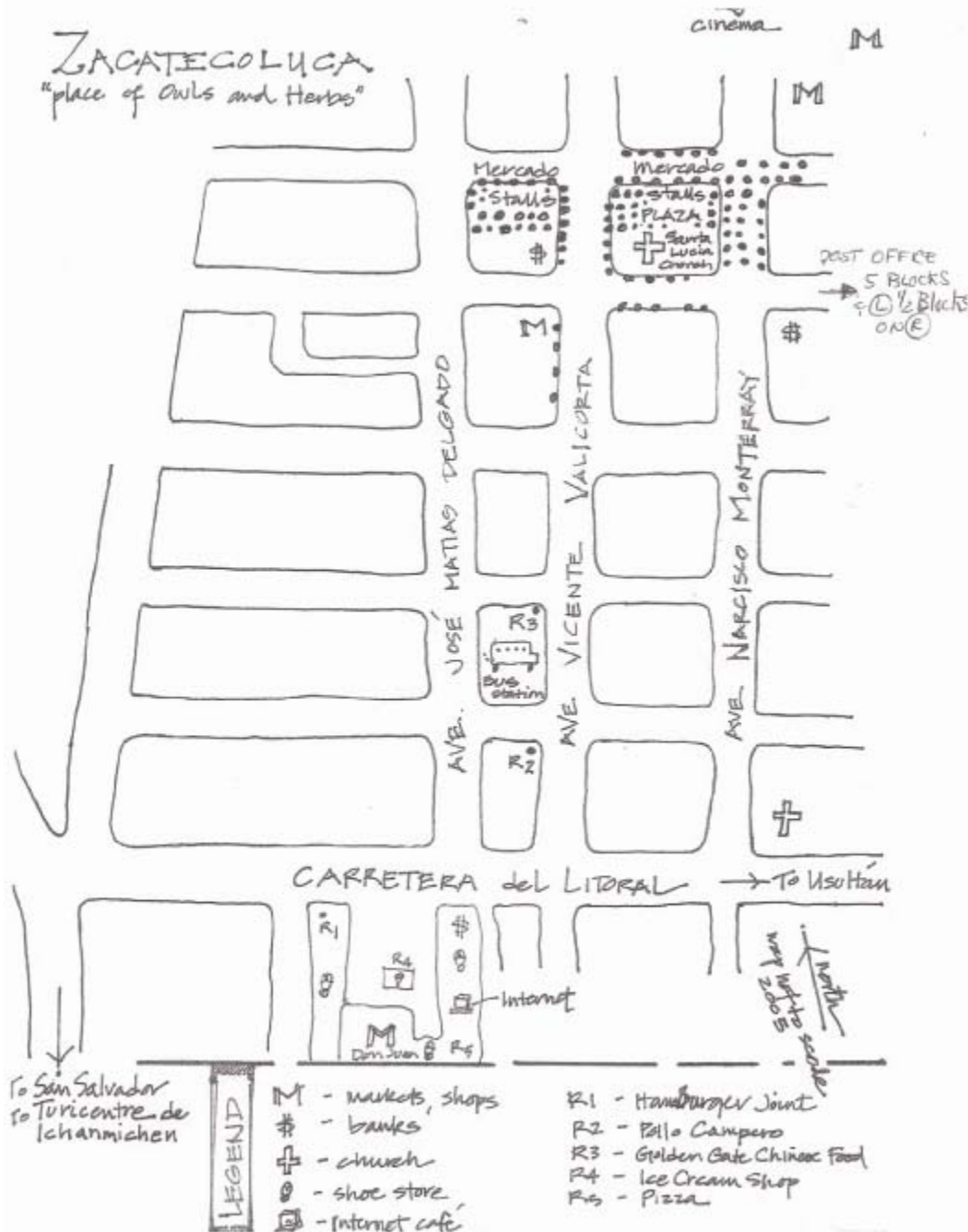
## Hotels in Costa del Sol

**Bahia del Sol** 4/2010 cruiser rates are \$60 + tax per room.

**Comfort Inn** is an all-inclusive hotel 5/08 rates: \$50/person + tax. This includes 3 meals, drinks, pool, etc. 4/2010 it is not open

# ZACATECALUCA

## PLACES TO VISIT - THINGS TO DO



### THE BUSES

There are two buses you can take from Bahia del Sol.

- ◆ **Bus 495** — to San Salvador and points along the way. You may need to transfer at a location called Arco — tell the driver your destination and he will let you know where to get off to transfer.
- ◆ **Bus 193** — to Zacatecaluca without any transfer.

## **BANK**

You will find a Bank and ATM on the left –hand side of the shopping center. There are 3 more in town.

## **INTERNET CAFE**

You will find an Internet Café in the shopping center on the left-hand side, that is open 6 days a week, closed on Saturday for classes. \$1/hour. Another is after the top of the hill, the bus turns left and there is an internet on the right(Chino's cyber café(clean bathrooms)

## **LOCAL MARKET**

Take a left at the first intersection past the shopping center and go up about 6 blocks to the local street market. Here you can find most anything. The fruits and vegetables are much better than what you'll find at the grocery store.

## **SHOPPING CENTER**

As the bus enters the town of Zacatecaluca, you will see a small modern looking strip-mall type of shopping center on the Right. It contains a very nice grocery store, Don Juan, an Internet Café, a Bank, a shoe store, travel agent, Neveria as well as other stores of interest.

**Don Juan Dispensa (gps:13\*30'.175;088\*52'.344)**

**Super Selectos** is located next to the market, ATM and the church



## SAN SALVADOR

### PLACES TO VISIT - THINGS TO DO

San Salvador, the capital city of El Salvador, is a modern city with huge and elegant shopping malls, US-based businesses, art galleries, theaters, museums, historical centers, restaurants of every specialty, comfortable hotels, and exciting nightlife. It provides a stark contrast to the primitive life seen in villages throughout the country. Some of what is available in San Salvador has been listed under the SERVICES section above. A few additional highlights of the city are mentioned here.

### ARCHEOLOGICAL SIGHTS

The **David Guzman Archeological Museum** is a Must See. (2008) Entry fee is \$3.00. and \$5.00 if you take a camera in.

Don't miss the ruins at **San Andreas** and **Joya de Cerén**, both less than 35 kilometers northwest of San Salvador, easily reached by bus.

**ART MUSEUMS :** Many!

### DRIVING TRIPS:

A drive on the coast road from La Libertad to Puerto Acajulta on the way to Guatemala is scenic

### BUS

**To San Salvador:**

**Bus 495A** goes direct to San Salvador, turning at Arco to travel the Autopista (freeway). Leaves LaPuntilla at 0500 hrs and 1110 hrs. Cost is \$1.15, 1hr 30min

**Bus 495** goes to San Salvador the long way. Or you can change buses at **Arco** (see *Bus 193 below*)

**Bus 193** to Zacatecoluca stops at Arco where the Autopista crosses over the road. To go to San Salvador, get off at Arco (N13°27'.908 W89°01'.051), go up the path, cross the road and catch a bus going toward San Salvador. This is faster than the local 495.

Buses to San Salvador drop people off at **Terminal Sur** (N13°39'.696 W89°11'.419). Grab a **#26** bus or microbus to Centro or take a \$5 taxi to any destination. At the end of the day, take the #26 bus from San Salvador Centro to Terminal Sur for the 495 bus back to Costa del Sol. There is an Autopista **495A** back to Costa del Sol that leaves at 1550 hrs PROMPTLY (last bus of the day returning).

### SHOPPING

Metro Center Mall

Galleria Mall

Las Cascascadas

Artisan Center

GROCERIES: PriceSmart, SuperSelect, Europa, Hiper-Max

Mercado ex-Cuartel

## INTERNET CAFE

You will find an Internet Café in the shopping center on the left-hand side, that is open 6 days a week, closed on Saturday for classes. \$1/hour. Another is after the top of the hill, the bus turns left and there is an internet cafe on the right.

## HOTELS

### Arbol de Fuego Bed & Breakfast

[www.arboldefuega.com](http://www.arboldefuega.com)

e mail: [hotel@arboldefuega.com](mailto:hotel@arboldefuega.com)

Phone: (503)2275-7065 contact Carolina (she is also a tour guide)

Colonia La Sultana

Av. Antiguo Cuscatlan N 11 C.

San Salvador, El Salvador C.A.

About \$40/night

### Hotel La Posada del Angel

[www.laposadadelangel-sv.com](http://www.laposadadelangel-sv.com)

e mail: [laposadadelangel@integra.com.sv](mailto:laposadadelangel@integra.com.sv)

Phone (503) 2237-7171 contact Ana Stella de Echeverria

Cell phone: 7886-7101

85 Ave. Norte 321

Colonia Escalon

San Salvador, El Salvador C.A.

About \$45/night with full breakfast "not just toast"

### Hotel Grecia Real

Near Metro Centro in Zona Real

[www.greciareal.com](http://www.greciareal.com)

e mail: [greciareal@hotmail.com](mailto:greciareal@hotmail.com)

Phone (503) 2260-1820, 2261-0577, 2261-0566

Calle Sisimiles 2922

Colonia Miramonte

San Salvador, El Salvador C.A.

Around \$40-50/ night with desayuno

Some rooms w/ A/C

Be sure to pick up a tourist map of El Salvador at the front desk at the hotel. Pick up Central America guide books in the US. There are very few English ones here. **Lonely Planet on a Shoestring** is great.

## Places to Visit - Things to Do LA HERRADURA

La Herradura offers not only the closest fresh veggie market but a glimpse into the real El Salvador. You will think you have time-traveled back fifty years. Market days are Wednesday and Saturday, although the public **Mercado** is open every day. Go early in the morning for the best selection of fresh produce, fish and chicken. **Tienda Elsy** carries basic grocery supplies like flour and soap. This little village also offers La Neveria ice cream, an internet café, pharmacy, lumber store, etc. There is good food and cold beer dockside.

**Directions to La Herradura:** You can take the bus, but it's a long way around and only 20-30 minutes by dinghy up the interesting and scenic estero. It's about 4 miles, so be sure you have enough fuel for roundtrip! Be aware it can get shallow at low tide. It's best to go with an incoming or flood tide.

From Bahia del Sol

Turn Right at	N13°19.51	W88°56.29
Left at	N13°19.69	W88°56.31
Bear Right at	N 13°19.79	W88°56.58

Head west up the estuary staying along the peninsula shore for depth until you have come to the third channel leading to the right. The main estuary route will seem to be ending with small buildings and boats ahead of you. Turn right (north), staying very close to the right-hand shore; it shoals out most of the way across the channel from the left. In about 50 to 100 yards turn left. It is VERY shallow here. Pass close to a many-branched tree stump in the water, leaving it to your left, and continue along the left shore. At the next channel turn right (northwest) and you should be able to see the top of the white church tower above the trees. Stay in the middle of this channel until reaching La Herradura. The docks will be a little further up toward the right. Go to the concrete steps on the right. Ask one child to look after your dinghy and tip him 50 cents when you return.

## NOTES TO CRUISERS

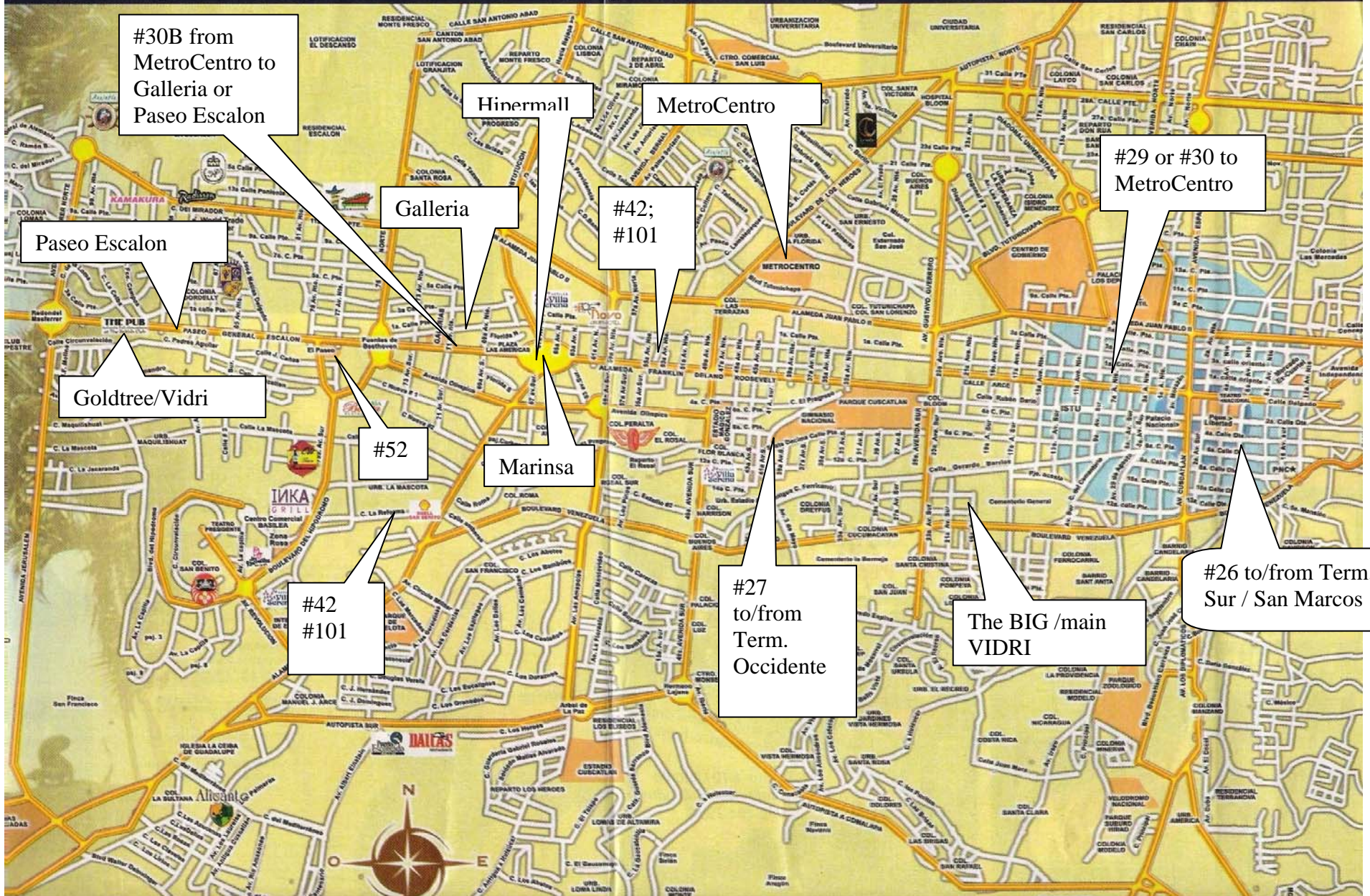
1. Anchoring at Bahia del Sol is free but please keep in mind that Bahia del Sol is a business and needs your support. There is a \$2/day dinghy dock fee which allows you to use the hotel services. Most cruisers find it easy to spend an average of \$5.00 per day on the hotel's food, beverages, and/or laundry services, which makes the hotel pleased to have you anchored at no charge.
2. Mooring buoys are \$8.00 per day. **2008-** Marina: \$20/day special for cruisers.
3. Cruisers will receive a 30% discount on food and beverages when you register your credit card with *Recepcion* upon your arrival. You will be permitted to run a tab which you should pay monthly.
4. Finally, please feel free to update this cruiser guide and pass it along to anyone who may be interested in El Salvador. You can also provide updates or corrections via <http://www.sailsarana.com/feedback.htm> -- please state that the updates are for the Bahia del Sol Cruiser's Guide. Or you can go to <http://groups.yahoo.com/southbound> and find the document in the files section and make the updates yourself.

Updated 6/2010, 9/2007, Sarana

Updated 4/2010, 5/2008, 7/02/05 s/v Mita Kuuluu

Updated 9/2005&11/2005 s/v Entelecheia with a Special Thanks to the donation of a handheld GPS and an enthusiastic GPS operator from Mita Kuuluu for help in obtaining waypoints

# San Salvador, Capital City



#30B from MetroCentro to Galleria or Paseo Escalon

Hinermall

MetroCentro

#29 or #30 to MetroCentro

Galleria

#42; #101

Paseo Escalon

Goldtree/Vidri

#52

Marinsa

#42 #101

#27 to/from Term. Occidente

The BIG /main VIDRI

#26 to/from Term. Sur / San Marcos