FREE WITH SÁMARA THIS WEEK

The Sámara High-Season Guide 2026–27

Sámara · Cangrejal · Carrillo

Everything worth knowing for the season in Sámara and Carrillo, in one phone-friendly guide: the beaches, the wellness week, the standing nights, the Saturday feria and the season's big dates.

Get it free when you sign up for our weekly email: one message every week with what's on in Sámara, Cangrejal and Carrillo — events, eats and deals, every item linked to where we found it.

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START HERE

Welcome to Sámara

Sámara is a working beach town wrapped around one long, gentle bay. Playa Sámara is the centre — the beach road, the restaurants, the class studios. Playa Cangrejal is the bay's quiet northern end, and Playa Carrillo, just south, is the palm-lined arc everyone photographs.

This town runs on wellness. The deepest class bench on this coast — daily yoga, barre, Pilates and jiu-jitsu — is carried by instructors who publish their own schedules, and the music week hangs off a handful of venues that programme every week. This guide gives you that rhythm. Everything in it was checked against venues' own pages and posts in November 2026. Where something wasn't confirmed yet, we say so rather than guess — and because local plans occasionally shift, it's always worth a quick check with the venue before you set out.

What's inside

- The bay at a glance — which base suits you
- Beaches, end to end
- Eat & drink — the places that anchor the week
- The wellness week — the class bench, instructor by instructor
- Every week: the standing nights, venue by venue
- A week in Sámara — the rhythm, day by day
- Seasons, practical tips, and how to use the weekly newsletter

No paid placements: nobody can buy their way into this guide.

Place names in teal open their map — and 'Add to your calendar' saves a big date.

THE BAY

The bay at a glance

Sámara — the town itself: the beach road, Intercultura's oceanfront rancho, the brewery, the bars and most of the class bench, all within a short walk. If you want to walk to everything in this guide, base yourself here.

Playa Cangrejal — the calm northern end of the same bay: one long beach, a handful of houses and lodges, and a Monday-and-Friday Pilates class under the palms. Stay here for the quiet; walk down for the nights.

Playa Carrillo — the bay just south: a perfect palm arc with picnic tables under the trees and the quietest water on this stretch of coast. Its evenings are quiet — for now, the verified week lives in Sámara, and this guide says so rather than padding Carrillo with guesses.

Most people mix all three: the bay is one road, and the weekly pattern below criss-crosses it constantly.

BEACHES

Beaches

The whole bay faces the Pacific, sheltered by the reef and Isla Chora offshore — which is why Sámara's water is swimmable when other beaches on this coast are surf-only.

- **Playa Sámara** — the town beach: the long bay itself, with the beach bars, the volleyball nets in front of Las Olas Beach Bar and the sunset crowd.
- **Playa Cangrejal** — the northern end: quieter, shadier, home to Déborah's Power Pilates under the Cangrejal palms on Mondays and Fridays.
- **Playa Carrillo** — the southern arc: palms, picnic tables and the calmest water around. Go for the morning; come back to Sámara for the evening.

LOCAL TIP — LOCAL TIP — The bay is gentle, but it is still the Pacific. Swim where others swim, ask locally about conditions, and treat the sunset hour as the day's main event — the whole town does.

EAT & DRINK

Eat & drink — the places that anchor the week

The town's calendar is built around a handful of venues whose weekly programming everything else hangs off:

Sámara Brewing Co. — the town's own brewery and Mexican cocina, just off the beach in the centre. It programmes four nights a week (over the page), pours its own pilsner, IPA and Scotch ale, and runs a sunset happy hour, 4–7 p.m. Open daily 11 a.m.–10 p.m.

Limey's Bar & Restaurant — Sámara's unofficial meeting place, on the Main Street corner: food all day, happy hour 3–6 p.m. every day, sports on the screens — and three music nights a week, every week.

Las Olas Beach Bar — the beachfront bar at the town end of the sand, with the volleyball court in front of it. Its Tuesday karaoke, Sing and Shine, is the one night it publishes itself; its wider music programme is one we're still confirming with the venue, so the weekly issue carries it as it confirms.

Mercadito Sámara — the food market on Calle Intercultura, home of the Domingos en Familia family Sundays — the December run includes Sazón Costarricense's first-anniversary party on Sunday, December 13.

WELLNESS

The wellness week

This is the deepest class bench in our network — 26 standing class slots a week before a single bar opens. The core of it:

Laura Waite at Intercultura — the fixed point of the Sámara morning: 90-minute mixed-level Vinyasa, **Monday to Friday at 8:30 a.m.**, on Intercultura's oceanfront rancho.

Chillasana Yoga Shala — the studio above Musmanni Bakery in the Super Olas Plaza (air-conditioned; drop-in $22 + tax; confirm your space in advance). Its current schedule: **Vinyasa** Monday and Friday 8:30 a.m. (90 min), **Gentle Yoga** Wednesday 8:30 a.m. and Sunday 10 a.m., **Slow Flow Vinyasa** Thursday 8:30 a.m., and **Multi Barre** Wednesday and Friday 10:30 a.m.

Fitness & Yoga with Brandi — on the deck at Tico Adventure Lodge: **Barre with Pilates** Monday 9 a.m., **EasyFit** Monday 10 a.m. and Thursday 9 a.m. — and **Cardio Dance** on Tuesdays at Casa Coba, 9 a.m. Equipment is provided; register ahead.

Déborah's Power Pilates — on Playa Cangrejal, Monday and Friday 8:30–9:30 a.m. RSVP required; bring a mat and water.

MoonBodyYoga with Ashlee — beachfront yoga at Hotel Fenix, Monday and Wednesday 8:30 a.m. **Tantra Flow Yoga** follows at Tico Adventure Lodge on Tuesdays, 8:30 a.m.

Cosmic Traveler Jiu-Jitsu Club — Brazilian jiu-jitsu Monday, Tuesday and Wednesday at 5:15 p.m., and Friday and Saturday at 9 a.m.

EVERY WEEK

Every week — the standing nights

The nights that run every week of the season, venue by venue — each one from the venue's own channels:

Sámara Brewing Co. — **Live music** (rotating local artists) Wednesdays 6–9 p.m. · **Open Mic** Thursdays 6–10 p.m. · **Karaoke with DJ Richard** Fridays 5–10 p.m. · **Live music with Zoe Francis** Saturdays 6:30–9 p.m.

Limey's Bar & Restaurant — **Open Jam with Alan** Mondays 7–9 p.m. · **Live music — Zoe** Fridays 7–9 p.m. · **Live music — Ryan or Jason** Saturdays 7–9 p.m.

Las Olas Beach Bar — **Karaoke: Sing and Shine**, Tuesdays from 7 p.m.

La Feria Sámara — the Saturday farmers' market, 7 a.m.–2 p.m., with a live musician around 9 a.m.

A second layer of nights — more Las Olas music, El Ancla, the Heritage Bar in Mercadito Sámara, Gusto Beach — circulates locally but hasn't been confirmed on the venues' own channels yet. We don't print rumours: as each night confirms, it joins this page and the weekly issue.

DAY BY DAY

A week in Sámara

Monday — the full bench: Laura Waite at 8:30, Chillasana, Brandi, Pilates on Cangrejal and beachfront yoga, then Alan's Open Jam at Limey's to close.

Tuesday — Cardio Dance and Tantra Flow in the morning; Sing and Shine karaoke at Las Olas Beach Bar from 7.

Wednesday — Gentle Yoga and Multi Barre at Chillasana, beachfront yoga at Hotel Fenix, jiu-jitsu at 5:15 — and live music at Sámara Brewing Co. from 6.

Thursday — Slow Flow, EasyFit, and the brewery's Open Mic from 6.

Friday — Vinyasa and barre in the morning, Pilates on Cangrejal, then DJ Richard's karaoke at the brewery and Zoe at Limey's.

Saturday — the Feria from 7, jiu-jitsu at 9, Zoe Francis at the brewery and Ryan or Jason at Limey's.

Sunday — the quiet day: Gentle Yoga at 10, the beach, and the family Sundays at Mercadito Sámara.

BIG DATES

Big dates

The season's first big date is already on the calendar — tap the bar to save it. Still ahead: the Community Choir's holiday concert on Christmas Eve, Wednesday, December 24, and the Fiestas Populares, Wednesday, December 30 to Sunday, January 3 — both land in the weekly issue with their programmes as the organisers publish them.

Friday, December 11 — Samara Beach Open, Day 1

From 3 p.m. on the sand in front of Las Olas, Playa Sámara: open play, the athletes' dinner and the opening party of the three-day beach volleyball tournament. Pool play runs Saturday and the Coed finals close it on Sunday — the same bar saves the first day; the week's other days are in the issue.

Add to your calendar

The seasons

High season (December to April) — the dry months: the full bench, every standing night, the Beach Open in December and the town's Fiestas Populares over New Year. This guide is written for these months.

Green season (May to November) — the rains arrive in the afternoons and the town exhales. The wellness core serves residents, not just the season: the Saturday Feria runs every week all year, and Laura Waite's full Monday-to-Friday schedule was still running in July, in the middle of green season. The bar nights are the part of the week that breathes with the calendar — which is exactly what the weekly issue tracks.

Whenever you come: the pattern in this guide is the standing week, and the weekly email is where its changes land first.

GOOD TO KNOW

Good to know

- **Confirm before you go.** Chillasana asks you to confirm your space in advance; Déborah's Pilates is RSVP-only (+506 8516 4934); Brandi takes registrations ahead (+506 8669 3888). Cash is preferred at the shala; SINPE works too.
- **Times move.** Venues shift nights without telling anyone — every listing in the weekly issue links to its source, and a quick check with the venue is the local custom.
- **The feria is the week's anchor.** Saturday's market runs all year, rain or shine — go early for the best of it.
- **Carrillo is a morning.** The bay's beauty is the point; its evenings are quiet, and dinner plans belong in Sámara.

About this guide — The Sámara High-Season Guide 2026–27 is published by Sámara This Week, part of Costa Rica Newsletters. Facts were checked against venues' own pages and posts in November 2026; where something wasn't confirmed, the guide says so. No paid placements. Corrections welcome: samara@alunamediaholdings.com.

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