

Las Varas

Nayarit - Mexico



MEDICAL EMERGENCIES

1 **IMSS Hospital:** 24 hour. More expensive than the health clinic. Gringos can get medical insurance if they have a residency card

2 **Medical Clinic; Servicios De Salud** Cost effective in comparison with IMSS hospital.

3 **Dr. Sanchez: 24 Hr. home visits** cell 327 103 5910 speaks English-office upstairs with laboratorio San Rafael (blue icon #12)

HEALTH

6 **M.D.G. FERNANDO OLIVIA:** MEDICAL DOCTOR- Traditional doctor office. He speaks fair English.

7 **PHARMACY; BENEVIDA** - Lots of over the counter like items like you would find in the US or Canada

8 **DENTIST & DOCTOR** - Inexpensive consultations with a doctor, the dentist is next door

9 **DENTIST TESEO & OPTOMETRIST** - The optometrist is a few shops further on

10 **DENTIST: DENTISTA RAMON**

11 **DENTIST; DENTISTA ILEANA** - Speaks pretty good English.

12 **HEALTH LAB: LABORATORIO SAN RAFAEL** - Does lab tests for diseases and health conditions. it is not necessary to have a doctors order to have these tests done in Mexico

13 **NATURAL HEALTH REMEDIES:** TIENDA NATURISTA - Herbal remedies

14 **DOCTOR & PHARMACY:** FARMACIA CONSULTORIO - For 40 pesos a doctor will look at your ailment; and prescribe something, like for instance an antibiotic then you buy it from this pharmacy

15 **PHARMACY: FARMACIA DEL SOL** - Lots of over the counter stuff

16 **PHARMACY: FARMACIA GUTIEREZ** - Mercedes, the owner, can order just about any pharmacy related item. (almost no English)

17 **PHARMACY: FARMO PRONTO** Lots of over the counter items like you would find in the US or Canada. treat your house pets

GROCERIES- FISH- MEAT

30 **GROCERIES ALL SORTS;** ABARROTES LORENA - Good selection of fruits and Vegies; refrigerated items, canned goods, cleaning supplies

31 **CANDY, NUTS; DULCERIA COMENA**

32 **FRUITS & VEGIES: FRUTERIA SANCHEZ**

33 **GROCERIES- DRY GOODS:** ABORROTES MX - Large store; lots of cleaning supplies, bulk packaged grains, canned goods, beauty products, milk, yogurt & some vegies

34 **FRESH CORN TORTILLAS;** TORTILLARIA - Big machine makes and spits out tortillas right before your very eyes....

35 **GROCERIES : ABARROTES MONTEON** - Good selection of all types of groceries and refrigerated items. Ask at the back counter to: have cheese cut, for fresher produce from the walk in freezer, for nuts and spices measured out

36 **GROCERIES ALL SORTS:** ABORROTES SALDWAR - Ask for fresher vegetables in walk in fridge: romaine lettuce, peppers, etc. Fruits, canned and dry goods, cleaning supplies, yogurt, cheese, milk, yacult a milk based probiotic.

37 **BUTCHER: MONROY GRADILLA CARNECERIA**-No refrigeration but quite popular. There is another popular butcher across the street.

38 **REFRIGERATED MEAT:** CARNECERIA JARA - Butcher with beef and pork

39 **FRESH BUTCHERED CHICKEN:** POLLERIA MURILLO: Usually butchered in the shop; will sell any cut you want

40 **FRESH FISH, SHRIMP:** PESCADERA CORAL - Fresh fish and Shrimp from San Blas; flash frozen shrimp with head cut off. They often have fresh fish and shrimp ceviche made in the shop.

41 **.DOG & CAT FOOD (DRY);** NUTRIMENTOS PURINA

42 **GROCERIES; LA ABEJA:** Large selection of dry and canned goods, fruit and veggies

46 **CONVIENIENCE STORE OXXO;** You can get credit for your cell phone; pay power and phone bill, get junk food and Ice.

47 **BAKING SUPPLIES; CASA PASTEL:** Cake mixes, pre made frosting, baking supplies dried nuts , raisins, prunes and dried cranberries

RESTAURANTS & TACO STANDS

53 **ICE CREAM; MICHOACAN HELADOS**

54 **STREET TACOS & BIRRIA** - Pretty darn good!

55 **RESTAURANT LARGE MENU;** ANGELITA - Very clean; menu in English and Spanish; breakfast and lunch

56 **BBQ CHICKEN, HOT, TAKE OUT:** POLLOS ASADA MURILLO - Comes with tortillas, a thin salsa and rice; you can ask for the chicken only

57 **ICE CREAM, DESSERTS: PEPE PASTELARIA** - CAKES

58 **SHRIMP LUNCH, CHEVICHE'S, HOMEMADE SALSAS, FRESH SHRIMP AND FISH:CHICHO'S**
BANKING & EXCHANGE

66 **MONEY EXCHANGE: AGENCIA CAMBIO** - Banks will not change dollars to pesos. You can change dollars here. You will lose about 10% in the bargain.

67 **BANK, ATM: BANCOMER** - The only bank in Las Varas. The best exchange rates in town with a debit card. There is a ATM in the OXXO as you come into town from Chacala on the north bound lateral. Higher fee and a limit of 3,000 pesos

68 **MONEY EXCHANGE & WESTERN UNION** -Wire in money; send telegrams. Exchange currency to pesos- you loose about 10% in the bargain

70 **ATM: OXXO**-A convenience store- Maximum withdrawal 3,000 pesos delivered in 200 peso bills; costs more than Bancomer ATM.

GOVERNMENT OFFICES

76 **MEXICO POST OFFICE:** OFFICINA DE CORREO

TRANSPORTATION

80 **PACIFICO BUS STATION** NORTH AND TAXIS - The bus from Puerto Vallarta stops here. You can catch buses to Tepic Guadalajara and points north of Las Varas. The colectivo to Chacala is back one small block south on the road you came in on. (purple icon 82)

81 **PACIFICO BUS STATION** SOUTH- Buses to PV every 20 minutes. Bus to San Blas can be caught around the corner on Revolution Pte Street. Ask for times at bus station

82 **CHACALA COLECTIVOS** - They run between Las Varas and Chacala 7 am to about 5 pm when the vans fill with people. Currently 15 pesos each way.

83 **GASOLINE: PEMEX** - There are also Pemexes north and south of town a few kilometers

84 **MECHANIC & AUTO PARTS:** REFRACCIONARIA PADILLA

85 **MECHANIC & AUTO PARTS** REFRACCIONARIO ROMERO

86 **AUTO PARTS: LARIO'S** REFRACCIONARIO- Car batteries

87 **AUTO PARTS :** REFRACCIONARIA

COMMUNICATION

93 **KODAK EXPRESS** - Much like one hour photo in US but probably will take a bit longer. You can get pictures for various Mexican bureaucracy cards done here. Chip and CD reading capability

94 **CELL PHONES TEL CELL:** Cell phones, phone packages, phone credit

95 **COPIES, OFFICE SUPPLIES:** PAPELARIA

96 INTERNET ACCESS: CYBER

INTERNET: - Internet and computer access using their computers. Computer supplies. repairs

97 CELL PHONES; TEL CELL - Cell phones, phone packages, phone credit

98 PRINTER: IMPRENTA IMPRESORA DE LA COSTA - Have banners, signs, forms etc. printed

99 COMPUTER REPAIR: NET

100 SECURITY SYSTEMS, VERTICAL SLIDING STEEL DOORS Computer compatible

101 OFFICE SUPPLIES, COPIES: PAPELARIA Possibly the largest in town

102 COPIES You are going to need them for Transito

GROOMING

108 FLORIST: FLOREIA PETALITOS

109 UNDERWEAR: BONETERIA LA COQUETA: Men and women underwear; large selection

110 HAIRDRESSER UNISEX: ESTETICA UNISEX

111 FLORIST: FLORIA BORAYO

112 LAUNDRY, LAUNDROMAT: LAVANDARIA ANA - Wash and dry your own clothes; or have them wash, dried and folded for you

113 FLORIST: FLORIA SANDRA

114 SEWING SUPPLIES, FABRICS: MERCERIA & REGALOS

115 WOMENS CLOTHES TRENDY: SCANDALOSO

116 JEWELRY: JOYARIA SANTA FE - Silver and other types of jewelry

117 MEN'S HAIRCUTS

119 LAUNDROMAT; SECOND HAND CLOTHES: BAZAR PAQUZ

HOUSE & GARDEN

125 HARDWARE STORE; FERRETERIA EL KORA

126 HARDWARE STORE: FERRETERIA TODO

127 HOUSE PAINT; COMEX

129 TV, RADIO REPAIR: BAZAR BETTY - House telephones, miniature disc batteries for electronics, surge protectors etc.

130 PLASTIC ITEMS; PLASTICO CHUYITO - Housewares

131 HARDWARE: FERRETERIA LAS MASCOTA - A large hardware store with a wide selection

132 ELECTRICAL & PLUMBING SUPPLIES: FERRE ELECTRICA ALONSO

133 HOMEWARES; ARTICULOS PARA EL HOGAR - Ceramic and plastic plates, bowls, etc. Pots and pans, buckets, clothespins, plastic ware, etc.

134 FURNITURE, APPLIANCES: NUEVA BLANQUITA - I have found the price for appliances to be less locally than in the package stores in PV

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136 BUILDING SUPPLIES: KORENAY One of the largest in town. Will deliver sand, gravel, etc.

137 "DOLLAR STORE": TODO PRECIOS BAJO

138 FERTILIZER, HERBICIDES, PESTICIDES: AGROPECUARIA FLOREZ

139 LOCKSMITH: LLAVES - Keys made while you wait. Hugo will come and change all your locks (keys)

140 BUILDING MATERIALS: APASCO FERRETERIA - Large selection including hardware, tiles, toilets, sinks, dump truck delivery of gravel, soil, etc.

142 HOUSE PAINT: DUPONT

143 IRON FABRICATER: MENDOZA Fermin has very competitive prices. Landline: 272 1453

144 CABINET MAKERS: CARPENTERIA

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146 STEEL, ALUMINUM, HARDWARE: ACEROS Y TUBULARES

Ask about large warehouse at another location

147 IRON FABRICATER: CESAR

150 APPIANCE REPAIR: REFRICERACION LA FUENTE

150 GLASS, MIRRORS, PICTURE FRAMES: VIDRIERIA

ICONS IN GREATER LAS VARAS

Find these stores in Las Varas map for gringos online at the Fresh Breeze Inn website: url=

<http://goo.gl/maps/P1aRG>

18 GENERIC PHARMACY: FARMACIAS GENERAL Generic drugs. Recommended by a Chacala doctor to get generally quality drugs at a low price.

20 VETERINARIAN OROZCO: He will treat your house pets

21 VETERINARIAN SANDOVAL: He will treat your house pets

43 LARGE SUPER MARKET: BODEGA AURRERA Owned by Walmart; Not as big. No fresh fruit or veggies

44 GROCERIES; ROSITA'S ABORROTES Refrigerated items, dry and canned goods, fruit and veggies

59 RESTAURANT ROSITA: large restaurant, clean

69 WESTERN UNION

74 DMV, TRAFFIC POLICE & OTHER TAXES: TRANSITO: Register, get plates, and pay annual vehicle fees. Pay employee tax. Traffic police are in the back.

75 PAY PROPERTY TAX : IMPUESTO PREDIAL

87 AUTO PARTS : REFRACIONARIA

141 WATER PURIFACATION, POOL SUPPLIES: ALBERCAS Y EQUIPOS DE BAHIA

143 IRON FABRICATER: MENDOZA Fermin has very competitive prices. Landline: 272 1453 (Spanish)

144 CABINET MAKERS: CARPENTERIA

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146 STEEL, ALUMINUM, HARDWARE: ACEROS Y TUBULARES Ask about large warehouse at another location

148 PINE BOARDS, PLYWOOD: MADERARIA LOS PINOS

149 ALUMINUM WINDOWS, SCREENS, GLASS: TAVARAS Street #74 Juan Tavaras Cel: 327 104 3963 Spanish only Also makes aluminum picture frames that look like molded wood. (Spanish)

150 APPIANCE REPAIR: REFRICERACION LA FUENTE

151 GLASS, MIRRORS, PICTURE FRAMES: VIDRIERIA: Will cut glass, make wood and aluminum picture frames and mount pictures

152 FRUIT TREE NURSERY: VIVERO Pretty much only fruit trees that are grown in this region.