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# COSTA RICA



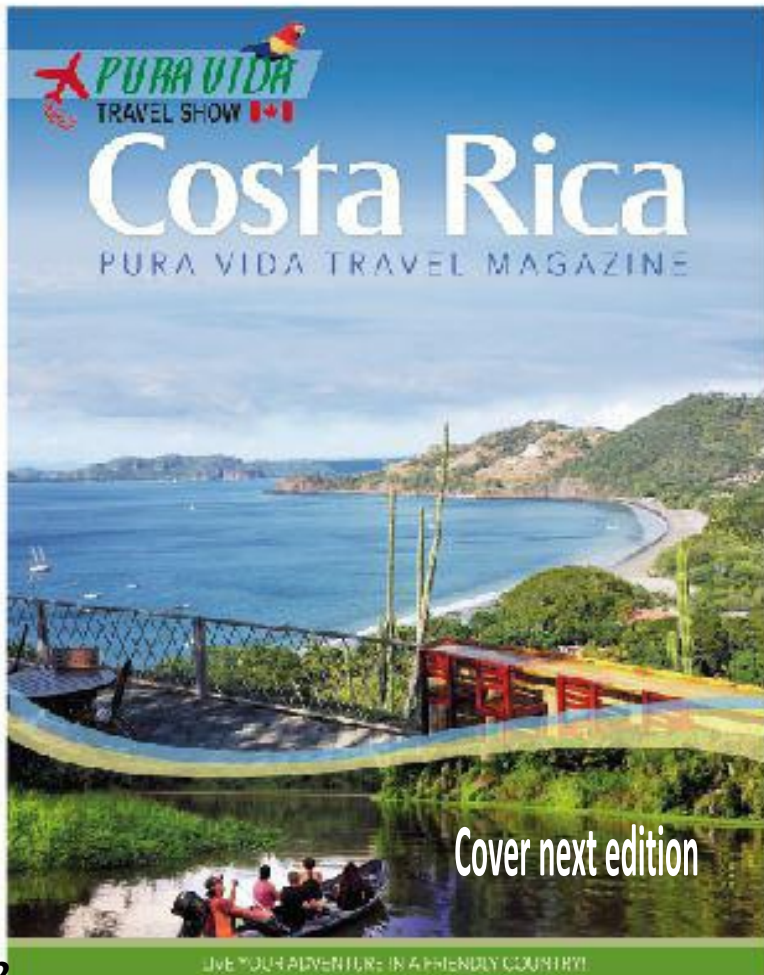
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The span of the Costa Rican territory, from the Pacific Ocean to the Caribbean Sea, is 200 miles. The variety of landscapes and microclimates that can be enjoyed in one day make this country a paradise destination. In simply 51 thousand square kilometers, the traveler can find: sun and beaches, adventure, nature and culture; necessary components to satisfy the likes of thousands of tourists that find in Costa Rica their ideal holiday. Costa Rica occupies a privileged spot in the heart of Central America. While its territory of 19,652 square miles touches both the Caribbean Sea and the Pacific Ocean, the country is surprisingly accessible - one can travel from coast to coast in just three hours by car (or 45 minutes by plane). The Caribbean region of Costa Rica stands out for its variety of aquatic ecosystems and its beautiful white and black sand beaches, providing an ideal setting for activities such as sport fishing, snorkeling, and sunbathing. The Pacific coast concentrates big tourist centers and its beaches are very popular for surfing, for example Esterillos, Jaco, Hermosa, Boca Branca. In the Golfito region, near the Marino Ballena National Park, surfing fans can find the famous "1000 footer wave." Population: 4,872,000 (May 2013 Source: INEC and World Bank) Males: 2,117,699 Female: 2,078,215 Costa Rica has a great variety of microclimates, which the tourist can, in a short distance and time, feel the different types of environments, which will in turn have a positive impact on their travel experience. Costa Rica's location in the region of the Tropic of Cancer and Tropic of Capricorn is defined as the Tropical Zone and it confers tropical characteristics to its ecological environment: forests, waterways, soil, and climate. The flora and the fauna that has adapted in these conditions are therefore typically tropical. The tropical climate of Costa Rica is modified by various factors such as the topography (the arrangement of the mountains, plains and plateaus), the situation, with respect to the continent (isthmic conditions), the oceanic influence (the winds or the marine breezes, the temperature of the marine currents), and the general circulation of the atmosphere (IGN 2005). The interactions of local geographical, atmospheric, and oceanic factors



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are the main criteria to regionalize the country climatically. The north-west-southeast orientation of the mountain system divides Costa Rica into two watersheds: Pacific and Caribbean. Each one of these watersheds, present their own regimen of precipitation and temperature with particular characteristics of special and temporal distribution.

Precipitation regimens (Pacific and Caribbean), the elevation and orientation of the mountains, together with the predominating winds and the influence of the oceans, make it possible to differentiate seven large regions: North Pacific, Central Pacific, South Pacific, Central Region, Northern Area, Northern Caribbean Region and Southern Caribbean Region.

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## NATIONAL PARKS

- 1 P. N Santa Rosa
- 2 Estación Horizontes
- 3 Volcan Orosí
- 4 P.N. Rincón de la Vieja
- 5 Volcán Miravalles
- 6 Volcán Tenorio
- 7 R.V.S. Caño Negro
- 8 R.B. Lomas de Barbudal
- 9 P.N. Las Baulas
- 10 P.N. Palo Verde
- 11 B.N. Diríá
- 12 P.N. Barra Honda
- 13 R.V.S. Ostional
- 14 R.F. Monte Alto
- 15 R. Cabo Blanco
- 16 R. Curú
- 17 P.N. Volcán Arenal
- 18 P. N. Monteverde
- 19 P.N. Juan Castro Blanco
- 20 Volcan Poás
- 21 P.N. Braulio Carrillo
- 22 Volcán Barva
- 23 Volcán Irazú
- 24 Volcán Turrialba
- 25 M.N. Guayabo
- 26 P.N. Carara
- 27 R.V.S. La Marta
- 28 R.F. Río Macho
- 29 P.N. Tapantí
- 30 R.B. Cerro Las Vueltas
- 31 R.F. Los Santos
- 32 P.N. Chirripó
- 33 P. Internacional de la Amistad
- 34 R.F. Las Tablas
- 35 Humedal Térraba-Sierpe
- 36 P.N. Piedras Blancas
- 37 R.V.S. Golfito
- 38 P.N. Corcovado
- 39 R.V.S. Barra del Colorado
- 40 P.N. Tortuguero
- 41 R.B. Hitoy-Cerere
- 42 P.N. Cahuita
- 43 R.V.S. Gandoca Manzanillo
- 44 P. N. Isla del Coco
- 45 P.N. Manuel Antonio
- 46 R.V.S. Barú
- 47 P.N. Marino Ballena
- 48 R.B. Isla del Caño



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**Costa Rica**



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# Costa Rica map



### Map References

- Canton Capital
- Town
- Highway
- Interamericana
- Paved Road
- Unpaved Road
- ..... Gravel Road
- Bridge
- Ferry Routes
- ⚓ Ferry
- ✈ Int. Airport
- ✈ Airport
- ▲ Volcano
- 🌿 National Park
- 🏄 Surf Spot
- ⛽ Gas Station



## THINGS TO DO

- » City Tours
- » Tour of Nature And Wildlife
- » Adventure Tours
- » Rafting
- » Ecological Tour
- » Fishing Trips
- » Museum Of Guanacaste
- » Souvenir Shops



# LIBERIA, the White City

Known as the White City for its adobe buildings, Liberia is located approximately 4 hours from the capital of Costa Rica. Thanks to the the opening of the D. Oduber International Airport, tourism is increasing in this area, with flights arriving daily from different parts of the world. It is not unusual to see many foreigners around the city buying souvenirs to bring to different countries.

The climate is hot and dry from November to May and wet from late May to early November, with heavy rain in the months of September and October.

It is a city known for its folklore and customs. You should not miss the festive celebrations with bull riding and horse-back riding, the shouts, and the jingles are characteristics that define this joyous canton.

One of the main attractions of the area is the proximity to the beaches and the many hotels that are in them. Some of these places have been greatly developed in recent years and the growth continues.

Modern-days Liberia was founded around a small church without any legal or formal act of foundation on September 4th, 1769. Today it is the largest city in Guanacaste, filled with shops, commercial centers, hotels and many other amenities.






## PALO VERDE NATIONAL PARK, Tempisque River

Costa Rica is blessed by its intense biodiversity that sees seven distinctly different regions squeezed into one small Central American country and it is the National Park system that protects of it.

Palo Verde National Park guards much of the Tempisque River and basin, a 144 km long river that flows from the Guanacaste Cordillera and empties into the Gulf of Nicoya. On its journey it passes through the Palo Verde National Park an area that supports an important habitat for species such as Crocodiles, Monkey's, Iguanas and more than 60 species of birds. You can go in to Palo Verde by vehicle and go hiking to explore the lagoons where the magnificent Jabiru Stork and many other migratory birds spend a season each year. However, the best way to view the park is by water, on the canals that are home to most of Palo Verde's inhabitants.

Palo Verde Boat tours knows these waters. The family inherited their vast knowledge of the area through the generations of stories and adventures passed on. And for the last 15 years they have been sharing that knowledge with the visitors that come from far and wide. Each boat they provide comes with one of their local drivers and a bilingual guide who knows everything about the area.



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GOLFO DE PAPAGAYO



## THINGS TO DO

- » Diving
- » Snorkeling
- » Horseback Riding
- » Atv Tour
- » Canopy
- » Sunset Tour
- » Sport Fishing
- » Kayaks

# PLAYAS DEL COCO

Playas Del Coco is considered one of the best tourist destinations at national level, it is also well known in the country for its great tourism and economic growth.

It is only located just 25 kilometers from the Liberia airport and is the most popular beach in the province of Guanacaste. This quiet beach is a prime spot for snorkeling, scuba diving, fishing and sailing tours. In addition there are many companies dedicated to providing services for tourists, to assure a good stay in Playas del Coco.

Playas Del Coco has resorts with a well-developed infrastructure, good roads, warehouses, restaurants, bars, nightclubs, casinos, hotels and markets. It has a very pleasant nightlife, where you can go out and choose where to have a good time. The most popular months in this province are from November to April where you can visit all kind of stores and buy souvenirs to take back home. It has gray volcanic sand and a stretch of more than 3 miles, the tides always remain calm and are surrounded by forests. At the far ends of the beach you will find peace and quiet, otherwise downtown offers all kinds of activities. You can enjoy long walks on the promenade "Amor de Temporada" which is about 420 meters long, with new sidewalks surrounded by native trees - almond, olive and palm trees.

## HERMOSA BEACH

Playa Hermosa is located in Guanacaste, between Playa del Coco and Playa Panama. Hermosa is rarely as crowded as its neighboring beaches. This is a fabulous getaway for those looking for quality relaxation. Due to its calm waves, Playa Hermosa is a favorite for swimmers. Plenty of amenities available



## PAPAGAYO BAY

The Peninsula of Papagayo is located approximately 16 km from the National Airport Daniel Oduber, and 31km from the city of Liberia. With beautiful beaches to choose from, dense forests, stunning panoramic views, and large luxury resorts, Papagayo is an appropriate destination for all those who wish to enjoy a holiday in a natural environment, without neglecting the comfort and modern amenities, like golf courses, tennis courts, marina and more.








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**THINGS TO DO**

- » Horseback Riding
- » Volcano Hike
- » Jungle Zip-Line Tour
- » Waterfalls
- » Bird Watching
- » Volcanic mud baths

# MIRAVALLES VOLCANO

The spectacular Miravalles Volcano is located 21 miles outside of Liberia. This awe inspiring volcano stands 1969ft (600m) above sea level boasting a total height of 6654ft (2028m) and total area of 28,840 acres. 10,850 hectares of land surrounding the volcano have been acknowledged as a protected area and named the Miravalles Zona Protectora—home to three species of monkeys, Jaguars, sloths and millions of life forms (many yet undiscovered) in primary rainforest

The complex Miravalles stratovolcano also shelters a beautiful cloud forest and primary rainforest that overflows with coconut palm trees, epiphytes and ferns, while also being home to wild felines, coyotes, white tail deer, pacas, white faced capuchin monkeys and peccaries just to name a few of the wildlife species that run rampant here.

At the peak of Miravalles you will discover six eruption points, though the main crater is dormant.

This splendid volcano is adorned with hot mud pits, bubbling water pools, waterfalls, thermal springs, fumaroles and crystallised sulfur. The climate is fresh and cool—a nice contrast to the hot dry beaches of Playas del Coco, Tamarindo and La Cruz.



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We are located only 45 minutes driving from the airport and from the most visited beaches in the country, located at the base the majestic Miravalles Volcano.

We have natural hot springs, lodging, restaurant, Spa, volcanic mud baths, canopy tour, among other activities.





## THINGS TO DO "All in one place"

- » Horseback Riding
- » Zip-Lines
- » Jungle Hike
- » Birds & plants watching
- » Kite Boarding
- » Beaches
- » Local crafts

# LA CRUZ, northern border

La Cruz is located 47 miles north from Daniel Oduber's International Airport and 37 miles from Liberia.

It is a place with unique topographical characteristics that makes it a very special place. It is an area filled with wonderful viewpoints, a place to dream away.

It limits west to the Pacific Ocean.

It is filled with beautiful Salinas and Santa Elena bays with its amazing beaches. To the East you have Orosi Volcano and the Sapoa River. To the north you'll find amazing Rain forests in between agro and cattle flat lands.

To the South, large amounts of unspoiled land containing Guanacaste and Santa Rosa National Parks.

This area's climate has an average of 25 degrees Celsius with strong gusty winds from 14 to 50 miles per hour making it a perfect place to practice windsurfing and alike.

For those mountain lovers this place holds a few secrets as The Virgen, Argendora or Don Zapote in which you will find a huge variety of birds, flora and fauna that can only be seen in the area.

There are many options to choose from regarding ocean sports, from a Scuba trip to Murciélagos' Islands to the Coral Reefs north of Cuaquiquil.

You can catch a glimpse of Whales, Dolphins and Turtles, have fun in the high lands enjoying a canopy tour or surfing in famous Playa Naranjo, home of Witch's Rock and Olli's Point.

A kayak trip, Snorkeling and Sport fishing are everyday things to do here.

IN COSTA RICA, LA CRUZ IS YOUR NORTH.

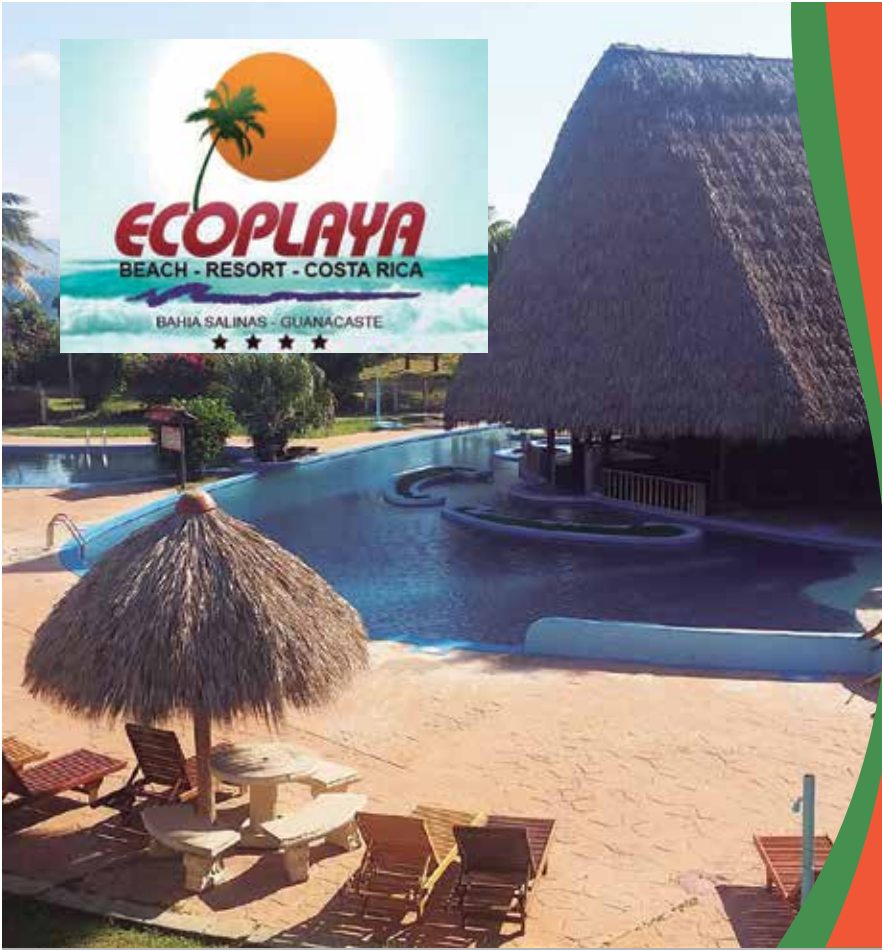
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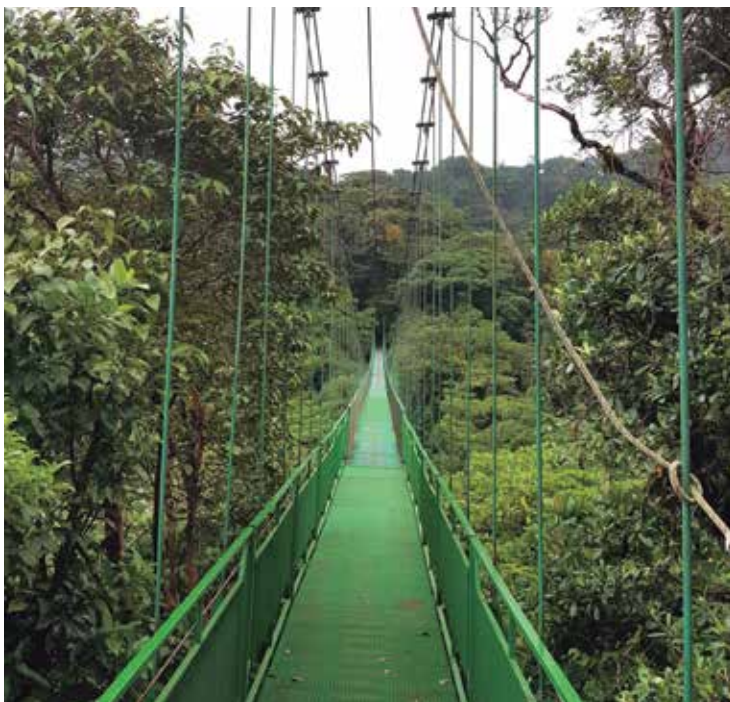
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## THINGS TO DO

- » Horseback riding
- » Bird and plant watching
- » Local craft
- » Jungle Zip-Line Tour & Hike
- » Waterfalls
- » Sky Adventure
- » Cloud Forest Tour



# MONTEVERDE

## Why should you visit Monteverde?

If one of your destinations to visit during your vacations in Costa Rica is Monteverde, don't miss the opportunity to visit the Monteverde, consider it as the most well known cloud forest in the world for its wide variety of biodiversity, important conservation contributions and scientific researches.

Monteverde houses 2.5% of worldwide biodiversity and 10% of its flora is endemic.

Costa Rica represents the 0.03% of the landmass of the planet and has the 5% of the Biodiversity of the world.

100% of the incomes collected by the entrances and other services are designated for educative, preservation and research programs.

One of the best examples of sustainable tourism that you can experience.

It owns a hostel, the only one on the area located in the perimeter of this beautiful cloud forest.

You can step on the Continental Divide, where one foot will be on the Caribbean side and the other on the pacific side (fun to take a picture with a friend, each in one side)

### HISTORY

Early in the 50's a group of quakers from the United States and their families arrived in Costa Rica. Led by Hubert Mendenhall, John Cambell, Howard Rockwell, and Wilford Guindon, they settled in Monteverde at a time when colonization in the region was just beginning. Their history (1951-2001) is described in detail in the book Monteverde Jubilee Family Album.

It was in 1972 that biologist George Powell joined Wilford Guindon, one of the Monteverde Quaker pioneers, to promote the establishment of the natural preserve now known as the Monteverde Cloud Forest. An area of extraordinary beauty and biodiversity, it is today the best-known private reserve on the Central American Isthmus.





# THE CLOUD FOREST

Monteverde has a variety of altitudes and temperatures that result in the cloud forest with an amazing diversity of vegetation and plants.

There are many types of mosses, epiphytes and lianas found. The most representative species of trees in the forest of clouds are the trumpet tree, oak, sapodilla and amazing strangler fig. There are also short natural forest formed by wind. Nearly 10% of the flora found in Monteverde is endemic to the Cordillera de Tilarán.

There are 490 birds species to see in Monteverde, over 500 orchid species, and about 10 000 species of the order lepidoptera. All here, in this small region of Costa Rica.

Monteverde houses the Resplendent Quetzal, which feeds on the fruit trees of the wild avocado tree that grows all over the area

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- » Fishing Trips
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- » Souvenirs
- » Zip line
- » 4 wheeler Tours

# TAMARINDO, the north pacific's premiere beach town

Once a sleepy beachside village, it was discovered by surfers in the 1980's and 90's and has since undergone a transformation into a full service tourist town with a varied selection of hotels and restaurants that appeals to both families on vacation and independent travelers. Playa Tamarindo is on a curved bay that stretches 3km from its southern point of Punta San Francisco to the Tamarindo River mouth at its Northern end.

There is a great choice of tours and activities that can be organized around Tamarindo as diving and snorkeling, surfing or zip-lining. You can take estuary trips to observe the river life or go horseback riding and explore the surrounding countryside. Sports fishing is another activity that Tamarindo is famous for, and the best time of year to go out is during the December to April period when the water is clearer.

## OSTIONAL BEACH

It is part of the Ostional Wildlife Refuge. With an extension of 2.5km of mangroves and dark sands, its main attraction is the arrival of the turtles during the months of September to November.





## GRANDE BEACH

This beach has an area of approximately 12 km of white sand, straight south and curve in the Northwest sector before reaching Cabo Velas. On this beach you will find Las Baulas National Park with an area of 445ha of beaches, forests and mangroves.



## CONCHAL BEACH

Millions of shells completely cover a long stretch of the bay that has taken the name of this phenomenon, and whose beauty amazes every visitor. Precautions is advisable when bathing.



## FLAMINGO BEACH

Playa Flamingo is considered one of the most beautiful beaches in Costa Rica. It is located in Punta Salinas, 75 km southwest of Liberia.

With its stunning white sand, unspoiled beaches and pristine clear blue water, Playa Flamingo is ideal for an unforgettable holiday.



*MSc. Kennia Guerrero Ruiz*

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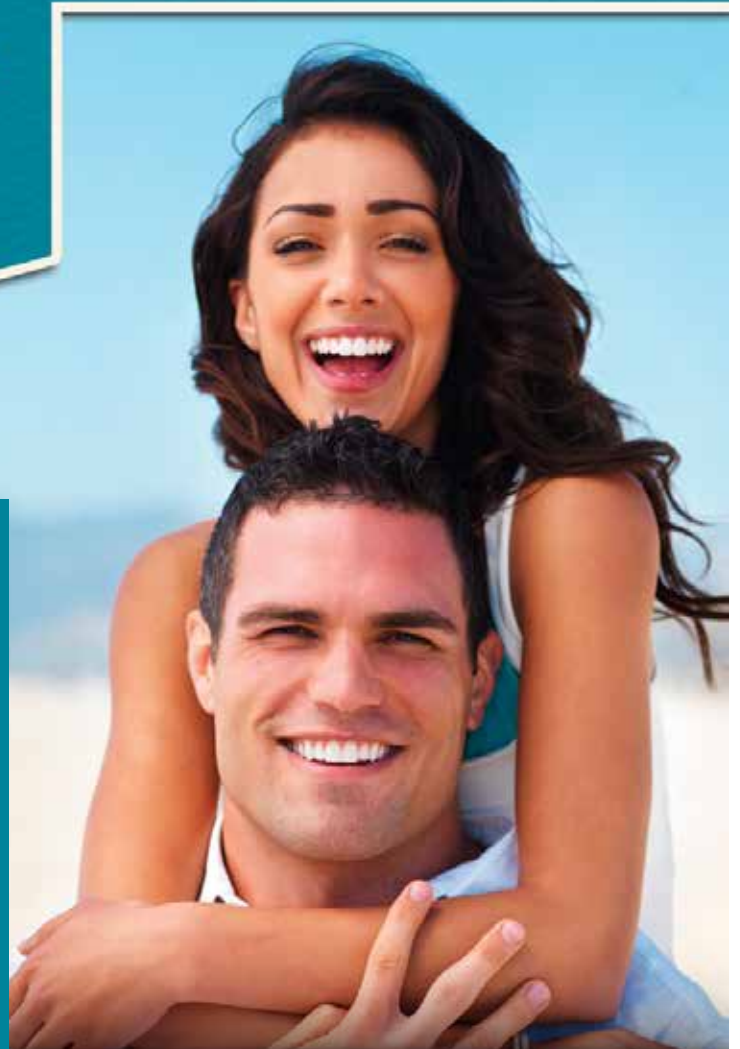
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