



# Costa Rica

PURA VIDA TRAVEL MAGAZINE



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# **COSTA RICA**

## **PURA VIDA...**



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### **Location**

Costa Rica is located in Central America, south of Nicaragua and north of Panama. The western side of the country is bordered by the Pacific Ocean and the eastern side by the Caribbean Sea.

### **Description**

Opportunities for adventure, relaxation, romance and exploration are unlimited in Costa Rica, which is why the country is one of the most visited international destinations in the Western Hemisphere. With an abundance of unique wildlife, landscapes and climates, Costa Rica proudly shelters approximately 5 percent of the known biodiversity in the world and protects 26 percent of its land mass.

The phrase “Pura Vida” can be heard echoing throughout Costa Rica from coast to coast. Used as a greeting or expression of happiness, the phrase literally translates to “pure life,” however its meaning is “full of life,” which accurately describes the adventure and wonder that await visitors.



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Beach lovers, surfers, divers and anglers quickly feel right at home along the coasts, while couples and those in search of a relaxing retreat are captivated and pampered by the country's natural beauty and diverse spas. Thrill seekers have met their match as they explore Costa Rica's volcanoes, rain forests, cloud forests, and rivers primed for white-water adventures. In order to protect and preserve such a wealth of natural resources, Costa Rica has become a leader in sustainable tourism and established the Certification for Sustainable Tourism (CST), which has the fundamental purpose of benefitting the environment and supporting the community.

Business is bustling in Costa Rica, as the country is home to headquarter offices for a myriad of multinational corporations in the global marketplace. Business and group travelers will find a plethora of hotel and meeting space options, as the country hosts sophisticated infrastructure of hotels and international brands.

#### Climate

Temperatures range from 70 to 81 degrees all year round. While many tropical countries have changing weather patterns that affect the entire nation with different seasons, Costa Rica enjoys 12 different tropical microclimates that remain constant throughout the year. The most common microclimate in Costa Rica is the Tropical Moist Forest, which is filled with evergreen trees and bountiful vines, but the Tropical Subalpine Rain Páramo is a microclimate with temperatures ranging around 41° and 57° Fahrenheit, with occasional snowfall and hail.

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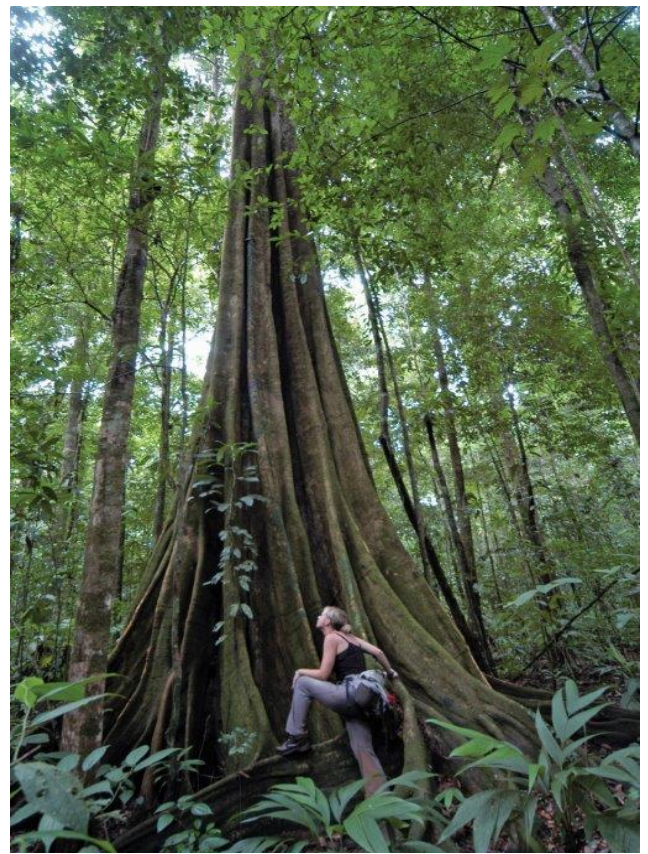
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# ADVENTURE MEETS NATURE IN COSTA RICA

Costa Rica's diverse natural landscapes and terrain set the stage for coast to coast, action-packed adventures. Thanks to the country's compact size, travelers looking for extreme adventures can participate in any and all adventures they wish without stressing over not having enough time to go from one activity to the next. As home to 5 percent of the world's biodiversity, Costa Rica offers unforgettable experiences for travelers seeking to become one with nature.



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# EXPOTUR 2024 EXCEEDED 2000 BUSINESS APPOINTMENTS

Expotur 2024, Costa Rica's tourism marketing meeting, concluded successfully. This year, under the slogan "Return to the essentials", it promoted its products, services and destinations in the country to international tourism wholesalers.

The event, organized by the Costa Rican Association of Tourism Professionals (Acoprot) together with the Costa Rican Tourism Institute (ICT), celebrated its 37th edition with the aim of consolidating Costa Rica as an internationally renowned destination and generating business opportunities. This meeting, which ran from May 8 to 11, was held at the Double Tree Hotel by Hilton Cariari.

More than 2400 meetings were planned to connect the destination with key international buyers. Among the participants were representatives of the world's main tourist source markets, including Argentina, Brazil, Colombia, Spain, the United States, Mexico, the Netherlands, Uruguay, Canada, Switzerland, Germany, Italy, Panama, the United Kingdom and Paraguay.



Minister of Tourism  
William Rodríguez  
and our Director Norberto Iglesias



In the words of William Rodríguez, Costa Rica's Minister of Tourism, the holding of Expotur in this context was a symbol of the recovery of the tourism sector after the pandemic. Rodríguez highlighted the importance of the event to boost business and promote the arrival of foreign tourists.

On the other hand, Yadyra Simón, president of Acoprot, underlined the relevance of Expotur to show the evolution of the Costa Rican tourism offer and attract a profile of tourists aware of nature and outdoor activities. Simón highlighted the diversity of tourism products that Costa Rica offered, from its beaches to its mountains, including its rich gastronomic and adventure offerings.

It is important to note that the tourism industry was one of the most important economic engines of Costa Rica, a country that was home to about 5.5% of the planet's biodiversity. In 2023, the country reached a record 2.47 million tourist arrivals by air, representing a growth of 16.7% and 2.2% compared to 2022 and 2019, respectively.



California and North Atlantic groups travel from December-April. Antarctic pods make the trek from July-November. There's no greater instance of nature in its most beautiful



While it's warm all year-round on the coasts, it can be cool at night in the mountains. Elevation levels have the biggest impact on temperature. Yet, the average annual temperature is always around 70 to 81 degrees Fahrenheit (21 to 27 degrees Celsius). The main reason for the range in climate lies in the fact that Costa Rica has an ocean and a sea close to each other: the Pacific Ocean and Caribbean Sea. From mountain ranges and rain forests, to active volcanoes and Adventure waits

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This area is recognized as the home of Arenal Volcano National Park, which boasts 75 percent of Costa Rica's bird population and presents endless adventure activities for visitors. Excursions range from hiking and waterfall rappelling, to canyoning and exploring via a hanging bridge tour. Lake Arenal is also an ideal location for fishing, canoeing and kayaking. Visitors can take in the spectacular La Fortuna Waterfall as it plummets 200 feet out of the dense forest into a tranquil pool below and end the day with a soak in one of the natural hot springs.

The time to visit Guanacaste is now. This region combines breathtaking white, tan and black sand beaches with biodiverse parkland. Nature lovers will find two of the biggest wildlife centerpieces here: Rincon de la Vieja and Orosi. Complete with hot springs, waterfalls and a large variety of wildlife and birds, the Rincon de la Vieja National park is a must-see for its constant lush and verdant landscape. Orosi is home to the transitional cloud forest, where wildlife migrates between the Pacific coast and inland highlands.

It's always Hump Day in the South Pacific Region. This is the perfect spot for almost year-round humpback whale sightings. Due to the seasons being reversed in North and South America, humpback whale migration to Costa Rica is nearly constant. At any given time you'll see either Northern or Southern hemisphere pods making their way towards the warmer Tico waters.





## IT'S ALWAYS PURA VIDA IN COSTA RICA

The best time to take your dream vacation is any time of the year.

Costa Rica's diverse and varied climate makes it easy for travelers to embark on a fantasy escape all year-round. Whether you're a nature buff, thrill seeker or culture enthusiast, Costa Rica's biodiverse terrain and magical wonders are waiting to be explored 365 days of the year. Classified as a tropical country because of its proximity to the equator, Costa Rica has no real winter, and it always feels like the sun is shining for a full twelve hours each day. There's no excuse for leaving unused vacation days behind when Costa Rica is open 24/7.

Everyday is a holiday in Central Valley. Travelers interested in enjoying cultural and natural attractions find it easy to experience both in the Central Valley region—home to the capital city of San Jose. Nestled between highlands, Central Valley buzzes with constant activity. Attractions like national parks and museums are open yearlong and a flurry of events provide visitors with many options to pack an itinerary. Also found here are large coffee plantations, sugar mills and dairy farms, where visitors can participate in agritourism.

All seasons are in-season on the Caribbean Coast. In this region, travelers will find stunning beaches and picturesque parks, complemented by Costa Rica's inviting culture. The region features a unique blend of natural wonders and Afro-Caribbean traditions. A wide range of activities allow travelers to mix adventure with natural history, present-day culture, gastronomy and music. In Sarapiquí, for example, organic pineapple farm tours provide visitors with an entertaining firsthand look at the growing process and production history. While down the Sarapiquí River, adventure lovers can take exciting whitewater rafting trips.

*Planning to visit some "Palm Trees" in Costa Rica?*

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## **The following are four must-do extreme adventures:**



### **Canyoning**

Canyoning in Costa Rica takes place in the areas of Turrialba, San Ramon, Miramar, La Fortuna and Rincon de la Vieja. Performed in small groups of up to 12 people accompanied by a guide, the activity includes walking, hiking, climbing and rappelling any or all of the six canyons available. This is a unique Costa Rican experience because the country's tropical canyons and climate provide travelers the opportunity to explore landscapes with lush vegetation and breathtaking views of waterfalls.

### **Mountain...Biking**

With miles and miles of rocky trails and tough terrains, Costa Rica is perfect for all kinds of two-wheeled fun. The country's most demanding routes take various days, allowing travelers to cross the country. The average length of a mountain biking trip is five to eight, or even 10 days. Travelers can choose from professional routes such as "La Ruta de los Conquistadores," which lasts three days, or opt for a shorter route that combines mountain biking with walking, rafting and kayaking. If seeking to go completely off-road, travelers can also choose a route that does not touch pavement at any point, such as the one at Rincon de la Vieja, comprised of 24 to 31 miles of waterfalls and downhill paths.





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- 42 P.N. Cahuita
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- 45 P.N. Manuel Antonio
- 46 R.V.S. Barú
- 47 P.N. Marino Ballena
- 48 R.B. Isla del Caño



# PURA VIDA TRAVEL MAGAZINE

NUESTRA  
PROXIMA  
EDICION  
IMPRESA

## Setiembre 2025

# Costa Rica map



# **Costa Rica:** *The paradise for the sun lovers*



Costa Rica occupies a privileged place in the heart of Central America for the richness of its beaches, comprises 1,228 km of coastline, of which 1,016 km are from the Pacific coast and 212 km in the Caribbean Sea, you are separated by just three hours in vehicle or 45 minutes by air from San José. It is estimated that 600 beaches surround the entire national territory.

This wealth allows the enjoyment of the beach as a means of recreation, sport and rest. These are wooded beaches, with natural spaces and relatively little influx of tourists.

The Caribbean region stands out for its variety of marine ecosystems and its white- and black-sand beaches, ideal for activities centered around nature and the ocean, including surfing, diving in clear water, basking in the sun and hiking along the coast.

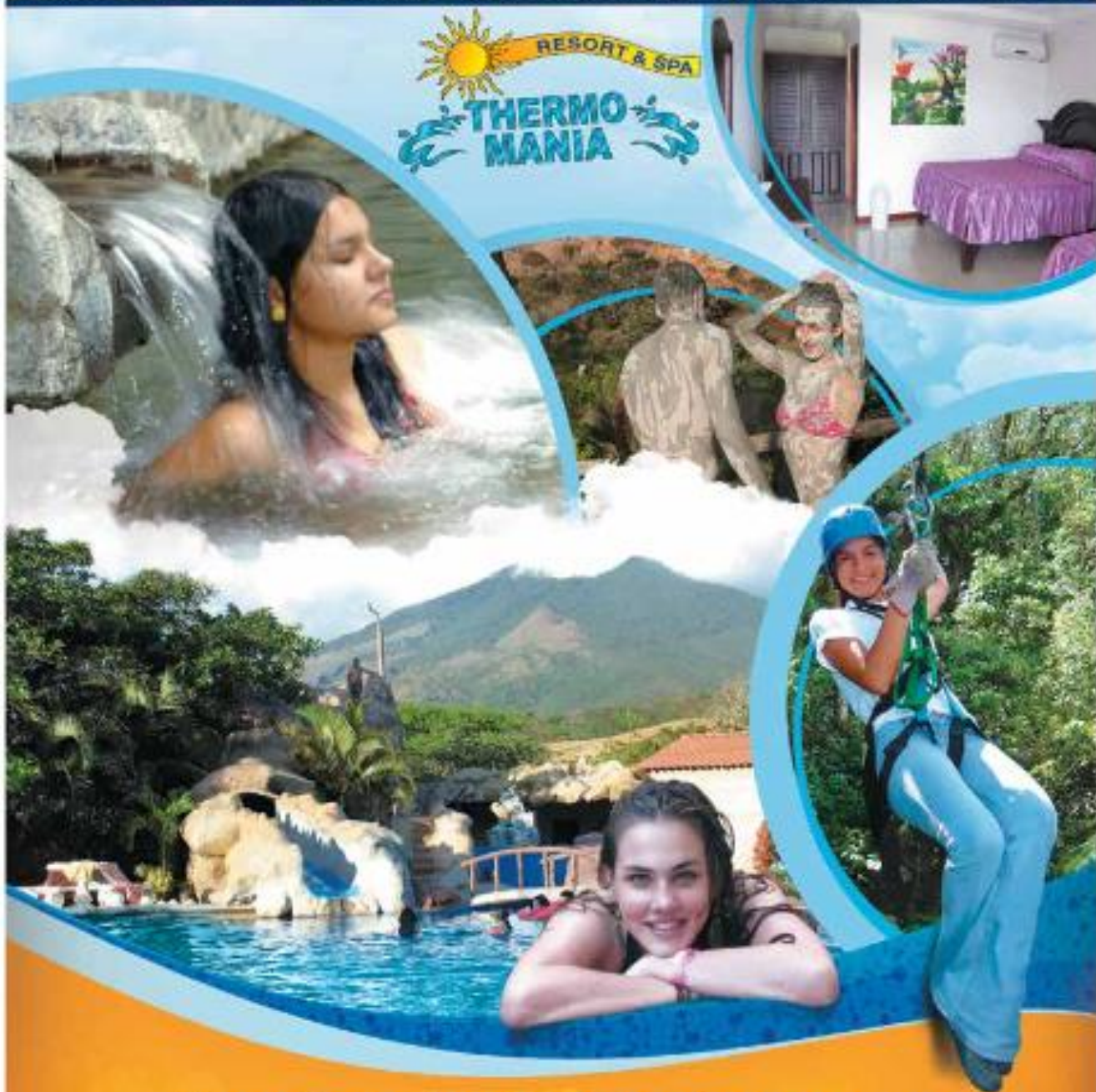
The Pacific coast contains major tourism centers and beaches that are favorites among surfers, including Esterillos, Jacó, Hermosa, Boca Barranca, as well as the Pavones Sector and the surroundings of the Marino Ballena National Park, with its famous long left wave.

Near the beach areas you will find a wide variety of options to stay and taste Costa Rican cuisine. Among the variety of hotels you can enjoy are: all inclusive option, honeymoon hotels, eco resort, family hotels, 5 star hotels, Spa & Wellness, etc. In addition to the typical food you can also enjoy restaurants that specialize in international dishes.

When visiting any beach in Costa Rica, keep the following security precautions in mind:

1. Take care of your belongings while enjoying the sea or leave them somewhere they can be watched.
2. Always use sunscreen to avoid burns on your skin.
3. When possible, do not swim on your own and consult the authorities regarding beach conditions.
4. Be aware of warning flags on the beach.
5. Do not enter the ocean if you do not know how to swim. If surfing as a beginner.

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## We are the best tourism destiny in the country

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.

With mountainous terrain and unspoiled rainforests, trekking through Costa Rica's rainforests is a one-of-a-kind experience. Unlike hiking, trekking is a lengthier activity, with the average route lasting three days. There are three popular trekking routes in Costa Rica. The Savegre route, which consist of various trails connected through agricultural towns that offer facilities and activities, allows visitors to choose the points they want to explore. For the Kamuk route, comprised of five days of walking for a total of a week-long trip, travelers have to carry everything with them, including their own tent and food, as the route is off the beaten track. Another option for travelers interested in trekking is the Chirripo route, in Costa Rica's tallest hill, but only after reaching out to the national park for a permit



### Trekking Sea--Kayaking

For travelers interested in sea kayak camping, the four-day route at Golfo Dulce, where different species of whales and dolphins give birth and nurse their young throughout the year, is a must. The trip begins at Puerto Jimenez and leads travelers up the coast at a rate of 12 miles per day. On the second day of the trip, travelers cross from one side of the gulf to the other.

Travelers can take a rest at the camp site in Piedras Blancas National Park, at the opposite side of Osa Peninsula. For this trip, travelers have to take all essentials in the kayak with them, including their tent. Another popular route for sea kayak camping is the beginning at Puerto Viejo de Sarapiquí, through Rio San Juan and ending at Barra del Colorado Wildlife Refuge.

And so much more...

Costa Rica's plethora of extreme adventures also includes skydiving in locations such as Manuel Antonio, Puntarenas and Esterillos, as well as scuba diving in Isla del Caño and Isla Catalina, where it's possible for travelers to see giant devil rays. Travelers interested in surfing may also choose to visit Costa Rica for its massive waves. Some of Costa Rica's most popular beaches include Jaco, the home of the 2016 International Surfing Association World Surfing Games, Playa Naranjo and Pavones.



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## **INSIDER SECRETS: TOP PLACES FOR YEAR-ROUND HIKING AND RAPPPELLING IN COSTA RICA**

Hailed as an adventure traveler's haven, Costa Rica's vast mountains, unspoiled rain forests and active volcanoes provide the ideal playground for millions of thrill seekers who visit the country annually. From hidden gems to popular spots, adventure travel expert and environmentalist Rafael Gallo shares some of the best hiking and rappelling sites in the Central American nation.



Exploring the heights above...

Adventurous souls looking for a height-defying, adrenaline-pumping activity should look no further than rappelling. According to Gallo, one of the top places to rappel in the country is the Catarata del Toro. In fact, a day trip to this hidden gem is a must for those visiting the nearby Poas Volcano.

“The Toro Falls should be a top priority for any traveler who wants to feel the rush of rappelling down one of the most breathtaking waterfalls in our country,” said Gallo.

Located in the town of Bajos del Toro (Central Highlands), travelers visiting the Toro Falls will have the opportunity to view a plethora of vibrant rocks, ferns, moss and wildlife.

“Thrill seekers can rappel down a 300 foot drop, which falls down an extinct volcanic crater. It doesn't get any better than that!” said Gallo.

For those who want to rappel above water in an off-the-beaten-path location, a visit to Wake-up Falls in the Pacuare River is a must. Located on Costa Rica's Caribbean slope, the Pacuare River borders the Talamanca mountain range. One of Costa Rica's most scenic rivers, the Pacuare spans some of the country's most diverse terrains, passing through a densely vegetated rainforest. This tropical environment is home to sloths, monkeys, toucans, parrots, morpho butterflies and colorful frogs, among others.

Thrill seekers can reach the Wake-up Falls by rafting down the Pacuare and can also explore the rainforest walking through scenic trails and bridges.

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What makes this place so special? “Travelers can have the opportunity to rappel 196 feet down the face of the waterfall with four different sections encounters. The last leg is inside the waterfall, allowing adventure seekers the opportunity to cool off,” said Gallo.

Daredevils will find rappelling in Costa Rica Rica’s highest peak to be right up their alley. Gallo recommends a visit to Cerro Chirripo at Chirripo National Park, south of San Jose.

“Rappelling down the Chirripó gets the adrenaline pumping, quickly. It’s definitely not for the faint of heart!” said Gallo. “Here you are at an altitude of over 12,532 feet above sea level – on one side is the Pacific Ocean and on the other is the Caribbean Sea. You feel like you are on top of Costa Rica.”

### Exploring on foot...

Travelers will find numerous opportunities to explore Costa Rica’s natural beauty on foot. Holding five percent of the world’s biodiversity, the country is not short on fauna and flora. Some of this biodiversity can be best explored on the Talamanca mountain range, which lies on the border between Costa Rica and Panama.



“The Talamanca mountain range provides hikers with the opportunity to view a variety of flora and fauna, including over 260 species of amphibians and reptiles and about 400 bird species,” said Gallo. “The best time of day to visit the area is during the early morning, as hikers will have the opportunity to view wildlife at its best.”


For those who prefer volcano hiking, Gallo recommends the Tenorio and Miravalles volcano area, which is located in the northern highland, along Guanacaste’s eastern border.



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Although both volcanoes are dormant, the area thrives with lush forest teeming with exotic fauna, as well as thermal hot springs and waterfalls. The Miravalles Volcano can be reached by hiking with an experienced guide, as there are no well-defined trails. The most popular area in the park is Las Hornellas, where fumaroles can be observed. The Tenorio Volcano National Park features some of Costa Rica's most beautiful waterfalls and natural hot springs.

“Volcanic chemical reactions allow for a unique phenomenon that turns clear water into a spectacular light blue hue,” said Gallo.

According to Gallo, those looking for a challenging hike should pay a visit to the Corcovado National Park located in the Osa Peninsula. Corcovado National Park was named one of the most biologically intense places on earth by National Geographic. The area is home to thousands of plant and animal species that thrive from its soil and water. Among the many types of animals that can be seen in Corcovado are hundreds of species of birds, reptiles and mammals. Nearly a dozen walking trails allow visitors to explore the park's wonders up-close.

“It is one thing to see a monkey or a toucan on television or on the Internet and it is a completely different experience to see it in person. Hear it how! Hear it sing! It's something to be treasured for a lifetime,” said Gallo.



## THE BEST BEACHES IN COSTA RICA

According to the Costa Rica newspaper La República in 2023, once again, Manuel Antonio beach was classified as one of the best in the world, according to the ranking carried out by the Tripadvisor platform. The paradisiacal destination of Costa Rica is ranked 18th. Read more: [The best beaches in Puntarenas, Costa Rica](#) “A beautiful beach with pieces of shiny black sand and calm waters, ideal for relaxing floating,” the publication details. The first three positions on the list are occupied by Brazil, Aruba and Australia. Read more: [The best beaches in Limón, Costa Rica](#).



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