

DISCOVA

Costa Rica





Pura Vida! My name is Carlos and I'd like to welcome you to my beloved country, Costa Rica.

Pura vida translates to “pure life”, and this one phrase, used for “hello”, “goodbye”, and everything in between, describes the Costa Rican way of life!

Costa Ricans – or “Ticos”, as we call ourselves – are relaxed lovers of life's pleasures. We love food and drink and fiestas, and adrenaline-inducing adventures are waiting around every jungle corner. Our country's commitment to sustainability shows that *pura vida* means *all* life, not just human life! Of course, the *pura vida* proof is its success – Ticos rank as some of the happiest and longest living people in the world!

D Costa Rica

Weather in Costa Rica is unlike anywhere else in the world. The country has twelve entirely unique climate zones that range from hot and dry to hot and humid to cold and rainy. Even regions that are geographically close can have completely different microclimates due to elevation and proximity to the equator or the coast.

It can also be said that Costa Rica has two main seasons: dry season and rainy season. Rainy season is commonly known as “green season” because this is when the country’s landscapes burst into their fullest, lushest glory. Even when it does rain, it tends to come down hard for just a few hours in the afternoon, with warm, sunny mornings and clear nights.



D Climate & Weather Averages in Costa Rica

	Destination	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cold Temperatures can rise up to 20 °C during the day but at night can plummet to 10 °C or lower.	San Jose Central Valley Dec – Apr: dry 24°C - 18°C (warm) May – Nov: wet 18°C - 12°C (cold)												
	Guanacaste Dec – Apr: dry Mar – Apr up to 38°C (hot) May - Nov: wet												
Warm Temperatures usually between 20 °C and 30 °C	Manuel Antonio 27°C – 25°C (warm)												
	Monteverde												
Hot Temperatures rise above 32 °C	Arenal Northern Lowlands												
	Caribbean												
Rain Regular rainfall with high humidity and temperatures usually between 25 °C and 27 °C	Osa Peninsula												

* The actual climate of Costa Rica's regions can vary a bit.



Things to Know

Costa Rica



Population

5 million



Capital City

San Jose



Time Zone

UTC/GMT -6



Language

The official language is Spanish, and Costa Rica also recognises regional indigenous languages like Bribri, Maleku, Cabécar, Bocotá, Guaymí and Mekatelyu.



Currency

The Costa Rican currency is called the colón (plural: colones). US dollars are widely accepted, especially in large establishments like hotels and airports, but have colones on hand for meals and public buses. Cash is king in Costa Rica – while some urban establishments will accept credit cards, it's wise to carry cash, especially when travelling to the countryside. ATMs are everywhere, but many close at 10pm.

It's worth noting that Costa Rican cash is absolutely stunning, every banknote featuring gorgeous rainbow portraits of cheerful ecology.



Visa

More than 70 countries and territories, plus all European Union nations, can visit Costa Rica without a visa for either 30 or 90 days. Some guests from countries that need visas to visit can apply for one at the Costa Rica consulate. Other nationalities require a “Costa Rica Restricted Visa”, which needs to be applied for by someone else who is already in Costa Rica.

There is something of a loophole though – visitors from countries that need a visa for Costa Rica are exempt from this requirement if they hold a valid tourist visa for the United States, Canada, an EU member state, a Schengen country, Japan, or South Korea.

Festivals

Live some local traditions

Ticos are no strangers to fiestas, parades, and carnivals. Celebrations erupt throughout the year for a diversity of historic, religious, and cultural commemorations.



Fiesta De Los Diablitos

Known also as the 'Festival of the Little Devils', this is an indigenous Boruca celebration that commemorates the triumph of indigenous culture and arts over Spanish colonisation. This celebration features dramatic hand-carved and painted devil masks, traditional dancing, food, fireworks, and a theatrical costumed re-enactment of the Spanish-Boruca battle.



Dia de la Anexión de Guanacaste a Costa Rica

A celebration of the annexation of north-western Guanacaste from Nicaragua with parades, bullfights, rodeos, and street fiestas throughout the country. Festivities are focused in the eponymous province but it's a country-wide party.

Fleet Available

In Costa Rica, Discova can offer the following fleet through our rich supplier network.



Hyundai H1 Wagon (Max 6 pax)



Toyota Hiace (Max 8 pax)



Coaster Microbus (Max 18 Pax)



Buseta (Max 40 pax)



Coach Bus (Max 50 pax)



The term “Ticos” is an affectionate nickname for all Costa Rican people and things. It was born from a nationwide mannerism of ending diminutives with “tico”, as in “chiquitico” rather than “chiquitito” as used in other Spanish speaking countries.

Responsible Travel Initiatives



Fight Against Single-Use Plastic

By June 2021, Discova aims to have a 100% NO single-use plastic policy in Costa Rica.

- Offering refillable purified water in the vehicles and ensuring all hotels have refillable water stations.
- Encouraging clients to bring their own water bottles or Discova providing a refillable water bottle on arrival.



Social Enterprises

In Costa Rica, we currently recycle all plastic bottles used at our offices with a cooperative of women in the Guanacaste area called COMUREC. We also work alongside a number of social enterprises that empower and create opportunities for disadvantaged members of the community (coffee farmers, rural schools, environmental programs).



Protecting Children

The wellbeing and welfare of children in our communities is one of our topmost priorities. We believe that children are not tourist attractions, and for several years have been working in collaboration with the government and the Instituto Costarricense de turismo in the campaign 'Cero Tolerancia' to improve the standards of child protection in the travel industry.

What to Eat

Taste some local food



Tamal Tico

Tamales are made with masa, or corn-based dough, stuffed with rice, beans, potatoes, vegetables, and meat, then wrapped in banana leaves and steamed. Ticos have been eating tamales for thousands of years, and the ceremony of making and eating them is a Christmas tradition.



Picadillo de Papas

Picadillos are typical Costa Rican fare, and picadillo de papas, or potato picadillo, is a treasure of the northern highlands. Fry chopped potatoes with bell peppers, onions, and ground meat (almost like a hash) and serve with tortillas, rice, and beans for a simple and hearty meal.



Resbaladera

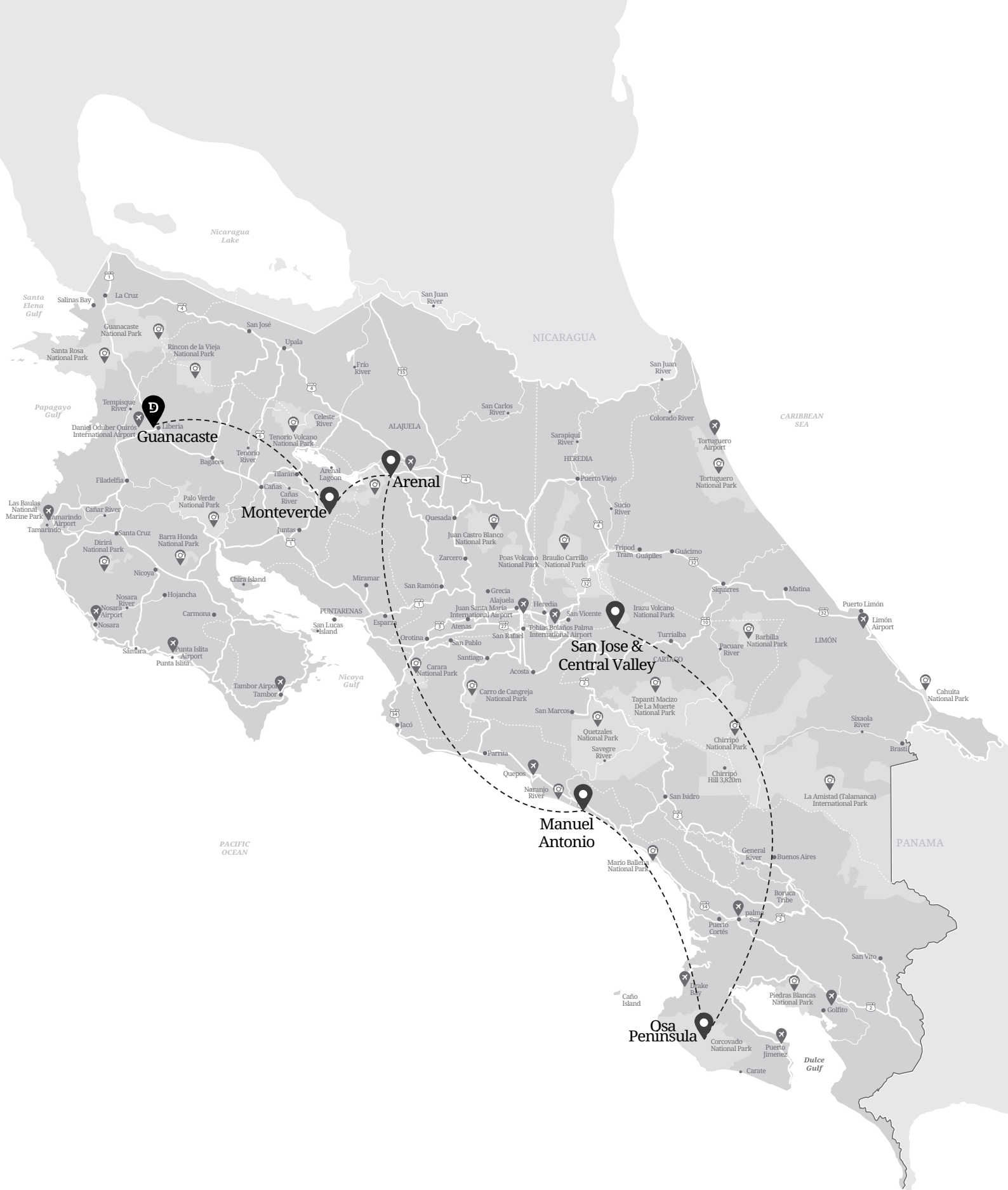
The rest of Central America has horchata, but Costa Rica has resbaladera, a drink so thick and creamy that its name translates to “slide”. Made with rice, barley, milk, and spices like cinnamon and clove, it’s the traditional beverage of Guanacaste and the perfect refresher on a hot day.



Gallo Pinto is the unofficial national dish of Costa Rica – and one of my favourites! Rice and beans cooked with peppers, onions, and spices, the dish is simple but superb. It’s served everywhere, all the time, but especially for breakfast with a tortilla, fried plantains, a side of eggs, and definitely coffee.

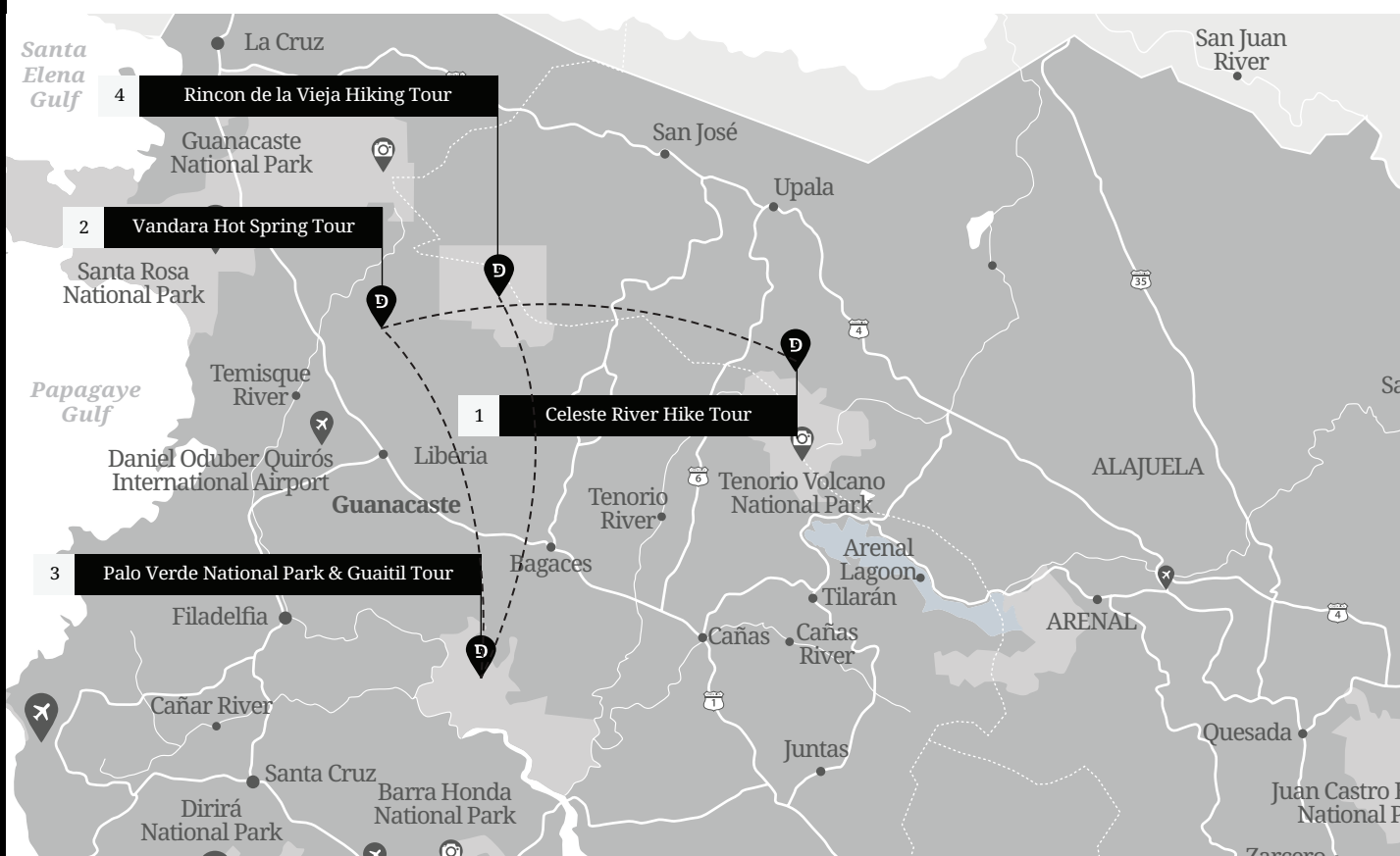
Join us on an imaginary 16-day tour through Costa Rica and learn how to make it your own.

Costa Rica is a tropical paradise embraced by the Pacific Ocean and the Caribbean Sea. Thanks to its rich biodiversity and abundant wildlife, this beautiful country has been attracting eco-tourists for decades. With splendid beaches that spill into sparkling blue waters, the lush rainforest, the many peaceful conservation areas, its impressive volcanos, the outstanding adventure sports, and the vibrant local culture, Costa Rica welcomes travellers in search of an all-round experience. Get ready to learn the true meaning of the Pura Vida lifestyle!



Guanacaste

Guanacaste's arid landscape is cowboy country, where raucous rodeos erupt almost every summer weekend. Tropical dry forests flourish in the dry climate, quite different from the wet rainforests found throughout the rest of the nation. Bahia Salinas offers world-class kitesurfing on remote beaches, while Tamarindo is famous for surfing and fishing further south. Papagayo is home to an "eco golf" resort, where white-faced monkeys and more than 100 bird species whistle over 18 holes.





1. Celeste River Hike Tour

A natural encounter visiting a gorgeous reserve, where visitors will take a peaceful hike to the Celeste River Waterfall, a unique stream of a vibrant turquoise blue surrounded by emerald green forest. During the journey spot the unique flora and fauna of the Tenorio National Park. A delicious typical lunch will be served to recover some energy before going back to the hotel. This is a great adventure for photo aficionados and nature lovers.

Discova the Difference

A new and different product where travellers will take a walk across the rainforest to the beautiful Rio Celeste waterfall, and then visit a private natural reserve to continue the adventure.



2. Vandara Hot Spring Tour

This tour begins with a comfortable ride where travellers visit the Vandara Hot Springs & Adventures Park for a day of joyful experiences. Enjoy activities like horse riding, ziplining through the canopy, whizzing down water slides, and even taking a soothing dip in the Tizate thermal pools. There's also a very interesting cultural activity included. After an incredible day of adventure, enjoy a delicious lunch before going back to the hotel.

Discova the Difference

Travellers will enjoy a private service, lunch will be served in an exclusive area of the Tizate thermal pools (not in a public restaurant) and the use of the pools will be exclusively for Discova travellers.



3. Palo Verde National Park & Guaitil Tour

An adventure that takes travellers on a tranquil boat ride along a gorgeous river in the Palo Verde National Park, surrounded by the stunning rainforest inhabited by an innumerable variety of animal species and exotic vegetation. The tour includes a visit to the town of Guaitil, famous for its clay handicrafts.

Discova the Difference

This natural and cultural tour is operated at a different hour to offer travellers exclusivity and comfort. A visit to an artisan village provides travellers with an opportunity to learn about clay vessels as well as receive a unique farewell gift.



4. Rincon de la Vieja Hiking Tour

Travellers will visit the Rincon de la Vieja National Park to hike the rainforest and contemplate the volcanic activity. After a mesmerising natural encounter, enjoy a visit to an organic garden for an opportunity to choose from a variety of freshly harvested products to be served with a traditional lunch later.

Discova the Difference

Travellers will have the opportunity to visit the farm of the Hacienda, enjoy a tasty cocktail during the tour, and after having finished the visit, choose fresh, organic products which will be used to prepare a delicious salad during lunch.



Our Recommended Hotels

Guanacaste



Dreams Las Mareas



Salinas Bay, Guanacaste, Costa Rica.

This luxurious all-inclusive resort is located in the middle of the jungle and next to the El Jobo beach, 17 km away from the Guanacaste National Park and 20km from La Cruz city.



Riu Guanacaste



Matapalo Beach, Guanacaste, Costa Rica.

This sprawling all-inclusive resort faces Matapalo Beach and is 6 km from The Congo Trail Canopy Tour and 20 km from Playas del Coco attractions.



The Kasiiya Papagayo Retreat



Matapalo Beach, Guanacaste, Costa Rica.

Founded with a deep respect for the surrounding environment, Kasiiya offers guests the opportunity to rediscover the true value of time, absorb breathtaking vistas overlooking two untouched beaches and experience delicious and nutritious food prepared by our talented chef.



Secrets Papagayo



3 Km North West from Panama Beach, Guanacaste, Costa Rica.

Secrets Papagayo Costa Rica is located on the beautiful Papagayo Peninsula in Guanacaste, Costa Rica. Just 20 minutes from the Liberia International Airport, this Adults Only resort will seem to be totally removed from everyday life.



Bosque del Mar Hotel

★ ★ ★

 Tamarindo Beach, Guanacaste, Costa Rica.

A captivating haven surrounded by nature, this paradise captures the tranquility of the forest mixed in harmony with the warmth of the beach. This hotel offers a luxurious experience full of comfort and relaxation, ideal for any kind of traveller.



Captain Suizo

★ ★ ★ ★

 Tamarindo Beach, Guanacaste, Costa Rica.

Capitán Suizo is an environmentally conscious four star, beachfront boutique hotel in Tamarindo where it is implicit that nature and animals are integrated with love and respect. The hotel is set beneath native trees and nestled between rich, organically maintained gardens which house a wide variety of wildlife.



Cala Luna Boutique Hotel & Luxury Villas

★ ★ ★ ★

 Tamarindo Beach, Guanacaste, Costa Rica.

Where the ultimate luxury getaway meets comfort, style, nature and the pinnacle of personalized service, Cala Luna Luxury Boutique Hotel is your destination for relaxation and adventure. Nestled amid old-growth trees and native tropical vegetation, our beach resort is celebrated for not only our world-class service and dedication to our guests but also our mission to celebrate and protect the beauty of Costa Rica.



Bahia del Sol Beach Front Hotel

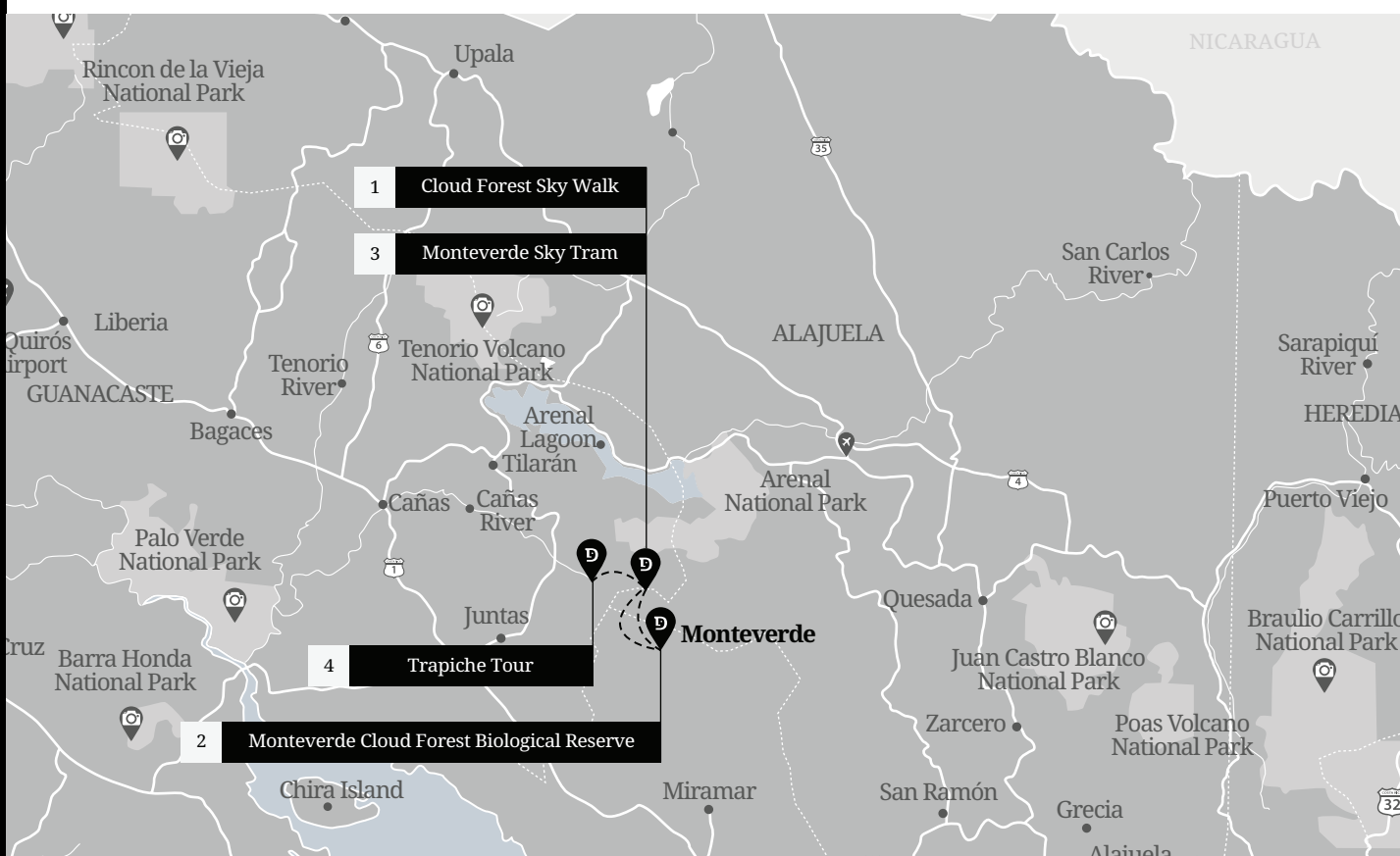
★ ★ ★ ★

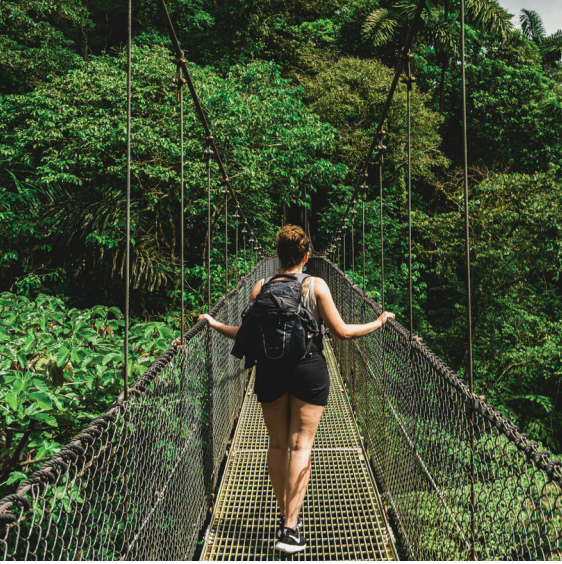
 Potrero Beach, Guanacaste, Costa Rica.

The sunny province of Guanacaste in Costa Rica's North Pacific hosts the unique, exclusive and romantic Bahía del Sol Beach front and boutique hotel, located just a few steps from the tranquil waters of Potrero Beach, one of the safest beaches of the Pacific Coast.

Monteverde

Monteverde is a city settled in the mountainous northwest of Costa Rica. Recognized for its biodiverse forests in the clouds, the famous Monteverde Cloud Forest Reserve is home to an infinity of fauna species, including jaguars, ocelots, and the splendid quetzal with its colorful feathers. Ferns and orchids can be seen along the reserve's trails too. The natural splendour of this beautiful place can be enjoyed walking on high-altitude suspension bridges over the forest.





1. Cloud Forest Sky Walk

Sky Walk is a guided tour along suspension bridges as long as 984 feet and up into the heights above the canopy of Monteverde cloud forest. Along the way, learn about Costa Rica's amphibians and reptiles, including a variety of venomous and non-venomous snakes, poisonous frogs, toads, lizards and turtles.



2. Monteverde Cloud Forest Biological Reserve

Visitors will enjoy a magical sustainable tourism experience that celebrates nature while exploring the Monteverde Cloud Forest Biological Reserve, the first private forest designated for wildlife conservation, investigation, and environmental education.



3. Monteverde Sky Tram

Travellers will enjoy a ride on an open-air gondola that will rise smoothly through the forest, offering stunning views during a mountainous ascent. This experience is a unique opportunity to admire the distinctive flora and fauna that can only be spotted from above, without much physical effort. The gondolas take visitors to the top of the mountains, where there's an observation platform - an ideal place to appreciate the unique landscape.



4. Trapiche Tour

The tour takes travellers to enjoy a short walk through a family farm visiting its sugar cane, coffee, and cocoa plantations. They'll get a glimpse of the entire processes that these delicious products go through before getting to the table of thousands of people. Then, they'll ride a Costa Rican ox cart to experience the process of making liquor and candy out of the sugar cane.

Our Recommended Hotels

Monteverde



Poco a Poco Hotel

★★★★★

📍 Monteverde, Puntarenas, Costa Rica.

In Monteverde, at the end of the year 2000, circumstances led a Costa Rican man to make one of the most important decisions of his life. While the construction of his own house was on, the idea to convert it into a small luxury hotel in the Cloud Forest of Monteverde came out, and after a lot of careful planning and hard work, the result was a beautiful and cosy hotel in the mountains of Costa Rica.



El Establo Mountain Hotel

★★★★★

📍 Monteverde, Puntarenas, Costa Rica.

Set on a lush hillside, this peaceful hotel occupies a sprawling complex of buildings overlooking the forest, an 11-minute walk from the Monteverde Butterfly Garden and 4 km from the Monteverde Cloud Forest Reserve.



Hotel Belmar

★★★★☆

 Monteverde, Puntarenas, Costa Rica.

Located in Costa Rica's lush cloud forest, nestled in the mountaintops of Monteverde, the venerable, renowned Hotel Belmar offers its guests truly unique experiences full of natural wonder, elegance, and warm friendly service – all with an unprecedented sensitivity to the conservation of the environment.



Fonda Vela Hotel

★★★★

 Monteverde, Puntarenas, Costa Rica.

Fondavela is an exclusive mountain hideaway, immersed within nature in a privileged location. The Fondavela hotel has luxurious accommodation and great facilities for a perfect stay.

The Fondavela property is wide and spacious, full of nature and tropical gardens; with 9 hectares of land, and spacious rooms. Here, you will be able to just relax and enjoy Monteverde at this elegant lodge.



Monteverde Cloud Forest Lodge

★★

 Monteverde, Puntarenas, Costa Rica.

We're all about "GO-GREEN" which means we are environment-friendly and nature-friendly. In other words, we have minimal, or no harm upon ecosystems or the environment. This brings a positive experience to the local people and the touring guests without interfering with the natural habitat of fauna and flora in the region.



Monteverde Mountain Hotel

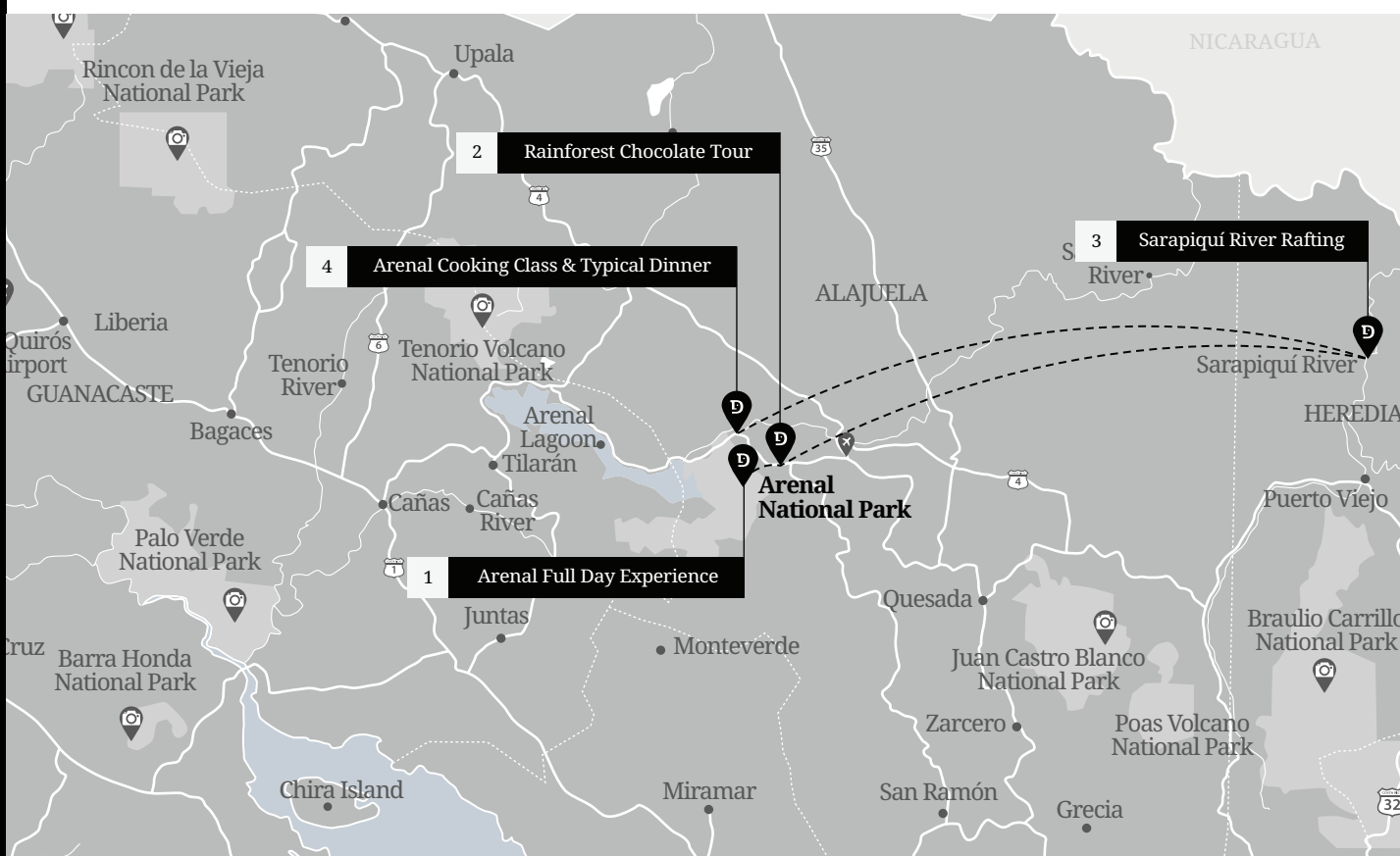
★★★★☆

 Monteverde, Puntarenas, Costa Rica.

Above the Gulf of Nicoya, near the cloud forests of Monteverde, sits the Hotel Montaña Monteverde. This comfortable, homey hotel allows guests to take full advantage of the gorgeous surroundings and experience the natural wonders of Costa Rica. It's a prime location for anyone who wants to get away from the daily grind.

Arenal

Costa Rica is undoubtedly a destination that offers some of the most exceptional eco-tourism opportunities in the world. It is the Arenal National Park that houses most of the natural wonders of this country. From the majestic Arenal and Chato volcanoes to the magnificent rainforest with its impressive rivers and the beautiful hot springs, Arenal is the best spot for enjoying a natural encounter and a natural encounter and unforgettable experiences.





1. Arenal Full Day Experience

Spend a full day taking in everything Arenal has to offer. This is a four-in-one experience: move from hanging bridges to hiking waterfalls, then trek up a volcano, and finally kick back and relax in Titoku Hot Springs.



2. Rainforest Chocolate Tour

Considered as “a gift of the Gods”, the cacao tree was essential to the ancient cultures of Mesoamerica. Cacao was used to prepare ceremonial drinks, and the seeds were also used as currency in many regions of Mesoamerica. In this tour, visitors will have the opportunity to learn interesting aspects of cocoa and chocolate from its origin and history. They will get to participate in the whole production process from the harvesting of the fruit to the drying and grinding of the seed, to preparing the traditional drink, and of course, they will also get to enjoy the high-quality organic chocolate.



3. Sarapiquí River Rafting

The Sarapiquí River Rafting experience allows visitor to discover the amazing flora and fauna of Arenal while whizzing down the thrilling river. The clear, refreshing waters serpentine through the tropical jungle and offer a variety of waves and rapids and some great spots for swimming, making this a wild, safe adventure for all kinds of travellers.



4. Arenal Cooking Class & Typical Dinner

This experience is an educational tour where visitors will learn about responsible production in harmony with the environment, developing a change of mentality towards environmentally friendly practices. Travellers will learn about traditional Costa Rican crops such as sugar cane, coffee, corn, yucca, cocoa, bananas, plantains, and many more. They will also get to enjoy delicious sugar cane juice obtained by the “trapiche”, a traditional handmade process.

Our Recommended Hotels

Arenal



Amor Arenal

★★★★★

📍 La Fortuna, Arenal, Alajuela, Costa Rica.

Amor Arenal lies at the foothills of the Arenal volcano, on the edge of a virgin forest canyon. Shower overlooking the rainforest. Walk from your room to our jungle trails. Soak in our spring pools. Eat an all-organic menu of healthy and delicious food. Enjoy our Jaranita where you can feel the “Pura Vida” vibe



Arenal Kioro Suites & Spa

★★★★★


📍 La Fortuna, Arenal, Alajuela, Costa Rica.

This quiet touristic complex surrounded by 2 streams is located in an area of 11 hectares of tropical gardens. It is very close to the main natural attractions such as the Arenal volcano, the famous hanging bridges, and La Fortuna waterfall.



Tabacon Thermal Resort & Spa

★★★★★

 La Fortuna, Arenal, Alajuela, Costa Rica.

This refined tropical spa centre with natural hot springs is 0.6 mi from the hiking trails of the Mirador el Silencio Reserve and 2.5 mi from the viewpoint and lava trails of the 1968 Arenal Volcano.



Lomas del Volcan

★★★


 La Fortuna, Arenal, Alajuela, Costa Rica.

Located on a farm on a hillside overlooking the Arenal Volcano and the surrounding rainforest, these pleasant log cabins are 4 km from Kalambu Hot Springs Water Park and La Fortuna city centre.



Montaña de Fuego, Mountain Resort & Spa

★★★★★

 La Fortuna, Arenal, Alajuela, Costa Rica.

A paradise where the sloths perch, the rainbow toucans stroll and the evergreen rainforest is so captivating you won't want to leave. While cleansing your mind with the fresh air of the rainforest in our exclusive Private Natural Reserve with one hundred acres of pure tropical forest, crossed by rivers and waterfalls, you can also nourish your soul with eco adventures just waiting to be explored. Montaña de Fuego Eco Resort&Spa invites you to experience an authentic Eco vacation in a hotel inspired by nature at the foot of the Arenal Volcano.



Tilajari Hotel Resort & Conference Center

★★★★☆

 Muelle de San Carlos, San Carlos, Alajuela, Costa Rica.

We are the favourite resort hotel in San Carlos area. Tilajari is characterised by its strategic location in the heart of northern Costa Rica. The facilities are surrounded by large gardens on the banks of the San Carlos River, in a property that combines cattle fields and tropical forest framing the natural magic of the area.

San Jose and Central Valley

Nearly two-thirds of Costa Rica's population lives in the Central Valley region, which encompasses the busy capital of San José. San José may seem like an unremarkable concrete jungle compared to its rainforest surroundings, but its historic neighbourhoods and museums are worth exploring. Be sure to get out of the city, though, and into the surrounding Central Valley, where a mountainous wonderland of volcanic parks, wildlife, coffee plantations, and roaring rivers awaits.





1. San Jose Cultural City Tour

Explore San Jose and its museums, drinking in Costa Rican culture on the way. Stop off at local eateries during the exploration to get a better taste of the country through its cuisine.

2. Volcanoes and Coffee

Journey out of the city to the edge of the crater of the active Poas Volcano. Then, continue onto one of Costa Rican's famous coffee plantations to learn the full process of coffee making from bean to a delicious cup of coffee.



3. Orchids and Active Volcanoes

Take a guided walk through one of the main research and conservation centres for orchids in Costa Rica. Follow up the flowers with a visit to the highest active volcano in Costa Rica, Irazu Volcano.



4. A Day of Adventure

Make the most of your stay in Costa Rica by experiencing all of the top adventure activities in one day. Fly over the treetops in an aerial tram, soar with the birds on a zip-line, and dangle (figuratively) over a sheer drop on a hanging bridge. Make an educational stop at a butterfly garden for a little balance.

Our Recommended Hotels

San Jose and Central Valley



El Presidente

★★★★★

📍 San Jose City, San Jose, Costa Rica.

Hotel Presidente has been a presence for four generations – from its roots in the world of fashion to its enduring emphasis on authentic Costa Rican hospitality. San Jose welcomes the adventurous at heart... and has your chance to experience our neighborhood like a local.



Hotel Grano de Oro

★★★★★


📍 San Jose City, San Jose, Costa Rica.

Hotel Grano de Oro is located in San José, Costa Rica. Close to restaurants, theaters, shops and easy access to the capital's commercial area.



Finca Rosa Blanca

★★★★★

 Santa Barbara, Heredia, Costa Rica.

For more than 30 years, Finca Rosa Blanca has focused on the highest quality of service in the hospitality industry, paired with authentic experiences and the local flavor of Costa Rican culture.



Hotel Xandari Resort And Spa

★★★★★

 Alajuela, Costa Rica.

Art and architecture are highlights of the Xandari experience in Costa Rica. 24 spacious villas nestled on a 40-acre plantation are surrounded by lush gardens, with terraces facing spectacular views of Costa Rica's majestic Central Valley day and night. Each is a unique design, with tropical colours and contemporary design.



Chayote Lodge

★★★★★

 Naranjo, Alajuela, Costa Rica.

Chayote Lodge is a new lodging concept where the unique combination of culture and nature meet to share with its guests one of the most valuable treasures of Costa Rica: our authentic lifestyle and culture.



Radisson Hotel San Jose - Costa Rica

★★★★★

 San Jose City, San Jose, Costa Rica.

This stylish hotel offers an outdoor swimming pool, an indoor heated pool, and a conference centre. Each spacious room includes free Wi-Fi and an iPod dock.

Osa Peninsula & Golfo Dulce

The Osa Peninsula is a truly wild landscape, a region so remote that no paved roads exist to its most beautiful depths. The secluded peninsula is home to Corcovado National Park, a rainforest occupied by hundreds of bird and mammal species including jaguars, ocelots, monkeys, and sloths. Bordering Golfo Dulce is one of the world's most biodiverse marine landscapes, inhabited by dolphins, whales, and bioluminescent algae. Some of the world's tallest and oldest trees grow in the Golfo Dulce Forest Reserve at the top of the bay.





1. Corcovado National Park

Explore Corcovado National Park on a day trip into its beautiful depths. Hike along the beach to the station (La Leona) while a guide points out animals and their habitats along the way. It's common to see several species of monkeys, toucans, macaws, and sloths! Hike until El Barrio Point, and then cross the Madrigal River for a chance to swim in its crystal clear water.



2. Snorkelling and Diving Isla Cano

Depart from Colorada Beach in Drake Bay by boat and ride the 8 miles to Caño Island. This area is not only thick with jungle and marine life but also home to one of Costa Rica's premier dive spots.



3. Dolphin and Whale Watching Tour

Dolphins, whales and seabirds play off the coast of Colorada beach, so head out into Drake Bay to meet them. Spotted, bottlenose, common, rough-toothed, and spinner dolphins can all be seen year-round, while humpback whales migrate into Costa Rica only seasonally. Stop by June through September for Southern Humpbacks, and December through April for Northerns.



4. Chocolate Making in the Jungle

Spend the afternoon learning the full chocolate process on a small cacao farm in the jungle close to Corcovado National Park. First learn the process, then try it out! Make a chocolate bar by hand straight from the farm's cacao beans – what better souvenir is there?

Our Recommended Hotels

Osa Peninsula



Lapa Rios Lodge

★ ★ ★

📍 Puerto Jiménez, Puntarenas, Costa Rica.

This eco-friendly, informal, all-inclusive hotel, overlooking the Pacific Ocean, is located in a 400-hectare rainforest reserve, a 7-minute walk from Pan Dulce Beach and 18 km from Puerto Jiménez Airport.



El Remanso Lodge

★ ★ ★

📍 Puerto Jiménez, Puntarenas, Costa Rica.

On the untamed Osa Peninsula, marking the remote southwestern tip of Costa Rica, wildlife is diverse, rare tropical lowland rainforest thrives, and our ocean tide-pools, dense rainforest trails, and roaring waterfalls add up to the castaway escape you've always imagined.



Casa Corcovado Jungle Lodge

★★

📍 Drake Bay, Puntarenas, Costa Rica.

Corocovado, it's over 160 meters above the meeting of the Golfo Dulce with the Pacific Ocean, cradled in the pristine jungles of the Osa Peninsula of Costa Rica, there is a paradise. Bosque de Cabo is a romantic retreat and any naturalist's dream come true.



Bosque del Cabo

★★★

📍 Puerto Jimenez, Puntarenas, Costa Rica.

Crowning a point 500 feet above where the Golfo Dulce meets the Pacific Ocean, nestled in the unspoiled jungles of Costa Rica's Osa Peninsula is a paradise found. Bosque del Cabo is a premier Costa Rica Eco Lodge offering a romantic rainforest getaway and a naturalist's dream come true.

Manuel Antonio

Stretched out across a hilltop, Manuel Antonio is one of Costa Rica's most popular destinations, not least for the view from its heights across the Pacific Ocean and into the rainforest to its back. Some of the country's most beautiful beaches are in this region, offering water sports like kayaking, surfing, sailing, and fishing. The crown jewel is Manuel Antonio National Park – 680 hectares of trekking trails leading to waterfalls and private beaches.





1. Manuel Antonio National Park

Experience the mysteries of the rainforest at Manuel Antonio National Park. Choose between three different trails with a range of physical difficulty, stopping at a halfway point for a leisurely break at Third Beach. Keep an eye out while hiking – the park is famous for its flora and fauna, including three out of four of the country's existing tropical primate species.



2. Cultural Immersion Boruca Tribe

Dive deep into Costa Rica's South Pacific indigenous culture by visiting the Boruca tribe. Take part in a traditional mask-making workshop, learn about Boruca history at a community museum, and finish off the day with a traditional lunch accompanied by a live performance of a famous Boruca legend.



3. White Water Rafting

The Savegre River delivers class 3 rapids and is filled with bends and turns of excitement past scenic jungle views. Spend 2 ½ hours on a raft taming the rapids, taking occasional breaks to rest and admire the landscape. The water calms down towards the end of the trip, offering the perfect opportunity to relax and watch the birds fly by overhead.



4. Catamaran Adventure

Chart a catamaran course from Quepos past Manuel Antonio National Park, drifting by incredible scenes of islands, cliffs, and rock formations. The guide will point out notable wildlife and vegetation, so have a camera ready! Drop anchor at Beisanz Bay for snorkelling, where parrotfish, angelfish, starfish, and even dolphins abound.

Our Recommended Hotels

Manuel Antonio



Parador Resort & Spa Manuel Antonio

★★★★★

📍 Manuel Antonio, Puntarenas, Costa Rica

This luxury resort on the Pacific Ocean coast is surrounded by tropical jungle and is a 6-minute walk from Biesanz Beach and 5 km from Manuel Antonio National Park.



Si Como No & Wildlife Refuge

★★★

📍 Quepos, Puntarenas, Costa Rica.

Located along Costa Rica's Central Pacific coast, Si Como No is a uniquely special Manuel Antonio Resort and Wildlife Refuge that sits atop one of the most idyllic hillsides in Manuel Antonio.



Arenas del Mar Beachfront & Rainforest Resort

★★★★

📍 Manuel Antonio, Puntarenas, Costa Rica.

This refined tourist complex, surrounded by tropical jungle and located on a cliff overlooking the Pacific Ocean, is located a 1-minute walk from Playitas and 2 km from the Manuel Antonio Nature Reserve and Wildlife Refuge.



Makanda by the Sea

★★★★

📍 Manuel Antonio, Puntarenas, Costa Rica.

Located on a hillside overlooking the Pacific Ocean, this striking adults-only hotel is a 13-minute walk from Biesanz Square and 4 km from Manuel Antonio National Park.

Other Regions



Sarapiquí

At the border of Nicaragua, two rivers flow through Sarapiquí, irrigating it into fertility. The region is lush and green, blanketed with farms that produce coffee, corn, cacao, and fruits. The Rio Sarapiquí is an adventure tourism destination prime for white water rafting, and a number of local national parks and nature reserves protect incredible biodiversity and endangered species.



Nicoya Peninsula

The Nicoya Peninsula is a Pacific Ocean paradise, a lazy stretch of mountainous shoreline famous for its excellent surfing and laid-back lifestyle. This is one of the world's five "blue zones", where people live longer and healthier lives than anywhere else in the world. The lifestyle here either causes or reflects that longevity, especially in bohemian Montezuma. Residents focus on art and wellness, surrounded by picturesque waterfalls and thick jungles swollen with life.



Tortuguero

Tortuguero is the gateway to Tortuguero National Park, a critical protected nesting site for loggerhead, hawksbill, leatherback, and green sea turtles. The rain-soaked region is connected by a network of rivers, freshwater canals, lagoons, beaches, and wetlands, all navigable by boat. The forest is ancient, dense, and diverse, supporting hundreds of tree species, thousands of plant species, and a full half of the country's bird species, as well as large rare wildlife like manatees and jaguars.



Puerto Viejo

Puerto Viejo de Talamanca lounges on the Caribbean coast, an endless stretch of beaches to explore including the black-sand Playa Negra. Its low-key and hammocked vibe hasn't inhibited its legendary nightlife one bit. But there's more here than sand, surfing, seafood, and siestas! Visit the Gandoca-Manzanillo National Wildlife Refuge to experience one of the only mangrove swamps in the Caribbean, or the coral reef and shipwreck dive site in Cahuita National Park. The Bribri tribe lives on the Kekoldi Indigenous Reserve nearby, rebuilding the region's population of the endangered green iguanas at the Green Iguana Project.

Our Recommended Hotels

**Nicoya Peninsula, Nosara, Montezuma,
Santa Teresa**



Nantipa Lodge

★★★★

📍 Santa Teresa, Puntarenas, Costa Rica.

You are one step away from the true blue: the immensity of the ocean expands in front of you making your days last longer, your life richer. Nantipa, the Chorotegan word for blue, is the essential colour that envelops this unique luxury experience we are eager to share, with both nature and leisure lovers from all around the globe.



Nammbú Beachfront Bungalows at Playa Carrillo

★★★

📍 Carrillo Beach, Guanacaste, Costa Rica.

Nammbú is a family hotel designed to offer our customers an excellent service in a paradise beach. Located in beautiful and unspoiled Playa Carrillo, Nammbú offers first class service and accommodation along with a high concern in the natural environment conservation.



The Harmony Hotel

★ ★ ★

📍 Guiones Beach, Guanacaste, Costa Rica.

Inspired by old school tropical destinations of eras that appreciated low key glamour and total escape, The Harmony Hotel opened in 2004. From the beginning, it has been a passion project for the owners—a couple who met surfing in Nosara—and all those involved in creating the lush, sustainable property where guests now mingle with hummingbirds and howler monkeys.



Hotel Boutique Lagarta Lodge.

★ ★ ★ ★

📍 Nosara Beach, Guanacaste, Costa Rica.

The boutique hotel Lagarta Lodge in Nosara, on the Nicoya peninsula, is beautifully situated, with two rivers, expansive sandy beaches, and woods along the Pacific shores of Costa Rica. The eco-lodge maintains its own, private nature reserve with magnificent mangrove trees.

Unique MICE venues

We offer a range of MICE services in
Costa Rica



Dreams Las Mareas

Guanacaste

The facilities at Dreams Las Mareas are optimized for meetings and events. The hotel is packed with ideal facilities for all group sizes.

The Convention center accommodates up to 520 people, plus they offer three boardrooms, a council room, and a full-service business center.



Costa Rica Convention Center (CRCC)

San Jose

The Costa Rica Convention Center (CRCC) is an eco-friendly, advanced architectural work inspired by the country's biodiversity, culture, and authenticity. The design was conceived to create unique experiences for visitors in a sustainable, modern, and versatile venue. Equipped with state-of-the-art technology and highly qualified staff, this venue is set to make your event a great experience.



The Westin Reserva Conchal

Guanacaste

The Westin Golf Resort & Spa, Playa Conchal, features 8,450 square feet of event space, making it the ideal venue for meetings or conferences. Guests enjoy thoughtful amenities and a prime location in Costa Rica. The venue is wired with state-of-the-art AV equipment and includes high-speed internet access.

Tribes

Adventure Seeker

It's like Costa Rica was designed with adrenaline in mind – there's adventure around every corner of this country.



Costa Rica is wet, and that means **white water rafting** here is superb. Barrel down rivers and through the rainforest, racing around bends embraced by lush green jungle. There's opportunities to try white water rafting in nearly every region, but the Pacuare and Sarapiquí rivers are exceptional options.



Many people come to Costa Rica to see its rainforests – what about seeing them from the treetops? **Zipline** next to an active volcano in Arenal, or head to Monteverde to literally fly through the clouds in one of the world's best-preserved cloud forests.



Much of the country's wildlife is underwater – 3.5% of the world's total marine biodiversity, in fact. **Go diving** in the Catalina Islands of Guanacaste to see coral reefs thriving vibrantly on volcanic formations, or dive with bull sharks and hammerheads in the Bat Islands and Cocos Island.

Culture Enthusiast

Costa Rica is most famous for its flourishing biology, but its human diversity is even more extraordinary.



For thousands of years, indigenous tribes shaped the country now known as Costa Rica, and it's possible to meet a **master artist from the Boruca tribe**. Learn about the history and culture of the Boruca people through a mask-carving workshop, where wooden masks are hand painted with scenes of legends and daily life.



Painted oxcarts have become a symbol of Costa Rica in general, but this quirky tradition began 100 years ago in Sarchi. See the **painted oxcarts of Sarchi** to see how this fine art has been passed down for generations, each craftsman adorning oxcarts with completely unique patterns, landscapes, and designs. No two have been the same since the art form began to flourish in the 1900s.



Guaitil located in Guanacaste, preserves one of the last remains of the Chorotega pottery tradition, which refuses to disappear. **Chorotega pottery** reached its splendour in the pre-Columbian period, and, with the arrival of the Spaniards, it almost vanished. Fortunately, in the town of Guaitil, the cultural heritage of this art has been kept alive, passing from generation to generation until today.

Nature and Wildlife Lover

With 5% of the world's total biodiversity and a commendable commitment to sustainability, Costa Rica is a true paradise for nature lovers.



Hike in Corcovado National Park, a reserve on southwest Costa Rica's Osa Peninsula that protects varied tropical ecosystems. Considered one of the world's most biodiverse regions, its wildlife includes scarlet macaws, tapirs, jaguars and squirrel monkeys. Hiking trails follow coastal and inland routes through habitats ranging from Pacific beaches and mangrove swamps to lowland and montane rainforests.



Home to 10% of the world's avian population, Costa Rica offers incredible **birdwatching** nationwide. Go with an ornithologist guide to encounter some of the 850 bird species – whether you're an aspiring birdwatcher or a more advanced twitcher, there will definitely be something of interest.



Whale watching and turtle nesting on the Pacific Coast offers a truly incredible experience! From Dominical to the Osa Peninsula, there are whales to be spotted, and over 100,000 olive ridley sea turtles can take over Ostional's beaches in a single day if you're there at the right time.

Curious Learner

Costa Rica's post-colonial eco-politics and priorities are just as fascinating as its 10,000-year pre-Columbus history.



Explore Costa Rica's commitment to conservation at one of its **wildlife research centres**. Learn about ecology, biodiversity, and sustainability in Monteverde, find out about the rehabilitation of jaguars and iguanas in Puerto Viejo, and understand the nesting rituals of sea turtles in Tortuguero.



Learn the secrets to longevity on the **Nicoya Peninsula**, one of the world's five "Blue Zones" where people live longer than their countrymen – and Costa Ricans as a whole already live longer than much of the rest of the world! Research suggests that longevity is 30% genes and 70% lifestyle – learn the *pura vida* difference in Nicoya.



Much of the country's knowledge about its indigenous heritage was erased by colonialism, but what remains suggests a prosperous region well-populated by a diversity of tribes and cultures. The **Guayabo National Monument** is the only major archaeological site that has been uncovered in Costa Rica. The remains of an abandoned city, populated by 10,000 people and built with paved roads, stone bridges, and aqueducts, are open to the public.

Beach Lovers

There's a perfect stretch of sand waiting for every kind of beach bum.



For an all-inclusive experience, head straight to **Guanacaste**. Resorts, spas, and massage tables await to provide a lazy, luxurious vacation complete with eco-golf courses, national parks, and sparkling beaches that stretch straight up the pacific coast.



Travellers in search of adventure should head straight to the rugged depths of the **Osa Peninsula**. Discover secret, secluded beaches tucked far away from the beaten track, where ancient jungles hug the coastline and dolphins dance in the Golfo Dulce.



Nosara and Tamarindo offer the perfect combination of coastline and culture; sand and civilisation. Sunbathe and hang ten in the morning, stop for a beerbreak at a surf shack, spend the afternoon shopping through cute beach towns, and finish the day over sunset cocktails at a romantic restaurant.

Guanacaste

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