



CARIBE

Cultural and Tourist Guide



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Caribbean Culture

- obturcaribe.ucr.ac.cr
- tecdigital.tec.ac.cr/servicios/
- musicapopularencostarica.wordpress.com
- [Municipalidad de Limón](#)
- [Municipalidad de Pococí](#)
- [Municipalidad de Siquirres](#)
- [Municipalidad de Guácimo](#)
- [Municipalidad de Talamanca](#)
- [Municipalidad de Matina](#)

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Municipality of Matina



Costa Rican Tourism Board



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Acronyms:
WR: Wildlife Refuge
NWR: Wildlife National Refuge
BR: Biological reserve

10 things every tourist should see and do in the Caribbean

1

Enjoy nature in protected areas



2

Visit the fabulous beaches of the Caribbean and participate in the activities on offer



3

Savor Caribbean cuisine



4

Learn about and share traditional practices of indigenous peoples



5

Enjoy community tourism



6

Learn about and share traditional practices of indigenous peoples



7

Delight in navigating the river canals



8

Buy local handicrafts



9

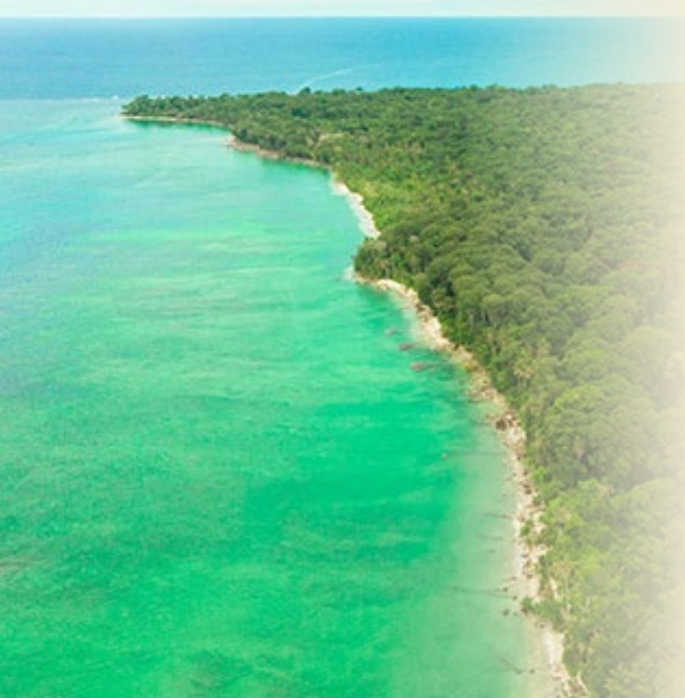
See heritage buildings



10

Have fun with adventure activities



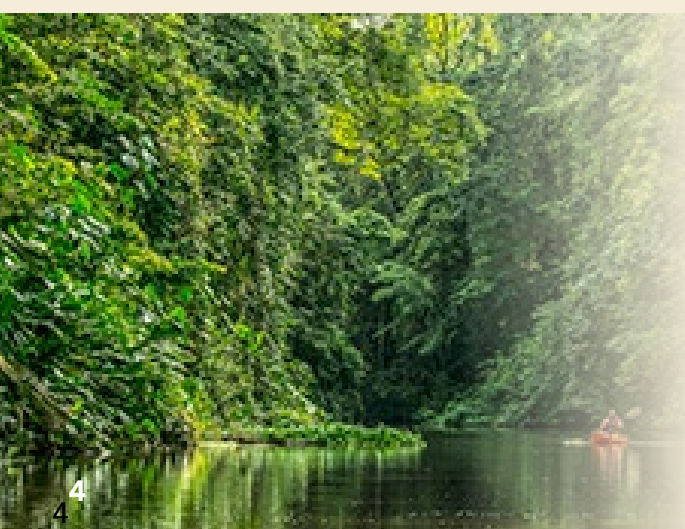


The province of Limón is the Caribbean region of Costa Rica. Its culture is unique in Costa Rica, a way of life that allows visitors to appreciate its traditions in all their splendor, an experience of euphoric and captivating rhythms and colors. In addition, the Caribbean province is a natural paradise, formed by a combination of primary and secondary forests, imposing mountains and pristine beaches. Limón has the highest percentage of protected lands in Costa Rica, with an extensive variety of flora and fauna. The province of Limón is divided into 6 cantons: Guácimo, Limón, Matina, Pococí, Siquirres and Talamanca. In terms of tourism, it has five hotspots: Limon, Tortuguero, Parismina, Cahuita and Puerto Viejo. We have structured this culture and tourism guide, as well as its mini-guides, around these hotspots.

The Costa Rican Caribbean is a very particular region, one that is different from the rest of the country. Its coastline, which is only 212 kilometers long, is home to a different sort of attractions. It should be mentioned that the coastline has two very distinct areas. The first extends north of Moín to the mouth of the Río San Juan, with a very regular and open coastline that boasts long beaches, dark sands and strong waves. The second area extends from Moín southward to the mouth of the Sixaola River and has a much more irregular coastline with inlets and coral reefs in several sectors. These stretches of coastline are where the most important beaches of the region are located, which is why this part of the province is home to the greatest tourist development.

Nature

The province's geomorphological and climatic characteristics give it its extraordinary scenic and ecological richness. Alongside its coastal resources, it contains alluvial plains, swampy areas, rivers, waterfalls, lagoons, canals, lush evergreen forests, hills, mountains and valleys, which are home to thousands of plants and animals belonging to various distinctive and characteristic life zones of the Caribbean. These incredible resources have been protected through a comprehensive system of conservation areas that comprise several management categories: national parks, wildlife refuges, biological and forest reserves, protected zones, etc.



The Caribbean stands out for its extraordinary natural richness and diversity, the exoticness of these elements and the diversity of products offered. It makes a variety of activities possible: sport fishing, boat tours, diving, surfing, hiking, turtle and bird watching, dolphin watching, horseback riding, sea and river kayaking, rural tourism, and much more.

Culture

The Costa Rican Caribbean has been characterized as a multicultural and multiethnic melting pot, in which the ancestral riches of the native peoples, European customs and heritage, Afro-Caribbean traditions and rhythms, as well as the experience and history of new immigrants converge within the Caribbean in a majestic and exuberant setting.

A wide range of tourist services are on offer: hotel and lodging options for all tastes, sodas and restaurants with local and international cuisine, travel agencies, tour operators, thematic activities, certified guides and tourist transportation.

In addition, the Caribbean is a destination to relax and improve mental and physical health, which is all the more important given the effects of the pandemic and the phenomenon of burnout, which is all too common in this fast-paced world. Limón has incredible biodiversity, unique natural environments and a solid and varied tourism offer, especially in the area of outdoor activities.

It also has good access by air, land and river channels. Banking and health services are easily accessible, as well as gas stations and more.

The province of Limón, in the Costa Rican Caribbean, is made up of six small and welcoming cantons: Limón, Guácimo, Matina, Talamanca, Pococí and Siquirres.

Caribbean Culture Protected Areas

- 👉 [Área de Conservación Tortuguero \(ACTo\) - SINAC](#)
acto.go.cr/
- 👉 [Área de Conservación La Amistad Caribe \(ACLAC\)](#)
sinac.go.cr/ES/ac/aclac/Paginas/default.aspx



Caribbean Culture

- 👉 obturcaribe.ucr.ac.cr
- 👉 tecdigital.tec.ac.cr/servicios/
- 👉 musicapopularencostarica.wordpress.com
- 👉 [Municipalidad de Limón](#)
- 👉 [Municipalidad de Pococí](#)
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- 👉 [Municipalidad de Guácimo](#)
- 👉 [Municipalidad de Matina](#)
- 👉 [Municipalidad de Talamanca](#)



[Return to map](#)

Cultural tourist map of the Caribbean

Cultural Heritage

Indigenous Territory. An attraction of the southern Caribbean is the possibility for tourists to visit and experience the life of the native Bribri and Cabécar people in the Talamanca area. [Read more](#)

Historical & Architectural Heritage. A tour of the Costa Rican Caribbean region will bring you into contact with Victorian-style buildings, from large commercial constructions to private homes. [Read more](#)

Caribbean cuisine. The Caribbean offers exquisite dishes with Afro-Caribbean, indigenous, European, Chinese and mestizo influences brought by the migrations from the Central Valley and Central America, with important influences from Nicaraguan Miskito and the Panamanian bocatoreña populations. [obturcaribe.ucr.ac.cr/nuestro-enfoque/cultura/gastronomia](#)

Caribbean music and dance. There are multiple types, though the most popular is the calypso which is part of the country's cultural heritage. Other rhythms of the Costa Rican Caribbean include sinkit, quadrille dances, son and comparsas, as well as gospel, jazz, soul, hip-hop, reggae and soca. [Read more](#)

Bulevar de Limón. This beautiful pedestrian walkway extends over four blocks of Avenida 2 in the city of Limón. It begins on the west at Calle 4 and ends on the east in front of the Tajamar, where there is an amphitheater with a view of Quiribrí Island

Handicrafts. The Caribbean is home to traditional indigenous crafts such as basketry and carved jicaras, traditional crafts such as sewing traditional costumes used in the Grand Parade and other celebrations, the Caribbean wooden quijongo, and contemporary textile crafts that employ silver, coconut, stone and recycled materials such as plastic. [Read more](#)

Isla Quiribrí (Uvita). This island was declared a National Monument in 1985, as it was the first place visited by Christopher Columbus in 1502 during his fourth voyage to the Caribbean coast. Because of the wealth he was shown by the indigenous people – or perhaps because of the natural exuberance of the area – Columbus called these shores Costa Rica, meaning "Rich Coast".

Emblematic towns. These communities illustrate the multiethnic and multicultural composition of the country's Caribbean region. These towns include WESTFALIA (German origin), LIVERPOOL (English), CAHUITA (Miskito), BRI (indigenous), AFRICA (African). [Read more](#)

Carnivals of Limón. The Limón Carnival is always held during the week of October 12 each year. This is also the date when the Day of Cultures is celebrated. This event has come to generate significant tourist interest and captures the local and national imagination. The activities include a parade with floats and bands, masquerades, concerts with national and international groups, the dragon dance by the Chinese community.

Grand Parade. A traditional festival celebrated every August 31 as part of the Día de la Persona Negra y la Cultura Afrocostarricense, which recognizes the cultural contribution of Afrodescendants, their traditions and the struggle for the vindication of their rights. It consists of a parade in which Limón's inhabitants celebrate the values and tradition of black culture with dances, music, songs, floats and traditional costumes. [Read more](#)

Afro-Caribbean culture. Connect with the essence of Afro-Caribbean culture. And experience deeply personal, memorable activities that will affect your senses and generate emotional, physical, spiritual and intellectual bonds. [Read more](#)

Visual arts of Limón. An important group of painters in Limón interpret scenes of the urban and rural landscape of the Caribbean as well as other elements of its cultural diversity. Many of them meet or have their workshops in Guápiles or in downtown Limón, as is the case of the centrally located Pasaje Cristal Gallery, located in a heritage building on the Bulevar de Limón. [Read more](#)

Tourist information

[visitcostarica.com](#)
[visitcostarica.com/es/costa-rica](#)



Table of distance between towns in Km

Barra del Colorado	Parismina	Cariari	Limón	Siquirres/Tortuguero	Guácimo	Pto. Viejo Sarapiquí	Guápiles	San José	Turrialba
143 16	82 5	100	105	46	82 40	69	127	82	63
	70	43 16	7 120	98 16	36	74 16	111 16	63 16	126 16
		91 5	7 50	36 5	35	60 5	117 5	73 5	133 5
			115	55	11 41	32	68	21	83
				60	7 84	84	141	97	156
					36 40	24	82	37	97
						42 41	78 41	31 41	93 41
							59	14	73
								48	83
									63

Distancia por vía terrestre: 143 | 16
 Distancia por vía acuática: 16

Guápiles	Siquirres	Limón	Penshurt	Cahuita	Pto. Viejo	Manzanillo	Bribri	Suretka	Sixola	Bratsi	San José
63	97	156	190	198	213	227	216	232	248	226	
	37	97	130	154	168	168	157	172	189	166	
		60	93	102	117	131	120	136	152	130	
			36	44	59	73	62	78	94	72	
				10	25	39	28	44	60	38	
					17	31	20	36	52	30	
						14	14	30	46	24	
							28	44	60	38	
								16	32	10	
									47	7	
										41	

Cantons

Guácimo
Limón
Matina
Pococi
Siquirres
Talamanca

Enter the following links and you will be able to find information about companies in the area registered by

[Hotels](#)
[Car Rental](#)
[Restaurants](#)
[Travel Agencies](#)
[Certificate guides](#)
[Certificate transportation](#)

EMERGENCIAS 9-1-1

Tips for traveler

Architectural Heritage

- Uslë (U-suré)**

 The traditional conical dwelling of the Bribri and Cabécar peoples, the Uslë is a microcosm, representing an essential key the cosmovision of these indigenous Costa Rican peoples.
- Traditional indigenous house**

 Traditional indigenous houses, made from natural materials. Inside, there is a kitchen area, a common area and a sleeping area. They are generally built on stilts and have a rectangular structure.
- Traditional Caribbean house**

 Most of the traditional Caribbean buildings have characteristics of the Victorian style, but are adapted to the Caribbean since these houses have to take the climate, ventilation and a good air circulation into account, as well as protection against the heat.
- Banana plantation houses**

 The houses built in the banana enclave of the United Fruit Company (UFCO). To this day, these dwellings are among the oldest examples of banana architecture preserved in the Atlantic region.

Tourist Activities:

- Observing flora & fauna.** Public protected areas: National Parks, National Wildlife Refuges, Biological Reserves and some wetlands. In addition to this, the private nature reserves offer pleasant experiences of the diverse natural surroundings. [Read more](#)
- Observing birds, turtles and dolphins (seasonal).** [Read more](#)
- Sun, beaches and sunrises.** Along its Caribbean coast, we find several of Costa Rica's most beautiful beaches, which offer dreamlike sunrises. [Read more](#)
- Day and night hikes.** Hikes are a very important way of observing natural and cultural attractions.
- Tour of the canals.** This is a dream tour for nature lovers
- Photography.** Photographers can take full advantage of the varied cultural and scenic options, as well as the richness of the flora and fauna

Thematic Activities:

- Rainforest Aerial Tramway.** Tour over the treetops (Rainforest Aerial Tramway).
 Located next to Braulio Carrillo National Park, after the Zurquí Tunnel, 22 km on the road to Guápiles. The tramway was built as a window into the activities of the forest canopy and its many species of monkeys, birds, orchids, bromeliads, piñuelas, climbers and insect communities.
- Nightlife.** A wide array of restaurants, bars and hotels offer nightly entertainment to visitors. [Read more.](#)
- Diving and snorkeling.** The wonder of the warm waters and Caribbean reefs have put Costa Rica on the map, especially among snorkeling and diving enthusiasts. [Read more](#)
- High adrenaline.** Experience the adrenaline of canopy, canyoning, rappel, hanging bridges, horseback riding, hiking, quad biking, mountain biking, kayaking, canoeing, rafting, surfing, stand up paddle and tubing and more
- Sport fishing and artisanal fishing.** Come and experience the thrill of Costa Rican fishing. Costa Rica has become a significant sport fishing center in recent years. The Caribbean coast is known for big tarpon, big snook and powerful tarpon, among others. [Read more.](#)
- Waterfalls.** This tour will take you to the beautiful waterfalls along the so-called Water Route. [Read more.](#)

Wellness Tourism

The Caribbean is an ideal place to improve your mental and physical condition, integrate healthy habits and activities into your lifestyle, free your soul and come back a new person. The Caribbean can definitely be your next travel destination. [Read more.](#)

Rural and Community Tourism

Rural tourism. Rural Tourism is a different way to travel and see the country while interacting and relating more closely with indigenous peoples, Afro-descendants and farmers, experiencing their customs and learning new things. What is important is the human connection that generates bonds, emotions and memories. [Read more](#)

Tourist and cultural activities

JANUARY		
	All month	Observation of birds migrating north, Puerto Viejo-Talamanca
FEBRUARY		
	All month	Observation of birds migrating north, Puerto Viejo, Talamanca. Chinese New Year. Limón
APRIL		
		Tropical America Festival. Humid Tropics School. Guácimo Local Kayak- Matination Tournament. Matina Land of Inspiration
MAY		
	1	Labor Day
JUNE		
		Civic Festivities. Cariari. International Earth Fair, Mercedes de Guácimo 24 Cantonato de Matina
JULY		
		International Calypso Festival in Cahuita

AUGUST		
	24	National Parks Day
	31	Día de la Persona Negra y la Cultura Afrocostarricense: Day of Black People and Afro-Costa Rican Culture. Flowers of the African Diaspora Festival in Limón. Grand Parade of Limón: The Grand Parade is the culmination of a month in which the people of Limón celebrate the values and tradition of black culture with dances, music, floats and traditional costumes. The Day of Black People and Afro-Costa Rican Culture is held on August 31 of each year. Music, dance, dress and costumes inspired by African roots, full of colors and shapes are part of the way in which the joy of African descent is expressed, "Back to Our Roots". Gran Parade Siquirres Coconut Festival, Siquirres The Calypso Music Festival
SEPTEMBER		
	14	Lantern parade
	15	Costa Rican Independence Day EXPOCOCI, Guápiles
	All month	Observation of birds migrating north, Puerto Viejo, Talamanca
	25	Commemoration of the arrival of Christopher Columbus. Parade of bands and escorts in the city of Limón. Stone pulling ceremony, ancestral Bribri tradition. Upper Talamanca
OCTOBER		
	12	Carnivals of Limón
	All month	Observation of birds migrating north, Puerto Viejo, Matina and Talamanca
NOVEMBER		
	All month	Observation of birds migrating north, Puerto Viejo, Matina and Talamanca Intercultural and Recreational Festival Matina Land of Inspiration
DECEMBER		
	All month	Observation of birds migrating north, Puerto Viejo, Matina and Talamanca
	13-15	Turiarte Fair. Organized by the Municipality of Guácimo

Caribbean Cuisine

 [Return to map](#)

If you visit the area, you can't miss tasting a series of emblematic dishes such as

Caribbean cuisine is so rich and diverse because of the mixture of different cultures in the area, from the arrival of Spaniards with Columbus, the arrival of settlers from Jamaica, Indians, Chinese, Italians and the first migrations of Jews, in addition to the population of Bribri and Cabécar Indians who were in the mountains of Talamanca, mestizo cuisine from migrations from the Central Valley and elsewhere in Central America. The Nicaraguan Miskito and Panamanian Bocatoreña cultures were also undoubtedly important, stimulating a multicultural mix that has permeated the area's cuisine. This is why in the Caribbean, you will be able to taste a wide variety of diverse, tasty dishes that mix numerous flavors, aromas and textures, which are sure to be a treat for the palate.

Rice and Beans



A dish made from beans, rice, coconut milk and Scotch bonnet pepper, very characteristic of Afro-Caribbean cuisine. From the first spoonful you will be able to enjoy its delicious flavor.

Pati



The pati (patty) is a mixture of the old English pastry with crops that Africans brought from their lands. It is a pastry filled with meat, spices and hot peppers.

Plantintá



The plantintá is a delicious flour quesadilla with sugar, ripe plantain and natural red dye. It is an old Afro-Antillean recipe that was inherited as a result of the mixture of cultures during the colonization of the Americas; its name comes from the English "plantain tart".

Bochinche



This delicious dish is made from spaghetti, ground beans, patacones, a portion of meat and green salad.

Ale o hiel



(Agua de sapo) ("toad juice") is a drink made from lemon, panela, ginger and water.

Pan Bon



Also known as "pan negro" (black bread), this delicious snack can be found everywhere in the Caribbean, in restaurants, cafeterias and even street stalls. There is no excuse for trying it or taking some back home with you for your family.



RONDÓN



Rondón (from run-down) is a stew of meat, fish or seafood, accompanied by plantains and tubers such as yam, cassava, tiquisque and malanga, which is cooked in coconut milk and seasoned with Scotch bonnet peppers and spices.

Pasta with seafood



Pasta with lobster and pizza with seafood: if you prefer a more familiar option that still has a Caribbean touch, these two dishes are sure to win you over.

CRAB AND COCONUT SOUP



It is one of the iconic soups with Caribbean roots, made with crab, coconut milk, fish heads, Scotch bonnet pepper, and black pepper. It is usually served with rice, breadfruit or cassava. You can get it at Aventuras del Caribe.

Fish



Whole fish with patacones: you can't miss a good Caribbean style whole fish for lunch. In addition, patacones (fried green plantains) are a complement to this and other dishes, so be prepared to savor them.

Ackee



Ackee with cod: One of the most exotic foods of the Caribbean and undoubtedly one of the most delicious. Made from cod, ackee, onion, sliced sweet chili and black pepper. It is served with plantain, breadfruit and tubers such as yam, cassava and malanga, which are very characteristic of the Caribbean region.

Mackerel



It's the escabeche that gives the dish a Caribbean touch. The mackerel is the ideal fish for the recipe, which is made from onion, sour lemons, Scotch bonnet pepper, pepper, olive oil and banana vinegar, among others. Some locals mentioned to us that you can eat a very tasty one at *Caribbean Kalisi* in the center of Limón, so you might want to try it.

SORRI



This is a drink based on hibiscus flower, ginger, cloves, cinnamon and sugar. It is refreshing, diuretic and very healthy.

[See recipe booklet here](#)

In the area there is an organization of local artisans called **Colectivo Artesanal Limón Dulce**, who produce handicrafts inspired by the rich Caribbean culture of Costa Rica, the history of banana and cacao cultivation, the rich flora and fauna of the area, and the identity of the Caribbean culture.

The Limón Dulce Collective was formed in 2018 through an assistance program of the **Costa Rican Tourism Board** as part of the **Artesanías con Identidad Program** of the Department of Tourism Development of the Directorate of Planning and Tourism Development.

This strategy aims to enhance tourists' travel experiences by making it possible for them to obtain **unique products made by local artisans from the Costa Rican Caribbean region**.

This collective was created in 2011 in Guápiles and a second training was carried out in 2014 to strengthen the Limón Dulce Artisanal Collective.



INDIGENOUS HANDICRAFTS OF TALAMANCA

The indigenous communities of the Caribbean make traditional and contemporary crafts that include basketry and the use of carved jícaros that were initially used in everyday life but are now mainly decorative.



Take a sample of the color and beauty of Caribbean back home with you!

In the following catalog, you will be able to contact the artisans to obtain a product that reflects Caribbean identity and contribute to improving the living conditions of the artisans.



Your purchase helps to support our small business and to preserve the local identity and culture.

[See catalog here](#)





Culture in the Caribbean

The Costa Rican Caribbean is a land of greenery and exuberance, white sands, crystal clear waters, wonderful national parks and a meeting place of many cultures, a place of historical importance for an entire continent. Tourists visiting the Caribbean will be able to enjoy the area's great cultural diversity, where experiences and stories converge in a majestic and exuberant setting.

The Caribbean is known for its exuberant tropical jungle, a sea of beautiful turquoise colors and sandy beaches of different shades, with small-scale tourist developments. The warm region is one of the most popular destinations among those who love nature, tranquility and adventure.

The area is also one of Costa Rica's main tourist destinations, as it is home to four of the country's national parks, offering impressive beauty and biodiversity. It is also known for its natural and cultural diversity, finding its place on the culinary map due to the richness of its traditional cuisine.

A tour of the cities and towns will take you to impressive heritage architecture such as churches, social clubs, residences, commercial premises and

government buildings. Many of these buildings date from the late nineteenth to the mid-twentieth century, telling stories and bringing the past to life.

This territory is enriched by the presence and influence of very diverse populations. People have come here from Nicaragua to the north, the Caribbean islands to the northeast, Heredia, Cartago and San José to the west, Puntarenas to the southwest and Panama to the southeast, making it an area of great cultural and natural wealth. It was forged by its indigenous population and migrations by sea, which were concentrated around the construction of the railroad, port and banana production. The result is a multiethnic and multicultural territory recognized for its richness and the traditions of this cultural mix.

As a result of the historical, political and economic development of the country, along with Limón's

great wealth of natural biodiversity, cultivable areas and water supply, it has become a spectacular tourist destination – not least because of its location on the Caribbean Sea and the strength and warmth of its people.

The region is also home to Costa Rica's main port, as well as agriculture and livestock production, traditional peasant, indigenous and Afrodescendant systems with diverse agroforestry systems existing alongside large banana plantations with histories stretching over 150 years. More recently, pineapple, oil palm and cocoa have been increasingly grown and processed in the area. These crops and the processes they undergo create numerous opportunities for rural tourism on the region's family farms, or for purchasing the products they grow and manufacture.

Learn and enjoy the history of the Caribbean, the conquest that started with the arrival of Christopher Columbus in 1502 to Quiribri Island (Uvita Island), the traditions of the local inhabitants, migrants (China, Jamaica, Europe) and an important indigenous heritage, which today is concentrated in the region of Gran Talamanca, where Bribri and Cabécar indigenous populations live in the highlands and foothills, as well as in the lower areas of Kekoldí.

The Costa Rican Caribbean has been changed by a diverse set of historical legacies that make it distinct from the rest of the country. Limón is bilingual, Protestant, cosmopolitan and heir to various cultures such as African, Chinese, English, indigenous and Spanish; its roots are marked by the importance of its cultural diversity that dates back centuries.

The region has several tourist centers, each of which has its own natural and cultural charms, with a very diverse range of services, small hotels and charming restaurants. The list below explores the five most important tourist hubs:

City of Limón

From the city of Limón, it is easy to visit any tourist destination in the Caribbean, both south and north. The old town is full of interesting architecture that tells some of the city's history. One of the main attractions of the city of Limón is Uvita Island, located just offshore, where visitors can snorkel, hike and enjoy beautiful views. In the city, meanwhile, activities include city tours through the heritage buildings, as well as tasting the delicious Caribbean cuisine and looking through the handicrafts.

Tortuguero

One of the most visited sites in the country, Tortuguero is famous for its natural beauty, biodiversity and, of course, the sea turtles that come to the beach to lay eggs in Tortuguero National Park, which is located in the northern part of the canton.

Visitors can tour the river channels, observe the great variety of flora and fauna, witness the nesting of sea turtles and observe an incredible diversity of bird and mammal species.



Parismina

Barra del Parismina is a small town located on the Caribbean coast at the mouth of the Reventazón River. Parismina is halfway between Tortuguero and Limón, situated on the Tortuguero canals. If you enjoy sport fishing, Parismina offers an ideal retreat for sport fishermen looking for their next challenge. You can take a boat ride and settle into high-end fishing cabins within walking distance of the best fishing spots. Get your tackle and gear ready, and head out to see what you can catch!

Cahuita

This community is a rich mixture of cultures where you can enjoy a variety of local and international cuisine. In addition, visitors have numerous services available here, including tours to the surrounding areas. Cahuita is an excellent choice for a relaxing vacation with beautiful beaches and lush rainforest vegetation. Other activities include bike rides and taking in the surroundings, or visiting the world-famous Cahuita National Park.

Puerto Viejo de Talamanca

The town is known for the exotic beauty of its beaches, its Afro-Caribbean culture, the tropical rainforest, where you can enjoy year-round warm and wet weather, reggae culture and fusion cuisine. In addition, music lovers will be able to enjoy dancing to salsa, hip hop, rock and all rhythms. Puerto Viejo has a great surfing beach with many open-air bars. The town's beach, called Playa Puerto Viejo, is bordered by Playa Negra and Salsa Brava, and the beach of Berberechos to Uvita.

Just beyond Puerto Viejo is the small fishing village of Manzanillo, the Gandoca-Manzanillo Wildlife Refuge where you take the plunge and dive into the coral reefs of the Caribbean.





History of the Costa Rican Caribbean

Costa Rica's Caribbean region is intimately connected to the economic history of the country and that of the Greater Caribbean, a cultural area that includes the Caribbean coast from Mexico to Colombia and the Antilles. The latter region was also the source of much of the migration to the Caribbean coast, during the period of the construction of the port, railway and banana production.

The current province of Limón and its population are closely connected to the different types of development that have marked the country's historical, political and economic development, largely due to its natural richness, arable land, abundant water supply, its location on the Caribbean Sea and, undoubtedly, the strength of its people.

Ancient period

The Costa Rican Caribbean is located in the Central and Gran Chiriquí archaeological regions. At the time of the Spaniards' arrival, they lived in complex societies with a political organization centered around chiefdoms.

Spanish conquest and colonization period

In colonial times, the Caribbean region was inhabited by indigenous groups known as the Huetares, Urinamas, Cabécares and Bribris, who were forced to flee to the Cordillera de Talamanca to escape Spanish rule.

Since colonial times, the Caribbean has been known for being an untamed region that was never able to be conquered.

In the second half of the 16th century, the Caribbean maritime space became a place of endless battles between English, French and Dutch pirates, who would lay in wait for Spanish caravels to seize their valuable cargo.

During colonial times, Matina was the site of a significant economic boom in cocoa production.

The region suffered continuous attacks by the Zambos of the Miskito Coast and pirates, in response to which Fort San Fernando was built to stop them but was soon burned down.

Republican Period (1848-1920)

The Caribbean was a peripheral space that was not linked to the center of productive and economic power, which was located in the Central Valley. The main road at the time was the so-called Camino a Matina.

Period of the First Republic of Costa Rica (1821-1949)

In the interest of facilitating the exportation of the coffee produced in the Central Valley and opening the country to the world market, Costa Rican governments starting with the administration of Braulio Carrillo made repeated efforts to build a new road through Turrialba.

In 1870, the Comarca de Limón was established, with the construction of the railroad beginning a year later from opposite ends of the route: Alajuela in the center of the country and the port city of Limón.

The process of building the railroad and port, together with the introduction of banana cultivation, would be an unprecedented transformation of the Caribbean, forever marking its history and future, along with its hopes, struggles and resistance.

Between 1880 and 1907, the land underwent an unparalleled transformation as natural forests were converted to an agricultural landscape of banana plantations that was both extensive in area as well as intensive in its use of resources and labor.

Period of the Second Republic of Costa Rica (1949-present)

The end of the Costa Rican Civil War in 1948 and the establishment of the Second Republic marked the

beginning of a process of accelerated integration of the Caribbean with the rest of the country that remains ongoing to this day.

In 1967, the port of Limón was opened as Costa Rica's main international port.

The region was rocked by important changes in its socioeconomic and cultural landscape between 1980 and 2000 due to the cocoa crisis, with large, small and medium producers abandoning or selling their farms. It was in this context that tourism emerged as an alternative to supplement income and profit from the area's natural and cultural riches.

Today, traditional peasant or indigenous farm production models coexist with agro-industrial plantations and tourism throughout the Caribbean region.

Banana production in the Atlantic

In territorial and institutional terms, the Atlantic-Caribbean region emerged as the Comarca de Limón, which was created by Decree 27 of June 6, 1870 and consolidated as a province by Decree 59 of August 1, 1902. The so-called Atlantic Railroad was a star project of liberalism, built between 1870 and 1890, which allowed the arrival of foreign capital, Afro-Antillean workers, mostly Jamaicans, beginning in 1872, and the emergence of banana plantations under an enclave model with the participation of the United Fruit Company (Hernández, 1990, pp. 191-240; Murillo, 1995; Viales, 1998; Viales and Díaz, 2014, pp. 113-137).

The banana plantation landscape transformed the Atlantic-Caribbean region of Costa Rica. Banana towns were established on the banks of the rivers, with the foremen's house and the banana workers' barracks near (but not on) the plantations. This led to a segmentation of production and society, mediated by the exploitation of labor, nature and society (Hernández, 1995, pp. 68-125; Abarca, 2005).

In the banana harvest, human energy and motive power interacted with animal and railroad power. These interactions resulted in the development of planting and harvesting methods that contributed to the socio-historical construction of banana quality in Costa Rica.

The loading of bananas on the railroad to the port was made possible by the existence of specialized workers, exploited by the transnational company, and by the transformation of nature that made it possible to link the farms, the railroad, the port and the market through the construction of roads and railroads. In sociocultural terms, interethnic relations were part of daily life and conflict in the region. The use of refrigeration systems on ships made it possible to load green fruit and control the ripening process until the products reached the U.S. market, which guaranteed a stable fruit supply (Bourgois, 1994; Harpelle, 2001; Gudmunson and Wolfe, 2010; Senior, 2011; Rosario, 2015).

In the context of the main productive activities in the Atlantic-Caribbean region of Costa Rica, workers had to adapt themselves to productive activities that could find a market, such as the cultivation and export of cocoa.

In the perspective of the photographs, one can notice the presence of urban equipment and services in the city of Limón, capital of the province of the same name, an agritown that grew due to banana plantations and became the center of power of the banana enclave, with a direct line to Boston, where the headquarters of the United Fruit Company was located.

Cocoa in the Costa Rican Caribbean

Along with coffee and bananas, cocoa is one of Costa Rica's most important agricultural export products, with a significant impact on the country's economy, culture and national identity. For the country's native peoples, cocoa functioned as a currency through the commercial value of the bean. It allowed our

ancestors to buy products – or rather, to exchange products for cocoa. It was considered to be the drink of the gods.

Cocoa helped to shape Costa Rican culture, making an indelible mark on the collective imagination as the socioeconomic thread between the ancestral indigenous culture and post-Columbian history. It has appeared cyclically at key moments, normally associated with the Caribbean area and its predominant cultures: indigenous and Caribbean, of which have made an indisputable contribution to the national culture.

For millennia, hundreds of generations have survived in the shade of the cocoa tree, children have sucked its seeds to clean them secretly from their parents, young people have waited for the sun each day to dry them to obtain Costa Rica's first "golden bean", cocoa.

The Caribbean has many of the optimal characteristics for the successful cultivation of high-quality cocoa, in terms of acidity, humidity and composition. In this sense, the Talamanca area, in the south Caribbean, has combined ecotourism and agrotourism in indigenous and non-indigenous farming communities that involve the production of organic cocoa and bananas as an opportunity for tourists to find out about and enjoy the delicious product, both as a natural fruit and in chocolates and other related products made with cocoa.

More information: costadelchocolate.com



Brief History of tourism in Puerto Limón

The Limon region has been imbued with a mixture of languages, ethnic groups, beliefs and customs that make this place an "exotic" tourist destination unlike any other. While the region has always been diverse, it underwent drastic changes beginning in the 19th century.

Indigenous cultures, especially the ancestors of the Cabécar and Bribri, were the first to inhabit this area. The region diversified with the arrival of Christopher Columbus to Isla Quiribrí (Isla

Uvita) on one of his legendary voyages in 1502. Subsequently, people began to arrive from ethnicities and cultures: from Jamaica and the Dutch Antilles, as well as Italy and China, during the construction of the railroad, which began in 1871.

The Caribbean coast was difficult to access from the Central Plateau, due to the mountainous geography that separates the two regions and the dense vegetation. The need to export the coffee



harvests produced in the Central Valley or Central Plateau and the growing banana production were reasons enough to make the railroad an important project for the economy of Costa Rica at that time. This historically important project opened the doors to two activities that would be fundamental to the economic and social development of the region: port activity and tourism.

It is important to note that this part of the Costa Rican Caribbean developed in isolation from the rest of the country, as it was kept separate for geographical reasons as well as decisions rooted in politics and racial attitudes.



The construction of the railroad and the power of the main employer of the time, the United Fruit Company, influenced the development of Limón through the banana enclave. Both activities influenced the migration of groups of Afro-Caribbean workers, Chinese, Italians and many other nationalities who took root in this region, turning the Costa Ricans living in Limón into a minority. This migration gave rise to the region's multiculturalism, which persists in the 21st century.



It was the railroad, the banana enclave, the growing port activity and the emergence of a small but beautiful city with Victorian buildings and vernacular architecture that led to the city becoming an exotic attraction that attracted Costa Ricans and foreigners, with the latter group arriving on transatlantic transportation. Visitors came to enjoy the region's natural and cultural wealth and to carry out scientific research. This can be considered to be what gave rise to the activity we now know as tourism, with the same resources and landscapes finding admirers to the present day.

International tourism could be said to have preceded visits by Costa Ricans, since the Port of Limón was opened for trade in 1852, and was declared to be the main Caribbean port of the Republic in 1856. It soon became overshadowed by other destinations "more attractive to the eyes of Costa Ricans" such as the southern Caribbean (Puerto Viejo and Cahuita) and other regions of the country.

 obturcaribe.ucr.ac.cr/nuestro-enfoque/historia

Caribbean Buildings

CA tour of the Costa Rican Caribbean region will bring you into contact with Victorian-style buildings, from large commercial constructions to private homes. The design paid special attention to the harsh conditions of the area's climate, where buildings require protection from the sun and rain. Thus, an architectural style all its own emerged in the region.

More information here:

 visitcostarica.com

 visitcostarica.com/Caminata

[See Limón Province Heritage Guide here](#)

1 On your visit to the area, some of the stately buildings you will encounter may include:

Family homes located in urban centers.

Traditional houses were built out of wood, raised from the ground on stilts to avoid inclement weather, and were well-ventilated. The roofs were made of galvanized iron sheets and had a steep slope, with steep and pronounced eaves as protection from the sun and rain, with corridors, railings and wood lattice. To this day, in the largely Afro-Caribbean Jamaica Town neighborhood, many houses in this style are between 80 and 100 years old and painted in the traditional blue-green.



2

Traditional indigenous houses made from natural materials,

Inside, there is a kitchen area, a common area and a sleeping area. Generally, they are built on stilts.



3

The Bribri or Uslë (pronounced ú-suré) Cosmic House, is a construction for communal use. It is also built from natural fibers and materials. It is a representation of the world according to the Bribri indigenous cosmovision.



4

Houses built as part of the operations of the United Fruit Company (UFCO), which tended to be made of wood with large two-story windows. The houses were different for office and field workers.



1. Post Office Building

This property is located between Avenida 1 and Avenida 2 on Calle 4 in downtown Limón. It was built in 1911 and was declared as part of the Architectural Heritage of Costa Rica in 1981. Its structures have neoclassical and neocolonial tendencies, a product of the era in which it was built. In 2012, it underwent a restoration and added the Ethnohistoric Museum, which is located on the second floor. Throughout its history, it has also served as the headquarters of the Courts of Justice, the Town Jail and the Limón Police Office. It also housed the offices of Japdeva, the Colegio Nuevo and the Rural Guard. From 1973 to the present, the Post and Telegraph Office has been located there.



2. General Tomás Guardia School

It is located in the heart of Limón on Avenida 2 and 3, less than 200 m from the Post Office Building. History mentions that on February 12, 1877, an agreement was made to build the construction of the Limón Higher Educational Institute for Boys. Its somber brick structure is characteristic of the school architecture of the mid-twentieth century. It was declared to be of architectural interest in 1989. It is green in color and is located near the bus terminal, restaurants and only 750 meters from the Juan Gobán de Limón Stadium, in case you want to visit it.



3. Sacred Heart of Jesus Cathedral of Limon

It is located between Avenida 3 and 4 and Calle 5 and 6. If you go to downtown Limón, it's well worth a visit. The first Catholic church in Limón was founded in 1892, with the Sacred Heart of Jesus chosen as its patron saint when the parish was established. The old cathedral was demolished in 2001 and the new one was designed in a more modern style by Mexican architect Raúl Godar. The stained glass windows, the bells and the monumental Christ of the previous cathedral are preserved in the building. The church has a garden and a small square, perfect for you to visit it with your family and take some pictures.



4. Baptist Missionary Home

It is located at the intersection of Avenida 6 and Calle 5 in downtown Limón. This Antillean Victorian style building was built at the end of the 19th century. The two-story building was used as a Baptist church office and residence. The purpose of the construction was due to the interest of the Baptist congregation of Jamaica in providing a religious mission to the black population living in the Costa Rican Caribbean. It was declared a historical architectural heritage site in 2002. Its melancholic facade and pastel colors are ideal subjects for photography. It is also located almost in front of the Domino House, another of the great icons of the Caribbean province.



5. The Domino House

Dozens of generations of Limonenses have shared a game of dominoes amidst stories and good conversation. Its history dates back to the 1960s when a building called “Domino House” was built, where the railroad workers would spend a moment of leisure. The game was adopted by the Jamaicans who came to the country to work on the railway project.

In 2017, the infrastructure was renovated to preserve the legacy of the Limonenses. Today, the same games are still played with the same passion. You have to see for yourself, dare to challenge one of the more experienced players. Near this house there are plenty of options for lodging, restaurants and cafes, so you don’t have to worry about anything.



6. Old Municipal Palace

It is located at the corner of Avenida 2 and Calle 0, next to Parque Vargas. The building dates back to 1942 and it is said that the floor plan was designed by the engineer Rogelio Pardo, while the façade is attributed to the architect José María Barrantes, one of the most prestigious architects of the first half of the 20th century.

It is a brick construction with neo-colonial influences, in the shape of a “U” in which the steel trusses of the first market of 1893 were used. The galleries and arcades stand out in the building, as well as the semicircular arched windows on the first level. In recent years, a statue of the indigenous hero Pablo Presbere has been installed in its gardens. It was declared to be historical architectural heritage on July 26, 2002.



7. Pablo Presbere Monument

This monument is located in the garden of the Municipal Palace, so make sure not to miss it while you’re there. Pablo Presbere was a chief known as a feared warrior in Talamanca, due to the courage shown in the rebellion against the Spanish in 1709. Since it is located in the center of the city, you’ll also be able to find several tour operators willing to take you to explore the Caribbean by land and sea.



8. Former Port Captaincy

It is located between Avenida 2 and 3 on Calle 1. The construction has an Afro-Caribbean or Antillean influence; you will notice it at first sight. This corner building has an L-shaped floor plan on two levels, bordered by an interior courtyard. It has a balcony with a balustrade on the second floor, while on the second floor there is a wide corridor. In the building, pine wood slats were used in the walls, floors and ceilings. As an adaptation to the region’s climate, wood lattices and large double-leaf or sash windows were used to ensure ventilation.



You can see them in one of the corners of Parque Vargas. It was created in 1930 as part of a group of buildings belonging to the United Fruit Company. This building served as the Captaincy and Governor’s Office until 1986 and was declared a historic architectural heritage site in 1995. It is one of the most significant buildings in Limón, and it is well worth a visit. Ask for permission to climb to the second floor, from which you will have a spectacular view of the Caribbean Sea.

9. Former United Fruit Company Office

Located between Avenida 1 and 2 on Calle 1. On February 7, 1880, the first shipment of bananas was made on the Norwegian ship Earnholm, bound for New York. This marked the beginning of banana production in our country for export.

The buildings were constructed in the 1880s for use as administrative offices of the United Fruit Co. They were designed based on plans drawn up in the company’s Boston workshops to be implemented in its Caribbean enclaves. With an ostentatious stroke, it sought to reflect the power of the transnational banana concern. The building has a metal structure that supports the beams and columns, exterior walls are made of brick and the inside is comprised of spacious individual rooms, with wood and French wattle and daub partitions. The roof has a pitched roof with very wide slopes to facilitate water drainage. The two-story building has balconies and a huge monitor roof, whose large windows provide light and ventilation to the mezzanines. It has large eaves facing the sidewalk, forming a 100-meter-long covered gallery that covers passers-by from rain and sun.



In the 1930s, the company abandoned banana production in the Caribbean and the buildings were taken over by the Compañía Bananera de Costa Rica. Currently, the building houses offices and various commercial buildings. It was declared to be historical architectural heritage on February 18, 1999.



10. Parque Vargas

Located between Avenida 1 and 2 on Calle 1. In 1895 the United Fruit Co. donated the necessary land for the creation of a park in the city of Limón, which was created thanks to the efforts of the Governor of the Province, Balvanero Vargas. Vargas spared no effort to create an attractive park, commissioning the captains of various ships arriving at the port to bring him tropical trees from Cuba and Jamaica (Indian laurels, crotons and palms) and hired the Frenchman Andres Bonife, who lived on the island of Martinique, to design the park. A classic design, inspired by the lines of Versailles, was chosen for a space of 16,800 m². The result was a green space with tropical characteristics, where the thick vegetation created a microclimate.



In 1905, it was named Vargas Park in honor of Balvanero Vargas. Towards the end of the 19th century, a prefabricated Victorian-style metal kiosk with an octagonal floor plan (similar to the first kiosk in Parque Morazán) was installed. However, in 1911 it was decided that the kiosk would be replaced with another one made from reinforced concrete with Neoclassical designs. This kiosk also has an octagonal floor plan, with corner columns and four staircases. It also has vegetal and animal decorations typical of art nouveau. It was designed by César Rivaflecha. It was declared to be historical architectural heritage on June 26, 1995.

11. Limón Municipal Market

It is located between Avenida 2 and 3 and Calle 3 and 4. Built in 1893, its current appearance mainly reflects a remodeling during the first two years of the Calderón Guardia administration (1940-1944). Its design, influenced by art deco, is very similar to the market in Kingston, Jamaica. A closed style was adopted for reasons of hygiene, ornamentation and security.



It was declared to be historical architectural heritage on September 22, 1998.

12. Casa de la Cultura

Located at the intersection of Avenida 3 and Calle 3. The building was built in 1938 in reinforced concrete, with a façade in the art deco style, very fashionable in many of the buildings that were built at that time. In the 1960s, the central nave was transformed into the Oasis Restaurant, which became very popular among sailors arriving at the port, since it had a large ballroom and a bar in addition to the restaurant. The restaurant was opened by Rubén Acón León, tenant of the property, who, also established his family home on the second floor of the building.



In 1980 it became the Popular Theater of Limón and a Casa de la Cultura. For this purpose, the space was readapted internally by demolishing the second floor and installing the stage and bleachers.

13. Railroad

This historically important project opened the doors to two activities that would be fundamental to the economic and social development of the region: port activity and tourism. In 1871 the government of Tomás Guardia, attempted to build a railroad linking the Central Valley with the port of Limón with the aim of facilitating coffee exports, but the project failed. It was again restarted in 1884 through the Soto-Keith contract. This railroad was built, finally opening on December 7, 1890 and came into the hands of the Northern Railway Co.



The construction of the railroad determined two events of vital importance for the Caribbean region. The first occurred in December 1872, when the first ship with black workers arrived from Kingston, Jamaica, with the purpose of joining the workforce building the railroad. This group would go on to permanently settle in the area.



1. Tinbal Comer Family Home

The house was built in the 1930s by a schoolteacher of Jamaican origin. Some fifteen years later, it was acquired by the married couple Elkana Timbal and Marianela Comer. The construction used wood from the bully and sweetwood trees, as well as other fine timber from the same area. The house is considered one of the oldest in the area and has a Caribbean Victorian style. It was built on stilts due to the region's climate. The walls are made of shingles and the roof is of galvanized iron sheets. It has an overhanging corridor, like a balcony, with a finely carved wooden balustrade. Also noteworthy are the ornamental works with floral designs, in openwork wood on the access doors, as a way of improving internal ventilation, and on the cornice level.

2. Mora Family Home

Located 140 meters north of Cahuita Park. The building was constructed in the early 1950s to serve as the home of Antonio Román, the grandfather of the Mora Picado family. Due to its large dimensions, it has been used, over time, in various commercial activities.

It has perimeter eaves on both levels and sash windows made with small panes of glass.



3. Catholic Church

Located 100 meters north of Cahuita Park. The building was erected in 1962 to provide spiritual assistance to the few Catholics in the village. It is under the patronage of Santa Teresita del Niño Jesús, patron saint of Cahuita. The 200 m² building was built of wood on concrete foundations. Architecturally it is a very simple building, with concrete steps leading up to a small entrance portico. It has side windows with wooden doors and slats at the top, there is a wooden lattice to facilitate ventilation; it has an old bell and a cross.



4. Home of Danilo Hurtado Amador

Located 200 meters from the crossroads to Puerto Viejo on the road to Bribri.

The house was built in the early 1970s by Elías Cruz. Danilo Hurtado Amador has been the owner since 2004. It is a building made from sweetwood with very simple characteristics, influenced by the Caribbean Victorian style. It was erected on concrete bases and its walls are made of wooden slats. It has a front balcony with a handrail, the doors and windows of the corridor are fitted with mullions, which facilitate internal ventilation. The windows on the sides have wooden shutters for protection and contain no glass. The roof is made of galvanized iron sheets in two layers.



5. Home of Jorge Brown Hudson

Located in front of the Police Headquarters of Puerto Viejo. The house was built in the 1930s by a schoolteacher from Jamaica. It was later acquired by his nephew George Gordon, who was a teacher and father of the current owner, Jorge Brown Hudson. The small wooden building in the Victorian style has an area of about 70 m² on a large property of 800 m². It is elevated above the ground on wooden stilts and has a front corridor with a handrail and slatted walls.



6. Casa de la Cultura:

Located 100 m east and 100 m north of the Police Headquarters of Puerto Viejo. Puerto Viejo's Casa de la Cultura was built in 2000 by the Puerto Viejo Community Development Association and JAPDEVA, which contributed materials and labor. In spite of being a very recent building, stylistic elements typical of Victorian architecture were used in order to reflect the cultural characteristics of the area.

It has lattice windows, wooden bases that elevate it from the ground and a galvanized iron gable roof. A beautiful overhanging corridor, protected by eaves and equipped with a geometrically designed railing, extends in front of the main façade and on one of its sides.



1. Casa de la Cultura

The Casa de la Cultura of Siquirres is a neoclassical style building, characteristic of the educational centers of the 1930s. It was built in 1935, designed by the architect José María Barrantes.



2. Temple of Siquirres

The church of Siquirres has a round shape, built in 1958, is one of the architectural highlights of the Caribbean. It is dedicated to Saint Joseph, the Patron Saint during the period of Father Evans, who was a religious and charismatic leader not only for this canton but for the province of Limón.



MATINA

1. Houses of the American Zone:

Early 19th century structures with a rural Caribbean design made by the North American Banana Company for the officers in charge.



2. Vargas Alvarado Family House

This residence was built in 1891 by the architect Hernán Rosi Chavarría. It was built to house the family of a local businessman, who ran a cattle herding operation at the time.

Subsequently, it was left to the current users, the Vargas Alvarado family. The wood used in the exterior walls comes from the loblolly pine. It has a sand coating, a common practice at the time it was built.



Take a trip to the Caribbean and learn more about the incredible history it holds – we’re sure that you’ll enjoy it as much as we did.

The houses are built on 50 and 60 cm high stilts, with wooden plank floors, panels with decorative perforations for skylights above the doors, windows and perimeter galleries, asymmetrical facades, the use of light tones, cornices and window moldings, balustraded balconies and perimeter galleries.

Most of the traditional Caribbean buildings have characteristics of the Victorian style, but are adapted to the Caribbean since the constructions have to take the local climate into account, where ventilation, good air circulation are crucial, and protection from the heat are crucial. The most significant contribution of this architecture lies in the consistent features that are repeated and conserved across the greater Caribbean region.

 <https://rb.gy/n40xqw>

CARIBBEAN MUSIC FROM LIMÓN



Limonese music from the Caribbean has two influences: Spanish and Afro-Antillean. It is known as the most rhythmic in the country. There are multiple types, though the most popular is the calypso which is part of the country’s cultural heritage. Other rhythms of the Costa Rican Caribbean include sinkit, quadrille dances, son and comparsas, as well as gospel, jazz, soul, hip-hop, reggae and soca.

1. El calipso

The most important rhythm of Caribbean music is calypso limonense. Emerging in the colonial era in the English-influenced West Indies (Trinidad and Tobago, Jamaica, Bahamas), it reached the Caribbean coast of Costa Rica with the immigration of Afrodescendants from 1870 onwards, where it gained a flavor all its own in the province of Limón. Its roots are in the Trinidadian kaiso, which the musicians of Limón adapted to the tempo of Jamaican mento music. Small groups of three or four musicians were formed around a singer, who often improvised the lyrics of the songs, organizing small concerts on beaches, bars or in the street. Over time, calypso incorporated and mixed other rhythms to create an original and distinctive sound.

Calypso uses instruments such as the cajon bass, ukulele, sheky-sheky, maracas, guitar, drums, bongoes,

tumbas and cowbell. Among its best-known performers, known as “calypsonians”, are Walter Ferguson (“Gavit”), considered to be the king of Costa Rican calypso, author of calypsos such as Cabin in the wata, Callaloo and Carnaval Day; as well as Roberto Kirlaw (“Buda”), Cyril Silvan, Herberth Ginton (Nowhere like Limón), Reginald Kenton (“Shanty”), Manuel Monestel and the group Cantoamérica.

Known for “its social criticism sprinkled with humor”, the main theme of the calypsos limonenses is everyday life, focusing on relevant elements of black culture. These include foods, drinks and their uses, or notable facts and events from a certain moment in time. The narration is from the personal point of view of the calypsonian, often opposed to dominant points of view but generally coinciding with the point of view of the black minority. Songs frequently tell the stories of characters from the African oral tradition such as Anansi. Blackness is highlighted and its achievements are celebrated, while social injustice, racism, human and ecological exploitation are denounced and the structure of the State is criticized. Its “contribution to



the Afro-Limonese identity and culture” led calypso to become an “outstanding expression of Costa Rica’s Afrodescendant intangible cultural heritage”, which is why it was declared an Intangible Cultural Heritage of Costa Rica by decree in 2012.

2. El sinkit

Sinkit is a musical expression linked to carnival troupes. The term probably derives from rhythms brought by Afro-Antillean immigrants from St. Kitts and Nevis, who arrived in Costa Rica at the end of the 19th century. Sinkit is a type of music originally played on three types of drums: the repeater, the fundé and the bass drum. This type of music has been lost since the incorporation of new styles and foreign concepts in the Limón Carnival, starting in the 1970s, although some sinkit bands persist in Limón, mainly in the neighborhood of Cieneguita.

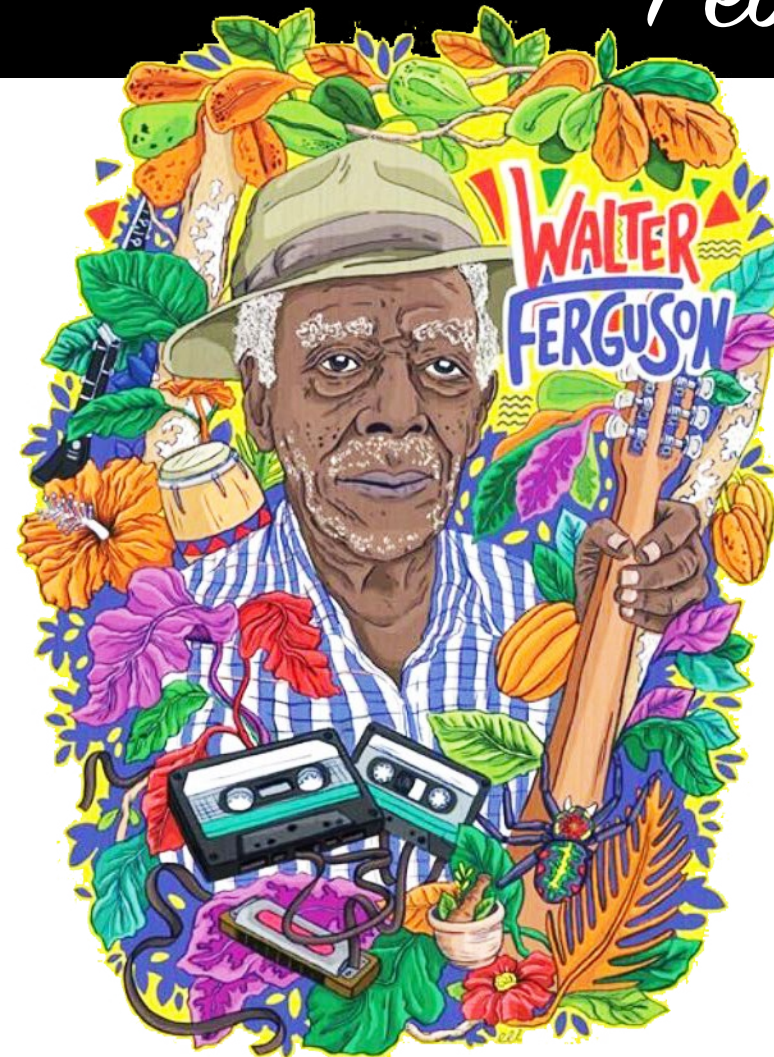
3. Amerindian music

Amerindian music was above all of a utilitarian nature, that is to say, it fulfilled a specific function, in its case especially religious: it was used above all to accompany ceremonies and dances dedicated to this or that deity, for example, “Sibö”, the highest Bribri god, or “Cha Cónhe” for the Maleku. Even dance music, typical of feasts and celebrations, is included in this category because such festivities were usually associated with religious worship.

Although no “professional” musicians are known to have existed (in the sense that their sole occupation was music), music can be thought to have been a profession, with a kind of musicians’ guild (in the sense of a select and specially trained group), with apprentices, masters, and one or two principal musicians.

Teaching was individual, with a master in charge of an apprentice, who was basically taught the mastery of his instrument and the melodies to be used in the ceremonies. More is known about their instruments, although here it must be said that historical memory is preserved especially through instruments whose constitution and materials have managed to survive the decay of time.

Meza Sandoval, Gerardo (2013). *«Acerca del cancionero limonense»*. Rev. Ístmica (Heredia, Costa Rica: Editorial de la Universidad Nacional de Costa Rica) (16): 59-68. ISSN 1023-0890. Consultado el 29 de mayo de 2019.



Walter Ferguson Byfield 'Gavitt' (7 May 1919 – 25 February 2023)

When he began attending school at the age of 7, he had already taught himself to play the ukulele (the first one he played), guitar and harmonica. He watched the Cahuiteños from six o'clock in the evening, at nightfall, who gathered to play and dance to the rhythm of calypso. By ear, he learned to rhyme and compose in the calypso style that was beginning to develop in the region.

His first calypso was composed at the age of 20, during World War II and was called A Sailing Boat, inspired by a day he watched a coastal policeman stop a suspicious speedboat.

He was part of Conjunto Miserable in the 1950s, where he still did not sing, but played the clarinet. The Conjunto played swing, boleros, guaracha, rumba, calypso and quadrille for the Saturday

night dances at the Club House in Cahuita. Around 1970, he decided to retire from live music and began recording his calypsoes.

In 1982 his song Black Man Food, interpreted by Roberto Kirlew 'Buda', won an award. That same year, Mr. Gavitt recorded his first album: Calypso of Costa Rica. In 1986 he recorded a second album: Calipsos del Caribe de Costa Rica. In 2002, the label Papaya Music released his first album titled Babylon. In 1992 he was awarded the National Popular Culture Prize by the MCJ. The albums Babylon and Dr. Bombodee (2004) became Gold Records under the Papaya Music label, both in 2007. In 2009 he was awarded the “Reca” Mora Prize by ACAM for his lifelong dedication to calypso composition.

In his honor, the International Calypso Festival – Cahuita was established in 2013, a cultural event where Afro-Costa Rican culture is mixed with music, traditional food and dance. His songs emerged from his daily experiences. His compositions include G.O.O.D., Callaloo, Tacuma and Nancy's Party, Monilia, One Pant Man, Going to Bocas, Computer, Blessed Calypsonian, National Park, Chiny Man, The King of Calypso, Manzanillo, Glamour Gal, Everybody's Running to the Carnival, On Carnival Day, Pants Tearing Off, Bachelor Room, Land Lady, Mano Piedra, Cabin in the water, Babylon, River Bank, Bombero, Sam See (confrontation between a calypsonian and a Chinese gentleman).

Ferguson is a composer of experiences, which humorously reflect the daily life of his people, romantic escapades, conflicting communal struggles and love for God. It is a clear reference and icon of the tradition and idiosyncrasy of the Afro-Caribbean culture of the Talamanca coast.

[Return to map](#)

Reynaldo Kenton Kenton 'Shanty'



(or 'Shanti') [Puerto Limón, 1938]

Shanty got his start in calypso when it went hand-in-hand with the comparsas that paraded in the carnival of Limón. At one time, he was a soloist, later managing to gather some friends and form a group. He was part of Lobsterband and Skelintan, in the golden age of the Limón Carnival. His most important and long-standing project has been Shanty y Su Calypso. In this group, he performs songs by well-known authors such as Harry Belafonte. He sings his own calypsos. He composed Bananas (one of the most popular limonense tunes) and *Limón hace su carnaval*, Marcus Garvey and Juan Santamaría (which is performed in schools and colleges).



Shanty and his Calypso group

A faithful ambassador of this rhythm is Reinaldo "Shanty" Kenton and his calypso group, from Cieneguita de Limón, who are great artists and calypso lovers. Without a doubt, they are one more example of the great Costa Rican Caribbean musical and cultural heritage. Shanty y su Calipso.

Reynaldo Kenton. Tel: 8333-4672

youtube.com/watch



Kawe Calypso Group

This calypso group was formed by Danny Williams, Otilio Brown and Alfonso Goulbourne, all of whom have stellar backgrounds as composers, interpreters and calypso teachers. The instruments, which include the banjo, qijongo, maracas, drums and guitar, come together to produce the perfect mix of the vibrant chords of this rhythm that makes them vibrate to the rhythm of the southern Caribbean.

CONTACT: Danny Williams

Home phone: (506) 2758-5869/Cell phone:

(506) 8543-7720,

Office: (506) 2758-5114

Email: williamns15@hotmail.com.

Black Star Line Dance Workshop



This independent dance group is based at the Black Star Line, its choreographies are drawn from the Afro-Caribbean tradition, square formation and calypso.

Tel.: 8822-0268 and 2798-4032.

Home phone: (506) 2758-5869/Cell phone:

8543-7720, Office: (506) 2758-5114

Cell phone: (506) 8322-195

Email: williamns15@hotmail.com.

Dancestra

Dancestra is a fusion of the Spanish words for "dance" and "ancestor", symbolizing the dance that we inherit combined with the contemporary, which we mix in a fusion of different elements. We started this project in 2001. In its first years, Dancestra was dedicated to the training of members and the formation of the group directed by choreographer Claudio Taylor, who has more than twenty-five years of experience in Afro-Caribbean rhythms.

Dancestra is the beginning of a series of explorations and investigations, preserving dances such as the Calypso that have been disappearing from the folklore of Limón over time. The group stands out for its charisma, choreography, connection with the audience and its stage presentation.

Throughout the years there have been different members, though a core group has always remained: Claudio Taylor, Sandi Francis, Guisella

Suarez and Sirley Gonzalez, Aracelly Hernandez recently joined our

group and Margarita Mata has come on as an invited guest, who is in charge of the narrative part.

As members of a multiethnic and multicultural province, we have taken on the task of incorporating indigenous dances and recently we have been doing research on oriental dances, specifically Chinese dances.

Despite the limitations, the work rhythm has been maintained, forming a solid group that prepares for the different festivals and public and private presentations, both in Limón and in the rest of the country.

CONTACTS: ClaudioTaylor, Tels: (506) 2758-5869 (506) 2758-5114, Mob: (506) 8322-1950

E-mail: dancestra@gmail.com youtube.com/watch



Calypso Experience: The group emerged in 2006 to disseminate traditional calypso songs from the province of Limón and Caribbean music in general. The group is formed by Johnny Dixon, Sergio Morales, Ricardo Molina and Carlos Saavedra. Tel. 2273-1168, 8825-4243, carlospercu@yahoo.com



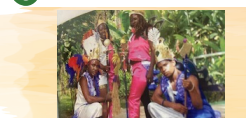
Caribbean Angelical Melodies: The group was born in 2006 and is directed by Malvern Ordain Parkinson. It is composed of 27 members whose repertoire spans gospel and calypso in an a cappella style. Telephone nos. 8853-3927 and 2798-4155, Email: mjordain@hotmail.com.



Masterkey: This vocal group was founded in 1997 and performs gospel, jazz and soul a cappella songs with great harmony in their voices. The members of the group are Marcos and Winston Milliner, Edson McField, Dabbin Cole and David Tucker.



Silver and Gold: The group was founded in 2003 and is directed by Héctor Peralta. It specializes in Afro-Caribbean dances such as calypso, soca and merengue. They also perform dance theater without dialogue. Yunitos Disco Club house group Tel. 8315-3960



Limón Theater Group: The group is part of the UCR's extension efforts. Founded in 2005, they make their own work. bibliotecaina.janium.net

RURAL TOURISM

 [Return to map](#)

Caribbean Rural Tourism



The culture of the province of Limón is unlike any other in Costa Rica, the expression of a multiethnic and multicultural region. A diversity of cultures coexist in the Caribbean: Afro-Costa Rican, Bribri and Cabécar, East Asian, Culi and European. In addition to the multicultural melting pot already present in the Caribbean, there are at least 54 different nationalities.

Visitors to this Caribbean region will experience a relaxed and joyful lifestyle, with cultural manifestations that fill the spirit. The splendor of its traditional carnivals, its diverse cuisine, its contagious music and dances with their captivating and optimistic rhythms and colors – these, together with its friendly people and their unique economic activities, make it a unique and memorable destination.

The province of Limón is a natural paradise formed by a combination of emerald forests, imposing mountains and paradisiacal beaches. Limón has the highest percentage of protected lands in Costa Rica, with an extensive variety of flora and fauna. Its vegetation is exuberant, as are the cultures that intermingle throughout the province.

Rural tourism is an activity that brings tourists into contact with natural heritage and cultural elements of rural life, which in turn reinforce local identity. In this area, Costa Rica offers authenticity, diversity and an exotic experience. It offers a way to see the country in a more experiential way.

In the Caribbean, this kind of tourism involves an experience in a family atmosphere. A common thread is the personalized attention that allows you to deepen your knowledge of the Afrodescendant culture, the cultures of those with Chinese and European roots, and the native peoples, their agricultural traditions (staple crops, roots and tubers, banana and plantain, palm heart, coffee, cocoa, coconut, ornamental plants, as well as livestock, fishing, forestry and more). As well as fishing and small artisanal industries, small businesses promote sustainable practices through their tourism activities. There are also rural organizations making small-scale handicrafts, cosmetics, cheese, ice cream, chocolate, and more.

Our Caribbean is a perfect combination of nature and culture. Come and discover the Costa Rican concept of pura vida, indulge your senses in a wide variety of environments full of peace and comfort and experience customs and traditions in a breathtakingly diverse natural environment.

The province of Limón consists of six cantons: Guácimo, Limón, Matina, Pococí, Siquirres and

Talamanca. Both rural tourism and community-based tourism have become more common in the rural areas of the Caribbean. While the former is carried out by individual entrepreneurs, the latter is in the hands of local communities, who organize it for the benefit of the community. Both are essential elements of rural tourism offerings that are imbued with history, culture, nature and tradition.

The activities on offer include visits to farms growing bananas or cocoa, sugar cane mills, lodging in tourist inns and tasting traditional Costa Rican cuisine.

Indigenous peoples

The Talamanca Mountain Range is located in the Caribbean region of southern Costa Rica. These peaks shelter communities that still retain their original magic. The secrets of indigenous groups that still maintain their culture and customs are hidden in their dense vegetation. If you are planning a trip to this area, we recommend some of Costa Rica's native towns for you to visit.

Bribri

With nearly 17,000 inhabitants, it is the largest town in the four territories of the Talamanca mountain range: the Talamanca and Cocles or Keköldi territories on the Caribbean side, in the canton of Talamanca, and Salitre and Cabagra in the canton of Buenos Aires on the Pacific side.

The reserve of the Bribri people is particularly important because of the activities carried out there: The indigenous people make it possible for visitors to learn about their culture, with a green iguana farm, workshops for native handicrafts such as wooden bows and arrows, handbags, nets, hammocks, baskets, etc. The trails in the reserve allow visitors to take in its rich flora and fauna, with two towers for birdwatching. This latter activity is particularly sought after during the bird of prey migrations between North and South America in the months of January and February and then again in October and November.

The Bribri people have customs and traditions similar to those of the Cabécar people, such as social organization in matrilineal clans, aboriginal medical specialists ("awa" in their language), and a closeness in their languages, cosmology and other traditions. This community traces descent through the maternal line; more than 35 clans have been recorded, and their customs state that they cannot marry members of the same clan.

They build their own native houses, the typical conical houses of Talamanca. They believe in their own god (Sibö) and perform burials around the house while rites are carried out by funeral singers called Tsukurs or Isogros, along with the BikakLa, a kind of master of ceremonies. They also make instruments for hunting and fishing and make instruments such as the güiro, the sabak (drum), the maraca and the use of the dúk (snail).

Keköldi

Located near Puerto Viejo, this reserve is particularly important because of the activities carried on there.

The indigenous people that inhabit this reserve offer various services of interest to tourists.

A total of 17 species of birds of prey have been observed, including eagles, hawks and falcons. During the peak of the migration, thousands of birds can be seen on a single day, a spectacular phenomenon.

Finally, the beautiful Cocles River waterfall is located within the reserve, and can be visited with the help of local guides.



Ictinia mississippiensis
Photo: Pablo Camacho

Yorquín

Yorquín or Yorkín is the name of a river that originates on the Panamanian side of La Amistad International Park. Going up this river, you will reach the indigenous community of Yorquín, where there are facilities that offer visitors a unique experience that combines the beauty of this river with the knowledge of this exemplary community. Visitors are immersed into a community that grows its own food and trades bananas and cocoa in exchange for other products.

From this community you can visit other places such as: Cerro Buena Vista, hot springs, waterfalls, etc. Yorquín also produces handicrafts that can be purchased as souvenirs of this trip.

Additional information:

www.visitcostarica.com

[google.com/maps](https://www.google.com/maps)

Stibrawpa Association

stibrawpayorkin.wordpress.com
explorandoelmundo.com

Tourism in Guácimo:
[facebook.com/gestionturistica2018](https://www.facebook.com/gestionturistica2018)



Falco Peregrinus
Photo: Pablo Camacho

Cabécar

It is the second-largest town, with almost 14,000 inhabitants living inside its territory. The Cabécar people have occupied very remote areas on both sides of the Talamanca mountain range.

Due to the remoteness of their territories, they have had a lesser degree of acculturation and the environment in which they live is the least altered. They have thus preserved their language and many of their traditions.

There are 8 Cabécar indigenous territories: on the Pacific side, they are located in the indigenous territory of Ujarrás (in the Canton of Buenos Aires de Puntarenas). On the Atlantic side, they are found in six territories in three blocks: the first comprises the indigenous territories of Chirripó Arriba (in the cantons of Limón Centro and Turrialba), Bajo Chirripó (in the cantons of Turrialba and Matina) and Nairi Awari (in the cantons of Turrialba, Matina and Siquirres); the second block comprises the territories of Tayní (cantons of Limón Centro and Talamanca); and the third block comprises the Talamanca Cabécar territory (in the canton of Talamanca).

Additional information:

www.ecured.cu

[RIBCA. Red Indigena Bribri Cabécar](http://RIBCA.RedIndigenaBribriCabecar)

puravidauniversity.eu



DITSÖWÖ Û
BIKAKTES & CULTURAS



Se' siwā serke

AGITUBRIT

(Association of Indigenous Tourist Guides Bribri Talamanca)

The association was created in 2014 by professional guides specialized in cultural and ecological tourism. It is made up of 15 people from the communities of Yorkin, Shuab, Suretka, Meleruk, Suiri, Amubri, Tsoki and Namu Wokir, from Talamanca in the southern Caribbean of Costa Rica. The Talamanca area is home to some of the most important indigenous territories of Costa Rica, those of the Teribe, Bribri and Cabécar people.

Exuberant nature and a millennial culture

AGITUBRIT offers a variety of tours focused on the indigenous culture of Talamanca. These tours offer a different kind of experience to tourists, in which the visitor enters our culture, learns about our worldview, our spirituality and our relationship with nature.

Indigenous tourism in Talamanca should be based on respect for the Siwá, the ancestral ideological thought that lives on in the traditional practices that are based on a relationship with nature, spirituality, living well and social coexistence. From the perspective of a tourism ethic based on the Siwá, for our people, nature has sacred spiritual elements and values for life that positively impact the knowledge and wisdom nurtured by this close relationship of respect between the indigenous natural person (ditsöwo) and nature".

Activities:

- Walks through the primary forests of Talamanca.
- Boat tours on the region's rivers.
- Waterfall tour.
- Talks and exhibitions on indigenous traditions.
- Visit to conical houses with explanation of the deep meaning in the indigenous culture.
- Visits to organic gardens and medicinal plants.
- Demonstration of traditional cocoa processing.
- Indigenous cuisine.

Head of reservations: Joel Buitrago
 Tel. (506) 8454-7921
 Suretka, Talamanca, Limón - Kitty corner to ADITIBRI.
www.turismoindigenacr.com



Siwakabata Agroecological farm

Siwakabata is located in the community of Suretka, Bribri indigenous territory, nestled in the upper Talamanca mountain range.

We provide a personalized experience of the Bribri culture and cosmivision. As well as agrotourism with hiking, boat tours, visits to organic farms, tasting the local cuisine, learning about the artisanal process of cocoa, and natural medicine. It also offers lodging, food, organic vegetables, and more.

Activities:

- Demonstration of traditional cocoa processing.
- Indigenous cuisine
- Organic production tour.
- Hiking through trails on the farm.
- Rafting tour on the Coen, Uren, Lari and Telire rivers.
- Enjoy the traditional architecture.
- Tour of a cultural house (visit to a traditional doctor).
- Demonstration and preparation of handmade chocolate.
- Three-day tour to the upper Coen community.
- Observation of flora and fauna, hike along the banks of the Río Coen.
- Stories of the Bribri culture and cosmivision.
- Cable over the Río Coen.
- On the Cerro Piste, there is a path used by our ancestors to travel to Cabécar.
- Visit to La Mariposa waterfall.

Services:

Food

Lodging in a cabin with capacity for 10 people

Stories from the Bribri culture and cosmivision

Traditional ranch



Contact:
 Head of reservations: Joel Buitrago
 Tel. (506) 8454-7921
 Suretka, Talamanca, Limón - Kitty corner to ADITIBRI.
www.turismoindigenacr.com



Talamanca Indigenous Ecotourism Network



Get to know Talamanca...
Experience indigenous culture and natural beauty



We are a legally incorporated Indigenous Association of 13 ecotourism and rural tourism initiatives in the Bribri indigenous territory of Talamanca, which have been implemented by community organizations and families.

Our purpose is to share our culture and make appropriate use of the riches we have in our territory, promoting sustainable tourism as an alternative for conservation, diversifying our income and improving the quality of life in our communities.

Our office is located in Shiroles, Talamanca, 17 km from Bribri. We currently operate as an indigenous tour operator to promote the tourism activities of the different partners of the organization.

Activities:

- Cacao and chocolate clonal garden
- Medicinal plants
- Integrated farms
- Boat tours on the rivers of the area.
- Walks in the forest
- Horseback riding
- Bicycle rental
- Alalkopa-Nature and living culture
- ¡Mishka Yorkín!
- Traditional dance
- Educational tours
- Volunteering

Services:

Lodging:



Educational farm



Stibrawapa Rural Inn



Lodging in family homes

Contact:

- Tel. (506) 8571 4722
- redindigena1@gmail.com
- [Red de Ecoturismo Indígena de Talamanca](https://www.facebook.com/Red-de-Ecoturismo-Indigena-de-Talamanca)
- obturcaribe.ucr.ac.cr

Life & Culture Adventours

Sustainable tourism

This company was created to help maintain the Bribri culture. Our organization is helping to maintain the great chain of values (traditions, customs, art, cuisine, etc.) that have been passed down from generation to generation.

Life and Culture Adventours follows sustainable tourism and environmentally friendly practices. Our objective is to protect the natural resources that exist in the community.

Activities:

- Cultural activities: Afro and indigenous cooking course
- Indigenous dance
- Nature observation through walks, kayak tours: you will be able to see birds and dolphins.
- Visit to Cahuita and Gandoca-Manzanillo National Parks.
- Horseback riding
- Snorkel
- Surf lessons on the beach

Services:



Tour with certified bilingual guides



Traditional indigenous tour: includes river tour, indigenous lunch, traditional chocolate making and indigenous dance.



Horseback riding tour: tour along the beach and coconut grove trails.



Combo 1:
Chocolate, medicinal plants and waterfalls.



Combo 2:
Visit to the shaman, medicinal plants and waterfalls.

Contact:

- Tel. (506) 2750-2129 / 8708-0486.
- lifeculturetalamanca@gmail.com
- lifeculturetravelcostarica.com





ATEC is a tour operator located in Puerto Viejo de Limón that promotes ecological tourism, with a focus on small, locally owned and operated businesses that are environmentally and socially responsible.



Activities:



Tour to Cahuita National Park and throughout the Talamanca area, where you can observe the flora and fauna as well as hiking in reserves and national parks.



You will also be able to spot dolphins, turtles and birds.



Adventure tourism activities: kayaking, surfing lessons, snorkeling, night hikes, horseback riding or bicycle tours.



Cooking and Caribbean dance classes.



Cultural activities, sharing the wealth of Afro-Caribbean and indigenous culture, the traditional use of plants and a demonstration of how cocoa is made. Visit to the shaman.



Family lodging tour in Puerto Viejo.

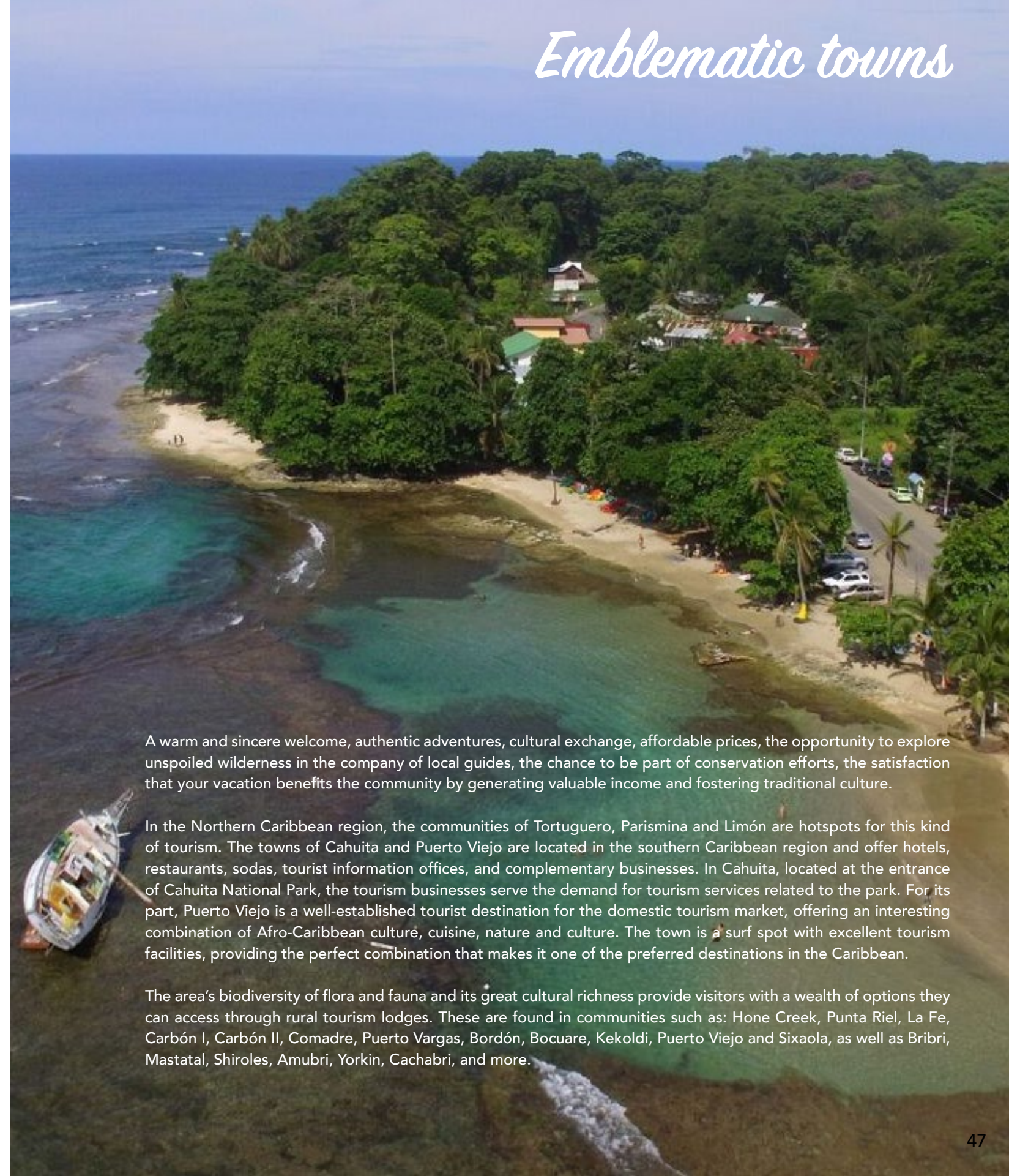
Contact

Downtown Puerto Viejo, in front of the Chile Rojo restaurant, next to the Casa de la Cultura.

Tel. (506) 2750 0398

info@ateccr.org / direccionatec@gmail.com

Emblematic towns



A warm and sincere welcome, authentic adventures, cultural exchange, affordable prices, the opportunity to explore unspoiled wilderness in the company of local guides, the chance to be part of conservation efforts, the satisfaction that your vacation benefits the community by generating valuable income and fostering traditional culture.

In the Northern Caribbean region, the communities of Tortuguero, Parismina and Limón are hotspots for this kind of tourism. The towns of Cahuita and Puerto Viejo are located in the southern Caribbean region and offer hotels, restaurants, sodas, tourist information offices, and complementary businesses. In Cahuita, located at the entrance of Cahuita National Park, the tourism businesses serve the demand for tourism services related to the park. For its part, Puerto Viejo is a well-established tourist destination for the domestic tourism market, offering an interesting combination of Afro-Caribbean culture, cuisine, nature and culture. The town is a surf spot with excellent tourism facilities, providing the perfect combination that makes it one of the preferred destinations in the Caribbean.

The area's biodiversity of flora and fauna and its great cultural richness provide visitors with a wealth of options they can access through rural tourism lodges. These are found in communities such as: Hone Creek, Punta Riel, La Fe, Carbón I, Carbón II, Comadre, Puerto Vargas, Bordón, Bocuare, Kekoldi, Puerto Viejo and Sixaola, as well as Bribri, Mastatal, Shiroles, Amubri, Yorkin, Cachabri, and more.

Puerto Viejo de Talamanca

The town of Puerto Viejo de Talamanca is located in the province of Limón in southern Costa Rica, along the border with Panama. Puerto Viejo is surrounded by beautiful beaches that are perfect for surfing or just swinging in a hammock. The biggest attraction, however, consists of touring the natural environment that surrounds this fishing village in areas such as the Cahuita National Park or the Gandoca-Manzanillo National Wildlife Refuge.

Puerto Viejo: Puerto Viejo de Talamanca is a popular tourist destination. It is known in the surfing community for having the biggest and most powerful wave in Costa Rica, called "Salsa Brava". It is also home to beautiful beaches, such as Playa Chiquita, Playa Negra, Punta Uva and Playa Cocles, some of the most spectacular beaches in Costa Rica, which are located between Puerto Viejo and Manzanillo. The latter is a popular place for canoeing, and is located 13 km to the south, along the beach. The popular Jaguar Wildlife Rescue Center is also nearby (Wikipedia, 2015).

It is the most atmospheric of all the cities that dot its coastline, with a surfing and reggae vibe. Puerto Viejo's main street is where most of the stores, restaurants and nightlife venues are concentrated, many of which offer live music every night.

Town of Cahuita: The community is located at the main entrance to Cahuita National Park. This has caused a strong growth in tourism activity, thanks to the large number of visitors to the park and nearby beach towns, such as Puerto Viejo and Manzanillo.

Manzanillo

Located within the picturesque Gandoca-Manzanillo Wildlife Refuge, the small, quiet fishing village of Manzanillo is the last town south of the tranquil surf town of Puerto Viejo. The main attraction of this small town is its fabulous coastline of gorgeous beaches, dominated by palm trees, which bathe their branches in the calm and gentle waters of the Caribbean Sea. This fishing village has a unique atmosphere and culture that are characteristic of the Caribbean province.

With a wide variety of fish, crabs, shrimp and lobsters in the area, this town is known for its good food. Manzanillo has several colorful local markets and restaurants serving some of the best seafood in all of Costa Rica.


Hone Creek

This community is located about 10 kilometers from the main entrance of Cahuita National Park, and is a transit area between the communities of Cahuita and Puerto Viejo, which

is why this community is used as a stopover point for tourists visiting the area or heading to Sixaola, Puerto Viejo, or other locations.

Parismina

With its almost complete isolation, Parismina has developed its own culture and traditions that combine Costa Rican history and language with a unique dialect and Caribbean-influenced food. By incorporating Caribbean traditions into everyday life, the 600 inhabitants of Parismina have developed a unique and vibrant culture with fascinating links to multiple ethnic roots and Caribbean traditions. This village is known for its ecotourism and sport fishing (tarpon and snook), which form the basis of the economy.

 govisitcostarica.co.cr/region
www.ecured.cu/Parismina



Village of Keköldi

This community is located about 13 kilometers from the main entrance of Cahuita National Park, and is a passageway between the communities of Cahuita and Bribri, so tourists coming to these areas and nearby communities pass through the community of Keköldi.

The region is also home to other attractive communities, such as Hone Creek, Punta Riel, La Fe, Carbón I, Carbón II, Comadre, Puerto Vargas, Bordón, San Rafael de Bordón, Vizcaya, La Estrella, Boacuare, Pandora, Shiroles and Sixaola, all of which have their own tourism initiatives in the early stages.

Meanwhile, in the northern Caribbean, visitors can enjoy a variety of activities such as walks through the forest and waterfalls, observing flora and fauna, turtle nesting, watching local and migratory birds, sport fishing, recreational cycling, horseback riding, hiking, canopy, visits to indigenous territories and plantations of cocoa, flowers and banana.

The region's towns with tourism services include Cariari, Guácimo, Pocora, Siquirres and Batán. First class wharfs can be found in Caño Blanco and smaller ones in Barra del Colorado, Tortuguero, Hamburgo, Parismina, Pacuare, Freeman, Matina and Moín. Barra del Colorado, Parismina and Limón are also accessible by air.

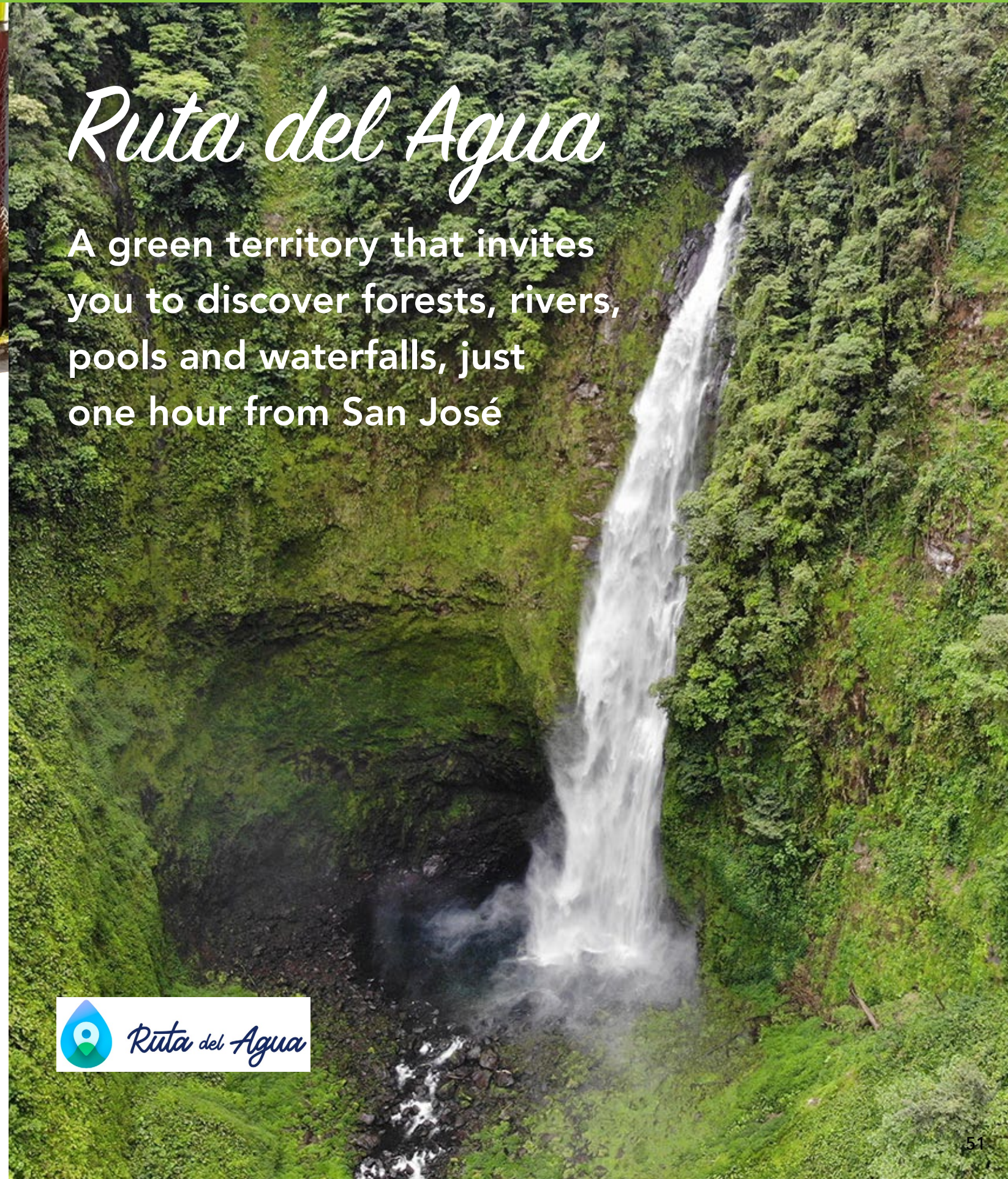
Tortuguero

A small town in the middle of the rainforest, with the Río Tortuguero and its canals on one side, and the Caribbean beach on the other, where thousands of sea turtles come to nest every year. The town is located in the northern Caribbean in the province of Limón, on the coastal stretch called Barra de Tortuguero. It is quite remote and there are no roads leading to it, with access only possible by boat or plane. One interesting fact about the town is that there are no cars, so people get around by bike or on foot, using ATVs to carry cargo or pick up garbage. To go from the village to other sites located on the river bank, water transportation is the only option.

The town of Tortuguero is a small community located on one of the islands or islets between the sea and the lagoons of Tortuguero. In reality, the village consists of a single main street with no cars, where people move around on foot or by bicycle. There are a few bars, restaurants and souvenir stores; visiting this charming Caribbean village is well worth it for the opportunity to discover the rhythm of life and the culture and customs of the area.

Ruta del Agua

A green territory that invites you to discover forests, rivers, pools and waterfalls, just one hour from San José





In the foothills of the mountains, south of Guápiles and Guácimo, the Pococí and Guácimo Aquifers Protected Zone has protected its valuable and fragile forest systems, rivers, waterfalls and more than fifty springs since its creation in 1987. These two forested areas have also become the core zone of the 25,898-hectare Aquifer Biological Corridor, whose main attraction is the rivers that flow through its territory and its lush tropical forests.

In order to promote a harmonious use of the land in this area, the "Ruta del Agua" (Water Route) was created in 2019, an organization made up of more than 40 companies in 12 communities. It includes all the territories south of route 32, a road that goes from the Río Costa Rica in the Guápiles district of the Pococí canton to La Argentina in the Pocora district of the Guácimo canton. In this vast region, located amidst the foothills of the Volcán Turrialba, there is a wide range of rural tourism options.

This includes activities such as guided visits to integrated farms (with crops like coffee or a cocoa and chocolate tour), experiences in handling farm animals or organic crops, hiking that includes walks to rivers or waterfalls, the a relaxing trip to a botanical garden to watch birds and plants, and getting to know the local culture by eating in restaurants serving traditional food. These areas also include experiences such as recreational tilapia fishing and shopping for handicrafts made by local artisans. Be lulled to sleep by frogs, leave stress behind while soaking in a river pool, breathe pristine air, observe birds like toucans and macaws, or wake up at dawn to the song of hundreds of birds. These experiences in the fresh mountain air are part of a unique experience that allows human beings to get in touch with nature.

- 
Bird watching
- 
Hiking
- 
Waterfalls
- 
Guided tours
- 
Restaurants
- 
Handicrafts

Contact:

 facebook.com/RutaDelAguaCR/

 rutadelaguacr.com/  [Municipalidad de Guácimo](#)

Rural tourism lodging in the Caribbean





BRIBRI Lodge

Stop time, breathe fresh air, and take in an extraordinary natural moment with the Bribri. It is the perfect place for those seeking peace and tranquility away from the city's hustle and bustle, a place to disconnect and adventure.

This is a very different, authentic part of Costa Rica. We invite you to learn about the Bribri culture, one of the largest indigenous groups in Costa Rica.

Services:



Accommodations: Sleep in traditional homes called palenques, a rural, cozy and relaxing experience. Conical palenques are rustic and environmentally friendly, in line with the Bribri cosmovision. Number of rooms: 6



Cuisine: You will be able to taste healthy meals based on organic products such as the traditional Bribri handmade chocolate.



Surrounding area: You will enjoy a spacious garden with tropical fruits.

Places of interest to visit

- Just 5 kilometers from our lodge, you will find La Amistad International Park, the largest in Costa Rica, which covers more than half a million hectares of primary forest, you will be taken there by a local bilingual guide.
- In the summer months, you can visit and swim in some of the five rivers that irrigate the valley: Talamanca, Yorkin, Telire, Uren, Lari, Coen, all of which flow from the Talamanca mountain range, clean and crystalline, all navigable.
- You can visit the artisans of the Casa de la Cultura, just 3 km from the lodge.

ACTIVITIES



You can go on mountain hikes of different durations and intensities



Sugar cane juice extraction.



Chocolate processing



Fermentation process of chicha (traditional Bribri beverage)



Bribri songs and performances related to folktales.



Woven suita (Palenque roof thatch)



Culinary experience.



Walks between Bribri communities.



Night hiking.



Villa Santiago Rural Tourism Inn

Enjoy an agritourism experience with your family

A magical place located in Guácimo, Costa Rica, with a beautiful landscape full of flowers where you will enjoy contact with nature and the tranquility of the place. Villa Santiago is a farm that has diversified into several activities: swimming pool, soccer field, flower and foliage production for export, rural lodging, organic fertilizer production, ornamental plant nursery, hydroponics, bicycle tours, farm animal exhibitions, tender coconut plantation, and a heliconia and ginger collection around the trails. In addition, the Río Guácimo is 600 meters from the farm. It also has lodging.

For a different experience, visit us! We look forward to your visit!

www.villasantiagocr.com

(506) 8818-3899

villasantiagocr@gmail.com

facebook.com/villasantiagocr

Faith Glamping Dome Costa Rica

FAITH Glamping Dome Costa Rica an eco-hospitality and rural tourism project in the southern Caribbean beach of Playa Grande, near the fishing village of Manzanillo. We are an ideal destination for connecting with nature, relaxing and exploring the surrounding jungle and the coast of the province of Limón.

A small business run by the owner, Andrea, who provides dedicated, personalized assistance and help with anything you need.

Experience the healing energy and enjoy the benefits of a natural resting experience inside a geodesic dome and the pleasure of life by the sea and jungle while enjoying the comforts of a clean, unique and innovative space.

(506) 2750-0696 / (506) 8723-0101 faithglampingdomecr@gmail.com

We actively collaborate with local entrepreneurs and businesses in Manzanillo (where the glamping is located). This includes initiatives through network of entrepreneurs, which include a wide range of activities.



Kayak in Punta Uva river



Canopy



Hiking to Punta Mona



Horseback riding



Yoga



Massage



Surf



Cultural tour to indigenous reserve and chocolate tour



Paragliding tour



Bike ride



Visits to Gandoca Manzanillo and Cahuita



Snorkeling



Visit to waterfalls



Cooking classes



Bird watching



Dancing classes



Ara Project



Jaguar Rescue Center

Contacts: bribrilodge@gmail.com / (506) 8314-4052 / 8710-6346 / facebook.com/Bribri-Lodge

Address: 50 meters south of main entry Coroma, Amubri, Telire, Talamanca, Limón

Rural tourism lodging

[Return to map](#)



Posada Marfi Inn



Posada Marfi Inn is located in the small town of Cahuita (about 4,000 inhabitants), which offers a unique blend of beautiful beaches, natural beauty and Afro-Caribbean culture.

Some of the best backdrops of multicolored beaches (black, yellow and gray), picture-perfect parks and a unique culture with all its modes of expression, all of which can be taken in by tourists visiting the southern Caribbean.

The inn has 3 very private, quiet and peaceful apartments, with a large garden in the middle and all the comfort you need for a relaxing vacation.

At the hotel, you can enjoy traditional Italian food.

☎ 2755-1164 and 8703-3928 or visit www.cahuita.cr and search for Marfi Inn

Salamandra Lodge

We are a family business dedicated to personalized lodging that combines harmony with nature, art and innovation. We are located in Jiménez de Pococí and surrounded by beautiful gardens. We offer you an environment of peace and tranquility in harmony with nature for a one-of-a-kind getaway in the area. We have rooms for digital nomads that include food and laundry services.

There are also rooms for short stays with breakfast included. We coordinate different types of tourist activities that can complement your stay. Art classes that focus on different techniques and levels, airport transfers can be coordinated as well as travel anywhere in the country.

We have endorsed the ICT's Code of Conduct and are part of the Sofia Network. Our facilities include a spa for health and wellness.

Activities



Waterfalls



Camping zone



Pic-nic area



Hiking

☎ (506) 8878 2899 ✉ info@salamandralodgecr.com

📘 facebook.com/Salamandralodgecr/



Rural tourism lodging

Ave Sol River Sanctuary (Ruta del Agua)

Ave Sol River Sanctuary is a nature reserve and mountain lodge located on the banks of the Río Pacuare. It can be visited by rafting or hiking.

We offer all-inclusive rafting packages for a once-in-a-lifetime experience. All tours include transportation from San José, La Fortuna and/or Puerto Viejo, two days of rafting (Ave Sol entrance and exit), professional bilingual guides, guided hikes, meals, happy hour and lodging. It is a special place for rafting trips of one or two nights with lodging options in double or twin beds.

Ave Sol is remote, rustic, and blends in with the natural surroundings. People looking for simplicity in nature will find the ideal retreat here, a beautiful place where you can really experience nature at full volume.

Gustavo Castro, Scientific Director

☎ (506) 8836-0908 ✉ rieriopacuare@gmail.com

🌐 somoscaribe.org

Kenaki Lodge

Kenaki Lodge is a small family lodge, built in an environmentally friendly way from locally sourced wood, surrounded by 7000 m2 of exuberant nature and located in front of the sea. The lodge is 100 meters from Playa Grande de Cahuita, where sea turtles come to lay their eggs between March and October.

It is a unique place in the Caribbean, with a Balinese style construction, built with tropical wood, and open to an exuberant natural surroundings with high quality materials.

Services:

4 double standard rooms.
Continental and Costa Rican breakfast.
Tropical garden.
Organic fruit and medicinal plant orchard.

Direct access to the beach.
Martial sports area.
"Dojo" sports area
Cahuita Rescue Turtle Program
Volunteering

Contact:

☎ (506) 2755 0485 / 8919 2967 ✉ kenakilodge@gmail.com

🌐 www.kenakilodge.com





Colina Secreta Glamping

Colina Secreta is the perfect place to connect with nature in an informal yet elegant atmosphere, run by its owners.

Located on a 3 hectare estate, a former plantation with some of its cocoa trees still standing, Colina Secreta Glamping and Villas is located just 1.6 km from the best beaches of the Caribbean. The property now features the charming Glamping Hotel in a private jungle reserve, the perfect base for exploring Costa Rica's Caribbean region, incredible beaches, pristine nature, lush wildlife and Afro-Caribbean reggae cultural heritage.

Colina Secreta Glamping and Villas has received top reviews on Booking, Tripadvisor and Google and was selected as one of the 6 glampings in Latin America to visit by the prestigious international magazine Condé Nast Traveller.

There are different options: rooms with private bathrooms in the main house, two detached houses with kitchens for 2-4 people, and the large glamping tents with up to 90 m² of space, which provide a unique experience due to their closeness to nature and comfort and sleep up to 4.

Staying at Colina Secreta, you will have the perfect base to explore the region. Some of the wonders worth mentioning are Cahuita National Park, El Jaguar Rescue Center, Talamanca Indigenous Reserve and Gandoca-Manzanillo Wildlife Refuge. There are so many activities: surfing, fishing, snorkeling, diving in the only barrier reef in the Caribbean, sea kayaking and jungle rivers. Besides the beach and the local nature, there are several other activities, such as the cocoa tour, yoga, horseback riding tours, mountain biking, and more.

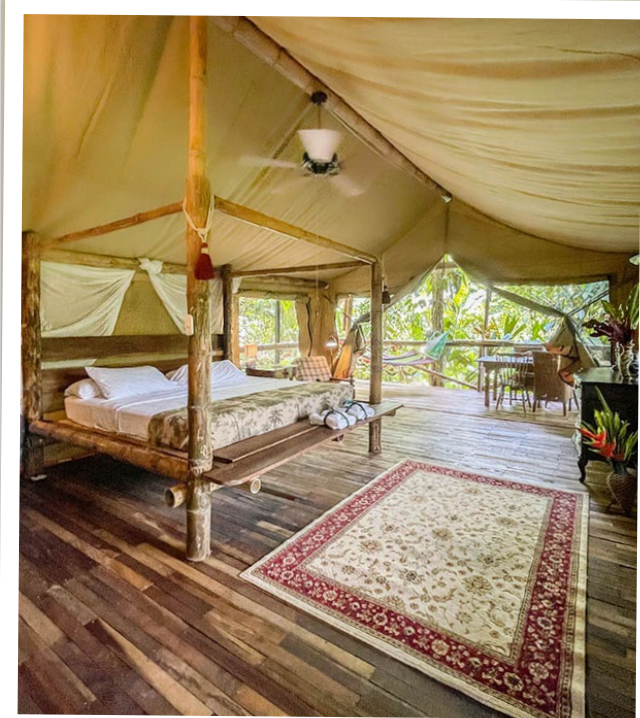
You can find a list of local activities in the area in our informative brochure which you can download at the bottom of the page.

- 2 km from Cocles Beach, the best location between Puerto Viejo and Manzanillo with access to restaurants, supermarkets and all services.
- Free private parking is available
- Free fiber optic wifi.
- We accept pets
- Air-conditioned options
- Yoga and massage platform.
- Organization of different activities in the area such as snorkeling, surfing, visits to the Bribri indigenous territory, and more

Information:

[\(506\) 8350-9066](tel:(506)8350-9066) / info@colinasecreta.com

es.colinasecreta.com/who-we-are



Caribbean Botanical Garden (Guácimo)

The Caribbean Botanical Garden is an agrotourism park dedicated to the production, conservation and exhibition of plants, especially orchids. It is located in La Perla de Guácimo, 700 m south of the junction on Route 32. It has a large collection of orchids of more than 30 genera. These orchids are both domestic and foreign and come from countries such as Venezuela, Thailand, Brazil, Colombia, Philippines and Indonesia. Likewise, our orchid production is very extensive.

The Caribbean Botanical Garden has a network of 1.5 km of easily accessible trails. As you wander these trails, you can observe sloths, howler monkeys, toucans, hummingbirds, tanagers, morpho butterflies, and more. The flora is varied and includes different heliconias, bromeliads, a vanilla plantation, tree ferns, exotic orchids, and more.

The entrance fee to our Garden is 3,500 colones for Costa Ricans and \$10 for foreigners.

Our office:

turismocaribbean@gmail.com

caribbeanbotanical.com

Tel.: (506)8353-5013/ (506)6059-7551



Figue's Farm Trails and Los Montes Waterfall

At Figue's Farm and Los Montes Trails and Waterfalls, we offer tours to two waterfalls. Our main activity is nature hiking: on our farm, you will find water springs, a creek, beautiful pools, tilapia ponds, a small farm and a restaurant specializing in local Caribbean food.



Admission: ₡4000 for Costa Ricans and \$25 for foreigners. The admission fee includes parking and a guided tour through the trails. The route is a 5.5 km round trip, passing through several pools, a suspension bridge and two waterfalls that are on our farm.



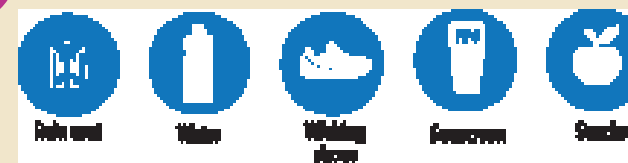
Location: Las Colinas de Guácimo. The road is accessible for all vehicles, even for cyclists!!!! The trail route is easy/moderate.



Hours of operation: Tuesday to Sunday from 8:00 a.m. Last admission: 3:00 p.m. Hours of operation are subject to weather conditions, since the climatic conditions of the humid tropics must be taken into account.



What to bring



[\(506\) 8994 7956](tel:(506)89947956) / figuesfarmcr.com

facebook.com

instagram



Caribbean Protected Areas



The Costa Rican Caribbean is famous for its tourist attractions and natural wonders, as one of the most popular destinations for ecotourism in the Americas. It combines extraordinary biodiversity, magical natural landscapes and a successful network of national parks and public and private protected areas. In the province of Limón, there are two Conservation Areas: the Tortuguero Conservation Area and the La Amistad-Caribe Conservation Area.

The Tortuguero Conservation Area (ACTo)

Located in the northeastern Caribbean region of Costa Rica, between the Río San Juan to the north, along the border with Nicaragua; the Parismina River to the south, where it borders the La Amistad-Caribe Conservation Area (ACLA-C); and the Sarapiquí River to the west, where it borders the Arenal Huetar Norte Conservation Area (ACAHN).

The ACTo covers an approximate land area of 302,481 hectares (3,024 km²) distributed in the cantons of Guácimo and Pococí in the province of Limón, and part of the canton of Sarapiquí in the province of Heredia.

This area includes Tortuguero National Park, Barra del Colorado Wildlife Refuge and the Dr. Archie Carr National Wildlife Refuge (2017).

Information:  www.sinac.go.cr

The Amistad Caribe Conservation Area (ACLAC) covers an area of 620,967.72 hectares of land, or 12% of the country's territory, with 26,386 hectares of marine areas and a population of approximately 350,000 inhabitants. Approximately 247,016 hectares of the conservation area, of which about 208,000 hectares are on land, fall within eight indigenous territories, including those of the Bribri and Cabécar, representing a total of 33% of the territory of the conservation area.

72% of the territory of La Amistad-Caribe Conservation Area is under forest cover, which is the highest level of ecological integrity of any Conservation Area.

Biosphere Reserve

Costa Rica has been recognized worldwide for its efforts to protect biodiversity; consequently, certain regions have been designated as Biosphere Reserves, World Natural Heritage Sites and RAMSAR sites. In the case of La Amistad-Caribe Conservation Area, these include: Biosphere Reserve, La Amistad Biosphere Reserve, La Amistad International Park, which is a World Natural Heritage Site under the name of Cordillera de Talamanca - La Amistad, and the Gandoca-Manzanillo National Wildlife Refuge, which is classified as a Wetland of International Importance (RAMSAR Site). Interestingly, this Protected Wildlife Area is the only one along the border region that is within the buffer area of the San San-Pond Sac Refuge, a RAMSAR Site in the Republic of Panama.

 www.visitcostarica.com



Photos: Roger González



The park is considered the most biologically diverse protected wilderness area in the country, due to its wide range of altitudes, highly varied climate and its variety of soils, which favor diverse ecosystems and high endemism.

La Amistad International Park is the largest protected area in Costa Rica and, since its territory continues into Panama, the country's only binational park. It is known for the majestic trees of its oak forests and cloud forests, as well as páramo plains and alpine wetlands like turberas, or peatlands.

It is home to a network of short, medium and long trails, which can be a window into the species richness of the area, with several species that are endemic to Talamanca. In particular,

the diversity of birds in the area is a significant tourist attraction.

Another attraction of La Amistad International Park is the scenic beauty of its natural environment as well as of the adjacent rural and indigenous communities, where visitors can find guides, food and lodging, thus contributing to local development through Rural Community Tourism. Visitors can enjoy breathtaking views from the mountains and open natural areas, with majestic sunrises and sunsets, a varied agricultural landscape and a clear sky full of stars.

The park is a privileged location for a visit, with international recognition as a Ramsar Site, World Heritage Site and a Biosphere Reserve.

Importance

The park is called "International" because it extends into the neighboring country of Panama, which protects an additional 207,000 hectares. The park is surrounded by the Chirripó, Taynítelire and Talamanca Indigenous Reserves on the Atlantic side, and by the Ujarrás, Salitre and Cabagra Indigenous Reserves on the Pacific side of the Cordillera de Talamanca. In 1982, UNESCO declared the La Amistad Biosphere Reserve and in 1983, designated it as a World Heritage Site due to its exceptional universal value both from a scientific, conservation and natural beauty perspective.



Extension

199 147 hectares of land

(166 980 ha in the Caribbean y 32 167 ha on the Pacific side).



Location



It is located in the Talamanca mountain range, in the south of Costa Rica, extending to the Panamanian border. To get to the park, you can drive from San José by road to the center of the town of Cerro Punta (one hour), and then drive 5 km to the park's administrative headquarters in the town of Las Nubes.

Protected areas

- Tortuguero National Park
- Barra del Colorado National Wildlife Reserve
- Protected Area of the Guácimo-Pococí Aquifers
- Dr. Archie Carr National Wildlife Reserve
- Tortuguero Protected Area
- Northern Border Corridor National Wildlife Reserve
- Cariari National Wetland
- Parismina, Guácimo Sector
- Sector Jalova, Guácimo
- Caño Sirena, Guácimo

Tortuguero National Park

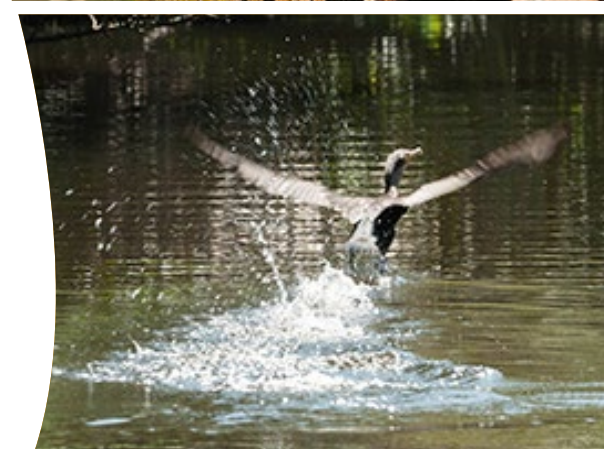
Land of turtles and wetlands

Tortuguero National Park will surprise you with its vast biodiversity and magical landscapes in this special and remote corner of Costa Rica that offers a spectacular and welcoming Caribbean experience. Starting with the fact that it can only be accessed by small boats or by air, since there are no roads there.

It is one of the main tourist icons of Costa Rica, because it is internationally recognized for protecting a nesting beach used by sea turtles, especially the green turtle, which is the most important species in the western hemisphere. However, hawksbill, loggerhead and leatherback turtles can also be seen. The latter species is the largest of all, reaching a weight of over 400 kg. The beach where the turtles lay their eggs is included within the Tortuguero National Park. The park protects 76,937 hectares, of which 50,284 are marine and 26,653 are on land.

Of the reserve's land area, 99% is used for absolute conservation and 1% is set aside for visitors. The marine area is 100% dedicated to absolute conservation.

Tortuguero National Park is located in northeastern Costa Rica, in the canton of Pococí, and belongs to the province of Limón. Far from the city and formed by an extensive network of rivers and canals, it is a place unlike any other. The small communities surrounding the protected wildlife area, such as Barra del Tortuguero and San Francisco, still preserve their traditions and enjoy the benefits of using bicycles as the only means of transportation, making the tour a true encounter with the Caribbean culture.





Photos: Dina Duarte



Near the community of San Francisco and Barra de Tortuguero, is the highest point in the area. Here, visitors can take in the unparalleled landscape of the country's largest wetland in the country from a privileged vantage point.

If you are going to travel to this corner of Costa Rica, it is best to do so from March to October in order to have the opportunity of seeing the nesting of the sea turtles.

Tortuguero is a small and remote fishing village that has multiple hotels, resorts and restaurants that make it a stress-free getaway spent in close contact with nature.

Ecological importance:



Protects nesting beaches for 4 species of sea turtles: green (*Chelonia mydas*), leatherback (*Dermochelys coriacea*), hawksbill (*Eretmochelys imbricata*), and loggerhead (*Caretta caretta*).



The wildlife area is home to several endangered species.



It protects the habitat of the manatee (*Trichechus manatus*), one of Costa Rica's rarest and most endangered mammals.



It protects the habitat of the largest feline in the Americas. Tortuguero has one of the largest populations in Costa Rica and an established research program.



It protects groves of yolillo palm (*Raphia taedigera*), known as yolillales.

Flora and fauna (identified to date):



734

Plant species



138

mammalian species (101 genera and 32 families, jaguar, manatee, monkeys, tapir, peccary, among others)



118

reptile species (76 genera and 22 families. leatherback and green turtles, caiman, basilisk, iguana, among others)



442

bird species. (Kingfisher, jacana, tiger heron, curassow, raptors, among others)



460

arthropod species.



58

amphibian species (27 genera and 11 families)



Tropical rainforest and very humid tropical forest predominate.

The average annual temperature ranges from 25°C to 30°C.

Average annual precipitation: 6,000 mm.

Highest rainfall: July and December

Lowest rainfall: March-April and October

The heat, humidity and rain are constant companions in the region.

Featured species



Green sea turtle (*Chelonia mydas*)

One of the initial reasons creating the Tortuguero National Park is that the beaches of Tortuguero are one of the species' main nesting beaches worldwide. Adult green turtles grow up to 1.5 meters in length and have an average weight of 68-190 kg. The average carapace length of the species is 78-112 cm (31-44 in). Exceptional specimens may weigh 315 kg (694 pounds) or even more.

Some characteristics of the species include an oval shell of variable color, four lateral scutes and a pair of prefrontal scales. The turtles nest mainly on the country's Atlantic coast with a peak in nesting activity from June to October. Tortuguero is one of the best places to see the nesting and hatching displays up close.



Caimán (*Caiman cocodilus*)

This species is present along the Tortuguero canals, and can sometimes be observed.



Great Green Macaw (*Ara ambigua*)

An endangered bird species that has been recovering its population with Tortuguero as one of its main nesting and feeding sites.



Aninga (*Aninga aninga*)

A characteristic sight on the Tortuguero canals, it can be spotted on branches drying its wings after diving to hunt.



Leatherback sea turtle (*Dermochelys coriacea*)

The leatherback, it is the largest sea turtle in the world. Some specimens can reach a length of up to 2.5 meters and a weight of 700 kg.

Throughout the Caribbean, it is most commonly seen during the months of March to May. Some good places include Barra de Pacuare and Gandoca-Manzanillo, with Barra de Pacuare being the best.

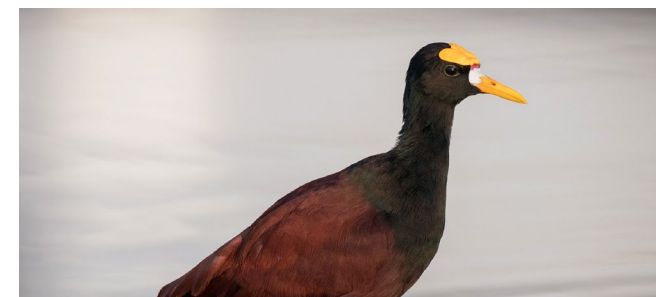
- Births: September to December

<https://acto.go.cr/>



Black turtle (*Rhinoclemmys funerea*)

One of the river species of Tortuguero. In the canals, several can be observed on a single tree trunk.



Jacana (*Jacana jacana*)

One of the most colorful species of birds present in the Tortuguero canals.



Strawberry poison-dart frog (*Oophaga pumilio*)

A common amphibian species in the area, with a very striking territorial behavior.



Gartered trogon (*Trogon caligatus*)

A species present along the trail – sometimes it can be observed in the clearings of the trail.



Mono Colorado (*Ateles geoffroyi*) and Mono Cariblanca (*Cebus capucinus*)

One of the most striking and dispersing species of plants.

ENTRY FEES

Residents:	₡ 1.130
Residents (children):	₡ 565
Non-residents (adults):	\$ 16.95
Non-residents (children):	\$ 5.65

Methods of payment:

- **Currency:** dollars and colones.
- **Cash:** bills in good condition, \$100 bills and ₡50,000 bills are not accepted.
- **Credit and debit cards:** All cards are accepted. Foreigners should make sure to report their travel to their bank in advance.

Hours of operation:

- **Every day** from 6 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

Cerro Tortuguero Trail

Visitors are allowed on the Cerro Tortuguero Trail, from 8:00 a.m. to 3:30 p.m.

Entry fee

*Residents:	₡565
**Residents (Children):	₡565
Non-residents (adults):	\$2.26
Non-residents (children):	\$2.26

How to purchase tickets: Tickets are sold from 6:00 a.m. to 3:30 pm.
Online reservation system.

Methods of payment:
All cards are accepted. Foreigners should make sure to report their travel to their bank in advance.

Services

Berth

Drinking water

Restrooms

Information

Restaurant

Lodging

Guides

Internet

Tourist services such as food, lodging, guides, transportation, telephone, internet and more are offered by private providers in the village of Barra del Tortuguero.

Due to the particular conditions of Tortuguero National Park and the need to protect sea turtles, their nests and eggs, it is vital that you take into account the following

Regulations

No pets

No fire

Sound equipment is not allowed

Sports activities are not allowed

Weapons are not allowed

No littering

No drugs or alcoholic beverages allowed

Do not extract plants and/or animals

Respect the nesting holes

Respect the regulation

Stay within the trail

Fishing is not allowed

What to bring

Water

Fresh clothes

Sunscreen and repellent

Rubber boots are recommended

Recommendations

- Watch your belongings
- Swimming in the sea or lagoons is not recommended due to dangerous currents, boats and traveling animals.

Contacts:

Tortuguero National Park
Administration Sector Cuatro Esquinas

(506) 2709-8086 8309-3116
 pnt.turismosostenible@sinac.go.cr



How to get there

Land/sea route

1. **La Pavona** (most common and fastest route): from Guápiles to Cariari, then to the port of La Pavona to take a boat to the town of Tortuguero. It is preferable in a 4x4 vehicle (to be left at the port's parking lot). Continuous public and private transportation service.
2. **Caño Blanco:** from Siquirres to the port in Caño Blanco, from there only private boat transportation is available to Tortuguero (previous reservations with boat transport companies).
3. **Puerto Moín:** private water transportation from Puerto Limón to Tortuguero.

Air route:

- **Destination Tortuguero:** flights offered by Costa Rican airlines and on their own schedules. The Tortuguero Regional Airport is located four kilometers north of the town of Tortuguero.

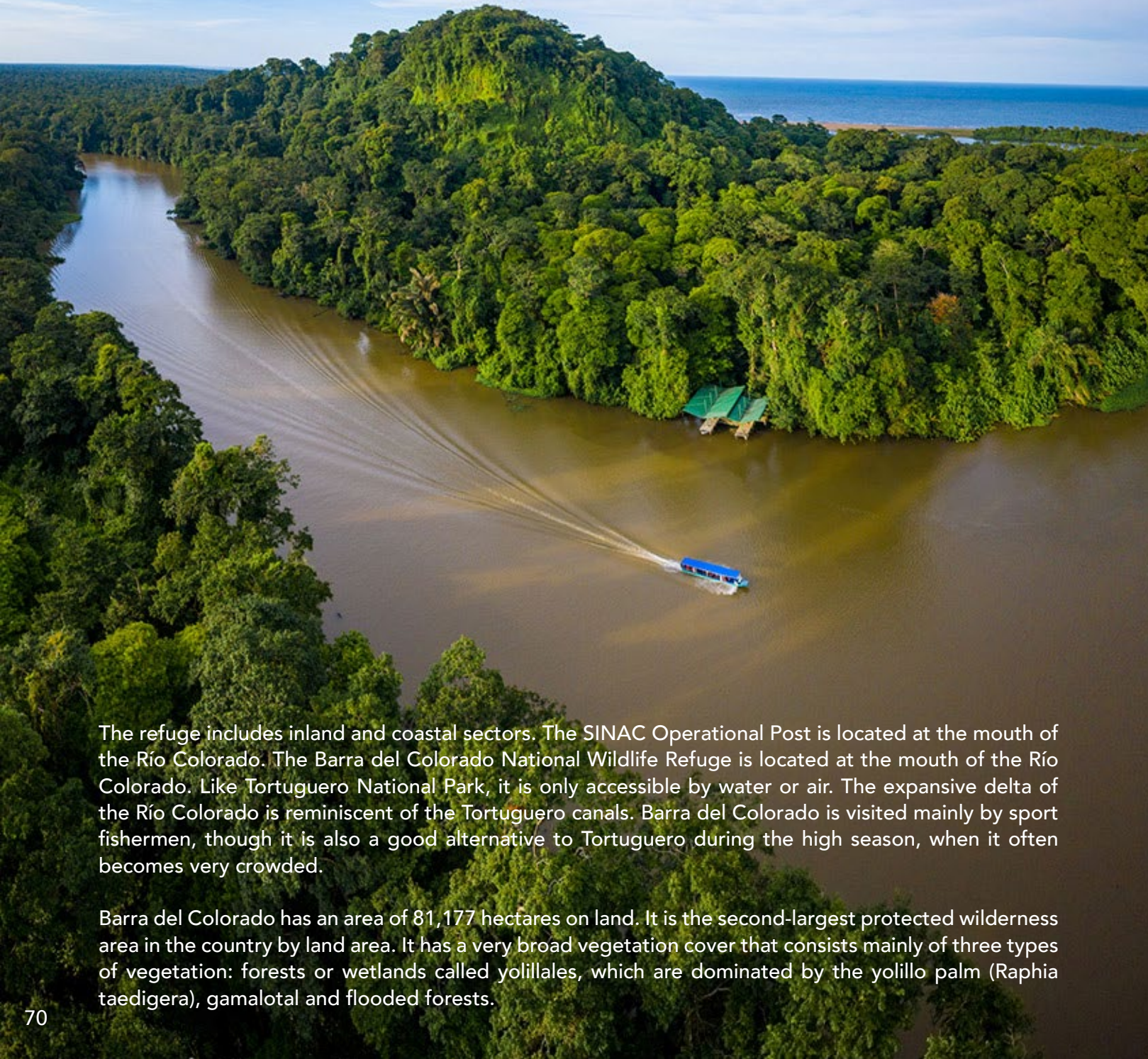
AEROBELL: www.aerobell.com
SANSA: flysansa.com/es

LINKS

- areasparques.com/areasprotegidas/
- sinac.go.cr/ES/ac/
- acto.go.cr/parque-nacional-tortuguero-2/
- deilusionarecuerdo.com/tortuguero-costa-rica/
- tortugueroinfo.com/spa
- quebuenlugar.com/lugares/tortuguero/

*Costa Rican citizens and residents must show their ID document to access these prices.
**Children (Costa Rican citizens and residents): Between 2 and 12 years old (inclusive).

Barra del Colorado National Wildlife Refuge



The refuge includes inland and coastal sectors. The SINAC Operational Post is located at the mouth of the Río Colorado. The Barra del Colorado National Wildlife Refuge is located at the mouth of the Río Colorado. Like Tortuguero National Park, it is only accessible by water or air. The expansive delta of the Río Colorado is reminiscent of the Tortuguero canals. Barra del Colorado is visited mainly by sport fishermen, though it is also a good alternative to Tortuguero during the high season, when it often becomes very crowded.

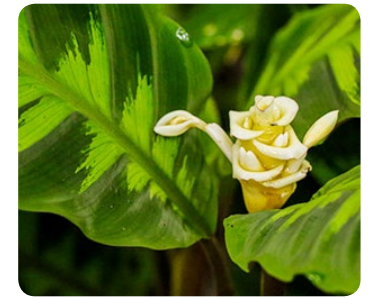
Barra del Colorado has an area of 81,177 hectares on land. It is the second-largest protected wilderness area in the country by land area. It has a very broad vegetation cover that consists mainly of three types of vegetation: forests or wetlands called yolillales, which are dominated by the yolillo palm (*Raphia taedigera*), gamalotal and flooded forests.



Created on July 26, 1985, this wilderness area is located on the border with Nicaragua.



It covers 50 km of coastline and 81,177 ha of land, lagoons, rivers, river islands, forests, marshes, yolillales and hills (ancient volcanic cones).



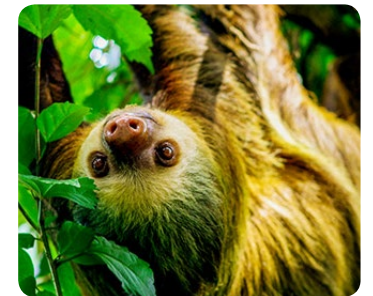
The region's flora is one of the most diverse in Costa Rica, with 58 species of endemic plants in the sector of the Coronel and Cocorí hills. Palm trees abound.



It is a refuge for the manatee or sea cow (*Trichechus manatus*), a symbol of Costa Rica's marine fauna.



It is home to abundant caimans, crocodiles, gaspar fish, and many other species.



It is also the habitat of the tapir, jaguar, puma, howler and white-faced monkeys, ocelot, the jaguarundi and the three-toed sloth.

Ecological importance:

In the territory of the Barra del Colorado National Wildlife Refuge, visitors can find coastal areas, lagoons, rivers, swamps of herbaceous species, flooded forests and forests of small hills with heights that do not exceed 219 meters above sea level. The high precipitation almost all year round makes Barra del Colorado one of the rainiest places in the country, with an average annual relative humidity of 88%, as is typical of the lowlands of the very humid tropics.

Due to its wetland characteristics, it constitutes an area of great importance for the conservation of wild aquatic fauna and flora and of species associated with aquatic habitats.

All of these elements make Barra del Colorado National Wildlife Refuge one of the most biologically diverse areas in the Costa Rican Caribbean region. It is home to a great diversity of species, including one third of the country's endangered animal species. Its ecosystems generate essential services for the well-being of the communities located around the refuge, while its tourist attractions remain largely undiscovered by Costa Ricans and foreigners.

The site is rich in ecosystems that attract droves of migratory birds. It provides roosting and feeding areas for more than one million birds annually.



Along with Tortuguero National Park, Barra del Colorado National Wildlife Refuge is the most important nesting site for green sea turtles (*Chelonia mydas*) in the entire western half of the Caribbean.

Barra del Colorado is part of the site called the Northeastern Caribbean Wetland, declared a Ramsar Wetland of International Importance in 1996, an outstanding representative of the natural wetlands found on the Caribbean coast of Costa Rica.

Barra del Colorado National Wildlife Refuge is a corridor between Tortuguero National Park and Indio Maíz Biological Reserve in Nicaragua (part of the Mesoamerican Biological Corridor). It is physically connected to Tortuguero National Park to the south (in the Tortuguero-Barra del Colorado Biological Corridor) and to the Indio Maíz Biological Reserve to the north. Maintaining and strengthening these connections is essential for the ecological viability of various flora and fauna species, not only in Barra del Colorado, but also in Tortuguero National Park to the south, which has no connection to other protected areas.

Most of the area is very swampy, with marginal soils unsuitable for agriculture and livestock, though the park does have a high tourism potential.

Boundaries

In terms of its geographic location, Barra del Colorado is located in the districts of Llanuras del Gaspar in the canton of Sarapiquí and the districts of Colorado and La Rita in the canton of Pococí.

Attractions



Forest: includes yolillo palms, felines, water springs and water resources, macaws and various tree species.



Río Colorado: includes the manatee, crocodile and various fish species and the associated waterways, including lagoons and canals.



Río Gaspar: home to several species of fish. An important river in summer as a natural water source and also has high recreational value.



Internal lagoons: Water bodies in the western sector of Barra del Colorado National Wildlife Refuge that have no surface connection to rivers.



Estuaries or deltas: includes the Samay and Tortuguero freshwater wetlands and the mouth of the Colorado River.



Hard bottoms: Infralittoral in intertidal zones. Located facing the mouth of the Colorado River and the marine area facing Laguna Taura.



Sport fishing: Barra del Colorado is internationally renowned as one of the best sites in the world for sport fishing for tarpon, receiving anglers from all over the world every year.



Cerro Tortuguero: The Volcán Tortuguero, also called Cerro Tortuguero, is an extinct volcano located 5.5 km northwest of the town of Tortuguero and within the Tortuguero national park

How to get there

The coastal sector of Barra del Colorado can only be accessed by air or sea. Airlines reach the area in 35 minutes from San José.

Access by land is as follows: leaving from the province of San José, take route 32 to the Santa Clara Service Station. From there, take route 247 towards the community of Cariari de Pococí; when you reach the Surá crossing, turn left, passing by the Palmitas Service Station. Stay on route 247, which will become a gravel road for the last 32 km until you reach the community of Puerto Lindo where you can access the boat service (botibus), which will take approximately 1 hour to reach the coastal sector.

From Cariari, you can use public transportation to get to Puerto Lindo. The bus service offers two schedules per day, one at 4:30 am and another at 2:00 pm. The buses take 2 hours and are connected with the entrance of the river ferry service in Puerto Lindo.

Puerto Lindo-Barra del Colorado River Ferry Schedule

Departure	Morning	Afternoon
Puerto Lindo	6:00 am	4:00 pm
Barra del Colorado	5:00 am	3:00 pm

Where to stay

Coastal Sector. In the communities of Barra Norte and Barra Sur, you can find lodging services and a variety of tours through the canals and lagoons. In addition, the local restaurants offer delicious dishes from the area, with products from the coast of the catch of the day.

Inland Sector. On the way to Puerto Lindo, rural tourism initiatives have been developed that will surprise you with their trails, local products, beautiful internal lagoons and crystal-clear rivers.

Information: acto.go.cr

Entry Fees

Costa Ricans: ₡ 500
Foreigners: \$ 2

By paying your entrance fee, you contribute to the local economy and the conservation of natural resources. Cerro Tortuguero belongs to the National Conservation System and the administration of the Barra del Colorado National Wildlife Refuge has decided to grant management to the San Francisco de Tortuguero Community Development Association, as a strategy by which the income generated by visitors is invested directly in the community. In addition, visitors (both Costa Ricans and foreigners) must pay a fee of \$5 per person for the sustainable management of the site, provided by the Asociación de Desarrollo Integral de San Francisco (San Francisco Integral Development Association).

- Guiding, transportation and additional services are sold separately and must be arranged with the guide or operator.
- Payment by credit card available (foreigners should remember to report that they are abroad).

Regulations

- No pets
- No fire
- Alcohol consumption is not allowed
- Sports activities are not allowed
- Weapons are not allowed
- Keep your trash throughout the tour, there are no trash cans on the trail.
- No drugs or alcoholic beverages allowed
- Do not pick plants and/or animals

- Hours of operation: Every day from 8:00 a.m. to 4:00 p.m.
- Maximum 330 people per day.
- Reservations are required (through hotels, agencies or operators).
- Guides are required.
- Admission limited to groups of up to 10 people.
- Groups must enter separately every 15 minutes.

- Recommendations:**
- Stay hydrated and carry enough water.
 - Wear a hat or cap, sunscreen and biodegradable repellent.
 - Swimming in the lagoons or the sea is not recommended due to boats, animals and dangerous currents.

Guácimo-Pococí Aquifer Protected Zone

This protected wilderness area was created on January 21, 1987. It is considered one of the most important regions for the water supply of the Atlantic region.

What is an aquifer?

It is a system formed by fractured rocks or sediments such as sand and gravel, along with water that is stored by infiltration of rainfall. The water completely fills the fractures or pores, which must be interconnected to allow water, to flow through them very slowly. The more connected the pores are, the greater the permeability of the aquifer and the better the chances of yielding significant amounts of water.

Characteristics

The water discharged by the springs of Guácimo and Pococí is of very good natural quality. These springs supply water to a good part of the population of their respective cantons through urban and rural aqueducts administered by the AyA and local water management bodies called ASADAS.

The area has rocky mountains with significant value for water recharge, beautiful rivers and waterfalls that are used by residents and visitors for family recreation and leisure.

Boundaries

The Guácimo-Pococí Aquifer Protection Zone is bordered to the north by the Cordillera Volcánica Central Forest Reserve. Its irregular shape extends its area to several communities of Guápiles and Jiménez, including Buenos Aires, Bella Vista and Suerre, as well as Guácimo.

Key management elements of the Guácimo-Pococí Aquifer Protection Zone



Forest: It consists of a large expanse of forest south of the cantons of Guácimo and Pococí (93% primary forest), and contains three different life zones that cover more than 90% of its forested area. It also includes gallery forests and aquifer recharge zones.



Aquifers: The presence of high forest cover, high rainfall and high temperatures have allowed the formation of the Guácimo, Guápiles and Santa Clara aquifers. They are recharged by the direct infiltration of rainfall; the discharge of the aquifers is essential for the flow of the Guácimo, Jiménez and La Roca rivers.



Rivers: The most important rivers of the lowlands have their source here, including the Guácimo, Jiménez, Sucio, Elia and Toro Amarillo rivers. The waters that are discharged from the aquifers in the foothills of the mountains is vital to their flow.

For information, call: 2710-0600, ext.114



Dr. Archie Carr National Wildlife Refuge

The Dr. Archie Carr National Wildlife Refuge is a state-owned refuge administered entirely by SINAC. Because it is part of the Natural Heritage of the State, only research, training and ecotourism activities may be carried out here. Activities necessary for the use of water for human consumption may also be authorized.

This refuge has a regular topography, with no geographical features and high energy beaches with constant waves and only minor tidal changes. These characteristics determine the dynamics of the coastal ecosystems, favoring the presence of river deltas and systems of canals and lagoons that are interconnected throughout the entire coastal sector of the Caribbean plains. As such, this is fundamental for ensuring ecosystem connectivity. Likewise, estuaries are fundamental for the connections between marine-coastal and inland ecosystems, especially for species that require both systems to complete their life cycle, as is the case for sea turtles.

and annual precipitation ranging between 4,500 and 6,000 mm. The surrounding area is full of rivers, canals and lagoons, which are used by locals and tourists alike. These areas are flooded most of the year, which causes the formation of extensive forest masses dominated by a few species, especially in areas with permanent flooding. The RNVS-AC also has secondary regeneration forests and beach areas. The secondary forests are dominated by almendro de playa trees, and with taller trees present in the northern sector.

This ASP is part of the very humid tropical forest life zone, with an average annual temperature of 26°C





Ecological Importance

The Dr. Archie Carr National Wildlife Refuge was created to protect one of the most important nesting sites in the Western Hemisphere for the green sea turtle (*Chelonia mydas*), and to protect the nesting beaches of three other species of sea turtles (*Dermochelys coriacea*, *Eretmochelys imbricata* and *Caretta caretta*).

In addition to this key ecological characteristic, the refuge conserves secondary remnants of very humid tropical forest and preserves 26 species of vascular plants, 24 species of fish, 12 species of amphibians, 32 species of reptiles, 133 species of birds and 15 species of mammals. Among these species is a population of the endangered great green macaw (*Ara ambiguus*), with about half of its global population (approximately 1,530 individuals) believed to live in northern Costa Rica and southern Nicaragua. It should be noted that the RNVS-AC is part of the Northeastern Caribbean Wetland, one of the country's Ramsar wetlands of international importance.



The RNVS-AC is located north of the community of Tortuguero, on the bar that separates the Caribbean Sea from the Tortuguero Lagoon, between coordinates 552000-553500 East longitude and 1168000-1170500 North latitude (CRTM05).

Attractions

Sea turtle nesting beach and coastal vegetation



The sandy beaches are the nesting sites for the four species of sea turtles that come to nest in the refuge. Coastal vegetation plays an important role in this process by limiting the passage of turtles away from beach areas.

The great green macaw and the scarlet macaw

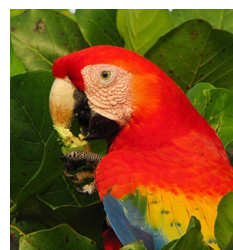


Foto: Andrew Socio

The great green macaw (*Ara ambiguus*) is an endangered bird species. This species has begun to recover its population in Tortuguero National Park and the RNVS-AC, an area that is currently one of its main nesting sites.

Estuary of the Tortuguero Lagoon



Estuaries provide valuable habitat for shorebirds and a large number of freshwater fish species that are fished by humans. Thirty-three species of marine-coastal birds have been reported, representing 14 families and 7 orders.

ACTo Office of Protected Wilderness Areas.

 Tel: 2710-2929 | 2710-2939  acto.recepcion@sinac.go.cr



Northeastern Caribbean Wetland

They are recognized as being of great value, not only for the country or countries in which they are located, but for humanity as a whole. The listing of a wetland represents a commitment by the government to take the necessary measures to ensure that its ecological character is maintained.

Northeastern Caribbean Ramsar Site

It was designated as a Wetland of International Importance on March 20, 1996. It has an area of 75,310 ha and is located in the provinces of Limón and Heredia. The current area includes part of four Protected Wildlife Areas: Barra del Colorado National Wildlife Refuge (31,580 ha), Corredor Fronterizo Norte National Wildlife Refuge (7610.7 ha), Tortuguero National Park (26,653 ha), and the Tortuguero Protected Zone (2,691 ha).



This wetland includes lakes, flooded forests, rivers and estuarine lagoons. It is located in an area of great importance as a resting area for neotropical migratory birds. There are also several species of endemic salamanders. The main land uses are agricultural and livestock activities, tourism and fishing.

The site was listed as internationally important based on the following criteria:

- As a unique or representative wetland because it is a natural wetland characteristic of the coastal Caribbean area of Costa Rica.

- Maintains species and subspecies of plants and animals that are vulnerable or endangered. In addition, it is of great value as a reservoir of genetic and ecological diversity in the region.
- It is an obligatory stop for migratory birds coming from North America, supporting more than 1,000,000 birds that come to rest and feed.

Aquatic ecosystems are breeding grounds for 26 species of fish, including grunts (*Pomadasys* spp). It is home to one of Costa Rica's two populations of the tropical gar (*Atractosteus tropicus*), and contains the only population of manatees in Costa Rica. The wetland also sees the presence of 134 species of migratory birds, mainly aquatic and contains the main patches of yolillo palms in the Caribbean of Costa Rica. These are a source of fish products for the inhabitants of the Northeastern Caribbean Wetland. The beach areas provide food and breeding grounds for green sea turtles (*Chelonia mydas*) and leatherback turtles (*Dermochelys coriacea*). It is particularly important to highlight the presence of the manatee (*Trichechus manatus*), an endangered species.

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Cariari National Wetland



In the central and northern section of the country's Atlantic coast, there are a large number of estuaries, lagoons, swamps and artificial canals of great scenic beauty that connect the coastal towns of Barra del Colorado and Tortuguero and the Port of Limón.

This wetland system provides nursery areas for a wide variety of commercially important fish and crustaceans, as well as offering breeding and feeding grounds for a wide variety of wildlife species in need of protection, such as the manatee (*Trichechus manatus*).

Boundaries

The wetland includes the coastal canals, channels and lagoons located between Moín and the boundary of the Tortuguero National Park.

In a strip of 100 on both banks of the lagoons, the provisions governing protection zones under the Forestry Law come into effect.

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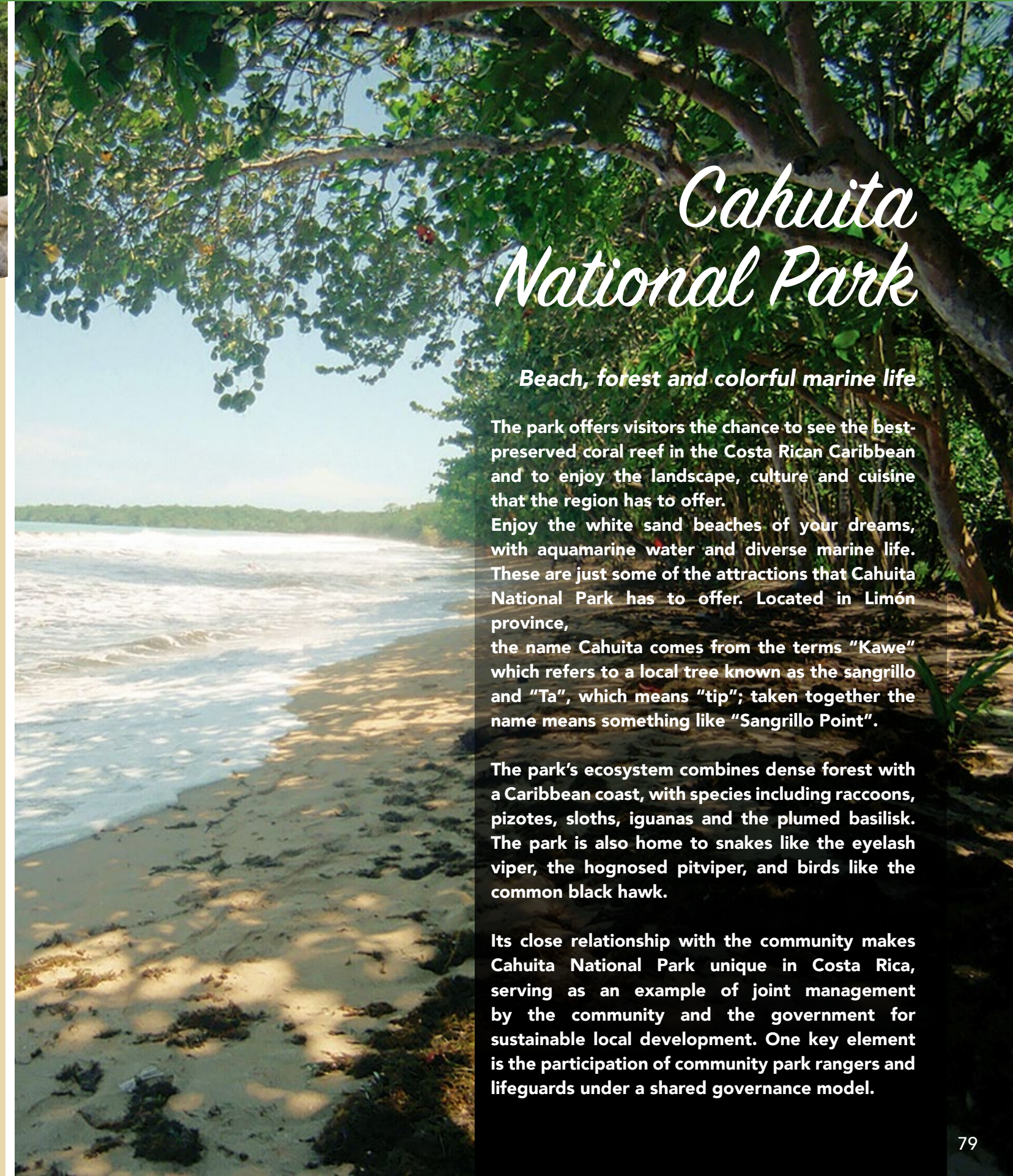
La Amistad Caribe Conservation Area (ACLAC)

This area is located on the southeastern coast, in the province of Limón. Among the most outstanding natural resources are coral reefs and tropical rainforests, which harbor ecosystems with very high levels of biodiversity.

The ecosystems of this protected area include marine ecosystems, watersheds, humid and very humid forests, and rainforests. It is also home to a variety of flora and fauna such as bromeliads, fungi, and mammals such as shrews, anteaters, armadillos, olingos, etc.

Protected areas:

- Bonilla Bonita Wetland.
- Cariari National Wetland
- La Amistad International Park.
- Barbilla National Park.
- Cahuita National Park.
- Jairo Mora Sandoval Gandoca-Manzanillo National Mixed Wildlife Refuge.
- Limoncito Wildlife Refuge.
- Hitoy Cerere Biological Reserve.



Cahuita National Park

Beach, forest and colorful marine life

The park offers visitors the chance to see the best-preserved coral reef in the Costa Rican Caribbean and to enjoy the landscape, culture and cuisine that the region has to offer.

Enjoy the white sand beaches of your dreams, with aquamarine water and diverse marine life. These are just some of the attractions that Cahuita National Park has to offer. Located in Limón province, the name Cahuita comes from the terms "Kawe" which refers to a local tree known as the sangrillo and "Ta", which means "tip"; taken together the name means something like "Sangrillo Point".

The park's ecosystem combines dense forest with a Caribbean coast, with species including raccoons, pizotes, sloths, iguanas and the plumed basilisk. The park is also home to snakes like the eyelash viper, the hognosed pitviper, and birds like the common black hawk.

Its close relationship with the community makes Cahuita National Park unique in Costa Rica, serving as an example of joint management by the community and the government for sustainable local development. One key element is the participation of community park rangers and lifeguards under a shared governance model.



Natural wealth

The park was created to protect the flora and fauna on land, as well as the coral reefs and various marine ecosystems. It has one of the most well-developed coral reefs of the Caribbean coast and one of the largest in Costa Rica. It also protects an excellent example of a swamp forest with pure stands of yolillo and sangrillo. It has some of the best scenic beauty in the country, thanks to its white sand beaches, thousands of coconut trees, turquoise blue sea and coral reef.

Cahuita is located in the tropical lowland zone of the Caribbean region of Costa Rica. It can be argued that no other wilderness area in the country protects the plant and animal resources present in this region.

Coral reef

The coral reef occupies an area of 600 hectares and extends in a fan shape in front of Punta Cahuita, between the Río Perezoso and Puerto Vargas. Part of the

reef platform is submerged to about 11 meters below sea level. According to studies conducted after the earthquake of April 22, 1991, the reef platform rose by approximately 1 meter. It is the most well-developed reef on the Costa Rican Caribbean coast. Among the most striking coral species are: *Acropora palmata* (elkhorn), *Diploria clivosa*, *D. strigosa* (brain coral), *Porites porites*, *P. astreoides*, *Montastrea cavernosa*, *M. faveolata*, *Millepora complanata*, *Siderastrea radians*, *S. siderea* (starlet coral) and *Agaricia agaricites* (lettuce coral), the most dominant coral in the substrate at greater depths.

In addition, there are sea fans, sea urchins and an infinite array of fish of various colors and sizes.

The queen angelfish (*Hoplacanthus ciliaris*) is undoubtedly one of the most beautiful in the reef. However, there are other very attractive species such as the French angelfish, the isabelita and the blue parrotfish. Other species that have their habitat here are barracuda, remora, manta rays, three species

of sharks, moray eels, sea urchins, sea cucumbers (which can measure up to 30 cm in length), lobsters, sponges, giant conches, white shrimp, green turtles and hawksbill turtles. In the Cahuita reef, 35 species of corals, 140 species of mollusks, 44 species of crustaceans, 128 species of algae and 123 species of fish have been identified.

The marine resources protected here are undergoing a process of deterioration caused by the large amount of sediments and agrochemical contamination carried by the río La Estrella and deposited by marine currents on the coral reef.

A coral reef with areas for snorkeling, where you can observe a great variety of coral fish and developed coral structures.

Flora and fauna (identified to date)

So far, 551 species (370 genera and 109 families) of vascular plants have been recorded in Cahuita.

The bird fauna of Cahuita comprises 233 identified species, comprising 19 orders and 50 families. The most diverse families are *Tyrannidae* (flycatchers, 21 spp.), *Accipitridae* (eagles/elanids/gulls, 15 spp.) and *Thraupidae* (tanagers and honeycreepers, 15 spp.).

There are 62 diurnal species of butterflies in Cahuita, belonging to 49 genera, 14 subfamilies and 5 families, and 104 nocturnal species belonging to 85 genera, 26 subfamilies and 12 families.

Most of the medium and small mammals recorded for the Southern Caribbean can be found in this area, with an estimated 80 species of mammals. The most numerous group are the bats, with over 40 species that may be present in the area. The most common are the phyllostomid bats of the undergrowth, such as the Jamaican fruit bat (*Artibeus jamaicensis*), the great fruit-eating bat (*Artibeus lituratus*), Seba's short-tailed bat (*Carollia perspicillata*), the chestnut short-tailed bat (*Carollia castanea*) and Pallas's long-tongued bat (*Glossophaga soricina*). Among the non-flying mammals, primates such as the howler monkey (*Alouatta palliata*) and the white-faced capuchin (*Cebus imitator*) and the two species of sloths, the two-toed sloth (*Choloepus hoffmanni*) and the three-toed sloth (*Bradypus variegatus*) are easy to observe. Raccoons (*Procyon lotor*) and agoutis (*Dasyprocta punctata*) are also easy to find, while coatis (*Nasua narica*) are a little less common.

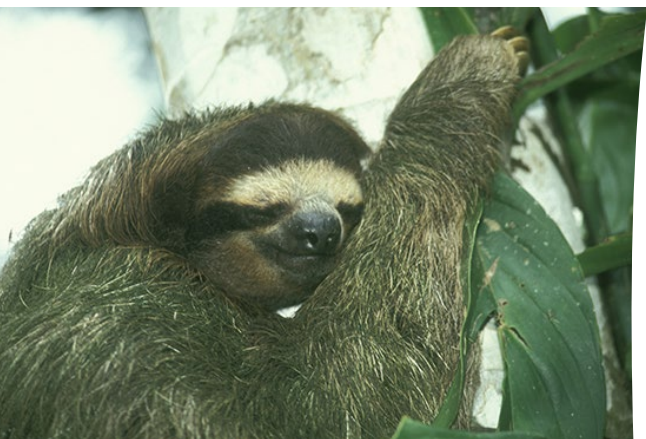
Activities

-  Swimming
-  Hiking
-  Watch the behavior of flora and fauna.
-  Diving in the coral reef
-  Rest listening to the sounds of nature
-  Practice surf
-  Play beach soccer and volleyball
-  Enjoy the beach
-  Birdwatching

Attractives

White sand beaches with safe areas for the enjoyment of visitors, and you can do beach activities.





Of the mammals common in coastal areas, the most representative species are the howler monkey (*Alouatta palliata*), the white-faced capuchin (*Cebus imitator*), the red squirrel (*Sciurus granatensis*) and the two-toed sloth (*Choloepus hoffmanni*). Raccoons (*Procyon lotor*), coatis (*Nasua narica*), and agoutis (*Dasyprocta punctata*) are frequently sighted on the ground. In the branches of trees along the shores of lagoons, it is possible to observe rows of the proboscis bat (*Rhynchonycteris naso*) roosting during the day.

The diversity of fungi (macrofungi) recorded so far in Cahuita includes a total of 54 species, distributed in 37 genera and 20 families.

www.museocostarica.go.cr

Trails

Punta Cahuita Trail: runs parallel to the coast, between the northwest boundary of the park (Río Nelly Creek) and the Puerto Vargas beach sector. The first and most intensely used section of the trail is between the park boundary and the Río Suárez, with a distance of 1,500 meters. It allows visitors to enter the beach to enjoy swimming and leisure activities under the almendro de playa trees, or to sunbathe.

The next section of the trail, which is favored by visitors who like to walk and observe the landscape and biodiversity, runs between the Río Suarez and Punta Cahuita, with a distance of 2,334 m. A round trip from the entrance to Punta Cahuita therefore takes 7.2 km. In this part of the trail, you can observe the flora, fauna and landscape, since there are no suitable areas for beach activities. The last part of the trail runs parallel to the coast from Punta Cahuita to Punta Puerto Vargas, which is 2,100 m in length and is less intensely used. It crosses the tropical rainforest, where you can observe a stand of Sangrillo and exuberant stands of trees.

Visitors to the park can play beach sports or hike along the trail, or simply go for a swim or soak in the sun on the beach.

Universal Trail

Length: 2.1 km.

Time required: approximately one hour and thirty minutes.

Difficulty: constructed with seasoned wood slats, three resting bays and safety railings.

The park is supported by guides and tour operators from the community, who have been trained by the National Institute of Training (INA) and accredited by the Costa Rican Tourism Board (ICT) to provide visitors with services and information.

Hours of operation:
Playa Blanca sector: M-S from 6 a.m. to 5 p.m.
Puerto Vargas sector: M-F from 8 a.m. to 4 p.m.

Rates:
 If you enter through the Playa Blanca entrance, near the town of Cahuita, the fee is a voluntary contribution in cash, which will be invested in the community of Cahuita and the National Park.
If you go through the Puerto Vargas sector, non-resident foreigners pay \$5 and residents and citizens pay ₡1,000 (+ VAT)
 Credit card payments are accepted.

Services:

- Restrooms
- Drinking water
- Showers
- Parking in Puerto Viejo sector
- Pic-nic area
- Information
- Local guides
- Community lifesavers

Recommendations

- To enhance your experience it is recommended to hire a local guide.
- Stay on the trails.
- Bring biodegradable sunscreen and repellent.
- Watch your belongings.
- Do not stand on coral reefs.
- Remember that pets, alcoholic beverages, weapons of any kind, as well as prohibited substances are not allowed.
- Wear cool and light clothing because it is a very hot area.
- Bring drinking water because the only trail is 5 km to Punta Cahuita and 7 km to Puerto Vargas.
- Wear comfortable walking shoes.

Contact
 Central offices:
 ☎ (506) 2755-0302 / (506) 2755-0461
 Regional offices:
 ☎ (506) 2758-6612 / (506) 2758-6613
 📌 [Parque Nacional Cahuita- SINAC](#)

How to get there

By vehicle. From San José, take route 32 to Limón, passing through the Zurquí tunnel. When you arrive at Puerto Limón, turn right at the gas station before entering the city and head towards the community of Cahuita, following signs for the Playa Blanca entrance once you reach Cahuita. Continue south from the community of Cahuita on route 36 and pass the entrance to the Puerto Vargas sector.

By air. You can take a small plane from San José to Limón airport, which is located about 35 kilometers from Cahuita.

By direct bus from the Atlántico bus terminal, which is located at the intersection of Avenida 9 and Calle 12 in San José.

The road is paved and accessible for all types of vehicles.

Regulations

-  No weapons
-  Do not extract plants and/or animals
-  Do not hunt, mistreat or harass animals
-  25
Do not drive faster than 25 k.p.h.
-  When visiting the reef, do not remove shells, snails, or other materials
-  Pets are not permitted
-  Do not feed the animals
-  Only the use of rope and hook for fishing is allowed
-  Take care of your belongings
-  Do not swim in areas marked as dangerous
-  Do not litter

For more information visit:

- www.sinac.go.cr
- areasyparques.com/areasprotegidas
- quebuenlugar.com
- www.museocostarica.go.cr

Barbilla National Park



Barbilla National Park was created as a biological reserve on March 16, 1982 to protect the woodlands and lowland humid tropical rainforests of the Caribbean side of the Cordillera de Talamanca, and declared a national park on January 14, 1998. The park is part of the La Amistad Biosphere Reserve and has been declared a World Heritage Site

by UNESCO in order to protect important ecological systems in the country.

Barbilla is also home to the Cabécar people, the second largest indigenous group in Costa Rica, who have a rich cultural and historical heritage. Their main livelihood is hunting and fishing, along with planting bananas, cassava and cereals. It is located next to the

Chirripó Indigenous Reserve, the inhabitants of which continue to practice their traditions in a modest way. Among the main attractions is the Danta River, which, in addition to its scenic beauty, has cool, crystalline waters that are perfect for a swim. From the Dos Ramos sector, you can see the indigenous villages of more than 300 inhabitants and the Cerro Tigre, with an altitude of 1,617 masl





The indigenous people consider the mountain to be a sacred place, which is associated with different myths and legends.

The main objective of the park is to offer protection to a large area of nearly untouched tropical rainforest, with significant biodiversity thanks to its physiographic and climatic characteristics. These create ideal characteristics for large number of species of flora and fauna such as pumas, jaguars, ocelots, tapirs, tayras (*Eira barbara*), monkeys and several species of birds, many of which are endangered. Bird species such as the heron can also be observed, making the park popular with birdwatchers.

Barbilla is one of the least visited national parks in Costa Rica, so it has the distinction of being both relatively intact and ecologically rich, with its main attraction being the steep trails that follow the Dantas and Barbilla rivers. The area is marked by steep gullies, with an average rainfall of 3,500 mm to 4,000 mm annually (140 to 180 inches), which makes it necessary to maintain forest cover to avoid rapid erosion caused by heavy rains.

The Park has an administrative building with potable water, restrooms, electricity, and a radio communication system located in the community of Brisas de Pacuarito, whose research efforts focus on the classification of insect species and parataxonomy.

 **Location**

It is located 25 km east of the city of Turrialba in the provinces of Cartago and Limón. The main entrance to the park is three kilometers east of the city of Siquirres on the road to Limón. From this entrance, there is a well-maintained 16 km road, most of which is paved, making it possible to reach the national park in any type of vehicle.

The vegetation of Barbilla National Park is characteristic of the middle altitudes of Costa Rica. **There are about 5,000 species of vascular plants and 1,000 to 2,000 species of non-vascular and lesser species.**

 **Flora and fauna**

The park is home to isolated patches of oak species at the highest elevations, a population of decomposing fungi and widely distributed tropical fungal species. **Some of the most striking species are the roble encino and the amarillón.**

The area is almost entirely covered by lowland tropical rainforest with species such as the fruta dorada (*Virola sebifera*) and the coquillo palm (*Astrocaryum alatum*). There is also premontane rainforest in the park.

It is advisable to access the park in four-wheel drive vehicles. Whether traveling alone or in groups, it is advisable to be accompanied by a local guide. You must carry everything you need for your camp and carry out your own garbage. Carrying firearms is not allowed, nor is removing plants or animals from the park.

The park is composed mainly of primary tropical rainforest that is typical of the region, at elevations of 200-1600 meters above sea level. There is also premontane rainforest with abundant vegetation due to the climate.

Some of the most striking species are the roble encino, the fruta dorada and the amarillón.

It has a great biological diversity due to its physiographic and climatic characteristics (3,500 to 4,500 mm annual rainfall), conditions that enable large number of species of flora and fauna to live there, many of which are rare or endangered. **Noteworthy examples include puma, jaguar, ocelot, tapir, great tinamou, birds of prey and guans.** Rare species such as the tayra, the water dog, the sunbittern and the white-faced nunbird can also be observed inside the park.

It is home to 60 species of butterflies and about 200 species of birds.

Its intermediate altitude is conducive to a high diversity of flora. The vegetation in the park is highly diverse, with about 5,000 species of vascular plants and 1,000 to 2,000 species of non-vascular and lower plants. There are isolated patches of oaks amidst the tropical rainforest vegetation.

 **Trails**

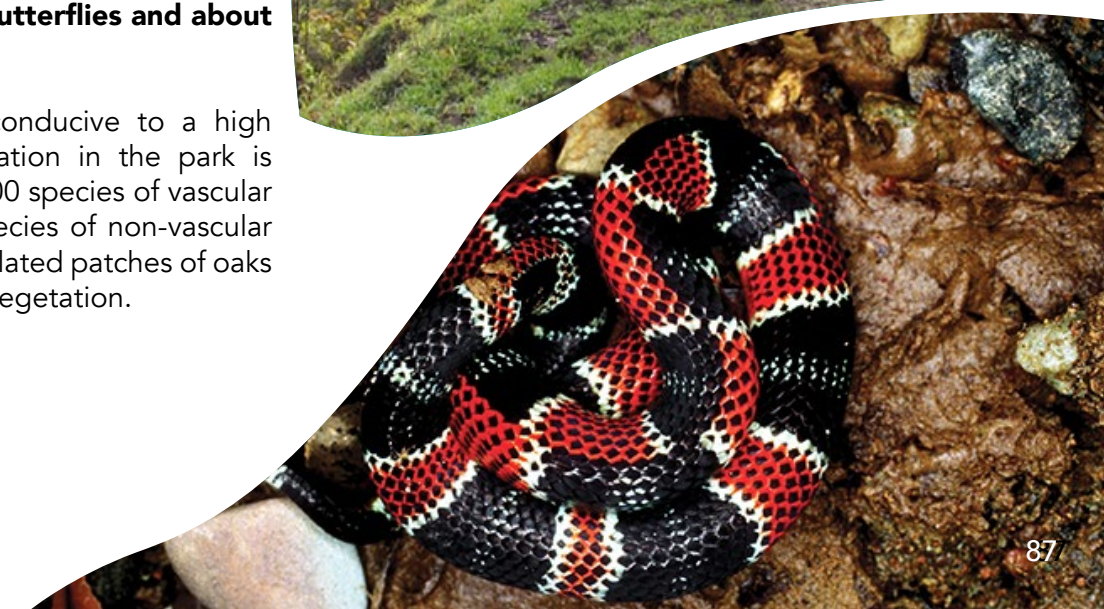
To make your way into the park, you can take several trails that will take over two hours on steep slopes, mostly suitable for experienced hikers.

The park does not have a guide service. However, local guides are available and will take you through the viewpoint area to fully appreciate the park. Presentations are also available, but these must be scheduled in advance.

Although a system of trails runs through the park, most of them are quite rough and it is advisable to hire a local guide for your hike.

 **Hours**

Everyday from 8 am to 4 pm



How do you get there?







By vehicle. From San José, take Ruta 32 to Limón, passing through the Zurquí Tunnel and the mountains of the Braulio Carrillo National Park. You are likely to encounter fog and rain. Please drive with your lights on. After the mountains, the road to Limón is practically straight with no hills. Take the turn-off for Siquirres. The main entrance to the park is 3 km (2 miles) from the city of Siquirres. After leaving the highway, you must follow a 16 km road to the community of Brisas de Pacuarito, where any type of vehicle can access the National Park. The park has very few services and limited signage; it is advisable to take a local guide with you.

Please note that if you have not left San Jose by 2 pm, you will be driving part of the way through the night. We do not recommend this for travelers driving in Costa Rica for the first time, as there are roads that are not marked, and rain can be an inconvenience. You may encounter potholes on the road, as well as people walking or biking, who may not be easily visible.

By air. You can also take a local flight from Tobías Bolaños Airport to Limón Airport. Rates and schedules should be verified. From there you can take a cab or drive to Barbilla National Park, which can take approximately 1 hour.

By bus. You can take a bus on the San José - Siquirres route, which takes 1.5 hours (Transportes Caribeños, +506 2222-0610 / +506 2221-7990 / +506 2768-9484). From there you can take a cab or drive to Barbilla National Park, which can take approximately 20 minutes.

Services

-  Information
-  Pic-nic area
-  Sight seeing
-  Parking
-  Restrooms
-  Trails
- Río Danta Trail.
- El Agua Trail.
- Río Barbilla Trail (only with previous coordination and local guide).
- El Jaguar Interpretive Trail

Recommendations



The trails are natural and have a lot of mud in certain areas, so make sure to wear closed-toe shoes or rubber boots.



The Barbilla National Park station has an area equipped with tables and benches for visitors who like to bring their prepared food to eat in the area.



Visitors should always make sure to keep the station area clean and organized.



In addition, all visitors must take away the waste they generate.



Wildlife must not be fed for any reason.

Entry fees

Residents:	₡ 1.000
Children (residents):	₡ 500
Non-residents (adults):	\$ 5
Non-residents (children):	\$ 5

More information

-  Estación PN Barbilla: 2200-5224 / 8732-2896
Subregión Siquirres: 2768-8603
-  Regional ACLA-C: 2758-1612 / 2758-6619
Oficina Subregional del Área de Conservación en Siquirres:
+506 2768-8603 +506 2768-8603
-  Área de Conservación La Amistad Caribe (ACLA-C):
+506 2795-144

areasyparques.com/areasprotegidas
facebook.com/AREASILVESTREPROTEGIDA/
ecosistemasdecostarica
quebuenlugar.com/lugares



Gandoca Manzanillo

With an area of 3,833 ha on land and 4,436 ha of ocean territory, Gandoca-Manzanillo is a mixed (state- and private-owned) National Wildlife Refuge in which the combination of land, beach and sea landscapes along with the local culture make for a very attractive destination for visitors.

Its most important ecosystems are the golden sand beaches and wetlands: swamps, lagoons, reefs, beds of undersea plants and seaweed. The reserve protects the habitat of endangered species such as manatees and leatherback, loggerhead, green and hawksbill sea turtles, which nest along its coasts. It is also home to populations of mammals and birds. South of Punta Mona there is the only remnant of Prioria copaifera forest in the country's southern Caribbean.

The conservation and sustainable management of these ecosystems, with the participation of the communities, is the central focus of management actions in this refuge. The Gandoca-Manzanillo National Wildlife Refuge is located in a sparsely populated area. The main activities of the villagers today are tourism and subsistence fishing.

In one of the most beautiful coastal areas of the southern Caribbean, you will find the Gandoca-Manzanillo Wildlife Refuge, about 20 km south of Puerto Viejo. Access is through a dirt road. About 5000 ha of the reserve is on land and about 4400 ha on the sea, which contains one of the most beautiful coral reefs in the country. The inland



portion is comprised of grasslands and forests, and is home to crocodiles, tapirs and tepezcuintles.

Location

The refuge is located on the southeastern Caribbean coast between the mouth of Río Cocles and Río Sixaola in the province of Limón, Talamanca canton, Sixaola district. The Manzanillo sector can be accessed by following the main road of Puerto Viejo, itself 71 km from the center of Limón, while access to the Laguna Gandoca sector is through the Bribri-Sixaola road, 95 km from the center of Limón.

Climate

It follows the general climatic pattern typical of the southern Costa Rican Caribbean coast, with precipitation decreasing between January-April and September-October.

Importance

The refuge includes a protected reef of around 5 km² in size that extends over Punta Uva, Manzanillo and Punta Mona. The coral species living here include brain coral and sea fans. It also protects the only natural habitat of the mangrove oyster, *Crassostrea rhizophorae*, within the coastline reef area. Furthermore, it protects many species of wildlife that are endangered or whose populations have been reduced.

It has a lagoon, which is why this portion of the Atlantic coast is classified as tropical humid forest.

The remaining primary forest in this area is of unique value because of the relatively small area covered by this forest type along the lowlands of the Atlantic coast. South of Punta Mona there is the only remnant of *Prioria copaifera* forest in the country's southern Caribbean.

In the refuge, there is only one life zone: the humid tropical forest.

The area has a great diversity of terrestrial habitats, with patches of primary forests and numerous freshwater and marine habitats, including the best-preserved coral reef on the Caribbean coast. The reserve protects the habitat of endangered species such as manatees and sea turtles.

The flora of the southern Caribbean region, particularly in the Gandoca-Manzanillo and Sixaola area, has a unique composition in many respects. One example of this is the high species richness, especially of *Fabaceae*, *Rubiaceae*, *Araceae*, *Malvaceae* and *Melatomaceae* (25% of the flora). Palms, with 35 species recorded, are a very distinctive and abundant component of the understory

The refuge has 1,209 species of vascular plants, belonging to 630 genera and 152 families.

The Gandoca-Manzanillo and Sixaola regions are home to a total of 1,231 species of diurnal and nocturnal butterflies, distributed in 703 genera and 34 families.

In addition, a total of 630 species of insects (excluding butterflies) have been recorded, belonging to 4 orders: *Coleoptera* (beetles) with 334 species, 195 genera and 24 families; *Diptera* (flies, mosquitoes, mosquitoes, waders) with 130 species, 69 genera and 21 families; *Hemiptera* (true bugs) with 107 species, 88 genera and 18 families; and *Hymenoptera* (ants, bees and wasps) with 59 species, 34 genera and 11 families.

The avian fauna of the region is comprised of 377 species of birds. This represents 41% of the species present in the country, meaning that nearly half of the country's birds can be sighted in this area. For some species, their distribution in Costa Rica is restricted to the Caribbean side. The diversity of habitats is reflected in the presence of birds associated with forested environments, inland wetlands, coasts, beaches, and open areas.

These species are distributed in 63 families. The most numerous are *Tyrannidae* (tyrant flycatchers, 40 species), *Thraupidae* (tanagers, honeycreepers, seed-eaters and related, 29), *Parulidae* (New World warblers, 22) and *Accipitridae* (sparrowhawks, kites and eagles, 20).

Meanwhile, 38 species of mammals have been recorded in Gandoca-Manzanillo and Sixaola. The

most numerous group are bats (*Chiroptera*) with 14 species, followed by carnivores (6) and rodents.

The most common species are bats of the family *Phyllostomidae*, with very adaptable species, including the Jamaican fruit bat (*Artibeus jamaicensis*), small striped fruit bats such as *Dermanura phaeotis*, the chestnut short-tailed bat (*Carollia castanea*) and Sowell's short-tailed bat (*Carollia sowelli*), which especially enjoy the fruits of the candelilla plant (*Piper* spp). Nectar-eating bats such as Pallas's long-tongued bat (*Glossophaga soricina*) may also be common. Another bat that is sometimes seen hanging in single file from trees is the proboscis bat (*Rhynchonycteris naso*).

Other frequent species in the area are the howler monkey (*Alouatta palliata*) and the white-faced capuchin (*Cebus imitator*), as well as the three-toed sloth (*Bradypus variegatus*). Other mammals that are relatively easy to observe are the red-tailed squirrel (*Sciurus granatensis*) and the agouti (*Dasyprocta punctata*). With a little more luck, you might spot the northern tamandua (*Tamandua mexicana*).

Between Gandoca and Punta Cocles, there are rocks from the Quaternary period, including sedimentary rocks found in very evident fluvial and coastal deposits.



Activities

- Guided tours to observe leatherback turtle nesting during the months of February through May.
- Dolphin watching.
- Horseback riding.
- Diving in the reef sector.
- Forest hikes.
- Boat rides.
- Bird watching.
- Enjoying the sun, sea and beach.
- Kayaking in the sea and creek.
- Visiting indigenous reserves.
- Walks through the town.

Services

- Information
- Pic-nic area
- Drinking water
- Parking
- Restrooms
- Trails
- Restaurant
- Lodging

Acceso asfaltado y lastreado

Hours

Manzanillo sector
From Monday to Friday 8:00 am - 4:00 pm.
Sector Gandoca
From Monday to Sunday 8:00 am - 4:00 pm.
Free entry

More information

- Manzanillo sector: 2759-0600 / 2754-2133 / 2751-0255
- Gandoca sector: 2759-9100 / 2759-9001 / 2754-1103
- Talamanca sub region: 2755-0461
- Regional ACLA-C: 2795-1446 / 2795-3170

areasyparques.com

Forms part of the La Amistad Biosphere Reserve, a UNESCO World Heritage Site. Its elevation ranges from 100 meters to 1025 meters above sea level, stretching to Cerro Bitárcara. It encompasses two life zones and a transition zone between them: very humid tropical forest and premontane rainforest. As a result of the high rainfall, the area is crisscrossed by countless very stony rivers that are fast-running and dotted with waterfalls, some of which reach several tens of meters in height.

Its name is derived from two indigenous words (Bribri): Hitoy, which refers to the green “blanket” that covers everything in this park, and Cerere, which means clear water, due to its abundant waterways. This reserve has not been studied in depth and is not frequently visited because of its difficult access due to the geological formation of the terrain. In addition, the climate is very wet.

Flora and fauna

The forests are evergreen, multi-layered, very dense and biologically complex. Due to environmental factors such as soil, slope, drainage and wind exposure, diverse habitats have developed that show marked differences in tree height and forest composition. The elevation of the forest stand varies, although, in general, it is quite high. Most of the trees in the upper stratum are more than 30 m, with emergent ones reaching more than 50 m.

Common species include cedro macho, gavián, maría, ceiba, javillo, guayabón, pilón, indio desnudo and lechoso. Most of the trees are covered by a layer of mosses and lichens, and orchids and other types of epiphytic plants proliferate on the branches. In the undergrowth, tree ferns abound and Selaginella sp. is common at ground level.

The fauna is rich and varied, although most of the species are not easily seen because they live in the canopy or are nocturnal.

The reserve is home to some 40 species of mammals, including some endangered species. Among them are the ocelot, the ceibita, the tapir, the jaguar and the collared peccary. The most easily observed are the tepezcuintles, the agoutis, rabbits, raccoons, coatis, squirrels, the three-toed sloth, the ceibita or serafín de platanar, the philander opossum, otter,



Derby's woolly opossum, mountain goat, tayra, oncilla, howler monkey and white-faced capichin.

More than 230 species of birds have been observed in the area, including the Montezuma oropendola, which congregates to build large numbers of hanging nests in a single tree. There are also vultures, blue-headed parrots, squirrel cuckoo, spectacled owl, blue-chested hummingbird, slaty-tailed trogon, green kingfisher, and keel-billed toucan. Some have reduced populations, such as the long-eared owl, great black hawk and basket bird. Others, like the long-tailed tyrant, oropendolas and kingfishers, red-winged blackbirds, toucans and guans, are commonly seen during walks along the trails and in the river.





It is also common to see leaf-dwelling frogs, chirbalas, gallegos, cherepos and snakes, both venomous and harmless. About 30 species of amphibians and 30 species of reptiles are known to live here.

The invertebrates include bullet ants and leaf-cutter ants, colorful butterflies such as those of the genus *Morpho*, huge dragonflies, bees and metallic-colored bumblebees. As for plant species, about 380 are known. The forests are evergreen and very dense.

How to get there




To reach the reserve, continue from Limón towards Cahuita, turning off at Peshurt (after crossing the Río La Estrella). The road leads you to La Guaria, Pandora and finally to Valle de la Estrella, at Finca 12 turn south, at Finca 16 turn west. The reserve administration is located 5 km on from Finca Cartagena, following a gravel path with are signs along the road.

Services

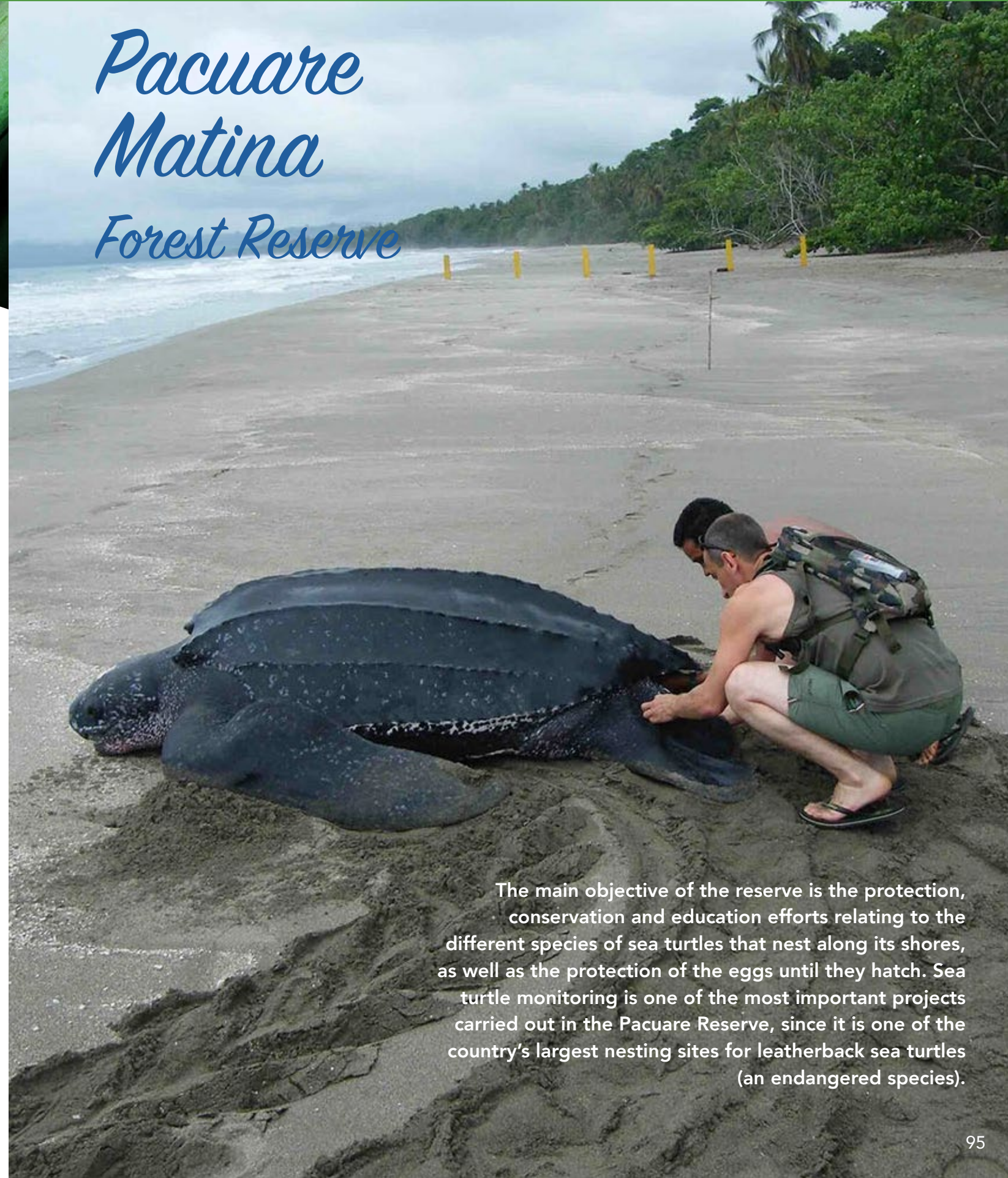
- 
Information
- 
Trails
- 
Restrooms
- 
Parking

Entry fees

Residents: ₡ 1.000
Non residents adults: \$ 10

 Hours: M - S from 8:00am to 4:00pm.
 Tel: (506) 2206-5516
 areasparques.com/areasprotegidas/hitoy-cerere/

Pacuare Matina Forest Reserve



The main objective of the reserve is the protection, conservation and education efforts relating to the different species of sea turtles that nest along its shores, as well as the protection of the eggs until they hatch. Sea turtle monitoring is one of the most important projects carried out in the Pacuare Reserve, since it is one of the country's largest nesting sites for leatherback sea turtles (an endangered species).



Leatherback nesting season is from March to June, and green turtles nest between June and September. From May onwards, thousands of turtle hatchlings can be observed hatching and heading out to sea.

The leatherback turtle (*Dermochelys coriacea*) is the largest of all sea turtle species (a female can weigh approximately 500 kg). It usually measures between 130 and 175 cm. The head is large and may account for 20% of the carapace length.

Their front flippers are very powerful and have no claws.

In addition, more than 300 species of birds, mammals, amphibians and reptiles live in the Pacuare Reserve.

These include three of the four species of mangrove present in the country.

The site is home to one of the few accessible colonies of the agami heron. The agami heron (*Agamia agami*) is a medium-sized bird of the order Pelecaniformes that belongs to the family Ardeidae, native to Central and South America. It is the only member of the genus *Agamia*. In Spanish, it is called the garza agamí or garza pechicastaña.

For more information see: ebird.org/species/

The Pacuare Reserve is surrounded by the Tortuguero canals, mangroves, wetlands and the ocean; it has an immensely rich biodiversity. What is really interesting is that your visit can contribute to the conservation efforts related to the sea turtles that come to Costa Rica, in a friendly and sustainable environment.

The Reserve is a completely sustainable place; it has no electricity, only solar energy in some facilities such as the dining room. It is a conservation and education station. More than 300 species of animals have been identified.

The experience begins from the moment the boat picks you up at the Matina dock to take you to the Reserve.



From that moment on, visitors can listen to a large number of birds, watch monkeys and sloths and enjoy a pleasant 15-minute journey.

Once on site, you can find two work stations, one to the north and one to the south. The South Station has a capacity for 55 people, including rustic cabins and a four-bedroom ecolodge that offers a different kind of tourism, one without mass visitation, where those who do visit can become part of the life of the reserve.

Volunteers also play an important role in the Reserve. We count on their help during turtle nesting season and throughout the year with a variety of tasks that help maintain the Reserve.

The few eco-tourists we can accommodate enjoy the connection with nature in a non-touristy environment. They can also join our activities if they wish to do so. Many choose not only to vacation with us, but to participate and be part of conservation in action.

The Reserve can only be accessed by boat and has limited electricity, wifi and cell phone coverage, since it operates on solar power.



How to get there

If you go by car, you will have to reach the town of Bataan. From here, a cab driver will take you to the port of Matina where a person from the reserve will be waiting to take you straight to Pacuare. If you plan to drive your own vehicle to Matina, please note that this is not possible as there is no parking space at the small jetty.

If you plan to go by public transport, it is similar to going by car. You will have to head to Matina by bus, and from there the reserve will arrange a transport to the pier where they have a boat that will take you to the reserve.

Reservations:

- sales@pacuarereserve.org/
- esteban@pacuarereserve.org o al
- (506) 4000-1557 ext. 22 o 23.

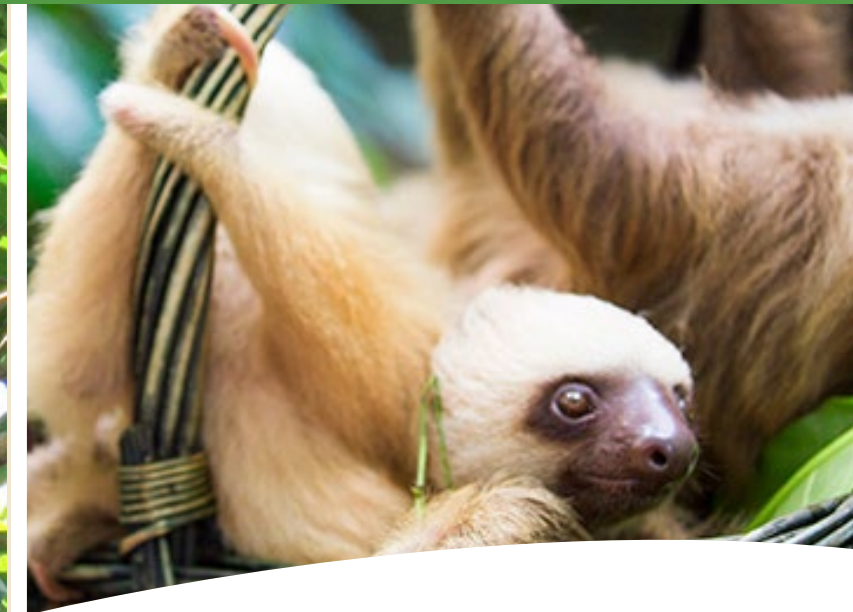
You can also book online through the website: www.pacuarereserve.org goplaya.cr/blog

More information:

- todobienmama.com/pacuare
- blogdeviajesdepumuki.com



Agamia agami



Aviarios del Caribe

Wildlife Refuge

The Caribbean Wildlife Refuge is the only sloth research center in the world that also rescues and rehabilitates sloths. Their goal is to educate the public about them.

Both of the species of sloth that inhabit Costa Rica are found in the Caribbean Wildlife Refuge: **the two-toed sloth (*Choloepus hoffmanni*) and the three-toed sloth (*Bradypus variegatus*).**

The Río Estrella delta provides shelter and food for a multitude of animals. The small Aviarios del Caribe Wildlife Refuge is located at the mouth of the Estrella River.

This 88-hectare private property, provides refuge for **monkeys, sloths, caimans, river otters, turtles and approximately 320 different bird species** such as the white-collared manakin (*Manacus candei*), the parrot, the toucan, the oropendola, the collared aracari, the black-crowned night heron, and some species of vultures and hawks.

The refuge is also home to a copious variety of mammals such as the **anteater, deer, common opossum, raccoon, otter, coati and kinkajou,**

and reptiles and amphibians such as the caiman and diverse species of frogs, lizards, turtles and iguanas, not to mention innumerable species of butterflies and insects.

This protected area includes lush vegetation of lowland tropical rainforest, tropical rainforest, marshes and mangroves, and also includes the Río Estrella delta. It was formerly covered by banana plantations.

The area surrounding the Río Estrella Valley has fabulous protected areas such as the Hitoy-Cerere Biological Reserve and the Bananito Jungle, as well as the **World of Orchids, which is home to several hundred species of these plants.** The region's economy is supported by the **banana plantations,** which are the lifeblood of the small villages in the valley.

The Sloth Sanctuary, formerly called "Refugio de Vida Silvestre Aviarios del Caribe", was created on May 27, 1997 by Executive Decree No. 25140-MINAE. It was included in the National Parks and Privately Owned Protected Areas Regulation when it was discovered to be an important migratory bird passage site.

It was originally founded by Judy Avey-Arroyo, an American from Alaska, and her Costa Rican husband, Luis Arroyo, who bought the property to offer bird tours on the Río Estrella, hence its original name. The Government of Costa Rica declared it a private biological reserve in 1975. Today, **it is the only sloth research center in the world and is dedicated to rescuing orphaned, injured or abandoned sloths.** In addition to this sloth refuge, the site protects a good number of migratory birds and other animals of the canals and lagoons of the lowlands of the coastal southern Caribbean.

The main objective of the sanctuary is to educate visitors about these creatures, to observe them and even take pictures with them.

The refuge offers guided tours, bird and wildlife observation in general, along with white sand beaches and visits to the waterways. It is located 35 km south of Puerto Limón and 11 km from Cahuita.

Recommendations



Fresh clothes



Walking shoes



Repellent



No pets allowed



Water



Sunscreen



Children must be accompanied by an adult



Be respectful with the flora and fauna

Contact information:

-  Penshurst, Cahuita, Limón
-  Hours: Tuesday to Sunday, 8 a.m. a 2 p.m.
-  Fees: \$20 national adults, \$30 foreigners
-  [Facebook Sloth Sanctuary Costa Rica](#)
-  (506) 2750 0775 - contactus@slothsanctuary.com
Aviarios-del-caribe-reserve.slothsanctuary.com
santuario-de-perezosos.html
matiasquinteros.wordpress.com

Beaches of the Caribbean

In the cantons of:

Pococí

Siquirres

Matina

Limón

Talamanca





Playa Barra del Colorado

Located in the province of Limón, it is part of the Barra del Colorado National Wildlife Refuge. It can only be accessed by boat.

This dark sand beach extends about 5 km between the mouths of the Colorado River and the Samay Lagoon and receives strong waves. There is little coastal vegetation. Not suitable for swimming. The main activities are relaxing and hiking. Beach activities: sun, relaxation, sea, walks.

sinac.go.cr/ES/



Playa Tortuguero

Tortuguero is a mystical, wild and beautiful place. In one of Limón's most incredible national parks, you can navigate through the canals, enjoy a beach with strong waves and gray sand where the green turtles lay their eggs (mainly between the second and third week of September) and enjoy the living flora and fauna. It is a perfect place to visit with an accredited guide, because the place is still so unspoiled that there are certain points that cannot even be reached. Walk along the trails, visit the lookout point and, of course, navigate the lagoons and canals.

goplaya.cr/es/playa/tortuguero



Playa Moín Norte

Located to the northwest of the city of Limón, it is made up of a strip of land of varying width between the Caribbean Sea and the Tortuguero canals.

It is a grayish sand beach, that runs straight and faces the open sea, so swimmers should take precautions. Its coastline has abundant vegetation. One of its main attractions is the Japdeva Pier and the surroundings of the lagoon, with their exuberant and diverse vegetation and fauna.

Moín is a destination for boating, fishing, hiking, scientific tourism, sun, relaxation, sea.

playascostarica.info/playas



Playa Bonita

It is located near the city of Limón, in the canton and province of the same name.

The beach has strong waves, a steep slope and yellowish sands. One of its main attractions is the rocky coastline surrounding the southern sector of Punta Blanca, a place of great beauty where visitors can easily take in the abundant marine flora and fauna. The beach is intended for sun, relaxation and professional surfing. Take precautions when swimming due to strong currents, especially in the western sector.

costaricabeaches.vacations



Playa Parismina

The beach is located at the mouth of the Parismina and is of great ecological importance, since seven species of Atlantic sea turtles nest here. The sea turtles that nest at the mouth of the Río Parismina are the green (*Chelonia mydas*), leatherback (*Dermochelys coriacea*) and hawksbill (*Eretmochelys imbricata*) sea turtles.

Beach activities: sun, relaxation, sea, walks.

parisminaturtles.org



Playa Mondonguillo

One of the most important nesting beaches in the world for leatherback turtles, the largest species of sea turtle. The beach is 6 km long and the Pacuare Reserve protects the nests to prevent poaching.

The main objectives of the project are to conserve the natural diversity of the reserve and to promote environmental education locally and regionally. The best time to travel is between February and September, turtle nesting season. Monitoring of agami herons takes place during their nesting period, which usually occurs between March and August.

pacuarereserve.org



Playa Portete

Located in the province of Limón, in the canton of the same name. The best kind of beach is one that meets the optimal conditions for swimmers because of its gentle waves and the absence of strong currents. These factors are behind the tourist appeal of this small cove. It offers favorable conditions for free diving through the remains of reef communities and has clear waters throughout the year.

The beach is intended for: sun, relaxation, swimming, diving, watching the flora and fauna.

playascostarica.info/playas/playa-portete/



Playa Piuta

Very popular among locals in Limón. The beach is actually part of a larger entertainment center, with a synthetic soccer field, picnic area, playground for children and a bar-restaurant for adults, in addition to the lagoon and beach.

The beach section is quite small but has enough shade to enjoy the day. Piuta is a central location, providing an option for Limonenses who enjoy escaping the heat by cooling off in the sea on their free days.


costaricabeaches.vacations



Playa Vizcaya

It is located on the highway to Cahuita in the province of Limón, in the canton of the same name. It is extensive, with grayish sands facing the open sea. It has abundant coastal vegetation, with a large number of coconut trees. The beach is very popular among Limonenses and tourists from elsewhere in Costa Rica. They come to enjoy the beach and explore the mouth of the Río Vizcaya with family or friends. The beach is a great spot for swimming.

Take in the beautiful skies and enjoy the sounds of the sea and the colors of the Caribbean in solitude.

 costaricabeaches.vacations

 inac.go.cr/ES/



Playa Cieneguita

If you're close to downtown Limon and like open beaches with plenty of space, this is the one. After Playa Bonita, it is the most popular among locals.

There are recreational areas such as a basketball court, playground for children, and plenty of benches and shade.

It is a nice beach with a good view, but you should keep in mind that according to the Costa Rican Police, the neighborhood of Cieneguita has one of the highest rate of police reports.

 costaricabeaches.vacations



Playa Grande Cahuita

Grande is an uncrowded beach of gray sand and few rocks, which offers an intermediate swell. It is an ideal place to relax, because although it is part of the community of Cahuita, it is less crowded. Enjoy a walk on the beach or simply sunbathe on the sand. Certainly, there is less living vegetation and fauna than along most of the beaches of Cahuita.

 goplaya.cr/es/playa/grande-cahuita



Playa Round Rock en Cahuita

Perhaps it owes its name to the rocks at its end with circular holes. The beach is only about 400 m long, but it offers peace, quiet and a good view, with a hammock available for visitors. It is located immediately before Playa Negra in Cahuita, and provides a nice option to vary your stay in the area, although you should take into account that due to its size it is not suitable for many people.

 costaricabeaches.vacations/es/



Playa Blanca

White sand beach, strong waves and few stones. This beach is managed by the community of Cahuita, which organizes snorkeling and turtle tours and maintains the site in excellent condition. Although there are lots of waves at certain times of the year and depending on the weather, Playa Blanca does have a stretch that is recommended for swimming. You can also enjoy a walk along the beach or the incredible vegetation that surrounds the place. Playa Blanca is part of Cahuita National Park, which is known for its great variety of flora and fauna.

 goplaya.cr/es/playa/blanca-cahuita



Playa Puerto Vargas

A natural place of great beauty located within the Cahuita National Park. The beautiful white sand beach is combined with a long path along the coast that will allow you to enjoy the sound of the sea while observing the flora and fauna. It has an intermediate swell with few rocks and ample vegetation. It is a place where you can explore while relaxing amidst the clear sand and turquoise water.

 goplaya.cr/es/playa/puerto-vargas



Playa Negra

True to its name, this sand of this beach located near the center of Puerto Viejo is black. It has few stones and an intermediate swell that increases during the winter season, forming waves suitable for surfing. Playa Negra is surrounded by palms and trees.

 goplaya.cr/es/playa/negra-puerto-viejo



Playa de Puerto Viejo

Salsa Brava or Playa Puerto Viejo, as it is known, is a site of golden sand and few stones. The beach has become a favorite destination for advanced surfers, who in face the waves that form offshore during Limón's winter (November to January and April to August). There are also some fishing boats and spaces to lie on the sand and enjoy the sun. In the drier summer months (February, March, September and October) when the waves diminish, you can swim and enjoy the crystal clear water.

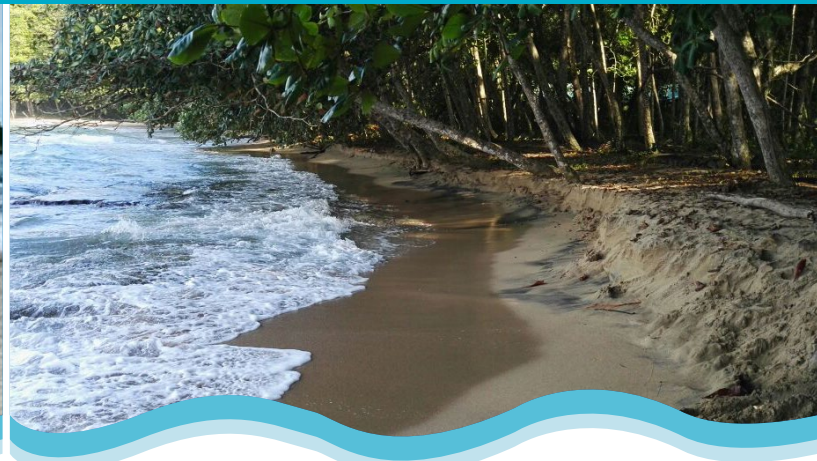
 goplaya.cr/es/playa/salsa-brava-puerto-viejo



Playa Cocles (Pirikiki)

This beach is enormous in both size and beauty. It is one of the must-see destinations when traveling to Limón. It has few stones, and the white sand blends with the turquoise color of the water, giving a tinge of paradise and a magical tone to the place. In summer (February, March, September and October) the sea is relatively calm and you can go for a swim. In winter (November to January and April to August), the waves grow and it becomes a regular surf spot. You can also relax on the sand and sunbathe.

goplaya.cr/es/playa/cocles



Playa Chiquita

A narrow, overgrown trail will take you to Chiquita. It's a white sand beach, few stones, intermediate swell, crystal clear water and trees that provide shade on the shore. It is located very close to Puerto Viejo de Talamanca, in the province of Limón. Beachgoers can rest in the small pools that are created between the stones when the tide rises. You can also relax under the shade of the trees that are right next to the coast. Playa Chiquita is a private and quiet place.

goplaya.cr/es/playa/chiquita

quebuenlugar.com/lugares/punta-uva



Playa Gandoca

Playa Gandoca is part of the Gandoca-Manzanillo Wildlife Refuge. It is a remote, solitary place. Don't get confused, the entrance is different from Manzanillo beach and you will have to travel several kilometers to get there. In Gandoca the sand is gray, the water is crystal clear and the waves are strong. Near the beach, there is a beautiful lagoon that you can visit. The site is secluded and little visited by tourists, largely because of its remoteness.

goplaya.cr/es/playa/gandoca



Playa Mona

The coastline on which the beach is located is highly irregular. Due to the characteristics of the forest, as well as the surrounding landscape, this coastline is of exceptional scenic beauty, especially in the vicinity of Punta Mona. Here, a small island completely covered with vegetation highlights the coastal landscape of evergreen forests, with coral patches for diving just offshore.

playascostarica.info/playas-caribe/
goplayatours.cr/explore-punta-mona



Playa Punta Uva

You might have heard it mentioned – if not, now you have! If you go to Limon, you have to visit Playa Punta Uva. The white sand blends with the turquoise water and the trees that lie over the sea, turning the site into a small paradise. The dense vegetation gives an exotic tone to this incredible place. It is a beach with few stones and a swell that varies from season to season (summer or winter). Punta Uva is perfect for sunbathing or resting under the shade of the trees.

goplaya.cr/es/playa/punta-uva
quebuenlugar.com/lugares/punta-uva



Playa Manzanillo

To access this gray sand beach that belongs to the Gandoca-Manzanillo Wildlife Refuge, you have to cross a remote jungle trail several kilometers from Gandoca Beach and then cross an estuary. Ned Creek is an untouched site, with a strong swell and few stones, where tropical vegetation reigns. On the way to the beach, you will find an estuary. Remember that the entrance to this beach is different from the one that allows you to access Manzanillo beach, a place of great beauty located a few kilometers from Puerto Viejo.

goplaya.cr/es/playa/ned-creek-mile-creek
quebuenlugar.com/

Links of interest:

- Dive: guiascostarica.com/aqui/numero2/
- Surfing: guiascostarica.com/aqui/numero3/
- Regions: playascostarica.info/otros/guia-de-buceo/
- Fishing: playascostarica.info/otros/surfing-en-costa-rica/
- Distances: expreso.co.cr/regiones
- playascostarica.info/otros/pesca-en-costa-rica/
- playascostarica.info/distancias/

CIRCUIT	LAND ROUTE	WATERWAY	AIRWAY
De Punta a Punta	226 km	3:30 horas	40 minutos
Río San Juan	233 km	9 horas	N/A
Los Bribri	325 km	3:30 horas	40 minutos
Barra del Colorado	251 km	10 horas	N/D
Río Yorkín	200 km	3:30 horas	N/D
Tortuguero	305 km	7 horas	N/D
Ruta Rústica	176 km	N/D	N/D
En Aviación	65 km	5 horas	45 minutos
Parismina	126 km	3 horas	N/D
Hitoy Cerere	160 km	4 horas	40 minutos



Playa Arrecife

Wellness Tourism



Why are we fascinated by the Caribbean?

When we think of relaxation and tranquility, most of us imagine the majestic and immense sea, the beach and the waves. Or a damp, lush green forest, the smell of the leaves after the rain, watching the sunset from the top of a mountain or putting your feet in the sand where the only thing you can hear is the sea breeze?

This isn't all just a dream: the Caribbean offers us a chance to escape our routine and the city. It allows us to think more clearly; the nice thing about this is that the area is not lacking in wellness services such as **spas, yoga and pilates**. It also includes activities that bring us into contact with nature: **trekking (low difficulty hikes), forest bathing (breathing pure forest air), earthing (walking barefoot in the earth/sand), and healthy, high-quality food**. These experiences offer a mix of a spa experience with of food (splunch) with local and natural products.

In the Caribbean, you can also experience novel **relaxation techniques** such as wraps, where your skin is moisturized using volcanic mud, coffee, tropical fruits and chocolate. Other options include **hydrotherapy and thermal waters**, taking advantage of our country's water resources to renew yourself and let positive energy flow throughout your body.

This has to do with physical issues, as stress can often cause muscle tension, high blood pressure, heart problems, etc. **Returning to the essence, to the ancestors, connecting with mother earth is what balances us, what allows us to eliminate everything else**. There are also spiritual explanations or these experiences, which tell us that our sense of well-being when we are in nature is because we feel like part of the universe and can communicate with the divine.

More information:

[visitcostarica.com/es/costa-rica/things-to-do/wellness](https://www.visitcostarica.com/es/costa-rica/things-to-do/wellness)

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Cruise Ships Arrivals



Land ho!

The proliferation of tourist cruises is a relatively recent activity, although recreational travel by ship dates back to ancient times. The first pleasure cruises took place during the days of Ancient Egypt. In the Roman Empire, small tours would be organized around the Mediterranean Sea, to Capri or the islands of the Bay of Naples.

The arrival of cruise ships in the Limón area offers a fascinating experience, with the enormous structures arriving at the port or anchored at the dock.

Visitors have the opportunity to admire the boats of different sizes that bring tour groups from different parts of the world. Passengers disembark for a unique experience in the port of Limón's Hernán Garrón dock. Here, they are received by Japdeva personnel and organized tour operators so that they can experience the variety of attractions and tourist services that Limón has to offer. Upon entering our country, the passengers can enjoy their

pick of local services, sale of handicrafts and various tours offered by local tour operators from different parts of the region, who came to the Limón Pier to offer their services. This is complemented by cultural shows, artisans and folkloric groups characteristic of the Caribbean, with calypso, comparsas and Caribbean customs. You can also see and taste the unique local cuisine.

Without a doubt, it is a new experience for travelers and locals alike, an opportunity for cultural exchange and an opportunity for the local population to earn foreign currency. During this season, all programming will be carried out in line with the measures established by the Ministry of Health, with the appropriate protocols in force.

The cruise lines that have arrived in Limón have been a constant presence in the area, except for during the pandemic. For this season, the first cruise ship is expected to kick off the season in the second week of November 2021.


The cruise lines that come to the city include: **Carnival Cruise Line • Seabourn • Princess • Cruises • Viking Cruise Line • Norwegian Cruise Line • Viking Cruise**

Line • The World Cruises • Holland America, • Msc • Silver Cruises • Oceania Cruises • Sea Cloud Cruisers • Royal Caribbean • Ponant • Phoenix Raisen • Mustic Cruises S.A. • Fred. Olsen Cruise • Crystal Cruises • Marella Cruises • Windstar Cruises • Mystic Cruises S.A • The Ritz- Carlton.

The tours offered to cruise ship passengers include:

Visit to the Boulevard, tour of Hernan Garron Port, Parque Vargas, Piuta Tourist Center, Playa Bonita, Moin, Bananera Filadelfia, Catamaran, Sloth Sanctuary, Boruare Tourist Center, Veraguas Rain Forest, The Original Canopy Tour, Kayak Adventure Colon Caribe, Cahuita National Park, Manzanillo National Park, White Water River Rafting Pacuare, Rain Forest Cable Car, and more.

Read more

 www.visitcostarica.com
japdeva.go.cr/index.html



Sport Fishing

But fish are there year-round, and it's mostly a matter of weather conditions, which can change overnight. The rainy season begins in mid-May, then the action slows down for a while due to the amount of sediment discharged by the rivers.

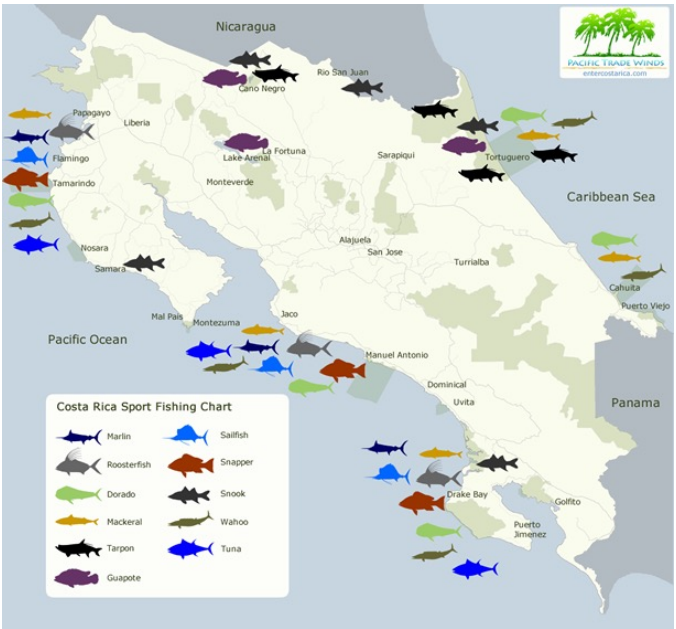
Some hotels in this area offer complete packages, including transportation from San José, comfortable rooms, meals, fishing boats and guides. As there are no roads in this area, it can only be accessed by domestic flights or boats that travel through the canals of Tortuguero National Park.

There are also several tour operators whose vessels travel by river or by sea.

The northern part of the province is one of the most popular areas for sport fishing in all of Limón. This area is where you can find two incredible protected areas: Tortuguero and Barra del Colorado, which offer many opportunities for fishing enthusiasts. These valuable natural resources attract visitors who immerse themselves in the natural surroundings. Tortuguero National Park offers plenty of opportunities to explore the wonderful wildlife, allowing anglers to visit the Caribbean coast and experience excellent sport fishing.

Sport fishing in Barra de Parismina is mainly concerned with the number one angling fish, the Atlantic tarpon. The species is highly sought after, with people coming from far away to the Caribbean coast of Costa Rica in search of the fish. This species grows to incredible sizes, measuring up to 2.5 m in length, one of the largest trophies that anglers can hope for.

This type of fishing can be done mostly from a boat or from the shore at the mouths of Barra de Parismina and Barra de Jalova, where there are good odds that fishers will encounter the species.



fishcostarica.org/pesca-en-costa-rica/

The best times of year and regions for certain sport fishing species in Costa Rica.

Pez	Months											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
T	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good
SW	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good	Good

T= Tarpon - R=Sea Wolf Low Good Excellent

Sport fishing on the coast of the Northern Caribbean region, which extends from the Río San Juan (tarpon and snook fishing) to the city of Limon, is world famous. It attracts anglers looking for unique and memorable experiences.

Fishing in the Caribbean

The fishing conditions along the Caribbean coast of Costa Rica depend on the weather, and can vary more from day to day than from month to month. The best places are found in Tortuguero and Barra del Colorado. Historically, tarpon fishing is promoted by hotels located on the east coast of Costa Rica from December to mid-May, while snook fishing is promoted from September to November.



Diving in the Caribbean

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Diving in the Caribbean

In the south of Limón is the most amazing marine coral of Costa Rica, which lies within the protected area of the Cahuita National Park. It is one of the most frequented parks in the country; diving here is incredible as there are more than 123 species of fish and corals.

From Cahuita to Manzanillo, there are several places to dive and snorkel. Underwater visibility is excellent when the sea is calm; this region is considered one of the best for diving as it has a great variety of corals and fauna to discover.

Diving in the Caribbean area takes place from September to mid-November.

These are the months with the best sea conditions for scuba diving due to the limited swell. Shorter periods during other months may also be favorable for diving in the southern Caribbean.

The dry season in the Caribbean is the best time for diving in Limón for beginners who prefer easy and colorful diving. During these months, divers will benefit from calmer seas and visibility reaching 70 feet (20 meters).

The best areas are located 1 mile offshore from the beaches of Manzanillo, Punta Uva, Chiquita and Cocles at depths of 5 to 25 meters.

The undersea sights awaiting divers include a great variety of corals, animals and fish. Also, nurse sharks, green turtles and lobsters are constant companions of sea divers, along with queen angelfish, turtles, barracudas, eels, lobsters and rays.

There are different sites with a variety of landscapes that are offered for certified and non-certified who want to experience the underwater world of the southern Caribbean.

The only active company in the area is PADI del Caribe, which has been open to the public since 2008 and has completed more than 500 certifications.

For visitors who are not certified, basic safety theory and skills are provided and divers are accompanied during the tour.

Those who are certified must also always go on a guided tour.

 www.puntauvalivecenter.com

 costa-rica-viajeros.negocio.site/

Padi Dive Resort

Guillermo Valdes Naveiro PADI Open Water Instructor 232057

Uvita Island has 2 shipwrecks. One of them is the Phoenix, a ship that sank many years ago and has become a coral reef and home to many marine species.

In the area there are lodges that offer diving and snorkeling tours as part of their vacation packages.



Directory of Services

General services in Limón and Matina

Service	Contact
Cámara de Comercio, Industria de Turismo de Limón	Tel.: 2798-3000/ 8381-1304 Mail: intraymi55@gmail.com; camara.comercio.limon@gmail.com
Municipalidad de Limón	Tel.: 2758-4444 / 2758-7073 alcaldia@municlimon.go.cr https://www.municlimon.go.cr/ https://www.munimatina.go.cr/
Municipalidad de Matina	
Fireguard	Tel.: 2758-0229 y 911
Red Cross	Tel.: 2798-0935
Finacial	There are the main public and private banks and cooperatives as well as ATMs in Limón center.

General services in Tortuguero and Parismina

Service	Contact
Rwregional offices ICT Limón	Tel.: 2758-1009 carol.whittingham@ict.go.cr
Municipalidad de Pococi	https://munipococi.go.cr/munipococi.go.cr/
Municipalidad de Guácimo	https://www.guacimo.go.cr/
Municipalidad de Siquirres	https://siquirres.go.cr/
Center of attention to the citizen	Call Center de Migración, 1311 / Hours: M - F from 7:00 a.m. to 6:00 p.m. Saturdays from 9:00 a.m. to 2:00 p.m. Sundays closed
Public Hospital Tony Facio Castro (Limón)	Tel.: 2758-2222 / 2758-0970 / 2758-0130 / 2758-1056 Mail: hr_htfc@ccss.sa.cr
EBAIS	
Red Cross	Tel.: 2669-3396
Finacial	There is no bank at Tortuguero
Fas stations	
Pharmacies	There is no pharmacy at Tortuguero
Cámara de Comercio, Turismo e Industria de Siquirres	https://cctisiquirres.com/
Cámara de Turismo de Tortuguero (CATUCOTOR)	Correo: caetutor29@yahoo.com

[Municipalidad de Guácimo](#)

General services in Talamanca

Service	Contact
Área de Conservación La Amistad Caribe (ACLAC)	www.sinac.go.cr/ES/ac/aclac/Paginas/default.aspx
Municipalidad de Talamanca	Tel.: (506) 2751-0057 municipalidadtalamanca.go.cr/ E-mail: info@municipalidadtalamanca.go.cr
Municipalidad de Matina	www.munimatina.go.cr/
Caribe Sur Tourism Chamber	E-mail: info@catccas.cr - Location: Puerto Viejo
Oficinas regionales Limón	E-mail: carol.whittingham@ict.go.cr - Tel: 2758-1009 / Limón centro, contiguo a Parque Vargas, plaza la Capitanía Local 2
Center of attention to the citizen	Call Center de Migración, 1311 / Hours: M - F from 7:00 a.m. to 6:00 p.m. Saturdays from 9:00 a.m. to 2:00 p.m. Sundays closed
Hospital público Tony Facio Castro	Tel.: 2758-2222 / 2758-0970 / 2758-0130 / 2758-1056 Correo: hr_htfc@ccss.sa.cr
Cahuita Pharmacy	Teléfono: 2755-0505 / Calle 0 Cahuita
Zeledón Pharmacy - Western Union	Tel.: 2750-0220 / Calle 215
Red Cross	Tel.: 2751 0141 / Tribunales de Justicia Talamanca, Av. 0, Limón, Bribri, 70401
Finacial	You will find the main public and private banks and cooperatives as well as ATMs in Limón center.
Fireguard	Tel.: 2751-0347 y 911
Gas Station	Hone Creek - Peshurst - Margarita Sixaola
Finacial	There are 3 banks in Cahuita and 2 in Puerto Viejo. ATM's. There is a bank in Bribri
Shopping centers and supermarkets	There are 2 supermarkets
There are multiple lodging companies in Cahuita and Puerto Viejo: Hotel - Hostel - Camping - Glamping - AirBNB	

MIGRATION

Center of attention to citizen, call center de Migration: 1311
Hours:
 From Monday to Friday 7:00 a.m. to 6:00 p.m.
 Saturdays from 9:00 a.m. to 2:00 p.m.
 Sundays closed
www.migracion.go.cr

REGIONAL OFFICE IN LIMÓN

Downtown Limón, next to Parque Vargas, plaza la Capitanía Local 2
 Tels: (506) 2758-1009
 E-mail: carol.whittingham@ict.go.cr

Information of roads and airports

Place	Contact
Tobías Bolaños Airport, Pavas, Son José	Tel.: 2232-28201/ 2232-7330
Juan Santamaría International Airport: Flight Information	Tel.: 2437-2626
Daniel Oduber Quirós International Airport, Liberia Guanacaste Administration and Information	Tel.: 2668-1010
Private tourist transport	
Aerial	
Flight Sansa San José- Golfito 50 minutes from Juan Santamaría Airport to Golfito Airport. From Golfito Airport to the center of the city of Golfito is 5 minutes or 2 km There are currently two airlines that provide air service to and from San José.	
SANSA	Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com
Aerobell Hangar #2	Tel. 4000-2030 Pavas Aiport www.aerobell.com
Departures from Juan Santamaria International Airport.	
Air taxi Centroamericano AVIONES TAXI AEREO S.A	Ph: (506) 2431-0160/ (506) 2431-0293 reservations@airchartercentralamerica.com Pavas Aiport www.tacsa@racsa.co.cr
Paradise Air Pavas Aiport	Tel.: 2231-0938, 2296-3600. www.flywithparadise.com
Land Migration Post Sixaola Costa Rica- Guabito Panamá	https://www.migracion.go.cr/SitePages/Directorio.aspx
Helicopters	
Aensa	Tel. 22321248 www.aerotourscr.com



Costa Rica is a place where nature abounds and adventure awaits you, just remember:

- Book tours offered by authorized travel agencies.
- Make sure that the place you wish to visit is within the permitted sites of SINAC's Protected Wildlife Areas.
- Make sure that the activity you wish to perform is allowed.
- Make sure that the tour guide provides you with safety instructions and the rules of the activity before starting a tour.
- Make sure the company has an operating permit issued by the Ministry of Health, insurance policies and certified tour guides.

NAME	E-MAIL	TELEPHONE	WEB SITE
Tourist Activities			
G & E CHOCOLATE ADVENTURY COMPANY	gyechocolate@gmail.com		https://chocolateadventurecompany.minidux.com/
FINCA AGROECOLOGICA SIWAKABATA	siwakabata@gmail.com	8777-7757	https://www.facebook.com/Finca-Agroecol%C3%B3gica-Siwakabata-111847920665000/
AGRO TURÍSTICO EL JARDIN TROPICAL	jardinsa@racsa.co.cr	2763-8026	https://m.facebook.com/pg/eventosheliconia/posts/?ref=page_internal&mt_nav=0
TURISMO DE AVENTURA EXPLORADORES	info@exploradoresoutdoors.com	2222-6262	https://www.facebook.com/raftingcr/posts/2881300415219576/
AGROECOLOGY CULTURAL TOUR OF CARIBBEAN	tour_cultural@hotmail.com	8329-3216, 2718-5453, 2718-6130	
FLORES Y FOLLAJES DEL CARIBE S.A.	turismocaribbean@gmail.com	2716-8059, 6059-7551	https://www.facebook.com/FFC.agribiotech/
BRISAS DE LA JUNGLA	canopbrisas@yahoo.es	2797-1291	https://www.facebook.com/brisasdelajungla/
CAHUITA ECOADVENTURE PARK	nasiralicr@hotmail.com		
VERAGUA RAINFOREST RESEARCH & ADV. PARK	dtorres@veraguarainforest.com; equiros@veraguarainforest.com	2296-5650, 2296-5056	https://veraguarainforest.com/es-es/inicio/
NATIVO ADVENTURES	bruno@nativo.cr; info@nativo.cr	+(506) 8353-5013	https://nativo.cr/es/inicio/
Caribbean Botanical Garden		+(506) 8353-5013	
Aquatic Recreational Activities			
PACUARE OUTDOOR CENTER WHITE WATER EXPERIENCE	info@pacuareoutdoorcenter.com <info@pacuareoutdoorcenter.com>;	+(506) 2289-3939	https://www.pacuareoutdoorcenter.com/
Travel Agencies			
AGENCIA DE VIAJES RECEPTIVA CARIBBEAN ADVENTURES	caribbeanadventurescostarica@gmail.com; julieta.pecou@gmail.com	2798-0619	https://www.facebook.com/caribbeanadventures.costaricacaribbeanadventures
AGENCIA DE VIAJES GUAPILES LINEA TOURS	info.guapiles@lineatours.cr; claudinau@yahoo.com		http://guapiles.lineatours.cr/
LIFE & CULTURE ADVENTOURS	lifeculturestalamanca@gmail.com	2750-2129	https://lifeculturetravelcostarica.com/inicio-2/
ATEC ASOCIACION TALAMANQUEÑA	direccionatec@gmail.com; ongatec@gmail.com; direccion@ateccr.org	2750-0398, 8706-4758	https://ateccr.org/bienvenidos/?lang=es
A.V. R. ESPECIALIZADA EN TURISMO RURAL COMUNITARIO RED DE ECOTURISMO INDIGENA DE TALAMANCA	redindigena1@gmail.com	2710-0867, 8640-7295	http://www.obturcaribe.ucr.ac.cr/nuestro-enfoque/cultural/27-general/sistema-de-informacion/172-red-de-ecoturismo-indigena-de-talamanca
AGENCIA DE VIAJES AGITUBRIT TOURS	agitubrit@gmail.com/ redindigena1@gmail.com	8777-7757	
AGENCIA DE VIAJES RECEPTIVA CARIBE TROPICAL	caribetropical@gmail.com	2755-0244	
CAHUITA TOURS	cahuitatours@gmail.com	2755-0000, 2755-0101, 8887-7481	https://www.cahuitatours.com/
AGENCIA DE VIAJES RECEPTIVA OREGON TOURS	oregontouropen@racsa.co.cr	2758-4050	https://oregontourscr.com/
GECKO TRAIL ADVENTURES	info@geckotrail.com	2756-8412, 2750-0290	https://geckotrail.com/
AGENCIA RECEPTIVA COSTA RICA VIAJEROS CRV S.A.	crviajeros@gmail.com; info@costaricaviajeros.com	4701-3684	https://costaricaviajeros.wixsite.com/costaricaviajeros

NAME	E-MAIL	TELEPHONE	WEB SITE
GOOD TRAVEL COSTA RICA	sales1@evergreentortuguero.com; rafaelinecera@gmail.com	2223-7080	https://www.facebook.com/Good-Travel-Costa-Rica-615832065596276/
EXCURSIONES MEJIA	excursionemesjia@hotmail.com	2711-2592	https://mejitravelcr.com/
COSTA RICA WAY TRAVEL	travel@costaricaway.net	2750-3031, 8704-7926, 2750-0694	https://www.facebook.com/COSTA-RICA-WAY-Travel-456635921127934/
TERRAVENTURAS JUNGLE EXPEDITIONS	minnie@terraaventuras.com; sostenibilidad@terraaventuras.com; gerencia@terraaventuras.com	2750-0750, 8889-1391	http://www.terraaventuras.com/
Centro Nocturno			
BAR COLUMBUS		5062758-2118	http://www.grupocasinoplatinum.net/
Gastronomy			
NAVA CAFE	navacafe.cr@gmail.com	2711-2020	https://www.facebook.com/Navacafe-CR-250839341734066/
RESTAURANTE SABORES DE CARIARI	saboresdecariari@gmail.com	2767-1516	https://www.facebook.com/restaurantesaboresdecariari/
Lodging			
VILLAS SANTIAGO	villasantiagocr@gmail.com	8818-3899	https://www.facebook.com/villasantiagocr/
POSADA DE TURISMO RURAL FAITH GLAMPING DOME COSTA RICA	faithglampingdomecr@gmail.com	50,687,230,101	https://www.facebook.com/faithglampingdomecr/
BLESSED HOUSE VILLAS	floribel15@gmail.com	2750-0051	
CAHUITA LODGE	cahuitalodge@gmail.com		https://www.facebook.com/CahuitaLodge64/
BIBRI LODGE	gabbwald@hotmail.com	8314-4052	https://www.facebook.com/Bibri-Lodge-en-Amubri-Costa-Rica-112021198876950/
QUINTAS DE LA REGION	cabquintaregion@hotmail.com	2710-7016, 8899-4904	
HOTEL CARIBLUE	info@cariblue.com; contabilidad@cariblue.com	2750-0518, 2750-0035, 8314-1965	https://www.facebook.com/Hotel-Quintas-De-La-Regi%C3%B3n-Gu%C3%A1piles-461915490566710/
HOTEL ACON	hotelaco@racsa.co.cr; hotelacon2010@hotmail.com	2758-1010, 2758-4099, 2758-1315	https://cariblue.com/
CENTRO TURISTICO PACUARE	info@centroturisticoacuare.com; pacuarehotel@gmail.com	2768-8111, 2768-6482, 2768-6483	https://www.facebook.com/ctpacuare/
HOTEL MARIBU CARIBE	maribu@racsa.co.cr	2795-4010, 2795-2540	
HOTEL TORTUGA LODGE	tol@expeditions.co.cr; jfallas@expeditions.co.cr	2710-8016, 2709-8136, 2709-8034	https://www.tortugalodge.com/
PACUARE LODGE	info@pacuarelodge.com; roberto@pacuarelodge.com; pri@pacuarelodge.com	2225-3939, 2224-0505	https://www.pacuarelodge.com/
HOTEL ILAN ILAN	ilan@mitour.com; vrivera_progen@hotmail.com	2709-8174	http://www.ilan-ilanlodge.com/
TAPIRUS LODGE	ventastram@rainforest.co.cr; reservation@rfat.com; nstaton@rainforestaventure.com	2257-5361, 8382-8886, 2257-5961, 2224-5961	https://tapiruslodge.com/
HOTEL PARK	irlyxie@racsa.co.cr; parkhotellimon; parkhotellimon@ice.co.cr	2798-0555, 2758-3476, 4620	
VILLAS DEL CARIBE	info@villasdelcaribe.com	2250-0593, 2250-0202, 2750-0202	https://villasdelcaribe.com/

NAME	E-MAIL	TELEPHONE	WEB SITE
HOTEL & COUNTRY CLUB SUERRE	agomez@hotelsuerrecr.com; linaco@racsa.co.cr	2713-3000, 2713-3019	http://hotelsuerrecr.com/
SELVA BANANITO LODGE	sostenibilidad.selvabananita@gmail.com; jurgenselva@gmail.com; reservas@selvabananita.com	2253-8118, 8336-6363	https://www.selvabananita.com/
ALBERGUE SAMASATI	reservations@samasati.com	2537-3418, 8833-2302, 2224-1870, 2756-8083	https://www.samasati.com/
TURTLE BEACH LODGE	turtlebeachlodge@gmail.com; tbf Frank@gmail.com	2248-0707	https://www.turtlebeachlodge.com/
HOTEL EVERGREEN TORTUGUERO	hotel@evergreentortuguero.com; sales1@gmail.com	2709-8213, 2222-6840	https://www.evergreentortuguero.com/es/
HOTEL ALMENDROS Y CORALES	aurora@almendrosycorales.com; marco@almendrosycorales.com; info@almendrosycorales.com	2271-3000, 2272-2024, 2759-6056, 2759-9032, 2759-9031	https://www.almondsandcorals.com/es/
CABINAS TREE HOUSE	edsart@iguanaverde.com	2750-0706, 8843-9967	https://www.costaricatreehouse.com/
HOTEL PACHIRA TORTUGUERO	rafaelincera@ice.co.cr; pachiralodge@hotmail.com	2257-2283, 2709-8222	https://pachiralodge.com/
HOTEL SUIZO LOCO LODGE	info@suizolocolodge.com; Suizo Loco Lodge	2755-0349, 2755-0493	https://www.sll-hotel.com/
HOTEL COSTA DEL SOL	info@hotelcostadelsol-cr.com	2798-7272, 2798-0909, 2798-7373	https://www.facebook.com/HotelCostaDelSolcr/
HOTEL VISTA AL TORTUGUERO	hotelvistatortuguero@gmail.com; info@hotelvistatortuguero.com	2767-4141	https://www.cahuita.cr/apartamentos-marfi-inn/
POSADA DE TURISMO RURAL MARFI	papifilippo@yahoo.it	2755-1164	
HOTEL BOUTIQUE AGUAS CLARAS	manager@hotelaguasclaras.com	2750-0131	https://www.hotelaguasclaras.com/
ECOLIRIOS BOUTIQUE HOTEL AND SPA	jchavarria@ecolirios.com; jcubero@ecolirios.com	2710-0559	https://ecolirios.com/
POSADA DE TURISMO RURAL AVE SOL RIVER SANCTUARY	rieriopacuaire@gmail.com		https://www.facebook.com/AveSolPacuaire/
HOTEL CERERE	info@hotelcererelimon.com; hotelcerere@hotmail.com	2758-0661	https://www.facebook.com/HotelCerereCostaRica/
HOTEL ESCAPE CARIBEÑO	escapecaribeno@gmail.com	2750-0103, 8479-1614	https://escapecaribeno.com/
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TRANSPORTE ACUATICO ISLA UVITA ECO-TOUR	islaUVITAecotour@gmail.com	7259-8584	https://www.facebook.com/transporteacuaticoislaUVITAecotour
Hotel Ecolirios	info@ecolirios.com	4070-1322	

Safety advice for Swimmers

Dear tourist

- Although the majority of beaches are suitable for swimming, there are some that because of their ocean conditions, shifting sands, and geomorphology are susceptible to under currents, also known as rip tides.
- The following is to provide some useful advice to identify them, as well as freeing yourself in the event you get caught in one, and also some general advice to enjoy the beach safely.

How can you identify a rip tide?

- A channel of turbulent water moving out to sea.
- An Area that has a visibly unusual color, usually due to swirling sediment from the beach.
- A formation of foam, algae, or litter moving uniformly out to sea.
- A disturbance in the waveline coming to shore.
- Remember that in many cases, these types of currents are unperceivable to the naked eye and although the ocean may seem calm, they still may be present, especially in beaches where the sediment is thick or the sand is white.

How to avoid being trapped by a rip tide?

- Be very cautious. Ocean conditions can change at any moment.

- Remember that rivers and lakes also have currents that may be dangerous.
- Never swim alone.
- Swim near lifeguards. If there are none, look for signage warning of dangerous currents, or ask some of the locals if the beach is dangerous or not..

What can I do if a rip tide gets a hold of me?

- Try to stay calm to conserve energy.
- Don't fight the current.
- Swim perpendicular to the current or parallel to the beach.
- Once you feel that you are free of the current, swim to shore.
- If unable to do the aforementioned, wade in the water. The force of the current lessens as it goes out to sea. When the current diminishes, swim toward the shore.
- If, at any moment you feel that you cannot reach the shore, get someone's attention: face the beach, wave your arms and shout for help.

 <https://www.seguridadpublica.go.cr>



General recommendations for all beaches

- If you can't swim, be careful in the water.
- If you have eaten or drunk any alcoholic beverages, wait at least two hours before going into the water.
- Ask hotel staff, lifeguards, or locals, about the ocean water conditions.
- Look for signage or flags that warn of dangerous ocean water conditions. When you do find flags, red means danger.
- Always be in the presence of another adult who can adequately help you in the event you are in danger or need help.
- If you haven't been trained in first aid, are not skilled at swimming, or overall not in good physical condition, never try to rescue someone on your own who is drowning.
- If you want to try some water sport such as surfing, jet skiing, or others, you should know how to swim.
- If you are traveling with friends, do not play or joke around in a way that can put your life or that of others at risk.
- Learn about the ocean conditions or other natural phenomenon that can change the ocean conditions.
- If you travel to the beach with children, people with physical limitations, or elderly people, stay close to them and never let them out of your sight for any reason.

How can you help someone being dragged by a rip tide?

- Get help from a lifeguard.
- If there is no lifeguard, call 911.
- Throw the victim something that floats, like a cooler, a life jacket, or a ball.
- Yell the instructions on how to escape, as outlined in this manual.

If you're traveling in a rental car

- In the event of any damage, flat tire, or impact to the vehicle, do not accept help from strangers, since it could be a scheme to rob you. Call the agency that rented you the vehicle and do not stop until you reach a safe place.
- Never leave valuable objects in a visible place inside the car and close the doors and windows securely.
- Whenever you can, use public parking with a security guard. Do not trust people offering to watch your vehicle on the side of the road.
- It is recommended that you exercise particular caution with personal items such as your passport, credit cards, money and jewelry.

If you're traveling by bus:

- Don't lose sight of your luggage at any time. During your trip, exercise particular caution if you place your luggage in the overhead racks on the bus.

- While boarding and once you arrive at your destination, do not let your belongings out of your sight and do not trust people who offer you help or seem overly friendly.
- Take care of your personal items such as your passport, credit cards, money and jewelry. Ideally, do not keep these items in your luggage.
- If you need help, dial 9-1-1, go to the closest police station, or call the OIJ at 800-8000-645 to report a crime.

If you're going to the beach:

- If you don't know how to swim, be careful.
- Do not consume alcoholic beverages before going into the ocean and wait at least two hours after eating.
- Never swim alone. Swim close to a lifeguard post.
- Inquire about beach conditions before entering the water.
- Look for signs or warning flags.
- If you feel trapped in a rip current, do not panic and make signs that you need help.
- If you are traveling with children, senior citizens, or persons with disabilities, do not let them out of your sight.
- If a storm or other inclement weather is approaching, leave the beach area and find a safe place.
- Do not lose sight of your belongings.

General recommendations:

- Do not carry valuable items that can stand out.
- Keep your personal documents in a safe place.
- Do not trust people who seem overly friendly or who offer you services that appear to be extremely cheap and appealing.
- Do not hike alone, especially at night.
- When possible, engage the services of companies with a Tourism Declaration or ICT-certified guides. See www.visitcostarica.com for more details.
- In your accommodations, ensure that the doors and windows are closed well and use the room's safe, if available, to keep your valuable items.
- If you consume alcoholic beverages, do so responsibly and avoid consuming drugs.

For more safety tips, please visit

 [visitcostarica.com](http://www.visitcostarica.com)

You can find more safety brochures on the Visit Costa Rica site under "Publications" at the following link

 [visitcostarica.com/en/costa-rica](http://www.visitcostarica.com/en/costa-rica)



MIGRATION OF BIRDS OF PREY

COSTA RICA



Peregrine Falcon (Falco peregrinus)



Did you know that during the months of August to November, the central Caribbean coastal plains of Costa Rica become one of the world's most important corridors for migratory birds? Or that during this unique natural spectacle, over 3 million birds of prey can be observed passing through the region, belonging to 17 species?

There are many migratory species of diurnal birds of prey, but those passing through our country are mainly the **Broad-winged Hawk** (*Buteo platypterus*), the **Turkey Vulture** (*Cathartes aura*) and **Swainson's Hawk** (*Buteo swainsoni*).

In Costa Rica, the **Bribri indigenous people** perform a dance in which dancers arrange themselves in a circle, representing a natural phenomenon that is repeated on the Caribbean coast every day during the migratory period: the circle that the hawks and vultures fly in when it is time to take to the skies once again.

Birds of prey are incredibly important for ecosystems due to their roles as apex predators. An absence of these birds is a sign of an unbalanced ecosystem.

Guide to Identifying Birds of Prey

Peregrine Falcon
(*Falco peregrinus*)

L: 36-49 cm (14-19 in)
W: 100-110 cm (39-43 in)
Reproduction zone: Long-distance migratory
Overwintering zone: Mexico, Central and South America
Average per season: 3000
English name: Peregrine Falcon

Long, pointed wings. Uniform dark slate gray color, except in the lower region (breast and throat). Powerful, rhythmic flapping. Glides, but most commonly observed flapping wings. When the tailfeathers are close together, appearance is different from the Mississippi kite due to its square-edged tail and more direct, steady flying.

Mississippi Kite
(*Ictinia mississippiensis*)

L: 34-37 cm (13-15 in)
W: 84-94 cm (33-37 in)
Reproduction zones: Southern US, from Florida to New Mexico
Overwintering zones: Paraguay, eastern Bolivia, far west of Brazil
Average per season: 112 145,4
English name: Mississippi Kite

Long, pointed wings, similar to a falcon. Light gray underside, dark gray mantle. Long, dark tail with a slight indentation. The easiest way to tell it from the Peregrine Falcon is by the shape of the tail (square in the case of the peregrine). Juveniles: Brown with a striped body.

Broad-winged Hawk
(*Buteo platypterus*)

L: 34-44 cm (13-17 in)
W: 81-100 cm (32-39 in)
Reproduction zones: Eastern & central Canada and eastern US
Overwintering zones: Southern Mexico to the Amazon
Average per season: 747772,6
Nombre en inglés: Broad-winged Hawk

Wings with a dark border along the edge. Light underside. The tail has white and black bands. Much smaller than the Turkey Vulture or the Swainson's Hawk. Juveniles have a striped breast and narrow brown bands on the tail. The rare dark morph has dark coloration on its body and the front of its wings.

Swainson Hawk
(*Buteo swainsoni*)

L: 48-56 cm (19-22 in)
W: 119-132 cm (47-52 in)
Breeding region: Western Canada and US, northern Mexico
Overwintering zones: Argentina
Average per season: 324805
English name: Swainson's Hawk

Light-colored body and front half of wings. Relatively long wings lifted in a dihedral shape. Half of the wings with a dark color along the edges. Dark necklace-like band on the breast, incomplete in juveniles, with stripes on the body. Dark morph: body and front half of the wings with a dark coloration.

Turkey Vulture
(*Cathartes aura*)

L: 64-81 cm (25-32 in)
W: 170-178 cm (67-70 in)
Mating zone: América hasta S. de Canadá
Overwintering zones: S. de EU, Centro & S. América
Average per season: 936548
English name: Turkey Vulture

Long, narrow tail and wings. Black body plumage contrasting with gray flight feathers. Head appears small. Wings form a dihedral angle. Infrequent flapping with an oscillating flight pattern.

Black Vulture
(*Coragyps atratus*)

L: 60-68 cm (24-27 in)
W: 137-150 cm (54-59 in)
Annual location range: Widely distributed in the US, Mexico, Central and South America.
English name: Black Vulture

Resident species of vulture, non-migratory.

Wide wings, short and square tail. Smaller than the turkey vulture, but has a larger head and a more robust stature. Black with a white patch along primaries. Seen in thermal currents with other vultures, but rarely along migration routes.

Osprey
(*Pandion haliaetus*)

L: 54-58 cm (21-23 in)
W: 150-180 cm (59-71 in)
Reproduction zones: Southern Canada and continental US
Overwintering zones: Coasts of southern US, Mexico and Central America, well-distributed in South America to northern Argentina
Average per season: 1403,8
English name: Osprey

Long wings in flight, appear bent along the "wrist" into an M-shape. Frequently described as having a gull-like appearance. All of the plumage has a light underside with notable black marks.

Swallow-tailed Kite
(*Elanoides forficatus*)

L: 58cm (24-27 in)
W: 130 cm (54-59 in)
Reproduction zone: Southeastern US to eastern Peru and northern Argentina.
Overwintering zone: South America
Average per season: 474,6
English name: Swallow-tailed Kite

Long, pointed wings. Unmistakable long, forked tail. Underside white, flight feathers black. Graceful, agile flight; floats and turns with few flaps followed by rapid descent with powerful flaps.

Sharp-shinned Hawk
(*Accipiter striatus*)

L: 24-34 cm (9-13 in)
W: 43-56 cm (17-22 in)
Reproduction zone: Northwestern and central Mexico, US and Canada
Overwintering zone: US & Mexico
Average number per year: 14,8
English name: Sharp-shinned hawk

Short, rounded wings, long and narrow tail with a square point. Alternates flapping and gliding. Distinguished from Cooper's Hawk by its faster flaps and a shorter tail with square edges. The sharp-shinned hawk keeps its wings pointed towards its tail, giving the appearance of a proportionally smaller head than that of Cooper's Hawk.

Cooper's Hawk
(*Accipiter cooperii*)

L: 39-50 cm (15-20 in)
W: 62-90 cm (24-35 in)
Reproduction zone: Northwestern Mexico, continental US and southern Canada.
Overwintering zone: US & Mexico
Average number per season: 13
English name: Cooper's Hawk

Short wings and long, narrow and rounded tail. Alternates flapping and gliding. Can be distinguished from the sharp-shinned hawk by its slower flapping and a proportionally longer tail with a rounded outline. Its flight profile with straight wings causes the head of the Cooper's Hawk to appear proportionally larger than that of the sharp-shinned hawk.

List of the migratory birds of prey and vultures in Costa Rica

Order / Family /Species	English name
Cathartiformes	
Cathartidae	
<i>Cathartes aura</i>	Turkey Vulture
Accipitriformes	
Pandionidae	
<i>Pandion haliaetus</i>	Osprey
Accipitridae	
<i>Chondrohierax uncinatus*</i>	Hook-billed Kite
<i>Elanoides forficatus</i>	Swallow-tailed Kite
<i>Circus hudsonius</i>	Northern Harrier
<i>Accipiter striatus</i>	Sharp-shinned Hawk
<i>Accipiter cooperii</i>	Cooper's Hawk
<i>Ictinia mississippiensis</i>	Mississippi Kite
<i>Ictinia plumbea</i>	Plumbeous Kite
<i>Rostrhamus sociabilis*</i>	Snail Kite
<i>Parabuteo unicinctus*</i>	Harris's Hawk
<i>Buteo platypterus</i>	Broad-winged Hawk
<i>Buteo brachyurus*</i>	Short-tailed Hawk
<i>Buteo swainsoni</i>	Swainson's Hawk
<i>Buteo albonotatus*</i>	Zone-tailed Hawk
<i>Buteo jamaicensis</i>	Red-tailed Hawk
Falconiformes	
Falconidae	
<i>Falco sparverius</i>	American Kestrel
<i>Falco columbarius</i>	Merlin
<i>Falco femoralis</i>	Aplomado Falcon
<i>Falco peregrinus</i>	Peregrine Falcon

Credits: Costa Rican Tourism Board. Tourism Planning and Development Office. Text by: Mario Badilla, Pablo Camacho. Photos: Fundación Rapaces. Reviewed by: Pablo Camacho, Luis H. Elizondo, Rodolfo Lizano and Rafael Soto. Illustrations: Julio Gallardo. Design: Floria Leiva.

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Migration of birds of prey to Costa Rica



Peregrine Falcon
Falco peregrinus
Photo: Pablo Camacho

In the Caribbean plains of Costa Rica, make sure to look skyward during the months of **October and November**. Soon, the impressive spectacle of the raptor migration will be visible up there, with over three million birds of prey (hawks, kites, falcons, ospreys and turkey vultures) crossing through the country during the migration period in a phenomenon naturalists term the **"rivers of birds"**.

Costa Rica is one of five global bird migration hotspots, areas that see the arrival of over a million birds per season. These sites are **Kéköldi**, our emblematic site in the Caribbean region, as well as Veracruz in Mexico, Eilat in Israel and Batumi in the Dominican Republic.

Currently, **74 species of raptors** are known to inhabit Costa Rica:

- 4** **Cathartiformes**
(New World Vultures)
- 40** **Accipitriformes**
(Eagles, Sparrowhawks and the White-tailed Kite)
- 13** **Falconiformes**
(Falcons and the Crested Caracara)
- 17** **Strigiformes**
(Owls and Barn Owls)

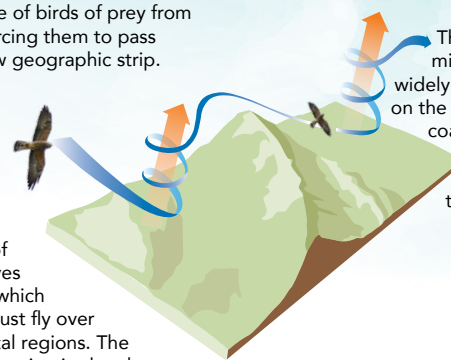


Merlin
Falco columbarius
Photo: Pablo Camacho

Why is the Caribbean region of Costa Rica such an important region for the migration of diurnal birds of prey?

It is estimated that over sixteen species pass through **Kéköldi, Costa Rica**, on their journey to overwintering habitats. This is because of the unique natural conditions of the region, which form a sort of funnel that concentrates and diverts the passage of birds of prey from North America, forcing them to pass through the narrow geographic strip.

Most migratory birds of prey require high temperatures and favorable winds to minimize the use of their energy reserves during migration, which means that they must fly over warm land in coastal regions. The importance of the region is also due to the way solar radiation heats up the air on the plains during the day and causes it to rise in a swirling pattern called a thermal current. These currents are very useful for birds, which make use of them to rise up and advance with very little effort, like sailboats pushed along by the wind on the open sea.



Why do they migrate?

Most diurnal birds of prey in North America are migratory, flying south between August and December during the fall migration.

Their return in the spring migration is much more widely dispersed, taking place on the Pacific and Caribbean coasts, and less numerous (due to mortality and birds that stay in the tropics).

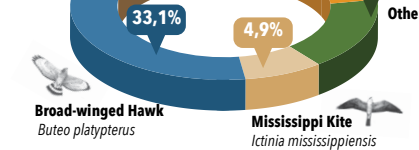
This migration is caused by severe climatic conditions during the winter and the resulting scarcity of prey. Young birds of prey in their first year of life are forced to travel south earlier than the adults, due to their developing physiology and the fact that they are still perfecting their hunting abilities.

Kéköldi, in the Caribbean lowlands of Costa Rica (Talamanca, Cahuita and Puerto Viejo), sees over three million migrating birds of prey in a single season, making it the second-largest migratory path on the planet.

The area has also recorded the highest concentration of Peregrine Falcons (*Falco peregrinus*) anywhere in the world during the fall migration, with over 3,000 individuals per season.

Of these numbers, **94%** are concentrated in **4 species**:

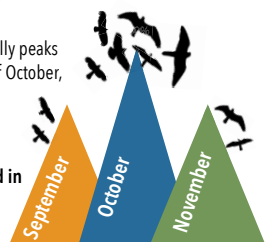
- Swainson's Hawk (*Buteo swainsoni*): 14,4%
- Turkey Vulture (*Cathartes aura*): 41,5%
- Broad-winged Hawk (*Buteo platypterus*): 33,1%
- Mississippi Kite (*Ictinia mississippiensis*): 4,9%
- Others: 6%



The region has been repeatedly recognized, in Costa Rica and abroad, as a priority area for conservation.

The migration generally peaks during the first half of October, with numbers of over

500 000 individuals recorded in a single day!





NATIONAL BIRDWATCHING ROUTE COSTA RICA TORTUGUERO

Agamia agami
Agami Heron
Foto: Johan Alvarez



TORTUGUERO COSTA RICA




The Tortuguero node can be visualized as consisting of two large sectors of the northeastern Caribbean with distinctive characteristics that each offer their own opportunities for wildlife observation thanks to their distinct habitats and altitudinal ranges. These are the Northern Caribbean Plains and the intermediate elevations along the slopes of Volcán Turrialba.


The most coastal region is comprised of the Tortuguero Plain, an area of lowlands with expansive continental wetlands (rivers, lakes, freshwater marshes, deltas) and small hill ranges with altitudes of up to 311 masl.

The high degree of endemism of the Caribbean region of Central America, this region is home to species such as the Nicaraguan seed-finch (*Sporophila nuttingi*) and the black-throated wren (*Pheugopedius atrogularis*).

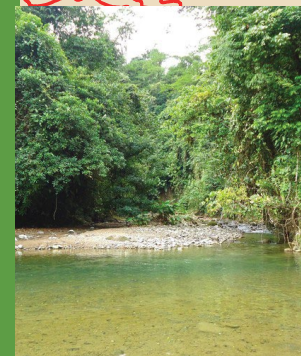
Barquilla National Park

Listed as part of La Amistad Biosphere Reserve, which has been declared to be a UNESCO World Heritage Site.

 A good stopping-off point for seeing birds from the families *Parulidae*, *Tyrannidae*, *Vireonidae* y *Thraupidae*.

 Primary tropical rainforest, typical of the region, at elevations of 200-1600 meters above sea level. There is also a premontane rainforest.

 At least **185 species of birds** migrate through this corridor.



442 Bird Species

2 National Parks

2 Wetlands

3 National Wildlife Refuges

2 Protected Zones

The characteristic residents of the wetlands in this sector include species from the families *Anatidae*, *Threskiornithidae*, *Ciconiidae*, *Phalacrocoracidae*, *Anhinga*, *Ardeidae*, *Rallidae*, *Heliornithidae*, *Charadriidae* and *Alcedinidae*. The most abundant migratory birds here, meanwhile, belong to the families *Apodidae*, *Hirundinidae*, *Tyrannidae*, *Parulidae*, *Vireonidae*, *Thraupidae*, *Turdidae*, *Cathartidae*, *Accipitridae*, *Ardeidae*, *Charadriidae*, *Scolopacidae* and *Laridae*.

Due to the range of altitudes in this region, birdwatchers can spot species that are more characteristic of intermediate Caribbean elevations as well as others from the country's highlands. These include the coppery-headed emerald (*Elvira cupreiceps*), a species of hummingbird that is endemic to Costa Rica. At least five species have been identified as being endemic to the Central American Caribbean, including the blue-and-gold tanager (*Bangsia arcaei*), black-and-yellow tanager (*Chrysothlypis chrysomelas*), streak-crowned antvireo (*Dysithamnus striaticeps*) and the tawny-chested flycatcher (*Aphanotriccus capitalis*) along with nine that are endemic to the highlands of Costa Rica and western Panama, including the black guan (*Chamaepetes unicolor*), prong-billed barbet (*Semnormis frantzii*), black-faced solitaire (*Myadestes melanops*) and the golden-browed chlorophonia (*Chlorophonia callophrys*).

The node is also home to the Caribbean Plains and Marshes of Costa Rica Important Bird Area (IBA), which is an area of interest due to the high species diversity (>400) as well as a recognized migratory corridor of high importance for at least 185 migratory species.

BIRDS EMBLEMATIC BIRDS OF THE CENTRAL AND NORTHERN CARIBBEAN



Heliornis fulica
Common name: **Sungrebe**
Photo: David Chiapponi
All year



Agamia agami
Common name: **Agami Heron**
Photo: Johan Alvarez
All year and a colony of nesting in Pacuare Reserve (May-July)



Mesembrinibis cayennensis
Common Name: **Green Ibis**
Photo: ICT
All year



Ara ambiguus
Common name: **Great Green Macaw**
Photo: ICT
All year



Jacana spinosa
Common name: **Northern Jacana**
Photo: ICT
All year



Ramphastos sulfuratus
Common name: **Keel-billed Toucan**
Photo: Laurens Alvarez
All year nest from May to February

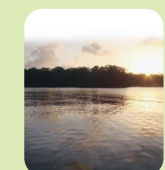


Pandion haliaetus
Common name: **Osprey**
Photo: David Chiapponi
All year

Tortuguero National Park

26.156 Hectares of land

50.160 Hectares of marine area



Far away from the city and made up of an extensive network of rivers and canals, the only way to get there is in a small boat.



Trails
El Gavilán overland trail, Río Tortuguero aquatic trail, Caño Chiquero aquatic trail, Caño Harold aquatic trail, Caño Mora aquatic trail, Jaguar trail.

In addition to being a nesting site for green sea turtles, the beaches are visited by the leatherback turtle (*Dermochelys coriacea*), hawksbill turtle (*Eretmochelys imbricata*) and the loggerhead turtle (*Caretta caretta*).

The best months to witness this spectacle are between March and June for loggerhead turtles and between July and October for green turtles. Turtle watching must always be carried out with an authorized local guide (who can be found in the area) following the rules for responsible observation of turtle nesting.

Tropical rainforest
Average annual temperature 26°C
Annual precipitation 4,500 - 6,000 mm

442 Bird species

138 Mammal species (101 genera and 32 families)

118 Reptile species (76 genera and 22 families)

4 Sea turtle species: Green, leatherback, hawksbill, loggerhead

58 Amphibian species (27 genera and 11 families)

460 Arthropod species

734 Plant species

National Wildlife Refuge Barra del Colorado - Cerro Tortuguero Sector

40,8 Of coastline

80,000+ Ha of canals, lagoons, rivers and delta islands.

It includes the watershed of the Río Colorado, an offshoot of the Río San Juan. The Barra del Colorado Wildlife Reserve is a swampy area of great importance for the conservation of wild aquatic fauna and flora. Some of the species that can be seen here include the osprey, neotropic cormorant, great tinamou, little blue heron, tricolor heron, rainbow-billed toucan, white-tailed kite and red-lored amazon.

779 Plant species

400 Bird species (approximately)

146 Mammal species

110 Reptile species

54 Amphibian species

70 Fish species

Bird count in Pococí:
mrbirdingguide.school.blog

Bird count in Wildlife Refuge Barra del Colorado:
nacion.com/el-pais/patrimonio/tortuguero
nacion.com/revista-dominical/las-aves-de-tortuguero

For more information visit:
ebird.org
[Asoc. Ornitológica de CR](http://Asoc.Ornitologica.de.CR)
[Video](#) Unión de Ornitólogos CR
[Official list of birds in Costa Rica](#)
guacimo.go.cr/turismo/

BIRD WATCHING IN Costa Rica

For national and international birdwatchers, Costa Rica is one of the most important tourist destinations in the world. A country with a small territory of 51,100 km² of land area (0.03% of the world's surface) and 589,000 km² of territorial sea, it has an avifauna with more than 900 species that surpasses all of Europe. Costa Rica is possibly the country with the most bird species and habitat types in the world in relation to the size of its territory.

The diversity of birds is divided into four ornithological provinces: Highlands, Caribbean Slope, North Pacific and South Pacific. Including Cocos Island and its territorial waters.

The country has developed the National Bird Route which is composed of 12 nodes or main birding sites, involving 7 National Parks, 1 National Wildlife Refuge, private reserves and surrounding communities, distributed practically throughout the country and differentiated into 4 Bird Zones: Tropical Dry Forest, Highlands, Caribbean Tropical Rainforest and South Pacific Tropical Rainforest. All of them with a high diversity of bird species that is complemented by the culture, rurality and local communities that are integrated into this route.

Costa Rica has:

- **3 million** migratory birds of prey fly through the sky from August to November.
- **220 species are migratory** and correspond to Nearctic migratory species from North America.
- **19 are globally threatened.**
- **One of the top 5 favorite birding countries in the world.**
- **7 endemic species**, 4 on the mainland, 3 on Cocos Island.
- In total, Costa Rica's bird species constitute **9% of the world's known species.** (Stiles and Skutch, 2007, p. 13-31)



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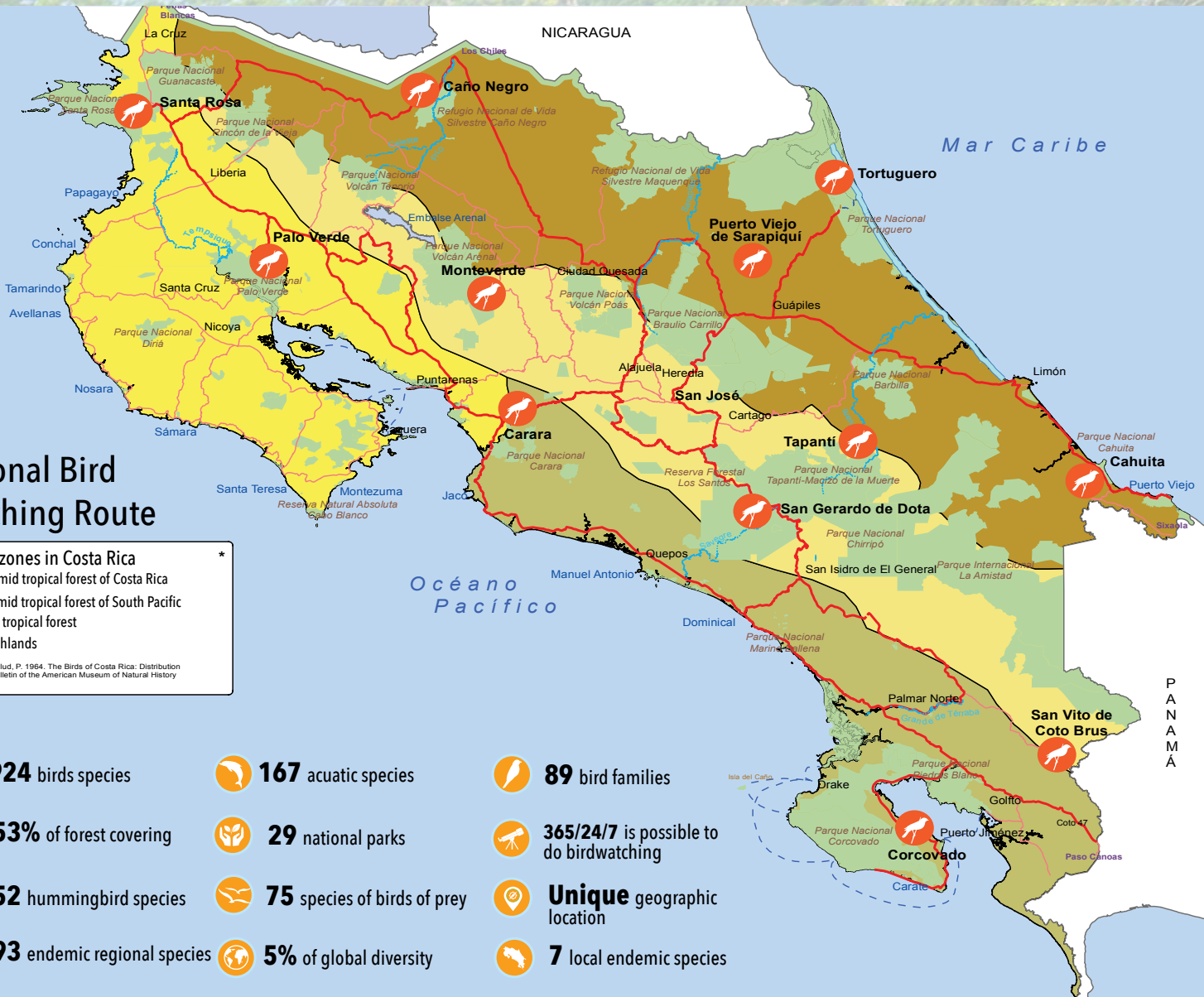
National Bird Watching Route

Birdlife zones in Costa Rica *

- Humid tropical forest of Costa Rica
- Humid tropical forest of South Pacific
- Dry tropical forest
- Highlands

* Adaptado de Stuid, P. 1964. The Birds of Costa Rica. Distribution and Ecology. Bulletin of the American Museum of Natural History 134: 261-296

- 🐦 **924** birds species
- 🌊 **167** aquatic species
- 👨‍👩‍👧 **89** bird families
- 🌳 **53%** of forest covering
- 🏞️ **29** national parks
- 👁️ **365/24/7** is possible to do birdwatching
- 🐦 **52** hummingbird species
- 🕒 **75** species of birds of prey
- 📍 **Unique** geographic location
- 🌍 **93** endemic regional species
- 🌐 **5%** of global diversity
- 🐦 **7** local endemic species



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Credits

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More information

