

Tourist and Cultural Guide **GOLFITO JIMÉNEZ**



The presence in the Osa Peninsula of the tropical Golfo Dulce fjord allows the region to have coastal landscapes of calm waters, beaches, mangroves, primary forests, dolphins, whales, turtles and abundant marine life. The region of Golfito and Jimenez is also known for its **biological diversity, natural beauty and scenic richness**. There are several wildlife areas of great natural and touristic importance, including protected areas such as **Corcovado National Park, where 2.5% of the planet's biodiversity is found, which the National Geographic Magazine defines as "the biologically richest place on the planet"**. This national park is ranked as "the best on the planet" above icons such as Galapagos, Ecuador and the Grand Canyon, United States, according to the travel company Discovercorps.

The combination of recreation and enjoyment of natural history at Corcovado National Park includes **hiking trails, photography and interaction with the wild landscape composed of nearly 500 species of trees, 140 species of mammals, 375 species of birds, 40 species of freshwater and 4 species of sea turtles**. The combination allows you to be close to sea turtles, scarlet macaws, monkeys, crocodiles, tapirs, peccaries and even jaguars in a single experience.

Other protected wildlife areas in the canton of Golfito, such as Piedras Blancas National Park and the Golfito National Wildlife Refuge, have fewer commercial offerings but the same technical potential for product development.

In addition, enjoy diverse tourism products such as ecotourism, rural tourism activities and small businesses, as well as the patrimonial architecture of the town of Golfito, combined with the cultural richness present in indigenous territories and the uniqueness of the attraction of Pavones beach, with the second longest left wave in the world.

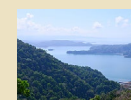
Tourism Activities

Because of all this, visitors can experience a variety of activities in Golfito and Jimenez, such as **hiking in the mountains and on the trails of national parks and private protected areas, horseback riding, river rafting, sport fishing, diving, bird watching and observation of the great biodiversity of species of flora and fauna, especially mangrove tours**. The most notorious is the observation of whales and dolphins, turtles, scarlet macaws and troops of squirrel monkeys, a species endemic to the central and southern Pacific coast. In addition to this, visitors will find beautiful landscapes and adventure activities such as **surfing, canopy, kayaking, paddle boarding, canyoneering-rappelling, snorkeling, tubing, professional diving, among others**. The coastal zone offers a variety of options among which the following beaches are worthy of mention: **Platanares, Colorado, Preciosa, Sombrero, Piro, Pan Dulce, Matapalo and Carate in Puerto Jimenez. Towards Golfito, the beaches of Kativo, Cacao, Zancudo, Pilón, Pavones and Punta Banco** are of relevance.

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Credits of cover photos:



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Silvia Vega Valverde



ICT



Silvia Vega Valverde

10 things every tourist should see and do in Golfito Jiménez

1

Explore the National Parks of Corcovado, Piedras Blancas and Golfito Wildlife Refuge.



2

Relax doing paddle surfing Golfo Dulce's water mirror



3

Feel the adrenaline of Canyoning, Canopy, Kayak and Rappel



4

Taste the gastronomic experience in the different restaurants of the zone



5

Take a guided tour of the entire town of Golfito and learn about the culture and architecture of the place



6

Enjoy going fishing on a boat with the locals who know the best fishing spots



7

Shop at Golfito Free Deposit



8

Watch birds, whales and dolphins



9

Relax during the day and watch the beautiful sunsets on its beaches and viewpoints



10

Share with the indigenous community in the Ngäbe territory from Alto Laguna



Tourist and Cultural Map of Golfito Jiménez

Cultural Heritage

Golfito City Tour
The town of Golfito was built by the United Fruit Company more than 80 years ago. Today its legacy remains immersed in the architecture of the banana towns. [Read more](#)

Visit to the Archaeological Sites declared World Heritage by UNESCO
A group of pre-columbian chieftain settlements, with the stone spheres of the Diquis Valley, in the southern part of the country. These sites were declared a World Heritage Site in 2014 by the United Nations Educational, Scientific and Cultural Organization (UNESCO). That same year, the pre-Columbian spheres were declared a national symbol. [Read more](#)

Chocolate Tour
After a brief tour, visitors arrive at a cocoa plantation where the history of the origin of cocoa and its production will be explained. From there you will see the process of drying, grinding and finishing with a delicious tasting of liquid cocoa. [Read more](#)

Tour of the history of gold panning in Costa Rica
Learn about the history and culture of gold panning from a local orero or gold panner. Visit the village of Dos Brazos to discover this ancestral technique. [Read more](#)

Sweet Coconut Adventure
Coconuts are known for their great versatility, as evidenced by their many traditional uses ranging from food to cosmetics, crafts and industry. [Read more](#)

Rural Tourism and Rural Community Tourism
A family atmosphere is characteristic of the offer, the common thing is to enjoy a personalized attention that allows visitors the experience of the peasant culture, agricultural traditions and small cottage industries, delving into the rurality of our country through traditional cuisine. [Read more](#)

Local gastronomy
The region possesses great culinary diversity. Its hybrid cuisine is influenced by indigenous people, Panamanians, people from other areas of the country, as well as from other Central American countries and China that arrived with the banana industry. [Read more](#)

Handicrafts
There is an organization of local artisans in the area who produce handicrafts inspired by the rich culture of the southern zone, the productive history of banana and palm cultivation, fishing, and the identity of the local indigenous culture. [Read more](#)

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



EMERGENCIAS
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- [Hotels](#)
- [Car Rental](#)
- [Restaurants](#)
- [Travel Agencies](#)
- [Certificate Tour Guides](#)
- [Certificate transportation](#)
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Tourist Activities:

- Whale and Dolphin Tour**
Humpback whales and dolphins can be observed on a tour of the Golfo Dulce. [Read more](#)
- Turtle Tour**
Four species of sea turtles can be observed in Golfo Dulce. [Read more](#)
- Golfo Dulce Tour**
Golfo Dulce is one of Costa Rica's two gulfs and is surrounded by protected areas such as Piedras Blancas National Park, Golfo Dulce Forest Reserve and Corcovado National Park. [Read more](#)
- Mangrove Tour**
You will travel along the large mangrove channels of the river to observe its great biological diversity. [Read more](#)
- Scenic hike in Golfo Dulce**
Stop at different viewpoints along the hike until you reach the final one at the top of a cliff, which will more than make up for your fatigue. [Read more](#)
- Golfito Wildlife Refuge Tour**
On this tour we visit 2 trails in order to observe bird and mammal species, among others. [Read more](#)
- Adventure at Zamia Refuge and kayaking in Golfo Dulce**
In the Zamia Wildlife Refuge, you can observe many species of birds, mammals and large trees. [Read more](#)
- Sport Fishing**
Costa Rica is like a dream come true for fishermen. [Read more](#)
- Zancudo Beach Tours**
Visit one of the best beaches in Costa Rica. [Read more](#)
- Bird Watching Tour**
Bird lovers will be in a region with close to 500 species of birds, a real luxury. [Read more](#)
- Night Tour**
The night tour is for those nature lovers who like insects, frogs, snakes, spiders, scorpions, among other things. [Read more](#)
- Matapalo Tour**
Cabo Matapalo is located at the southern end of the Osa Peninsula, it is part of the biological corridor that connects with Corcovado National Park. [Read more](#)
- La Tarde Tour**
The site has become a hot spot for amphibians and reptiles and is the only place in the world where one of the two largest snakes in the world, the Black-headed Bushmaster, has been studied in its natural habitat. [Read more](#)
- Photography Tour**
Tourists can now take advantage of Costa Rica's wildlife photography classes. [Read more](#)
- Mountain biking**
"Cross Country" is the favorite among adventure lovers.
- Bioluminescence**
This tour takes place at dusk and during the early evening to observe one of the most impressive natural phenomena on the planet! [Read More](#)
- Educational and scientific tourism**
We are eager to share our commitment to the community and connect through real-world experiences, while learning about the biological importance of rainforest ecosystems. [Read more](#)
- Viewpoints**
Enjoy the Golfo Dulce and its spectacular sunsets from the Cerro Adams or Zamia (Playa Cacao) viewpoints.
- Sun and Beach**
The coastal zone offers a variety of options among which the following stand out for their beauty: Platanares, Colorado, Preciosa, Sombrero, Piro, Pan Dulce, Matapalo, among others.
- National Parks**
 - Corcovado National Park**
Corcovado National Park, this is the third best park in biodiversity worldwide according to the National Geographic. [Read more](#)
 - Piedras Blancas National Park**
It has a great diversity of flora and fauna species and a high index of endemic species of plants, birds and insects. [Read more](#)
 - Marino Ballena National Park**
Come and enjoy the only marine park in Costa Rica, just 3 hours from San Jose, where visitors can enjoy caves, snorkeling and whale and dolphin watching. [Read more](#)
- Adventure tourism**
 - Snorkeling and Scuba Diving in Caño Island Biological Reserve**
Este es el segundo mejor lugar en todo Costa Rica, just 3 hours from San Jose, where visitors can enjoy caves, snorkeling and whale and dolphin watching. [Read more](#)
 - Adrenaline Tours**
Embark on a trip that will undoubtedly make you feel a rush of emotions and adrenaline. The exciting adventure will begin with the challenge of practicing extreme canyoning, canopy, kayaking, climbing, waterfall rappelling, exploring subway caverns, wakeboarding, among others. [Read more](#)
 - Horseback riding**
Horseback riding through the wild jungle, grassy prairie, up and down hills and picturesque rocky beaches of the Pacific. [Read more](#)
 - Surf**
Surfers from all over the world dream of catching the perfect wave on the beaches of Pavones and Matapalo. On a peninsula south of Costa Rica, on the coast of the Pacific Ocean, this long and noble left, surrounded by jungle, is considered one of the best on the American continent. [Read more](#)
 - Golfo Dulce Biking Tours**
Relax, exercise in an environmentally friendly, pollution-free, stable and comfortable, safe and reliable way. [Read more](#)

ARCHITECTURAL HERITAGE



1 Antigua Gerencia and Club Centro

The Company's Administrative Management building fulfilled a very important function, it was the place where the administrative policies that determined banana production were dictated, from the Térraba River to the border with Panama, during the function of the Banana Company in that Region. [Read more](#)



2 San José Catholic Church

The Catholic temple of Golfito is representative of the historical moment, when the Costa Rican Banana Company constituted the so-called "company cities", which characterized the region during the 40's and established its own identity. [Read more](#)

[More information here](#)

JANUARY

From December 30
as of January, 2

Los Diablitos Festival
Boruca Indigenous Community



FEBRUARY

First weekend

Dance of the little devils at Curre

International Dance Festival
typical in Puerto Jimenez

Commemoration of the arrival of Francis Drake
Drake Beach-Osa Peninsula.



MARCH

First weekend

Migratory Bird Festival
Puerto Jiménez and Golfito

First Friday

Bird Marathon
Osa Peninsula

First week

National Sport Fishing Tournament
Boca Coronado, Osa.

Last week

Amistad National Park Run
Cabecar Hill



APRIL

11

Civic activity Juan Santamaria.

Easter

Horseback Riding Puerto Jimenez-
Preciosa Beach




MAY

1

Labor Day
San Isidro Labrador Day. Patron Saint Festivities



All year round:

 **Birdwatching** - Corcovado National Park.

 **Hiking** - Golfito Wildlife Refuge and Corcovado National Park.



AUGUST

24

National Parks Day



SEPTEMBER

14

Lantern parade

15

Costa Rican Independence Day.
Tico-Panamanian Confraternity Festival.
Canoas Pass-Panama Border.

Third week
September

Sea Festival

Second week
September

Golfito Tourist Fair



OCTOBER

All month

Whale watching
Marino Ballena National Park

Last week

Amistad National Park Run
Cabecar Hill

Third
week

National Triathlon Championship
Golfito. Due to the health crisis, this year's
championship was suspended and moved to the
last week of February 2021.



NOVEMBER

All month

Black November
Golfito Duty Free Depot



DECEMBER

8

Los Diablitos Festival
Boruca Indigenous Community

First
week

Lights Shine Festival
Golfito

Third
week

Christmas bird count
Osa Peninsula

25

Christmas

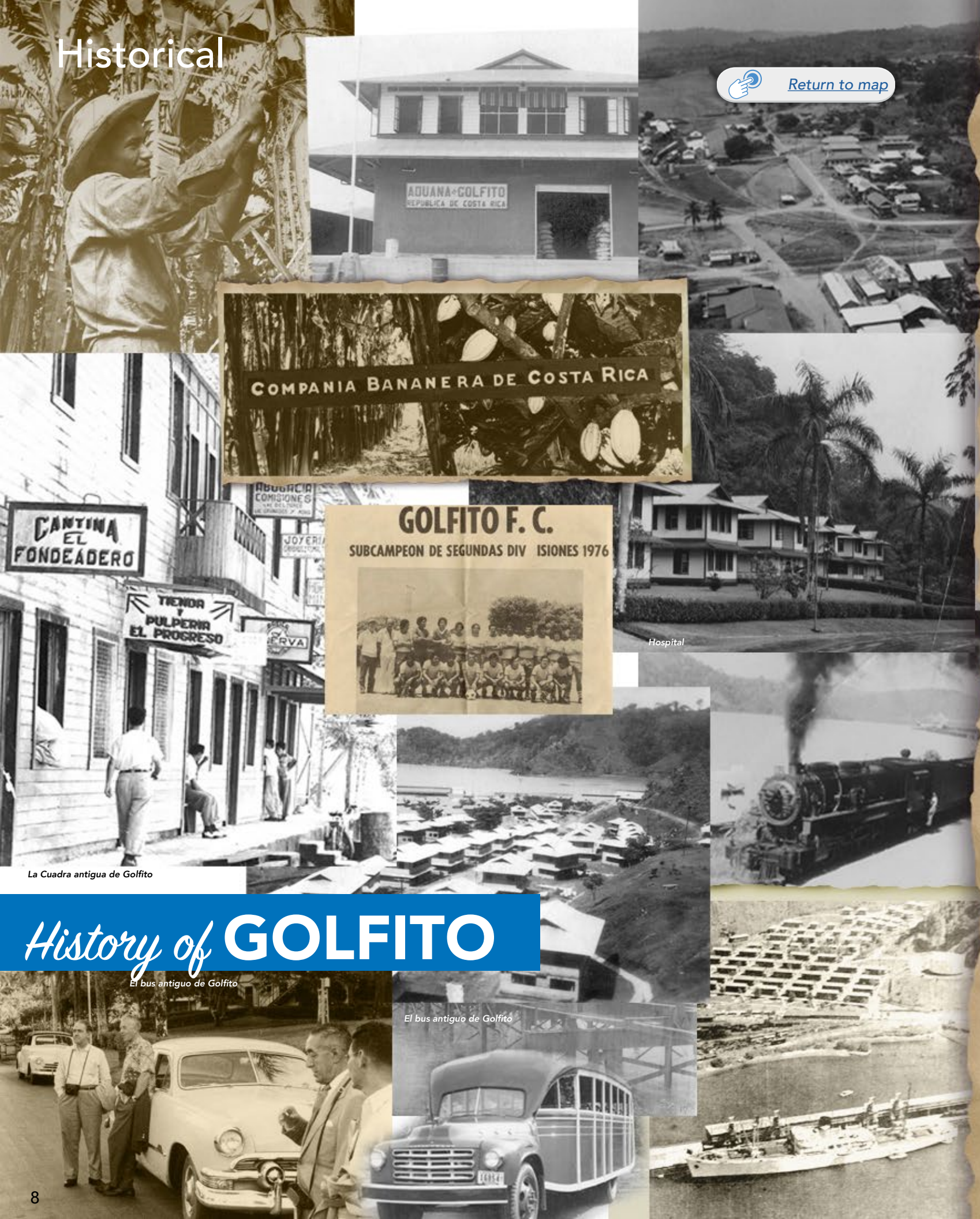
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Los Diablitos Festival
Boruca Indigenous Community



Historical

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La Cuadra antigua de Golfito

GOLFITO F. C.
SUBCAMPEON DE SEGUNDAS DIVISIONES 1976

Hospital

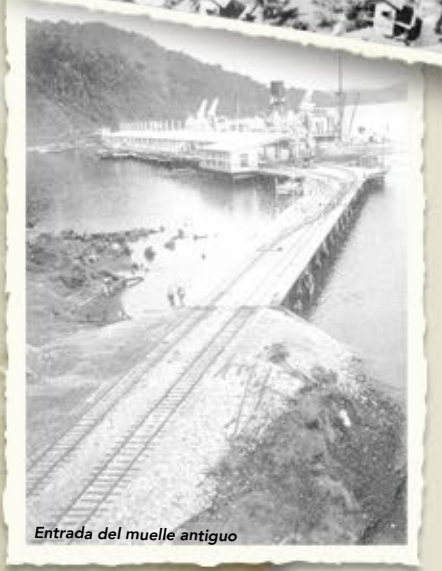
El bus antiguo de Golfito



Golfito antiguo



Zona gris antigua



Entrada del muelle antiguo



In the mid-20th century, Golfito was an important banana-growing region (making it the main port for banana exports in southern Costa Rica), but a combination of factors made the area economically unsustainable: worker dissatisfaction with labor conditions, declining foreign markets, increased export taxes, and banana diseases led to the closure of the United Fruit Company in 1985.

African oil palm plantations have replaced all the old banana plantations and, due to their success, more and more land is being devoted to oil palm cultivation. This monoculture is characterized by much lower operating costs than bananas.

A year after the departure of the industry, the Costa Rican government used these lands to establish the "Golfito Reserve", as it is commonly known. The National Wildlife Refuge is an ecological complement to Corcovado National Park, a large tract of land located across the Golfo Dulce, near Puerto Jimenez.

A small influx of tourists began to arrive in the mid-1990s, and since mid-2006 sport fishing has become the most important tourist attraction.

The Golfito Duty Free Depot is located in the canton of Golfito, where you can purchase appliances and other products tax free. It was established in 1990 to alleviate the unemployment problem generated by the abandonment of the banana business in 1984.

The Golfito Commercial Free Warehouse has become the main source of employment in the area. It is a duty-free zone that attracts buyers from other regions of the country, helping the local food and lodging business.

Five years after the banana industry left Golfito, the Costa Rican government established the port as a duty-free zone (Depósito Libre Comercial de Golfito), and it has since become a weekend destination for busloads of Costa Ricans traveling from San Jose and the surrounding area to stock up on duty-free goods and appliances. here are a variety of sodas and restaurants in the area that offer food and beverages at convenient prices.

Fishing excursions, nature walks, and boat cabs are readily available at local cooperatives and stores in downtown Golfito. Typical tourist activities include boat trips on the bay, hiking on nature trails, sport fishing, swimming and surfing.



ST. JOSEPH'S CHURCH (Downtown Golfito)

The Parish of San José de Golfito was established 1946 and depended on the Diocese of Alajuela. However, as of 1954, it is attached to the Diocese of San Isidro de El General.

This Catholic church of Golfito is representative of the historical moment when the Compañía Bananera de Costa Rica built the so-called "company towns", which characterized the region during the 1940s and established its own identity.

It is a point of confluence and cultural social cohesion that has generated elements of identity in the Catholic community and acts as an element of the spatial memory of its inhabitants, generating parameters of identity and recognition in the community.

www.patrimonio.go.cr

si.cultura.cr



ANTIGUA GERENCIA AND CLUB CENTRO

The University of Costa Rica buildings of Golfito were built during the period of the banana enclave in the South Pacific region of the country. Two buildings, the Antigua Gerencia (Company's Administrative building) and the Club Centro (Company Club), have been declared of Historic Architectural Heritage. These are buildings of great relevance, volume and complexity in their internal distribution in the banana region of Golfito.

The Company's Administrative building played a very important role in dictating the administrative policies that determined banana production from the Térraba River to the Panamanian border during the Company's presence in that region.

These buildings, built in the 1940s with metal framework and wooden exterior walls, are faithful exponents of the architecture used in the "American Zone" of the banana plantations.

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si.cultura.cr

Singers, poets and painters of Golfito-Jiménez

Over the years, Golfito and Jimenez have been forming native characters who fill the now idle times by the dock of Golfito to paint, sing or write about the beauties that the Gulf gathers. Memories inspired by the 84 locomotive that is in the park representing the train and the old banana boat.

Don't miss La Bomba bar, which is currently a museum with old photographs of Golfito.

Not to mention the boats of Golfito with their artisanal fishing.

Among them, mention is made of:

- **Ana Lorena Ugalde Elizondo:** oil, acrylic and watercolor painter.
- **Carlos Vásquez Arias:** Costa Rican folk singer-songwriter.
- **Henry Mata Borbón:** musician of popular music from Golfito, music teacher at Golfito High School.
- **Freddy Alfaro:** musician and traditional poetry of the area.
- **Mauricio Gutiérrez Ventura:** educator, singer, songwriter and community cultural manager, resides in Jiménez.

[More information here](#)



The Golfito Commercial Free Warehouse

The departure of the Banana Company from the southern zone in the mid-1980s dealt a severe blow to its economy. Thousands of families were left without jobs and, therefore, without a source of income.

The administrators of the time, aware of that situation, proposed the creation of a commercial center, in which tax-free merchandise would be marketed, not only to benefit all Costa Ricans, but particularly the depressed economy of this region of the country.

The Golfito Duty Free Depot (DLCG) consists of a series of stores where citizens can make annual purchases of up to ₡1,724,000 in products (under a special tax regime) that are sold in its more than 50 stores. Household appliances, perfumery, household goods and liquor are part of the DLCG's offer.

In 1997, the Southern Regional Development Board (Junta de Desarrollo Regional de la zona sur, Judesur) was created to manage the Depot and to allocate the profits to improve the living conditions of the more than 140,000 residents of the cantons of Golfito, Osa, Buenos Aires, Corredores and Coto Brus.

In addition to the multiplier effect on local commerce, generated from the overnight stay of all visitors to the Depot, a percentage of each colón spent at the establishment will go to a fund to finance the integral and sustainable development of five cantons: Osa, Buenos Aires, Golfito, Coto Brus and Corredores.

Over the course of 30 years, thousands of high school students have received scholarships, hundreds of citizens have benefited from loans for higher education, and dozens of organizations in the various communities of the above-mentioned cantons have received funds to finance social and business projects.

The Southern Regional Development Board of Puntarenas (JUDESUR), administrator of the Golfito Duty Free Depot has been and continues to be, according to legal mandate, in pursuit of the welfare of one of the richest areas in natural beauty, tourist attractions and hard-working people who require support and accompaniment.

More information:

depositolibredegolfito.go.cr

The cruise season for the Golfito dock usually runs from November to April of the following year. During this time, some of the arriving vessels operate in the bay while others do so at the dock.

There is a room for passenger services, with amenities including WIFI, AC, Video Projector, Sound, Information Stand.



Small Cruise ships:

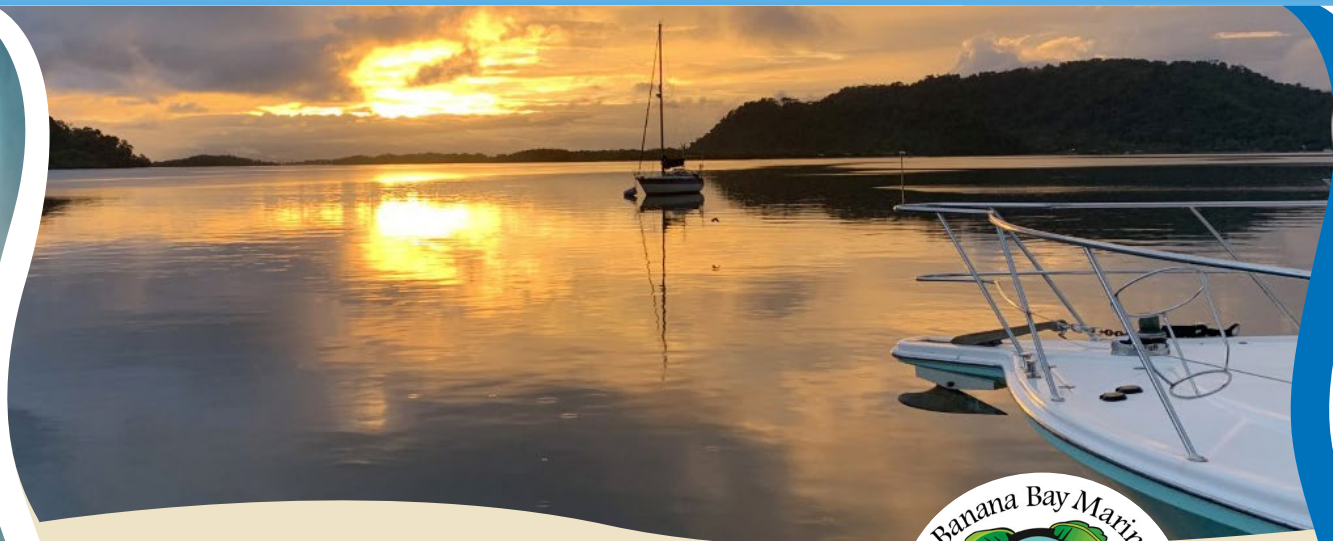
There is an increase in activity in small cruise ships (less than 300 passengers) called "pocket cruises", which for the 2018 season registered 48 vessels stopping in the tropical fjord in front of the public dock of Puerto Jimenez or in Playa Blanca. The activities carried out by the passengers stimulate the local economy of the rural communities of La Palma de Puerto Jimenez.

incop.go.cr

terminal-golfito

BANANA BAY MARINA & SPORTFISHING CENTER


 [Return to map](#)




Located on the edge of the beautiful rainforest, in the town of Golfito, Banana Bay Marina is located in a natural deep-sea gulf that offers excellent protection from the swell of the Pacific Ocean. Banana Bay is the fifth government-licensed marina in Costa Rica, allowing us to offer cruise permits and serve as an official point of entry and exit for Costa Rica. Cruise yachts find a safe haven in this small paradise, often extending their visits for weeks at a time. Banana Bay Marina is also a full-service sport fishing center that caters to sport fishermen as well as transient yachts and sailboats.

Take advantage of the marina's convenient amenities, which include excellent meals in a relaxed atmosphere, a full bar with daily specialty drinks and charming guest suites. Enjoy the wonders of southern Costa Rica, home to the greatest diversity of plants and animals in the world. Macaws, toucans and monkeys can be seen in the trees across the street from Banana Bay. Whether you choose to go sport fishing, hiking, surfing, kayaking or horseback riding, adventure awaits.


Contacts:

 Tel. 011-506-2775-0255 / 011-506-2775-0003

Restaurant: 011-506-2775-0383

 info@bananabaymarinagolfito.com

 bananabaymarinagolfito.com

 [Comisión Interinstitucional de Marinas y Atracaderos Turísticos \(CIMAT\)](#)

 Km 2, Casa Amarilla, Golfito, Costa Rica.



MARINA BAHÍA GOLFITO



The southern Pacific area of Costa Rica is considered one of the best sport fishing areas in the country. This is where Marina Bahía Golfito was created, a project that began its construction in 2015 and that, in the midst of the pandemic that plagues the country, relaunches and strengthens its operations with a new investment group and management team that aims to promote economic reactivation of the area and attract both local and international tourism.

Marina Bahía Golfito has a 235-foot fuel dock and a gasoline dispenser that is considered the fastest in the region. It dispenses diesel and super gasoline and its pump is capable of dispensing up to 200 gallons per minute. It also has a public parking lot, a 150-meter long jetty open to the public and a fuel storage capacity of 320,000 liters in tanks.

The project is located in Golfito, Puntarenas, in a concession of approximately 16 hectares, of which 13 are on the ocean and 3 on land. The depth of the sea, as well as the absence of waves are unique characteristics in the country that favor the docking of boats, as well as the attraction of sport fishing activities.




In addition to Golfito, the Marina impacts other Golfo Dulce localities such as Pavones, Puerto Jiménez, Zancudo Beach, Drake Bay and Caño Island. Address: 100 m north of INCOP Pier, Golfito.

Services

- Restaurants
- Beach volleyball court
- Fuel dock
- Fishing shop
- Rent a car
- Artificial beach

Contacts

 info@marinabahiegolfito.com

 +506 4080-6090 • Golfo Dulce, Costa Rica.

 marinabahiegolfito.com



There is an organization of local artisans in the area called Colectivo Artesanal La Zona, who produce handicrafts inspired by the rich culture of the southern zone, the productive history of banana and palm cultivation, fishing, and the identity of the local culture.



The formation of the La Zona Collective arose as a result of an accompaniment process sponsored by the Costa Rican Tourism Institute, under the Handicrafts with Identity Program executed by the Tourism Development Department of the Tourism Planning and Development Directorate in 2014, as part of a strategy to make the tourist intensely enjoy the travel experience and take with them a unique product, forged by the hands of local artisans from Golfito and Jiménez.

The collective takes its name from the colloquial way of referring to the region in general (southern zone), as well as the Tax Free Zone and the American Zone, created during the boom of the Banana Company. An area of action, creation and reflection, where each artisan brings his or her talent and experiences to create products full of local identity.

Ofelina Bejarano Aguirre



From a very young age she found that she inherited the knowledge and skill of a cultural heritage that comes from her grandmother, the technique of making handmade dolls. At first, she only made them for the girls for everyday uses, but as the

years passed, she realized that she could sell them. At the age of twenty years she started a small business with her creations. Currently, her repertoire has expanded to include dresses, bracelets, necklaces and handbags made from natural materials, pieces that she exhibits and sells in her community and other localities around the Alto Laguna territory, primarily in activities organized by various tourist and cultural groups.



Take home a sample of the color and beauty of Golfito Jimenez!

In the following catalog you will find quality handicrafts, at excellent prices, produced by local artisans in the area.



With your purchase, you will be supporting our SMEs, and rescuing the local identity and culture.

[See catalog here](#)

[More information here](#)

Finger licking good with a magnificent view of the Golfo Dulce!

The region offers great culinary diversity. Its hybrid cuisine is influenced by indigenous people, Panamanians, people from other areas of the country, as well as from other Central American countries and China that arrived with the banana industry.

The use of coconut oil and coconut milk, fried plantain, fish broth in coconut milk, ripe plantain tamale (rice and plantain) and fruits such as papaya and banana, tapa dulce or molded brown sugar, milk and rice bienmesabe, coconut preserves, cashew preserves, among others.

Golfito's gastronomic experience also includes a wide range of international cuisine.

Seafood soup



Seafood soup with coconut milk, a unique recipe in flavor, texture and aroma. Among the most traditional recipes of Costa Rican food, this soup stands out. You will be surprised!

Bienmesabe

This is a dessert prepared using milk, rice and panela, which is cooked slowly.



Mariscada

This seafood plate is a delight from the deepest part of the sea, this seafood dish carries with it the coastal aromas and flavors of the region.



Picadillos

Papaya and green banana These delicious vegetable dishes are mixed with ground beef and spices. They are served with vegetables or in tortillas.



Ceviche

Made with fish, octopus, shrimp, and other seafood, or the famous vuelve a la vida (back to life), marinated in lime juice and seasoned with coriander, onion, bell peppers, garlic, salt and pepper.



Shrimp with Rice

Shrimp with rice is a typical dish from the coast of Costa Rica, it is exquisite and very nutritious.



Plantain Banana Preserves

If you have a sweet tooth, ripe plantain preserves are irresistible. Perhaps that is why, in Costa Rica, there are several dishes made with plantains that are both delicious and very nutritious.



[See recipe book here](#)



El Comisariato

The Commissariat, a metal building, was a sort of supermarket where products like rice, beans, corn, vegetables, pastries, ice cream, clothes, shoes, and others were sold. Adjacent to the Commissary was a butcher shop and an ice machine.

Golfito dock, a White Fleet ship, #1 Commissariat, #2 carpentry and construction, #3 electricity, #4 power plants.



Pic Nic

There was a dance hall here, where birthday parties, weddings, graduation dances, and similar events were held. In front of the ballroom, in the highest area, there was a large green zone with cement tables and chairs and hammocks for the children. Families picnicked in the area on weekends and holidays. Its attraction is the panoramic view of the Golfo Dulce, and the symmetrical order of the houses built by the banana company.



Pier

(City Tour)

The pier was created in 1939 by the United Fruit Company, with the purpose of serving as a platform for the export of bananas to the United States. In 1984, the Banana Company left Golfito and in 1985 the government began its administration.



Airport


The airport was built in 1939. The runway is 1400 meters long. Near the airport we can go back in time and relive how beautiful the golf course was, which had 9 holes, but some players made it a round trip and played 18 holes.

The road takes us past the idyllic Golfito airstrip. Here (depending on the time of day) you can see spectacular takeoffs and landings



The Stadium

Construction of the soccer stadium located in Golfito, like the rest of the city, began in 1939.

 [See historical review here](#)



Marine Walk

In this sector you can see a sidewalk on the right hand side. During the age of the Banana Company, this sidewalk was a train track. Along this route there was a cinema and theater whose owner was named Wachong. The first hotel in Golfito, called Minerva, is still standing. This hotel housed the construction workers of the banana company's buildings.

 [La Cuadra](#)



UCR - American Zone

Also called the Zona Blanca, in the times of the Banana Company, it was where those who worked in the highest administrative positions of the Company lived. It was a neighborhood of the wealthiest people in Golfito, but not only administrative people lived here, North Americans who visited Golfito for a short time also stayed in this area.



Stone Spheres

The stone spheres were discovered in the late 1930s, when the Banana Company planted thousands of hectares of banana plants in the southern part of the country. During the preparation work to make the land suitable for the beginning of banana planting, the workers came across hundreds of round, solid granite rocks of different sizes. The spheres are said to have been produced by an ancient civilization that inhabited this area of the country. Today these spheres can be seen in the gardens of houses, hotels and churches.



Pueblo Civil

These buildings of the so-called "red zone" were not part of the Banana Company, but the Company donated the wood for their construction.





The Municipality of Golfito was in charge of these structures that we can see almost across from the gas station, and nowadays they still provide the same services, such as shoe stores, bars, restaurants, among others.


Viewpoint

Here is a viewpoint overlooking Golfo Dulce. The road was built for the placement of some telecommunication towers however, many people use it to reach an area that offers a spectacular panoramic view of the Golfo Dulce, which is called the viewpoint. The entrance is located at km 3.

How to get to Golfito?


There are several ways to get from San José to Golfito:


- 1  You can drive for about 4-5 hours along a coastal road.
- 2  By the Inter-American highway passing through the Cerro de la Muerte in approximately 7 hours.
- 3  Public transportation by bus www.tracopacr.com a trip of 7-8 hours.
- 4  By plane in 45 minutes by Sansa (www.flysansa.com) or Aerobell which offer daily flights in both directions.

 [See information on transport companies here](#)

Golfo Dulce Tourism and Commerce Chamber

Contact: Mauricio Aurobola

 catugolfo@gmail.com

 (506) 2775-0038



Golfo Dulce is one of two gulfs in Costa Rica and the best preserved. It is surrounded by several protected areas such as Piedras Blancas National Park, Golfo Dulce Forest Reserve and Corcovado National Park. It is an important spawning site for several species such as hammerhead sharks and marlin, as well as home to our only endemic sea snake. A great variety of socioeconomic and tourist activities can be developed in its waters, such as the **Kayak and Bioluminescence Tours**.

The area has been decreed a Hammerhead Shark Sanctuary. During the rainy season each year, in the months between April and November, female hammerhead sharks come to the Gulf to give birth to their young.

The juveniles use the nutrient-rich waters of the Golfo Dulce for 3 to 4 years to grow and protect themselves from predators, which is why the Gulf is a nursery area, whose protection is vital for newborn sharks to spend the first days of their lives. Once grown, they move towards Cocos Island, that is, it is a migratory route from Golfo Dulce to Cocos Island.

The Gulf is very calm and its pot like shape, with no waves. The geographical characteristics, variety of birds, and surrounding protected areas make the Golfo Dulce a unique place to visit.

As one of only four tropical fjords like areas in the world, its bed is rich in volcanic reefs, crevices and caves that have become the nursery for an amazing variety of marine life. Other cetacean species can also be observed in the Golfo Dulce. There are two populations of dolphin species (spotted and bottlenose), which spend their entire life cycle in the Gulf from birth to death.

Surrounded by tropical rainforest and incredible wild landscapes, Golfo Dulce is a truly sensory and interactive experience, and one of Costa Rica's most important and vibrant marine habitats.

More information:


 [Video](#)

 [El Golfo Dulce](#)



Beaches

Golfito & Jiménez

 [Return to map](#)



Puerto Jiménez



Platanares Beach

This is a very ample, pleasant beach, with coastal vegetation, mangroves and the mouth of the Platanares River. It is an excellent place to sunbathe and enjoy the sea. For these reasons, this beach, that extends south from the sector known as Punta Arenitas, is very visited by residents of Puerto Jimenez and by tourists who come to this town, and then continue on to Corcovado or other parts of the Osa Peninsula.

 [Playa Platanares](#)

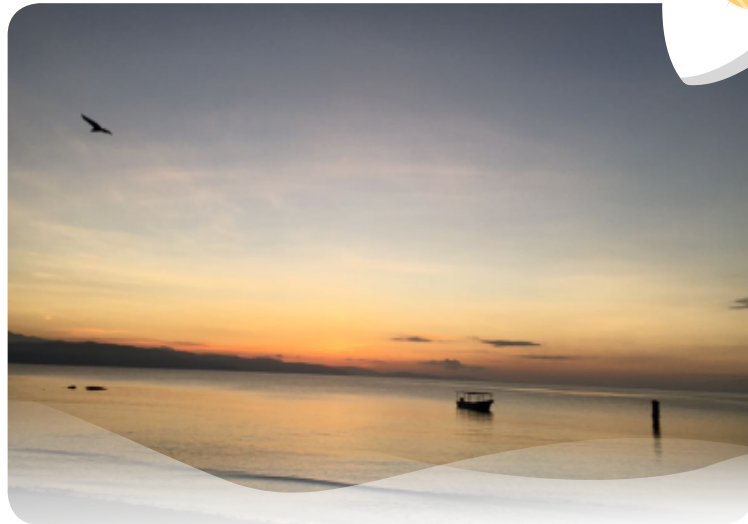


Playa Blanca

Located 2 kilometers from the town of La Palma, this beach with moderate waves is often frequented by the residents of La Palma. It is a peaceful place of great scenic beauty, as it is located within Golfo Dulce, surrounded by mountains covered with evergreen forests.

 [More information](#)

 [For more information visit: Goplaya](#)



Cacao Beach

This beach is located just 2 kilometers from Golfito, but the easiest way to get there is by boat (pangas). It is a beach with very little swell, which makes it very safe for swimming. It has lush vegetation and you can hike to nearby places, where you can observe the flora and fauna. From this beach you can see the town of Golfito.

[Cacao Beach](#)



Punta Encanto Beach

It is a solitary, safe, clean, black sand beach with calm waves. It borders the forest of Piedras Blancas National Park. It has many fruit trees and is known as a spawning area for marlin.

[Punta Encanto](#)



Gallardo Beach

It is a quiet beach with little waves. It is not for bathing and borders the Golfo Dulce.

[Video](#)



Puntarenitas Beach

Puntarenitas is a gray sand beach located a few kilometers from Puerto Jimenez, in the Osa Peninsula. The waves here are moderate, there are few rocks and the water is crystal clear. On the beaches of Puerto Jimenez, you can experience an atmosphere of tranquility, in harmony with nature.

[Puntarenitas Beach](#)

[More information](#)



Cativo Beach

Cativo is a gray sand beach that belongs to the Piedras Blancas National Park, in Golfito. It is an unspoiled place of crystal clear water, where you can enjoy solitude in harmony with nature and sun bathe near the trees that border the beach. It is also a perfect place for snorkeling. There is here a hotel called Cativo, which must be reached by boat. It is a narrow beach, as the distance between the coast and the sea is minimal.



Zancudo Beach

This is an extensive beach with fine sand and moderate waves. It has a beautiful estuary, many coconut trees and tropical vegetation. It is very suitable for swimming, sunbathing and hiking, as well as many other recreational and sport activities. Sport fishing and whale and dolphin watching tours are available.

[Zancudo Beach](#)



Nicuesa Beach

A beach that mixes light gray sand and loose stone located within the Piedras Blancas National Park in Golfito. Upon your arrival you will find a small and desolate dock. Nicuesa maintains the trend of its neighboring beaches Cativo and Esperanza: crystal clear water perfect for snorkeling, palm trees that provide shade on the shore and a still unspoiled landscape.

[Nicuesa Beach](#)



Preciosa Beach

Preciosa is one of the best known beaches in the sector of Puerto Jimenez, in the southern zone. It is a gray sand beach, with a gentle swell during most of the year, and few rocks. It is surrounded by trees where it is very likely that you can see different species of birds, a common privilege in places near the Osa Peninsula.

[Preciosa Beach](#) [Video](#)



Pavones Beach

It is located in a rocky coastal area of great scenic beauty due to the presence of lush vegetation and small bays ideal for enjoying the sea. Pavones is located in an inlet and its main attraction is the open front swell, which forms the world famous long left wave, motivating many surfers to visit this beautiful and secluded spot.

Pavones: This is your perfect left

According to todosurf.com, Pavones is already a mythical wave, from the dreams of many surfers worldwide and the memory of the lucky few who have surfed it. On a peninsula in the south of Costa Rica, on the coast of the Pacific Ocean, this long and noble left surrounded by jungle **is considered one of the best on the American continent.**

It takes six to eight hours to drive from Pavones from San José, the country's capital, although flights are now also available. Golfito is a small town, the largest of those surrounding the point, **a left that on its good days exceeds one kilometer in length, noble, maneuverable and with pipe sections.** Surfable from a half a meter to

4 meters, with sessions suitable for intermediate or advanced surfers.

The point needs a strong swell to break, with the best conditions at mid-rising or falling tide, and life there is simple and basic, if there are no waves be prepared to walk around, drink beer and wait for the waves by a bonfire on the beach.

More information:

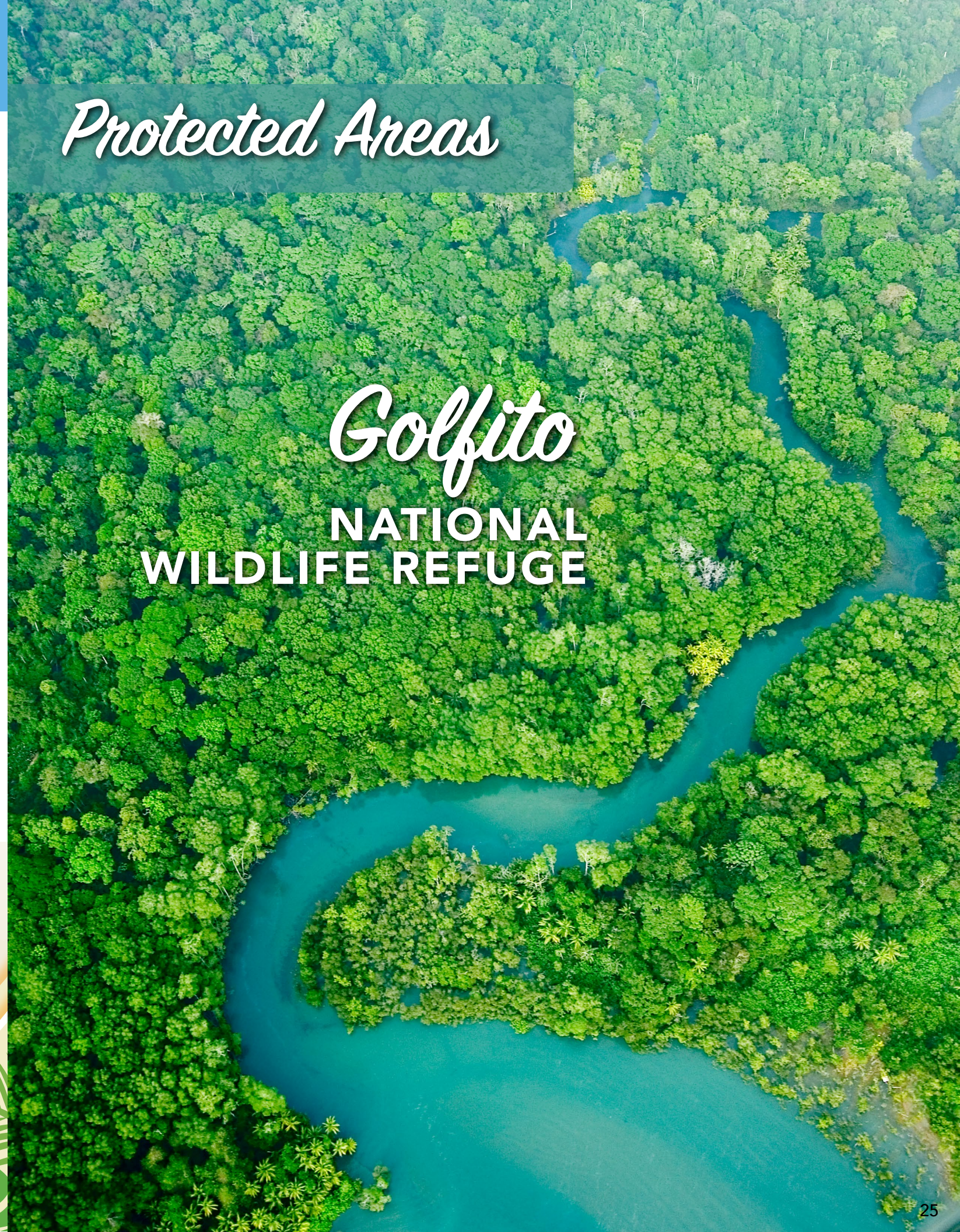
 www.todosurf.com

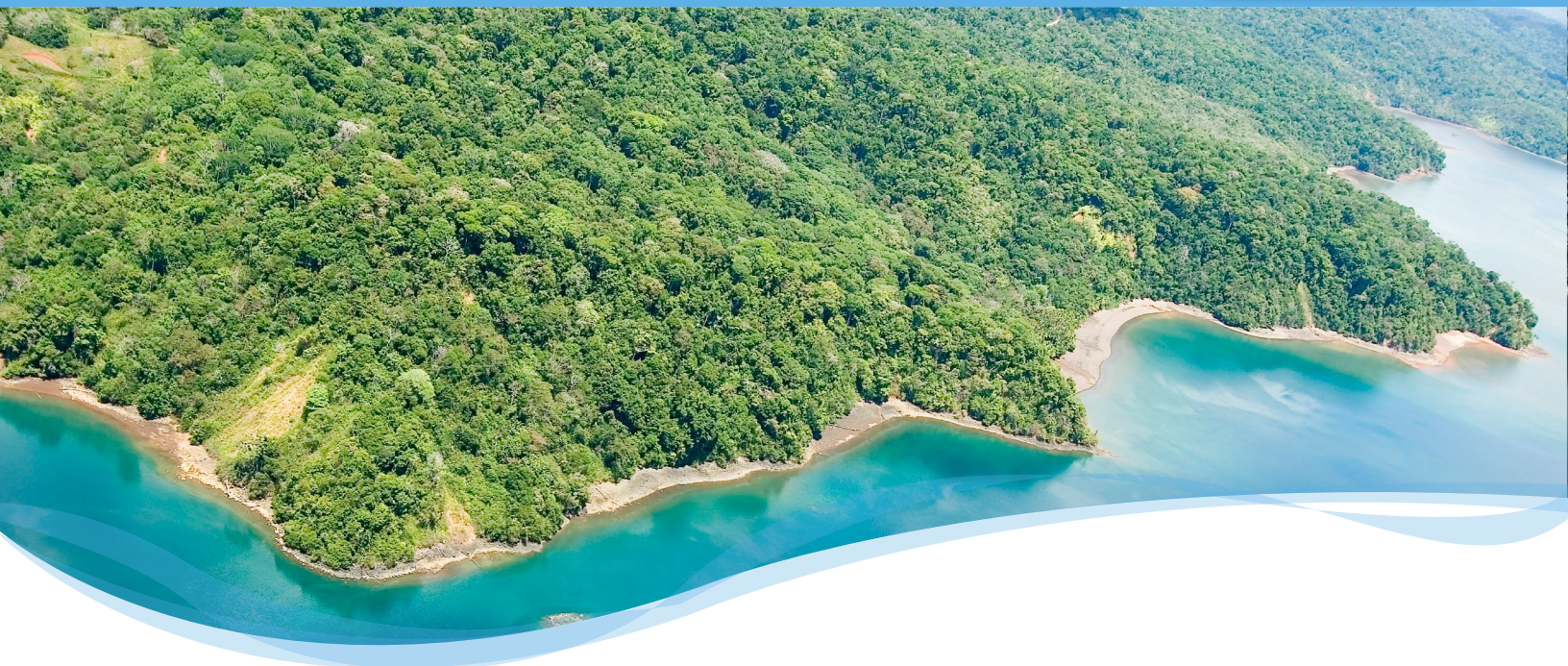
 [quebuenlugar.com](https://www.youtube.com/quebuenlugar)

 [Playa Pavones](#)

Protected Areas

Golfito **NATIONAL WILDLIFE REFUGE**





North of Golfo Dulce, in the port of Golfito, south on the Pacific shores in the province of Puntarenas. Distance from San José: 340 km.

It protects 1309 hectares north of Golfo Dulce, very close to Golfito. It has several trails that allow visitors to observe the biological richness of the area. It is part of the Osa Conservation Area, making it a fundamental element for the protection of species.

A total of 146 bird species have been identified in the refuge, including macaws, parrots, brown pelicans, ibis, herons and owls. Jaguars are known to be present, but you are more likely to see white-faced monkeys and raccoons. There are also different monkeys, like the squirrel and howler, as well as agoutis, anteaters, pacas, and various species of snakes, butterflies and bats.

One of the greatest resources of the refuge is its rainfall, which is abundant throughout the year. From January to March and some days in April, rainfall declines in quantity and frequency, with sporadic days without rain.

Its location is unique because it knows no dry season. It is a climatic island with conditions similar to those prevailing in the hot and humid plains of the Caribbean but located on the other side of the central mountainous axis.

The terrain is the result of the weathering of volcanic rocks of great antiquity. An interesting 400-meter bluff is presumed to mark the line of a geological fault.

It is an excellent place for hiking and viewing a variety of birds and other animals.

5 hour hike on the Torre de la Radio trail, and the Playa Cacao trail, both of which provide spectacular views of the Golfo Dulce.

3.5 km for hiking and the Playa Cacao trail extends about 8 km from the mainland.

4 species of Costa Rican monkeys have also called Golfito National Wildlife Refuge home. Bird species that can be observed during the walks are toucans and tanagers. Anteaters, pacas and agoutis can also be found in the refuge.

SERVICES



Trails



Signaling



Natural viewpoints

HOW TO GET THERE

From San José, take the Pan-American South, the highway to Panama. In the city of Rio Claro, take the detour to Golfito. The refuge can be accessed through Torres Street, near the cemetery or behind the Banco Nacional, continue to the cliff, then turn left and reach the trail on the right side of the road. It might be a good idea to park in town and walk to the trailhead or pay a local "tico" to park at their house to keep an eye on your car and personal items.

The total distance from San José is 342 km (212 miles).




BUS TRANSPORTATION

You can take a bus on the San José-Golfito route, which takes about 8 hours (Tracopa-Alfaro, 2221-4214). From there you can take a cab or drive to the Golfito National Wildlife Refuge, which takes about 15 minutes. It is recommended that you purchase your bus ticket at least one day in advance to ensure a seat.



FLIGHTS

You can also take a flight between Juan Santamaria airport and Golfito airport with either SANSA or Aerobell Airlines every day. From there you can take a cab or drive to the Golfito National Wildlife Refuge, which can take approximately 15 minutes.

 Hours: 8 am–4 pm



More information

Golfito National Wildlife Refuge:
+(506) 2775-2620
Osa Conservation Area (ACOSA):
+(506) 2735-5580
2735-5276



RATES

National visitors	€800
Foreign visitors	\$10
Resident children (2-12 years)	€500
Non resident children (2-12 years)	\$5
School and high school students on tours, previously organized	€500

The currency of the rate for non-residents is the US dollar or its equivalent in colones, at the time of purchasing the ticket.

 areasparques.com/areasprotegidas/golfito/

 costaricainfolink.com/refugio-golfito/







Río Oro

WILDLIFE REFUGE

The Río Oro National Wildlife Refuge was created to protect nesting sea turtles and the mouth of the river as well as the beach areas in the southern Osa Peninsula on the Pacific coast of Costa Rica.

The purpose of this refuge is to guarantee the perpetuity of the typical species of the area, their populations and their habitat, as well as to provide the opportunity to carry out different scientific, educational and recreational activities, as long as they do not jeopardize the main objectives of the refuge.

 **HOW TO GET THERE**

 From San José, take the Interamericana Sur, the highway to Panama. In the city of Río Claro, take the detour to Puerto Jiménez. The refuge is about 22 kilometers south of Puerto Jiménez. The total trip from San José takes about 7 hours.

 **The Río Oro National Wildlife Refuge has no public facilities or services.**

 [More information here](#)



Río Piro

WILDLIFE REFUGE

The Río Piro National Wildlife Refuge was created on April 26, 1999 to protect the mouth of the river as well as the beach areas of the southern Osa Peninsula on the Pacific coast of Costa Rica.

This beach is ideal for turtle watching. In addition, the lodge has a large number of waterfalls, just right for cooling off on a hot tropical day.

The Osa Peninsula is one of the most biologically diverse and humid places on the planet, as it receives a total of 5000 mm of rainfall, with a maximum rainfall period from August to October that exceeds 600-900 mm per month.

Due to the location of the Río Piro National Wildlife Refuge, the biodiversity is extremely rich in marine and terrestrial species.


700 species of trees


365 species of birds

117 species of reptiles

10.000 species of insects

Other endemic species include monkeys, coatis, peccaries, sloths, big cats like the jaguars and pumas, as well as native birds such as trogons, macaws, toucans, pelicans and seagulls. The refuge also has a large number of dolphins, sharks and turtles, as well as the spectacular humpback whales and their calves during the months of December through May.

 The Río Oro National Wildlife Refuge has no public facilities or services.

 **HOW TO GET THERE**

From San José, take the Interamericana Sur, the highway to Panama. In the city of Río Claro, take the detour to Puerto Jiménez. The refuge is about 22 kilometers south of Puerto Jiménez. The total trip from San José takes about 7 hours.

 costaricainfolink.com/refugio-de-vida-silvestre-rio-piro-costa-rica/

Corcovado NATIONAL PARK



"The most biologically intense place on the planet" according to National Geographic.

Corcovado National Park is located in the Osa Peninsula, in the southwest corner of the country, located in a site of unquestionable beauty, this natural park is considered the most important in the country. The virgin jungle captivates visitors as it envelops them with the smells and colors of the rainforest. This park has miles of deserted beaches, natural waterfalls, arousing the curiosity of visitors from all over the world.

This protected area preserves the last portion of the Mesoamerican Pacific Rainforest. Its location, climatic characteristics, the capricious condition of its soils and topography, make this site home to an astonishing diversity of biological species.

8 Habitats represented in the park, amongst which the main ones are: primary rainforest, high altitude forest, cloud forest, alluvial lowlands, and swamplands, among others.

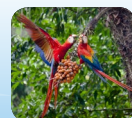
13 different types of vegetation can be observed up close, including mangroves, palm swamps and a wide variety of grasses that make this place a botanical dream.

The park protects several endangered species such as felines and large reptiles, as well as endemic and restricted bird species, including:

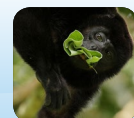
- 140** species of mammals
- 465** of birds
- 20** of which are regional endemics
- 160** of amphibians and reptiles
- 40** species of freshwater fish
- 800** species of trees

Among the most noteworthy fauna in the area are **the tapir, jaguar, puma, ocelot, howler, white-faced, spider and squirrel monkeys, scarlet macaws, the white hawk, the jacana and the guan. In addition, the king vulture, tinamou, purple dove, keel billed toucan, warbler, parakeet, kingfisher, scarlet rumped tanager and several species of hummingbirds can also be observed.**

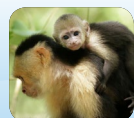
The park is one of the most important sites in the conservation area for the protection of lizards and crocodiles.



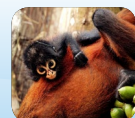
Red Macaw



Congo



White-faced Monkey



Spider Monkey

San Pedrillo

The San Pedrillo sector has a network of trails called La Catarata, Río Pargo Arriba, Río Pargo Abajo and Llorona and is known for its beautiful sunsets. It is the place to visit if you want to get away from all the noise of the city and live with both the sun and mountains within your reach.

Leona

The sector of La Leona **is the main land access to Corcovado National Park**, it has a linear path in which you can visit different sites such as Madrigal, Cementerio, Paraíso and El Barco where you can observe the flora and fauna of the area. It is part of the access route to the sector of Sirena with a trip to the edge of the beach, approximately a 6 hours hike. The intensity of the trail is moderate.

Patos

Has two trails over irregular terrain. From the beginning this trail takes you to the heart of Corcovado, the majestic Rincon River, which you must cross twenty times to enter the sector. It is one of the entrances to continue towards the Sirena station.


Sirena

The Sirena sector is the central station of the Park, it can be reached by three routes, **by air with a local flight from Puerto Jimenez, by land through the sector of Los Patos which is a 20 km walk (approximately 8-9 hours), by the sector of La Leona which is 16.5 km about 6-7 hours walking and by sea from the Drake Sector, Puerto Jimenez and Sierpe.** The Sirena Station has a network of 8 local trails (20 km in total) where you can enjoy the Claro River pool, also at the mouth of the Sirena River, during high tide you can see bull sharks and crocodiles.

Archaeology

Corcovado National Park has vestiges of relatively recent pre-Hispanic settlements.

Archaeological studies carried out have resulted in the location of three archaeological sites in two periods of settlement. The Aguas Buenas phase (200-800 years A.D.) and the Chiriquí phase (1000-1500 years A.D.) marked by subsistence activities. The archeological sites are called **El Cedral**, located on a terrace of the Sirena River, near its confluence with the Cedral River; the other is called **Sirena**, located northwest of the station of the same name in the south of the park. Archaeological artifacts of great importance have been found at both sites.

More information:  sinac.go.cr

HOW TO GET TO THE SITE

By car: Take the Interamerican Highway South to Puerto Jimenez. There are two entrances: La Leona and Los Patos.

To get to La Leona: In Puerto Jimenez take the bus to Carate, walk about an hour along the beach or secondary path (approximately 3 kilometers) to the station.

To get to Los Patos: From Puerto Jimenez continue to Guadalupe de La Palma and from there it is 10 kilometers to the entrance post. When the river is low you can go by 4x4 vehicle, but during the rainy season you can only enter by foot.

By boat: Get to Sierpe, Drake or Uvita and from there you take a boat to the entrance of San Pedrillo.



San Pedrillo services:



Information booths



Showers and restrooms



Camping area
(with prior reservation)

Main Attractions:

Network of trails called La Catarata, Río Pargo Arriba, Río Pargo Abajo, Sendero Pavón and Llorona.

2.2 km The topography is irregular, with moderate slopes and the presence of secondary and primary forest. It borders the Pargo River for which it is named. Waterfowl can be found along the route.

1.54 km (1.54 miles) on the **Pargo Abajo Trail**, its topography is mostly flat.

1.2 km (1.2 miles) of the **La Catarata Trail**, its topography is a bit irregular.

800 m 800 of a tour on the **Marco Reyes Trail**, dedicated to one of the exemplary park rangers of Corcovado National Park, who was stationed at this operational center.

7 km 7 km of travel on the **Llorona Trail**, its topography is irregular, especially to the famous stone arch and waterfall that, connects when the tide rises, with the roar of its waves in its background. Currently only with permission of the PNC Administration.



Sirena services:



Information booths



Public telephones



Showers and restrooms



Runway



Meals by reservation



Lodging service upon reservation

Main Attractions:

Network of eight trails totaling approximately 20 km:

3 km (2 miles) on the **Ollas Trail**, about a 5 hour walk over slightly broken terrain in a primary forest. It is a good trail for bird lovers. Its name is due to the fact that at the end of the trail there is a small swamp, or lagoon covered with vegetation. This area has the shape of a pot.

1 km The **Corcovado Trail** is 1km long, about a two hour walk, over flat and slightly broken terrain. The tour is through a primary forest where you can observe the magnitude that some trees of this type of forest can reach. You can enter through the Ollas trail or through the Claro River trail.

3.5 km of the **Río Claro Trail**, flat topography, this trail reaches the Claro River up to the beach and then connects with the Los Naranjos trail. On this trail you can observe primary and secondary forests.



3 km (2.5 miles) of the **los Naranjos trail**, this trail starts next to the Sirena airstrip, most of the forest is secondary and ends at the beach. Its name is because settlers passing through left some orange trees.

2 km of **Guanacaste Trail**, flat topography. This trail serves as a junction point between the Sirena River and Pavo River trails. Its name is because there were some imposing trees of Guanacaste that have succumbed to the storms, over time. On this trail you can observe secondary and primary forest, as well as the beauty of the banks of the Sirena River for a while.

2 km The topography of the **Los Espaveles trail** is very flat. To follow this trail, you can enter through the Ollas trail or through the Río Pavo trail. Recent research revealed that in this sector alone there are more than 140 species of trees in 100 square meters, which gives us an idea of the enormous diversity of species that exist in this area. Its name is due to the impressive Espavé or wild cashew trees that can be observed along its route.

1 km (0.6 miles) of the **Sirena Trail**, flat topography, starts next to the airstrip and ends at the beach near the mouth of the Sirena River. The route of this trail is through secondary forest with little more than twenty years of regeneration, where it is still possible to observe some large trees that remain from what was once a primary forest that covered the entire area.

5 km (3 miles) on the **Pavo River Trail**, flat topography, starts in front of the Sirena Station and this trail is part of the same trail that takes us to Los Patos Station. The forest is secondary with a rapidly advancing regeneration process where different groups of plants can be observed, including heliconias, guavas and what were once cattle pastures.



Leona Services:

- Showers and restrooms
- Information booths

Main Attractions:

Madrigal Trail, you will pass by a cemetery that was used by the ancient inhabitants of the area of La Leona, before it became a National Park, a rock formation that forms caverns that can be observed at low tide. During the turtle nesting season, hatchlings can be observed.

Los Patos Services:

- Information booths
- Restrooms

Main Attractions:

3 km **Cedral trail** topography is irregular, with steep slopes; good physical condition is recommended. A waterfall immersed in the forest is its main attraction.

More information:

- +(506) 2735-50-36
- pncorcovado@gmail.com

- Leona: 8:00 am– 2:30 pm**
- San Pedrillo: 7:00 am– 1:30 pm**
- Por el momento **Patos y Sirena** no están abiertos.

Reservations Office: 8:00 am to 12:00 noon and 1:00 pm to 2:30 pm every day, by e-mail only.



RATES

Domestic visitors and residents	₡1.808
Non-resident foreign visitors	\$16,95
National and resident children (ages 2 to 12 years)	₡565
Non-resident children (ages 2 to 12 years)	\$5,65
Children under 2 years of age do not pay admission, as well as national visitors and residents over 65 years of age. Rates include VAT (13%).	



RECOMMENDATIONS

- Respect the park's public use regulations.
- Respect the park's visiting hours.
- Beware of ocean currents and do not swim in areas of identified risk.
- Plants and animals are living beings, do not mistreat or feed them.
- Take care of your belongings.
- Trash is not part of the natural environment, please remove it from the park.

- For the visitor's convenience, we recommend comfortable and easy-drying clothing, closed shoes or rubber boots for hiking, sandals to rest at the station, a hat and sunscreen.
- Weather conditions in the area are constantly changing, it is the rainforest, so please take applicable precautions. You can keep your clothes in your backpack in a plastic bag to prevent them from getting wet and use zip lock bags for cell phones, passports and other valuables to protect them from the rain.
- Since this is an extreme adventure zone, a local guide should be hired for the hikes inside the park.
- If you stay overnight in Sirena or San Pedrillo remember to bring your personal toiletries and sleeping gear (camping tent, sheets, towel).
- Contact local guide associations, local tour operators and local organizations that support you in hiring tour guides in the area.



RESTRICTIONS

- It is not allowed to enter under the influence of drugs
- No pets
- Do not extract plants and/or animals
- Stay on the trails
- No smoking
- Do not litter
- Do not swim at the park's beach, as there are strong currents
- Do not feed or harass animals
- No night hikes
- It is not allowed to enter with

[myanimals.com/ fauna corcovado costa-rica](http://myanimals.com/fauna-corcovado-costa-rica)



Piedras Blancas

NATIONAL PARK



Piedras Blancas, together with Corcovado National Park and the Golfo Dulce Forest Reserve, form an important biological corridor that, in addition to being rich in itself, protects a great diversity of flora and fauna species that live in the Golfo Dulce area.

This area was created with the purpose of protecting the last tropical rainforest in the Golfito sector and the Esquinas river basin.

It has several attractions such as rivers, waterfalls and adventure trails that lead to San Josecito beach. You can observe animals such as birds, mammals, fish, reptiles, amphibians and insects. The type of forest is very humid tropical and one of the most important events that takes place in the area is the spawning of needlefish. There is also a cavern sector, but access is currently restricted to visitors. Within the park you can find wetlands such as small lagoons, streams and creeks full of life.

SERVICES

In terms of visitor services, there are only trails and natural viewpoints. There are three short circuits of trails close to the operational center, which show ample biodiversity, streams and a tropical rainforest of majestic characteristics. The Esquinas River tour is another ecotourism alternative. This river is navigable for about five kilometers and starts at the Golfito Pier. Very close to Piedras Blancas National Park is the town of Golfito, where there are all kinds of services to make your trip more comfortable and pleasant.

-  From 8 a.m. to 4 p.m.
-  +506 2775-2110 Antes de visitar: 2775-1210 ext:126-146-127

joel.garcia@sinac.go.cr sinac.go.cr/
areasyparques.com/areasprotegidas/piedras-blancas/



Location

It is located west of the city of Golfito, northwest of the Interamerican Highway. The Piedras Blancas sector is in the province of Puntarenas and is bordered to the south by the Golfo Dulce. It is bordered to the east by the Golfito National Wildlife Refuge and to the west by the Golfo Dulce Forest Reserve and the Térraba-Sierpe Wetland.



BUS TRANSPORTATION

Access routes are by bus from San José to Golfito. From there, take a cab to the community of La Gamba (Villa Briceño), and then walk 6 kilometers through forests and rivers to the El Bonito operating center, inside the park.



CAR TRANSPORTATION

From San José, take the Interamerican Highway to Golfito, continue to La Gamba and from there continue only by 4x4 to the Bonito post. In the rainy season you must watch the rivers as they rise and the passage may be impossible, in that case you must walk to the station.

Other options

You can also fly or drive to Golfito or Puerto Jiménez and then take a boat to the park. If you are staying in any of the various options in the area, your transfers will be arranged from either city.



RATES

National visitors	₡800
Foreign visitors	\$10
Resident boys and girls (ages 2 to 12 years)	₡500
NON-resident children (ages 2 to 12 years)	\$5
Primary and secondary students on tours, previously organized	₡500
The currency of the fare for non-residents is the U.S. dollar or its equivalent in colones, at the time of ticket purchase.	



Isla del Caño

BIOLOGICAL RESERVE

Caño Island protects very important marine environments, where coral reefs are noteworthy for their extension and richness of species. Associated with the reefs, there is a diversity of fish species, invertebrates, algae and mammals such as dolphins and whales.

The island is very important from an archaeological point of view, because in pre-Columbian times it was used as an indigenous cemetery and some vestiges still remain.

The Caño Island Biological Reserve (RBIC) is located on the Pacific continental shelf of Costa Rica, 16 km northwest of the Osa Peninsula, in the province of Puntarenas.

Caño Island consists of 320 ha of land and 5800 ha of sea. Its waters have one of the most extensive, and in better condition, coral reef formations of the Pacific coast of Costa Rica. There are five coral platforms (or reef flats) ranging in size from 0.8 to 4.2 hectares. It is an important breeding area for individual humpback whales, both from the northern and southern hemispheres, as well as for resident dolphin species.

Land of whales and dolphins

Between July and October, humpback whales that migrate from the Southern Hemisphere (Patagonia) arrive in our Central and South Pacific, traveling more than 8000 km. Those coming from the north are on our coasts around December. They all come to our warm waters to mate or for the birth of their young.

Its beaches are sandy and stony, and lack mangroves. The upper zone contains an unaltered tropical rainforest and also has secondary forests of different ages. 158 species of plants have been identified in its forests.

On the island you can see ferns, heliconias, lianas, herbaceous plants and some introduced species such as cashew, guava, bananas, mango and oranges. Wildlife is scarce but you may encounter bees and butterflies. In addition to amphibians and reptiles, migratory and resident birds.

In the terrestrial area, there are remains of stone spheres created by pre-Columbian civilizations. Caño Island was occupied by several human groups. It is believed that between 700 and 1500 BC. It was used as a cemetery by Chiriquí societies, or as a permanent residence by the Quepos or Bruncas.



In the terrestrial area, there are remains of stone spheres created by pre-Columbian civilizations. Caño Island was occupied by several human groups. It is believed that between **700 and 1500 BC**. It was used as a cemetery by Chiriquí societies, or as a permanent residence by the Quepos or Bruncas.



As for services, there are trails, viewpoints, an archaeological site and a diving area.

Wealth in its depths

The great adventure, however, is what is found in its depths. If you plan to visit, be ready to observe a lot of marine wealth. On any given day you can see sea turtles, rays, dolphins, moray eels, barracudas, sharks, humpback whales, tuna, among other species.

Another point to take into consideration is that, since this is a biological reserve, the number of divers is regulated, and tourists are not allowed to take any of the marine life, dead or alive.

You can organize trips from Dominical, Drake Bay, Uvita and Sierpe. There are several companies located near the Marino Ballena National Park that offer the tour.



\$ WHAT TO BRING?

- Garbage bags and dry bags for your stuff
- Hydration
- Cap and sunglasses
- Sunscreen
- Fresh clothes, bathing suit
- Camera

The island does not have potable water

Hours: 7 a.m. - 3 p.m.

THE USE OF LIFE JACKETS IS MANDATORY

Archeological sites in Caño Island Biological Reserve are not open to tourism.

Due to COVID-19, currently and indefinitely, the terrestrial part is closed to the public, only marine activities, diving, snorkeling and marine mammal watching are allowed.

\$ RATES

National Adult	€1.600
Foreign Adult	\$15
National Child (age 2 to 12 years)	€500
Foreign Child (age 2 to 12 years)	\$5
Diving (tour operator's price is per participant)	\$4
Anchorage (non-resident vessels for 10 persons or less)	\$4
Anchorage (non-resident vessels for more than 10 persons)	\$8
Anchorage (resident vessels for 10 persons or less)	\$2
Anchorage (resident vessels for more than 10 persons)	\$4

Important: picnics are not allowed; only hydrating drinks are allowed.

Restrictions:

- Any type of fishing is not allowed
- No fogatas
- Do not litter
- It is not allowed to enter under the influence of drugs
- No camping
- Keep within trails
- Food or picnic is not allowed
- Do not feed or harass animals
- No swimming in rivers
- Snorkeling only in allowed zones
- Drones are allowed only with licence
- Anchorage only at 200 m in front of Operational Center

Conditions:

- Reservations can be made 1 month in advance for the Caño Island Biological Reserve.
- Remember that to enter the Caño Island Biological Reserve you must be accompanied by a local guide who is registered with ACOSA's Sustainable Tourism Program office before making your reservation (see attached list of local guides), otherwise you will be denied entry to the Protected Area.
- Reservations are personal and not be transferable to other people.
- To enter you must present your identification (passport or identity card).
- Any request for reimbursement must be made with justification and within 15 calendar days of entering the protected area.
- Reservation changes will only be made due to flight cancellations, illness and closure of the protected area with a duly justified note. (See guideline N°015-2018).

Actions to protect corals

- If you go swimming, snorkeling or scuba diving, please help us protect our reefs and of course don't forget that you can only do these activities with a trained guide.
- Corals are colonies of very small animals, which can take hundreds of years to form the structures you see today, simply touching a part of a coral out of curiosity can kill an entire colony.
- Do not walk or stand on top of corals, this can kill the living coral polyps that build the reef structure.
- If you are diving, practice buoyancy control before diving in a sensitive environment.
- Be sure not to drag your pressure gauge or other equipment.
- Do not touch, pick up or hold any reef inhabitant, and never remove an octopus from its habitat.
- Do not harass animals:
 - a) following the same fish, ray or turtle for a very long time,
 - b) try to touch the observed animals and
 - c) disturbing animals that are partially hidden in their burrows (moray eels, lobsters, etc.) so that they come out completely.



Snorkeling or scuba diving at Caño Island

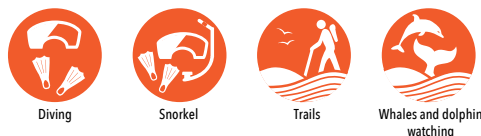
This small island 20 km from Drake is a biological reserve and protected area. It is an ideal place for snorkeling.

Its great coral reef together with its marine fauna make it one of the most impressive places in Costa Rica for this type of activities. You can book the following snorkeling tours, scuba diving or even the Open Water course at Caño Island.



SERVICES



Main Attractions:



More Information
 Osa Conservation Area (ACOSA):
 +(506) 2735-5580
 2735-5276

-  sinac.go.cr/acosa/IsladelCaño
-  visitcostarica.com/isla-del-caño
-  costaricainfolink.com/isla-del-caño
-  costaricadiveandsurf.com/caño-island-snorkeling
-  costaricadiveandsurf.com/buceo-en-la-isla-del-caño

HOW TO GET THERE

Take the Interamerican Highway from San Jose to Piedras Blancas, to the gas station La Chacarita and then turn right (gravel road) to Puerto Jimenez and you can also take the exit to Sierpe and from there take a boat to Drake Bay. It is about 240 miles (395 kilometers) by road. The total trip from San José takes about 7 hours.

TRANSPORTE EN AUTOBÚS

You can take a bus on the San José-Puerto Jiménez route, which takes about 8 hours (Transportes Blanco, 2771-4744). From there you can take a boat to the Caño Island Biological Reserve, which can take approximately 50 minutes. Another route would be to take a bus on the San José-Puerto Jiménez route, which takes about 8 hours, and get off at Palmar Norte (Transportes Blanco, 2771-4744). From there go to Sierpe, and there take a boat to the Caño Island Biological Reserve.

AIR TRANSPORTATION

You can also take a flight between Juan Santamaria airport to Golfito, Puerto Jimenez or Drake Bay with either Sansa or Aerobell Airlines every day. From there you can take a boat to Caño Island Biological Reserve, which can take approximately 50 minutes.

Location: on the Osa Peninsula, **district:** Sierpe, **canton:** Osa, **province:** Puntarenas, Costa Rica.






NATIONAL WETLAND Térraba - Sierpe

It is located at the mouth of the Térraba and Sierpe rivers. It is a forest ecosystem which is periodically flooded by tidal action and where there is an adequate supply of sludge, rich in organic matter. The most representative species are red mangroves and caballero, as well as ground bromeliads. There are also numerous seabirds, fish, crustaceans and mollusks that inhabit these mangroves, which are the ideal site for their reproduction. There are many canals that communicate and intertwine this ecosystem, which allows you to enjoy its observation from boats or tours that are boarded in Sierpe.

Considered the richest mangrove forest in the world for its biodiversity, it has a total of 27,066 hectares of protected forest. Within this reserve, there is a unique project in Costa Rica that consists of the sustainable use of 200 hectares of forest, using traditional and modern techniques to generate income from the mangroves, while ensuring the survival of the ecosystem.

Location

It is located at the mouth of the Térraba and Sierpe rivers on the South Pacific coast, in the districts of Puerto Cortés, Sierpe and Palmar, canton of Osa, province of Puntarenas, in the South Pacific, 270 km from San José. Access can be by air, land and water.

-  ecured.cu/Humedal_Nacional_Terraba-Sierpe
-  areasyparques.com/humedal-nacional-terraba-sierpe/
-  youtube.com/DestinationSierpe





Finca 6 Archaeological Site

In June 2014, UNESCO declared four Archaeological Sites with Stone Spheres of the Diquis Delta as World Heritage Sites; this includes the "Finca 6 Archaeological Site".

How were they made?

They were roughing out large stones. The use of the arc has been proposed to achieve sphericity, but the specific method is unknown.

Finca 6 Archaeological site

Spheres in their original site, mounds and architectural structures can be observed. The tour includes four sectors:

Point 5: Funereal and habitation zone altered by poaching and agricultural activity where it is possible to observe many ceramic fragments scattered on the surface.

Mounds: On two elevations, two important houses were built with river stone walls and access ramps. At the beginning of a ramp, two identical stone spheres were found on either side.

Alignments: Two alignments of spheres half-buried by sediment deposits resulting from flooding. One alignment is composed of three spheres and the other of two.

Collection of spheres: Twelve spheres without original context recovered by the National Museum of Costa Rica, whose purpose is to show the variety of sizes, finishes and stones used.

Pre-Columbian cacique settlements with stone spheres in the Diquis Valley

The Batambal, Grijalba 2, Finca 6 and El Silencio sites were declared World Heritage Sites by UNESCO in 2014. They belong to the National Museum of Costa Rica.

What are stone spheres?

These are artifacts produced by the pre-Columbian societies of southeastern Costa Rica that reflect technical skill and great symbolism.

What were they made for?

They would have functioned as markers of power, hierarchy and ethnic distinctiveness.


When were they developed?


The initial date is not known with precision. Its greatest production is between 800 and 1500 AD.


How many spheres are there and what sizes are they?


The total number is unknown. The National Museum has recorded 300 spheres in archaeological sites and public and private places. They measure from a few centimeters to 2.66 meters in diameter.


SERVICES

 **Visitor Center:**
Informs the visitor about research and findings, conservation studies, natural and social environment of the Pre-Columbian settlements of the Diquis Delta in southern Costa Rica.

 **Educational activities:**
Workshops, tours and guided visits for groups. There are two permanent exhibition rooms and one temporary exhibition room.

 **Meeting room:**
Available for meetings, workshops, lectures and conferences. Capacity for 30 people.

 **Sale of publications:**
Books and magazines on Natural History and Archaeology.

 **Accessibility:**
The building has accessibility and wheelchair ramps.

HOW TO GET THERE





The Sitio Museo Finca 6 is located in Palmar Sur de Osa, 8 km south of Palmar Sur Park, on the road to Sierpe, Puntarenas province. Click on the following link for location details

 [Google Maps](#)

Documents illustrate the process to reach the declaration of World Heritage Site of the museum site "Finca 6":

-  <http://tinyurl.com/zael7fx>
-  <youtube.com/watch>
-  <ifigeniaquintanilla.com/tag/finca-6/>

FINCA 6- Jiménez

-  (506) 2100-6000.
-  finca6@museocostarica.go.cr
educacionfinca6@museocostarica.go.cr
-  Tuesday to Sunday 8 a.m.–4:00 p.m.
-  www.diquis.go.cr

Rates - El Sitio Museum - Finca 6

Nationals	₡1.000
Foreigns	\$6
Foreign students with ID	\$4
Children under 12 years, students with ID and seniors	FREE
Nationals on Sundays	FREE

RATES - Finca 6 - Jiménez

Nationals	₡1.500
Foreigns	\$7
Foreign students	\$5





The South Pacific is the solution when you feel that the rhythm of your life is starting to get out of control, illnesses caused by stress, poor diet, sedentary lifestyle are becoming more and more significant. These factors are associated with numerous disorders, from wrinkles to asthma and cancer, and can even accelerate memory loss in old age.

Golfito and Jimenez offer the complete magic recipe that includes a personal renewal of body, soul and spirit, like conducting outdoor activities, tasting of an autochthonous, healthy and excellently presented gastronomy. It also includes personal care and the latest relaxation techniques, with high quality standards that allow you to live dream therapies, but with a Costa Rican seal. In addition to doing sports in a natural environment, living with Costa Ricans and immersing oneself in the local environment, among other components that promote the improvement of living conditions.

It includes activities such as contact with nature: Spas, yoga, eco-wellness, relaxation, Reiki, Trekking (low difficulty hikes), Forest bath (breathing pure forest air), Earthing (barefoot walking in the earth/sand); high quality healthy gastronomy; mix of food and spa and consumption of local products in contact with nature. As well as contact with indigenous territories and medicinal plants.

WHERE

[ESQUINAS RAINFOREST LODGE](#)

[HOTEL PLAYA NICUESA RAINFOREST LODGE](#)

[HOTEL CASA ROLAND GOLFITO RESORT](#)

[HOTEL PLAYA CATIVO LODGE](#)

[CIELO LODGE](#)

[HOTEL LAPA RIOS](#)

[LUNA LODGE](#)

[HOTEL BAHÍA COCODRILO](#)

Golfito & Jiménez Tours



Golfito & Jiménez is an area with incredible scenery, mid-mountain trails, panoramic views of the Golfo Dulce and perfect for whale, dolphin and turtle watching. It is recognized by many as the most biologically intense place in the world. It is home to Corcovado National Park, Piedras Blancas National Park and the Golfito Wildlife Reserve and Golfo Dulce Forest Reserve, as well as many endangered exotic wildlife species.

This place is ideal for trekking, bird and mammal watching, hiking, boat trips, cultural tourism and other fun tours.

A study published in the Journal of Environmental and Public Health claims that walking barefoot and connecting directly with the earth helps us absorb large amounts of negative electrons through the soles of our feet, which helps keep the body at the same negatively charged electrical potential as the Earth.

According to the expert Manuela Siegfried, guide and instructor of forest therapy certified by the Association of Nature and Forest Therapy of California, a forest bath is understood as: "A slow and relaxed walk through the forest during which all the senses are activated to notice details, sensations, sounds and smells. A space to slow down and take a break from the speed of everyday life. A moment of well-being, of relaxation, of creativity, of play".





Whale watching And Dolphins Tours


On a tour of the Golfo Dulce you can observe many species of birds, dolphins and some reptiles adapted to the Gulf as we go in search of humpback whales (*Megaptera novaeangliae*). These large animals come to Golfo Dulce to give birth and reproduce, because the gulf has unique conditions such as the absence of waves, which also makes the adventure more relaxing and authentic. It is also possible to observe 2 species of dolphins: the bottlenose dolphin (*Tursiops truncatus*) and the pantropical spotted dolphin (*Stenella attenuata*). As well as green/black sea turtles (*Chelonia mydas agassizzi*), olive ridley turtle (*Lepidochelys olivacea*), hawksbill turtle (*Eretmochelys imbricata*) and the yellow-bellied sea snake (*Pelamis platurus*).

surcostours.com
AgenciaLuceroTour
www.crocodilebay.com
jaguarcorcovadotours.cr

Golfo Dulce Tour

Golfo Dulce is one of the two gulfs of Costa Rica and the best preserved, it is surrounded by several protected areas such as Piedras Blancas National Park, Golfo Dulce Forest Reserve and Corcovado National Park.


It is an important spawning site for several species such as hammerhead sharks and marlin, as well as home to our only endemic sea snake. A great variety of socioeconomic and tourist activities can be developed in its waters, such as the Kayak and Bioluminescence tours.

 surcostours.com
AgenciaLuceroTour

Golfito City Tour

The town of Golfito was built by the United Fruit Company more than 80 years ago, and today its legacy remains immersed in the architecture and culture of our town.

In this tour you will learn about this magical history, visiting the main sites and historic buildings of the city to finish with a visit to the majestic viewpoint of the Tower, which has one of the best scenic views of the country and the world.


 surcostours.com
tropicalescapade.com

Bioluminescence

This tour is guided at sunset and night to observe one of the most impressive natural phenomena on the planet.

We start before sunset, paddling along Puntarenitas beach to get a good view of the sunset and usually some bottlenose or spinner dolphins appear.

Once it is dark we will see how each of the oars leaves a trail of phosphorescent light in the water, you can also swim from the beach in the warm, phosphorescent water. This adventure can only be described as "magical".


 aventurastropicales.com
Osa Dreams Tours

Sport Fishing

Costa Rica is like a dream come true for fishermen.

Puerto Jimenez, Golfito, Zancudo in the northern Golfo Dulce offer a variety of sport fishing opportunities. Fishing is available year-round with a wide variety of species, including Pacific sailfish and other billfish.


The months from November to March are the best and there is a good infrastructure and services specialized in sport fishing, which promotes an important tourist product for the entire region.

 crocodilebay.com
tropicalescapade.com

Adventure in the Zamia refuge and kayaking in Golfo Dulce

The adventure begins with a short boat ride from Golfito to Cacao Beach. Once there, we will enter the trails of the Zamia Wildlife Refuge.

Here you can observe many species of birds such as toucans, scarlet macaws and antbirds, some mammals such as agoutis, coatis, primates, large trees that can reach 40 meters high and the peculiar plant called Zamia fairchildiana, a living fossil.

 surcostours.com



 [Return to map](#)



Tour in the Golfito Wildlife Refuge

In this tour you will visit 2 trails with completely different characteristics, El Colibrí Trail and Catarata Trail, which are immersed between secondary and primary forest, where you can observe species of birds and mammals, among others.

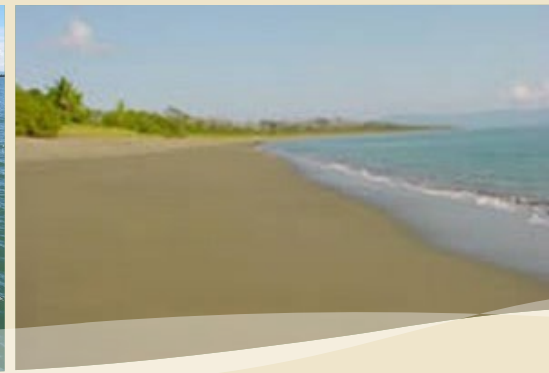
 surcostours.com



Gulf Bike tours

Relax and exercise in an environmentally friendly way, without pollution, stable and comfortable, safe and reliable, suitable for the whole family, to be done in a social bubble, individually or in groups, following the guidelines of the Ministry of Health.

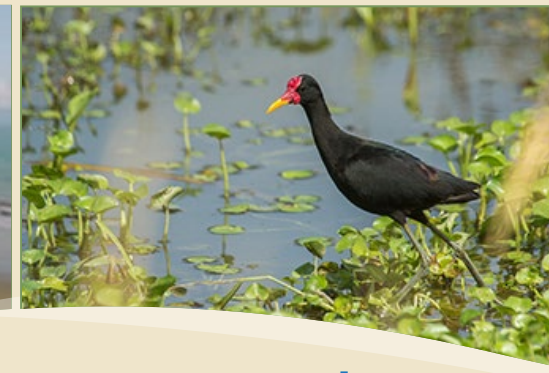
 AgenciaLuceroTour



Zancudo Beach Tours



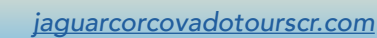
From Golfito we leave by boat using either of the two maritime accesses to visit one of the best beaches in Costa Rica. During the tour you will be able to see many animals that are native to the area. Taste a variety of typical foods that we offer in the town of Punta Zancudo.

 AgenciaLuceroTour



Bird watching



Bird lovers will be in a region with close to 500 species of birds, a real luxury. The diversity of habitats at this site brings together resident and migratory bird species, which can be observed on the beach, mangroves, forest edges and open areas.



 surcostours.com
 osawild.travel
 jaguarcorcovadotours.cr

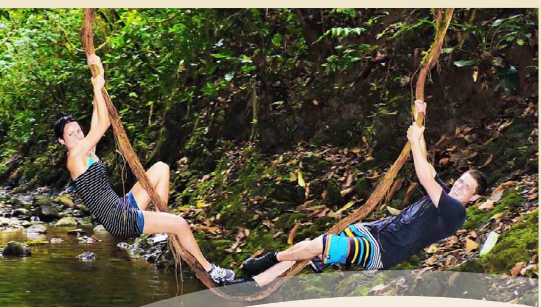


Corcovado

Corcovado National Park, this is the third best park in the world according to the National Geographic in biodiversity. Corcovado offers visitors the captivating beauty of its forests, its coastline with beautiful uninhabited beaches, waterfalls, adventure activities and ancestral culture.

 tropicalecapade.com
 surcostours.com

 jaguarcorcovadotours.cr
 osawild.travel



Coto River Mangrove Tour

We will enter the Coto River and tour the large mangrove channels of the river, where you will learn about the importance and ecology of the 4 species of mangroves that exist in the Coto River, and maybe spot reptiles, mammals and a large number of birds such as the American Oystercatcher, Great Blue Heron, Roseate Spoonbill, Wood Stork, herons, ibis, kingbirds and many others.

 surcostours.com



Scenic hike in Golfo Dulce

Stroll along partially paved trails exploring the other side of the country. Along the hike, you will find different viewpoints until you reach the top of the cliff that will compensate for your fatigue. This high intensity walk is for physically fit people. If not, we will take you to the top so that you can contemplate the exquisite views.

 tropicalecapade.com



Piedras Blancas

It has a great diversity of flora and fauna species and a high index of endemic species of plants, birds and insects, but it is known worldwide for being a meeting point for birds from North and South America. The park is largely unexplored and is home to a wide variety of exceptional trees and plants.

 tropicalecapade.com



La Tarde Tour

La Tarde is a family project that began more than 15 years ago in a small community of very few families located in the highlands of the Osa Peninsula next to Corcovado National Park. The site has become a hot spot for amphibians and reptiles and is the only place in the world where one of the two largest snakes in the world (Black-headed Bushmaster) has been studied in its natural habitat.

 surcostours.com



Marino Ballena Park

Come and enjoy the only marine park in Costa Rica, just 3 hours from San Jose you can visit caves, snorkel and look for whales and dolphins.


You can also enjoy the beach after the tour.

 surcostours.com



Night Tour

The night tour is for those nature lovers who like insects, frogs, snakes, spiders, scorpions, among other things, also at night you can observe impressive events such as the metamorphosis of crickets and cicadas, as well as the laying of frogs' eggs and the roads of leaf cutter ants.

 surcostours.com
 osawild.travel
 jaguarcorcovadotours.cr

 [Return to map](#)

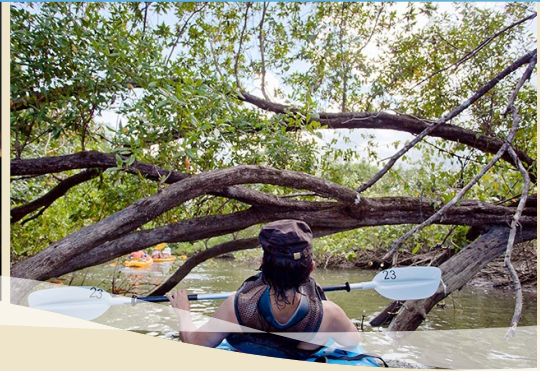


Sunset, dolphins & turtles

Golfo Dulce itself, a marine paradise! With calm and warm waters, it is home to a great variety of fish, mollusks, seabirds and the majestic dolphins.


We would be very blessed to see the curious bottlenose dolphins and spinner dolphins, swimming, jumping, feeding and enjoying the sunset in their natural environment...

 aventurastropicales.com



Exploring the mangroves

A guided tour through the Preciosa Platanares wildlife refuge, the mangrove is relaxing and lush.

 aventurastropicales.com



Matapalo Tour

Cabo Matapalo is located at the southern end of the Osa Peninsula, it is part of the biological corridor that connects with Corcovado National Park, it is a very good option for those who do not have much time or do not want to travel far to get to the park. It is only a half hour drive from Puerto Jimenez.

 surcostours.com osawild.travel
jaguarcovadotours.com



Educational and scientific tourism


Estamos ansiosos por compartir nuestro compromiso con la comunidad y conectarnos a través de experiencias del mundo real, a medida que aprendemos sobre la importancia biológica de los ecosistemas de la selva tropical. El programa de 6 días y 5 noches incluye talleres, seminarios y oradores, así como excursiones y aventuras, en uno de los lugares más prístinos del mundo.

 osawild.travel



Butterfly farm

This 2-hour tour of the butterfly greenhouse gives you an in-depth look at the life cycle of this colorful insect. You can climb the tree house platforms of the main enclosure to look for pupae, butterfly eggs and caterpillars. A butterfly greenhouse tour is ideal for small groups or couples interested in an educational nature tour.

 anywhere.com



Osa Precious Turtle Tour


It is located 5 km from the center of Puerto Jiménez in the town of Playa Platanares. It is a relatively new project that was initiated out of the need to protect the turtle nests in this town. The tour begins at 6 am with the release of turtles and a brief explanation of the project and the species that lay their eggs here. The road is a gravel road, so it is recommended to arrive in a 4x4 car.

surcostours.com
 www.crocodilebay.com



Photography

Guests can now take advantage of Costa Rica's wildlife photography classes on the edge of one of the world's largest coastal rainforests. We are also located in front of one of the few tropical fjord systems in the world, there are few places in the world that offer this kind of access to exotic wildlife and scenery.

 crocodilebay.com/photography



Horseback riding







Horseback riding through the wild jungle, grassy prairie, up and down hills and picturesque rocky beaches of the Pacific. The peninsula has quite a cowboy culture and the local guides leading the tours always have their eyes peeled for interesting critters.



Kayaking

Kayaking is one of the most popular activities in Golfo Dulce and Jimenez! It is a different way to observe wildlife while paddling. There are many tours that explore the mangroves and the Golfo Dulce itself. Be amazed to see the sunset along with the natural phenomenon of bioluminescence. Or if you are adventurous, you will enjoy kayak fishing.

During the tour it is possible to observe dolphins, turtles, sea birds and more. Once at the camp, you can enjoy the first activity on this side of the Gulf, a wonderful expedition to the nearby reef, where it is possible to observe different species of tropical marine fish and other marine species.

 tropicalescapade.com  surcostours.com  www.crocodilebay.com
 jaguarcovadotours.com  [Osa Dreams Tours](http://OsaDreamsTours.com)  playacativo.com
 [cnnspanol](http://cnnspanol.com)



Bird Tours

Located on one side of the Golfo Dulce, Puerto Jimenez is the main city of the Osa Peninsula. It is surrounded by ecosystems such as mangroves, rivers, plantations, secondary forests and very close to protected areas such as the Golfo Dulce Forest Reserve and Corcovado National Park. Due to its immense number of ecosystems and microclimates, the Peninsula an ideal place for bird watching, with almost 500 species present In the area, of which a large number are endemic to Costa Rica and Panama.

 surcostours.com

 jaguarcorcovadotourscr.com


Whale and Dolphin Tour

The waters surrounding the Osa Peninsula are known as the only locality in the world where humpback whales (*Megaptera novaeangliae*) from the North Pacific and Southern Ocean geographically overlap and the Golfo Dulce appears to serve as both a calving ground and a nursery. There are also populations of spotted dolphins (*Stenella allenuata*), and bottlenose dolphins (*Tursiops truncatus*), which reside in the Golfo Dulce.

Other cetaceans can also be observed, including Byrde's whales (*Balaenoptera edeni*) and false killer whales (*Pseudorca crassidens*).

 surcostours.com

 crocodilebay.com

 jaguarcorcovadotourscr.com



Aventura Tours

*Golfo Dulce and Jimenez,
an ideal destination
for adrenaline lovers*



Venture deep into the rainforest to explore its biodiversity, mountain biking or rock climbing. You can also go to one of its many sparkling rivers to practice some kayaking. If you want a little more adrenaline, look for waterfall rappelling, extreme canyoning, cave exploring, canopy, wakeboarding, scuba diving or snorkeling.

If you are a surf lover, the coast of Pavones will give you the best waves to ride during your visit. There's no denying that Costa Rica has everything you need to quench your thirst for adrenaline.

All of these are ways to enjoy nature-friendly tourism, which at the same time allows for a high degree of adrenaline.



Rappelling over waterfalls

This adrenaline-filled adventure will make you feel more than alive. After a short hike in the jungle, you will reach the top of an exceptional tropical waterfall, which flows through thick vegetation and drops 30 meters (100 feet) into a blue-green water lagoon.

tropicalescapade.com



Wild adventure in Chacarita

Adrenaline is at its peak after having climbed a slope that takes you to a platform where it is not possible to escape from a 10-meter high jump into a natural pool of clear water surrounded by huge waterfalls. This is one of the wildest ecological adventures in southern Costa Rica.

tropicalescapade.com



Horseback Riding

Experienced and inexperienced riders will enjoy the rides. Our horses are carefully trained for you to have a pleasant experience, while riding through the refuge, in the middle of nature in the forest, on the beach or on the river.

tropicalescapade.com



Wakeboarding

Share a moment with family or friends learning to stand up on the board or practicing your best tricks in the warm waters of Golfito Bay.

tropicalescapade.com



Extreme canyoneering

The exciting adventure will begin with a stretch of climbing along one of the less traveled paths of the idyllic Golfito, where you may have the chance to see two endemic species: the white-faced monkeys and the spider monkeys. What you will discover will excite you!

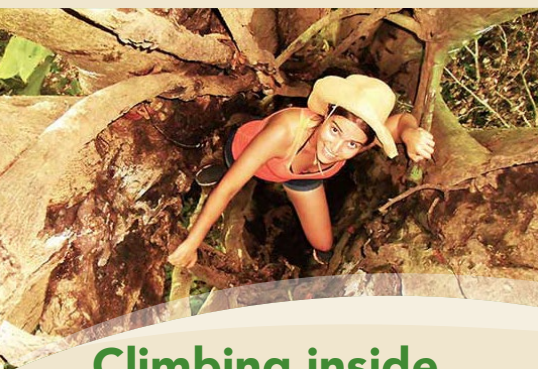
tropicalescapade.com



Mountain biking

The favorite of adventure lovers is "Cross Country", which leads from one point to another distant point off-road: secondary roads, trails, and local paths; it also includes options with some technical difficulty such as slopes, descents or rivers.

jaguarcorcovadotours.cr



Climbing inside a tree

The adventure begins by riding on horseback through the jungle trails among the thick vegetation until you reach a huge strangler tree, commonly called matapalo, which is located in the middle of the forest. The more adventurous will reach an altitude of 33 meters (108 feet) climbing from inside this tropical tree: a truly unique experience. The tree has solid natural grips so you can climb it from the inside.

tropicalescapade.com



Hiking in the mountains

There are thousands of hectares of land that conserve an abundance of wildlife and lead through the Golfito Reserve. After a steep climb, reach the heart of the tropical rainforest in an almost untouched ecosystem where you are likely to see scarlet macaws flying, troops of monkeys swinging and also the indigenous Costa Rican poison dart frog.

tropicalescapade.com



Caño Island

This is the second best place in all of Costa Rica after Cocos Island for diving and snorkeling, so your fun is assured.

tropicalescapade.com



Snorkeling

Whether in the Golfo Dulce or in the Caño Island nature reserve, appreciate an underwater paradise surrounded by the stunning clarity of the water. The colors of the fish and the fascinating seabed. No license is required to explore the waters above the beautiful coral reef and marine life.

tropicalescapade.com



Diving

While diving in the depths of Golfo Dulce or around the spectacular Caño Island Biological Reserve, enjoy the abundant and wonderful marine diversity.

In this giant underwater park, see impressive reefs that are home to much of the marine life. This subtropical underwater garden is a must for the most passionate divers

tropicalescapade.com



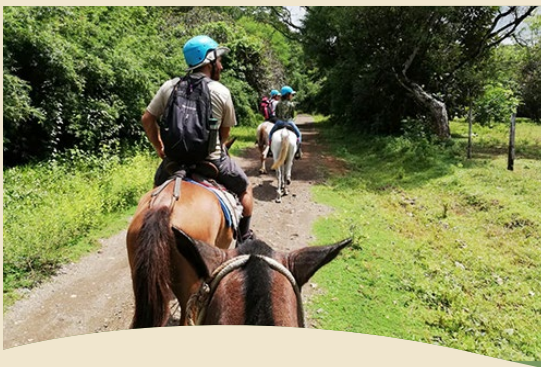
Snorkeling in the Marino Ballena National Park

Snorkel at the bottom of the ocean and see parrot fish, sea turtles, coral reefs and more during your snorkeling tour in Costa Rica to Marino Ballena National Park, Punta Uvita, Ballena Island and Tres Hermanas!

crocodilebay.com
jaguarcorcovadotours.cr

Adventure Tours

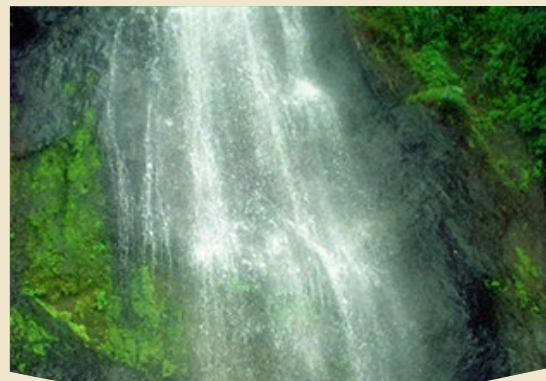
[Return to map](#)



Cowboy for a day

It consists of riding with the cowboys, herding cattle, checking calves and cows in the pasture, learning to rope calves and other ranch activities. La Finca is a cattle ranch dedicated to beef cattle, whose production is in harmony with the ecological balance of the tropical rainforest and surrounding mangroves.

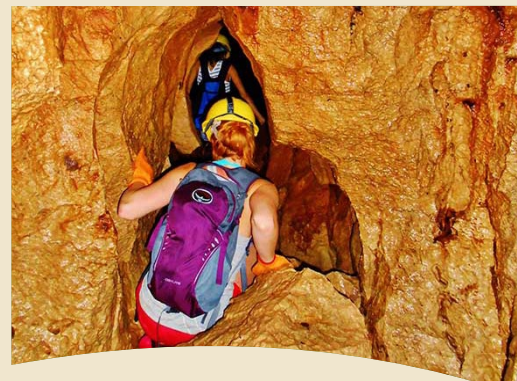
tropicalescapade.com



In search of waterfalls

After a short hike up the mountain to enjoy the best views, you will be able to go down to a river bed full of small rapids. Climb up and down rocks, jump into crystal-clear pools and explore around while admiring nature's beautiful attractions.

tropicalescapade.com



Subterranean caverns

Discover an impressive subway labyrinth formed hundreds of years ago inside a cave. Together with professional guides, you will walk along the river to a protected grotto inhabited by bats.

tropicalescapade.com



Adventure among waterfalls

Challenge yourself on a unique trip that combines several adrenaline activities. Start by hiking through a river enveloped by unusual wildlife, such as small birds flying everywhere, and observe the radically changed environment, full of incredibly tall, ornamental and fruit trees.

tropicalescapade.com



Surf Lessons

Surfers from all over the world dream of catching the perfect wave on the beaches of Pavones and Matapalo. The first class waves will meet the expectations of the most professional surfers. Lessons are available for adventure lovers who want to learn how to surf perfect waves in the clear, warm waters of the Pacific Ocean, which reach 29°C (85°F).

tropicalescapade.com
pollosurfschool.com
osawild.travel



Foto: Fabián Sánchez

Surf

Have you heard stories about the Costa Rican beach that has the second longest left wave in the world? Well, it does exist, and it is not just a legend. According to the TODOSURF website, Pavones is already a mythical wave that belongs to the dreams of many surfers worldwide and to the memory of the lucky ones who have surfed it. This long and noble left surrounded by jungle is considered one of the best on the American continent.

tropicalescapade.com



Rural Tourism Tours

Rural tourism offers the opportunity to enter into the lifestyle of Costa Ricans, learn about their idiosyncrasies and experience rural life, and also to improve the living conditions of those who live near natural treasures. It is an opportunity to promote the integral development of the communities in the area without affecting the surrounding marine and terrestrial ecosystems.



Horseback riding

The horseback riding tour is offered in the Osa Peninsula.

surcostours.com
osawild.travel
jaguarcorcovadotours.cr

Bosque del Mar Canopy Tour

Bosque del Mar is located in the community of Miramar, in the buffer zone of Corcovado National Park. Like all zipline tours the adrenaline is at its peak and you will be able to experience what by nature we are not allowed to do, i.e. fly and perceive things from the air.

Bosque del Mar is a family business and was the first of its kind to be created on the Osa Peninsula.

surcostours.com
jaguarcorcovadotours.cr

Chocolate Tour at Finca Kobo

On the Osa Peninsula, just 20 minutes from Puerto Jimenez. There is an organic farm dedicated mainly to the cultivation of cocoa, but many other tropical fruits are also grown there.

After a brief tour we arrive at the cocoa plantation where the history of the origin of cocoa and about the production is explained, from there we will see the process of drying, grinding and finishing with a delicious tasting of liquid cocoa with fruity tropical farm.

surcostours.com crocodilebay.com
osawild.travel
jaguarcorcovadotours.cr

Rural Tourism

We proudly offer the possibility of sharing, living and learning the customs and experiences of rural life, promoting respect and appreciation of the natural and cultural heritage.

<https://osawild.travel/>

Cultural Spark

Culture, traditions, passion, love and respect for nature. Share quality time with a local family and learn about tropical fruits, plants and agriculture.

osawild.travel

Adventure of the Sweet Coconut

Coconuts are known for their great versatility, as evidenced by their many traditional uses ranging from food to cosmetics, crafts and industry.

In this tour we have gathered local traditions and techniques to pick and open coconuts, learn about the importance of coconuts in local life and prepare sweet recipes based on coconut (panela, coconut and cinnamon) and other typical Costa Rican products.

aventurastropicales.com

Search for gold Tour of the history of gold panning

Learn about the history and culture of gold panning from a local "Orero". Visit the village of Dos Brazos to discover this ancestral technique.

osawild.travel
crocodilebay.com

Olan Walk

Buenos Aires de Puntarenas. Enjoy one of the most important hikes in the southern zone where you will enjoy beautiful natural landscapes.

AgenciaLuceroTour



La Pizota



Descanso La Pizota Tour

Descanso La Pizota offers tours on their farm with several trails as their main attractions: the viewpoint, the waterfall and also the gold mine tunnel. Food and lodging are also offered. They consider themselves a work team formed by owners and friends, who every day aim to create a more comfortable place for the enjoyment of their customers, without neglecting the harmony and sustainability with the environment.

[f sierpeazul](#)

La Tarde Lagoon Tour

Albergue la Laguna offers visitors the service of food, lodging and enjoyment of walking the trails within the farm.

[f sierpeazul](#)



The Ngäbe Indigenous Territory of Alto Laguna de Osa

It is located in the province of Puntarenas between the cantons of Golfito and Osa. Its area is 2710 ha. Access is from Puerto Jimenez through La Palma de Osa. It is located on the mountain range that crosses the Osa Peninsula from NW - SE from Cerro Brujo (615 m.a.s.l.) to Cerro Rincón (745 m.a.s.l.). The indigenous community is wedged between the Corcovado National Park to the west and the Golfo Dulce to the east, to the north the Sábalo mountain range that delimits it with the Sierpe Delta and the Diquís. Daily life in the community involves interaction with nature, which determines the agricultural cycles in the community. Tourism is another important source of income.

To reach the indigenous territory of Alto Laguna, the Rincón River must be crossed. It is also bordered by the Baquedano River and the Pavón River. The forest type is very humid low montane, with high humidity and an average annual temperature of 12°C to 17°C, with the presence of fog and undisturbed evergreen forest in two strata.

Protected by the difficult access, delimited by sea, jungle and rivers, the community was strengthened by the arrival of Ngäbe families from Panama and Coto Brus. The isolation of the community allowed them to maintain many of their traditions such as the rafting games, the jeki dance, traditional medicine, among other traditional uses and mainly their language from the acculturation processes that gradually and like a plague harass its inhabitants.

In the Book of Seeds, he tells us about the most important plants in the diet of the inhabitants of the Territory and, in general, about their particularities and main uses. This Ngäbere-Spanish book is an excellent tool for learning the mother tongue. It is a non-profit material produced thanks to the collaboration of University Community Work - Linguistic Diversity, university students and the members of the Ngäbere Language School and Sami Quevedo Cultural Collection initiative.

[Enlace para el "Libro de la Semilla"](#)

[Conozca más de la cultura Ngäbe aquí](#)



Cultural Tours

The Brunca Region has the greatest diversity of cultures and indigenous communities in the country. According to the 2011 population census, there are 3569 indigenous people living in the cantons of Osa and Golfito. The Ngöbe indigenous territory of Alto Laguna on the Osa Peninsula, about 3000 hectares, is 70% covered by forest and connects to Corcovado National Park, Golfo Dulce Forest Reserve and Piedras Blancas National Park.

The Osa Peninsula, as part of the Diquís Subregion, had a boom in gold work since 800 AD. and until 1500 A.D. The presence of auriferous sands in the rivers and streams of the Osa Peninsula favored the production of gold and the manufacture of pieces of great beauty and symbolism.

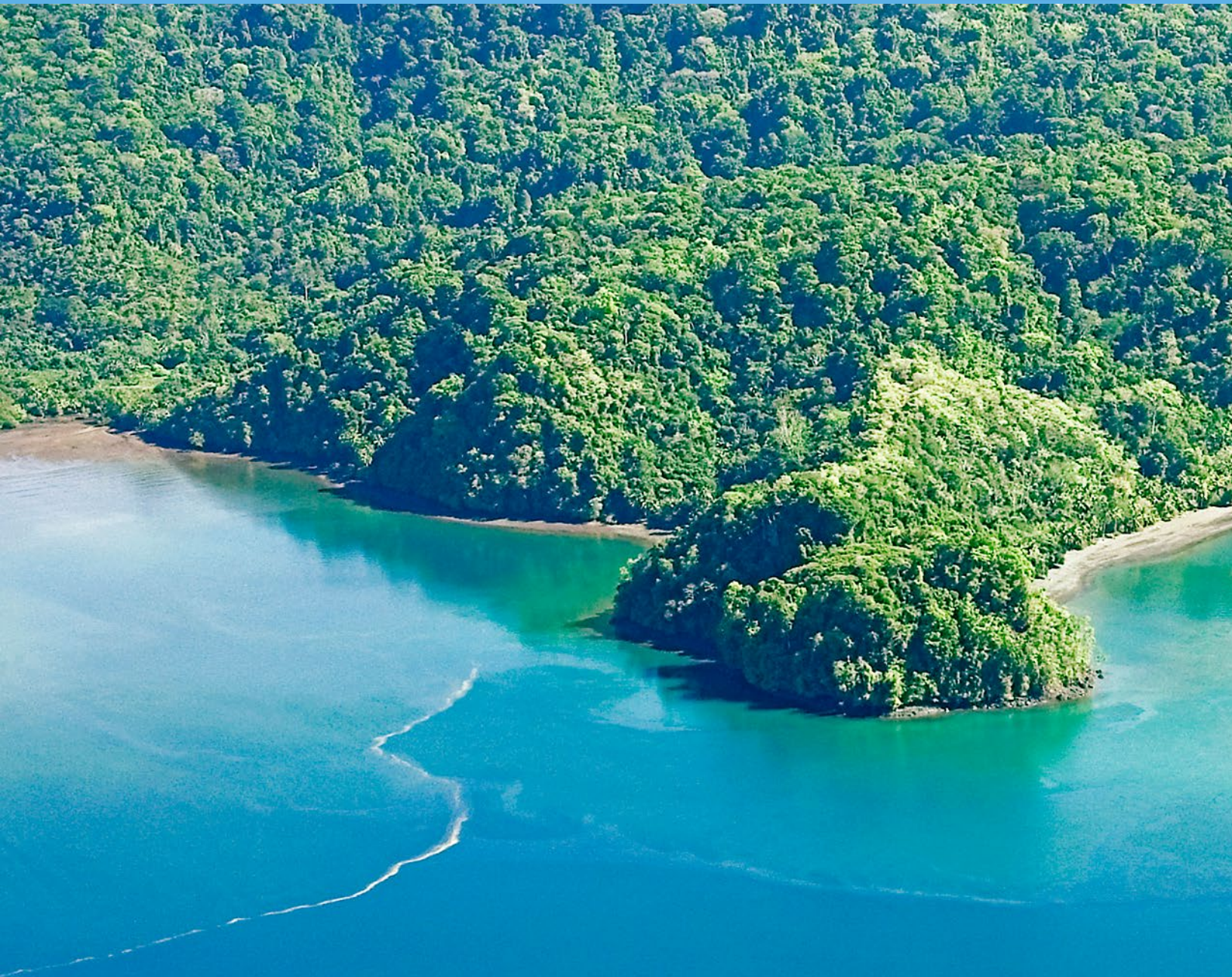
Archeological sites are important in the area: the Cantarero archeological monument, high on the banks of the Tigre River near Boca Gallardo, is an example of how a community has managed to protect its heritage. It contains architectural evidence with at least 12 mounds in 2.5 hectares and collected ceramics associated with the Aguas

[Visite osawild.travel](#)

Buenas period (300 B.C. - 800 A.D.). There are also other important archaeological sites such as Pejeperro and Purruja.

In addition to the diversity of the native peoples in this region, there is also the presence of the cultures of those who migrated to the region, especially with the arrival of the Banana Company in the 1930s: Chinese, Chiricanos, and people from the city and neighboring countries (Nicaragua, El Salvador, Dominican Republic) who came in search of work. In terms of productive activities or trades, there are farmers, gold miners, oyster fisherman, banana, palm and stilt home construction workers, and various types of artisanal fishermen in the area.





Directory of Services

Directory of Services

COSTA RICA COUNTRY CODE: **506** (If you are calling from another country)

Directory of Services Golfito Jiménez

Land transportation	Contact
Taxis Central	Tel.: 2775-2020
Delgado	Tel.: 2775-1867
Golfito Expres	Tel.: 2775-0369
Grupo Blanco	Tel.: 2771-2550
Tracopa	Tel.: 2775-0365
Urbanos	Tel.: 2775-1390

MEDICAL CENTERS	
Red Cross	Tel.: 2775-2121
CCSS	Tel.: 2775-0262
Coastguard	Tel.: 2775-0753


PRIVATE DOCTORS	
Dr. Irving Alvarado	Tel.: 2725-0845
Dr. Saturnino	Tel.: 2775-2706
Dra. Quesada	Tel.: 8703-1339
Gastro Center	Tel.: 8483-3650

GOVERNEMENT INSTITUTIONS	
Municipality	Tel.: 2775-0424
Migration	Tel.: 2775-0423
Public Force	Tel.: 2775-1022
Registro Civil	Tel.: 2775-0529
Courts of Justice	Tel.: 2785-8100

Marinas	
Golfito Marina Village	Tel.: 2275-3000
Banana Bay	Tel.: 2275-0003
Fish Hook	Tel.: 2775-1624

Dental Clinics	
Dra. Mauren Téllez	Tel.: 2775-1656
Dr. Víctor Morales	Tels.: 2775-0540
Multi Smile	Tels.: 2775-0084
San Judas Tadeo	Tels.: 2775-2060

Pharmacies	
Golfito	Tel.: 2775-2442
San Ezequiel	Tels.: 2775-1632

 [To learn about COVID 19 protocols enter here](#)

Road information 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 Transportation


Aerial

Air flight Sansa San José- Golfito 50 minutes from Juan Santamaría Airport to Golfito Airport
From Golfito Airport to the city center 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 Santamaría International Airport.	
Air Taxi Centroamericano AVIONES TAXI AEREO S.A	Tel: (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

Helicopters	
Aensa	Tel.22321248 www.aerotourscrcr.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	WEB PAGE	TELEPHONE
LODGING		
HOTEL SIERRA	www.hotelsierra.com	2775-0666, 2775-0336
ESQUINAS RAINFOREST LODGE	www.esquinaslodge.com	2741-8001, 8384-7520
HOTEL PLAYA NICUESA RAINFOREST LODGE	www.playanicuesa.com.com	8310-3116, 8335-4727
HOTEL CASA ROLAND GOLFITO RESORT	www.casarolandgolfito.com	2775-0180, 2775-1462
HOTEL PLAYA CATIVO LODGE	www.playacativo.com	2200-3131
HOTEL LOS QUEPEÑOS	https://www.facebook.com/	2775-0019
HOTEL LA CHOZA DEL MANGLAR	www.escapetothetropics.com	2735-5002, 8856-3578, 2446-7400
BOSQUE DEL CABO RAINFOREST LODGE	www.bosquedelcabo.com	2735-5286, 2735-5443
HOTEL LAPA RÍOS	www.laparios.com	2735-5130, 2735-5140
LUNA LODGE	www.lunalodge.com	4070-0010
HOTEL BAHÍA COCODRILO	www.crocodilebay.com	2733-1115, 2735-5631
POSADA DE TURISMO RURAL DANTA CORCOVADO LODGE	www.dantacorcovado.com	8378-9188, 2735-1111, 8705-3295
EL REMANSO LODGE	www.elremanso.com	2735-5569, 2735-5564
HOTEL DELFINES DEL GOLFO	www.delfinesdelgolfo.com	2735-1681
HOTEL EL GRAN IMPALA #1	hotelgranimpala@gmail.com	2789-9010, 2789-9445, 2789-9921
TISKITA JUNGLE LODGE	www.tiskita.com	2296-8125, 8347-2710, 2776-2193
HOTEL GR CORCOVADO	hotelcorcovado.cr@gmail.com	+ 506 2775-0505
HOTEL SAMOA DEL SUR	https://samoadelur.com/	2775-0233
LA LEONA ECOLOGE	https://www.laleonaecolodge.com/	(506) 2735 5704 - 2735 5705 - 4070 1122
GOLFO DULCE LODGE	https://www.golfodulceretreat.com/	(506) 8865-6241
LAPA ROJAS HOTEL	reservacioneslaparojas@gmail.com	(506) 2735-11-46
HOTEL PEZ GALLO	https://www.facebook.com/hotelpezgallo/	2775-0403 / 8958-7353
HOSPEDAJE POLY	anaceciliau@gmail.com www.hospedajepoly.com	8822-5185
TRAVEL AGENCIES		
TROPICAL ESCAPE	https://tropicalescapade.com/es/inicio/	8313-3763
AGENCIA DE VIAJES RECEPTIVA OSA WILD	https://osawild.travel/	2735-5848, 2735-5848
FANTASÍA ECOLÓGICA	https://www.crocodilebay.com/	2735-5632
AGENCIA DE VIAJES RECEPTIVA JAGUAR CORCOVADO TOURS	https://jaguarcorcovadotourscr.com/	2735-7563
AGENCIA DE VIAJES SURCOS TOURS	https://surcostours.com/	8603-2387, 2735-5355
AGENCIA DE VIAJES AVENTURA TROPICALES GOLFO DULCE	http://www.aventurastropicales.com	2735-5195 / 2735-5692
AGENCIA DE VIAJES LUCERO TOURS	https://www.facebook.com/AgenciaLuceroTour/	
CAR RENTAL		
TOYOTA (PUERTO JIMÉNEZ)	http://www.toyotarent.com	
TOURIST ACTIVITIES		
CASCADAS LAS CAVERNITAS	https://www.facebook.com/cascadas.lascavernitas/	8840-9235
OSA DREAMS TOURS	https://www.facebook.com/OSADREAMS	
POLLO SURF SCHOOL	https://www.pollosurfschool.com/	8366-6559, 836-31481
MARINA BAHIA GOLFITO	marinabahiagolfito.com	+506 4080-6090
BANANA BAY MARINA & SPORFISHING CENTER	bananabaymarinagolfito.com	011-506-2775-0255 / 011-506-2775-0003

NAME	WEB PAGE	TELEPHONE
AQUATIC TRANSPORT		
FANTASÍA ECOLÓGICA	https://www.crocodilebay.com/	2735-5632

PUBLIC SERVICES GOLFITO

NAME	TELEPHONE	NAME	TELEPHONE
Dr. Mauren Téllez Dental Clinic	2775-1656	TRACOPA	2775-0365
San Judas Tadeo Clinic	2775-2060	Urbanos	2775-1390
CCSS	2775-0262	Taxis Central	2775-1285
Post Office	2775-1911	SANSA	2775-0365
Red Cross	2775-2121	SINAC	2775-2110
EBAIS	2775-2601	Municipality of Golfito	2775-0424
Banco de Costa Rica	2211-1111	JUDESUR	2775-0496
Banco Nacional	2775-1101	INS	2775-0128
Delgado Transport	2775-1867		

BOAT SCHEDULE

REGULAR SCHEDULE					
From Monday to Friday		Saturdays		Sundays	
Jiménez	Golfito	Jiménez	Golfito	Jiménez	Golfito
6 a.m.	7 a.m.	6 a.m.	7:30 a.m.	6 a.m.	10 a.m.
8:45 a.m.	10 a.m.	8:45 a.m.	10 a.m.	11:30 a.m.	1 p.m.
11:30 a.m.	11:30 a.m.	11:30 a.m.	1 p.m.	2 p.m.	3 p.m.
2 p.m.	1 p.m.	2 p.m.	3 p.m.		
	3 p.m.				

The cost of the ticket for these boats is 3000 colones. They depart from the municipal pier called Muellecito, located in the civil town of Golfito, and from Puerto Jiménez they depart from the municipal pier of Puerto Jiménez. The company is called Transportes Acuáticos Tijerino Cortez, tickets can only be bought at the departure points, they do not have offices.

The other service is the private transport of people, and it offers transportation from where the client likes to where they need it, there is no official place, the person can be picked up at the marinas, the Muellecito or even the Paseo Marino. There is no regulated price for it, and to quote it you can contact CATUGOLFO, and they can help you coordinate an affiliated carrier. The telephone number is 2775-0038 and the office is located in the square of the Muellecito of the Civil Town of Golfito.



Habia atrimaxillaris
Black-cheeked Ant Tanager
Photo: Daniel Hernández

NATIONAL BIRD WATCHING ROUTE COSTA RICA

GOLFO DULCE

esencial
COSTA RICA



GOLFO DULCE COSTA RICA

BIRDS

EMBLEMATIC BIRDS OF GOLFO DULCE

Golfo Dulce is one of only four tropical fjords in the world, located in the southern Pacific of Costa Rica covering an area of about 500 km².

The port of Golfito, about 310 kilometers from San José, serves as a base of operations for those who wish to see the wonders that this body of water has to offer, surrounded by the infinite green of the tropical forest. Golfito is a small port where U.S. banana companies settled in the early twentieth century and is now trying to change its face from a fishing village to a full-fledged tourist destination.

The diversity of habitats at this site brings together resident and migratory bird species, which can be observed on the beach, mangroves, forest edges and open areas.

From this site, you will find a combination of comfort, nature and adventure. With hotels, restaurants and agencies for all tastes, there are lodgings that have decided to merge with nature, in a commitment to environmental sustainability.

In addition, the region is home to a remarkable history, as well as tangible and intangible culture. Its pre-Columbian legacy stands out with the majestic large stone spheres in the Delta Diquís area, a World Heritage Site. Also, the area allows you to immerse yourself in the Costa Rican countryside.



Euphonia imitans
Common name:
Spot-crowned Euphonia
From January to May

Photo: Catalina Mora Cordero



Carpodectes antoniae
Common name:
Yellow-billed Cotinga
From January to September

Photo: Karen Leavelle



Lepidopyga coeruleogularis
Common name:
Sapphire-troated hummingbird
March

Photo: Alan Dahl



Cotinga ridgwayi
Common name:
Turquoise Cotinga
March

Photo: Leandro Arias Salazar



Eupsittula pertinax
Common name:
Brown-throated Parakeet
March

Photo: Daniel Hernández



Buteogallus meridionalis
Common name:
Savannah Hawk
From February to June

Photo: Daniel Hernández



Nesting season

Corcovado Node

This node is considered "the most biologically intense place on earth" by National Geographic magazine.

2.5% of the world's biodiversity

50% of Costa Rica's biodiversity

Included in "South Central American Pacific slope-021", one of the sites identified by the American Bird Conservancy as an endemic bird area.

6.000 mm annual precipitation

this has contributed to the high diversity of plant and animal species; including many endemics.



This region includes the Osa Conservation Area, located in the southern zone of Costa Rica. The region is very humid, registering a rainfall of 6000 mm per year, which in combination with the isolation of other systems, has contributed to the high diversity of plant and animal species. It is the only large region with very humid tropical forests on the Pacific slope of Central America, and the largest percentage of remaining forests in the country are found in this area. The vegetation of the area is made up mainly of very humid tropical forest with the following habitats: mountain forest, cloud forest, plain forest, swamp forest, herbaceous swamp, mangrove swamp, cliff vegetation and vegetation on the coast.

Corcovado offers its visitors the captivating beauty of its forests, its coast with beautiful uninhabited beaches, waterfalls, adventure activities and ancient culture. The park's vegetation consists mainly of very humid tropical forest with the following habitats: mountain forest, cloud forest, plain forest, swamp forest, herbaceous swamp, mangrove swamp, cliff vegetation, and vegetation on the coast.

398 Wilderness Protected Areas

3 National Parks:

- Piedras Blancas,
- Corcovado,
- and Marino Ballena, the First National Marine Park in Central America

2 Reserves:

- Isla del Caño Biological Reserve
- Golfo Dulce Forest Reserve

1 National Wetland:

- Térraba-Sierpe, Sitio Ramsar

1 Heritage Site of Humanity

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)

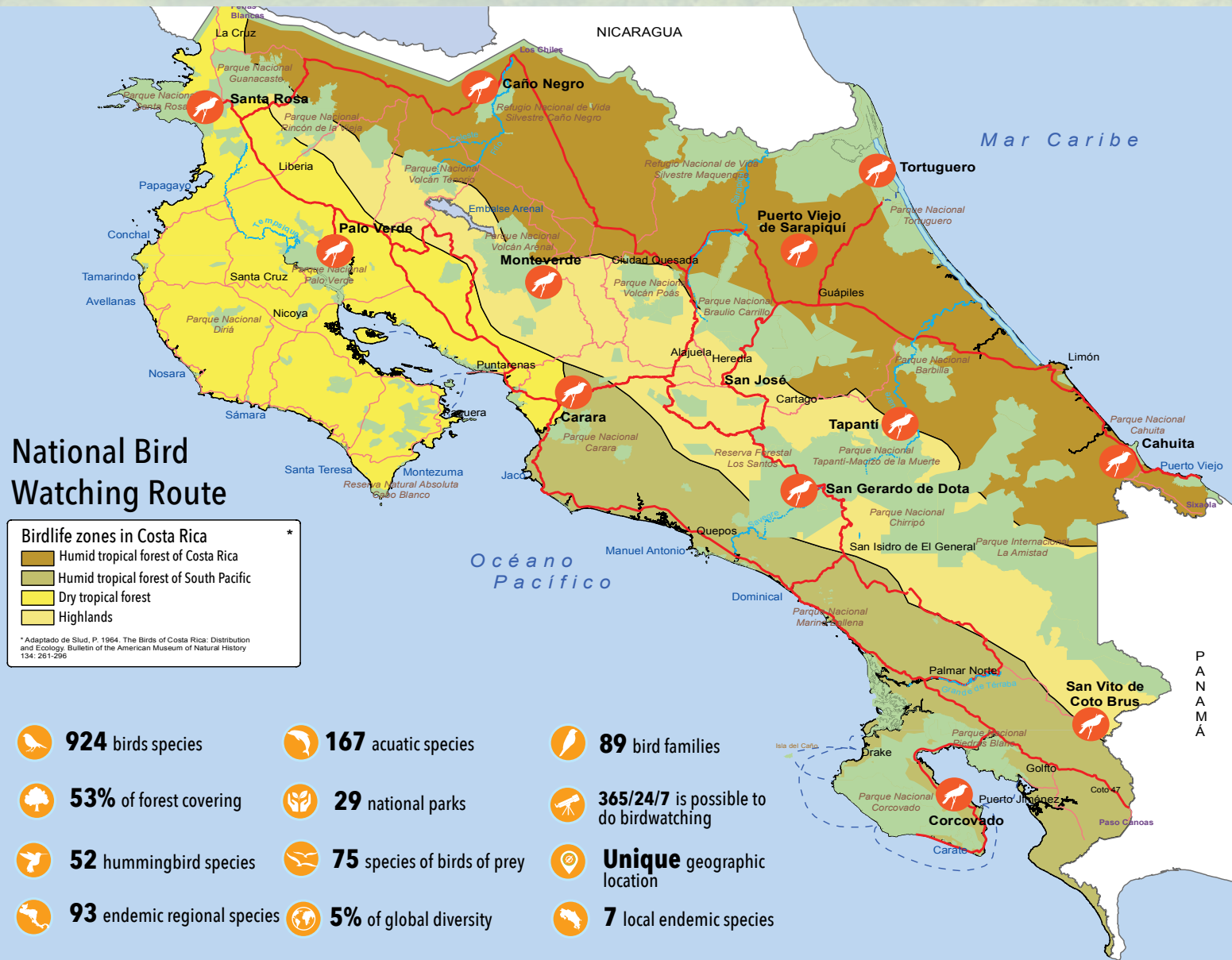
National Bird Watching Route

Birdlife zones in Costa Rica *

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

* Adaptado de Studd, 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



www.ict.go.cr | Tel. (506) 2299-5800

Créditos

El Costa Rican Tourism Board thanks the National System of Conservation Areas, the tourist guides, companies and individuals for their collaboration in the development of the Golfito Infogram.

Coordination and production: Mario B. Badilla Jara.

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