

Tourist and Cultural Guide of

Turrialba

RURALMENTE *auténtico*



Take the opportunity to rediscover Turrialba and Jimenez, *an authentic rural destination!*

Turrialba-Jiménez is a charming destination that offers tourists the opportunity to enjoy the region's diverse attractions and tourist activities.

The area offers an impressive active volcano, **pristine and challenging rivers, and the Guayabo National Monument**, one of the most important archaeological sites in the country, not to mention beautiful landscapes with pastures that offer endless shades of green, plantations of coffee, sugarcane and vegetables. The region's milk production has a noted influence on Costa Rican gastronomy, especially the renowned Turrialba cheese.

The region offers tourists a wide range of activities to enjoy; you can hike to the volcano and tour the incredible Guayabo National Monument, enjoy adventure activities such as **kayaking, ziplining, rappel, mountain biking, horseback riding and birdwatching**, or enjoy picturesque and authentic rural communities and, of course, savor the wonderful local cuisine.

Turrialba is a town whose origins date back to the Cabécar people, with their ancestral songs and dances and the craft of basket weaving. In Turrialba-Jiménez, you will find **traditional trades such as artisan cheese making, milling, saddle-making and mask-making, as well as the cooks of Santa Cruz, local artisans, seamstresses, potters, wood carvers, rezadores (prayers), folk groups and musicians.**

An important part of Turrialba's cuisine is based on cheese: chicharrón de queso and cheese tortillas. Also typical are arracache, mondongo (tripe), veal and pozol. Due to Caribbean influence, the regional cuisine includes rice and beans, as well as jaba-jaba from the local indigenous groups.

Artistic movements (primarily poetry) are an important intangible resource. **Notable Costa Rican poets from the region** include Marco Aguilar, Laureno Albán and Jorge Debravo, who founded the Turrialbeños Poets Circle in the 1960s. Other more recent poets should also be mentioned, such as Juan Carlos Olivas and Erick Gil Salas, who won the Aquileo J. Echeverría 2007-2008 award.

Festivities held in the local communities include festivals of their patron saints, the Cantonato, the Preserving Traditions (Rescatando Tradiciones) Festival, the Tourism Festival and the Santa Cruz Gastronomic Festival. Among the many agricultural fairs are the Coffee Fair (Feria del Café) and the Coffee Roots Festival (Festival Raíces del Café), Feria San Buenaventura, the Cheese Fair (Feria del Queso) and the Pejibaye Fair (Feria del Pejibaye).

The **Cabecar culture** celebrates the Corn Ceremony, the Cabécar Encounter and Ancestral Stories.

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Cámara de Turismo Turrialba



ICT



Explornatura

10 things every tourist should see and do in Jiménez-Turrialba

1

Visiting Guayabo National Monument

Photo: Adrián Alvarado Rivera

2

Feeling the adrenaline of rafting on the Río Pacuare

Courtesy: Explornatura

3

Learn at the Tropical Agricultural Research and Higher Education Center (CATIE) about agriculture, management, conservation, and sustainable use of natural resources.

Foto: Danny Alvarado Solano

4

Observing of birds, reptiles and amphibians

Courtesy: CATIE Botanical Garden

5

Tasting Turrialba cheese and dishes that make use of it

Courtesy: CATIE Botanical Garden

6

Enjoying adventure activities (hiking, mountain and road biking, canyoning and rappel)

Courtesy: Serendipity Adventure

7

Learning about the processes of producing coffee, sugarcane, cocoa and livestock

Courtesy: CATIE Botanical Garden

8

Road and mountain biking

Courtesy: CATIE Botanical Garden

9

Admiring Volcán Turrialba and its surroundings

Photo: Adrián Alvarado Rivera

10

Attending traditional turrialbeña cooking classes

Courtesy: Villa Florenda Hotel

Map of cultural and tourist activities

Cultural heritage

- Cuisine**
An important part of Turrialba's cuisine is based on cheese: chicharrón de queso and cheese tortillas. Also typical are arracache, mondongo (tripe), veal and pozol. Due to Caribbean influence, the regional cuisine includes rice and beans, as well as jaba-jaba from the local indigenous groups. [More info](#)
- Handicrafts**
Traditional trades are practiced here, including artisan cheese making, milling, saddle-making and mask-making, as well as the cooks of Santa Cruz, local artisans, seamstresses, potters and musicians. Local artisans also work with bamboo. The indigenous communities maintain the craft of basket weaving. [More info](#)
- Poetry**
Notable Costa Rican poets from the region include Marco Aguilar, Laureno Albán and Jorge Debravo, who founded the Turrialbeños Poets Circle in the 1960s. Erick Gil Salas, Juan Carlos Olivas and others are more recent examples. [More info](#)
- Festivities**
Local communities hold a wide variety of festivities, including festivals of their patron saints, the Cantonato, the Preserving Traditions (Rescatando Tradiciones) Festival, the Tourism Festival and the Santa Cruz Gastronomic Festival. Among the many agricultural fairs are the Coffee Fair (Feria del Café) and the Coffee Roots Festival (Festival Raíces del Café), Feria OVOP, Feria San Buenaventura, the Cheese Fair (Feria del Queso) and the Pejibaye Fair (Feria del Pejibaye). The Cabécar culture celebrates the Corn Ceremony, the Cabécar Encounter and Ancestral Stories, among others. [More info](#)
- Guayabo National Monument**
A thousand-year-old mystery awaits discovery in the Costa Rica's Central Valley. Guayabo National Monument, just northeast of the town of Turrialba, is located on the lush slopes of the active Volcán Turrialba. [More info](#)
- Coffee Culture**
The main species grown is Coffea arabica, also known as arabica coffee, which is divided into two main varieties, Caturra and Catuai. These produce a higher quality bean and a cup with better characteristics: pleasant, aromatic and fine. [More info](#)

Enter the following links and you will be able to find information about companies in the area registered by **ICT INSTITUTO COSTARRICENSE DE TURISMO**

- [Hotels](#)
- [Car rental](#)
- [Restaurantes](#)
- [Travel agencies](#)
- [Tour guides directory](#)
- [Traveler tips](#)
- [Certified transportation](#)

EMERGENCIAS 9-1-1

To learn more about tourist services enter here

Turrialba

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Tourist activities

- Ecotourism**
National Parks and Forest Reserves offer tourists a unique experience by being in contact with nature and the biodiversity of this area. [Leer más](#)
- Adventure**
There are dozens of tour operators in the area who can provide fun day trips for the adventure lovers who come here for an unforgettable and incredible vacation. [Leer más](#)
- Birdwatching**
Turrialba is a privileged site for birdwatching, with a diversity of species that stands out from other destinations in Costa Rica and abroad. [Leer más](#)
- Rural and Community Tourism**
Turrialba offers tourists a direct contact with the Costa Rican countryside. Here, you can enjoy an authentic experience with personalized and high-quality service. [Leer más](#)

Public services in the zone:

- Gas station
Turrialba-La Suiza
- Supermarket
Turrialba-La Suiza-Santa Cruz-La Isabel
Santa Teresita-Santa Rosa-Pavones
- William Allen Hospital - Turrialba
- Pharmacies
Turrialba - La Suiza
- Fire station
- Banks
Turrialba - La Suiza
- Red Cross
- Police station
- Post office
- Lodging
La Suiza - Turrialba - Santa Cruz
Santa Rosa - Tres Equis - Pavones
Santa Teresita
- Shopping center
Turrialba

Historical Architectural Heritage: Buildings designated as having historic and architectural value under Law 7555 on Historical Architectural Heritage

You can't miss these works of architectural heritage!

- Jenaro Bonilla Aguilar School**
- Old Railway Station**
- La Pastora Catholic Temple**
- Aquiaries Catholic Temple**
- Guayabo National Monument (archeological site)**
- Colorado Church**
- Santa Cruz School**



4 Photo: Hotel Villa Florencia

Cultural Agenda

January

31 Presagio de fuego: National Poetry Day

May

Varies MTB Reventazón
Varies CATIE International Fair

June

Varies Fiestas Patronales Santa Cruz
Varies Fiestas Patronales Peralta
Varies Tourism Festival
23 Turrialbeño Artists' Day

July

Varies Cheese Fair
15 Fiesta Patronal San Buenaventura

August

17-18 Peralta District Anniversary
19 Cantonato de Turrialba
30 Afrodescendants' Day
Varía International Fair of Poetry - Turrialba

September

Turrialba Choral Convergence
Late August or early September
Varies Commemoration of the Relics San Antonio de Padua
14-15 Independence Day Celebrations
Varies National Pejibaye Fair
28-29 National Coffee Fair

October

Varía Fiestas Patronales a San Rafael Arcángel
Varía Fiestas Patronales Mollejones - every 2 years

November

Varies Turrialba Cheese and Mountain Fair
2nd week of November

December

14-15 Patio de Águila Festival



[Turrialba Tourism Chamber](#)

Cuisine

If you are going to visit this area, these are the dishes you have to try:

CREMA DE PEJIBAYE

This creamy soup is a tasty mixture of pejibaye (*Bactris gasipaes*), chicken broth, oil, milk or cream, chopped onion, garlic and sweet peppers, which is consumed almost exclusively in Costa Rica.
Where: Don Porfi. Tel: 2256-9797 Río Bar y Rest. Tel: 2256-9898



CHANCLETAS

MCJ



This dessert is made from chayote (*Sechium edule*), and its name means "flip-flops". First, the chayote is seasoned, cooked and mashed; it is then seasoned with sugar and other ingredients and baked in its own skin with a cheese topping.

Where: Don Porfi. Tel: 2256-9797 /

Rest. La Feria. Tel: 2256-5550 / Villa Florencia: Tel: 2557-3536 / Hotel Wagelia. Tel: 2256-1566.

POZOL

Costa Rican pozol is a traditional dish and an authentic gastronomic experience whose main ingredients are pork and corn. This dish is always a welcome addition at lunch or dinner time.

Where: Rest. La Feria. Tel: 2256-5550 / Rest. Sitios Angostura. Tel: 2538-1832 / Hotel Wagelia. Tel: 2256-1566 / Soda Los Tucanes. Tel: 8478 9873 / Villa Florencia: Tel: 2557-3536.



PICADILLO DE ARRACACHE



MCJ

This is one of the most well-known picadillos from Costa Rica. The base is the arracache, a tuber of South American origin; its scientific name is *Arracacia xanthorrhiza*. Where?
Rest. La Feria. Tel: 2256-5550 / Rest. Sitios Angostura. Tel: 2538-1832 / Hotel Wagelia. Tel: 2256-1566 / Soda Los Tucanes. Tel: 8478 9873 /

Villa Florencia: Tel: 2557-3536.

CHICARRONES DE QUESO

This is the Costa Rican version of chicharrón de queso. The recipe can look somewhat confusing: it can look like a piece of meat when served dry, but it can also be a dessert when covered in a syrup made of tapa de dulce (panela).

The recipe uses a mature cheese called "quesillo", since it must maintain its consistency when heated.



Where: Rest. Prolaso. Tel: 8828 8042 / Rest. Villa Florencia: Tel: 2557-3536.

CHICHA CABÉCAR



MCJ

This is a traditional beverage made by the indigenous people of the area, which is made from fermented corn for special occasions such as welcomes and ceremonies.

Where: Chirripó Duchí Indigenous Territory.

[Recipe book here](#)

Coffee specialties

Turrialba is a coffee-producing zone, with early ripening plants with multiple blooms due to the effect of constant rainfall, which provide special conditions for the coffee grain and allow it to grow quite large. The flavor is characterized by a mild acidity, light body and delicate aroma.

Where: Aquiares

[More info here](#)



Handicrafts

There is an organization of local artisans in the area called Colectivo Artesanal La Calzada, who produce handicrafts inspired by the cultural heritage of the Guayabo Monument.

The Calzada Dulce Collective was formed in 2018 through an assistance program of the Costa Rican Tourism Board as part of the Artesanías con Identidad Program of the Department of Tourism Development of the Directorate of Planning and Tourism Development. This strategy aims to enhance tourists' travel experiences by making it possible for them to obtain unique products made by local artisans from Turrialba, bringing a little piece of this region's soul back home with them.



Do you want to buy quality handicrafts with a true Costa Rican identity?

The catalog below contains a wealth of quality handicrafts from local artisans at excellent prices.

[To see the catalog of products click here](#)



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

Cheese Fair



Month of July
(Date varies in order to ensure it falls on a weekend)

Turrialba cheese (also produced in Peralta, Santa Teresita and Guayabo) is famous throughout the country for its unparalleled flavor, thanks to the quality of the milk and its artisanal production process, which has been passed down from generation to generation for over 100 years.

But cheese is not the only protagonist of the Cheese Fair: it also offers a sample of all the milk products made in the area.

Location: Santa Cruz de Turrialba.

[More info here](#)

Fiestas Patronales Santa Cruz



Cortesía: Cámara de Turismo Turrialba

Month of June
(Date varies in order to ensure it falls on a weekend)

They have been held for more than 50 years to raise funds for the repair and maintenance of the Temple and Parish Hall.

These festivities are held each year during the month of June.
Location: Santa Cruz de Turrialba.

[More info here](#)

Fiesta Patronal San Buenaventura



Foto: Jennifer Cordero

The weekend closest to July 15

The community's celebrations of their patron saint, San Buenaventura, include a fair with carousels, food sales and artistic and cultural activities, which aim to celebrate this important date for the Catholic community of Turrialba. These activities have been carried out for more than 50 years with the aim of uniting and preserving the family and the community of Turrialba.

Location: San Buenaventura Parish, Turrialba.

[More info here](#)

Entre Quesos y Montañas Turrialba



Foto: José Adrián Alvarado

Second week of November

This activity, whose name means "Between Cheese and Mountains" consists of cultural and recreational events that bring together local cheese producers and artisans. They exhibit their products and hold cultural presentations and workshops for young people and adults. Its purpose is to raise awareness of the community's historical memory and to promote cultural activities.

Location: San Antonio de Santa Cruz, Turrialba.

[More info here](#)

Relics of San Antonio de Padua



Month of September
(Date varies in order to ensure it falls on a weekend)

Every year in the month of September, the festivities called "Commemoration of the Relics of San Antonio de Padua" are observed due to the devotion that exists in the community for this Saint. This activity has been carried out for about eight years, with the participation of the whole community. The Economic Council of San Antonio is in charge of the event.

Location: Santa Cruz.

[More info here](#)

Festivities in honor of San Rafael Arcángel



Month of October
(Date varies in order to ensure it falls on a weekend)

These have been held for many years now during the month of October, when the whole community pays homage to its patron saint, San Rafael Arcángel.

It is a very important celebration for the community, because it allows them to preserve their traditions, culture, values and history, and to reinforce their community identity.

Location: Santa Cruz.

[More info here](#)

National Fair of Turrialban Coffee



September 28 & 29

The objective of the fair is to provide a family-friendly space to enjoy the best of the golden bean and all the delicacies made from coffee.

It also seeks to boost the local economy and position Turrialba as a national tourist destination, promoting the traditional products of the area, which are on offer in more than 80 stands that include the presence of artisans from Turrialba.

Location: Santa Rosa, Aquiares de Turrialba.

[More info here](#)

Fiestas Patronales Peralta



Cortesía: Cámara de Turismo Turrialba

Month of June
(Date varies in order to ensure it falls on a weekend)

These festivities honor the Sacred Heart of Jesus, with religious activities, food sales, horseback riding and a dance.

It has been held during the month of June for 40 years in the community of Peralta de Turrialba, on the Feast of the Sacred Heart of Jesus.

Location: Peralta, Turrialba.

[More info here](#)

Mystic Night Tour Guayabo Monument



Cortesía: Jardín Botánico CATIE

Month of October (Date varies in order to ensure it falls on a weekend)

This tour has been held during the month of October for the past 10 years.

It consists of a tour of the Guayabo National Monument, where visitors, both Costa Ricans and foreigners, are exposed to traditional indigenous stories from the area on a night tour. The purpose is to preserve the importance of our cultural roots.

Location: Santa Teresita - Guayabo National Monument.

[More info here](#)

Peralta District Anniversary



August 17 & 18

For the past five years during the month of August, the district of Peralta has celebrated its anniversary. The festivities feature food sales, stalls, dances, music stages, tributes, cultural presentations and special guests.

The celebration of the founding of the district of Peralta showcases the district's history, culture and population, and stimulates the economy through culture and tourism.

Where: Peralta

[More info here](#)

Fiestas Patronales Mollejones



October

Patron saint festivities have been held for more than 8 years in the community of Mollejones in La Suiza de Turrialba, all for the benefit of the community.

These festivities are organized by the Association of Integral Development of Mollejones; their objective is to foster cultural exchange, preserve ancestral customs and to transmit this cultural wealth to future generations.

Location: Community of Mollejones, La Suiza.

[More info here](#)

CATIE International Fair



Cortesía: Jardín Botánico CATIE

May - April (Date varies as it is held over two weekends)

In the month of May every year, CATIE opens its doors to thousands of visitors, with a healthy and educational recreational activity that is suitable for the whole family.

Art, music, culture, gastronomy and sports, come together for a unique weekend in Turrialba, with a focus on helping the community. Location: Turrialba.

[More info here](#)

Tourism Festival Between Nature and Culture



Cortesía: Cámara de Turismo Turrialba

Month of September
(Date varies in order to ensure it falls on a weekend)

In Turrialba, a real celebration takes place during the month of June. The Tourism Festival takes place on the CATIE campus, where visitors can enjoy delicious gastronomy, handicrafts, agricultural products and great tourist offers.

Location: CATIE Campus, Turrialba.

[More info here](#)

National Pejibaye Fair



Month of September
(Date varies in order to ensure it falls on a weekend)

Tucurrique is a town of indigenous origin, nestled in the mountains of the eastern sector of the Central Valley; in the month of September each year the traditional

Pejibaye Fair is held.

The main objective of the fair is to promote the consumption of peji-baye and products made from it, and to preserve the values and traditions of the peji-baye culture

Location: Tucurrique-Pejibaye Fairground, Turrialba.

[More info here](#)

MTB Reventazón



Cortesía: Turriadventours

May
(Date varies in order to ensure it falls on a weekend))

It is the most important recreational mountain biking event in the canton, which aims to provide fun and athletic activities for the whole family, in collaboration with the Special Education Center of

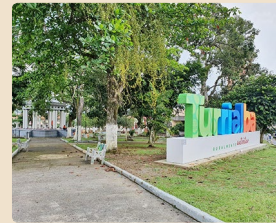
Turrialba. This sporting event is held every year in May.

Location: San Buenaventura Tourist Park, Turrialba.

Cantonato de Turrialba



Foto: Jennifer Cordero



August 19

The Canton of Turrialba was formed on August 19, 1903. The name comes from that of the volcano, whose massif dominates the countryside. Each year the canton celebrates its founding through the Cantonato, with cultural and sports activities.

Location: Quesada Casal Park and Turrialba Public Square.

Afrodescendants' Day



Cortesía: presidencia.go.cr

August 30th

The artistic community of Turrialba celebrates Afrodescendants' Day on August 30, celebrating the black population of Turrialba through stories, tributes and calypso.

Location: Restaurante la Feria, Turrialba.

[More info here](#)

Patio de Águila Festival



September 14 & 15

The sustainable Patio de Águila Festival takes place during the month of December in Turrialba; attendees can enjoy cultural and artistic activities and workshops.

Location: Quesada Casal Park and the Casa de la Cultura de Turrialba.

[More info here](#)

Independence Day Celebrations



September 14 - 15

The canton of Turrialba holds a series of festivities on September 14 and 15, which allude to the date of October 29, when the independence of Costa Rica

was declared in 1821.

Location: Quesada Casal Park, Turrialba.

Cheese



PRODUCTION OF

Historical, cultural and environmental aspects have combined over time to create the perfect combination of tradition and flavor. Turrialba cheese, in addition to being a consumer product, is an element of the local identity that is recognized by many inside and outside Turrialba.

It combines the technique passed down from generation to generation, a practice that has persisted throughout the economic development of the area and forms the basis of families' livelihoods in many communities.

Location: Santa Cruz, Peralta and Santa Teresita de Turrialba.

[More info here](#)

HOW TO MAKE

Boots in Turrialba

The Turrialba shoe is a half-boot type shoe made of leather, composed of two pieces and a strap that holds them together. There is a double seam on the inside that makes it waterproof, along with a low heel made of pressed leather.

It was introduced by the French shoemaker Auguste Gabriel Aimable Rivel, known as Auguste Rivel (1878-1959), who was one of the first settlers of La Suiza. Mr. Rivel was inspired by English army boots to make the first pair for a close friend.

Location: La Suiza.

[More info here](#)



Presagio de fuego
National Poetry Day



January 31

This national festival takes place every year on January 31, having been declared by executive decree on April 25, 1996. It is called National Poetry Day and is held to commemorate the birth of the distinguished poet Jorge Debravo.

Location: Turrialba.

[More info here](#)

*International Festival
of Poetry - Turrialba*



August

With the participation of national and international poets, the International Festival of Poetry is celebrated in Turrialba and elsewhere in Costa Rica; it is the most important lyrical festival in the country. This activity is celebrated during the month of August.

Location: Turrialba.



Turrialbeño Artists' Day



June 23



Cortesía: Cámara de Turismo Turrialba

Culture is the soul of Turrialba. It transmits the strength of the collective spirit, embodied in the works of its artists, writers, painters, musicians and creators.

The Municipal Council of Turrialba has declared that Turrialbeño Artists' Day will be celebrated on June 23.

Location: Turrialba.

Turrialba Choral Convergence



Late August or early September

The choral convergence is a space for cultural and social exchange, where different choirs from Turrialba and the country participate.

Location: Turrialba.

[More info here](#)



Cortesía: tur.ac.cr

Gala Concert



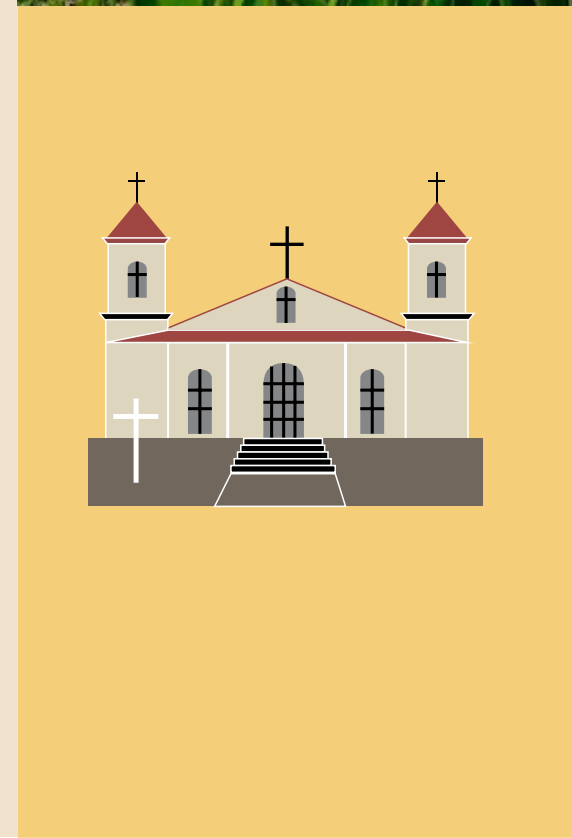
Artists from Turrialba, the National Symphonic Orchestra and the National Symphonic Choir, hold an extraordinary gala concert in Turrialba during the year-end Christmas festivities.

Location: Turrialba.

[More info here](#)



Foto: Andres García Lachner.



Infrastructure with
heritage
value

Turrialba
RURALMENTE auténtico

Old Atlantic Railroad Station



The Old Atlantic Railroad Station was built in 1890 on land belonging to Hacienda El Guayabal, and its construction accelerated and consolidated the settlement of the community.

It was declared to belong to the historical and architectural heritage of Costa Rica on September 7, 1994, in gazette No. 170. This declaration prohibits the demolition or partial or total remodeling without prior authorization from the Center for Research and Conservation of Cultural Heritage of the Ministry of Culture and Youth.

Location: Downtown Turrialba.

[More info here](#)

[Train lovers](#)

Santa Cruz Schoolhouse



Built in 1938, the schoolhouse was constructed in metal using with supports and brick plinths in an early twentieth century style; these techniques and materials are no longer in use today.

Its historical and cultural value lies in the fact that it was the first and only educational center in the area and that its classrooms were attended by outstanding figures of national literature such as the poets Jorge Debravo and Laureano Albán.

It was declared to belong to the historical and architectural heritage of Costa Rica on April 29, 2004, in gazette No. 83. This declaration prohibits the demolition or partial or total remodeling without prior authorization from the Center for Research and Conservation of Cultural Heritage of the Ministry of Culture and Youth.

Source: *Sicultura*.

Location: Santa Cruz, Turrialba.

Omar Salazar Museum of Turrialba



Created on November 10, 1995, it occupies a building that has been declared to be part of the country's historical-architectural heritage. The museum aims to preserve the canton's indigenous roots, with an archaeological exhibit that shows the ways of life of the first peoples of Turrialba. The museum has a temporary exhibition hall that constantly offers visitors new exhibits on different themes.

Location: Turrialba, Universidad de Costa Rica, Atlántico campus.

Note: The museum is open to the general public.

[More info here](#)

Iglesia La Pastora



The church is a building that represents a historical period characterized by the region's economic development and a construction method based on the introduction of new materials and techniques.

It is a testament to the settlement of the territory of Santa Cruz, where it was colonized by pioneers in the late nineteenth century for agricultural purposes, taking advantage of the construction of the railroad to the Atlantic.

It was declared to belong to the historical and architectural heritage of Costa Rica on April 29, 2004, in gazette No. 189. This declaration prohibits the demolition or partial or total remodeling without prior authorization from the Center for Research and Conservation of Cultural Heritage of the Ministry of Culture and Youth.

Location: Santa Cruz.

[More info here](#)

San Buenaventura Catholic Temple



The parish was founded in 1906, and the church was built in 1974 by the inhabitants of this community. Since then, the church was consecrated to the Franciscan mystic Bonaventure (Buenaventura) and has been rebuilt three times.

Location: Turrialba.

Note: The Catholic Temple is a reference or meeting point for many excursions or walks.

It is part of the attractions that are visited during on tours of the city; visits can only be arranged by the Municipality.

[More info here](#)

Old Peralta Train Station



The walls of the Old Peralta Train Station bear silent witness to the memory of Turrialba's Caribbean history.

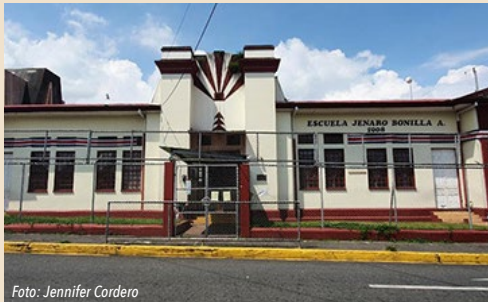
The Peralta railroad station was one of the most important stations, since it is located on the stretch of track parallel to the Río Reventazón.

This railroad gave life to the Caribbean towns, carrying merchandise, letters, visitors, errands, errands and traditional foodstuffs. These communities are not seen when traveling along route 32 (Zurquí) or route 10 (Turrialba-Siquirres), and many are likely unaware of their existence.

Location: Peralta

[More info here](#)

Jenaro Bonilla Aguilar Schoolhouse



The building was constructed in 1908 in an architectural style whose use in school buildings was popularized by architect José María Barrantes in the first half of the 20th century. Today it continues to serve as an educational institution and has become a fundamental part of the community's urban life.

It was declared to belong to the historical and architectural heritage of Costa Rica on January 11, 2003, in gazette No. 12. This declaration prohibits the demolition or partial or total remodeling without prior authorization from the Center for Research and Conservation of Cultural Heritage of the Ministry of Culture and Youth. Source: Sicultura.

Iglesia de Aquiares



The chapel was built in the early 1930s. It was covered with metal sheets on the outside and wood on the inside, displaying artistic elements of English Georgian architecture; it was located within the coffee farm of Mr. Stanley Lindo. Inside, the church contains an antique altar imported from Italy and beautiful stained glass windows that were brought from Germany. Subsequently, this property became the town of Aquiares, of which the hermitage is an integral part.

It was declared to belong to the historical and architectural heritage of Costa Rica on September 3, 1997, in gazette No. 169. This declaration prohibits the demolition or partial or total remodeling without prior authorization from the Center for Research and Conservation of Cultural Heritage of the Ministry of Culture and Youth.

Location: Santa Rosa - Aquiares.

Note: People can visit the church of Aquiares on their own and through the Hacienda Cafetalera, which is located in the community of Aquiares.

Turrialba Municipal Band Building



The Turrialba Municipal Band has been a bastion of the canton's cultural activities. It was founded to strengthen the values and promote the cultural and musical development of the people of Turrialba. The institution was founded in 1916, 13 years after Turrialba was declared a canton.

Location: Turrialba.

[More info here](#)

Iglesia de Colorado



This church is located in one of the first hamlets founded in the territory now known as Turrialba, and was built with wood and sheet metal. The church is the most well-known building in the village and is still used as a Catholic meeting place.

Location: Turrialba.

Universidad de Costa Rica Piano Hall



This project aims to promote the cultural development of the canton of Turrialba, and to provide cultural and music education through musical presentations and workshops for the artistic, academic and cultural enrichment of students, the university community and the general public. Location: Turrialba.

[More info here](#)

Casa de la Cultura Jorge Debravo de Turrialba



The Casa de Cultura (House of Culture) was opened on Monday, April 21, 1986; in October 1995, it was renamed in honor of Jorge Debravo. It is a very important space for cultural activities such as concerts, theater performances, and others.

Location: Downtown Turrialba.

[More info here](#)

Etaqa Básica Music Building



The Turrialba Basic Stage was inaugurated in 1988, created by the initiative of musicians Marvin Camacho, Edwin Monestel and Álvaro Carpio, who had the idea of bringing musical and instrumental education to this region of Costa Rica and bringing culture closer to rural areas, all under the auspices of the School of Musical Arts of the UCR, which hosts the building on its Atlantic Campus.

Location: Turrialba

[More info here](#)

Restaurante la Feria

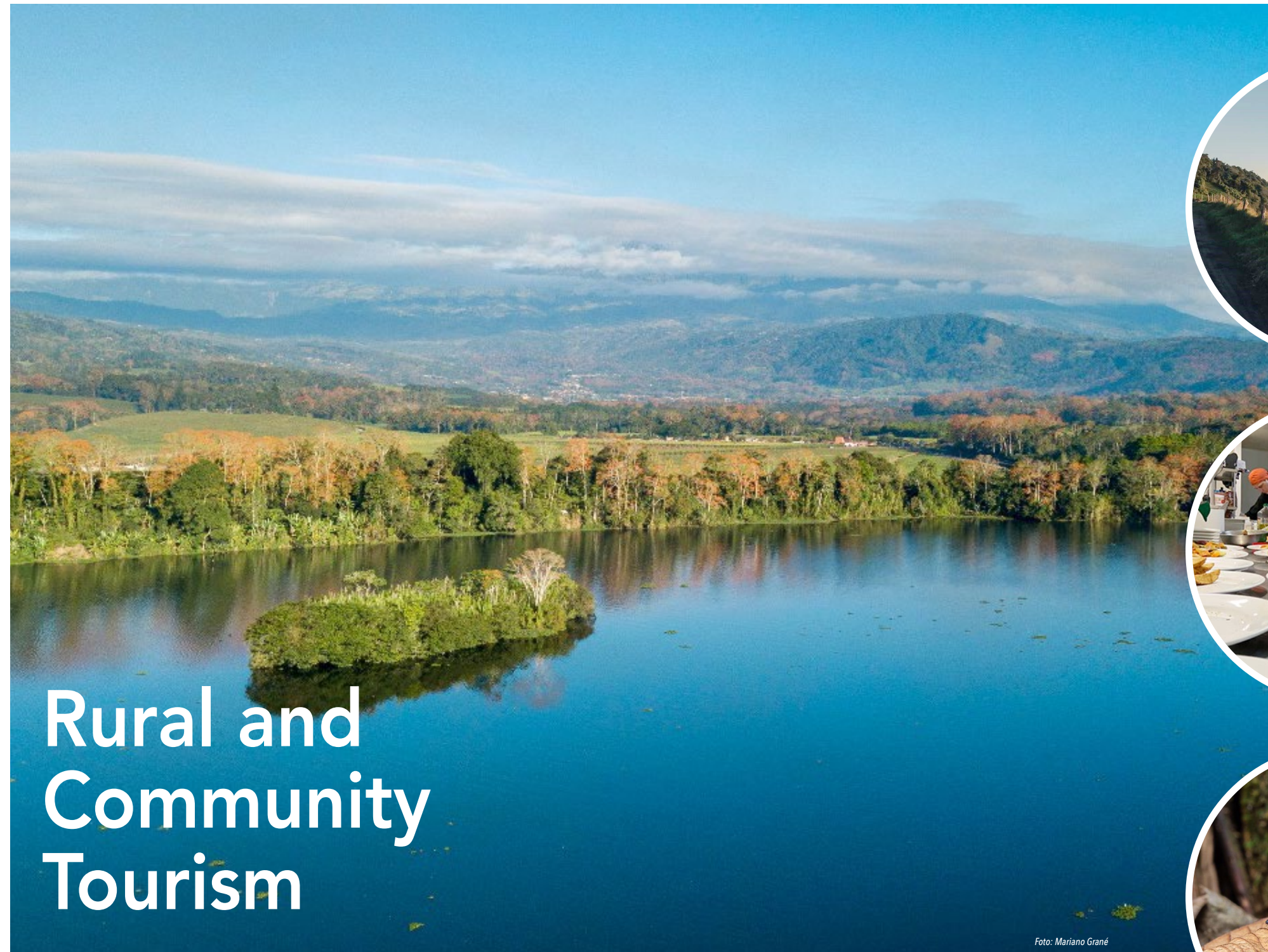


Restaurante la Feria, located in Turrialba Centro, has always had the policy of offering its facilities for the promotion and encouragement of the artistic and cultural activities of the Turrialba-Jiménez Region. This has turned the restaurant into a recognized meeting place for artists, as well as a popular art gallery and a spot intellectual gatherings and related activities.

Location: Turrialba

[More info here](#)

| Tours | |
|--|---|
|  | Peralta Cheese and Cocoa Farm. Train History |
|  | Dairy and Cheese Farms of Santa Cruz. |
|  | Alto Chirripó and Chirripó Duchi Indigenous Territories |
|  | Mollejones Morpho Butterfly Farm |
|  | Mollejones Rural Tourism |
|  | La Suiza Mill |
|  | Plant Tour in Guayabo |
|  | Guayabo Cheese Tour |
|  | Experiential Conserve Tour in Guayabo |
|  | Butterfly Farm in Pacayitas and Bajos del Toro |
|  | Hacienda La Corteza: Horseback Riding Tour Day and Night Hikes. (Tres Equis). |
|  | Coffee, Sugar Cane and Macadamia Nut Tours at Hacienda Sitio de Mata |
|  | Dickla Organic Coffee Farm Tour, Tres Equis |



Rural and Community Tourism

Turrialba offers tourists the opportunity to authentically connect with Costa Rican rural life. These experiences offer personalized attention and quality tourism services. You will discover the Costa Rican concept of Pura Vida, enjoying and sharing a variety of environments full of peace and comfort and experiencing customs and traditions in a breathtakingly diverse natural environment.

Turrialba's incredible diversity of agricultural plantations has allowed it to excel in this segment. Part of Turrialba's agrotourism offer includes tours in plantations of pejibaye, guava and sugarcane, coffee farms and processing facilities, sugarcane mills and artisanal cheese factories where the authentic Turrialba cheese is produced. The region is also home to beekeepers, butterfly farms and workshops producing jams, jellies and handmade soap. The lush and green environment contains colorful houses, herds of cattle, small farms, wooded areas and waterfalls, which combine into a dream-like landscape.

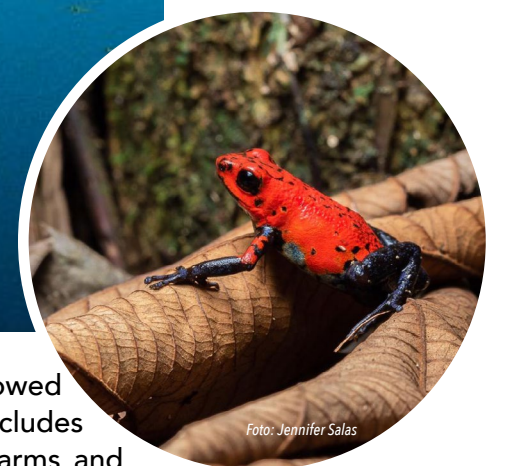


Foto: Mariano Grané



Cortesía: Hotel Villa Florencia

SANTA CRUZ

With the backdrop of a smoking volcano, the village offers incredible landscapes, rural restaurants with local dishes, and lodging options for all budgets.

The community is known for the production of Turrialba cheese, with farms where you can even make your own cheese. Trout fishing, hikes through the pastures and cloud forests, birdwatching, horseback riding, mountain biking, local cooking classes and cheese production are just some of the activities on offer in this beautiful area. In the evenings, depending on where you are, you can also watch traditional dances.

MOLLEJONES

The community offers visitors an experiential experience: you can learn about and participate in the preparation of homemade bread, tortillas and preserves, as well as visiting the sugarcane mill where the crop is processed.

“Mollejones is a town full of traditions and memories. The elders say that Mollejones used to be a place of mountains from which even lions would come out; their kitchens were outdoor wood stoves and they used lamps that burned camphor or castor oil. Their clothes were washed in large vessels on the river stones. Their mattresses were mats and they were covered with blankets made from sack-cloth. Everything that was eaten was harvested; the customs of those who founded it are still preserved, maintaining the village’s unity, solidarity and desire to work. Mollejones is a rural village that is ready to host anyone who wants to visit, a place where you can breathe freedom, peace and tranquility.



Explornatura



Alonso Ellis

PERALTA

Peralta is a quiet town with an exuberant environment and a climate very typical of the humid tropics. The town’s old train station and railway wagons tell the history of this town. In addition, the construction of one of the largest bridges in Turrialba will link Peralta to nearby communities, as well as reactivating its economy and tourism. Chocolate, cheese and walking tours of the old train tunnels are some of the activities on offer.

LA MURALLA WATERFALL AND LAS TRILLIZAS

Tourists are invited to visit La Muralla Waterfall in Santa Cruz de Turrialba. To experience the beauty of the roaring water, you will have to hike to the base of the waterfall – a gorgeous experience! It is easy to access, but getting out is tough... the hike is 3.4 kilometers in length, passing through a beautiful landscape of pastures, orchards and forests.

To get to Las Trillizas you will have to pass by a dairy farm and walk downhill on a couple of trails for about 20 minutes. The hike is of moderate difficulty, though it is important to be prepared with comfortable clothing, sunscreen, insect repellent and hiking shoes. The way back is by the same path and the ascent is quite steep, so a good physical condition is recommended. Once you arrive at the base of the falls, you can swim in the cold water in the pool at the base of the waterfall; a bathing suit is ideal. The three falls (hence the name, as trilliza means “triplet”) are 40, 30 and 20 meters in height.



Adrián Alvarado

CAÑO SECO WATERFALL

To visit this natural paradise, you must first enter the Finca Agropecuaria Hnos RV, which is home to the La Fuente Waterfall Caño Seco, a rural tourism project. The tour starts at the main facilities and passes by a dairy farm and the cement road used for the cattle. You’ll then walk across the pastures and enter the reserve, where you will find the Caño Seco Waterfall, with a height of 30 m, and its pools with their fresh and crystalline waters.

The hike is 2 km in total with a moderate intensity. We recommend sunscreen, protection for electronic items, a change of clothes and shoes suitable for mountain trails. We look forward to your visit!



Jean Paul Dinarte



Explore Turrialba

AQUIARES

Visit the coffee-growing community of Aquiares, home to one of the largest coffee farms in Costa Rica, the beautiful colonial church and the majestic Aquiares waterfall.

Discover the beautiful Aquiares waterfall, over 30 meters in height and with pools of different sizes under the welcoming shade of the surrounding trees.

PEJIVALLE

The name Pejivalle is said to come from the words for ‘fish’ (pez) and ‘valley’ (valle), alluding to the abundant fish caught by the indigenous population in this beautiful valley. The climate in this sugarcane- and pejobaye-growing region of Turrialba is pleasantly warm. The region is hilly, making it ideal for mountain biking to the La Marta Reserve, an ideal location for birdwatching or camping. Other activities include rafting on the Río Pejivalle, biking and hiking. Pejivalle offers a few comfortable lodging options and small rural restaurants. Here, travelers can continue to Tucurrique and then to the Orosi Valley.



Refugio de Vida Silvestre la Marta

LA SUIZA

La Suiza is a village that lives on sugarcane and cattle farms.

Visitors to San Vicente de la Suiza de Turrialba can visit dairy farms and experience the manufacturing process of the famous Turrialba cheese or even milk the cows themselves! Afterwards, visit the local guava jelly factory and see the fruit being processed into preserves.

The mill in Pacayitas showcases the process of making tapa de dulce, a raw sugar product also known as panela.



Courtesy of Hotel Villa Florencia

RAFTING



If you like adventure and adrenaline, go rafting on the Río Pacuare and Río Pejivalle. These two rivers are world-famous and are sometimes used as training grounds for world-class rafting and kayaking races.

There are dozens of tour operators in the area who organize day trips for the adventure lovers who come here for an unforgettable and incredible vacation.

Photos: Explornatura



Closer to Turrialba, you can also enjoy fun rafting trips on the Río Pejivalle, a slightly smaller river.

Requirements for rafting in Costa Rica

According to the Adventure Tourism Regulation, the maximum permitted weight of the user is based on two factors:

1. Maximum weight of 135 kg (298 lbs).
2. The weight rating of the company's largest life jacket that fits the wearer properly.

In general, **Class I-II rivers are appropriate for ages 7-60**. For class III the minimum age is usually 12 years old. Class III-IV, the minimum age is 14 and experience is recommended. For class IV, the minimum age is 16 and previous experience is required.

Costa Rica's most popular river for rafting is the Pacuare, which has class III-IV rapids. No previous experience is required, though there is a minimum age and rafters cannot be pregnant. As such, most tourists should be able to take on rapids of that difficulty level or below.

Pacuare

This river is the most famous in the region due to its scenic beauty, with magnificent waterfalls and impressive tropical vegetation. It is also considered one of the 10 best rivers in the world for rafting and kayaking. Its course can be divided into two sections:

- **Bajo Pacuare** - San Martín (Class V-VI). For experts only. You will not be able to find tours for tourists on this section.
- **San Martín** - Siquirres (Class III-IV).

The famous Las Huacas Waterfall is located on the route, a narrow area of 130 meters, full of edges and rocks that give rise to the best rapids in the lower part.

When to go? Tour companies recommend heading on the rapids between mid-May and mid-March, although according to the official tourism website, they can be visited at any time of the year. However, the rapids may reach class V during the rainy season.

Pejibaye

A river with Class III, IV and V rapids. Divided into 4 sections, some for beginners and others for experts:

- **Machine Room to Tucurrique** (Class II-IV).
- **Tucurrique to La Angostura** (Class III). This 19 km section is the most popular, and is ideal for first timers.
- **Peralta Section:** Angostura to Peralta (Class V). 15 km only for experts and during the dry season, from December to May.
- **Pascua Section:** Peralta to Siquirres (Class IV). Almost 26 km with numerous class IV rapids (non-stop).

When to go? It is possible to visit it all year round.
Where is it located? Between Cartago and Limón.

[More info here](#)
[Vamos a turistear](#)



Tours

Turrialba Jiménez

Turrialba and Jimenez offer a unique experience that will fill you with curiosity, a desire to explore, learn more, and to enjoy an authentic tourist destination.

You will find a wide variety of tours and activities, from a visit to a pre-hispanic city on the slopes of Volcán Turrialba to one of the best botanical gardens in Costa Rica. If you like adventure and adrenaline, you can enjoy world-class rafting on the Río Pacuare and Río Pejivalle, as well as waterfall rappel, zipline, hanging bridges, a climbing wall and many other activities.

Turrialba and Jimenez are known for their incredible cultural experiences, a unique rainforest, amazing biodiversity and their most popular volcanoes, Irazú and Turrialba.

In addition, you can taste one of the best culinary flavors of Costa Rican gastronomy and even international cuisine. You'll also be able to taste the Turrialba cheese in its authentic place of origin and live the experience of rural tourism and agroecotourism.

Turrialba and Jiménez are waiting for you..





Photography: CATIE Botanical Garden



Germplasm bank and its vegetable seed collection

The visit begins with an introductory talk on the history and importance of germplasm banks worldwide for food security. Visitors will observe the process of conserving vegetable seeds, which are stored at -20°C in cold chambers. Next, the tour proceeds to the laboratory and a tour of the equipment with a technical professional, providing an opportunity to learn about the processes used to regenerate, germinate and preserve seeds. Finally, visitors enter the freezing temperatures of the cold chamber to see how the seeds that have been packaged are preserved under strict control systems to ensure the food of the future.

Importance: This seed bank preserves around 6,300 seed accessions from different families, genera and varieties, including beans, maize, chili and tomato, among many others. It contributes to the planet's food security and the conservation of species, especially those used for food.

Duration: About two hours.

Dr. Jorge León Arguedas

A tour along the nature trails that have been made accessible in accordance with Law 7600. The CATIE Botanical Garden is made up of an invaluable collection of genetic material that is preserved for research and educational purposes. It houses more than 4,000 genetic samples from around 400 species of plants from different parts of the tropics. It is a living laboratory for observing and interpreting plants from different parts of the world, some of which are endangered. During the tours, guides will explain these plants' uses, properties, natural history and origin, among other interesting details. The botanical garden also maintains an exhibition table, an additional attraction for visitors to find, an unimaginable variety of exotic fruits with very particular shapes and colors, which changes based on the season.

It is also possible to see a large number of animals, especially birds, reptiles, insects and some mammals. We also offer tasting of exotic juices, upon request. In addition, this miniature tropical world also holds a garden of medicinal and magical plants, a bromeliad garden, a heliconia garden, a garden of arums and a demonstration module for agriculture in small spaces.

Duration: About two hours.

Tour of the International Cocoa Collection

The tour begins with a welcome to CATIE's Botanical Garden, moving to the Finca la Montaña sector after a short introduction. Here, the tour begins with a tour of the International Cocoa Collection, one of the most important in the world due to its genetic richness.

Visitors will learn about the history of cocoa, its importance in pre-Columbian and modern cultures, the genetic improvement program in cocoa and propagation methods. There will also be an opportunity to taste the pulp of different varieties and to learn about the process of collection, extraction, fermentation and drying of the seeds for their ultimate transformation into chocolate. The tour group will participate in the process of handmade chocolate liquor (the base material for the chocolate production) and tasting the different preparations that are made.

Importance: CATIE's International Cocoa Collection holds 1,070 samples from different parts of the tropical regions of the Americas.

Duration: About two hours.

Sustainable tropical livestock

This is a tour of modern facilities, where visitors can observe the milking and milk preservation process using clean energy produced from the waste generated by the same activity. The group will also learn about silvopastoral management models, efficient water use, the process of separating solids (livestock excreta) and electricity generation with a biodigester. The tour also includes an introduction to production methods that have been designed to make milk production and livestock farming an economically, socially and environmentally sustainable activity. It is a special experience for all livestock lovers, from beginners interested in learning the basics of sustainable tropical livestock farming to experts who wish to learn and apply new techniques with the aim of becoming sustainable producers.

Importance: This tour showcases the implementation of CATIE's research into making livestock farming a sustainable activity. This research focuses on waste management and silvopastoral models that reduce the production of greenhouse gases. The CATIE farm was certified by Rain Forest Alliance, making it first one to become certified in Costa Rica.

Duration: About two hours.

What to bring



Comfortable clothes Walking shoes Coat

What to bring



Rain coat Repellent Comfortable clothes Walking shoes Umbrella

What to bring



Walking shoes Comfortable clothes Rain coat Repellent Sunscreen

What to bring



Walking shoes Comfortable clothes Rain coat Repellent Sunscreen



International Coffee Collection

The tour begins with a welcome activity and brief introduction of the CATIE Botanical Garden, following which the group travels to the International Coffee Collection in the Botanical Garden.

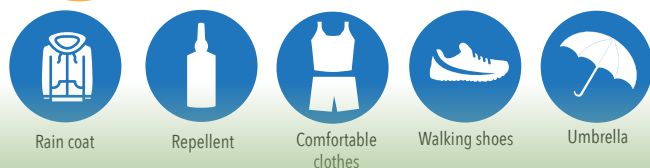
The guides will discuss the most relevant aspects of the species and varieties preserved in the garden, as well as the importance of CATIE's coffee research.

During this guided tour you, visitors will see the amazing number of coffee varieties conserved, some of which can reach 10 meters in height. They will also learn about the importance of this variety for genetic improvement programs for new varieties that can deal with climate change and extreme weather. Next, the group will visit the propagation greenhouses, where they will be able to observe the different scientific projects that CATIE carries out in the field. These include the vegetative propagation of F1 disease-tolerant hybrids, grafting, varieties with high productivity and excellent flavor. This will showcase efforts to improve this important economic activity with major benefits for producers in rural areas.

Importancia: This collection, started in 1949, is considered the fourth largest collection in the world, the second largest in Latin America, the most diverse *Coffea arabica* collection and the only major collection in the world to be in the public domain.

Duración: About two hours.

What to bring

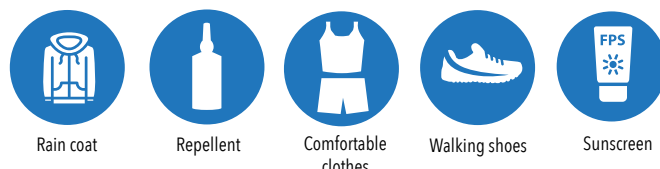


CATIE Bicycle Tour

Enjoy this experience on wheels where you will get a glimpse of all of CATIE's production and research activities. The tour is between 10 and 20 km in length, and makes it possible to discover the exuberant natural beauty of the Botanical Garden and the International Collections of Coffee and Cocoa. It will pass through fields of pejobaye, sugarcane and fruits from around the world, the beautiful lake of the CATIE campus and its waterfowl, and the CATIE sustainable tropical dairy farm, with more than 150 milk cows. All this and more awaits on this one-of-a-kind bicycle tour.

Duration: About two hours.

What to bring



Contact information CATIE Botanical Garden

Tel. (506) 2556-2700 / 8850-5141

jardinbotanico@catie.ac.cr

[JardinBotanicoCATIE](#) [jardinbotanicocatie](#)

visiteturrialba.cr



CATIE Night Tour

The CATIE Night Tour of its Botanical Garden is a unique opportunity to enter the nocturnal world of Costa Rica's tropical wildlife.

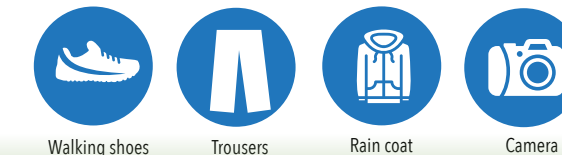
Right after sunset, a certified guide will immerse you in a symphony of nocturnal sounds belonging to the residents of the rainforest. This is an opportunity to see various types of frogs, beetles and grasshoppers up close, with occasional mammals, birds, insects and – with luck – salamanders. The guides are also experts in safely illuminating the wildlife, meaning that the night tour is an extraordinary opportunity to safely capture images of two of the most abundant frog species: the famous Costa Rican red-eyed tree frog (*Agalychnis callidryas*) and Fleischmann's glass frog (*Hyalinobatrachium fleischmanni*).

Includes: Certified guide and flashlights.

Start time: 5:50 p.m.

Duration: About two hours.

What to bring



Birdwatching Tour

The tour begins with a general talk at the Botanical Garden about the behavior of birds, as well as the general characteristics of each species, such as beak type, legs and feeding habits. It also covers altitudinal migrations and the region's most common birds, among other interesting facts.

After the talk, the tour group travels along the Botanical Garden. The guide will have a specialized telescope for spotting birds.

At the end of the tour of the garden, the group will head to the coffee and pejobaye collection, ending at the CATIE lake. It is important to mention that the route is approximately 2.5 km long, so you should take the suggested recommendations into account, you can also feel free to bring a camera and binoculars. About 340 bird species call the CATIE campus home.

Duration: About two hours.

What to bring



Come and share carefree experiences in quiet places, ideal to recharge with peace and tranquility.

During our adventures, you will be impressed by the beautiful landscapes of Turrialba, their exuberant flora and fauna, and our rural culture.

As a tour operator supported by the ICT, we comply with health protocols and prevention measures so that you can enjoy a safe experience with your social bubble.

Birdwatching Tours

Slopes of Volcán Turrialba

Come and explore the Turrialba highlands! Beautiful places that are home to many species of birds that reside in high altitude ecosystems and climates. During this adventure, we will visit extraordinary sites such as the slopes of the Volcán Turrialba, where you will have an opportunity to observe impressive birds such as the quetzal, fire-throated hummingbird, Talamanca and volcanic sparrow, as well as some of the region's birds of prey.

[More info here](#)



Lakes of the Valley

Discover the lakes of Turrialba! During this adventure, we will visit two extraordinary lakes in the Turrialba Valley, sites with a great diversity of bird species, surrounded by open areas and patches of secondary forest, where you will be able to observe aquatic birds such as jacanas, herons, aningas, toucans, and more.

[More info here](#)



Wilderness Areas

Explore one of the best birdwatching areas in Turrialba and Costa Rica! This adventure will take us to the Río Tuis Protected Zone, a place surrounded by secondary forest, pastures and the Río Tuis. As a forest transition zone, it is a popular area for a number of bird species. Iconic birds of the region can be spotted here, including the snow-capped hummingbird, the sun heron and various tanagers.



Nature Hikes

Espino Blanco Biological Reserve

Enjoy an exciting hike in the Espino Blanco Biological Reserve, a wild area located in the beautiful mountains of Turrialba, where you will find peace and tranquility on an exclusive experience for relaxation in the middle of nature.

[More info here](#)



Volcán Turrialba

Experience a unique adventure on the slopes of the Turrialba Volcano: during this hike, you will take in the second-highest volcano in Costa Rica, **the burned forests, ancient lava flows, impact zone and beautiful landscapes of the area.**

[More info here](#)



Los Lagos MTB

Enjoy an exciting bicycle tour, ideal for the whole family, which takes place in the CATIE property. The route has no vehicle traffic and is mostly flat; the tour will take us to the CATIE lake and Angostura, **large plantations of sugar cane, coffee and cacao, as well as the beautiful botanical garden.**

[More info here](#)

Contact:

Tel. (506) 8401-0280 / 2556-1237

info@exploreturrialba.com



Photos: Explornatura

Canyoning & Canopy

Explornatura offers you a different experience: we offer a combination of rappel on four waterfalls in the middle of the tropical forest along with five ziplining cables, one hanging bridge and a small climbing wall. We are located in the heart of Turrialba. We work with groups from a single social bubble.

[More info here](#)

Rafting Río Pacuare

Explornatura offers adrenaline junkies the opportunity to enjoy rafting down Class III and IV rapids on the Río Pacuare, a naturally beautiful setting with waterfalls and an incredible diversity of flora and fauna. The Pacuare is one of the 10 best rivers for practicing this sport, offering an adventure-filled 28 km route. We work with groups from a single social bubble.

[More info here](#)

Family Rafting

Explornatura also offers a family rafting adventure on the Río Pejibaye. The class II and III offer both children and adults a fun and safe experience. The guides are sure to make it an unforgettable experience that you'll want to try again. We work with groups from a single social bubble.

[More info here](#)

Rafting Pacuare 2 days / 1 night

One of the most daring experiences the Río Pacuare has to offer: Explornatura's 2D/1N rafting tour provides two days of rafting, sleeping in the middle of the rainforest and hiking for a morning visit to an indigenous village. The guides will provide a spectacular service as your hosts. We work with groups from a single social bubble.

Guayabo National Monument

Explornatura invites you to visit the most well-known, emblematic site of our pre-Columbian and ancestral culture, the Guayabo National Monument: part of the World Engineering Heritage. Learn about the mounds, causeways, tombs and petroglyphs. We work with groups from a single social bubble.

[More info here](#)

MTB Tropical

At Explornatura, we offer routes that are full of green landscapes, with roads, trails and topography adapted to our clients' preferences: beginner, intermediate or advanced. It's a great way to do sports as a family – our health is important. We work with groups from a single social bubble.

[More info here](#)

CATIE Botanical Garden Plantation

Explornatura's guides will take you to the CATIE Botanical Garden, where you will learn about the most important local crops, including coffee, cocoa, pejibaye, tropical fruits and forest species, as well as other exotic plants that will surprise you with their shapes, colors and flavors. We work with groups from a single social bubble.

[More info here](#)

Tropical Horseback Riding

In Turrialba, enjoy horseback riding tours with beautiful routes through plantations of coffee and sugarcane, with views of the valley or visits to a waterfall. Explornatura gives you the opportunity to experience adventure and nature. We work with groups from a single social bubble.

Photo: Alejandro Calderón

Photo: Explornatura

Photo: Jardín Botánico CATIE

Photo: Cafetalera Aquiares

Costa Rica Coffee Tour



With Explornatura, you can learn all about the different types of coffee beans and how they produce coffee with different flavor profiles. This trip starts amidst the coffee plantations, where you will head to the fields and learn about the methods and procedures of picking coffee cherries. We work with groups from a single social bubble.

[More info here](#)

Cheese Tour



During your visit, you'll learn about the entire process of producing sustainable cheese, the right breeds of cows for milk production, how cows are fed and milked and how milk is processed for preparing cheese. Of course, there will also be delicious samples of cheese! We work with groups from a single social bubble.

[More info here](#)

Adventure packages with lodging



Explornatura has prepared several options that combine adventure activities with lodging. Clients can choose from a variety of schedules that fit their budgets and tastes to explore everything Turrialba has to offer. We work with groups from a single social bubble.

[More info here](#)



Artisan Cheese Tour

Come and let an expert artisan cheesemaker explain the magic behind the transformation of milk into cheese. This experiential tour offers you the chance to make your own cheese and see the process step by step.

Turrialba cheese is famous throughout the country thanks to the quality of the milk and its artisanal production process, which has been passed down from generation to generation for over 100 years. The tour lasts approximately two hours.



What to bring

- Rain coat
- Repellent
- Comfortable clothes
- Walking shoes
- Sunscreen

Tortilla de Queso Workshop

Ms. Miriam Corrales is eager to teach you how to prepare the delicious tortilla de queso, a corn-based flatbread with cheese, a traditional dish in the rural areas of Santa Cruz de Turrialba. Learn how to prepare the dough step by step, and taste your tortilla with a delicious cup of coffee.



Duration:
1:30 hours
aprox.

What to bring

- Rain coat
- Repellent
- Comfortable clothes
- Walking shoes
- Sunscreen



Waterfall Tour

A three-kilometer hike, entering from the Cinchona sector in Santa Cruz de Turrialba. Minimum age for the tour is 12 years old. Medium-high intensity (physical requirement).

What to bring

- Rain coat
- Repellent
- Comfortable clothes
- Walking shoes
- Sunscreen

Duration:
2:30 hours
aprox.



*Guayabo
 National
 Monument*

The walk is carried out on the Los Montículos trail, with a distance of two kilometers two hundred and fifty meters, you will be able to observe archaeological structures with more than 2000 years old, immersed in a green and fresh forest where you will enjoy the beauty of the flora and fauna of the area.

With extensive information on the chronology of the site as well as geographical and natural aspects, you will experience a trip to Costa Rica's pre-columbian past.

In the tour of the trails, all the riches that surround us will be interpreted, rescuing the importance of our ancestors and their way of life, in harmony with the environment.

What to bring



Rain coat Repellent Comfortable clothes Walking shoes Sunscreen



[f More info here](#)

Adrenalina Rafting



1 All Inclusive Package:

29 km of Rafting: We'll move quickly once we're in the water, encountering a variety of class III and IV rapids

- Round trip transportation from San José, Heredia or Cartago: The tour starts at 5:40 a.m. from San José.
- Breakfast: At approximately 8:30 a.m., we will stop to enjoy a traditional breakfast at a restaurant called La Cocina de Betty.
- Hike and refreshments: Around the middle of our trip down the river, there is a short hike where we will take a break by a pool and small waterfalls for a great time with friends and family. Afterwards, a refreshing and delicious fruit snack awaits us to continue the tour.
- Buffet lunch: At the end of the river, we will enjoy a delicious traditional lunch where you can choose from several options.
- Photo Package.
- INS policy.

The package costs €33.000 per person (price for Costa Rican citizens and residents only). You can form a group with as many people as you wish.

To make the reservation, you will have to pay 10% of the total, or €3,000 per person

2 Regular Package:

- 29 km of Rafting: We'll move quickly once we're in the water, encountering a variety of class III and IV rapids
- Round trip transportation from Turrialba to the Río Pacuare: Please meet in front of our office at 8 a.m. From there, we will head to the river in our bus.
- Hike and refreshments: Around the middle of our trip down the river, there is a short hike where we will take a break by a pool and small waterfalls for a great time with friends and family. Afterwards, a refreshing and delicious fruit snack awaits us to continue the tour.
- Buffet lunch: At the end of the river, we will enjoy a delicious traditional lunch where you can choose from several options.
- INS policy.

For more information visit: adrenalinarafting.com

Tours in Juan Viñas Jiménez

Juan Viñas is a destination with a series of experiences to enjoy that are connected to Costa Rican rural life: extensive coffee and sugarcane plantations, heritage buildings, waterfalls and adventure activities like canyoning.



4 Kayak Classes

Venture into the natural world and take part in the wonderful experience of river paddling. At the end of the course, our students will be able to kayak on rapids of levels II, III, IV and V and practice recreational kayaking in complete safety. They will also be able to join an adventure company to work as security on river rafting expeditions if they wish to do so, or to participate in national and international competitions.

3 Juan Viñas Canyoning

Experience an extreme, adrenaline-filled adventure in the canyon of the Río Naranjito. Excitement is in store as you descend four waterfalls, enjoy lunch at a gorgeous viewpoint and end the day by immersing yourself in history with a visit to the old railroad station.



1 Waterfall Tour

Enjoy hikes through a natural paradise to the Santa María and Quebrada Honda waterfalls and get a close look at plantations of sugarcane, coffee and more.



2 Viñas Coffee Tour

Experience the artisanal practices of harvesting and processing coffee, in harmony with the environment. Observe the process from the time the coffee is harvested from the plant to the tasting of a good cup of coffee and traditional local food.

Information:

 Tel. (506) 8514-5536  www.iririatourcostarica
 iririatourcostarica@gmail.com

Photo: IRIRIA Tours





5 Cheese and Guayabo Monument Tour

Peralta is a beautiful town located in Turrialba that is recognized for its captivating history as a railway town. In the days of the railway, the town was an obligatory stop for those who were heading towards the Atlantic.

We will find old railroad tunnels and a museum with a rich history. Locals will also be able to teach you about how they prepare chocolate and the best cheese in the area.



6 Tour of Peralta

This memorable tour begins in Santa Cruz de Turrialba at Finca La Florita, where you can observe and participate in the cheese-making process. In addition, you will learn about how biodigesters and worm composting work to manage the waste produced on the farm. If desired, the tour can also include an optional trip to the Guayabo National Monument.

Information:

 Tel. (506) 8514-5536  www.iriatourcostarica
 iriatourcostarica@gmail.com

7 Trillizas and Muralla: a rural experience

This tour will take you to four waterfalls, three of which are separated by only a few meters. You'll have your choice of natural pools in which you can take a swim. An adventure awaits! You'll need to cross rivers, mountains and cattle pastures to reach the finish line. A farm tour will provide a memorable highlight, where the tour group will pass by cattle, grasshoppers, horseback riding and a small cheese tour, as well as learning about the story of Jorge Debravo.



8 El Copal Biological Reserve and Trapiche Tour

Enjoy a birdwatching tour in a reserve where around 380 species of birds have been identified. Located in Pejibaye, the area is a true paradise for birdwatchers. Finish your tour by participating in the preparation of sweets in the village's famous trapiche.



[Return to map](#)

GUAYAYABO

NATIONAL MONUMENT

A unique journey through time!

Located about 19 km (12 miles) northeast of the city of Turrialba, Guayabo National Monument is one of the largest and most important archeological sites in Costa Rica, with a total area of 217.9 ha. Archaeologists estimate that the indigenous city was built between 900 BC and 1,100 AD. It was home to approximately 1,500 to 2,000 people.

Due to its position and geography, Costa Rica played an important role as a meeting area between different pre-Columbian cultures.

Archaeologists have shown that Costa Rica was the point of confluence of the great pre-Columbian cultural areas of Mesoamerica and South America. Guayabo National Monument belongs to this intermediate area, which extends from the province of Alajuela to Colombia, Venezuela and part of Ecuador. Research has revealed that this archaeological site was occupied from 1000 BC to 1400 AD.

Although little is known about the ancient civilization that lived in Guayabo, the architectural complex covers 15 to 20 hectares, though excavations have only been carried out on approximately 4 hectares, uncovering structures that reveal a high level of social development.

The site is a sophisticated system of buildings, mounds, steps, roadways, open and closed aqueducts, water storage tanks, tombs, petroglyphs, monoliths and sculptures, which reveal advances in civil engineering, architecture and urban planning, not to mention extraordinary artistic achievements.



All of this suggests that the site was home to a society with complex systems of social organization. The artifacts indicate that the city's residents were highly studious and specialized in subjects such as architecture, civil engineering and urban planning. The United States Association of Civil Engineers, one of the leading organizations in this area worldwide, has conferred upon Guayabo National Monument the status of World Heritage in Civil Engineering due to these feats of engineering, which have withstood the test of time. It has also been declared as part of the Historical-Architectural Heritage of Costa Rica by the Center for Research and Conservation of Intangible Cultural Heritage of the Costa Rican Ministry of Culture and Youth.

To visit the Guayabo National Monument is to travel back in time as you admire the ancient streets, observe ancient stone and wooden structures, examine petroglyphs and stone statues, and explore complex aqueducts that once transported water from nearby streams to storage tanks. Only part of the Guayabo excavation is complete, and archaeological work is ongoing.

The National Monument also protects patches of tall evergreen forests that are typical of the premontane rainforest.

Its landscape is one of singular beauty, with a diversity of fauna, from birds to mammals, snakes and insects, and its flora of primary and secondary forests, not to mention its rivers and streams.

Location:
Located on the slopes of Volcán Turrialba, 19 km northeast of the city of the same name, in the province of Cartago.

More information:
MN Guayabo office: 2559-1220
Public phone: 2559-0099
Regional ACCVC: 2268-8091 / 2268-5962
2268-6756

How to get there
It is recommended to take **route 2 from San José to the city of Cartago**. Continue on the road to Paraíso (route 10) to the city of Turrialba, where you will take the eastern route to Guayabo. Another option is to take **Route 230** from the city of Cartago towards Santa Cruz de Turrialba, and turn left 10 km from the monument.

SERVICES

- Drinking water
- Lookout
- Information
- Talks
- Picnic area
- Camping zone

ENTRY FEE

| | |
|---|-----------------------|
| Costa Rican citizens and residents aged 13 and up | ₡1000 |
| Children (Costa Rican citizens and residents aged 2-12) | ₡400 |
| Non-residents | \$5 |
| Children (non-residents aged 6-12) | \$1 |
| Citizens and residents in primary and secondary school on field trips (coordinated in advance with the administration of the protected area). | ₡300 |
| Children under 6 years of age, Costa Rican citizens and residents over 65 | Free of charge |

BUS TRANSPORTATION

| | |
|------------------------------|--|
| San José - Turrialba: | 13 Street, Ave. 6. Transtusa. Tel. 2222-4464 |
| Depart: | 5:15 (M - F), 5:45 (S,S) a 21:30 (F), 22:00. |
| Non-stop every hr | 8:00 a 20:00 (M - F), a 19:00 (S y S). |
| Return: | 4:30, 5:00 (S) a 20:00 (S), 21:00. Non-stop: e/ hr 5:00 - 17:00. |
| Duration: | 2:30 hrs. / 79 km. |
| Turrialba - Guayabo: | In front of Transtusa station. Transp. Rivera. Tel. 2556-0362. |
| Depart: | 11:15, 15:10, 17:20 |
| Return: | 5:15, 7:00, 12:30, 16:00. |
| Sunday: | 9:00, 15:00, 18:30. |
| Return: | 7:00, 12:30, 16:00. |
| Duration: | 1hr. |

- What to bring:**
- Cap and sunglasses
 - Comfortable clothes
 - Camera
 - Walking shoes
 - Hydration
 - Sunscreen
 - Repellent
 - Snacks

- Restrictions:**
- No weapons
 - No fire
 - No pollute
 - No pets
 - No bikes
 - Not allowed loud music volume
 - Not allowed enter under the influence of drugs
 - Not allowed extract plants or animals

- Links**
- [Monumento Nacional Guayabo](#)
 - [SINAC](#)
 - [Áreas protegidas/Guayabo](#)
 - [Video](#)
 - [Video](#)

TURRIALBA VOLCANO NATIONAL PARK



Jennifer Salas Vargas

Visitor's Guide to Volcán Turrialba National Park

- Official access to Volcán Turrialba National Park will be from the El Tapojo sector, through Finca Monte.
- Visitors may only enter in hiking groups of up to 35 people.
- Currently, in response to the Covid-19 pandemic, groups should be at 50% of their capacity (maximum of 17 people per group).
- Groups must be accompanied throughout the tour by an accredited and trained tour guide.
- Payment for the guiding service must be made directly to Asociación USURÉ.
- The hike starts at Finca Monte Calas to the crater lookout area and consists of an ascent of approximately 5 kilometers on a road with steep slopes and loose material.
- The ascent will start at an altitude of 2657 m, ending at an elevation of around 3340 m at the summit.
- Visitors may come to the park between 5 a.m. and 10 a.m. during the dry season (December to April) and from 8 a.m. to 12 a.m. during the rainy season (May to November).
- During the dry season, six groups of tourists may enter each day, and during the rainy season, five groups will enter in one-hour intervals, which will help to manage the flow of people at the different points of interest.
- Each group of visitors may stay for a maximum of four hours, which includes the ascent, admission fee, induction talk, time at crater viewpoints (30 minutes maximum) and their descent to the departure site.
- Only children over 12 years of age will be admitted with their respective identity card and accompanied by a responsible adult.
- This is due to the difficulty of the hike and to ensure the ability to respond during an evacuation.

The Volcán Turrialba National Park (PNVT) is located in the province of Cartago, 35 km northwest of the city of Turrialba, in the district of Santa Cruz. It was declared a protected wilderness area on July 30, 1955. It has an area of 1,256 hectares in a two-kilometer circle around the center of the main crater.

It is the second-highest volcano in the country, with an altitude of 3,340 meters, located in the easternmost part of the Central Volcanic Cordillera. It is a complex stratovolcano that shares a single base with the Irazú volcano. Its formation dates back more than 250,000 years.

The conservation of the area primarily aims to preserve its geological resources, as well as the páramo and montane rainforest ecosystems. It is part of two significant watersheds, the Río Chirripó basin and the Río Reventazón basin, with impressive waterfalls and one of the largest river canyons in the country with a depth of 1.1 km (Río Toro Amarillo), which highlights its importance as an aquifer recharge area.

The communities surrounding the national park offer visitors a series of tourist attractions: enjoy their scenic beauty, learn more about their culture (birthplace of the national poet Jorge Debravo), cuisine (including the famous Turrialba cheese), various notable products, and more.

How to get there from Cartago

Travel on route 230 towards Turrialba and turn off at the La Pastora junction 18 km on cantonal route 305-04-052. The road is not suitable for light vehicles in some sections; while they will be able to make the trip, the going will be slow.

| | |
|------------------------------|--|
| More information | |
| P.N. Volcán Turrialba | Asociación Turi-arva (community organization) |
| (506) 8704-2432 | (506) 8792-3502 |
| acc.info@sinac.go.cr | info@turiarva.com |
| www.sinac.go.cr | reservaciones@turiarva.com |
| | www.turiarva.com |

The admission fee is paid by electronic payment on site (debit and credit cards).

Rates: ₡1000 + VAT for residents / \$12 + VAT for non-residents.

Reservations for tours can be made by phone at 2559-0117 and 8534-1063 Monday through Saturday from 8 a.m. to 3:30 p.m.

As it is a national park, **rock and plant samples cannot be collected, and the use of drones is not permitted.**

[More information here](#)

IRAZÚ VOLCANO NATIONAL PARK

The Volcán Irazú National Park (PNVI) is located 31 km northeast of the city of Cartago along a scenic road. It was declared a protected wilderness area on July 30, 1955 and has an area of 2,000.36 hectares.

Irazú is the country's tallest volcano, with an altitude of 3,432 meters, and is located in the Central Volcanic Cordillera. The volcano has a long history of prehistoric eruptions (its formation began more than 600,000 years ago), with historical eruptions in 1723-1724 and in the 20th century. It has several craters and cones on its summit.

The region is particularly important for the nearby watersheds: the Irazú Volcano is part of the Reventazón and Chirripó river basins, which drain into the Caribbean, and the Río Grande de Tárcos basin, which drains into the Pacific. Ecosystems including the very wet montane forest and montane rainforest are represented in the PNVI, as well as an important kind of alpine meadow called the páramo.

Visitors can access the PNVI from two sectors, both of which are easily accessible and close to the city. Sector Prusia offers a series of trails through plantations of pine, cypress, jaúl and eucalyptus, which were planted as a means of rapid restoration of the basin after the volcanic activity of 1963-1965. Sector Cráteres allows visitors to appreciate the beauty of the volcano's craters and the species found in the surrounding páramo. The climate is cool and wet during the rainy season, while the clear conditions of the dry season offer wonderful panoramic views.

SERVICES



HOURS
Everyday from 8:00 a.m. to 3:30 pm. including holidays

Restricciones:



- It is important to pay attention to the regulations put in place by park rangers to protect visitors in the event of an emergency.
- On days with high attendance, you will probably have to wait in line to use the restrooms.
- Weather conditions can change rapidly, meaning that there is no guarantee that you will be able to see the craters. Make sure to check the weather conditions. For obvious reasons, it is not possible to refund the admission ticket.
- In the picnic areas, be careful around raccoons and agoutis that try to steal visitors' food.



Foto: ICT

HOW TO GET THERE

By vehicle: From San José take the Florencio del Castillo highway to Taras de Cartago, heading north take the road to the Irazú Volcano, passing through the communities of Cot, Tierra Blanca, Potrero Cerrado and San Juan de Chicuá. This route takes about 90 minutes.

To visit Sector Prusia, turn left before reaching the entrance to the volcano. This area of the park is approximately 4 kilometers further away. It is advisable to use a four-wheel drive vehicle.

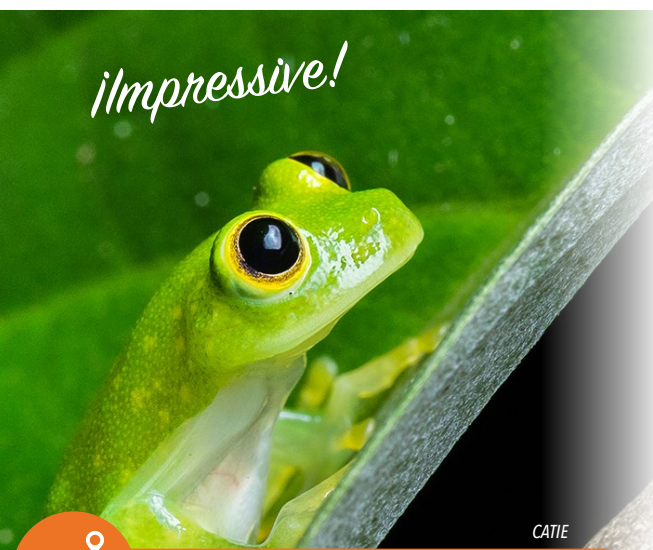
By bus: From San José, there is a daily service at 8:00 am. The bus departs from the stop on Avenida 2 between Calle 1 and Calle 3, in front of Hotel Costa Rica.

What to bring

- Comfortable clothing and closed-toe shoes for hikes
- A hat and sunscreen are required, even on cloudy days.
- The temperature can drop and there are rains, so bring coats and rain coats.

More information
Cráteres sector: (506) 2200-5025.
Prusia sector: (506) 2200-4422.
E-mail: acc.info@sinac.go.cr
Cámara de Comercio, Industria, Turismo y Servicios de Cartago: 2551-0396

Centro Agronómico Tropical de Investigación y Enseñanza (CATIE)



CATIE

HOW TO GET THERE

By vehicle: when arriving in Turrialba traveling on Route 10, the route to Limón which passes through the downtown area, you will pass the UCR facilities and the next entrance on the left is the CATIE Botanical Garden and then the main entrance. About 2 km from downtown Turrialba.

By bus: the terminal is on the west side of the Tribunales de Justicia. Buses leave every half hour on Saturdays and every hour on Sundays, starting at 8 a.m. To get to Catie, once you are in Turrialba, you can take the buses that go to La Suiza. These buses leave every hour.

BUS SCHEDULES

Turrialba - San José: Tel.: 22556-4233
Departure: Every hour from 5:00 a.m. to 9:00 p.m. (leaves from Turrialba)

Turrialba - CATIE: Private bus service (free of charge).
Tel. 22556-0362.
5:30 am 6:30 am 6:45 am 9:00 am 9:45 am 11:30 am
12:20 pm 2:00 pm 2:45 pm 3:00 pm 3:45 pm 4:00 pm
4:45 pm 5:00 pm 5:45 pm 6:00 pm

Guided tours can be scheduled according to your needs by prior reservation.



If you love relaxation, birds, plants and trees, you will definitely want to tour CATIE, one of the world's most important facilities for tropical agriculture research. Located a few kilometers from downtown Turrialba, CATIE's 810 hectares (2,000 acres) are home to plants that have been harvested all over the world, including hundreds of varieties of cocoa and thousands of varieties of coffee.

The CATIE Botanical Garden receives around 6,000 visitors a year from Costa Rica and abroad, who visit it for scientific and educational purposes, as it houses about 4,400 genetic samples, that represent 280 species from different parts of the world.

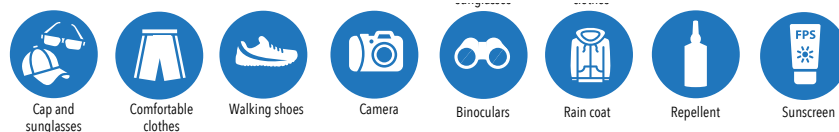
Have your camera ready to capture the multicolored range offered by the flowers of veranera (*Bougainvillea* spp), heliconia (*Heliconia* spp), shell ginger (*Alpinia zerumbet*), torch ginger (*Etlingera elatior*), beehive ginger (*Zingiber spectabile*), weeping bottlebrush (*Callistemon viminalis*) and rose of Venezuela (*Brownea grandiceps*).

Birds

Over 300 bird species have been identified in CATIE (30% of Costa Rica's total). For this reason, CATIE scientists have created a Bird Monitoring Program to study how farms can help conserve these species and how birds contribute to making our farms sustainable. Visitors can join our ecologists in their work to identify and record birds, to understand how agriculture and conservation are compatible.



What to bring:



More information
Telephone: (506) 2556 2700
Fax: (506)2556 2703
Email: jardinbotanico@catie.ac.cr

HOURS
We are open everyday from 7:00 a.m. to 4:00 p.m.

[More info here](#)

BARBILLA NATIONAL PARK

Because of its natural beauty, Barbilla National Park is listed as part of La Amistad Biosphere Reserve, which has been declared to be a UNESCO World Heritage Site.

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

Due to its location on the Caribbean drainage system, Barbilla National Park is part of a bird migration corridor that connects ecosystems in Nicaragua, Costa Rica and Panama. At least 185 species of birds migrate through this corridor, traveling along coastal areas, central plains, wetlands and river deltas.

The park is also home to the Cabécar people, the second largest indigenous group in Costa Rica, who have a wealth of cultural and general history. Their main livelihood is hunting and fishing, along with planting bananas, cassava and cereals. They are located next to the Chirripó Indigenous Reserve, where they lead a modest existence and practice their ancestral traditions.



Foto: Facebook Descubre Costa Rica

HOW TO GET THERE

By car: It is located 25 km east of the city of Turrialba in the provinces of Cartago and Limón. The main entrance to the park is three kilometers east of the city of Siquirres on the road to Limón.

Once you pass through this entrance, take a 16 km (10 mile) gravel road (some sectors are only passable by four-wheel drive vehicles) until you reach the hamlet of Las Brisas de Pacuarito, where the park administration is located. To get into the park, you can take several trails that will take over two hours on steep slopes, mostly suitable for experienced hikers.

Restrictions:



SERVICES



HOURS
Monday to Sunday 8:00 am to 4:00 pm.

ENTRY FEES

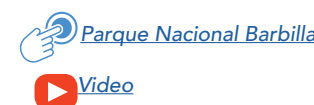
| | |
|---|-------|
| National visitors and residents over 13 years of age. | ₡1000 |
| National and resident children | ₡500 |
| No residents | \$5 |
| No resident children | \$5 |

Visit the nature trails

- Río Danta Trail.
- El Agua Trail.
- Río Barbilla Trail. (coordinate in advance, local guide necessary).
- El Jaguar Interpretive Trail

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

More information
NP Barbilla Station: 2200-5224
Administrator of NP Barbilla: 8732-2896
Subregion Siquirres: 2768-8603
Regional ACLA-C: 2758-1612 / 2758-6619



TAPANTÍ NATIONAL PARK



Foto: ICT

The Tapantí-Cerro de la Muerte National Park (PNTMM), together with other neighboring protected wildlife areas such as the Volcán Irazú National Park and the Volcán Turrialba National Park, Guayabo National Monument, La Marta National Wildlife Refuge, El Copal Biological Reserve and the forests, wetlands and other important habitats in the Turrialba sector and surrounding areas constitute an immense biological corridor that allows species, especially animals, to move across vast spaces and across different altitudes in search of food and places to reproduce. It is also considered to be the country's most extensive continuous forest, which is home to the largest concentration of oak trees.

The site was declared by UNESCO in 1982 as La Amistad Biosphere Reserve and World Natural Heritage Site in 1983. It also includes part of the Talamanca Peatlands, designated as a Ramsar Site on March 7, 2000. This node, especially the PNTMM, is a notable reservoir of regional biodiversity. Despite this condition, the area has very few inventory and monitoring studies of its biological diversity. With respect to birds alone, more than 500 species have been recorded.

HOW TO GET THERE

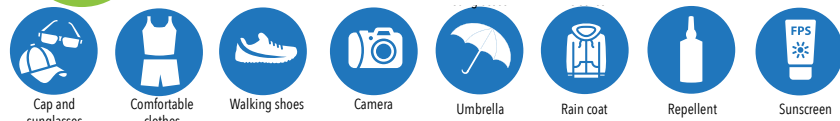
By vehicle: The Tapantí sector is located in the district of Orosi, in Paraíso de Cartago. To get there, take the route to the city of Cartago. Continue towards Paraíso, Orosi, Río Macho and Tapantí. The road is passable all year round and is suitable for all types of vehicles.

By bus: If you are traveling by public transportation, you must board the bus in Cartago that will take you to Orosi and Río Macho. The terminal is located on the south side of the Ruins of the Church of Cartago. Then, you will have to walk 9 km from the bus stop.

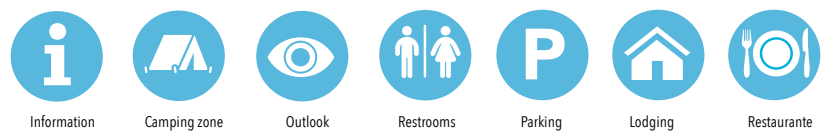
FEES

| | |
|--|------|
| Nationals and residents older than 13 years old. | €800 |
| Non residents | \$10 |

HOW TO GET THERE:



SERVICIOS



Information:
Parque Nacional Tapantí: 2206-5615
Sector La Esperanza del Guarco: 2200-0090
Regional ACLA-P: 2771-3155 / 2771-4836
2771-5116

Address
It is located in Cordillera de Talamanca, in the districts of El Guarco, Jiménez, Turrialba and Paraíso.

Take extra clothes and comfortable shoes for walking in the mountains. Bring a bathing suit if you want to bathe in the Río Grande de Orosi. You can eat in Orosi or Cartago. You can bring your own food, but grills and charcoal are not allowed.

[Parque Nacional Tapantí](#)
[Qué buen lugar](#)

[Video Tapantí](#)

RÍO MACHO FOREST RESERVE



Roberto Ramos

The Río Macho Forest Reserve, together with other Protected Wildlife Areas such as Chirripó National Park and Tapantí-Macizo de la Muerte, are part of La Amistad Biosphere Reserve. In addition, its location within the Cordillera de Talamanca is worth noting, since this region is the country's largest north-south biological corridor, home to the largest number of high altitude forests, moorlands, peatlands and cloud forests, as well as the fauna associated with these ecosystems, much of it endangered.

The Río Macho Forest Reserve was created to protect large mammal species such as the tapir, jaguar, puma, and many bird species such as the quetzal and several species of songbirds.

RECOMMENDED ACTIVITIES



Hiking: The park has only one 3 km trail, called Sendero Robledales. The trail is circular and is characterized by high altitude ecosystems; during the tour you can see regenerating forest and primary oak forest, including the most iconic species, the white oak and the encino, plus a large number of epiphytic plants characteristic of the very humid tropical montane forest, such as orchids, bryophytes and more.



Bird watching: species such as *Odontophorus guttatus*, *Patagioenas fasciata*, *Patagioenas subvinacea*, *Panterpe insignis*, *Eugenes fulgens*, *Turdus nigrescens*, *Turdus plebejus*, *Pezopetes capitalis*, and *Pharomachrus mocinno*.



Climate: Although the dry season begins in January and lasts until April, rain can fall throughout the year. Be prepared for wet weather conditions at all times. The average rainfall here is 2000 mm per year and most of the heaviest rains usually come between May and December. At higher elevations, clouds drop over the terrain and leave everything wet and cold.



There are no facilities in the reserve. You must bring your own equipment and supplies. Bring supplies, food, plenty of water and appropriate clothing. Wear appropriate walking shoes and clothing for the weather.

Restrictions:



[More info here](#)

HOW TO GET THERE

By vehicle: Take the highway from San José to Cartago, and take the exit towards Cerro de la Muerte, the Interamerican Highway, and at kilometer 92 in the sector of La Auxiliadora, turn left on the gravel road leading to Villa Mills and drive to the community of Piedra Alta and Alto del Jaular. The Biological Station is 1.8 km from the entrance. Vehicles of all kinds can enter year-round, with a travel distance from San Jose of 2 hours, or one hour from San Isidro de Pérez Zeledón.

By bus: You can take a bus that runs between San José and Pérez Zeledón/San Isidro de El General, which takes about 2 hours, and stops at Villa Mills.

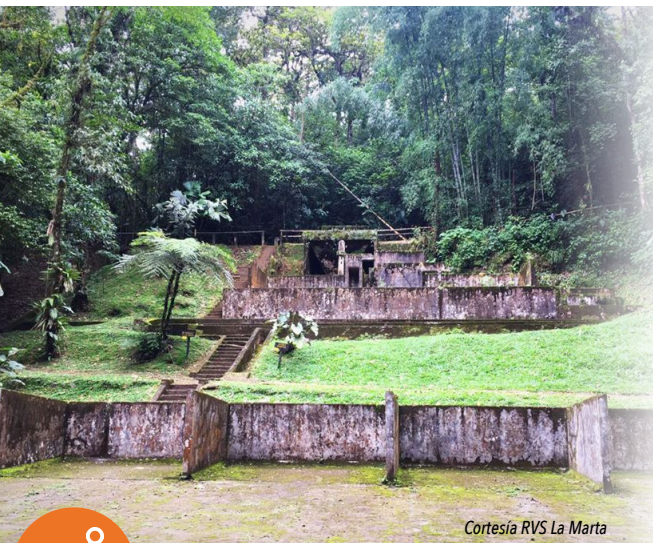
MUSOC, Tel: 2222-2422
TRACOPA, Tel: 2222-26-66

From there, you can take a cab to the Río Macho Forest Reserve.

Information
Telephone of Área de Conservación La Amistad Pacífico (ACLA-P): 2771-4836 / 2771-3155
Tourist Information INFOTUR: 1192

Location
Located in Cerro de la Muerte, Cartago province, Paraíso canton, Orosi district. Villa Mills Biological Station is located inside the reserve.

LA MARTA WILDLIFE REFUGE



Cortesía RVS La Marta

This reserve is privately owned and is the study and research center of the Latin American University of Science and Technology (ULACIT). The reserve is located 4 km from the community of Pejibaye. Visitation is moderate throughout the year.

The flora that can be observed includes crepe-ginger, sunset muskmallow, oaks, palms, escalera de mono, coyolillo and guarumo, among others. As for the fauna, it is common to observe eagles and toucans among other birds. This reserve has a large number of trails, with a temperature that ranges between 11 and 18 degrees Celsius, which allows for a variety of different life zones.

One of the factors that makes the reserve unique is its historical and cultural heritage from both the pre-Hispanic and colonial period. While there is little in the park that showcases its long history, it continues to offer potential for such activities in the medium term. In general terms, its buildings, artifacts and architectural objects reflect the Costa Rican colonial culture and how it is integrated into the culture of modern-day Costa Rica. It shows a vestige of the indigenous culture of the country together with the natural environment, along with the activities and traditions of the people of Cartago.

HOW TO GET THERE

By vehicle: Drive towards the Orosí Valley in Cartago, from there take the street to Tucurrique and pass through the town of Pejibaye. From this point, just follow the signs for La Marta, until you reach the entrance.

By bus: For information on bus schedules, you can contact COOPEPAR R.L. tel. 4033-5807

Hours: Everyday from 7:00 a.m. to 5:00 pm.

SERVICES



Location
Pejibaye de Jiménez, Cartago

More information
Tel.: (506) 2542-0350.
Wildlife refuge: 8913-8691
E-mail: info@lamarta.org



Photo: Jennifer Salas Vargas

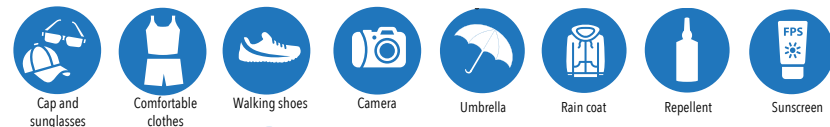
RECOMMENDED ACTIVITIES

Historical Tour. The ruins of El Refugio are the remains of the structure that was the Hacienda La Marta (a farm producing coffee, sugar, milk and bananas) at the end of the 19th century.

Hiking The Refuge has more than 17 kilometers of marked nature trails that allow visitors to observe the richness of La Marta; some lead to natural river pools, waterfalls and forests. These trails range from low to high intensity, ranging from half an hour to 6 hours or more.

At La Marta Wildlife Refuge, you will be able to enjoy the dining service for groups with a minimum of 10 people. Traditional Costa Rican dishes prepared by the able hands of local staff are a gastronomic experience.

What to bring:



[Information La Marta](#)

[Qué buen lugar](#)

EL COPAL BIOLOGICAL RESERVE

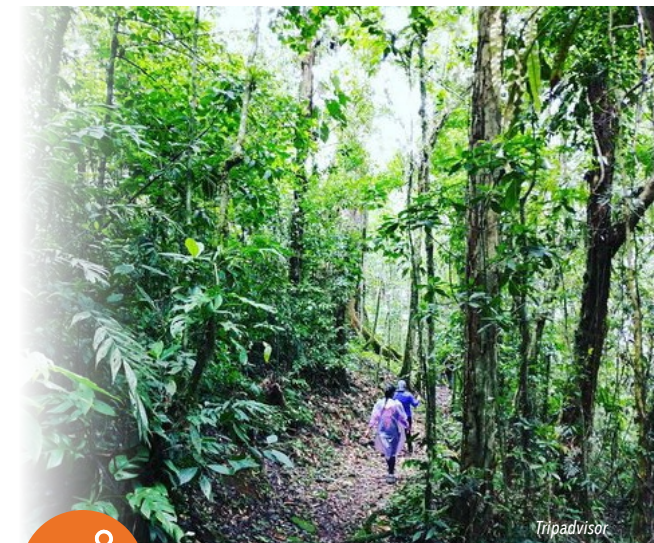
This private reserve protects 177 hectares; its name, El Copal, comes from one of the most prominent trees on the reserve.

It has a rustic lodge and facilities financed by the UNDP, a UN agency that promotes community projects aimed at conservation and sustainable development, as a source of income and to improve the quality of life of the communities where it is located.

A birdwatcher's paradise

El Copal Reserve is a birdwatcher's paradise, located approximately one hour southwest of the city of Turrialba. The reserve is at a mid-level altitude, and offers a chance to view bird species that are not found in the higher cloud forest or at lower elevations. It is part of a biological corridor between Tapantí-Macizo de la Muerte National Park and La Amistad International Park. More than 380 bird species have been identified at El Copal Biological Reserve.

The community will share their traditional activities such as boiling sugar cane juice to make "tapa de dulce", a hard brown sugar that is the local version of panela. After a hearty country lunch, you can go birdwatching at El Copal Reserve. It is a good place to see birds like the snowcap, lovely cotinga, scale antpitta, scarlet thighed dacnis and white-collared manakin. During dinner, learn about the El Copal conservation association.



Tripadvisor

HOW TO GET THERE

From San José, we pass through Cartago, Paraíso (remember that to go to Cachí you now have to continue about two kilometers on the road to Turrialba), and the Mirador Ujarrás.

We'll go down to the bridge of the Cachí Dam, then at the junction leading into the town we turn left towards Tucurrique, continuing past Pejibaye, El Humo, Taus and a little further (70 km in total) until we reach El Copal.

A four-wheel drive vehicle is recommended, but it is possible to head there in a sedan and park it at a house in El Humo and then walk for about an hour. It's worth it, you'll see when you get there.

RECOMMENDED ACTIVITIES

HOURS
Everyday from 6:00 a.m. to 9:00 pm. including holidays.

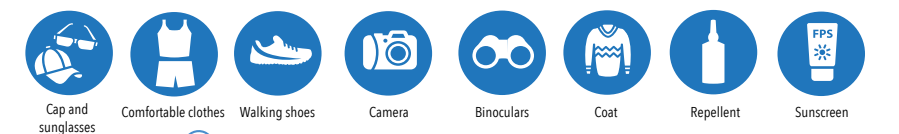
Location
Pejibaye de Jiménez, Cartago

More information
Tels.: (506) 8880-0432, (506) 2531-2124.
E-mail: info@elcopal.org • elcopal.98@gmail.com

SERVICES

The facilities have 5 dormitories with shared cabins and bathrooms, for a capacity of 20 people.

What to bring:



[More info here](#)



Adrián Alvarado

ESPINO BLANCO BIOLOGICAL RESERVE



The Espino Blanco Reserve is a wilderness area located in the beautiful mountains of Turrialba, where you will find peace and tranquility, with exclusive options to enjoy relaxation in the middle of nature. The reserve was created to conserve the wide diversity of flora and fauna that inhabit this very wet forest ecosystem, which protects a valuable population of endangered espino blanco trees, as well as the important water resources that supply the neighboring towns.

The Reserve is located just 20 minutes from downtown Turrialba and 2 hours from San Jose, at an altitude of 1,250 meters above sea level. With an area of 30 forested hectares, it offers eight trails of varying distances where you can observe many species of birds, trees, butterflies, plants and mammals.

HOW TO GET THERE:

By vehicle: 8 km north of Turrialba La Verbena, Santa Rosa, Cartago, Costa Rica.

RECOMMENDED ACTIVITIES

- Hiking
- Binoculars
- Nature



SERVICES

The Espino Blanco Biological Reserve offers you facilities for relaxing and enjoying the fresh air while hiking on forest trails to the waterfall and the lookout point with panoramic views of the valley.

The reserve offers facilities such as electricity, drinking water, wifi, private and secure parking and a cozy reception with personalized service, in addition to savoring of delicious dishes in the eco-restaurant and lodging in cabins.

Hiking information
 (506) 8401-0280 / 8643-6451
info@exploreturrialba.com
exploreturrialba.com

More information
 (506) 2556-0616 / 2556-1029
reservation@wageliaespinoblancolodge.com

Location
 Santa Rosa de Turrialba, Cartago

What to bring:

- Cap and sunglasses
- Comfortable clothes
- Walking shoes
- Camera
- Umbrella
- Rain coat
- Repellent
- Sunscreen

[Hotel Wagelia](#)
[Espino Blanco, Turrialba](#)
[Video](#)

RANCHO NATURALISTA FOREST RESERVE



The Rancho Naturalista private reserve is specialized in bird watching in Costa Rica and is among the best in Central America. More than 450 bird species have been recorded in this forest reserve and the local area. You can hike and birdwatch on your own or with excellent local guides. They will maximize your birding experience, and can guide both novice and more experienced birdwatchers.

Several species of hummingbirds, as well as many other birds, can be seen from the large balcony where you also have a great view of the smoking Volcán Turrialba. It is a wonderful getaway for birders, photographers and naturalists.

The Rancho Naturalista protects 60 hectares of premontane secondary forest, which it has been restoring since 30 years ago when the Erb family arrived. Amazed by the diversity of birds present, they had a vision of founding a place that would function as a bird sanctuary while also providing a livelihood for their family and the local inhabitants.

HOW TO GET THERE:

From San José The lodge is 2.5 hours from San José, and about 45 minutes southeast of Turrialba. Its location makes Rancho Naturalista an excellent base for visiting other sites in the Caribbean region, while the balconies of the lodge's rooms offer breathtaking views of the Irazú and Turrialba volcanoes.

SERVICES

The lodge also has 15 comfortable, well-equipped rooms. You will be delighted with the variety of Costa Rican and international dishes served family style, so that each guest can choose the dishes to their liking.

RECOMMENDED ACTIVITIES

- Hiking
- Binoculars
- Nature

Location
 1 km east of Tuis de Turrialba, left hand entrance, in front of Jasec, Tayutic

More information
 Tels.: 2100 1855

What to bring:

- Cap and sunglasses
- Comfortable clothes
- Walking shoes
- Camera
- Binoculars
- Coat
- Repellent
- Sunscreen

[Rancho Naturalista](#)
[Video](#)






Directory of Services and Tourist Activities

Photo: Adrián Alvarado

Directory of Services Turrialba

| Place | Contact |
|---------------------------------|------------------------------|
| TRANSPORTATION | |
| Transtusa Turrialba - San José | Tel.: 4036-1800 |
| Central de Taxis - Turrialba | Tel.: 2556-7070 |
| INFORMATION CENTER | |
| Cámara de Turismo de Turrialba | caturrialba506@gmail.com |
| Cámara de Comercio de Turrialba | alquilervehiculos@hotmail.es |
| Municipalidad de Turrialba | Tel.:2556-0231 - Ext: 112 |
| PUBLIC SECURITY | |
| Fuerza pública | Tel.: 2556 0030 |
| Policía de Tránsito | Tel.: 2556 7878 |
| HEALTH | |
| Hospital William Allen Taylor | Tel.: 2556-4343 |
| Emergencias | Tel.: 911 |

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

- Book tours offered by authorized travel agencies.
- Always check local weather conditions and forecasts before taking a tour.
- Make sure that the tour guide gives you the safety instructions and the regulations of the activity before starting a tour.
- Make sure that the company has the operating permit granted by the Ministry of Health, insurance policies and certified tourist guides.

[See directory of certified guides here](#)

Información of roads and airports

| Place | Contact |
|---|---|
| Tobías Bolaños Airport, Pavas. Son José | Tel.: 2232-28201/ 2232-7330 |
| Juan Santamaría Airport: Information | Tel.: 2437-2626 |
| Daniel Oduber Quirós Airport, Liberia Guanacaste Administración e Información | Tel.: 2668-1010 |
| Private Tourist Transport | |
| GRAY LINE Costa Rica | Tel: 2220-2126 2291-0756 www.graylinecostarica.com info@graylinecostarica.com |
| Aerial transportation | |
| SANSA | Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com |
| Aerobell Hangar #2 | Tel. 2290-0000 Pavas Aiport www.aerobell.com |
| Departures from Aeropuerto Internacional Juan Santamaría. | |
| Taxi Aéreo Centroamericano AVIONES TAXI AEREO S.A | Ph: (506) 2431-0160/ (506) 2431-0293 reservations@airchartercentralamerica.com Pavas Aiport www.tacsa@racsa.co.cr |
| Paradise Air Pavas Aiport | Tel.: 2231-0938, 2296-3600. www.flywithparadise.com |
| Helicopters | |
| Aensa | Tel.22321248 www.aerotoursr.com |
| COVID19 PROTOCOLS | |
| https://www.ict.go.cr/es/servicios-institucionales/material-de-apoyo-coronavirus-sector-turismo.html | |

Road access:

| | |
|-----------------------|---|
| National routes | Route 10 Route 417 |
| Main municipal routes | Route 415 Route 230 Route 414 Route 413 Route 225 Radial Guayabo San Antonio Calle Vargas - El Tapojo La Pastora - La Central |



| NAME | EMAIL | WEB PAGE | TELEPHONES | ADDRESS |
|--|---|-----------------------------------|------------------------|---|
| HOSPEDAJE | | | | |
| WAGELIA ESPINO BLANCO LODGE | reservation@wageliaespinoblancolodge.com | www.wageliaespinoblancolodge.com | 2556-1029 2556-1142 | 8 Kms al norte de la ciudad de Turrialba |
| VISTA TURRIALBA LODGE | luisarvizquez@gmail.com | www.vistaturrialbalodge.com | 87682432 | 50 norte y 600 noroeste de cruce a San Antonio de Santa Cruz, Turrialba |
| HOTEL CASA TURIRE | info@hotelcasaturire.com ; gerencia@hotelcasaturire.com | www.hotelcasaturire.com | 2531-1111 | 8,5 Kms de la ciudad de Turrialba |
| HOTEL WAGELIA | reservations@hoteleswagelia.com | www.hotelwageliaturrialba.com | 2556-1566 | 200 mts oeste del parque de Turrialba |
| HOTEL VILLA FLORENCIA | info@villaflores.com ; reservas@villaflores.com | www.villaflores.com | 2557-3536 | Turrialba, 600 mts al sur de La Susanita |
| GUAYABO LODGE | reservaciones.guayabolodge@gmail.com | www.guayabolodge.co.cr | 2538-8492 | 300 mts sur del cementerio de Santa Cruz, Turrialba |
| ALBERGUE HACIENDA MORAVIA CHIRRIPO | cabecar@haciendamoravia.com | www.haciendamoravia.com | 2200-9595 2225-5128 | CHIRRIPO, TURRIALBA, CARTAGO |
| ALBERGUE VOLCAN TURRIALBA | | www.volcanturrialbalodge.com | 2273-4335 8383-6084 | HACIENDA LAS VIRTUDES, SANTA CRUZ, TURRIALBA, CARTAGO |
| TRAVELER AGENCIES | | | | |
| Travel Agency Receptiva Explore Turrialba | info@exploreturrialba.com | www.exploreturrialba.com | 8643-6451 | Turrialba, 150 metros oeste del parque central |
| Travel Agency Adrenalina Rafting | info@adrenalina rafting.com | www.adrenalina rafting.com | 2556-4579 | 250 al sur del Pali calle Puntarenas, Turrialba |
| Travel Agency Travesías Naturales | reservas.travesias.naturales@gmail.com | www.travesias.naturales.com | 6057-7130 | 75 al noreste de la GAR Santa Rosa, Turrialba |
| Travel Agency Amazing Vacation Costa Rica | reservations@amazingvacations.com | www.amazingvacationscostarica.com | 8858-0995 | 25 al norte de la Municipalidad de Turrialba |
| Travel Agency Mundologia Trips | info@mundologiatrips.com | | 4030-8193 | 100 oeste de Taller Autopintores, Turrialba |
| SERENDIPITY | costarica@serendipityadventures.com | www.serendipityadventures.com | 2556-2222 | San Antonio, Santa Cruz, Turrialba, 25 sur de la plaza de deportes, portones y mallas verdes. |

| NAME | EMAIL | WEB PAGE | TELEPHONES | ADDRESS |
|---|-------------------------------|---------------------------------|------------|---|
| Travel Agency Costa Rica Explorations & Escapes | marcela@crescapes.com | www.costaricaexplorations.org | 2556-1210 | Catie Calle 109 Casa 9-87 Turrialba |
| Travel Agency Explornatura | cesar@explornatura.com | www.explornatura.com | 2556-0111 | 30 metros oeste de Hotel Wagelia, altos de Importadora Monge, Turrialba |
| Iriria Tours Costa Rica | iririatorscostarica@gmail.com | www.iririatorscostarica.web.com | 2532-2543 | |
| CUISINE | | | | |
| Restaurante la Garza del Atlántico | lagarzadelatlantico@gmail.com | | 7258-3377 | FRENTE A ÓPTICA VISIÓN O DIAGONAL AL PARQUE QUESADA CASAL |
| LOKHUA S.A. (Restaurante More Than Words) | frechule@hotmail.com | | 2556-1362 | COSTADO NORTE DEL PARQUE QUESADA CASAL |
| AQUATIC RECREATIONAL ACTIVITY | | | | |
| White Water Excitement | info@excitementcostarica.com | www.excitementcostarica.com | 8920-9567 | Detrás de la Cocina de Betty, Turrialba |
| BOTANICAL GARDEN | | | | |
| CENTRO AGRONÓMICO TROPICAL DE INVESTIGACIÓN Y ENSEÑANZA BOTANICAL GARDEN | jardinbotanico@catie.ac.cr | www.catie.ac.cr | 2556-2703 | DE LOS TRIBUNALES DE JUSTICIA DE TURRIALBA 2.5 KMS AL ESTE. |
| RURAL FARM | | | | |
| HACIENDA EXPERIENCE | reservas@haciendatayutic.com | | 2538-1717 | 500 MTS IGLESIA DE SITIO MATA |

NATIONAL BIRDWATCHING ROUTE COSTA RICA

Turrialba
RURALMENTE auténtico

essential
COSTA
RICA



Eurypyga helias / Tigana
Photo: Alejandro Calderón



Turrialba one of Costa Rica's premier birdwatching sites. It is different from other destinations in the country and abroad because of the diversity of species that can be observed at every level of the altitudinal gradient. Visitors can travel from 360 m.a.s.l. in the valley to 2800 m.a.s.l. on the slopes of Volcán Turrialba in less than an hour, catching glimpses of permanent resident bird species, as well as altitudinal and latitudinal migratory species, in a very short distance.

573 Species of birds

64 Resident endemic species

6 National Parks

7 Nature Reserves

Likewise, a wide variety of habitats can be found in a small distance, with open areas, abundant bodies of water and extensive wooded areas, all of which have an astounding range of microclimates. These create particularly favorable conditions for individual species, making it more likely that they can be seen in particular areas.

Another relevant factor that makes Turrialba a perfect destination for sustainable birdwatching tourism activity is the fact that the area has the necessary infrastructure, the required tourism facilities, the support of a tourism superstructure, and distinctive attractions for birdwatching, along with the support of local expert bird guides, who are willing to customize the activities to the individual interests and abilities of each tourist, as well as helping each visitor to get the most out of their experience.

EMBLEMATIC BIRDS OF Turrialba

RURALMENTE auténtico



Nyctibius grandis
Common name: **Great Potoo**
From December to March and June
Turrialba,

Photo: Adrián Alvarado



Aphanotriccus capitalis
Common name: **Tawny-chested Flycatcher**

Platanillo, Zona Protectora Río Tuis, Cerro Silencio, La Suiza

Photo: Mercedes Alpizar



From May to September

Melozone cabanisi
Common name: **Cabanis's Ground-Sparrow**

Turrialba, Aquiares

Photo: Adrián Alvarado



Pharomachrus mocinno
Common name: **Resplendent Quetzal**

From March to June
(2 nestings per year).
Volcán Turrialba slopes

Photo: Adrián Alvarado



Cotinga amabilis
Common name: **Lovely Cotinga**
From March to May
Platanillo, Grano de Oro

Photo: Adrián Alvarado



From January to May

Microchera albocoronata
Common name: **Snowcap**

Z.P. Río Tuis, Pavones, Peralta

Photo: Arnoldo García Jiménez



ALTITUDES AND DISTANCES

Birdwatching points



Average altitude



Distance from downtown Turrialba in Km



| | | |
|----------------------------|-----------|---|
| 1. Volcán Turrialba slopes | 2700 msnm | 23 km Calle Vargas route and 25 km la Pastora route |
| 2. Guayabo NM | 1120 msnm | 18 km |
| 3. CATIE | 615 msnm | 4 km |
| 4. Angostura lake | 580 msnm | 7 km (sector Florencia) y 11 km (sector Atirro) |
| 5. Tres Equis | 673 msnm | 25 km |
| 6. Z.P. Río Tuis | 1400 msnm | 17 km |
| 7. Cerro Silencio | 1565 msnm | 25 km |
| 8. Peralta | 350 msnm | 16 km |

Reference spot: Turrialba downtown
*Approximate distances



For more information visit:

ebird.org

[Listado de aves de Turrialba](#)

[Video de la Cámara de Turrialba](#)

[Aves de Turrialba](#)

[Unión de Ornólogos CR](#)

[Lista Oficial de Aves de Costa Rica](#)

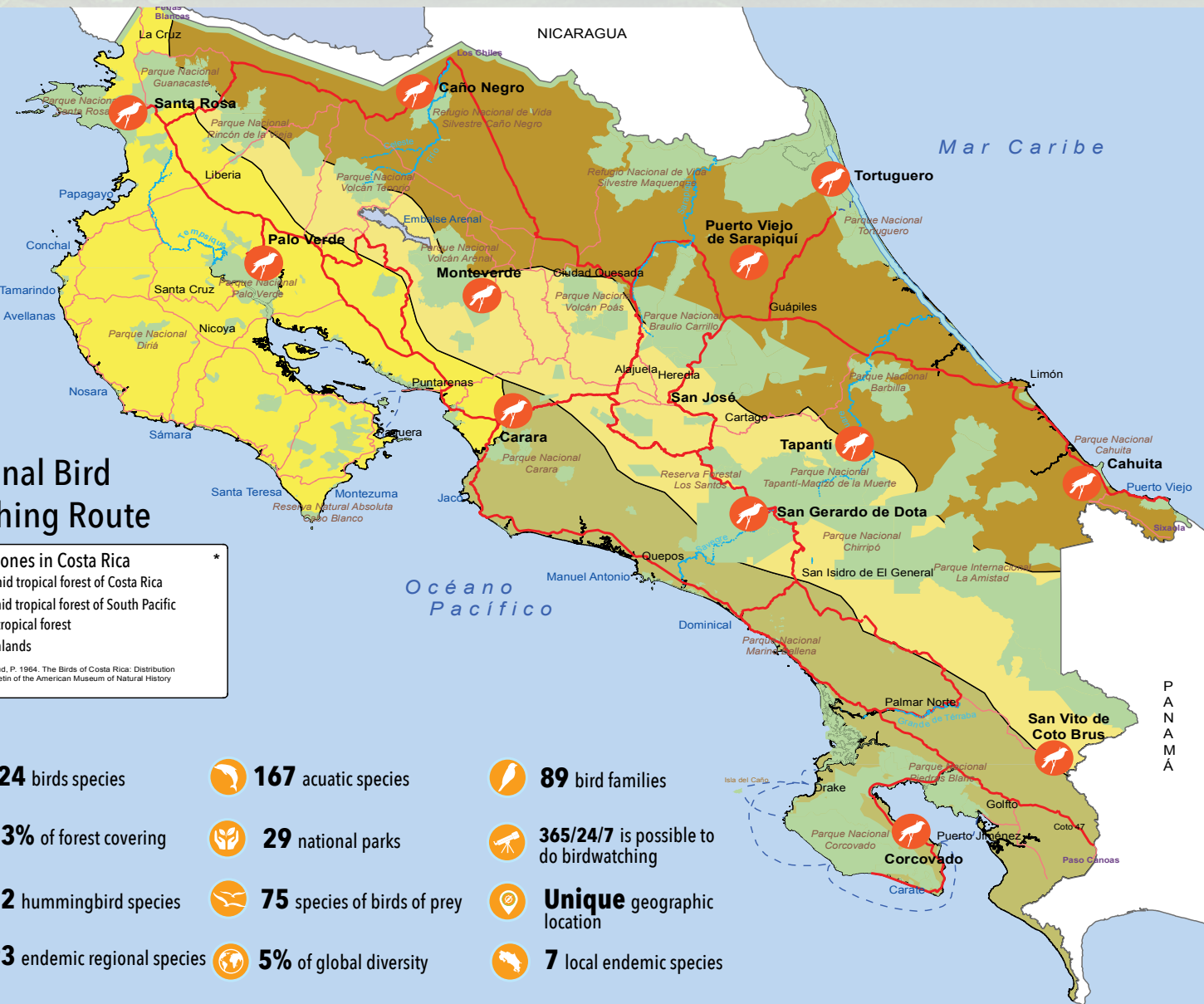
National Bird Watching Route

Birdlife zones in Costa Rica *

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

* Adaptado de Stud, 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



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)

essential
COSTA RICA

ICT COSTA RICA TOURISM BOARD

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

Credits

The Costa Rica Tourism Board thanks the National System of Conservation Areas, tour guides, companies and individuals for their collaboration in the development of the Turrialba Infogram.

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Photo: Explornatura

Credits:

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Photography: se consigna los autores de las fotografías en la Guía Turística Cultural.

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Floria Leiva Pacheco.

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