

WELCOME TO COSTA RICA

MAGAZINE



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Arriving Costa Rica - San Jose

Upon your arrival at Santamaria International Airport in San Jose, Costa Rica all passengers are directed down a flight of stairs, at which time you will be required to clear immigration. After proceeding through the immigration process, you can gather your luggage along the left side of the departure area. Afterwards, you are directed towards one of two lines where your luggage may or may not be revised. Much depends on the time your flight arrives and the number of arriving passengers. The selection process is random and cannot be predicted. Immediately after clearing customs, you proceed up a flight of stairs towards the exit of the airport. Taxi cabs/buses are readily available at the airport's exit. Taxi's can be hired on an individual basis, however, small buses usually transport passengers which share similar destinations. Personal taxis carry the following costs:

San Jose - \$10.00 US dollars
Alajuela - \$7.00 US dollars
Heredia - \$2.00 US dollars

If you are willing to share, small buses transport numerous passengers at less expensive prices.

Buses to San Jose, Heredia and Alajuela make regular stops at the bus station located directed in front of the airport. Buses to San Jose (17 km) cost 210 colones, and depart every five minutes. The bus terminal is located at the western end of San Jose, and is walking distance from the city's main public bus terminal, the "Coca Cola Bus Station". From that point, taxis are readily available, as are buses to other destinations. Buses to Heredia (9 km) cost 100 colones, and depart every fifteen minutes from the airport. Buses to Alajuela (2 km) cost 210 colones, and depart every five minutes. The bus station in any of the major cities is usually located in the center of that city.

Arriving Costa Rica - from Panama

(REMBEMBER-Costa Rica is one hour ahead of Panama)

Most people coming from Panama along the Atlantic coast come from Bocas del Toro, or Isla Colon, whereas those coming from Panama City travel along the Pacific Coast.

From Bocas del Toro, or Isla Colon as it is called, to Changuinola and/or the border town of Sixaloa, one has several options.

1. You can fly from Isla Colon to Changuinola, which costs \$10.50 one way per person. The flight is approximately 10 minutes long and there are two flights daily. Once in Changuinola you can take a bus directly to San Jose (this bus departs at 9:55 a.m. from the gas station that resides just to the left of the bus terminal. It costs about \$9.00 one way and stops briefly at the border in order for passengers to clear customs and immigration. From Changuinola to the border is approximately 15-25 by bus. From the border it is about 5 and 1/2 hours to San Jose, Costa Rica.). Or, you can take a local public bus or taxi from Changuinola to the border town of Sixaola, where you can then get a local bus to take you to San Jose. (Buses that depart Sixaola en route to San Jose depart at 5:00 a.m. and 7:30 a.m. Buses that depart Sixaola and stop at Puerto Viejo and Cahuita en route to San Jose depart at 9:30 a.m. and 2:30 p.m. Buses that travel from Sixaola to Limon, at which point you'll have to get another bus to San Jose, depart at 5:00 a.m., 7:00 a.m., 8:00 a.m., 10:00 a.m., 12:00 p.m., 1:00 p.m., 3:00 p.m., 5:00 p.m.)

Regardless of how you get to Sixaola you'll first have to clear Immigration on the Panamanian side, then cross the bridge and visit the Immigration department on the left side to enter Costa Rica. Once you cross the bridge you are officially in Costa Rica.

Road / Traffic Signs

The roads in and around Costa Rica are in horrendous shape. While attempts have been made to repair some of the more heavily traveled routes, the local neighborhoods and side roads are littered with pot holes. There are very few signs and those that do exist are often ignored. We don't recommend you drive at night unless you absolutely have to. Below, we have included some of the more common road signs.

Alto Adelante	Stop Ahead
Ceda de Paso	Give Way
Velocidad Maxima	Maximum Speed
Velocidad Minima	Minimum Speed
Mantenga su Derecha	Stay to the Right
Mantenga su Izquierda	Stay to the Left
Siga a la Derecha	Continue to the Right
Siga a la Izquierda	Continue to the Left

Siga con Precaución
Derrumbes en la Via
Una Via
Doble Via
Trabajos en la Carretera
No Hay Paso
Espacio
Sin Salida
No Estacionar
Curva
Area de Neblina
Puente
Peaje
Parada de Buses
Parada de Taxis
Parqueo
Semáforo

Continue with Caution
Fallen matter on Road
One Way Traffic
Two Way Traffic
Men Working on Road
No Passage
Slowly
Road has no Exit
No Parking
Curve
Cloudy, Misty, Foggy
Bridge
Tool Both
Bus Station
Taxi Stop
Parking Lot
Traffic Light

From Changuinola there are public buses to the border town of Sixaola, but it's much easier taking a taxi. There are taxis that take multiple passengers, or taxis colectivos as they are known, and they charge only \$1.00 per person. If you go alone they'll charge you \$5.00.

2. For those not wanting to fly from Isla Colon to Changuinola you can take a water taxi from Isla Colon to the coastal town of Almirante, which costs \$3.00 per person one way. The boat ride takes approximately 25 minutes. You'll then have to take a bus or taxi to Changuinola. Taxis charge \$10.00 per ride, not per person, and you'll save about 10 - 15 minutes compared to taking the public bus, which are small, comfortable mini vans. The bus ride costs about \$1.00 and lasts about 45 minutes, depending on traffic. If you're not in a rush the bus should do you just fine. They depart Almirante about every 30 minutes. Taking the water taxi and bus to Changuinola will save you only \$6.00 versus taking the flight. It all depends on your travel plans and budget.

Local Phone Numbers

Emergency	911
Fire Department	118
Transit Police	117
Red Cross	128
International Operator	116
Directory Assistance	113
Collect Calls	175
AT&T USA Direct	0-800-0-114-114
Tourism Information	192

Tourism-main office 233-1733
ICE 115
Western Union 800-777-7777

Currency Exchange

When exchanging your money, you can either utilize the services of the local banks or your hotel. Most hotels will exchange your money providing that you are staying at their hotel. The rate they offer is a bit below that offered by the banks, however, changing money at the local banks requires plenty of time due to bureaucratic handling procedures.

There are several money exchangers that offer their services around the downtown area of San Jose, as well as at the International airport. We do not suggest you take advantage of these services.

The colon comes in bills denominated in the following amounts: 10,000, 5,000, 1,000, 500, 100, and 50 colones. The coins are denominated in 100, 20, 10, 5, 2, and 1 colones. The central bank has also printed gold coins in all the same denominations mentioned above, however, they are physically smaller than the older coins in circulation, and therefore, do not work in any of the public machines, i.e. telephones, etc. It's always good to have some of these coins on you as in the interior many of the public phones are of the older type and they won't accept the newer coins.

Credit Card Services

Most car rental companies, travel providers, hotels, large restaurants, and department stores will accept all major credit cards, including Mastercard, Visa, Diners Club, and American Express. In the event that you need assistance with stolen cards or in obtaining cash advances, we have included information below which should be of some assistance.

American Express: This American Express office is the only branch that will assist you with card replacement. Customer service and establishment services are also available, including cash advances and bill payment. Several other regional offices are open, however, telephone calls are always forwarded to the central office. English is spoken.

Calle Central, Avenida 3 y 5,
Mon-Fri (8:00 am.-7:00 p.m.)
Saturday (9:00 a.m.-1:00 p.m.)
Tel: 257-0155
To call the US: 0-800-012-3211

Visa/Mastercard: This Credomatic office is the only branch that will assist you with card replacement for Visa/Mastercard. The card replacement process for Visa/Mastercard is much more time consuming as they have to correspond with U.S. authorities. Customer service and establishment services are also available. Credit card payments can not be paid unless your credit card has been issued through a local bank.

Calle Central, between Ave. 3 y 5
 Mon. - Fri. (8:00 a.m.-7:00 p.m.)
 Saturday (9:00 a.m. - 1:00 p.m.)
 Tel: 257-0155
 To call US (Visa): 0-800-011-0030
 To call US (Mast.): 0-800-011-0184

Diners Club International : This bank offers all major customer services, i.e. available credit, remaining balance, bill payments, etc.

Scotiabank (2nd floor) near the corner of Ave. 1 y Calle 2; almost diagonal from the Post Office.

Mon. - Fri. (8:00 a.m. - 5:00 p.m.)
 Tel: 257-2351 (business hours)
 Tel: 257-7878 (24 hours)

Air Transportation

Several international air carriers service Costa Rica's Juan Santamaria International Airport daily. From North America, several direct flights are available from most larger cities, as are those which include stopovers in Miami, Houston and/or numerous Central American countries. A second airport in Guanacaste, Daniel Oduber, is presently open and receives both local and international flights. Two major domestic carriers, Sansa and Travel Air, provide reasonably priced air travel within Costa Rica. Sansa, government owned, operates out of Juan Santamaria International Airport and offers a free shuttle service to and from San Jose for all flights. Travel Air, the largest private carrier, operates from the Tobías Bolaños Airport, which is located in Pavas; approximately four miles from downtown San Jose. Several other small, private carriers provide shuttle service to numerous locations throughout Costa Rica.

Aero Perlas	440-0093
Aero Costa Sol	441-1444
Air France	280-0069
Alitalia	222-6138
American	257-1266
Continental	296-4911
Delta	257-4141
Iberia	257-8266
Grupo Taca	296-0909
Lufthansa / Condor	256-6161
Mexicana	257-6334
Pitts Aviation	296-3600
Sansa	221-9414
Travel Air	220-3054

Car Rental Companies

Car Rental agencies are very well represented throughout Costa Rica. While most of the car rental companies are based in downtown San Jose, several have offices at the Juan Santamaria International Airport, along with representatives in most of the larger, well established hotels. Minimum driving age in Costa Rica is 18 years of age, however, most of the rental car companies require that those renting vehicles have a minimum of 21 years of age; some have a 25 year minimum. Most rental car companies requires a deposit of \$1,500.00 and carry a \$750.00 deductible, however, some have reduced the required deposit. In addition, some offer full insurance for an additional fee, which is added to your daily rental charge. We suggest that you rent a 4-wheel drive vehicle. Several areas are inaccessible to those renting anything less than a 4-wheel drive.

Ada / Alamo	233-7733
Adobe	221-5425
American	221-5353
Avis	293-2222
Budget	223-3284
Coral	223-5957
Dollar	257-1585
Economy	231-5410
Elegante	221-0066
Hertz	221-1818
Hola	231-5666
Meir	257-4666
National	290-8787
Pilot	442-7400
Poas	222-1956
Santos	257-0035
Sol	666-2222
Thrifty	257-3434
Toyota	223-2250
Tropical	232-0077
U-Haul	257-8283
Wabe	221-7004

Taxi Services

Most metropolitan areas are well supplied with taxis, all of which are red in color. Taxis are required by law to use meters when transporting passengers. There is a large percentage of taxis, however, who are not equipped with meters. Quite often these taxi drivers will charge based on the distance traveled, therefore, we recommend that you agree to a price prior to utilizing their services. The present fares are as follows: The present rates are as follows: 195 colones for the first kilometer, and

100 colones for each additional kilometer.

Internet / Telephone Services

Internet services throughout Costa Rica are provided by the government owned subsidiary of Radiografica Costarricense.

For information regarding internet services, contact Radiografica at:

Calle 1 Avenida 5,
 Tel: 287-0087
 Fax: 223-1609.
 Hours 8:00 a.m.-10:00 p.m.

There are countless numbers of internet cafes throughout the San Jose area, with most close to the Plaza de la Cultura. They charge approximately \$1.00 per hour. As well, the main office of Racsa also has computers for rent.

At the Racsa office mentioned above one can fax or make long distance calls in small, segmented booths.

Foreign Embassies & Consulates

Argentina	221-6869
Brasil	233-1544
Canada	296-4149
Chile	224-4243
China	224-8180
Colombia	283-6861
France	225-0733
Great Britian	221-5816
Guatemala	283-2290
Holland	296-1490
Honduras	234-9504
Israel	221-6444
Italy	234-2326
Mexico	225-7284
Nicaragua	233-8747
Panama	257-3241
Spain	222-1933
Sweden	232-8549
Switzerland	221-4829
United States	220-3050
Venezuela	225-1335

Photography

Fuji, Kodak and Agfa have large photographic film processing labs in Costa Rica, particularly in downtown San Jose; in addition to most large cities, i.e. Alajuela and Heredia. Most photographic services and products are available at any location. Photo prints are usually processed the same day, while slide film normally requires an additional 3-4 days for development. Enlargements are also available, however, the sizes and

prices vary tremendously. For those who need special items, such as filters, lens cloth, camera bags, cables, etc., there is a camera store just beside Kodak (adjacent to the Plaza de la Cultura, San Jose), that carries the most complete supply of camera related products in Costa Rica.

Located just north of San Jose (to the left of the Aurola Holiday Inn), on Avenida 3, between Calle 3-5 is an authorized Canon Camera repair department. Cameras of other manufacturers, in addition to video camera equipment, are also repaired on premises.

Museums & Exhibits

Joyas del Tropico: Located in Santo Domingo de Heredia, 100 meters east of the cemetery, this natural history museum exhibits insects from tropical rainforests throughout the world. Open Tuesday-Sunday and requires a \$5.00 fee for tourists/foreigners.

National Museum: A former fortress from the revolution of 1948, this renovated yellow building contains exhibits on Pre-Columbian art, religious art, and the history of Costa Rica. In addition, the garden courtyard offers visitors a pleasant view of the city of San José. Located on Calle 17, between Avenidas central and 2, this museum is open Tuesday-Sunday from 8:30-4:00 p.m. Fee: \$4.00 US dollars, Students: Free Admission

The Gold Museum: Located under the Plaza de la Cultura, this underground museum contains an extensive collection of Pre-Columbian gold artifacts, particularly jewelry. Open Tuesday-Sunday, 10:00 a.m.-4:30 p.m. Fee: 1000 colones, students: 300 colones, children: 150 colones.

Museum Of Costa Rican Art: Located on the eastern end of Sabana Park, this museum exhibits a permanent collection of Costa Rica's most highly recognized artistic achievements. Open Tuesday-Sunday, 10:00 a.m.-4:00 p.m. Fee: 400 colones, students: 200 colones. Sunday: free admission for all.

Jade Museum: Located on the 11th floor of the INS building, this museum maintains a permanent collection of Pre-Columbian jade, stone and gold artifacts. Open Monday-Friday

8:00 a.m.-4:30 p.m. Fee: \$2.00 US dollars, students: \$1.00 US dollar.

National Culture Center: This culture center contains a healthy collection of contemporary art, which changes frequently. Open Tuesday-Saturday, 10:00 a.m.-9:00 p.m.

Children's Museum: A former military prison, the Children's Museum consists of more than 32 exhibition rooms and numerous different activities and experiences, both indoors and out. Children can visit an old milk farm, travel through a history of Costa Rica, experience what it is like to be the director of a symphony orchestra, or listen as a life size robot of Franklin Chang recounts his experiences in space as a NASA astronaut. Located just north of central San Jose, on Calle 4 just north of Avenida 9. It is a large yellow building with high walls, corner turrets and it looks like an old medieval castle. It is open Monday through Friday from 8:00 am to 4:00 pm and on Saturday and Sunday from 10:00 am to 5:00 pm. It costs \$5 for adults, prices for children are substantially less, depending on age.

Tourist Offices

Costa Rica's tourism department, known as the I.C.T. (Instituto Costarricense de Turismo) is located on the 11th floor of the main building; just on the other side of Plaza de la Cultura along Avenida Segunda (Second Ave.). You must enter the building from the back side, facing the newly renovated park. The ICT also has an office under the Plaza de la Cultura, adjacent to the Gold Museum, which may or may not have current bus schedules, brochures, maps of San Jose and the National Parks, as well as other valuable information concerning tourist attractions. The I.C.T. office cannot make your reservations, but their bilingual staff will assist you with phone numbers, along with any questions you may have. More centrally located, this office is probably your best bet for obtaining helpful information.

At San Jose's Juan Santamaria International airport there are representatives from the I.C.T. at the base of the stairs, just before you depart the airport; as well as an office of CANATUR, a privately funded tourism association, has material available at

their disposal.

There are numerous bogus tourism agents who operate without an ICT license, thus we recommend you consult only with a licensed agency when booking tours.

Language Schools & Instruction

Costa Rica offers a multitude of options for those interested in learning the Spanish language, or perhaps brushing up on your existing Spanish speaking skills. Programs vary tremendously, depending on your skill level, time of stay and budget. Classes range from two day "survival courses" to semester long programs. For those whose time allow, living with a Costa Rican family "homestay", might be an attractive alternative. These arrangements provide an ideal environment to develop your language skills, as well as learn more about the local culture. These programs can be arranged through most language schools. In addition, the classified section of several local newspapers contain listings of families offering their services.

ISLS 800-765-0025
Adventure Education Center
Dominical Campus Tel.:
011 (506) 787-0023
Turrialba Campus Tel.:
011 (506) 556-4609 & 556-4614

Local Newspapers & Magazines

Local newspapers and magazines can be purchased throughout Costa Rica in neighborhood bookstores (Chispas Books, Calle 7, between 1st Ave. and Central Ave., 256-8251), department stores, and/or from individual street vendors. Weekly and monthly editions of the most well recognized periodicals are available, at an additional cost. Costa Rica has several different Spanish publications, all of which are printed and distributed daily, and include La Nacion, La Prensa Libre, La Republica and El Dia. Several other English speaking newspapers/magazines, catering to the tourists and foreigners living in Costa Rica, are published regularly.

The Tico Times

Central America's leading English language newspaper, The Tico Times is distributed weekly throughout Costa Rica. The newspaper offers a weekly synopsis of important business, political, and tourism related events, both

locally and internationally. The Tico Times also contains the most complete classified section of any local newspaper. It's a good place to start when entering the country for the first time. It is unquestionably the most frequently read publication in CR among tourists and foreigners.

Costa Rica Outdoors

Printed every two months, this glossy magazine caters to fisherman in particular. Other articles appear that pertain to tourism and outdoor activities. The magazine is not free and can be found in select bookstores and hotels.

Directions to Outerlying Areas

The following areas of interest are those which are of most interest to tourists when visiting Costa Rica. Below, we have detailed directions in order to help you get to these locations, along with any other information we feel might be of some assistance. Unless otherwise noted, all directions are from San José.

Cartago / Lankanster Gardens

Head east along the principal road as it departs San José towards the communities of San Pedro and Curridabat. At the end of these communities there is a rotunda, or circle intersection, at which you take the middle exit titled Cartago. This exit leads you to the auto pista, on which you will be required to pay a toll fee. Continue on the pista as the road begins to climb over the mountain range which separates San José from Cartago. As you nearly complete the steep decline entering the Cartago, approximately 5 miles (8 km) from the toll booth, stay to the right at the fork; signs are visible pointing to Cartago. Continue until you reach the next intersection, where you will turn left at the fork; just after a large Shell gasoline station on the right side. Continue into the heart of the city of Cartago, with the central square on the right side as you pass through town; the Basilica is at the very end of town. When you come alongside the right side of the Basilica there will be a sign for Lancaster Gardens, at which point you will turn right. After two blocks, turn left and continue straight until you see the sign for Lancaster Gardens on the right side; just after the Shell gas station. Make a right along this gravel road and then your

first right, which leads you to the entrance of the gardens.

When returning to San José, follow the same road back until you see a sign for San José, which leads to the right. Make your first left, following the signs, and continue until you reach the end of the road; there is a large Plaza clearly visible in front of you. Make a right and after two blocks a left. This road takes you along the auto pista back to San Jose.

Sarchi-Handcraft Center

You can reach Sarchí in two ways, either via the autopista or through the city of Alajuela. If you are participating in a tour chances are you will visit through Alajuela as most tours first visit Poas Volcano, and later Sarchí. If you prefer to visit Sarchí only we recommend that you do so via the autopista, as the highway has recently been repaved and the trip is much more direct and quicker.

Take the main road towards the international highway and follow the sign for Ssn Ramon. Continue on this autopista for approximately 10-15 minutes until you see a sign for Sarchí, 16 km. Continue on this road for quite some time, as it twists and turns through some beautiful country. As you come up over a hill you will see a large red church ahead and on the left side (this town is called Grecia). Approximately 3 blocks prior to the church, just after a bus depot on the left side, make a left turn; there is no sign for Sarchi. Continue straight for about 5 blocks as you descend down a road which comes to an intersection (*). At the intersection make a left, there is a sign for Sarchí on the right side of the road. In about 3 miles (4.8 km) you will begin to see some large artifact stores, and they continue for some time after that. Generally speaking, this area has plenty of smaller shops which line the highway on both sides. Pick the one you like and spend some money.

When returning to San Jose you can either take the pista back or return via Alajuela. When returning to Grecia from Sarchí there is no sign at the turn-off for your ascent up the hill (*). When you get to the top, turn left at the sign and make your first

right; there is a small park on the far right corner. Continue straight through town with the church on the left side. At the following intersection, red blinking light, go right for the autopista or left for Alajuela. If you turn left continue for about 5 blocks until you reach the intersection, and then turn right. Stay on this road all the way to Alajuela. There are several signs helping you stay on track. Once in Alajuela, follow the signs for San Jose, which will lead you to the autopista.

Playa Dominical

By Car - Reaching Dominical and the surrounding area is easier than one might expect. It is a three and a half hour drive from San Jose by car through some of the most visually stunning scenery in the entire country.

The highway between San Jose and San Isidro is best traveled during daylight hours, as the fog, rain and mad road conditions make driving difficult during evening hours. While there are still some sections with rather large potholes, the road is in generally good condition. There is an ENORMOUS amount of heavy vehicle traffic on this road (buses, trucks, etc.) so it is recommended you drive with caution. Due to the climb, the temperature at higher elevations is surprisingly low. Make sure to fill your tank before leaving for San Isidro, as there are no gas stations after departing San Jose.

As you arrive in San Isidro, approximately 2:45 minutes after departing San Jose, make a right turn after passing the Yamaha dealer on the right side. After veering right, follow this road straight, which continues on towards Dominical. From this point, you are approximately 30-40 minutes away from Dominical. Generally speaking, the road is in fine condition except for a few sections which were washed away during the hurricane of 96'. After a moderate climb, the road heads south rather quickly, en route to the coast. For those interested in heading either north or south from Dominical, it is a one and a half hour drive to Quepos by car; 4x4 recommended. The road south to Punta Uvita has recently been repaved and is in very good condition. It is only necessary to rent a four wheel drive car if you intend to do some explor-

ing in the mountains or continue traveling further north or south.

By Bus - Buses servicing the coastal communities of Dominical, Quepos (Manuel Antonio), Matapalo, and Uvita all depart from San Isidro, which is located about 3 hours south of San Jose along the Pan-American Highway. Buses departing from San Jose go only as far south as Quepos, and do not service any of the coastal communities listed above.

The phone number for the bus terminal in San Isidro is 771-4747.

Below we have supplied more detailed information about buses that depart San Isidro en route to the beaches along the coast.

San Isidro to Dominical to Quepos - 7:00 a.m. / 1:30 p.m.

San Isidro to Dominical to Uvita - 9:00 a.m. / 4:00 p.m.

Dominical to San Isidro (these buses depart from Uvita) - 7:00 a.m. / 2:45 p.m.

Dominical to San Isidro (these buses depart from Quepos) - 7:15 a.m. / 3:30 p.m.

Playa Matapalo

Playa Matapalo is situated halfway between Manuel Antonio/Quepos and Playa Dominical. The dirt road connecting the two coastal communities contains numerous short, narrow bridges, all of which accommodate one-way traffic only. Depending on weather and road conditions, your trip south to Matapalo from the Manuel Antonio/Quepos, or north from Dominical, will require approximately 45 minutes to 1 hour. From Manuel Antonio/Quepos, the road to Matapalo is a continuation of the same road that leads to the Quepos airport. From Dominical, head north on the coastal road, passing Hacienda Barú.

Liberia

Departing from San Jose you head west, passing the airport on the left side; follow the signs for San Ramon. Continue on this road, which turns north, along the Panamarican Highway; following the signs for Liberia. The trip should take three to four hours, depending on traffic and

the distance covered is 135 miles. Arriving in Liberia you will come to a traffic light on the highway with three gas stations on the corners; Texaco, Union 76 and Esso. Take a right at the light heading east and you will be on Avenida Central and six blocks down will bring you to Central Park and the middle of the city. Make a left and you will be heading towards the airport and beaches dispersed along the Pacific coast.

Liberia Airport

From the main stop light intersection on the Panamarican Highway, instead of going right into town you proceed left heading west. This is the main highway connecting the beach areas of Guanacaste to Liberia. Getting to the airport should take no more than ten minutes and is 8 1/2 miles down the road. When you come across the white sign that says airport you will take the next right and then drive up the entrance for another mile before you get to the main terminal. The sign for the entrance to the airport is not the easiest to see so if you start to see the airport on your right you already passed it.

Playa del Coco

From the main stop light intersection on the Panamarican Highway in Liberia, you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Panama, Hermosa and Coco to the right. Continue on through Sardinal for another 8 miles until you come to a large intersection with large green signs for the beaches. Follow the sign for Playa del Coco and go straight ahead another 2 miles until you enter town. The beach is at the end of the road about 22 miles from the Panamarican Highway, the road is paved and in good condition and the trip is under 30 minutes

Playa Flamingo

From the main stop light intersection on the Panamarican Highway in Liberia, you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Flamingo and Tamarindo and stay to the left. This route will take you through the town of Filadelfia and on to the smaller town of Belén,

about 12 miles. Cross the bridge and you will see the large green signs for the beaches and turn right after the signs. Continue on 18 miles to the town of Huacas and follow the signs to the right. Go down the road about 1/4 of a mile and make a sharp right and stay on the paved road. Drive through Brasilito and take the paved road as it turns to the right, continuing on the final two miles follow the signs. The trip takes about an hour and is 47 miles in total.

Playa Grande

Continue on the same route you would normally take in order to reach Playa Tamarindo or Playa Flamindo. Continue straight just after the fork in the road pointing left to Playa Tamarindo. Just after this fork the paved road turns sharp to the right which continues to Playa Flamingo and Potrero. In order to reach Playa Grande you must continue straight along the dirt road which runs all the way to the beach; the beach can be accessed without a four-wheel drive vehicle. It is approximately 10 km (6.2 miles).

Playas del Hermosa & Panama

From the main stop light intersection on the Panamarican Highway in Liberia you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Panama, Hermosa and Coco to the right. Continue on through Sardinal for another 8 miles until you come to a large intersection with large green signs for the beaches and follow to the right. The turn off for Playa Hermosa is three miles up the road and Playa Panama is an additional mile. Total travel time is around 30 minutes and the road is in very good condition all the way along its 24 miles.

Playa Ocotal

From the main stop light intersection on the Panamarican Highway in Liberia you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Panama, Hermosa and Coco to the right. Continue on through Sardinal for another 8 miles until you come to a large intersection with large green signs for the beaches. Follow the sign

for Coco and go straight ahead another 2 miles until you enter town. Just as you enter Coco there will be a street on the left that heads south. There is a sign for Ocotal and on the corner is a dive shop, follow this road over the small bridge until you come to a T and turn right. Follow the signs to Hotel Ocotal and stay to the left when you get to the intersection with the big tree in the middle. The beach is only three miles south of Coco and the trip only takes an additional 10 minutes. The road is in fairly good condition and is passable by all vehicles.

Playa Potrero

Use the same directions as you would in order to get to Playa Flamingo mentioned above. Just prior to Flamingo Beach there will be a turn-off to the right with signs pointing towards Playa Potrero, approximately 3 km. The road is a dirt road, however, it is in good condition and can be reached without a four-wheel drive vehicle.

Playa Samara

From the main stop light intersection on the Panamerican Highway in Liberia, you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Flamingo and Tamarindo and stay to the left. This route will take you through the town of Filadelfia and on to the smaller town of Belen, about 12 miles. Cross the bridge and you will see the large green sign for Santa Cruz, stay to the left and continue on through the towns of Palestina and Rio Cañas. After 13 miles you will enter the town of Santa Cruz, follow the main street through town and on to the city of Nicoya. It is a straight shot of about 15 miles till you get just outside of town. When you get to the intersection with the traffic light follow the signs to the right and through the center of town. Once through town follow the paved highway all the way down the 25 miles to Samara. The road dead ends into the main beach. The road is paved the whole way with only a couple of places where there are pot holes, the trip takes a little over two hours and is almost 80 miles.

Playa Tamarindo

From the main stop light intersection

on the Panamerican Highway in Liberia, you head west along the main road to the beaches. 12 miles down the road you will come to an intersection in the town of Comunidad, follow it and the signs for Playas Flamingo and Tamarindo and stay to the left. This route will take you through the town of Filadelfia and on to the smaller town of Belen, about 12 miles. Cross the bridge and you will see the large green signs for the beaches and turn right after the signs. Continue on 18 miles to the town of Huacas and follow the signs to the left. From there you will continue on through the Villa Real and then continue on the last two miles into Tamarindo. The trip takes about an hour and is 48 miles in total.

Playa Tamarindo to Playa Grande (short-cut)

There is a short cut for those traveling between Playa Tamarindo and Grande, through a few fincas and along the Las Colinas Golf Course; a four-wheel drive is not necessary. From Tamarindo, head back towards San José and turn left at the sign for Las Colinas Golf Course and National Park Las Baulas. Continue along this road until you reach another road, at which time you will turn far left and continue straight; there is a sign pointing towards the National Park. Continue until you reach the entrance to Las Colinas Golf Course, where you will turn right and immediately following a left. When you reach the main road turn left and continue till you reach the beach; this main road is the other road (mentioned above) which you can take if coming from Liberia. From Playa Grande, just reverse the order.

Barra del Colorado Reserve

Barra del Colorado does not offer the ease of access, as does Tortuguero. Unlike Tortuguero, travel to Barra del Colorado via launch is not recommended. Few, if any, launches continue north from Tortuguero, and those which do will charge you a good penny. Organized tours do not normally transport their passengers to Barra del Colorado via the canals. The trip north to Barra del Colorado will add an additional 2-3 hours to your trip from Moín, depending on the size of your launch and its motor. Much like the trip from Moín to Tortuguero, very few of the local merchants provide naturalist guides,

food and/or beverages. While the northern canals are interesting if viewed properly, passing them at 40 m.p.h. is hardly an eco-experience. We recommend that you fly!!!

Both Travel Air and Sansa fly regularly to Barra del Colorado. Flights are short, comfortable and present a unique perspective of the canals and inland waterways below, along with the mountain range which separates the Central Valley and the Caribbean coast. Several other small, independent carriers are available upon request. While more expensive, these flights operate on demand and can help maximize your stay in Barra del Colorado.

Braulio Carrillo National Park

By Car - In order to arrive at either of the two entrance points off the San José-Guápiles highway, take the auto-pista north of San José en route to Limón. The first entrance to Braulio Carrillo National Park is only 20 km (12 miles) from San José. The entrance is on the right side of the road and is approximately 2 km (1.2 miles) from the toll booth (200 colones for automobiles). For those interested in entering using the Quebrada González entrance, continue along the same road for approximately 22 km (13.2 miles), or about 2 km (1.3 miles) after crossing Rio Sucio; the entrance is on the right hand side.

By Bus - Transportation to Braulio Carrillo National Park depends on which entrance you intend to use. The most common entrance is along the Guápiles Highway, en route to Guápiles and/or Limón. Shortly after the toll booth, a ranger station resides on the right side on the highway (puesto Carrillo). Ask the driver to drop you off at the entrance to the park. For those who prefer to visit the Barra Volcano, located on the far west side of the park, you must take a scheduled bus from Heredia to Sacramento, via Porrosati. There are several buses which run throughout the day.

Corcovado N.P. - Osa Peninsula

Several options exist for those interested in visiting Corcovado National Park. First, direct buses depart daily from San Jose to Puerto Jimenez. This is the most popular starting point for those entering Corcovado

National Park, particularly if you arrived via Golfito. For those who intend to enter the park via Los Patos Ranger Station, we recommend that you get off the bus at La Palma, located north of Puerto Jimenez. This small town provides the most convenient access to Corcovado National Park. From La Palma, there is a 12 km (7.2 mile) road which proceeds the entrance to the park. The Rio Rincon, which crisscrosses this road numerous times, is unshaded and often very muddy. Sandals or inexpensive sneakers are ideal for this long hike proceeding the park entrance. If you prefer to start your trek at the park entrance and not at La Palma, which we highly recommend, taxis can be hired in La Palma for a reasonable price. The 12 km (7.2 mile) walk is boring, unnecessary and exhausting. From the entrance to the park to the first Ranger Station (Los Patos) is relatively short and uneventful. Little, if any, fluid is available once you depart La Palma, therefore, bring more than you think you will need, especially if you plan on hiking the 12 km (7.2 mile) trail. Those entering Corcovado via La Leona Ranger Station must proceed to Puerto Jimenez. Public buses, to Carate from Puerto Jimenez, depart regularly throughout the week. However, hiring a taxi with fellow hikers may be a better alternative. The hike from Carate to La Leona is along the hot, sandy beach. Bring plenty of sun screen if you intend to enter via Carate.

Buses to Golfito depart San Jose daily. From Golfito you can either arrange for a shuttle flight to Puerto Jimenez or take one of the scheduled ferries that depart Golfito for Puerto Jimenez daily. This is more difficult as often the ferry schedules do not coincide with the bus schedules in Puerto Jimenez. Overnight accommodation in Puerto Jimenez is usually the result. Unless you have a particular interest in Golfito, we recommend that you take one of the direct buses scheduled for Puerto Jimenez, not Golfito.

Sansa departs daily from San Jose International Airport for Golfito, while Travel Air departs Pavas Airport daily. Other independently owned carriers, based both in San José and/or Golfito, can fly directly into the Sirena airport; located within Corcovado

National Park. These flights are not cheap, however, they do eliminate the necessary 4-6 hour hike required in order to arrive at the Sirena Ranger Station. These charter flights also depart from Puerto Jimenez.

Currently, the National Park service is NOT offering food service inside Corcovado National Park, or any other park we believe, so you'll have to bring your own food with you.

Drake Bay - Osa Peninsula

For those interested in visiting the area around Drake Bay, or even Corcovado's San Pedrillo Ranger Station, one must enter by way of Sierpe. The small coastal town of Sierpe resides along the river with the same name and serves as an entrance point for all those visiting the Drake Bay region. Most hotels have pickup and drop-off service at least once a day. The road heading to Sierpe breaks off the Pan-American Highway just after Palmar Norte, or just south of the bridge. (Buses from San Jose with Tracopa Bus Company offers service to this region daily, as all buses to the border community of Paso Canoas pass by Palmar Norte) The first 3 miles of the road is paved, with the balance a combination of gravel and dirt; often littered with potholes. You'll first pass through the town of Palmar Sur and later numerous farms and banana plantations. The drive from the main road takes about 30 minutes. While it is a fairly direct route, one can easily get lost if you don't know your way. Taxis service is available. The boat ride from Sierpe to Drake Bay takes about one hour, depending on ocean conditions and your final destination. The river portion is normally flat and comfortable, however, that can change where the river mouth meets the Pacific Ocean. Here it can get quite rough, with large waves and swells present. Once departing the river mouth you'll head south en route to Drake Bay. The river mouth is about the half way point of your trip. There is an airport just a short boat ride across the bay from Drake Bay, however, it is usually used for charter flights.

Irazu Volcano National Park

By Car - depart San Jose heading east along the main road, Avenida 2. Continue east towards Cartago, while passing through the suburb commu-

nitites of San Pedro and Curridibat. As you depart the metropolitan area (approximately 6 km, or 3.6 miles from downtown San Jose) there will be a fork in the road, at which you should stay left. Continue straight until you reach the traffic circle (rotundra) and take the second circle on the right side; which leads you to the auto-pista heading towards the city of Cartago. Just moments after entering on the pista there will be a toll booth (peaje) which costs 60 colones. From the toll booth, continue southeast towards Cartago, which is approximately 15km (9 miles); there will be a nice climb up and over the top of the ridge separating these two cities. After descending down the hill en route to Cartago, continue straight at the fork, do not go right; going right will lead you into the city of Cartago. After passing through the intersection, make a left at the sign which reads Irazu Volcano; the sign is on the right side of the road. From this point, you will begin your climb to the top of Irazú Volcano. Signs are clearly visible throughout your journey. The road is in very good condition and continues for approximately 35 km (21 miles). It twists and turns and provides terrific panoramic view points of the entire central valley surrounding this magnificent volcano.

By Bus - Irazu Volcano, like Poas Volcano, is one of the most frequently visited sites in Costa Rica. There is a public bus which departs every Saturday and Sunday morning from San Jose, just opposite the Grand Hotel. The express bus departs at 8:00 a.m and arrives approximately 1.5 hours later; the bus departs Irazu Volcano at 1:00 p.m. There are no public buses which service Irazú Volcano during the week. Private tour companies offer both half day and full day tours to Irazú Volcano. Normally, the full day tour includes a stop at the Lancaster Gardens in Cartago.

Lake / Volcano Arenal National Park

There are three different routes you can take en route to Lake Arenal (Arenal Volcano), however, it depends on which end of the lake you are most interested. The eastern end of the lake (La Fortuna) provides access to the Arenal Volcano National Park and Caño Negro Reserve, while the western side of the lake brings you to the town of Tiliran, which is where most of the windsurfing relat-

ed hotels and businesses are based.

Via La Fortuna-the most direct route is via San Ramon, for which there is a clearly marked exit sign off the auto pista (Interamerican Highway); which departs west of San Jose, past the airport and continues northwest past the coastal port of Puntarenas. The exit for San Ramon is approximately 31.5 miles or 50.5 kms from San Jose. Generally speaking, the road conditions are in very good condition, particularly once you get off at the San Ramon exit; your trip to La Fortuna will take between 2 1/2-3 hours. As a second alternative, you can exit the auto-pista just prior to the exit for San Ramon (approximately 23.5 miles or 37.5 kms from San Jose), at an exit for San Carlos (Ciudad Quesada). This route to La Fortuna will take you through the small community of Zarcero, which has one of the most picturesque main squares in the country. The colorful gardens, which reside just in front of the church, are filled with hand trimmed hedges depicting arches, animals and other odd shapes. Zarcero provides for terrific photographic opportunities. Once again, the road conditions are in very good condition, and your trip to La Fortuna will require a 3 hour drive from San Jose. Regardless of which route you take, your drive through the northern zone of Costa Rica will be most enjoyable. Steep inclines, twisting turning roads, lined with small farms and green rolling hills is what you can expect to see en route to La Fortuna. Your trip north is perhaps one of the most scenic and enjoyable in Costa Rica. Both routes are clearly marked with road signs directing you to the small community of La Fortuna or Lake Arenal.

Via Tiliran - For those whose prefer to visit the west end of the lake, you can take the Panamerican Highway towards Liberia, getting off at Cañas. There is a large sign on the right side of the road for Cañas, Lake Arenal and Tiliran; it is just after the red bull ring. Take this road straight to the end and turn left following it until it reaches Tiliran, approximately 21 kms (12.5 miles). You enter Tiliran at a fork, for those who want to continue to Lake Arenal, turn left at the fork and continue on straight. From this side of the lake, one can easily access the famous windsurfing spots which

are concentrated on this end of the lake.

Caves of Venado

(Located just prior to Lake Arenal)

Approximately 7 km(4.2 miles) before reaching La Fortuna from San José, there is a sign on the right hand side of the road pointing towards Monterey. Take this right and continue straight until you reach the small town of Monterey, where there will be a split in the road; the distance is approx. 13.6 km(8.5 miles). Stay to the right and continue ahead towards the town of Venado. About 9 km (5.7 miles) ahead there is a sign for Venado, at which you turn to the left and up a rather steep climb; there is a sign which reads "Venado 7 km. When you reach the small community of Venado the pavement ends and a rocky/dirt road begins. Continue straight for 2 km(1.2 miles), where there will be a small sign of the right side where you have to enter for the caves. The entrance is to a farm where you will have to pay and obtain permission to visit the caves, as they are on private property. From La Fortuna you should allocate 1 hour to complete the trip to the Venado Caves. The road is generally in good condition, however, the section between Monterey and Venado leaves much to be desired.

Manuel Antonio / Quepos

Travel to the area is easy and can be done in a number of different ways. Regularly scheduled air service is available through Sansa Airlines, the cost is \$25 and the flight takes 15 minutes. By car or bus it is a three and a half hour or more, depending on weather and traffic. Direct buses leave the Coca Cola bus terminal in San Jose three times a day and are in large and comfortable Mercedes buses. If you are renting a car it is advisable to rent a 4x4 vehicle because certain sections of the road can be difficult. Bus service between Quepos' main terminal and the national park departs every half hour from 5:00 a.m. till 10:00 p.m. and is less than \$0.40.

Poas Volcano

Head towards the international airport but stay to the right side and follow the sign for San Ramon. Take the first exit to the right which says Alajuela, a very short distance from the airport. Continue on this road

and stay straight as you pass through the town of Alajuela. At the end of town there is a sign which reads "Poas Volcano 31 km". Continue on this road, which twists and turns for most of the trip; there are numerous signs along the way. There are some rather steep climbs, however, most of the road is in good condition. There are good views and the road is lined with several small eateries. Only one gas station is en route and it is located as you near the entrance to the volcano. From the entrance to the park, it is a 1 mile (1.6 km) drive to where you are requested to pay for admittance.

Rincon de la Vieja National Park

From the main stop light intersection on the Panamerican Highway you continue straight ahead to the north. A little over 3 miles up and you will come to a sign for the national park, make a right after the sign. But make sure you take the exit that is perpendicular to the road, as the other exit has a very large dip in it and is difficult to get over. The road to the park is rough, but is passable by two-wheel drive vehicle, except for the last mile where it is even difficult in a 4x4. Follow the signs in the road as there are a couple of different intersections, the first of which is in the town of Curubande, 7 1/2 miles off the main road, where the road comes to a T and you need to follow the right. Two miles down the road you will come to a private gate, you must pass through here to get to the park and the cost is c350 per person in the car. Another mile up the road you will come to an intersection with a lodge straight ahead and the way to the park is to the left. The last of the intersections is another mile up the road, up till here the road is passable by all vehicles. There is a sign say the name of the park and you continue straight for the last mile. The park entrance is only 15 miles from the intersection on the main highway at Liberia, but the trip takes 45 minutes.

Santa Rosa National Park

You can take a direct bus to Liberia, which departs San Jose eight times daily, and later catch a connecting bus which will pass by the entrance to the park along the Pan American Highway. There are several buses which depart daily from Liberia and pass the Santa Rosa National Park. The direct bus to Liberia takes

approximately four hours and they normally run close to schedule.

Let the driver know, with sufficient notice, that you would like to be dropped off at the entrance to the park. The distance from the drop-off point to the main camping area is approximately 7 km (4.35 miles) on a hot, paved and open road. We recommend that you purchase a good supply of fluids before departing either San Jose or Liberia. Upon your arrival at the park entrance, there is no fluid available until you reach the main camping area. Along the entrance road, there are two vistas on the right side which provide spectacular views and a well deserved resting spot.

For those driving in rental vehicles, the road from the main, upper level camping area down to the beach is at times restricted even in the dry season. We highly recommend a strong, four-wheel drive vehicle as this long, steep, pothole filled dirt road is treacherous and at times impassable.

Tapanti National Park

By Bus - For those depending on public transportation, one must first take a bus to Cartago, later a bus to Paraiso, and later to Orosi. From Orosi, you can hire a cab to take you to the park entrance (approx. 1,500 colones per ride, not per person). The park entrance is approximately 5 miles (8 km) from Orosi, along a well maintained dirt/gravel road. Depending on how lucky you are with the buses, your entire trip could take a few hours. The park station has a radio which can call for a taxi when you decide to leave.

By Car - Use the same directions you would use to go to the Lancaster Gardens, only continue ahead along the main road. Approximately 2 km (1.2 miles) ahead is the town of Paraiso. At the central park, which is on your right side, make a right and continue straight. Take this road for approx. 7 miles (11 km) to Orosi. This road winds and begins a large decent down into the valley, with terrific vistas of the valley to your left. Signs are on the road side point to the National Park. Shortly after the Electrical Plant the road turns to a gravel road which continues for 5 miles (8 km) until you reach the park entrance. When you return to San

Jose take the same road back to Paraiso until you reach the central park, at which point you make a left; you can't go straight. Go 2-3 blocks and make a right, when you will cross over the main road and follow the signs for Cartago and/or San Jose.

Tortuguero National Park

From San Jose, you have three options. First, fly on a scheduled flight departing San Jose which provides spectacular views of the mountain range that separates the Central Valley from the Caribbean coast, along with a unfamiliar view of the intricate canals and lagoons of Tortuguero National Park. Second, take a public bus from San Jose to Limon and then take an unscheduled launch from the port of Moin. Third, participate in an organized tour, which usually departs San Jose early mornings. Several tour operators use a port further north than Moin, which shortens the boat ride significantly. This port however, is only accessible for those participating in an organized tour.

If you choose visit Tortuguero via bus and canals, set aside the entire day for your trip. Direct buses depart hourly from San Jose to Limon and take four hours. The taxi ride from Limón to the port of Moín should take no more than fifteen minutes of your time. Several launches use the port of Moín as a departure and arrival point. While some of the launches are privately hired by organized tour operators, several are for local hire. Local merchants depart throughout the day at unspecified times. Most will not depart until they have filled their launches, therefore there is no guarantee that they will even depart. We recommend that you arrive as early as possible and get on the first launch to depart. Prices vary depending on the time of day, number of passengers and size of the boat. No naturalist guides are present, nor is food or beverages. Buy what you need in Limon before departing for Moin, as the trip normally takes approx. 4-5 hours.

If you are participating in an organized tour, chances are you will not depart from Moin, but further north; as mentioned earlier. Tour operators normally provide bilingual naturalist guides, lunch and beverages, however, there is no guarantee. If you pre-

fer a slow, narrated trip through the Torguero Canals, take an organized tour. Normally, an experienced tour guide will reveal surrounding wildlife as with local flora and fauna.

Cahuita National Park

From San Jose, your trip to Cahuita is fairly direct. Take the Braulio Carrillo highway north of the city towards the Atlantic coast city of Limón. The trip takes approximately 2:15-2:30 to Limon. The road through Braulio Carrillo National Park has recently been improved, however, there are still an enormous amount of huge potholes littering the highway. It is unusual to find this road without cloud cover on the upper region, particularly during the rainy season. That in combination with the potholes and steep decline make this a very dangerous road. We do not recommend that you make the trip at night. Once you arrive in Limón, make a right at the first major intersection, there will be a Texeco station on the right corner. From this intersection stay on this road and follow the signs for Cahuita and Puerto Viejo. The road which separates Limón and Cahuita is in poor condition, littered with potholes and single lane bridges; thus proceed slowly. It is approximately 42 km(26 miles) and takes around 50 minutes. The main road entering Cahuita is accompanied by a large sign reading "Cahuita & Parque National" on the left side. From this intersection it is only 1 km (.6 miles) to the town of Cahuita; the road to the beach is dirt and filled with potholes. Upon entering there is a fork in the road, either route takes you to town.

Puerto Viejo-Atlantic Coast

From San Jose, follow the same direction as mentioned above for Cahuita National Park. From Cahuita, continue straight along the paved road following the signs for Puerto Viejo and Sixaola. The road between Cahuita and Puerto Viejo is more of the same, paved but littered with large potholes and sections without pavement; it seems to get worse as you get closer to Puerto Viejo. Just prior to Puerto Viejo there is a turn-off to the right for Sixaola, however, continue straight. It is only 16.5 km (10 miles) from Cahuita to Puerto Viejo and the trip takes about 25 minutes.

Gandoca Manzanillo Reserve

From San Jose, follow the same direction as mentioned above for Cahuita & Puerto Viejo. The road south to Manzanillo is much of the same, all dirt and slow driving. Simply continue south on the same road for approximately 4-6 km (3 miles) before reaching the town of Manzanillo.

Monteverde Cloud Forest

Depart San Jose, heading towards the international airport. Pass the airport and follow the signs for San Ramon, continue straight along the Pan-American Highway for approximately 2:30 hours; the road has recently been resurfaced. At the #147 kilometer mark, turn right at the signs pointing to Monteverde and

Santa Elena Reserves. The signs are on the right side of the road and just prior to a rather large steel bridge crossing the Lagarto River. From this point the road becomes dirt/gravel and is recommended for a four wheel drive. During the rainy season don't even think about making this trip in a car. There are signs along the road pointing you in the right direction; the community of Santa Elena lies just prior to Monteverde. The entire trip should last approximately 3:30-4:30 hours.

Accommodations

<u>Alajuela</u> Orquídeas Inn Vista del Valle	<u>Tel. #</u> 433-9346 451-1165	<u>Fax. #</u> 433-9740 450-0800	<u>E-mail Address</u> orchid@sol.racsa.co.cr mibrejo@sol.racsa.co.cr
<u>Dominical</u> Costa Paraiso Lodge Villas Rio Mar	<u>Tel. #</u> 787-0025 787-0052	<u>Fax. #</u> 787-0025 7870054	<u>E-mail Address</u> costapar@sol.racsa.co.cr info@villasriomar.com
<u>Osa Peninsula (Drake Bay)</u> Aguila de Osa Inn	<u>Tel. #</u> 296-2190	<u>Fax. #</u> 232-7722	<u>E-mail Address</u> info@aguiladeosa.com
<u>Lake/Volcano Arenal</u> Laguna del Lagarto Lodge	<u>Tel. #</u> 289-8163	<u>Fax. #</u> 289-5295	<u>E-mail Address</u> lagarto@sol.racsa.co.cr
<u>Manuel Antonio</u> Hotel Karahe	<u>Tel. #</u> 777-0170	<u>Fax. #</u> 777-1075	<u>E-mail Address</u> information@karahe.com
<u>Monteverde</u> Hotel Fonda Vela	<u>Tel. #</u> 257-1413	<u>Fax. #</u> 257-1416	<u>E-mail Address</u> fondavel@sol.racsa.co.cr
<u>San Jose</u> Hotel del Rey	<u>Tel. #</u> 257-7800	<u>Fax. #</u> 221-0096	<u>E-mail Address</u> info@hoteldelrey.com

Additional Services

Scuba Diving

Aguila de Osa Inn
Tel.: 296-2190
E-mail: info@aguiladeosa.com

Wedding /Photography Services

Tropical Occasions
amonihan@tropicaloccasions.com

Sport Fishing

Aguila de Osa Inn
Tel.: 296-2190
E-mail: info@aguiladeosa.com

Hotel Karahe

Aguila de Osa Inn
Tel.: 296-2190
E-mail: information@karahe.com

Bus Schedules

Destination	Frequency	Departures	Distance/Time	Dep. Location
<u>ALAJUELA</u> (Airport)	ev. day	dep. ev. 10 min. 4:50 a.m.-11:00 p.m. ret. ev. 10 min. 4:40 a.m.-10:00 p.m.	11 km(25 min.)	call 10/12, ave.
***1 block east on Avenida 2nd, buses leave for airport 24 hours a day.				
<u>ARENAL VOLCANO</u> (La Fortuna)	ev. day	dep. 6:15, 8:40, 11:30 a.m. ret. 2:45 p.m.	130 km(4:30 min)	calle 16, ave. 1/3
<u>BRAULIO CARRILLO PARK</u>	ev. day	dep. ev. 30 min. 5:30 a.m.-2:45 p.m. ret. ev. 45 min. 5:00 a.m.-7:00 p.m.	30 km(35 min.)	calle 12, ave. 7/9
***Get off at the Quebrada Gonzales Station. Wait for bus on highway to return.				
<u>CAHUITA NATIONAL PARK</u>	ev. day	dep. 6:00, 10:00 a.m., 1:30, 4:00 p.m. ret. 7:30, 9:30, 11:00 a.m., 4:30 p.m.	125 km(4 hrs.)	main road to Tibas
***Buses depart and return daily from Limon(calle 1, ave. 11) en route to Cahuita.				
<u>COCO BEACH</u>	ev. day	dep. 8:00 a.m., 2:00 p.m. ret. same	251 km(5 hrs.)	calle 14, ave. 1/3
***Buses depart from Liberia daily en route to Coco Beach, as well as return to Liberia.				
<u>DOMINICAL</u>	ev. day	dep. 7:00, 8:00a.m., 1:30, 4:00 p.m. ret. 6:45, 7:00 a.m., 2:45, 3:30 p.m.		from San Isidro
<u>FLAMINGO BEACH</u>	ev. day	dep. 8:00, 10:00 a.m. ret. 9:00 a.m., 2:00 p.m.	320 km(6 hrs.)	1/2 block west of Coca Cola Station
<u>FORTUNA</u>	ev. day	dep. 6:15, 8:40, 11:30 a.m. ret. 12:45, 2:40 p.m.	130 km(4:30 hrs.)	calle12, ave. 7/9
<u>GOLFITO</u>	ev. day	dep. 7:00 a.m., 3:00 p.m. ret. 5:00 a.m., 1:00 p.m.	330 km(8 hrs.)	calle 14, ave. 5
<u>HEREDIA</u>	ev. day	dep. ev. 15 min. 5 a.m.-12:15 a.m. (from 12:15-4:00 a.m. ev. 30 min.) ret. ev. 15 minutes 5:00 a.m.-11:00 a.m. (from 12:15-4:00 a.m. ev. 30 min.)	11 km(25 min.)	calle 1, ave. 7/9
<u>IRAIZU VOLCANO</u>	Sat. & Sun.	dep. 8:00 a.m. ret. 12:15 p.m.	54 km(1:30 hrs.)	calle 1/3. ave/ 6/8
<u>JACO BEACH</u>	ev. day	dep. 7:30, 10:30 a.m., 3:30 p.m. ret. 5:00, 11:00 a.m., 3:00 p.m.	1-2 km(2:30 hrs.)	calle 16, ave. 1/3
<u>LANCASTER GARDENS</u>	ev. day	dep. ev. 30 min. from Central Square between 5:00 a.m.-10:30 p.m.) ret. same	8 km(15 min.)	from Cartago
<u>LIBERIA</u>	ev. day	dep. 6,7,9,10,11:30 a.m., 1,3,4,5,6,8:00 p.m. ret. 4,5,6,7,8,10,12:00 a.m., 2,4,6,8:00 p.m.	217 km(4 hrs.)	calle 14, ave. 1/3
<u>LIMON</u>	ev. day	dep. ev. 30 min. 5:00 a.m.-7:00 p.m. ret. same	162 l,)(2:30 hrs.)	main road to Tibas
*** Direct buses depart on the 1/2 hour mark				
<u>MANZANILLA</u>	ev. day	dep. 4:00 p.m. ret. 4:30 p.m.		main road to Tibas
•••Buses depart and return daily from Limon en route to Manzanilla.				
<u>MONTEVEDE RESERVE</u>	ev. day	dep. 6:30 a.m., 2:30 p.m. ret. same	167 km(5 hrs.)	calle 14, ave. 9/11
<u>PANAMA/HERMOSA BEACHES</u>	ev. day	dep. 3:30 p.m. ret. 3:00 p.m.	265 km(5 hrs.)	
•••Buses depart and return daily from Liberia en route to Panama/Hermosa Beaches.				
<u>POAS VOLCANO</u>	ev. day	dep. 8:30 a.m. ret. 3:00 p.m.	55 km(2:00 hrs.)	calle 12, ave. 2/4
<u>PUERTO JIMENEZ DE OSA</u>	ev. day	dep. 6:00 a.m., 12:00 p.m. ret. 5:00, 11:00 a.m.	370 km(8 hrs.)	calle 14, ave. 5
<u>PUERTO VIEJO</u> (Atlantic)	ev. day	dep. 10:00 a.m., 4:00 p.m. ret. 7:00, 9:00 a.m., 4:00 p.m.	215 km(4:30 hrs.)	main road to Tibas
•••Buses depart and return daily from Limon en route to Puerto Viejo.				
<u>PUNTARENAS DIRECT</u>	ev. day	dep. ev. hour 6:00 a.m.-7:00 p.m. ret. ev. hour 4:15 a.m.-7:00 p.m.	110 km(2 hrs.)	calle 16,ave. 10/12
<u>MANUEL ANTONIO/QUEPOS</u> (Direct)	ev. day	dep. 6:00 a.m., 12:00, 6:00 p.m. ret. 6:00 a.m., 12:00, 5:00 p.m. (Sundays have additional departures)	145 km(3:30 hrs.)	calle 16, ave. 1/3
<u>MANUEL ANTONIO/QUEPOS</u> (Indirect)	ev. day	dep. 7:00, 10:00 a.m.,2:00, 4:00, 5:00 p.m. ret. 5:00, 8:00 a.m., 2:00, 4:00 p.m.	145 km(5 hrs.)	calle 16, ave. 1/3
<u>NICOYA</u>	ev. day	dep. 6:00 a.m. ret. 12:45 p.m.	361 km(6 hrs.)	calle 14, ave. 5
•••Buses depart and return daily fromLiberia en route to Nicoya.				
<u>NOSARA BEACH</u>	ev. day	dep. 1:00 p.m. ret./ 4:00 p.m.	65 km	from Nicoya
<u>SAMARA BEACH</u>	ev. day	dep. 12:30 p.m. ret. 4:00 p.m.	331 km(6 hrs.)	calle 14, ave. 5
•••Buses depart and return daily from Nicoya en route to Samara Beach				
<u>SAN ISIDRO</u> (Musoc Buses)	ev. day	dep. 5:30, 7:30, 10:30, 11:00 a.m., 1:30, 2:30, 4:30, 5:00 p.m. ret. 5:00, 5:30, 7:30, 8:30, 10:30, 11:30 a.m., 1:30, 4:30 p.m.	136 km(3 hrs.)	calle 16, ave. 1/3
<u>SARCHI HANDICRAFT</u>	ev. day	dep. ev. 1/2 hour 5:00 a.m.-10:00 p.m. ret. same	52 km(1:30 hrs.)	from Alajuela
•••Direct buses from San Jose are available				
<u>TAMARINDO BEACH</u>	ev. day	dep. 3:30 p.m. ret. 6:00 a.m.	285KM(5:30 hrs.)	calle 14, ave. 5