Tourist and Cultural Guide of Sarapiquí
Your link to the rainforest
The Sarapiquí region is full of amazing beauty and rich biodiversity: wonderful flora and fauna (a paradise for bird watching), hanging bridges, spectacular waterfalls, adventure activities, historical landmarks and an important cultural heritage.

Sarapiquí is the largest canton in the province of Heredia, covering 85% of the total land area. Located in the northeast of the country and bordered by Nicaragua in the north, Sarapiquí is now a popular retreat for families and adventurers.

If you enjoy the outdoors, you will find many opportunities to hike in nature, go rafting or crisscross a zipline course along the Río Sarapíqi. A boat trip is a great opportunity to observe the wildlife of this region and catch a glimpse of monkeys, birds, turtles, caimans, frogs, toads and insects. If you are an avid birdwatcher this is the perfect place, as more than 550 species of birds have been recorded in Sarapiquí.

The region’s culture has been shaped by migrations from different parts of the country and the world. It is home to the Río Sarapíqi, a place of historical importance for our country as the first transportation route between Costa Rica and Europe, which also played an important role in the defense of the nation against the filibusteros. Historical landmarks from the battles of Sardinal and La Trinidad commemorate the major engagements of the war and can be seen on a boat tour down the river.

The region’s cuisine is based on the products grown from its soil: heart of palm, bananas, tropical fruits and tubers, and locally raised livestock.

Sarapiquian artisans work with wood, seeds and non-biodegradable materials with themes related to environmental resources such as rivers, animals and flora. For example, the Siempre Verde collective brings together 31 artisans who completed the “Crafts with Identity” training process.

The intangible heritage of the region includes poetry, stories, songs and improvised verses called retahílas. Groups of singers relate the experiences of the territory, with themes such as colonization, land tenure and the relationship with its lush landscape.

The communities celebrate cultural activities such as the Encuentro de Cantautores, the Día de la Sarapiquereidad, the Festival de la Lapa Verde, the Conmemoración de la Batalla de Sardinal, and various events related to the environment, organized by the more than 20 organizations that work in this field in the area.

Sarapiquí has a wide range of hotels and tourist services for all budgets. In addition to the activities you plan for your trip, you can also experience the region’s people, culture and local traditions such as civic festivals, fairs and the flavors of the region’s cuisine.

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ICT: Instituto Costarricense de Turismo
MCJ: Ministerio de Cultura y Juventud
CATUSA: Cámara de Turismo de Sarapiquí
To get to know the directory of cultural workers (groups and people from the artistic sector, companies in the area registered by ICT)

Cultural heritage

• Rio Sarapiquí: Since roads were not present in pre-Colombian times, the river was the gateway to the region. For the inhabitants of the Central Valley, it was the access to the Caribbean Sea, through the Rio San Juan, while English pirates and the Zambos of the Mosquito Coast used the river to make their way into the country. The river also played a key role in the Battle of Sardinal against the filibusteros, which earned the river the title of national monument.

• Handicrafts: The handicrafts of Sarapiquí are of significant cultural, environmental and tourist value, offering products made from natural fibers, wood, banana stems, and jute. The diverse surroundings, rich in flora and fauna, are reflected in many of these products. [Read more]

History

• The Route of the Heroes (Ruta de los Héroes) is the name given to the historical events that took place in 1856 and 1857, when two battles were fought on the Rio Sarapiquí: the battles of Sardinal and La Trinidad, which played a key role in safeguarding the nation's sovereignty. [Read more]

• Folk Dances: One of the canton’s most popular artistic expressions can be found in its folk dance groups, which stage choreographies that are accompanied with musical and dance productions that are imbued with Costa Rican cultural heritage. [Read more]

• Pastimes: These activities play a key role in maintaining the traditions of the communities and providing opportunities for recreation. They are organized at specific times of the year and in different locations. They can include religious events, and usually include activities such as concerts, dances, fairs, children’s games, bullfights and rides. [Read more]

• Cuisine: Sarapiquí offers a varied and authentic Costa Rican cuisine, with a tradition linked to the culture and knowledge of the canton’s community, agricultural traditions and small craft industries. [Read more]

To get to know the directory of cultural workers (groups and people from the artistic sector, companies in the area registered by ICT), prepared by the State Distance University. [Click here]
An organization of local artisans called "Colectivo Artesanal Siempre Verde" (Evergreen Artisan Collective) creates handicrafts that have significant cultural, environmental and tourist value, offering products made from natural fibers, wood, banana stems, and more.

The Siempre Verde Collective was formed in 2018 through an assistance program of the Costa Rican Tourism Board as part of the Artesanías con Identidad initiative 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 Sarapiquí, bringing a little piece of this region’s soul back home with them.

Take a little bit of the color and beauty of Sarapiquí back home with you!

The name of the collective evokes a region of plains dominated by delightful waters, abundant vegetation and year-round greenery. The rain and rivers, present at every step, allow for the wonderful tropical rainforest and its incredible biodiversity.

Cuisine

Sarapiquí offers a variety of dishes from Costa Rican cuisine. The region’s diet, products and recipes remain close to the culinary traditions, with products prepared using knowledge passed down through generations.

The canton is unique in terms of the diversity of its cuisine. Both during the colonial period and its more recent rapid development, which has seen an increase in agricultural activities that require a consistent labor force, the canton has seen the arrival of a population with varied socio-cultural backgrounds from many regions of the country. The multicultural character and history of the region is also reflected in its cuisine.

Heart of palm dishes

Heart of palm is the star ingredient in a wide variety of dishes, including the heart of palm chorreada, heart of palm bread, soups, lasagna, rice dishes and delicious ceviche, all of which you can easily find in Sarapiquí.

Organic cocoa

Delicious and healthy, the production of cocoa in Sarapiquí has made it possible to enjoy its flavor and enjoy a thematic agricultural tourism experience. Learn about the history of this famous fruit and enjoy the delicacy of the gods. Enjoy the Chocolate tour!

Organic cuisine

Sarapiquí is a destination where farmers produce a wealth of organic vegetables, tubers and delicious fruits. The naturally grown crops grown in our canton grace the table of our diners, taking pride of place in a variety of dishes.

Dishes with agricultural products

Typical dishes include the famous casado, a plate of rice, beans, ripe plantain and salad with a choice of beef, pork, chicken, fish or even eggs. The menu also features rice and chicken, potato and beef picadillo, chorreadas (large corn tortillas), empanadas stuffed with beans, cheese or meat, roasted corn, and tamales, which are made with corn flour and a filling of rice, vegetables and pork or chicken. Another well-known dish is the olla de carne, a soup prepared with beef, potatoes, carrots, chayote, plantains and cassava. Delicious coconut cajetas and candies and coconut flakes are some of the dishes to feature coconut prominently, while coconut milk is also a common ingredient in dishes with chicken and vegetables. Gigantic patacones, the sweetest pineapples in the world and quality tubers and fruits are also common sights.

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.

More info here

Festivities

March and April
- Communal festival of Puerto Viejo Where: Puerto Viejo
- End of March: Festival of La Virgen Where: La Virgen

April
- April 10: Día de la Sarapiqueñidad Where: Sarapiquí

Early August
- Rio Frio Community Fair Celebration Where: Rio Frio

August
- Second fortnight: Communal Celebration
  Where: Community of San Ramón, La Virgen

September
- Ecofest Where: Puerto Viejo

October
- Communal festival of Puerto Viejo Where: Puerto Viejo
The recipe for papaya root picadillo is very well known in this community and is an essential component of festive occasions and activities such as weddings and first communions. Many people make the recipe at home, a way of passing on the knowledge from generation to generation.

If you want to learn how to prepare this and other recipes, you can access a recipe book developed by ladies from the community of La Virgen, Sarapiquí, by clicking here.

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The Rio Sarapiquí is 84 kilometers long and its banks are home to a great diversity of landscapes. It is a good place to spot a variety of animals including birds, monkeys, turtles and caimans. In the humid environment of the tropical forest, we find the crystalline waters of the river that is considered a national monument due to its important role in the 1856 war against the filibusters, who used the Rio San Juan as a transit channel.

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This route was used in the National Campaign (1856-1857) against the filibusters. It led the local troops to take the main artery of the invaders (the Rio Sarapiquí), better known as the “Via del Transito” or the “Transit Route”.

This is why it has become known as the “Route of the Heroes”.

This route will show you the route taken by the Costa Rican army in its final battle to defeat the filibusters of the American William Walker in 1856, while also enjoying the ecological beauty of the Rio Sarapiquí and Rio San Juan.

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This environment provides a habitat for several species of monkeys, sloths, crocodiles, river turtles, iguanas, toucans, hummingbirds, woodpeckers and many more.
On the San José to Guápiles highway drivers can observe the scenic beauties of the National Park, where we recommend a visit to the Quebrada González station, which has three trails through the tropical rainforest:

- Las Palmas: 1.5 km
- El Ceibo: 1 km
- El Botarrama: 2.5 km

Sucio River lookout

Braulio Carrillo National Park

A paradise of biodiversity!

Braulio Carrillo National Park is located 38 km from the capital of San José. It is located in the Central Volcanic Cordillera, and includes the Barva and Cacho Negro volcanoes and Bajo de la Hondura. Its territory extends over four of Costa Rica’s provinces: San José, Heredia, Cartago and Limón. Along with Volcán Poás National Park, Volcán Irazú National Park, Volcán Turrialba and other protected areas, this wildlife area is part of Costa Rica’s second Biosphere Reserve, which is called the Central Volcanic Cordillera Conservation Area and received its designation as a biosphere reserve in 1988 from UNESCO.

Most of the protected area is covered by primary forest, with an estimated 6,000 plant species, representing half of the total number of species in the entire country. There is also a rich variety of birds present with around 515 species of resident and migratory birds.

Quebrada González sector

By car: from San José, take route 32 for 22 km. The ranger post is located next to the creek of the same name.

By bus: from San José, Caribeños bus terminal, Ave. 15; 800 m north of Central Park, Barrio Tournón.

Tels. Quebrada González sector
(506) 2206-5500 / (506) 2206-5577

Barva Volcano sector

Tels. Barva Volcano sector: (506) 2266-1892 / (506) 2266-1883

Email: acc.info@sinac.go.cr

Protected Areas

In Sarapiquí, the natural sights on offer are mainly found in the existing protected areas. They contain exuberant forests, numerous waterways, lakes and waterfalls, and abundant biodiversity. According to several studies, around 3% of the world’s biodiversity is present in these protected areas.

These reserves have become an intrinsic part of the Sarapiquian identity, as well as forming the basis of a multitude of tourist activities.

Attractions

- Braulio Carrillo National Park
- La Virgen Wildlife Refuge
- La Selva Biological Station
- Tapiría Wildlife Refuge
- Lapa Verde Wildlife Refuge
- Maquenque Mixed Wildlife Refuge

Sarapiquí, Your link to the rainforest

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Sarapiquí, Your link to the rainforest
HOW TO GET THERE

La Tirimbina Biological Reserve was created in 1995 as a private conservation, research and environmental education initiative. The reserve protects 345 hectares of forest, under the category of Private National Wildlife Refuge. The non-profit foundation in charge of the reserve uses all of its revenue to further environmental research and education.

a. 2 h 14 min. (106.3 km) via Braulio Carrillo and Corredor Noratlántico/Highway 4
b. 2 h 20 min. (79.1 km) on Highway 3 and Highway 126. Address: La Virgen, Sarapiquí, Heredia.

ENTRY FEES

Costa Rican citizens and residents aged 13 and up
High school students: €1000
Children (Costa Rican citizens and residents aged 2-12): €500
Non-residents aged 13 and up: €12
Children (non-residents aged 2-12): $5
Citizens and residents in primary and secondary school on field trips organized by educational centers: €500
Children under 2 years of age, Costa Rican citizens and residents over 65: Free
Camping fee (Volcán Barva sector only): $2

More information

Quebrada González:
(506) 2206-5500 / (506) 2206-5577
Volcán Barva:
(506) 2266-1892 / (506) 2266-1883
Email:
acc.info@sinac.go.cr

More information can be found here:

SINAC
Parque Nacional Braulio Carrillo

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SINAC
Parque Nacional Braulio Carrillo

A laboratory in the rainforest

It encompasses 1,600 hectares of tropical rainforest and disturbed lands. The reserve is home to large mammals such as jaguars, pumas and tapirs. Over 400 species of resident and migratory birds have been sighted, or almost half of the bird species that exist in Costa Rica.

It is one of the most important sites in the world for tropical rainforest research.

HOW TO GET THERE

Cross the Zurquí on route 32 and then turn left towards Sarapiquí. After about half an hour you will reach the entrance on the left that leads to La Selva (located about 3 km south of Puerto Viejo de Sarapiquí).

What to wear?

Recommended activities:
7 kilometers of hiking trails at the Biological Station. The Sendero Tres Rios is suitable for people with disabilities since it has a paved road.
Half-day guided jungle tours every day starting at 8 a.m. Please note that hiking without a guide is not allowed here.

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A unique rainforest experience that also helps to conserve its biodiversity

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Volcán Barva Sector

Here, you will find four trails:

• Cachó Venado
• Laguna Barva
• Copéy
• Mirador Vara Blanca

With a total distance of 10 km.

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With a total distance of 10 km.
A wetland full of beautiful water mirrors

Lapa Verde Wildlife Refuge
A laboratory in the rainforest

The Lapa Verde Wildlife Refuge is located in Chilamate de Sarapiquí and has an area of 509 hectares of tropical rainforest. It covers over 300 hectares of primary forest, 189 hectares of secondary forest and 3.5 hectares of wetlands.

The land is currently being conserved to protect natural resources and wildlife.

What to bring
- Fresh clothes
- Camera
- Closed shoes
- Sunglasses
- Water
- Sunscreen
- Repellent
- Binoculars

Tours, food and trails
Services

The Agrotourism Association (AALJ), is leading an ecotourism initiative that includes a guided tour of the nature trails where visitors can enjoy the scenic beauty of the place, as well as the flora and fauna, thanks to the use permit issued by the Ministry of Environment, Energy and Telecommunications (MINAET).

On weekends, fishermen with their rods and boats go down to the wetlands or to the mouth of the Río San Carlos to try their luck with snook, guapotes, machacas, guabinas, tarpon and even sawfish, according to local accounts.

More information
Tel. (506) 2239.7070,
info@ecovida.ch

Lapa Verde Wildlife Refuge

Rojomaca Sarapiquí settlement in Heredia.

Maquenque Mixed Wildlife Refuge
A wetland full of beautiful water mirrors

Maquenque is a property surrounded by untouched forest ecoregion, which is characterized by its high biodiversity and provides a habitat for endangered species such as:

- Green Macaw (Ara ambiguus)
- Manati (Trichechus manatus)
- Gaspar fish (Atractosteus tropicus)

The Maquenque Mixed Wildlife Refuge is a property covered by untouched forest and marsh ecosystems typical of the very humid tropical forest ecoregion, which is characterized by its high biodiversity and provides a habitat for endangered species such as:

More information
Tel. 506 2479-8200 / +506 2479-7785
ACA-HN: +506 2460-0055
ACA-HN in Pital: +506 24733939, +506 24733488
Tourist information INFOTUR: 1192

More information
aliciajalapa@yahoo.es
Tel. (506) 8497-6383 /8973-8488

HOW TO GET THERE

1 h 58 min (95.7 km) via Braulio Carrillo Highway and Corredor Noratlántico/Highway 4.

In the community of Rojomaca, about 12 km (7 miles) north of Puerto Viejo, district: Puerto Viejo, canton: Sarapiquí, province: Heredia, Costa Rica.

Prepare your camera to take pictures of the birds, turtles, alligators, iguanas and frogs that frequently wander from one side of the lake to the other.

On weekends, fishermen with their rods and boats go down to the wetlands or to the mouth of the Río San Carlos to try their luck with snook, guapotes, machacas, guabinas, tarpon and even sawfish, according to local accounts.

Recommended activities:
- Bird watching
- Hiking
- Tours and trails
- Rafting trips

HOW TO GET THERE

In the community of Rojomaca, the Lago Jalapa Agrotourism Association (AALJ), is leading an ecotourism initiative that includes a guided tour of the nature trails and a boat ride on Lake Jalapa, where visitors can enjoy the scenic beauty of the place, as well as the flora and fauna, thanks to the use permit issued by the Ministry of Environment, Energy and Telecommunications (MINAET).

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How to Get There

There are four different ways to get there, three of which lead to the Chaparrón-Maquenque refuge sector while the fourth way leads to the El Jardín sector.

1. Heading north from the town of Pital, passing through the towns of La Lagua, Giraga and Sahíno, until reaching Boca Tapada; approx. 29.4 km.
2. Heading north from Pital, passing through San Luis, Veracruz, Quebrada Grande and Chaparrón, to Golfito; this route is approximately 29.8 km long. In addition to this route, there is another entrance through the town of Rio Cuarto, passing through the towns of Carrasí, Santa Rita, San Rafael and Panguila before arriving at Golfito.
3. Going north and then east from the town of Puerto Viejo, passing through the towns of Acónrepantíos, Boca Río Sucio, Ahogañde, Sarandí, Santa Delta and Unión until arriving at Golfito; the length of this route is 30.7 km.
4. Starting from the town of Coopawa, travel eastward, passing through the town of San Vito to the town of El Jardín, this route is 15.5 km long.

What to bring
- Fresh clothes
- Camera
- Closed shoes
- Water
- Sunscreen
- Repellent

Protected areas/Maquenque
**Activities**

The tourist activities on offer in the Sarapiquí region are diverse, with many of them related to adventure and nature:

**Professional and amateur photography**

The diversity of the natural and cultural landscape makes photography a natural option, as well as the richness of the flora and fauna, waterfalls, rivers, volcanoes, and the variety of agricultural and livestock operations.

**Boat tours**

Enjoy the scenic beauty and spot a diverse array of flora and fauna along the region's rivers. Notable examples include Río Sarapiquí and Río Puerto Viejo.

**Recreational cycling**

The area has a diversity of trails for mountain biking, both dirt roads and mountain trails, all surrounded by exuberant nature and beautiful rural landscapes.

**Canopy**

Composed of steel cables and platforms hanging at different heights between the trees, the canopy tours will offer you a unique means of access to magnificent natural spaces. The canopy tours will also educate you on the flora and fauna of Costa Rica.

**Rafting**

The Sarapiquí River is one of the most popular rivers in Costa Rica because it allows rafters to head down the river for around 35 km. Whether you are a beginner or an expert, the river has several sections that are accessible to all. The Sarapiquí is not only the best river for rafting, but is also as the cleanest river in Costa Rica.

**Ant tour**

Leaf-cutter ants are a fascinating example of organization at the highest eco-social level, led by a queen and with an advanced agricultural system based on a mutualistic ant-fungus relationship. This tour provides a close-up look at how the ants cut the leaves with their mandibles and carry them back to the colony. There, we will discover how they cultivate the fungus and even see the living queen, as well as the division of castes and their functions.

**Horseback riding**

Horseback riding is a widespread activity in the area, which tourists can enjoy in Puerto Viejo de Sarapiquí and elsewhere. Several of the tours to various sites of interest use this form of travel.

**Hiking**

There is no limit to the variety of hikes that can be done to observe the different natural attractions, rivers, waterfalls, and more.

**Thematic tours**

- Chocolate tour
- Ants tour
- Pepper tour
- Heart of palm tour
- Organic pineapple tour
- Bat tour
- Banana tour

**Cultural tourism**

This type of tourism makes use of historical and artistic resources, including:

- Art fairs (tourism, handicrafts, small businesses, poetry)
- Semana Morista
- Día de la Sarapiquieñidad
- The Battle of Sardinal (April 10)

**Agritourism**

This type of tourism allows visitors to Sarapiquí to learn about different agricultural products, offering an incredible rural experience. These tours are also available on cattle farms. Tours are available on:

- Integrated farms
- Organic pineapple farms
- Heart of palm plantations
- Chocolate (cocoa) tour
- Pepper tour
- Stevia tour
- Coconut tour
- Coffee tour

**Observation of flora and fauna, birds and butterflies**

The wide array of public protected areas, including Juan Castro Blanco National Park and Bosque Alegre Wildlife Refuge, along with private sites like La Selva Biological Station, Selva Verde and Tirimbina Reserve.

**Canopy**

Composed of steel cables and platforms hanging at different heights between the trees, the canopy tours will offer you a unique means of access to magnificent natural spaces. The canopy tours will also educate you on the flora and fauna of Costa Rica.

**Rafting**

The Sarapiquí River is one of the most popular rivers in Costa Rica because it allows rafters to head down the river for around 35 km. Whether you are a beginner or an expert, the river has several sections that are accessible to all. The Sarapiquí is not only the best river for rafting, but is also as the cleanest river in Costa Rica.

**Tubing, for fun**

There are several places in rural Costa Rica where people relax by heading down the river in a tube, and Sarapiquí is a prime destination for the activity. These individual floats run along stretches of the Río Sarapiquí and Río Puerto Viejo.

This tour allows you to observe flora and fauna, including the birds that live in this area.

**More activities here**

**Adventures among nature trails, hanging bridges and treetops**

Hanging bridges, nature trails and treetop walks can be enjoyed in La Virgen and Puerto Viejo de Sarapiquí, among other locations.
The characteristic landscapes of lush, towering trees, mountains, flowers and waterfalls are scenes that are well worth experiencing and admiring. Hiking through trails and forests will allow you to observe species in their natural habitat with the presence of monkeys, sloths, crocodiles, river turtles, iguanas, toucans, hummingbirds, woodpeckers and many more. Enjoy your immersion in a fascinating environment full of fresh air and natural colors and smells that will bring you a sense of peace and fill you with vitality.

If you are in search of stronger emotions, this destination also has adventures in store with Class I-IV rapids, kayaking, tubing, river safaris in rafts or canoes, and motorboat tours.

The region’s protected areas are another prominent offering. Spread throughout the area, they are home to exuberant forests, numerous freshwater streams, waterfalls and lakes, with around 3% of the world’s biodiversity (according to scientific studies).

The identity of the Sarapiquí canton is deeply intertwined with these Private Reserves and Wildlife Refuges, which provide an ideal option for tourists looking for ecotourism adventures that allow them to go deep into the wilderness and enjoy nature to the fullest. Those who prefer to scientifically unravel the riches and enigmas offered by nature can pursue scientific tourism at the La Tirimbina Biological Reserve or OTS Research Centers (La Selva Biological Station and the Lapa Verde Biological Reserve). The photographer’s eye will be gratified by the diversity in this rich natural landscape, which will allow them to obtain unique, spectacular and fascinating photos. Other activities include ziplining, trails, hanging bridges, chocolate tours, bats and birdwatching.

Tourists will have the opportunity to enjoy unique experiences in the rural communities of Sarapiquí. With a variety of activities related to the region’s agriculture, tourists can learn about the experience of Coopecocotour in Horquetas, a collective of women who make products from coconuts such as oil, flakes and handicrafts, as well as a coconut tour. Several integrated agriculture farms offer a variety of heart of palm tours of their organic crops.

In the El Roble community in Puerto Viejo de Sarapiquí, these farms, artisans and the ant tour have formed an ideal partnership for sharing benefits with the members of the community.

In San Ramón de la Virgen, the town itself has become an attraction that offers a quiet and peaceful space. Its privileged proximity to the Braulio Carrillo National Park guarantees a pleasant climate, waterfalls and lodging services. The Cooprotours cooperative facilitates a series of services for its visitors.

Traditional gastronomy is present throughout the region, with a wide variety of exquisite dishes made with local products, with something for every taste and budget.

Sarapiquí is a fascinating destination for those who want to explore, interact with the locals and enjoy the bounties of nature in fascinating rural spaces.
## Directory of Services Sarapiquí

<table>
<thead>
<tr>
<th>Place Contact</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Destino Sarapiquí Sostenible | Tel.: 2215-6014  
Correo: direccion@sarapiquicostarica.com  
Facebook: Destino Sarapiquí Sostenible  
www.sarapiquisostenible.com |
| Clínica de Río Frío | Tel.: 2764-0955 |
| Clínica de Pto. Viejo | Tel.: 2766-6734 |
| Cruz Roja de Pto. Viejo | Tel.: 2766-6254 |
| Delegación de Policía | Tel.: 2764-2756  
/ 2766-6075 |
| Oficina de Información Turística / CATUSA | Tel.: 2215-6014 |
| Policía - Fuerza Pública | Tel.: 2761-0641 |
| EBBVS La Virgen | Tel.: 2761-1017 |
| Oficina de Correos | Tel.: 2764-1364 |
| Edificio Municipal | Tel.: 2766-6744 |
| Estación de Bomberos | Tel.: 2766-5775 |
| Cruz Roja y Estanque | Tel.: 2766-6292 |
| Cruz Roja | Tel.: 2761-1500 |

### Transportation: Buses & Taxis Terminals

<table>
<thead>
<tr>
<th>Place</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Distrito de Horquetas  
Terminal de buses Caribeños | Tel.: 2222-0610 |
| Distrito de Pto. Viejo  
Terminal de buses Caribeños | Tel.: 2222-0610 |
| Distrito de La Virgen  
Terminal de buses Caribeños | Tel.: 2222-0610 |
| Aensa | Tel.: 2230-1248  
www.aerotours.es.co  
www.aerobell.com  
www.tacsa@racsa.co.cr |
| Sarapiquí | Tel.: 2764-4600 |

To learn about COVID 19 protocols, enter here

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## Road information and airports

<table>
<thead>
<tr>
<th>Place</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Tobías Bolaños Airport, Pavas  
San José | Tel.: 2232-2800  
1223-7330 |
| Juan Santamaría International Airport:  
Flight Information | Tel.: 2437-2626 |
| Daniel Oduber Quirós International  
Airport, Liberia Guanacaste  
Administration & Information | Tel.: 2668-1010 |
| Aensa Hangar 2 | Tel.: 2230-0000  
Pavas Airport  
www.aensa.com  
www.aerobell.com  
www.tacsa@racsa.co.cr |
| Taxi Aereo Centroamricano  
Aviones Taxi Aereo S.A  
Ph: (506)2431-0160  
(506)2431-0293  
reservations@airchartercentralamerica.com  
Pavas Airport  
www.tacsa@racsa.co.cr |
| Paradise Air  
Pavas Airport  
Tel.: 2231-0938  
2296-3603  
www.flywithparadise.com |

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To learn about COVID 19 protocols, enter here
Certified tour guides by Costa Rican Tourism Board

There are many advantages when hiring a certified tour guide. More information and details about our nature, cultural and historical facts can be obtained in your different languages that you might miss traveling alone on your own.

In addition, you can learn more about the “costarriqueños” that we ticos speak. Tour guides can help you save time and make the most of it. They are excellent for detecting animals and birds in hidden places or in the middle of the forest.

We invite you to choose any of the following certified tour guides that best suits your needs, among more than 2,500 available in different specialties.

To get to know the list of Certified Guides by the Costa Rican Tourism Institute enter here

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.

Some travelers require a visa to visit Costa Rica, remember to check the list of countries before purchasing your ticket and check the entry requirements based on the country where your passport was issued.

Where to enjoy traditional foods in Sarapiquí:

<table>
<thead>
<tr>
<th>DISH</th>
<th>COMPANIES WITH TOURIST DECLARATION</th>
<th>TELEPHONE</th>
<th>E-MAIL</th>
<th>WEB</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casados</td>
<td>Rest. Hacienda Poro Azul</td>
<td>2761-1616</td>
<td><a href="mailto:marketing@poroazul.com">marketing@poroazul.com</a></td>
<td><a href="http://www.haciendaporozu">www.haciendaporozu</a> Azul.com</td>
<td>En la Vegen, del Banco Nacional, 1 km al sur, 50 mts al este.</td>
</tr>
<tr>
<td>Rice with chicken</td>
<td>Rest. Hotel Arenal Ambigua</td>
<td>2766-7101</td>
<td><a href="mailto:info@hotelarenalambigua.com">info@hotelarenalambigua.com</a></td>
<td><a href="http://www.hotelarenalambigua.com">www.hotelarenalambigua.com</a></td>
<td>En Puerto Viejo, 400 metros hacia el norte, del cementerio la guia.</td>
</tr>
<tr>
<td>Potato “picadillo”</td>
<td>Rest. Hotel La Quinta Country Inn</td>
<td>2761-1052</td>
<td><a href="mailto:reservaciones@hotelalquintasarapiqui.com">reservaciones@hotelalquintasarapiqui.com</a></td>
<td><a href="http://www.hotelalquintasarapiqui.com">www.hotelalquintasarapiqui.com</a></td>
<td>De Puerto Viejo, 12 km hacia la Vegen, calle a mano derecha, 1.5 km.</td>
</tr>
<tr>
<td>with meat</td>
<td>Reserva Biol. Hotel Selva Verde</td>
<td>2761-1800</td>
<td><a href="mailto:reservaciones@selvaerde.com">reservaciones@selvaerde.com</a></td>
<td><a href="http://www.selvaerde.com">www.selvaerde.com</a></td>
<td>Horquetas de Sarapiquí 200 m sur del Puente sobre el Rio Puerto Viejo</td>
</tr>
<tr>
<td>Chorreadas</td>
<td>Rest. Hacienda Sueño Azul</td>
<td>2764-1100</td>
<td><a href="mailto:info@suenoazulresort.com">info@suenoazulresort.com</a></td>
<td><a href="http://www.suenoazulresort.com">www.suenoazulresort.com</a></td>
<td>Del centro de la Vegen, 2 km hacia el norte, sobre ruta 136.</td>
</tr>
<tr>
<td>Empanadas stuffed</td>
<td>Restaurante Reserva Biológica La Tirimbina</td>
<td>4020-2900</td>
<td>reservaciones@ tirimbina.org</td>
<td><a href="http://www.tirimbina.org">www.tirimbina.org</a></td>
<td>Horquetas / se ubica a 800 m de la entrada principal de la comunidad de Ticari de Horquetas, sobre la ruta 4.</td>
</tr>
<tr>
<td>with cheese</td>
<td>Rest. Hotel el Bambú</td>
<td>2766-6005</td>
<td><a href="mailto:reservas@elbambu.com">reservas@elbambu.com</a></td>
<td><a href="http://www.elbambu.com">www.elbambu.com</a></td>
<td>En Puerto Viejo centro, frente a la plaza de deportes.</td>
</tr>
<tr>
<td>Corn Tamal stuffed</td>
<td>5004 EL PARQUEO / Tour de Palmito</td>
<td>8880-4737</td>
<td><a href="mailto:tourpalmito@gmail.com">tourpalmito@gmail.com</a></td>
<td>Facebook / tour del palmito</td>
<td></td>
</tr>
<tr>
<td>with rice, pork or chicken</td>
<td>- Duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32</td>
<td>- Duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32</td>
<td>- Duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32</td>
<td>- Duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32</td>
<td>- Duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32</td>
</tr>
<tr>
<td>Roasted corn</td>
<td>- Duration approx 1 h 10 min (300 m) by the road to El Paso de Tzendales</td>
<td>- Duration approx 1 h 10 min (300 m) by the road to El Paso de Tzendales</td>
<td>- Duration approx 1 h 10 min (300 m) by the road to El Paso de Tzendales</td>
<td>- Duration approx 1 h 10 min (300 m) by the road to El Paso de Tzendales</td>
<td>- Duration approx 1 h 10 min (300 m) by the road to El Paso de Tzendales</td>
</tr>
<tr>
<td>Olla de carne</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
</tr>
<tr>
<td>Hearts of palm and derivatives</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
<td>- Duration approx 1 h 30 min (50 mts) through the Braulio Carillo Highway</td>
</tr>
</tbody>
</table>

Other attractions outside of Sarapiquí that give added value due to their proximity or importance

- PN Volcán Poás – duration approx 1.20 minutes, route 126, Vara Blanca
- PN Volcán Arenal – duration approx 1.20 minutes, route 4 Vuelta Kooper.
- PN Volcán Irazú – duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carillo/Highway 32
- PN Juan Castro Blanco – duration approx 1.15 minutes, by route 126 Vara Blanca.
## Tourist Activities

### Taking pictures / Observation of flora and fauna / Hikes

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web page</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel Ara Ambigua</td>
<td>2766-7101</td>
<td><a href="mailto:info@hotelaraambigua.com">info@hotelaraambigua.com</a></td>
<td><a href="http://www.hotelaraambigua.com">www.hotelaraambigua.com</a></td>
<td>En Puerto Viejo 400 mts hacia el norte, del cementerio la Guaria.</td>
</tr>
<tr>
<td>Observación de flora y fauna + tour del bote</td>
<td>2766-6108</td>
<td><a href="mailto:reserva@oasisnaturetours.com">reserva@oasisnaturetours.com</a></td>
<td>Facebook / oasis Nature tours</td>
<td>En Puerto Viejo, contiguo a la Terminal de Buses Canbérlos.</td>
</tr>
<tr>
<td>Cinco Ceibas Rainforest Reserve and Adventure Park</td>
<td>2476-0505</td>
<td><a href="mailto:reservations@cincoceibas.com">reservations@cincoceibas.com</a></td>
<td><a href="http://www.cincoceibas.com">www.cincoceibas.com</a></td>
<td>Del Puente la Quebrada Sonora 500 mts y 150 Sur de la Iglesia Católica en La Virgen.</td>
</tr>
</tbody>
</table>

### Recreational cycling

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web page</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aventuras del Sarapiquí</td>
<td>2766-6768</td>
<td><a href="mailto:aventuras@sarapiquic.com">aventuras@sarapiquic.com</a></td>
<td><a href="http://www.sarapiquic.com">www.sarapiquic.com</a></td>
<td>50 E. de la Escuela de Chilamate, Sarapiquí</td>
</tr>
<tr>
<td>Hacienda Pozo Azul</td>
<td>8608-6888/2761-1616</td>
<td><a href="mailto:marketing@pazoazul.com">marketing@pazoazul.com</a></td>
<td><a href="http://www.haciendapazoazul.com">www.haciendapazoazul.com</a></td>
<td>En la Virgen, del Banco Nacional, 1 km al sur, 500 mts hacia el este.</td>
</tr>
</tbody>
</table>

### Trail adventures, hanging bridges

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web page</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reserva Biol. Tirimbina</td>
<td>4020-2900</td>
<td><a href="mailto:reservaciones@tirimbina.org">reservaciones@tirimbina.org</a></td>
<td><a href="http://www.tirimbina.org">www.tirimbina.org</a></td>
<td>Del centro de la Virgen, 2 km hacia el norte, ruta 126.</td>
</tr>
<tr>
<td>Estación Biológica La Selva</td>
<td>2766-6565</td>
<td><a href="mailto:info@tropicalstudies.org">info@tropicalstudies.org</a></td>
<td><a href="http://www.tropicalstudies.org">www.tropicalstudies.org</a></td>
<td>En Puerto Viejo, 3 km hacia el sur, sobre ruta 4, Bº La Flaminia.</td>
</tr>
<tr>
<td>Hotel Selva Verde</td>
<td>2761-1800</td>
<td><a href="mailto:reservaciones@selvaverde.com">reservaciones@selvaverde.com</a></td>
<td><a href="http://www.selvaverde.com">www.selvaverde.com</a></td>
<td>De la escuela de Chilamate 300 mts hacia el oeste, sobre ruta 4</td>
</tr>
<tr>
<td>Hacienda Pozo Azul</td>
<td>8608-6888/2761-1616</td>
<td><a href="mailto:marketing@pazoazul.com">marketing@pazoazul.com</a></td>
<td><a href="http://www.haciendapazoazul.com">www.haciendapazoazul.com</a></td>
<td>En la Virgen, del Banco Nacional, 1 km al sur, 500 mts hacia el este.</td>
</tr>
</tbody>
</table>

### Canopy / Tubing

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hacienda Pozo Azul</td>
<td>2761-1616</td>
<td><a href="mailto:albertoqm@haciendapazoazul.com">albertoqm@haciendapazoazul.com</a></td>
<td><a href="http://www.haciendapazoazul.com">www.haciendapazoazul.com</a></td>
<td>La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este</td>
</tr>
<tr>
<td>Aventuras del Sarapiquí</td>
<td>2766-6769</td>
<td><a href="mailto:johana@sarapiquic.com">johana@sarapiquic.com</a>;</td>
<td><a href="http://www.sarapiquic.com">www.sarapiquic.com</a></td>
<td>50 est de la Escuela de Chilamate, Sarapiquí</td>
</tr>
</tbody>
</table>

### Horseback riding

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hacienda Pozo Azul</td>
<td>2761-1616</td>
<td><a href="mailto:albertoqm@haciendapazoazul.com">albertoqm@haciendapazoazul.com</a></td>
<td><a href="http://www.haciendapazoazul.com">www.haciendapazoazul.com</a></td>
<td>La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este</td>
</tr>
</tbody>
</table>

### Chocolate tour and bats

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reserva Biol. Tirimbina</td>
<td>4020-2900</td>
<td><a href="mailto:reservaciones@tirimbina.org">reservaciones@tirimbina.org</a></td>
<td><a href="mailto:marketing@pazoazul.com">marketing@pazoazul.com</a></td>
<td>Del centro de la Virgen, 2 km hacia el norte, ruta 126.</td>
</tr>
</tbody>
</table>

### Bats tour

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estación Biológica La Selva</td>
<td>2766-6565</td>
<td><a href="mailto:info@tropicalstudies.org">info@tropicalstudies.org</a></td>
<td><a href="http://www.tropicalstudies.org">www.tropicalstudies.org</a></td>
<td>En Puerto Viejo, 3 km hacia el sur, sobre ruta 4, Bº La Flaminia.</td>
</tr>
</tbody>
</table>

### Ants tour

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarapiquí Aguas Bravas/Turismo Rural Kayrica</td>
<td>2761 1645</td>
<td><a href="mailto:info@aguasbravascr.com">info@aguasbravascr.com</a></td>
<td><a href="http://www.aguasbravascr.com">www.aguasbravascr.com</a> / hormigastown / facebook</td>
<td>Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el este</td>
</tr>
</tbody>
</table>

### Pepper, hearts of palm, pineapple and banana tour

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarapiquí Aguas Bravas/Turismo Rural Kayrica</td>
<td>2761 1645</td>
<td><a href="mailto:info@aguasbravascr.com">info@aguasbravascr.com</a></td>
<td><a href="http://www.aguasbravascr.com">www.aguasbravascr.com</a> / educativos-culturales.html</td>
<td>Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el este</td>
</tr>
</tbody>
</table>

### Pepper, hearts of palm, cocoa, coffee and banana tour

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sarapiquí Aguas Bravas/Turismo Rural Kayrica</td>
<td>2761 1645</td>
<td><a href="mailto:info@aguasbravascr.com">info@aguasbravascr.com</a></td>
<td><a href="http://www.aguasbravascr.com">www.aguasbravascr.com</a> / educativos-culturales.html</td>
<td>Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el oeste</td>
</tr>
</tbody>
</table>

### On The Golden Tree Way

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>On The Golden Tree Way</td>
<td>8346-4885</td>
<td><a href="mailto:educac@sarapiquiecoorganico.com">educac@sarapiquiecoorganico.com</a></td>
<td><a href="http://www.sarapiquiecoorganico.com">www.sarapiquiecoorganico.com</a></td>
<td>La Virgen, 3 km al sur de la iglesia católica</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Company</th>
<th>Telephone</th>
<th>E-mail</th>
<th>Web site</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maro Experiences</td>
<td>(506) 8550-1386</td>
<td><a href="mailto:reservations.maroeXperiences@gmail.com">reservations.maroeXperiences@gmail.com</a></td>
<td><a href="http://www.maroeXperiences.com">www.maroeXperiences.com</a></td>
<td></td>
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</tbody>
</table>
### Hosting companies

<table>
<thead>
<tr>
<th>PLACE</th>
<th>TELEPHONE</th>
<th>E-MAIL</th>
<th>WEB</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td><strong>HOSPEDAJE</strong></td>
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<td></td>
</tr>
<tr>
<td>LA QUINTA SARAPIQUÍ COUNTRY INN</td>
<td>2761-1052</td>
<td><a href="mailto:reservaciones@hotellaquin-tasarapiqui.com">reservaciones@hotellaquin-tasarapiqui.com</a>; <a href="mailto:gerencia@hotellaquin-tasarapiqui.com">gerencia@hotellaquin-tasarapiqui.com</a></td>
<td><a href="http://www.hotelalquin-tasarapiqui.com">www.hotelalquin-tasarapiqui.com</a></td>
<td>Sarapiquí, 12 km después de Puerto Viejo</td>
</tr>
<tr>
<td>Sarapiquí Rainforest Lodge</td>
<td>2761-1004</td>
<td><a href="mailto:sarapiqui@ice.co.cr">sarapiqui@ice.co.cr</a></td>
<td></td>
<td>600 m norte servicio centro Allay, La Virgen, Sarapiquí, Heredia</td>
</tr>
<tr>
<td><strong>TIRIMBINA LODGE</strong></td>
<td>2761-0333</td>
<td><a href="mailto:info@tirimbina.org">info@tirimbina.org</a></td>
<td><a href="http://www.tirimbina.org">www.tirimbina.org</a></td>
<td>La Virgen de Sarapiquí, 800 norte del cementerio de La Virgen.</td>
</tr>
<tr>
<td>HOTEL ESINTRO (Sarapiquí)</td>
<td>2524-0607</td>
<td><a href="mailto:carales@tropicalstudies.org">carales@tropicalstudies.org</a></td>
<td><a href="http://www.tropicalstudies.org">www.tropicalstudies.org</a></td>
<td>De la Bomba de Puerto Viejo 1 km al sur 8º Flamina</td>
</tr>
<tr>
<td>ALBERGUE RARA AVIS</td>
<td>2764-1111, 2764-1127, 2200-4238</td>
<td><a href="mailto:viviana@rara-avis.com">viviana@rara-avis.com</a></td>
<td><a href="http://www.sarapiqui.org">www.sarapiqui.org</a></td>
<td>15 km. este de Horquetas, Sarapiquí, Heredia</td>
</tr>
<tr>
<td>HACIENDA LA ISLA LODGE</td>
<td>2764-2576</td>
<td><a href="mailto:info@haciendalaishla.com">info@haciendalaishla.com</a></td>
<td><a href="http://www.sarapiquis.org">www.sarapiquis.org</a></td>
<td>Barrio La Isla de Israel, del Restaurante El Valle 50 sur, Horquetas, Sarapiquí, Heredia</td>
</tr>
<tr>
<td>SARAPIQUI CENTRO NEOTROPICO</td>
<td>2761-1004, 2761-1476</td>
<td><a href="mailto:sarapiquis@ice.co.cr">sarapiquis@ice.co.cr</a>; <a href="mailto:info@sarapiquis.com">info@sarapiquis.com</a></td>
<td><a href="http://www.sarapiquis.org">www.sarapiquis.org</a></td>
<td>600 m norte servicio centro Allay, La Virgen, Sarapiquí, Heredia</td>
</tr>
<tr>
<td>ALB. SELVA VERDE</td>
<td>2761-1800</td>
<td><a href="mailto:reservaciones@selvaverde.com">reservaciones@selvaverde.com</a></td>
<td><a href="http://www.sarapiquis.org">www.sarapiquis.org</a></td>
<td>Puerto Viejo Sarapiquí, 7 km al oeste</td>
</tr>
<tr>
<td>HOTEL SUEÑO AZUL</td>
<td>27641000, 27641049, 27644444, 27644244</td>
<td><a href="mailto:info@suenoazulesort.com">info@suenoazulesort.com</a>; <a href="mailto:hotelmanager@suenoazulesort.com">hotelmanager@suenoazulesort.com</a></td>
<td><a href="http://www.suenoazulesort.com">www.suenoazulesort.com</a></td>
<td>Horquetas de Sarapiquí, 200 sur del puente sobre el río Puerto Viejo</td>
</tr>
<tr>
<td>ARA AMBIGUA LODGE</td>
<td>27667101</td>
<td><a href="mailto:info@hotelaraambigua.com">info@hotelaraambigua.com</a></td>
<td><a href="http://www.suenoazulesort.com">www.suenoazulesort.com</a></td>
<td>1 1/2 km al norte de Puerto Viejo</td>
</tr>
</tbody>
</table>

### Water activities (rafting, kayaking, canoeing, tubing, safari, paddle boarding, motor boat tour)

<table>
<thead>
<tr>
<th>PLACE</th>
<th>TELEPHONE</th>
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<tbody>
<tr>
<td><strong>AQUATIC TRANSPORT</strong></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Transporte Acuático Oasis Nature Tours</td>
<td>27666108</td>
<td><a href="mailto:reserva@oasisnaturetours.com">reserva@oasisnaturetours.com</a></td>
<td><a href="http://www.oasisnaturetours.com">www.oasisnaturetours.com</a></td>
<td>En Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el oeste</td>
</tr>
<tr>
<td>REST HACIENDA POZO AZUL</td>
<td>2761-1616</td>
<td><a href="mailto:info@haciendapozozul.com">info@haciendapozozul.com</a></td>
<td><a href="http://www.oasisnaturetours.com">www.oasisnaturetours.com</a></td>
<td>De la iglesia católica Virgen de Sarapiquí, 200 m sur y 50 est</td>
</tr>
<tr>
<td>SODA EL PARQUE</td>
<td>2764-1495, 8880-4737</td>
<td><a href="mailto:tourpalmito@gmail.com">tourpalmito@gmail.com</a></td>
<td><a href="http://www.oasisnaturetours.com">www.oasisnaturetours.com</a></td>
<td>Carretera a Puerto Viejo de Sarapiquí, 800 m norte entrada a Ticari</td>
</tr>
<tr>
<td><strong>TRAVEL AGENCY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aventuras del Sarapiquí</td>
<td>2766-6768</td>
<td><a href="mailto:aventuras@sarapiqui.com">aventuras@sarapiqui.com</a></td>
<td><a href="http://www.aventuradelsarapiqui.com">www.aventuradelsarapiqui.com</a></td>
<td>50 este de la escuela de Chilamate, Sarapiquí</td>
</tr>
</tbody>
</table>

**Sarapiquí Aguas Bravas**    2761-1645 info@aguasbravas.com    www.aguasbravas.com    En Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el oeste

**Aventuras del Sarapiquí**  2766-6769 aventuras@sarapiqui.com    www.sarapiqui.com    50 este de la Escuela de Chilamate, Sarapiquí

**Hacienda Pozo Azul**       2761-1616 / 8608 6888 marketing@pozoazul.com www.haciendapozozul.com La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este

**Oasis Nature Tours**       2766-6108 reserva@oasisnaturetours.com Facebook / oasis Nature tours En Puerto Viejo, contiguo a la Terminal de Buses Caribeños.
NATIONAL
BIRDWATCHING ROUTE
COSTA RICA

Main points for birdwatching in Sarapiquí
• Parque Nacional Braulio Carrillo, Puesto Quesada
• Zona Protegida La Selva
• Refugio Nacional de Vida Silvestre Lago Verde
• Río Sarapiquí
• Parque Nacional Braulio Carrillo, Puesto El Celito
• Refugio Nacional de Vida Silvestre Tres Bocas
• Refugio de Vida Silvestre Bosque Alajue
• Refugio de Vida Silvestre Bosque Álamos
• Refugio de Vida Silvestre Bosque La Paz
• Colonía Virgen del Socorro
• Chinchorro
• Horquetas

Nacional de Vida Silvestre
Bosque Tropical Seco, Tierras Altas, Bosque Tropical Húmedo del Caribe y Bosque Tropical Húmedo del Caribe...
EMBLEMATICO
BIRDS
OF SARAPIQUI

The Sarapiquí watershed drains into the Caribbean Sea. The region is close to two national parks, Braulio Carrillo and Volcán Poás, which makes it a crucial link in the Mesoamerican Biological Corridor, with elevations ranging from 20 m to almost 3000 m. This allows us to observe species of low, medium and high elevations, which, together with the diverse agricultural activities and few urban settlements, make Sarapiquí a unique region with a significant diversity of landscapes.

For more information visit:
- ebird.org
- Video Sarapiquí
- Lista Oficial de Aves de Costa Rica
- Unión de Ornitológos CR

535 Species
20 Endemic regional species
2 National Parks

Eubucco bourcierii
Common name:
Red-headed Barbet
Nesting:
July to March
Photo: Minor Hidalgo

Carpodectes nitidus
Common name:
Great Green Macaw
Nesting:
All year
Photo: Fernando Burgalin

Microchera albocoronata
Common name:
Snowcap
Nesting:
All year
Photo: Minor Hidalgo

Agamia agami
Common name:
Agami Heron
Nesting:
August to June
Photo: Ivan Castillo

Elvira cupreiceps
Common name:
Coppery-headed Emerald
Nesting:
All year
Photo: Minor Hidalgo

Trogan clathratus
Common name:
Lattico-tailed Trogan
Nesting:
All year
Photo: Fernando Burgalin

Ara ambiguus
Common name:
Snowy Cotinga
Nesting:
December to June
Photo: Minor Hidalgo

Cephalopterus glabricollis
Common name:
Bare-necked Umbrellabird
Nesting:
August to April
Photo: Minor Hidalgo
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 zones: 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)

Bird watching in Costa Rica
Credits:

The Costa Rican Tourism Institute thanks the Ministry of Culture and Youth, the Chamber of Tourism of Sarapiquí, the Municipality of Sarapiquí, the State University at a Distance, the National System of Conservation Areas, companies and individuals for their collaboration in the development of the Tourist Guide Sarapiquí Culture.

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Coordination and production: Mario B. Badilla Jara.

Workgroup:
Loida Pretiz, Efrén Hernández y Daniela Mora (Ministry of Culture and Youth).
Ruth Alfaro, Emilia González, Giovanni Solera, Katy Solís, Sandra Monge, Pablo González (maps), Rossilyyn Volverde, Francisco Esquivel, Roberto Arce y Mario Badilla (Costa Rican Tourism Institute).

Photography: the authors of the photographs are recorded in the Cultural Tourist Guide.

Design and layout: Floria Leiva.

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