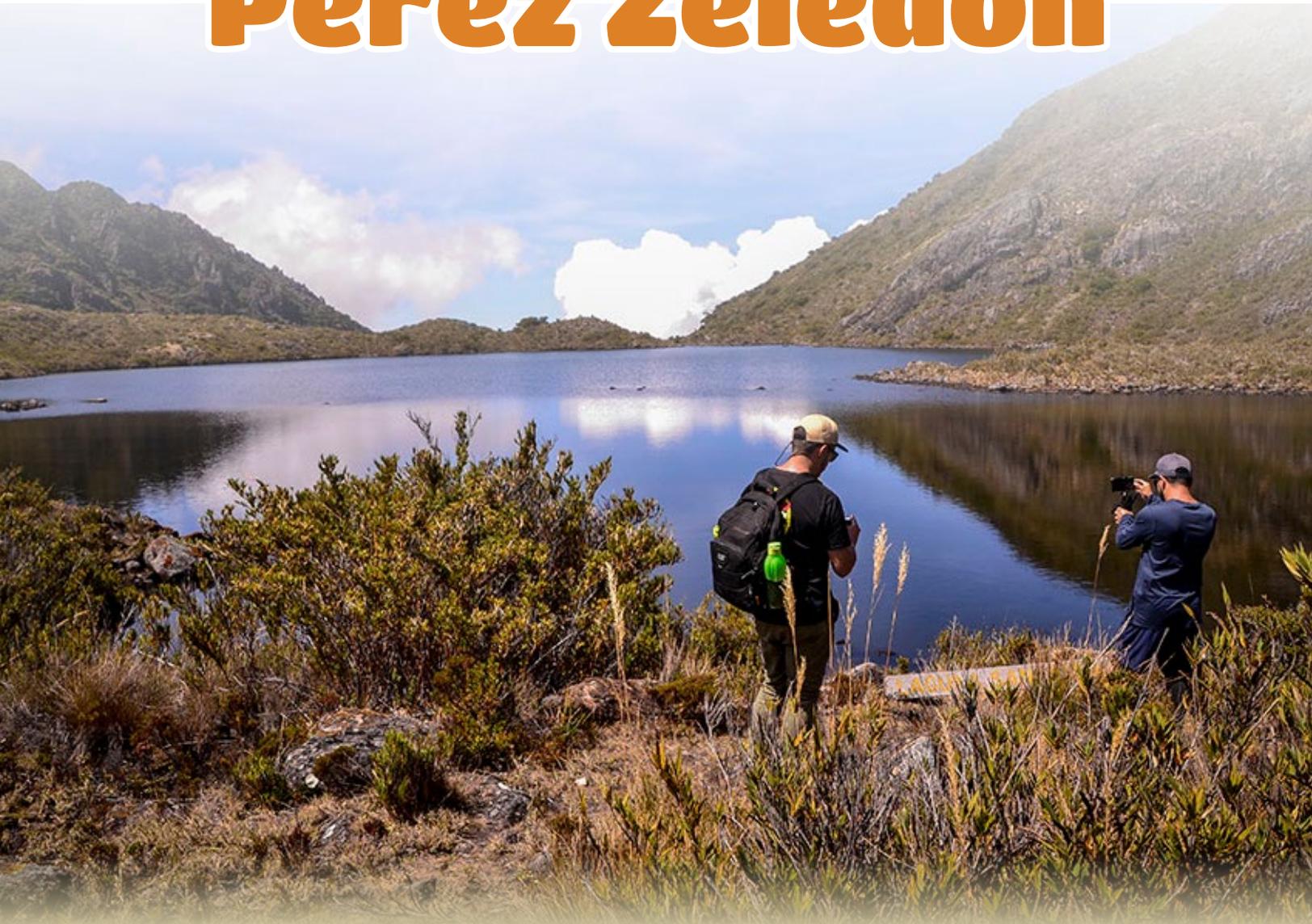


*Tours*

# Miniguide of **Buenos Aires y Peréz Zeledón**





**The South Pacific of Costa Rica is an area that tourists are taking more and more into account, because this part of the country preserves very important treasures in its mountains, valleys and beaches.**

This mini-guide presents activities and tours in the cantons of Buenos Aires and Pérez Zeledón. You will be able to enjoy the biodiversity, culture and scenic beauty, you will discover here with the support of local guides, numerous options of attractions and tourist activities to do such as ecotourism, hiking in the highest mountains of Costa Rica, archeology, native peoples, communities and rural, forest reserves, national parks, rivers, waterfalls, hot springs, exuberant biodiversity, butterfly gardens, botanical gardens, hundreds of birds, mountain biking sites, a large number of orchids, galleries, and many more. The area also offers art galleries, museums, sugar mills, ethnotourism, caverns, canopy, kayaking, integral farms, environmental organizations, coffee production, trout and tilapia fishing, a variety of lodging alternatives, a wide gastronomic offer, and day tours, among others.

## Buenos Aires

Surrounded by the Talamanca Mountain Range, the canton of Buenos Aires has a large number of hills and forests with altitudes ranging from 500 to 3000 meters above sea level, where you can see a variety of species of flora and fauna, while breathing the cleanest and purest fresh air.

Buenos Aires is a place with a great water resource, drained by majestic rivers, waterfalls, streams and creeks. Clean and pure waters where you can bathe and enjoy nature.

The La Amistad International Park (PILA), which is classified as a Biosphere Reserve, covers 8.3% of the canton.

Buenos Aires is the canton cradle of indigenous cultures, and offers its visitors a wide variety of cultural, handicraft, gastronomic and historical experiences in its 7 indigenous territories, which represent 36.9% of the canton:

1. Ujarrás
2. Salitre
3. Cabagra
4. Térraba
5. Curré
6. Boruca
7. Guaymí

► **Salitre, Bribri ethnic group.** The Salitre indigenous territory is one of the four Bribri indigenous territories in Costa Rica. It is located in the canton of Buenos Aires, province of Puntarenas. The Bribri reserve is of great importance in terms of the activities it promotes. This native village offers services for visitors to learn about their culture: they have a green iguana farm, produce native handicrafts such as bows and wooden arrows, bags, nets, hammocks, baskets, etc.

► **Cabagra, Bribri ethnicity.** The Cabagra indigenous territory is located in the districts of Buenos Aires and Potrero Grande. The Bribri have preserved their language in their oral record, although a great effort is made to encourage their writing. The most important activity is agriculture, mainly cocoa and bananas, although they also grow corn, beans and tubers. They also raise pigs, hunt birds and fish. Their most important handicraft expression is basketry and the manufacture of musical instruments, for which they use various natural inputs.

► **Boruca, Brunca ethnic group.** The Boruca (also known as Brunca, Brunka or Brunkajc) are a native indigenous people of Costa Rica. Like their predecessors, the Boruca are known for their handicrafts, especially weavings, and their unique masks painted on balsa wood. These masks are important in the annual ceremony of the Boruca devils' game, which has been celebrated every end of the year since colonial times.

The festival represents the struggle between the diablitos (the Boruca people) and the Spanish conquistadors and is accompanied by food, such as pork, tamales and the traditional drink: "chicha".

► **Curré, Brunca ethnic group.** The Curré Indigenous Territory is a Costa Rican indigenous territory and one of the two territories of the Boruca or Brunca people, the other being the Boruca indigenous territory, both defined in 1993.

The main economic activities are cattle, pig, equine and poultry farming, handicrafts and salaried work in neighboring companies. The main products are corn, beans, rice, tubers, plantain and squash. The traditional drink, chicha, is also produced.

Like Boruca, Curré also has an indigenous community museum, and being also of the Brunca ethnic group, they share some customs and traditions, such as the "Baile de los Diablitos" (Dance of the Little Devils).





► **Ujarrás, Cabécar ethnic group.** Ujarrás is one of Costa Rica's indigenous territories of the Cabécar people, founded in 1982.

The Cabecares are one of the indigenous peoples who have managed to maintain a large part of their identity. They are one of the most culturally diverse peoples in Costa Rica, as they practice almost all of their traditional ways of life: they have their own natural medicine, dances, hunting, fishing, traditions, culture, religion and language. After the Bribri, they are the indigenous ethnic group with the largest number of individuals in the country.

In addition to the presence of an abundant forest and a clean and crystalline river that supplies drinking water to a large number of the population of Buenos Aires, this territory has the presence of hot springs.

► **Térraba, Teribes ethnic group.** The Terrabas are a group belonging to the Naso ethnic group originally from the province of Bocas del Toro, Panama. During colonial times, this ethnic group was known by various names, among them: texbi, terbi, térrebe, téjada, térraba.

As part of their rich cultural identity, they have traditions such as the tiger dance, the snake dance, the sorbón dance, the gallote, the bull and mule dance and the corbeco shrimp.

They also celebrate "the snake dance" (Ööka Bëyo), which is a song about a large snake that marries a teribe girl.

The Teribes also make baskets of different sizes, hand-woven majagua hammocks and articles made of laurel and cedar wood, such as trays, pylons, drum bodies and mainly canoes, in which they excel as excellent carvers.

#### Information:

[Municipalidad de Buenos Aires](#)

[perezzeledon.go.cr/index.php/turismo](http://perezzeledon.go.cr/index.php/turismo)

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

## Pérez Zeledón

The mountain product is identified with the canton of Pérez Zeledón, where the Chirripó National Park and Amistad International Park stand out as Ramsar Sites as well as a World Heritage Site recognized by UNESCO. In addition, there are several private reserves.

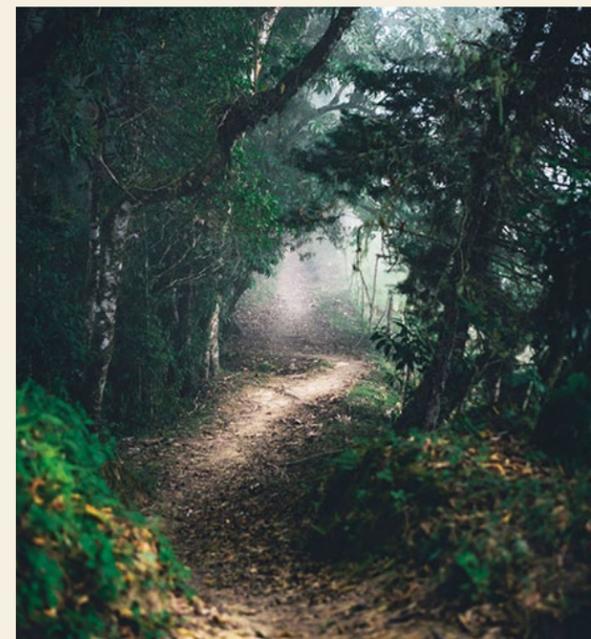
Rurality and especially community-based rural tourism is the newest product being developed in the highlands of Pérez Zeledón and Buenos Aires.

Perez Zeledon is therefore an ideal tourist area for those who seek adventure and practice ecotourism. It is a region of high contrasts where the tourist can visit all the way from beaches with profuse and very humid tropical vegetation, to the highest elevations of the country, where the low temperatures correspond to unique ecosystems and geological formations in Costa Rica. The rivers and waterfalls of this region are also of great scenic beauty.

The canton offers a wide range of adventure activities such as: canopy, hiking, rafting, horseback riding, mountain biking, paragliding, and others.

One of the best positioned types of tourism in the canton is nature tourism, as it is an excellent point of access for the growing ornithological tourism, which is well highlighted in the area, finding a great variety of birds, and highlighting the ornithological sanctuary par excellence, Los Cusingos, the home of the famous ornithologist Alexander Skutch, who gave birth to one of his great works, the famous book *Birds of Costa Rica*. In addition to ornithology, there is the majestic Chirripó National Park, and other natural reserves, it should be noted that part of the canton's territory is within the biosphere reserve designated by UNESCO.

Rural tourism - rural community, the Pezeteño canton is a region with agricultural roots, and over the years agriculture has become the predominant economic activity. In rural communities, the idiosyncrasy and customs of yesteryear, as well as traditions and culture in general, are still very much alive. There are about 16 recreational centers and agritourism farms that are committed to this type of tourism.





Wellness tourism is another strength of the area through different hotels in line with spiritual regeneration through activities and yoga retreats, there are about 8 Spas and among them we find the largest Spa in Central America in Hacienda Alta Gracia.

The pezeteño canton has several tourism options: flora and fauna observation, shopping for handicrafts and coffee, hiking trails, canopy, hot springs, bird watching with equipment, horseback riding, rural community tourism wellness, visiting clients, suppliers or business meetings, visits to museums (Topolandia), rivers (Savegre River), honeymooning.

### China Kichá

It should be added that, in the territory of Pérez Zeledón, there is the Indigenous Territory of China Kichá, with an area of 1100 hectares, that belongs to the Cabécar culture.

These original people of the canton of Perez Zeledon are in the district of Pejibaye, where they carry on with their traditions and customs and still maintains important features of their culture, such as language, spiritual tradition and the system of affiliation, among others.

#### Information:

 [Municipalidad de Pérez Zeledón](#)

## How to get there?

### How to get from San Jose to Perez Zeledon via route 27 Costa Rica:

 [www.distanciasentre.com/cr/como-llegar-desde-san-jose-a-perez-zeledon-costa-rica](http://www.distanciasentre.com/cr/como-llegar-desde-san-jose-a-perez-zeledon-costa-rica)

### How to get from San José to Buenos Aires de Puntarenas Costa Rica

 [www.distanciasentre.com/cr/como-llegar-desde-san-jose-a-buenos-aires-de-puntarenas-costa-rica](http://www.distanciasentre.com/cr/como-llegar-desde-san-jose-a-buenos-aires-de-puntarenas-costa-rica)

### How to get from San José to Buenos Aires de Puntarenas Costa Rica via the Interamerican Highway

 [cr.utc.city/3597974-3609560](http://cr.utc.city/3597974-3609560)



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General Tours  
of Buenos Aires & Pérez Zeledón



Recommendations



**Baggage:** No more than 10 kilos. You should carry food, water for hydration, snacks, clothes and everything you need to climb, do not forget the gaiters, an extension of the pants that joins the shoes.



Regardless of the time of year, it is best to place everything in plastic bags to prevent them from getting wet.



**Limit yourself** to carrying one sleepwear and one hiking garment that you will wear every day.



**Very important:** windbreaker coat, sweater, hat, gloves, scarf, microfiber cloth, two pairs of socks boots, sandals or beach shoes (they do not weigh and do not take up space), personal items including toothbrush, toothpaste, soap, cream ... all in small containers, and a camera, you will want to photograph every step.



**Carry a shared medical kit.** You will also need a walking stick and flashlight, hopefully a headlamp.



**Food:** dried seeds, protein bars and hot chocolate, coffee, bread or tortillas. Go with friends, so the burdens of meals is spread out.



La Amistad International Park

If you want to take an excursion to La Amistad International Park in Costa Rica, you should know that it borders Panama and is actually a binational park, since the governments of both nations decided to share its management because it is located between borders. In 1983 it was declared a World Heritage Site by UNESCO.

The tours in La Amistad International Park usually consist of a guided and narrated tour in which the history of the place is explained, as well as other information of interest, such as the fact that it is the largest nature reserve in Central America, or that its biodiversity exceeds four hundred species of birds, more than one hundred species of mammals and exactly 91 species of amphibians.

This park is the largest wilderness area in Costa Rica. It covers almost 200,000 hectares of paramo, rainforests and cloud forests.

[www.aratours.com/es/costa-rica](http://www.aratours.com/es/costa-rica)

[MUNICIPALIDAD DE COTO BRUS](#)

[MUNICIPALIDAD DE BUENOS AIRES](#)



Chirripó NP

The summit is 3,821 meters above sea level (12,537 feet) and is the best-known mountain in the Talamanca mountain range, and one of the highest in Central America. It offers visitors unparalleled landscapes, including lakes of glacial origin. From its summit, on clear days it is possible to see the Pacific Ocean and the Caribbean Sea looking southwest or northeast respectively; in addition, 3/4 of the country and Panamanian territories can be seen. At its highest point you can observe plains, steep peaks, glacial lakes, forests and a great variety of nature.

[HOTEL URAN](#) [valledelchirripo.com](http://valledelchirripo.com)

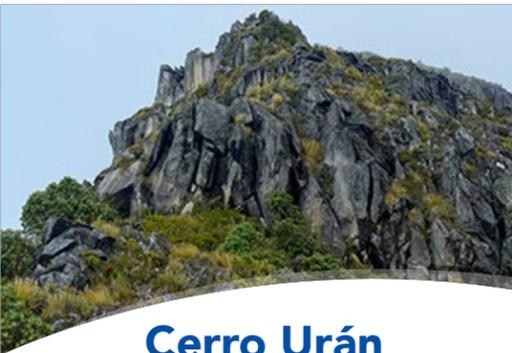


Cloudbridge Nature Reserve

This reserve is located just one kilometer from Hotel Uran bordered by the Pacific Chirripó River and buffer zone of the Chirripó National Park. It has trails, waterfalls, a great variety of birds and unique landscapes.

We invite you to explore and get to know this extraordinary place and a unique experience.

[HOTEL URAN](#)



**Cerro Urán**

Cerro Urán is one of the highest points in the country and its ascent, from Herradura de Rivas de Pérez Zeledón, is one of the most challenging and beautiful mountaineering experiences. This ascent is two for one; experience the elegant and mystical Cerro Urán and then climb the highest and most popular peak, Chirripó.

[valledelchirripo.com](http://valledelchirripo.com)  
[informa-tico.com](http://informa-tico.com)



**Dúrika Hill**

Dúrika is a private reserve that protects approximately 8,500 hectares located high in the Talamanca Mountain Range, in the southwestern part of the country, about 17 kilometers northeast of the city of Buenos Aires. The Dúrika Biological Reserve offers numerous trails through different types of forests. A knowledgeable resident guide will accompany you on the hikes and provide you with extensive information about the ecology of the area.

[www.durika.org](http://www.durika.org)



Photo: Alvaro Zamora

**Herping Chirripó**

Herping Chirripó stands out as an activity for the observation of amphibians and reptiles in the area, in addition, in the tour you can observe species of spiders, insects, nocturnal birds, butterflies, mammals, etc. These species are particularly active at night and that helps their location, either when the weather conditions allow it, or take advantage of breeding seasons or find them in their hours of rest.

[valledelchirripo.com](http://valledelchirripo.com)



**Pueblo de Bolas**

In the town of Bolas, in Buenos Aires, at least 20 pre-Columbian spheres have been found, in sizes ranging from 20 to 157 cm in diameter. Apart from Finca 4, in the Diquís Delta, with 30 spheres registered, no other archaeological site is known to have so many spheres.

[ifigeniaquintanilla.com](http://ifigeniaquintanilla.com)



**Flora and fauna observation**

All these on-site tours are included with your stay. They are an excellent way to learn about the jungle, the river, the flora and fauna, the reforestation, the micro hydroelectric plant, and the coffee farm.

[valledelchirripo.com/info](http://valledelchirripo.com/info)  
[riomagnolia.com/our-tours-1.html](http://riomagnolia.com/our-tours-1.html)  
[haciendabaru.com/flight-of-the-tucan](http://haciendabaru.com/flight-of-the-tucan)  
[pzcountryclub.com/destinos](http://pzcountryclub.com/destinos)



Foto: Alvaro Zamora

**Visiting Valle del Chirripó**

Valle del Chirripó offers a wide range of tourism products related to local gastronomy, lodging, cultural tours, biodiversity observation and visits to specific locations such as hot springs, waterfalls, hiking, among others. Knowing Valle del Chirripó allows you to design an activity of one or more days, creating a space to relax and enjoy quality care.

**Pre-Columbian Spheres**



**Megalithic Spheres Museum Tour**

Finca 6 houses the only pre-Columbian museum site in Costa Rica, declared a UNESCO World Cultural Heritage Site.

This site presents the stone spheres in their original alignment and shows the way of life of the pre-Columbian societies that inhabited the area known as the Diquís delta (chiefdom societies that had their

moment of glory in the period between 800 and 1,500 A.D.). The pre-Columbian cacique settlements, which offer the wonders of their stone spheres and sculptural legacy, listed as a World Heritage by UNESCO, is a source of great pride for the people of Palmar. This extraordinary archaeological legacy represents the chiefdom societies of the Diquís River delta, a testimony of the

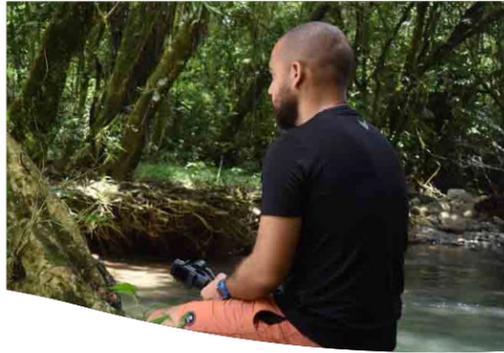
complex political, social, and productive structures that characterized organized societies in pre-Columbian times.

[laperladelsur.cr](http://laperladelsur.cr)  
[facebook.com/sierpeazul/](https://facebook.com/sierpeazul/)



*Bird watching*

Costa Rica is a privileged place in Latin America for bird watching. In addition to belonging to the tropical biome, factors such as topography and varied relief, concentrated in a small country, allow the existence of a large number of forest types, favoring the diversity of avifauna. More than 50% of Costa Rica's bird families are found in the area, with more than 180 highland, midland and lowland species. In addition to the diversity of public and private protected areas, this makes the area a privileged zone for birdwatching.



## Neotropical bird sanctuary Los Cusingos

It is another of our private reserves and originates from the estate where one of our pioneers lived: Alexander Skutch. Located in Quizarrá de Pérez Zeledón, it has a museum with objects of this prolific ornithologist, surrounded by a botanical garden.

Los Cusingos has an extension of 78 hectares in which there is a trail of almost 2 kilometers near San Isidro de El

General, former home of botanist and ornithologist Alexander Skutch. Here you can find Turquoise Cotinga and Baird Trogon. Other birds include the red-breasted wren, ruddy-breasted woodcreeper, river wren, two-colored antbird, purple-crowned fairy, red-headed skipper, blue-crowned skipper, orange-necked skipper, and the famous fiery-billed aracari.

[cct.or.cr/contenido/nuestras-areas](http://cct.or.cr/contenido/nuestras-areas)

## Las Quebradas

It is near San Isidro de El General and Chirripó NP at an altitude between 1000 and 2500m. The project is especially proud of the diversity of birds and butterflies that live in its forest. They have already built a butterfly farm and are also looking to improve bird watching opportunities in the area. Experts suspect that there are about 200 different birds in the protected area.

[www.fudebiol.org](http://www.fudebiol.org)  
[riomagnolia.com](http://riomagnolia.com)

## Photographic tour through nature and the birds of Costa Rica

Costa Rica is one of the top-rated places in the world for wildlife photography. With more than 900 species of birds, many species of mammals including a few species of monkeys and sloths. There are more species of butterflies here than in the entire United States and Canada combined. The lush tropical habitats and spectacular

landscapes are teeming with leaf and dart frogs, as well as amazing reptiles such as the emerald basilisk. Costa Rica is truly a paradise for nature photographers and birdwatchers.

[Sunny Travel-Tropical Feathers](http://Sunny Travel-Tropical Feathers)

## Alturas Wildlife Sanctuary

Alturas Wildlife Sanctuary is a rescue and rehabilitation center with an on-site veterinary clinic for sick, injured and orphaned wild animals. (additional transportation) Sunday

[alturaswildlifesanctuary.org](http://alturaswildlifesanctuary.org)  
[riomagnolia.com/our-tours-1](http://riomagnolia.com/our-tours-1)



## Bird watching

Here you will find bird watching tour packages offered in Costa Rica. We can create a customized tour for you based on any of these packages and your requirements. We can mix and match to your heart's content. Or, if you wish, we can design a unique package from scratch.

[Sunny Travel-Tropical Feathers](http://Sunny Travel-Tropical Feathers)

## Quetzal

The resplendent quetzal is a coveted species for avid birders and ecotourists. Its colorful appearance and the long, floating tail of the adult male make it an incredible spectacle. Venture to the top of the Cerro de la Muerte and discover the cloud forest, home to many endemic species of plants that attract diverse birds and animals to the area. Sighting a quetzal in the wild is not a guaranteed event, as it can be quite difficult to find, so our memorable excursion is an adventure, focusing on the excitement of tracking the birds.

[aubergeresorts.com/altagracia/experiences/quetzal/](http://aubergeresorts.com/altagracia/experiences/quetzal/)

## Birdwatching (Buenos Aires)

Let yourself be captivated by the canton of Buenos Aires, which offers visitors a rich and diverse avifauna with more than 500 recorded bird species. With 80% of the regional endemism (66 species), 2 unique species in the country that can only be seen in Buenos Aires. Nine districts each with specialties. Altitudes from 60 masl to 3000 masl. And different environments such as savannahs, paramo, lagoons, primary forest, and others.

[Municipalidad de Buenos Aires](http://Municipalidad de Buenos Aires)

## The Secret Gardens

The Secret Gardens is an exotic and cozy place that, since 1997, has a diverse collection of bromeliads and orchids, along with a diversity of heliconias and countless other species. This beautiful garden is very appropriate for photography assignments, also offers a cafeteria service, where Mrs. Shirley Jimenez will add her special touch to each dish to the delight of her customers.

[HOTEL URAN](http://HOTEL URAN)  
[valledelchirripo.com/info/jardines](http://valledelchirripo.com/info/jardines)

## Orchid garden

In Herradura de Rivas, very close to Chirripó NP, there is a beautiful orchid garden of approximately 3500 m2, which brings together about 1000 species of local and imported orchids, such as Pleurothallis, Masdevallias, Draculas, and Oncidium, bromeliads, heliconias, and various ornamental plants. In the morning hours you can also enjoy watching the numerous birds that gather in this garden.

[valledelchirripo.com/info/jardin-de-orquideas/](http://valledelchirripo.com/info/jardin-de-orquideas/)

## Avifauna of the Chirripó Valley

The area has a wide range of birdwatching opportunities, guides specialized in this group of animals and with a very detailed knowledge of their natural history. Rivas, San Gerardo, and the highlands towards Cerro Chirripó, stand out worldwide for the large number of native and endemic species of the region.

[valledelchirripo.com](http://valledelchirripo.com)



# Adventure Tours



## Hiking on the trails of the hills

Hikes on trails through spectacular primary and secondary forests. Enjoy the wild flora and fauna and the rivers and waterfalls. Visit on your own or we can arrange for a staff member to accompany you. The offer varies from low-difficulty hikes to hikes for experts in good physical condition.

-  [valledelchirripo.com](http://valledelchirripo.com)
-  [riomagnolia.com](http://riomagnolia.com)
-  [aubergeresorts.com/altagracia](http://aubergeresorts.com/altagracia)



## Walking/ homestays

You are not a tourist; you are part of the family in this adventure. It takes time to get to your new family in the Costa Rican rainforest, but it is worth it. Deep in the rainforest, experience the simple and refreshing life in Costa Rican homestays and adventures.

 [AUTENTICOADVENTURES](http://AUTENTICOADVENTURES)



## Altagracia Walk

Join one of our professional naturalist guides to discover the flora and fauna that adorn our microclimate. Whether you are interested in discovering interesting plants, birds or the creatures that call our jungle home, a walk with one of our Guides will enlighten you to the variety and beauty of life that exists in the forest.

 [ALTAGRACIA](http://ALTAGRACIA)



## Los Gigantes Trail

Magnificent trails bordering the banks of the San José River, in the Chirripó Valley, through a varied natural exhibit will take you on a hike where you will first admire a restless river that, with its rocky crash, waterfalls and calm backwaters, will elevate your spirit to a state of admiration, followed by an ascent through the mountains to a magnificent viewpoint overlooking the valley. Request an authorized guide from the environmental association.

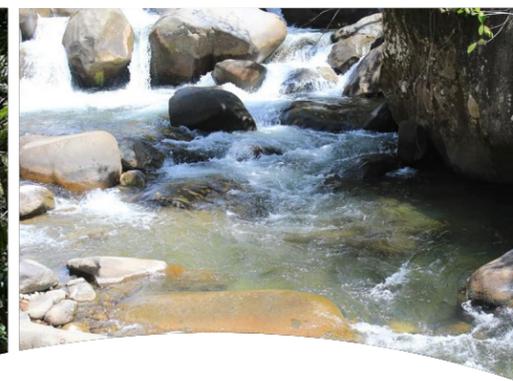
 [valledelchirripo.com/info/sendero-los-gigantes/](http://valledelchirripo.com/info/sendero-los-gigantes/)



## Picnic by the river

We invite both national and foreign tourists to dare to live a day in the countryside by the river, we have the privilege of having 4 rivers in the Chirripó Valley:

- Rio Blanco, located in Herradura de Rivas.
- Chirripó Pacífico River, in San Gerardo de Rivas.
- Talari River in Los Angeles de Rivas.



- San José River located in San José de Rivas.

Visit them especially in our summertime, ask your lodging which is the ideal place for this activity and bring a delicious typical lunch wrapped in banana leaves, as our ancestors did.

 [valledelchirripo.com/info/dia-de-campo-junto-al-rio/](http://valledelchirripo.com/info/dia-de-campo-junto-al-rio/)



## Nauyaca Waterfalls

The Nauyaca Falls are located in a canyon approximately 80 m wide. One of the waterfalls is 45 m high in free fall and the other, 20 m high in staggered fall, forming at the foot of this, a pool of 1000m2 and 6 m deep. Then there are other natural pools of smaller size, which can be used for the enjoyment of the whole family. Horseback riding, hiking, swimming, climbing, jumping, taking pictures, and enjoying a wonderful day in one of the most beautiful places in the south pacific of Costa Rica.

[Cataratas Nauyaca S.A](#)



## Nauyaca Waterfall Nature Park

Nauyaca Waterfall Nature Park is a beautiful private nature reserve with modern, clean facilities and trails that provide the best access to the Nauyaca Waterfalls. Come and enjoy the epic beauty of this natural wonder of Costa Rica!

[nauyacawaterfall.com](#)



## Eco Chontales

A paradisiacal waterfall surrounded by jungle, hidden between Dominical and Perez Zeledon, which by the way is a paradise of waterfalls and crystal-clear rivers.

[pzcountryclub.com/destinos](#)  
[quebuenlugar.com/lugares/ecochoyales-perez-zeledon/](#)

Contact: 8334-2422 / 8540-1934



## The equine experience

For young riders or beginners to horseback riding, the equestrian experience at Los Establos and our riding arena is the perfect introduction to the equestrian adventure. This hour and a half is tailored to your needs: whether it's simply spending time with our friendly equine family; feeding and bathing the horses; learning to saddle up; or experiencing a guided or unguided ride in our indoor riding arena. We will be sure to help build your confidence with these majestic animals.

[ALTAGRACIA](#)



## Horseback Riding

For nature and horse lovers, you can use this means of transportation to enjoy the beauties that this area has to offer.

[valledelchirripo.com](#)



## Half day horseback riding tour

Starting at El Pelicano Mountain Hotel, your guide will take you to the Cloud Bridge Reserve where you will travel parallel to the Chirripó River and the waterfalls, continuing uphill to the border of Chirripó N.P., toward the community of Los Angeles and then on to Hotel El Pelicano.

[valledelchirripo.com](#)



## Kilo Falls

1 day hike

Visiting Kilo Falls in San Jeronimo de San Pedro is an impressive experience. This charming place offers a trail through the mountains and forests of the area. During the tour you can appreciate the beauty and tranquility of the forests, as well as a panoramic view from these high mountains.

Our tour includes 14 waterfalls of different sizes. All of them are connected on a 6 km



trail through the forest. Some of the waterfalls are suitable for swimming and spending a time with family or friends, or for making new friends.

[SELVA MAR](#)



## Horseback Riding

This is also a very popular route. Departing from Rio Magnolia around 7:15 for the 8 am tour. You get on the horses and ride to the family farm for a typical Costa Rican breakfast. Then you ride to Nauyaca Falls for a swim. After that it's back to the farm for lunch and then off to pick up at 2 pm. (additional transportation)

[RIO MAGNOLIA](#)



## Customized adventures

Warm, winding rivers surrounded by lush rainforest, immersive home stays in remote villages, professionally certified bilingual guides, and endless natural wonders: we can create a customized itinerary to suit your interests.

We have successfully created customized courses for families, groups, adventure clubs, organizations, and universities.



- River rafting
- Inflatable kayaking
- Surfing
- Waterfall rappelling
- Swiftwater rescue
- Wilderness first responder
- River kayaking
- Homestays
- Ziplining
- Volunteering
- Spanish instruction

[AUTENTICO ADVENTURES](#)



## Half day paragliding tour

It starts at El Pelicano mountain hotel, moving to the established jumping areas: Miravalles, San José de Rivas.

[valledelchirripo.com](#)

[www.paraglidecostarica.com](#)



## Mountain biking

For those who want to move fast, or cover a lot of rugged terrain, a mountain bike ride can be the perfect active adventure. With lush views of the surrounding Costa Rican countryside, this tour is as scenic as it is exciting. Choose a guided trail adventure or embark on a self-discovery tour.



## Rafting

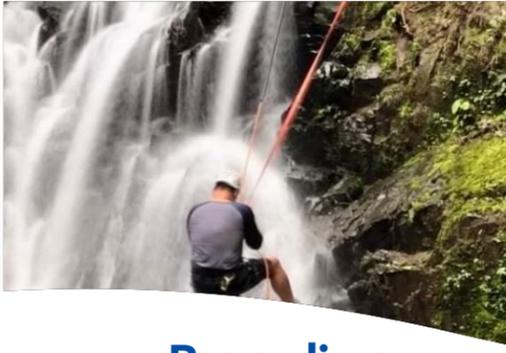
Explore the natural wonders of Costa Rica by raft. From adrenaline-filled Class IV sections to family-oriented Class II and III sections, we have a rafting trip for you. Our professionally certified guides not only keep you safe but will also prepare a delicious Costa Rican meal for you and keep an eye out for monkeys, toucans and other river friends.



## Tour de canopy

This is a very popular tour. Depart from Magnolia River at 7 am for your canopy tour at 8 am. This tour includes a guided hike to the canopy and then several zip lines. The tour ends at 11 am, at which time you can spend more time at Hacienda Baru, where there is a beautiful beach, butterfly gardens and a restaurant for lunch, or go to Dominical for lunch and explore the beach (additional transportation).

[valledelchiripo.com/actividades/](http://valledelchiripo.com/actividades/)  
[haciendabaru.com](http://haciendabaru.com)



## Rappeling

Test your strength, both mental and physical, in the peaceful surroundings of our secondary forest. Venture into the heart of El Rio where you will find a tall ficus tree, whose unique trunk makes it perfect for climbing. Once you have reached your limit, enjoy an adrenaline rush as you rappel down to the forest floor. Zapotal de San Pedro - Paramo Las Tumbas de Barú



## Night Tour

Set out with your Guide and headlamp through the forest, moving slowly, as your senses are heightened by the sounds around you: leaves crunching beneath your feet, the call of night birds, and the gliding or scurrying of wildlife out hunting at night.



## Camping

Pacific Journeys, the Tombs of Baru La Chiripa, San Jerónimo de San Pedro La Visual, San Jerónimo de San Pedro



## Canopy Altagracia

Few have had the opportunity to alter their point of view so dramatically by sitting above the jungle canopy. Arrive at one of the tallest trees in our secondary forest, where you will be outfitted, and your Guide will show you how to use your equipment to reach the top of the trees. Once above the treetops, relax in the handmade rope canopy while watching various species of birds, the rustle of leaves and the rushing river below. When you're ready, you'll finish with a real thrill: rappelling 100 feet to the forest floor.

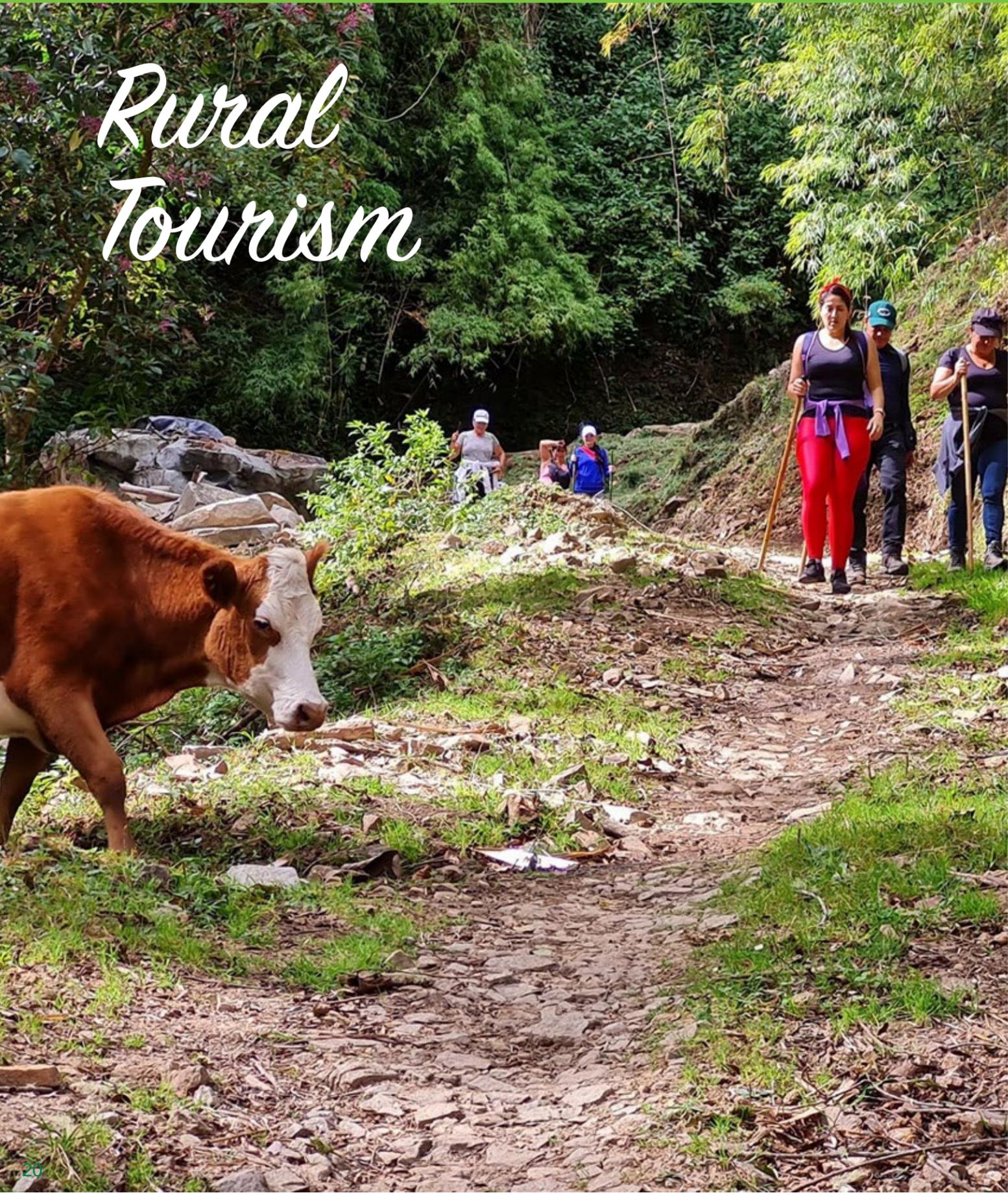


## Canopy and Quad bikes Hortensia de Paramo

Tel.: (506) 2200-5465  
 Whatsapp: 8998-4333  
 Correo: admin@valledelgeneral.com



# Rural Tourism



## Bribripa Bed and Breakfast

The Bribripa Cultural Center is an ideal place to learn more about the indigenous peoples of the country, their culture, their stories, customs, legends, rituals, traditions, and their close relationship with nature, the forest, animals, and plants, which today we humans appreciate so much.

Tel. (506) 8573-2025  
Email: [bribrika@hotmail.com](mailto:bribrika@hotmail.com)



## Boruca indigenous people

From climbing in the rainforest canopy to visiting a remote Boruca tribal village, the undiscovered wonders of Costa Rica await you. Located near one of the five "Blue Zones" in the world, where populations live comparatively longer and healthier lives, they find a sense of peace in mountains, fields, farms and treetops.

 [ALTAGRACIA](#)



## Térraba Cultural Ecological Corner

**Attractions:** Bird watching, spiritual trails, meditation, organic agriculture, natural sites, indigenous culture.

**Services:** Lodging and meals. Tours: ecological, cultural, natural, historical, medicinal plants, traditional food, indigenous arts, traditional beverages, lodging, hammock areas.

Contact: Paulino Najera. Cel: 8848-9649  
Email: [paulino\\_najera@yahoo.com](mailto:paulino_najera@yahoo.com)



## Macho Mora Adventures

We are a family business focused on promoting rural tourism and the beauties from the Cerro de La Muerte sector, and the southern area of Costa Rica in packages, tours and routes that are characterized by local support and sustainable enjoyment.

We offer hiking tours, waterfalls, rural life, agritourism, camping, homestay, and lodging. In addition, activities with local organizations or enterprises where volunteering, reforestation, environmental protection, and support for local development can be developed. Blackberry, cheese and dairy tours, hiking in

the Talamanca mountain range, waterfalls, integral farms, trout fishing, succulent gardens, camping and more alternative options.

 [MACHO MORA ADVENTURES](#)

 [destinosviajeros.com/empresas/macho-mora-adventures/](https://destinosviajeros.com/empresas/macho-mora-adventures/)



## Coffee Tour

Our coffee plantation is in the "Brunca" coffee growing region of Costa Rica, which produces one of the best coffees in the world. Coffee is grown on small plantations surrounded by primary rainforest, which allows for the highest level of biodiversity imaginable. Natural tree species are planted to provide shade, wildlife habitat and natural fertilizer from decaying leaves, as well as to prevent erosion. More than 140 bird species have been identified on the farm.

[RIO MAGNOLIA](#) [ALTAGRACIA](#)  
[valledelchirripo.com](#)



## ASOMOBI coffee aficionados

We offer tours in which you can learn about the cultivation and harvesting of coffee, history, and daily life in Biolley. Costa Rica is famous for its coffee, which is grown especially in the mountainous areas. Plant care, processing and roasting is a science. ASOMOBI has more than 20 years of experience in the fascinating process of coffee processing and invites you to learn from the cultivation of the fruit to the

[asomobi-costarica.com/](#)



## Trout Fishing

Experience the thrill of catching trout for your lunch, no experience is required so people of all ages can enjoy this opportunity in Valle del Chirripó.



## The gastronomic experience

Join our culinary team for immersive workshops that explore the unique ingredients and traditional dishes of Costa Rica. As part of our free weekly experiences, these interactive courses explore ingredients from cacao and avocado to dishes like tamales and tortillas.

[ALTAGRACIA](#)



## Costa Rican cuisine and tradition

Immerse yourself in Costa Rican cuisine and tradition with a cooking class developed from recipes passed down from one generation to the next and fresh produce from El Cultivo, our organic garden, located in the heart of our resort.

[ALTAGRACIA](#)



## Coffee Diversa

It is in the district of Biolley, approximately 62 kilometers from downtown Buenos Aires.

They are experts in coffee, have a botanical garden with a collection of up to 700 varieties, a store in Multiplaza Escazú and a showroom in Moravia.

At Coffea Diversa we grow many rare and exotic botanical varieties of coffee in our garden. In fact, we have the world's largest private collection of coffee species,



botanical varieties, and cultivars, with more than 600 species.

**Coffee Tour:** A coffee tour takes you through the entire coffee production process, from the time the coffee is picked from the bush to the commercialization process.

[Municipalidad de Buenos Aires](#)



## Hotel Finca Palo Alto

Hotel Finca Palo Alto is a mountain hotel, familiar and cozy, surrounded by the most lively and exuberant nature sheltered by the majestic and imposing La Amistad International Park. It offers walks along trails and the river.

[facebook.com/HotelFincaPaloAlto/](#)



## Canaan Cheeses

The Mata Hernandez family, will explain, with great charisma, the elaboration process of this mature cheese, as well as aspects related to the integral administration of the farm, the sustainable management of pastures, the use of residue and organic waste as fertilizers and biogas.

[valledelchirripo.com/actividades/](#)  
[valledelchirripo.com](#)  
[ALTAGRACIA](#)



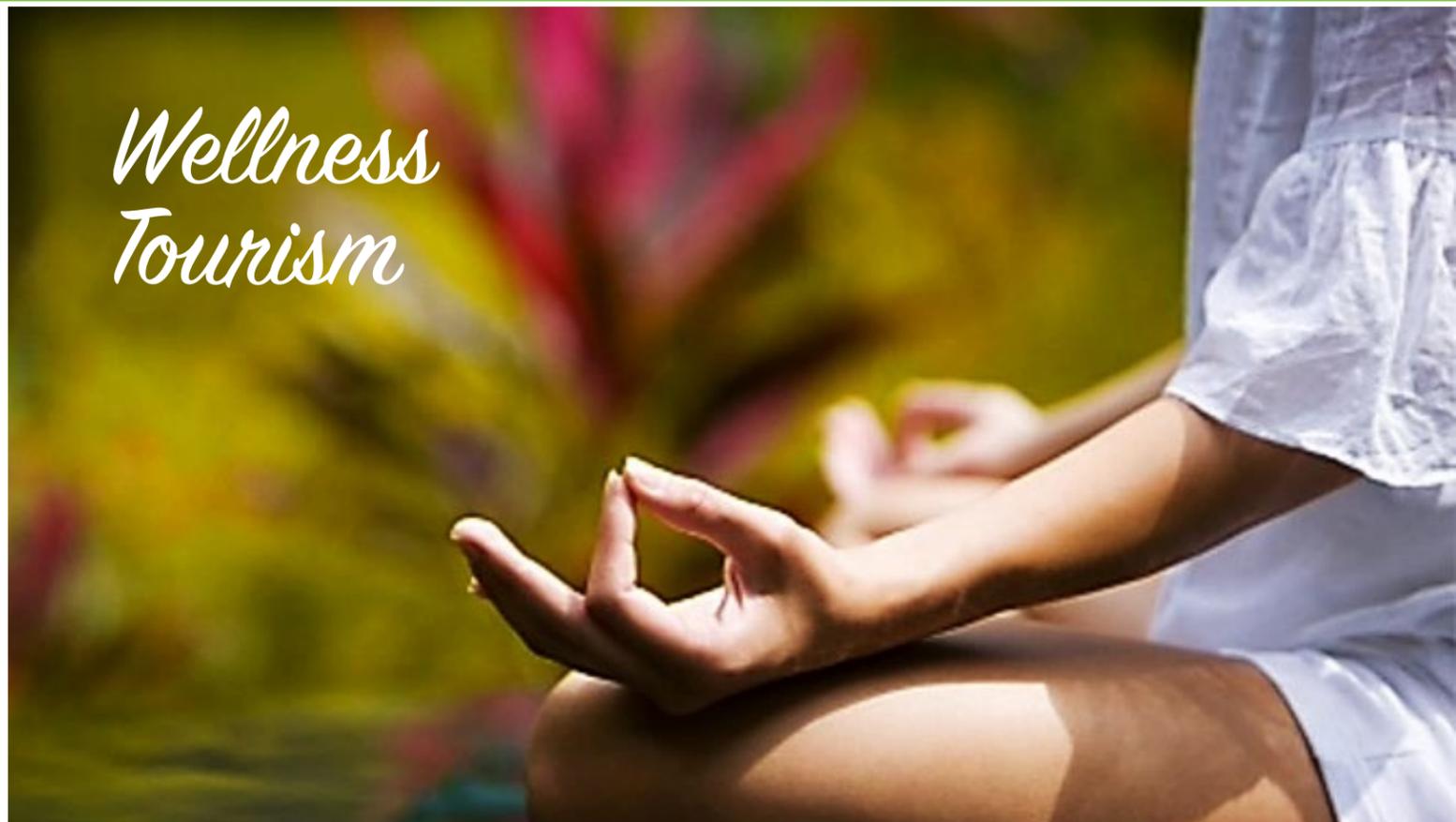
## Half day tour to the butterfly farm

In the foothills of Cerro Chirripó, in the town of Canaan de Rivas, Pérez Zeledón, Casa Alegría opens the doors to an unforgettable and fascinating experience. A recommended stop for all visitors to the area. Casa Alegría has a butterfly house inside a dome 11 meters high and a diameter of 22 meters.



Since its inauguration in December 2018, this new option has been offered in the community of Canaan with clear objectives such as social, educational, environmental, and medicinal.

[valledelchirripo.com](#)



# Wellness Tourism

## El Pelicano Art and Culture Gallery

With great imagination and hard work, Don Rafael "Macho" Elizondo, a pioneer of community development, has succeeded in creating many pieces over more than 25 years. His technique is unparalleled because it gives personality to the features of nature, revealing figures that were hidden and exposing them to everyone.

more than 100 sculptures that go through the stages of his imagination. His work has been distributed in several countries around the world, however, he still maintains a collection of about 120 pieces which he has exhibited in his gallery since May 21, 2011.

Enjoy your vacation time in "Valle del Chirripó" with sculptures such as "Ecomoto", "Indio", "La Anaconda" and

Request in your itinerary to the "Valle del Chirripo" a visit to this interesting place and enjoy the talent of don "Macho" Elizondo.

[valledelchirripo.com/actividades/](http://valledelchirripo.com/actividades/)

## Farmers' Market

San Isidro is approximately 1 hour from the Magnolia River. It is a thriving agricultural town, a key agricultural center in the valley, and is the largest town in this region. Located on the slopes of the Talamanca Mountains, San Isidro is an excellent stopping point for tourists heading to Chirripo National Park, Dominical or Panama. (Additional transportation) Tinamaste Organic Market Tuesday from 8am to 12pm at the community center, currently closed.

[RIO MAGNOLIA](#)



Obra de Carmen Monge



## Arte Mía

An art gallery, in which the local painter Carmen Monge with brush in hand captures the local culture of the communities of Herradura, San Gerardo, Canaán and Los Ángeles, illustrating the first indigenous settlers, the arrival of the white peoples in the 1930's and the current lifestyle of its inhabitants among rivers, customs, and hikes to the Chirripó hill. The current lifestyle of the inhabitants is illustrated by rivers, customs, and hikes to the Chirripó hill, without missing characteristic details of the local fauna and flora, as well as landscapes of rivers and mountains.

When you visit "Arte Mía" you can also tour the garden and in the summer walk along the Talari River that rises right in the valley of Los Conejos in the Chirripó National Park. When planning your visit to the Chirripó Valley, contemplate a visit this art gallery for a memorable token.

Carmen Monge and her family are active in local development and environmental protection.

[valledelchirripo.com/actividades/](http://valledelchirripo.com/actividades/)

[valledelchirripo.com](http://valledelchirripo.com)



## Local flavors

Buenos Aires' restaurants are traditional, family-run, places with exceptional food at incredible prices. Exploring Costa Rica's countryside can really work up an appetite, and when it comes to authentic Tico cuisine, there's no better way to experience the flavors of Latin America than stopping at a family-run restaurant for lunch.

## Organic Market of Tinamaste

Open Tuesdays from 8 am to 12 pm in the community center.

[RIO MAGNOLIA](#)



## GeVi Hot Springs

Enjoy the hot springs in Costa Rica, they are an unparalleled option to close an active vacation day, or simply to escape from the work routine and relax in these warm waters with approximately 37 degrees of temperature. The Gevi Hot Springs in "Valle del Chirripó" are also a very fun option for children and young

people who find these pools a very attractive way to release energy. Surrounded by trees and tropical plants, there are two pools of different depths, one very appropriate for families, the other for the more adept in the water. Remember, if you are traveling with children pay special attention to their safety.

GeVi Hot Springs is a facility that supports the development of the communities in the area and ensures the proper waste management of its activities.

[valledelchirripo.com/info/aguas-termales-gevi/](http://valledelchirripo.com/info/aguas-termales-gevi/)



## SPA

Going on vacation is a great time to release the stress of daily work and take care of your body and mind. It's time to enjoy the wellness and relaxation offered by our hotel in Canarias and discover the exquisite treatments offered in our spa hotels.

Benefits of the spa for your body and mind:

Water has multiple benefits for our health, so we encourage you to try hydrotherapy circuits, relaxing massages, physiotherapy and rehabilitation, aromatherapy, or reflexology sessions, mesotherapy, facial rejuvenation, and others.

[www.hoteldelsur.net/es/](http://www.hoteldelsur.net/es/)



## Star Tour

Passion for stargazing and cosmos observation.

[skycr.org](http://skycr.org)

[facebook.com/cabanas.bonnysu.9](https://facebook.com/cabanas.bonnysu.9)



## Yoga

Our selection of daily classes and group sessions are led by certified experts who combine traditional and innovative approaches to mindful movement.

It is offered free of charge as part of the resort's weekly experience calendar.

[ALTAGRACIA](#)



## Natural river bath

Hidden along the river is our natural river bath, which sets the tone for this immersive experience. Begin by meditating by the river to immerse yourself in the sounds of nature and be guided into a state of healing.

[ALTAGRACIA](#)



## Horses

Free the subconscious mind and experience the healing energy of Hacienda Alta Gracia's equine herd. Learn about the inner life of horses, their interaction with humans and each other and their expansive subtle body. In this experience you will be interacting, collaborating and learning from your equine guide.

[ALTAGRACIA](#)



## The Experience

The perfect place to relax: our intermediate net, hidden in the lush forest of El Rio, offers a beautiful handmade canopy, about 10 feet off the ground. Arrive in the tranquil setting for self-guided meditation or with a book to relax and enjoy. A perfect stop during a hike on our trails, the intermediate network is pleasant for all ages.

[ALTAGRACIA](#)

BUENOS AIRES	
Service	Contact
<b>Financial entities</b>	
Banco Popular	2730 08 97
Banco Nacional	2730 02 10
Banco de Costa Rica	2730 10 00
Coopealianza	2730 02 57
<b>Public Institutions</b>	
Fire Station	2730 02 51
Red Cross	2730 00 78
Public Force	270 01 03
Municipality of Buenos Aires	2730 02 35
<b>Health Services</b>	
Farmacia de Buenos Aires	2730 12 12
Farmacia Saryana	2730 02 42
Farmacia Hidalgo	2730 06 60
<b>Transportation Services</b>	
Gafeso	2730 02 15

Transportation Services	
Service	Contact
TRACOPA	2730 02 05
Taxis públicos	2730 00 88 / 2730 20 44
Transporte Wilfri Tour	8862 33 46
Transportes Morales	8323 59 64
Transportes Bonaerenses	8930 29 29
Viajes Profe Ariel	8900 90 00

PÉREZ ZELEDÓN	
Service	Contact
Red Cross	2770-1413
Emergencies	911
Police of Pérez Zeledón	2771-3608
Municipality of Pérez Zeledón	2220-6600
Transit police	2771-3313
Tourist Management Office	2220-6768 / 2249-9446 oficinaturismo@mpz.go.cr infoturismo@camarabrunca.com

The crests of Cerro Terbi are a national symbol of the country's natural wealth. These structures were declared a national symbol on April 6, 2011, under Bill #17437, as a symbol of Costa Rica's natural wealth. It is a mountain of plutonic or igneous volcanic glacial modeling (formed inside the earth's crust by slow cooling of the magma, allowing time for its components to crystallize), where structures called arêtes (ridges) converge.

