



# OSA

## Cultural Tourist Guide



## The extraordinary attractions of Osa

If you want an unforgettable experience of exuberant nature, in parks boasting the greatest biodiversity of the planet and within a framework of national parks, you cannot miss the Osa area.

In each of its six districts, Osa offers the possibility of experiencing different adventures, as well as the opportunity to experience the mystique and essence of its people.

The Osa region comprises, on the one hand, the entire coastal sector that extends from Dominical in the north to the canton of Golfito and the Golfo Dulce, and to the west with the Pacific Ocean at the southern tip of the country. This part of the country is well known for its biological diversity, natural beauty, rich landscapes several protected areas of great importance, including the Corcovado National Park, which National Geographic Magazine defines as "the most biologically intense place on Earth" and the travel specialist company, Discovercorps, describes as the best national park on the planet. Other protected areas in this region include: Marino Ballena, Piedras Blancas, the Terrabá-Sierpe Wetland, the Golfo Dulce Forest Reserve and the Caño Island Biological Reserve.

The canton is composed of the following districts: Ciudad Cortés, Palmar, Sierpe, Piedras Blancas, Bahía Ballena and Drake Osa Bay, of the province of Puntarenas.

### Tourism Activities

It is because of all this that you will find a variety of activities for your enjoyment in the South Pacific such as hiking in the highest mountains of Costa Rica and on the trails in national parks and private protected areas, horseback riding, river rafting, sport fishing, diving, bird watching and flora and fauna observation. Especially on mangrove tours, where you might observe whales, dolphins, turtles, scarlet macaws and troops of titi or squirrel monkeys, a species endemic to the central and southern Pacific coast. Furthermore, you will find beautiful landscapes and adventure activities such as surfing, canopy, kayaking, paddle boarding, canyoning, rappelling, snorkeling, tubing, professional diving, and much more. Or, enjoy botanical gardens, impressive waterfalls in protected areas and river tours along the Terraba, Sierpe, Coto, and the Tómbolo of Punta Uvita.

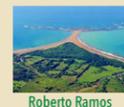
Top this all off with the rich local culture, by experiencing the gastronomy, traditions, music, dance, local crafts, indigenous communities and pre-Columbian spheres.

 [More information here](#)

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Credits for cover photos:



Roberto Ramos



Ricardo Araya



MCJ



Ballena Infocenter



Ballena Infocenter



MCJ

# 10 things every tourist should see and do in Osa

**1**  
Visit the Corcovado, Marino Ballena and Piedras Blancas protected areas



**2**  
Visit the set of pre-Columbian spheres at the Museum Site farm 6



**3**

Sighting of humpback whales, dolphins and turtles



Photo:



**4**

Cultural and themed tours

**5**

Practice diving and snorkeling in locations like Caño Island and Uvita



**6**

Take a boat ride through the Mangroves Terraba Sierpe



**7**

Tours of bird watching



**8**

Enjoy rural tourism and the authenticity of the indigenous territories



**9**

Practice surf in Dominical Beach and Dominicalito



**10**

Feel the magic of tombolo, the beaches and the sunsets





All year round:

-  Bird watching - Corcovado National Park.
-  Hiking - Golfito WR and Corcovado National Park.

### JANUARY

**From December 30 as of January 2**  
**Dance of the little devils**  
 Indigenous Community - Boruca



### FEBRUARY

**First weekend**  
**Dance of the little devils at Curre**

**International Dance Festival typical in Puerto Jimenez**

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



### MARCH

**First weekend**  
**Migratory Bird Festival**  
 Puerto Jimenez and Golfito

**First Friday**  
**Bird Marathon**  
 Península de Osa

**First week**  
**National Sport Fishing Tournament**  
 Boca Coronado, Osa

**21 (equinox)**  
**Festival of the Spheres**  
 Palmar Sur Park

**Last week**  
**Amistad National Park Run**  
 Cabecar Hill



### APRIL

**11**  
**Civic activity Juan Santamaría**

**Canalete Festival**  
[facebook.com/Festival-del-Canalete](https://www.facebook.com/Festival-del-Canalete)

**Easter**  
**Horseback riding Puerto Jiménez-**  
 Playa Preciosa



### MAY

**1**  
**Labor Day**  
 San Isidro Labrador Day. Patron Saint Festivities

### JUNE

**23**  
 Anniversary of the Declaration of World Heritage Site, The Pre-Columbian Cacique Settlements with Stone Spheres of the Diquís Valley



An annual **Arbor Day** celebration event is held on the Sunday closest to June 15. In 2021 the celebration will be held on Sunday, June 13.

### AUGUST

**2**  
**Stations of the Cross in honor of the Virgin of the Angels**  
 Cortés Cathedral

**24**  
**National Parks Day**



### SEPTEMBER

**First two weekends**  
**Whale and Dolphin Festival**  
 (Bahia Ballena district)

**14**  
**Lantern parade**

**15**  
**Costa Rican Independence Day. Tico-Panamanian Confraternity Festival**  
 Canoas Pass-Panama Border

**Third week September**  
**Sea Festival**

**Second week September**  
**Tourist Fair Golfito**



### OCTOBER

**All month**  
**Whale watching**  
 Ballena Marino National Park

**Last week**  
**Amistad National Park Run**  
 Cábecar Hill

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



### NOVEMBER

**All month**  
**Black November**  
 Golfito Duty Free Depot

### DECEMBER

**8**  
**Los Diablitos Festival**  
 Boruca Indigenous Community

**First Saturday**  
**Festival of Lights**

**Third week**  
**Christmas bird count**  
 Osa Peninsula

**21**  
**Winter Solstice**

**31**  
**Los Diablitos Festival**  
 Boruca Indigenous Community





### FIRST DISTRICT: CIUDAD CORTÉS



We recommend a visit to the magnificent **Muñeco Mountains**, by bike or hiking, to observe the surrounding landscape, including the mouth of the daunting Rio Grande of Terraba. Enjoy sport fishing and paddling in its estuaries or mangroves, for which you must enter the Embarcadero. Currently the landing site for artisanal and sport fishermen, this neighborhood served as a port of entry to the Southern Zone from Puntarenas during the era of the United Fruit Company. Here, you will run into historical constructions that allude to the fishing and mollusk activity. **Horseback riding along the riverbanks becomes a unique adventure, especially during the months of May and June, as the journey leads to Rancho Quemado**, where a phenomenon unique to this area can be observed: thousands of crabs come out of their holes to reproduce.



### SECOND DISTRICT: PALMAR



The people of Osa are very proud of their pre-Columbian chieftain settlements, which offer the marvel of their stone spheres and sculptural legacy, reason for the declaration of **World Heritage Site** by UNESCO. This extraordinary archaeological legacy represents the chiefdom societies of the Diquís delta, as it is a testimony of the complex political, social and productive structures that characterized organized societies in pre-Columbian times.

The pre-Columbian complex consists of four sites: **Finca 6, Batambal, El Silencio and Grijalba 2 (located in the district of Ciudad Cortés).**

Palmar also offers important remnants of its **historical past as a banana enclave through iconic housing infrastructure**, as well as religious and recreational buildings, all of which are a legacy of the Costa Rican Banana Company. Keep in mind that since 1934, the Banana Company moved to the southwest Pacific, due to the plagues that affected its production in the Caribbean coast. Two years later, fruit cultivation was already a reality in the southern zone. Between 1983 and 1984, the Banana Company shut down its operations in the South Pacific of Costa Rica. This decision resulted in the dismissal of more than 3,000 employees, the invasion of more than 1,000 hectares by squatters and the strengthening of African palm production.

A significant contribution of the district is the concept of the Garden City: an urban design oriented to good living (healthy life and optimal working conditions), in which the plant belt that surrounds the city and the beautiful park full of exotic trees stand out. **It is an empowered rural community that has managed to incorporate modern concepts with great social and environmental responsibility.** Harmony with the environment and controlled growth make Palmar Sur a true living museum.

Through Palmar Sur you can access **Ojochal**, where you can find an elevated gastronomic options with a lot of Canadian and European influence. It also connects to well-known beaches such as Uvita and Playa Dominical.

### THIRD DISTRICT: SIERPE



Sierpe is located on the banks of the river of the same name. The mouth of the river, almost one kilometer wide, is quite impressive. At the source of this same river, north of the district, is the Sierpe Lagoon, characterized by its large size, natural fresh water and abundant fauna and flora: a little known impressive natural destination.

The Sierpe River boat tour allows you to enter one of the largest and most exuberant wetlands in Latin America: the Terraba-Sierpe Wetland. This wetland was declared a Protected Site by the Ramsar Convention on Wetlands in 1996, which underscores its international significance.

The tour allows the observation of a large number of birds, reptiles and mammals, which use the wetland as a passageway and food source. Three types of vegetation can be distinguished in the protected site: mangrove, palustrine (permanent swamps and marshes on inorganic soils) and herbaceous.

In Sierpe we also have the Golfo Dulce Forest Reserve, shared with Golfito, which was created in 1979 as a protected area (The Golfo Dulce Forest Reserve is shared with the canton of Golfito. The Reserve protects the lowland forest areas surrounding the Golfo Dulce and the Osa Peninsula.) It is characterized by its basal tropical rainforest and cloud forests, as well as by two permanent freshwater bodies of water: the Chocuaco and Sierpe lagoons, mentioned above. The great tourism potential of these natural wonders is important. The reserve is connected to Corcovado National Park and Piedras Blancas National Park. The district of Sierpe is also the gateway to Isla Violines and Isla del Caño.

### FOURTH DISTRICT: BAHIA BALLENA



The district of Ballena Bay has become the center of tourism development in the canton, due to its extraordinary location on the coastal strip and also due to the positive impact of the Costanera Sur highway. One of its most important attractions is the Marino Ballena National Park, a prolific breeding ground for whales and a meeting point for dolphins and other marine and aerial animal species.

The reproductive appointment of humpback whales during the months of July to November, offers an extraordinary



spectacle to visitors, who have the opportunity to appreciate closely these magnificent cetaceans and their calves, which literally dance around the boats of the astonished national and international tourists.

The call of nature for procreation summons the national and international community, which motivates awareness of the necessary protection of natural resources and opens opportunities for dignified income for local families.

In the Ballena Marino National Park is also one of the most interesting geological formations, which generates great international interest: the Punta Uvita Tombolo, popularly known as the Passage of Moses, which resembles the tail of a whale.

Bahia Ballena also attracts tourists interested in its magnificent beaches and sunsets. Among the most important are Playa Tortuga, Ventanas, Piñuelas, Ballena, Arco, La Colonia and Bahía, Hermosa, Domaticalito and Domatical, the latter with its strong waves, ideal for surfing.

The district also offers countless trails for hiking, horseback riding and bird watching, along the coast or in the tranquil mountains that form part of the coastal range.



## FIFTH DISTRICT: PIEDRAS BLANCAS



Photo: areasyparques.com

Piedras Blancas National Park is located in this district and is considered a true lung, as it protects hundreds of hectares of primary forest. The park has almost daily rainfall, which explains the extraordinary biodiversity conditions.

## SIXTH DISTRICT: DRAKE BAY

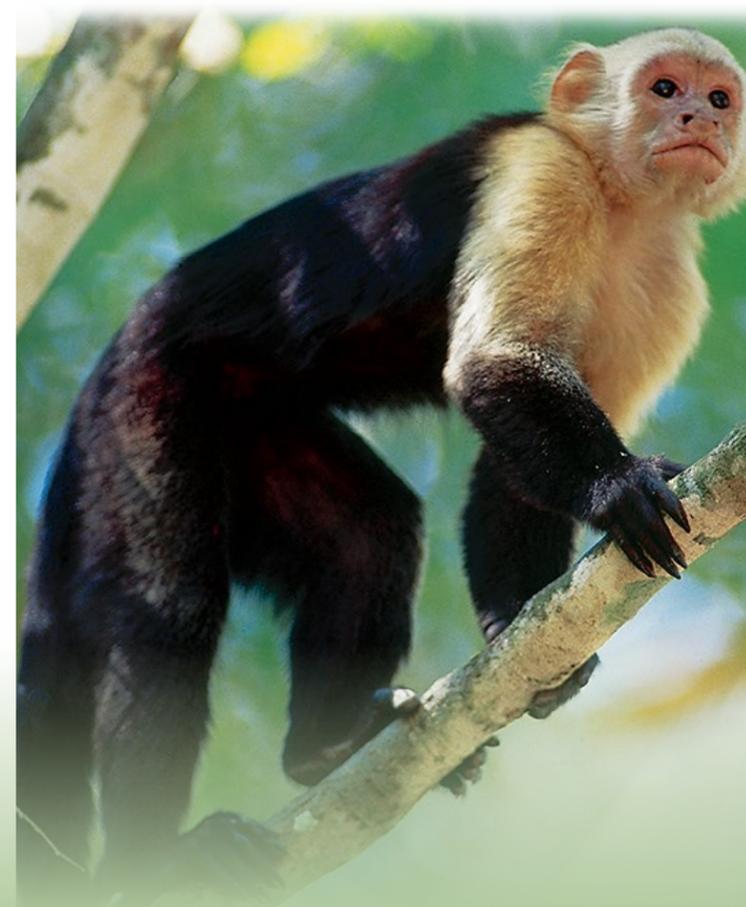


Photo: Drakedivers

This small bay, due to its abundant nature, concentrates services oriented to ecotourism. It is a truly magical place. An important part of its virgin forests are located in the Corcovado National Park (part of this park is located in the canton of Golfito). During the rainy season, Drake Bay is difficult to access by land. However, it can be reached by sea or air from San José, as there is a small airstrip.

One of the most important attractions of the district is Caño Island. It has an area of approximately 300 hectares and is located about 20 km from Drake Bay. It is a protected area declared a biological reserve, which has a permanent ranger station.

The popular tourist destination attracts visitors for its beaches, coral reefs and marine life. The latter includes manta rays, dolphins, sea turtles, whales and a great variety of fish. The island presents substantial evidence of pre-Columbian human activity, which can be seen in some impressive artifacts such as the carved stone spheres made by the first civilizations that inhabited this territory.



## ACCESS ROUTES



### By public bus:

From San José you can take any TRACOPA bus going to Cortés, Golfito, Palmar Norte, Paso Canoas and Ciudad Neily along the south coast and get off at the entrance to the area to be visited.

**Location of the terminal in San José:** 100m west and 50m south of the Liceo de Costa Rica. (Plaza González Víquez). Tel. +506 2221-4214 / [www.tracopacr.com](http://www.tracopacr.com)



### By car

From San José take highway 27 to Caldera (José María Castro Madriz), turn off at Costanera Sur, route 34 (Pacífica Fernández Oreamuno) or the Interamericana Sur that goes towards Paso Canoas, approximately one hour after the entrance of Quepos and on the road take the detour according to the site to be visited.



### By air: local or private flight

The fastest and most efficient way to visit the Osa Peninsula are the flights that connect San Jose with Puerto Jimenez (50 minutes), allowing you to maximize your stay in the area, reducing travel time while enjoying the beautiful scenery of the Central Valley and the South Pacific coast of Costa Rica.

From the air you can observe the natural wealth that Costa Rica offers geographically, you can see part of the central volcanic mountain range where the Irazú Volcano and the hills of Puriscal are located. Once over the mountains, you will see the coastline of the Costa Rican South Pacific, the Manuel Antonio National Park, the Marino Ballena National Park, with its impressive natural formation that looks like the tail of a whale, as well as the largest meandering mangrove swamp in Central America, Sierpe, the mouth of Drake Bay, Violines Island and the impressive and unique tropical fjord; Golfo Dulce, landing at the airport of Puerto Jimenez or Golfito.

**Duration of the flight:** The flight is approximately fifty minutes(50). On some occasions it may stop at another local airport to pick up passengers.

**Local airlines:** There are two airlines that fly daily from San Jose to the Osa region. SANSA operates from San José to Drake Bay, Palmar Sur, Puerto Jiménez and Golfito. AEROBELL operates from San Jose to Drake Bay and Puerto Jimenez.

**Airport of Departure & Arrival:** SANSA flies to and from Juan Santamaría International Airport and AEROBELL flies to and from Tobías Bolaños International Airport.

[More information](#)

The Osa region is home to both traditional and contemporary handicrafts. The exhibition of the artistic work of the indigenous communities, such as masks, baskets, costume jewelry, engraved gourds, natural woven bags, balsa wood sculptures, painted mastate, chácaras, wood carvings, among others, should be noted.

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

## Indigenous communities

**Rey Curré handicraft store:** located in the community of Rey Curré, 10 km from Buenos Aires on the Interamerican Highway South. The products sold are made by women artisans: engraved gourds, bags made of natural fabrics, masks, balsa wood ornaments.

**Boruca La Flor handicrafts store:** Boruca community, 9 km west of the Interamerican Highway South. The products are tablecloths, table centerpieces, hats, engraved gourds, bags made of natural fabrics, masks, balsa wood sculptures.

In addition, there are art galleries, demonstrations of drawing, painting and sculpture.

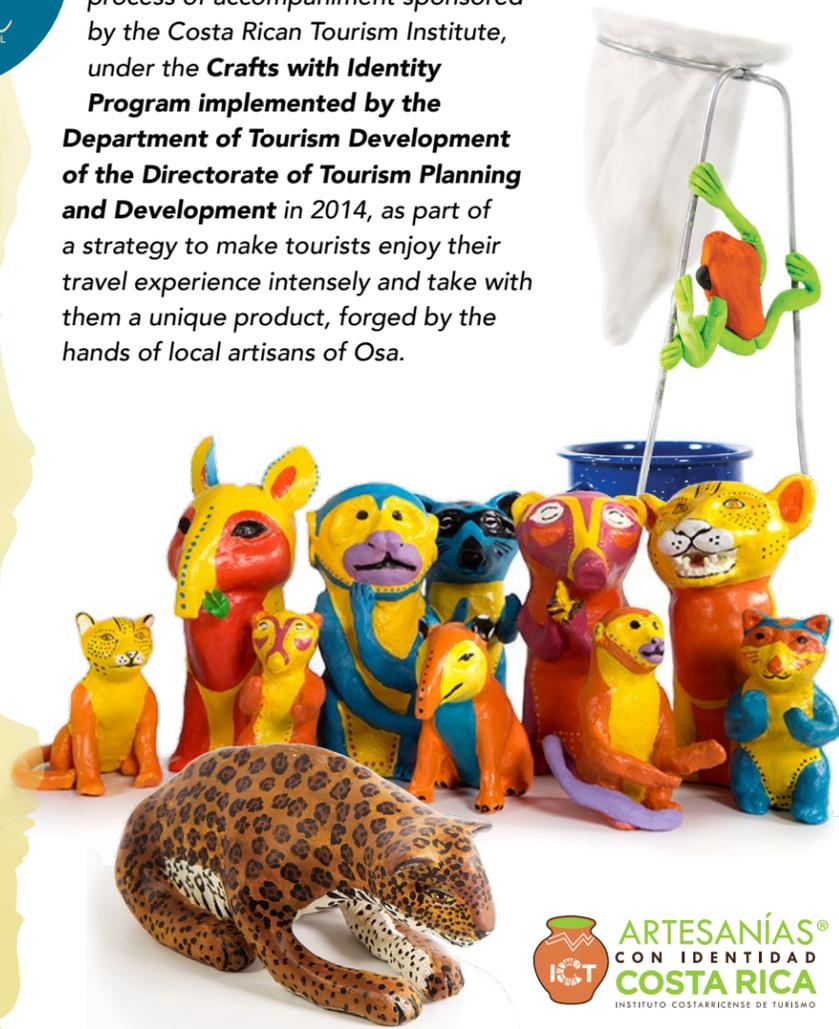
We also find the Casa de la Cultura, which recently opened its doors to support and accompany artists and those interested in art and culture.

[More information here](#)



## La Zona Handicraft Collective

The formation of the La Zona Collective arose as a result of a process of accompaniment sponsored by the Costa Rican Tourism Institute, under the **Crafts with Identity Program implemented by the Department of Tourism Development of the Directorate of Tourism Planning and Development** in 2014, as part of a strategy to make tourists enjoy their travel experience intensely and take with them a unique product, forged by the hands of local artisans of Osa.



**Take home a sample of the color and beauty of Osa!**

In the following catalog you will find the contacts of artisans and quality crafts at excellent prices and produced by local artisans.



[See catalog here](#)



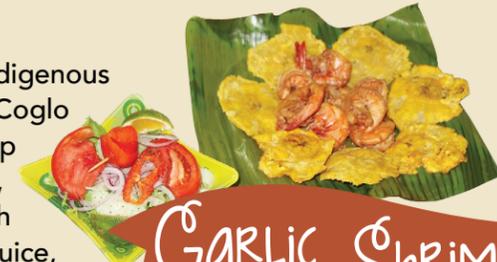
## Finger-licking good!

How would you like to enjoy the aromas, colors, flavors and forms of Osa's heritage cuisine? Taste fish and seafood, a plantain picadillo cooked with its peel, ripe plantain cakes, pork preparations, boiled pejibaye, pole bean stew, corn rice and much more...



CORN RICE

Or if you prefer, savor the dishes of indigenous cuisine such as: potato hash with Coglo quelites (Ngäbe recipe) or Muncrup Chá (ripe plantain chicha and dough), a Boruca dish. Or refresh yourself with drinks such as squash juice, cocoa juice, sweet water with lemon, fresh cassava and others.



GARLIC SHRIMP



BAMBOO With PORK

The South Pacific has a gastronomy that is renowned due to its fusion of ingredients and culinary traditions of pre-Hispanic (Mesoamerican and Chibchoid), African and Iberic cuisine.



SEAFOOD SOUP

There are many fishing villages that are an important part of the local economy. This can be seen in the dishes of the southern region, such as fish and seafood soups, as well as fried fish, which are very popular foods.



CEVICHE

You can also taste preparations with corn, beans, rice, hearts of palm, meats, mushrooms, cassava and other tubers.



CHICHARRONES OR PORK RIND

In short, the Osa region is an area with a great diversity of cultural attractions that are waiting for tourists to get to know and enjoy them to the fullest.



GUISO DE FRIJOL DE PALO

For more information visit:

- [www.mcj.go.cr](http://www.mcj.go.cr)
- [South Zone recipe book](#)
- [si.cultura.cr](http://si.cultura.cr)
- [Recetastipicasr.com](http://Recetastipicasr.com)



Sitio Museo Finca 6. Photo: MCJ

## Finca 6 Museum

The stone spheres are a symbol of Costa Rican identity. More than 300 stone spheres of various sizes have been found, ranging from a few centimeters to 2.5 meters in diameter. Finally, in 2014 the Finca 6 Museum Site was created, where you can observe spheres on site and learn about their historical context.

[www.diquis.go.cr](http://www.diquis.go.cr)

[Video](#)



Parque Las Esferas. Photo: MCJ

## Las Esferas Park

Palmar Sur - archaeological heritage

The eight spheres located in Palmar Sur de Osa Park or Las Esferas Park, were found in different sites of the canton during the period of the banana enclave (1935-1985), because of the preparations carried out for banana cultivation and the construction of housing.

[Más información](#)

[www.diquis.go.cr](http://www.diquis.go.cr)



Esferas-Palmar Norte

## Osa stone spheres – Professional Technical School

Palmar Norte - archaeological heritage

The twin spheres are located at the Professional Technical School of Osa since 1980. These lithic sculptures are known as the twin spheres because they are of almost the same measurement (2.10 and 2.12 meters). They are the second largest spheres after the sphere of El Silencio, which measures 2.66 meters.

[More information](#)

[www.diquis.go.cr](http://www.diquis.go.cr)



Batambal Photo: MCJ

## Batambal archaeological site

The Batambal site was occupied in two different periods to take advantage of its strategic position. From there it is possible to observe the Térraba River, the surrounding mountains, the mangrove swamp and even the sea.

[Video](#)

## Indigenous territories

The South Pacific is home to several indigenous peoples including the Ngäbe, Térraba, Salitre, Boruca, Curre, Cabagra, Cabécares and the Borucas. The indigenous territories offer visitors a lot of interaction with their traditions, handicrafts, dances, songs, games, indigenous languages and their cosmovision within the context of a great natural beauty and a way of life in harmony with nature.

[www.diquis.go.cr](http://www.diquis.go.cr)



Ngäbe Community, Coto Brus. Photo: Flórida Leiva

## Banana enclave

The area offers important vestiges of its historical past as a banana enclave through iconic housing infrastructure, as well as religious and recreational buildings, all of which are a legacy of the Costa Rican Banana Company.

[More information](#)



Banana enclave. Photo: UCR

## Festival de los Diablitos

The Festival of the Little Devils is a Boruca tradition that represents the fight to the death against the Spanish culture that invades the indigenous territories.

[More information](#) [costaricaazul.com](http://costaricaazul.com)



Fiesta de los Diablitos. Photo: MCJ

## House of Culture

Ciudad Cortés - cultural sites

The Osa House of Culture was inaugurated on October 3, 2015 through the efforts of the Association of Integral Development of Ciudad Cortés, the Mixed Institute of Social Aid (IMAS) and DINADECO and the Municipality of Osa. It is used to showcase the artistic talents of the area and to implement all the cultural programs of the Ministry of Culture and Youth.

[More information](#)



Casa de la Cultura. Photo: Municipalidad de Osa

Pre-Columbian spheres and world heritage sites

The pre-Columbian stone spheres are exceptional archaeological artifacts, some of the best examples of the original Costa Rican culture. They are found in the southeastern part of the country, mostly in the plains of the Diquís delta. The large number of these sculptures registered to date, their fine surface finish, their almost perfect sphericity, the variety of sizes, as well as the manufacturing process, symbolism and use in public spaces, make them to be considered as exceptional.

More than 300 monoliths of various sizes have been recorded, ranging from a few centimeters to 2.66 meters in diameter and weighing up to approximately 24 tons. Their elaboration began in 300 A.D., but the peak of their manufacture and use occurred between 800 - 1500 A.D. They were located within important settlements, forming clusters or alignments and as part of major architectural structures, to reinforce the prestige of a location and the position of power of the rulers.

In 2014, the archaeological sites of El Silencio, Batambal, Grijalba-2 and Finca 6 were declared World Heritage Sites by UNESCO due to their outstanding universal value and their characteristics of integrity and authenticity, as they represent physical evidence of complex ancient political, social and productive structures of the societies that inhabited the tropical forests of southern Central America.

The four registered sites contribute specific elements that allow an understanding of the settlements and their landscape. Finca 6 is the only site that preserves stone spheres in linear arrangements, Batambal is known for its strategic position and visibility of the landscape, El Silencio contains the largest stone sphere ever found, and Grijalba-2 is unique for the use of limestone and its distinctive characteristics as a secondary center, compared to the Finca 6 site, which was probably a main center.

More details about the spheres and sites on the Diquís web portal:

 [www.diquis.go.cr](http://www.diquis.go.cr)

# Finca 6 Archaeological Site

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

**How were they made?**

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

**Finca 6 Archaeological site**

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

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

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

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

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

**Pre-Columbian chiefdom settlements with stone spheres from the Diquís Valley**

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

**What are stone spheres?**

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

**What were they made for?**

They functioned as symbols of power, hierarchy and ethnic distinctiveness.

**When were they developed?**

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

**How many spheres are there and what sizes are they?**

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



SERVICES



**Visitor Center:**  
Informs the visitor about research and findings, conservation studies, natural and social environment of the Pre-Columbian Chiefdom Settlements with Stone Spheres of the Diquís Delta in southern CR.



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



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



**Sale of publications:**  
Books and magazines on Natural History and Archaeology. Accessibility: The building has accessibility ramps and wheelchair access.



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



HOW TO GET THERE

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

[Google Maps](#)

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

[Video Grijalba 2](#) [Video Finca 6](#)

[Video Batambal](#)

[Video El Silencio. Sitio Patrimonial](#)

FINCA 6

- (506) 2100-6000.
- finca6@museocostarica.go.cr  
educacionfinca6@museocostarica.go.cr
- Tuesday through Sunday from 8 a.m. to 4:00 p.m.
- [www.diquis.go.cr](http://www.diquis.go.cr)

**RATES - El Sitio Museo - Finca 6**

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

**RATES - Finca 6 - Jimenez**

Nacionals	€1.500
Foreigns	\$7
Foreign students	\$5



Batambal Archaeological site

Photo: Museo Nacional de CR

On the top of a hill in the foothills of the Fila Retinto, with an excellent view of the delta and surrounding area, the Batambal site was discovered and was occupied in two different periods to take advantage of its strategic position.

From there it is possible to observe the Térraba River, the surrounding mountains, the mangrove swamp and even the sea.

It was first a village that reached an extension of at least 4 hectares, in the so-called Aguas Buenas period (300 - 800 A.D.). The distribution of ceramic fragments and remains of stone tools, especially sharpened axes, indicate its borders.

Then, in the late period or Chiriquí (800-1500 A.D.), it was a place of special activities that extended over a little more than one hectare and would have been related to large villages located near the fertile banks of the Térraba River.

A group of four stone spheres and a group of at least nine structures, most of them rectangular, with bases built with boulders, are associated with this last occupation.

The excavation of one of the structures led to the discovery of three small stone spheres and a set of more than 160 fragments of anthro and zoomorphic

sculptures that were broken on site or their remains were brought from other places, indicating the realization of special activities.

A petroglyph with a spiral motif was also found at the site and sculpted monoliths and some complete sculptures have been found that are associated with the latter occupation.



Belted axes, Batambal Site

[www.diquis.go.cr](http://www.diquis.go.cr)

[Video](#)



Photo: CR National Museum



*Grijalba 2  
archaeological site*

In the lands associated with the tributary rivers of the Térraba River, settlements were developed that took advantage of elevated terrain. One such case was the Grijalba-2 site, which is located on land associated with a sharp bend in the Balsar River. On a high terrace and with an approximate extension of 10 hectares, the village presents an architectural complex with circular or oval structures with bases built of limestone slabs from the Balsar River that are distinguished from those made with boulders, predominant in other sites. In the front part they have large areas paved with river stones delimited by limestone.

In addition, there are two circular mounds with diameters of 20 m and heights of 1.5 m with walls covered with limestone. These are the bases of main residences and repeat the pattern of dual mounds observed at other sites such as Finca 6.

The site has a stone sphere located about 100 m from the group of structures. It measures 1.15 m in diameter and is located near a creek. This is an area where there is abundant ceramic material, in what would be the eastern periphery of the settlement and a place for special activities away from the center of the village.

Most of the structures have an east-west orientation and, in addition, they are located very close together, which is interpreted as an arrangement for defensive purposes. The scarcity of pottery and stone tools contrasts with their abundance in the surrounding areas.

 [Video about Grijalba 2](#)



*El Silencio  
archaeological site*

The world's largest pre-Columbian stone sphere, discovered in 1990 at a World Heritage Site, measuring 2.66 meters in diameter and weighing more than 24 tons, has recovered its splendor after a careful restoration process by experts from Mexico and Costa Rica.

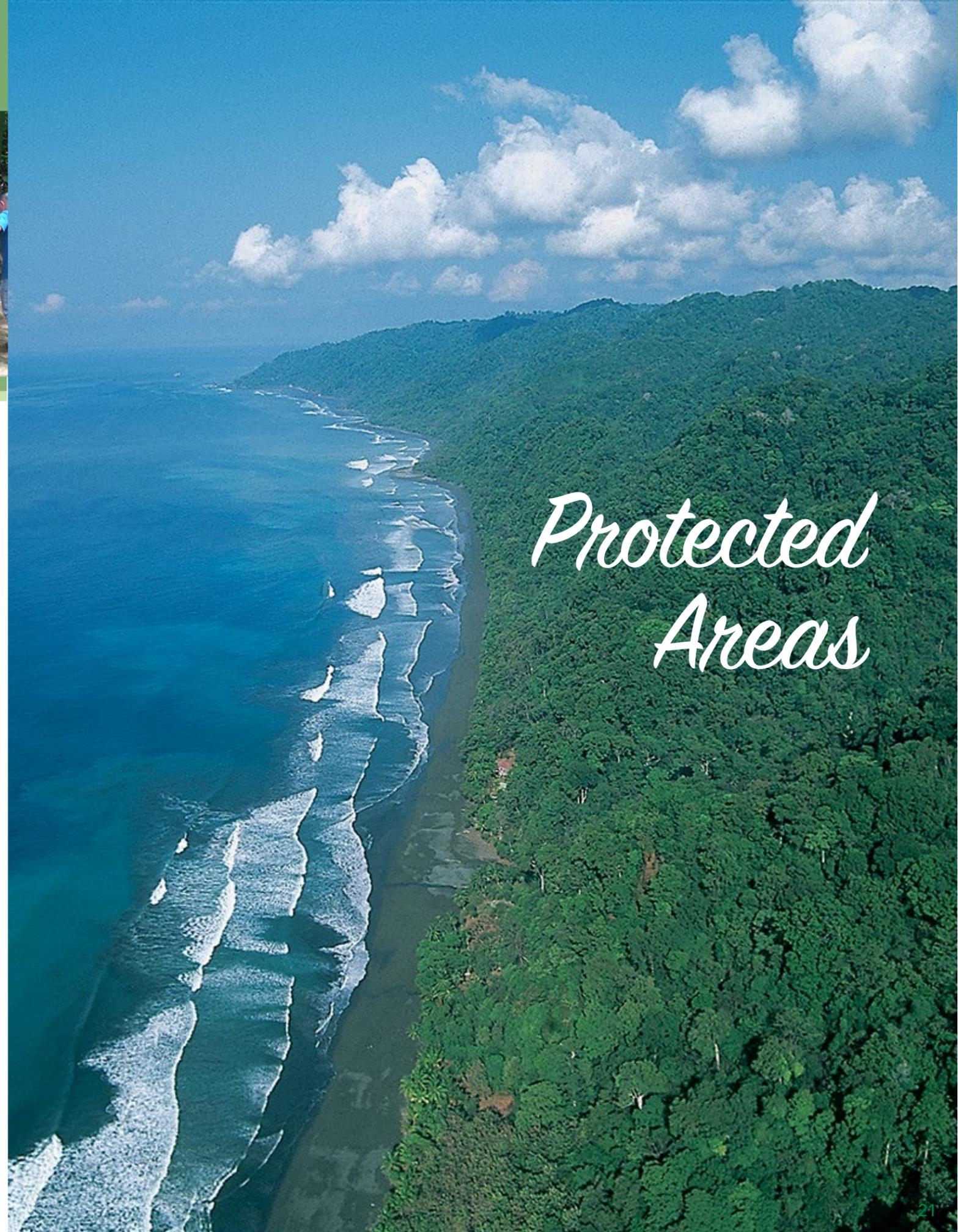
In an area between a terrace of the Terraba River and the foothills of the Cordillera Costeña mountain range is the El Silencio site, which occupied at least 20 hectares. The terrace zone has ceramic and stone deposits, possible hearths and structures from the Aguas Buenas and Chiriquí periods, buried by sedimentation from the flooding of the Térraba River. This is a small plain separated from the delta and the deposits are not as deep.

Towards the piedmont is located the largest stone sphere recorded so far (2.66 m in diameter), the sphere has been badly affected by fire, which caused serious exfoliations. It was worked in granodiorite, which would have been obtained from outcrops at a distance of approximately 1 km, associated with the Quebrada Cansot.

Associated to the sphere there is a cobblestone path with an extension of approximately 12 m and a width between 1 and 2 m, built with boulders and limestones. Stone tools that would have been used in its final finishing were found near the sphere and the structure.

[More information here](#)  [Video](#)

Taken from: Corrales Ulloa, Francisco: Asentamientos Cacicales con Esferas de Piedra del Diquis: World Heritage Site. --1ed.-- San José, CR.: National Museum of Costa Rica, 2015.



# Corcovado NATIONAL PARK



*“The most biologically intense place on the planet” according to National Geographic magazine.*

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

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

**8** Habitats in the park, among the main ones are: **the rainforest, high altitude forest, cloud forest, alluvial lowlands, and swamp.**

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

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

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

Among the most noteworthy fauna are the tapir, jaguar, puma, ocelot; monkeys such as the howler, white-faced, spider and squirrel monkeys; scarlet macaws, the white hawk, the jacana and the guan. Additionally, the king vulture, tinamou, cacique, chestnut mandibled toucan, warblers, parakeets, kingfishers, the scarlet rumped tanager and several species of hummingbirds can be observed.

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



Red Macaws



Congo Monkey



White-faced Monkey



Spider Monkey

### San Pedrillo

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

### Leona

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

### Patos

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

### Sirena

The Sirena sector is the central park station and can be reached by land through the Los Patos sector, a 23 km walk of approximately 8-9 hours, and through the La Leona sector, which is 16.5 km, or a 6-7 hour walk. By sea you can leave from Drake Sector, Puerto Jimenez, Uvita and Sierpe. San Pedrillo can also be reached by boat, and you can walk from San Josecito to San Pedrillo. The Sirena Station has a network of 8 local trails (20 km in total) where you can enjoy the Claro River pool, and at the mouth of the Sirena River, during high tide you can see bull sharks and crocodiles.

### Archaeology

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

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

More information:  [sinac.go.cr](http://sinac.go.cr)

### HOW TO GET TO THE SITE

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

**To get to La Leona:** In Puerto Jimenez take the bus to Carate, walk about 1 hour along the beach or secondary path (approximately 3 kilometers) to the station.

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

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



 **San Pedrillo Services:**

-   
Information booths
-   
Showers and restrooms
-   
Camping area  
(with prior reservation)

**Main Attractions:**

Network of trails called La Catarata, Río Pargo arriba, Río Pargo abajo, Sendero Pavón and Llorona.

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

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

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

**800 m** of trail on the **Marco Reyes Trail**, dedicated to one of the exemplary park rangers of Corcovado National

**7 km** **La Llorona.** The topography is irregular, especially to the famous arched stone and the waterfall, which when the tide rises, makes it connect with the rumbling of the waves. Currently only with permission of the PNC Administration.

 **Sirena Services:**

-   
Information booths
-   
Public Phones
-   
Showers and restrooms
-   
Landing track
-   
Meals with prior reservation
-   
Lodging service prior reservation

**Main Attractions:**

Network of eight trails totaling approximately 20 km:

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

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

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



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

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

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

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

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



## Leona Services

-  Showers and restrooms
-  Information booths

### Main Attractions

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

## Los Patos Services

-  Showers and restrooms
-  Information booths

### Main Attractions

**3 km** 3 km (2 miles) on the **Cedral Trail**, its topography is irregular, with steep slopes. Good physical condition is recommended. A waterfall immersed in the forest is its main attraction.

#### More information

-  +(506) 2735-50-36
-  [reservaciones.pnc@sinac.go.cr](mailto:reservaciones.pnc@sinac.go.cr)

 **Leona: 8:00 a.m. - 4:00 p.m.**

 **San Pedrillo: 7:00 a.m. - 3:00 p.m.**

 **Patos and Sirena 8:00 a.m. - 4:00 p.m.**

**Reservations Office:** 8:00 a.m. to 12:00 noon and 1:00 p.m. to 2:30 p.m. every day, by e-mail only: [reservaciones.pnc@sinac.go.cr](mailto:reservaciones.pnc@sinac.go.cr)



### RATES

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



### RECOMMENDATIONS

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

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



### RESTRICTIONS

-  It is not allowed to enter under the influence of drugs
-  No pets
-  Do not extract plants and/or animals
-  Stay within the trails
-  Do not smoke
-  Do not litter
-  No swimming at the beach from the park, as there are strong currents
-  Do not feed and harass the animals
-  No night walks
-  Weapons are not allowed

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

## Marino Ballena NATIONAL PARK

Photo: [costaricadiveandsurf.com](http://costaricadiveandsurf.com)

*Playa Ballena, or Ballena Beach, and the Tres Hermanas rocks are part of the Marino Ballena National Park, which extends from Punta Uvita to Punta Piñuela. Playa Ballena is named after the whale tail shape of its beach. It is a protected area of great beauty for its coastal landscape, where you can see humpback whales (August to October and December to April) and dolphins at different times of the year. Its beach has small waves and fine light brown sand.*

If you want to experience a unique and impressive natural spectacle, this is the place to observe humpback whales (*Megaptera novaeangliae*). The power of this animal is massive. They live in all oceans and travel thousands of kilometers from cold seas, where they feed, to warmer seas, where they mate and reproduce. If you are interested in traveling to see them, the Marino Ballena Park is one of the most important sites in the world. National Geographic magazine ranked this place as the seventh most important place for whale watching.

This protected area is a biodiversity paradise, where, in addition to whales, you can find species such as the spotted dolphin, the bottlenose dolphin, the manta ray, sea turtles (*Hawksbill turtle*, *Eretmochelys imbricata* and *olive ridley turtle*, *Lepidochelys olivacea*),

hammerhead sharks, parrotfish and mackerel in its waters.

One of the most important marine environments in the area are the organic reefs, commonly called coral reefs. These are made up of hermatypic corals, organisms that contribute most of the structure; and coralline algae and some sponges, which help to bind the elements of the structure together.

Two species of reptiles have also been reported in the area: the green iguana and the basilisk. Costal bird species include frigate birds, white ibis, pelicans and brown boobies.

But the stars of the show are undoubtedly the more than 700 humpback whales - a robust cetacean averaging 15 meters in length for males and 19 meters in length

for females, weighing an average of 30 to 40 tons for either gender, with a maximum of 48 tons. Costa Rica receives two populations of humpback whales; in the North Pacific the season is from December to the end of March, while in the South Pacific it is from July to October, to reproduce and raise their calves.

The Costa Rican tropics allow them to avoid loss of energy by maintaining body temperature, since the water is between 25 and 28 degrees Celsius, which makes it suitable for reproduction.

A humpback whale calf measures between 3 and 4.5 meters in length at birth and weighs almost one ton.

Tourists can also enjoy its land and sea attractions with adventure activities such as paddle boarding, kayaking, horseback riding, hiking trails, bird watching, snorkeling and surfing, among others.

### *Costa Rica's famous whale tail*

The park has a unique feature, the tombolo with an almost perfect shape of a whale's tail, a geological formation originated by the deposit of sand that is integrated with a chain of rocks that is mostly submerged.

Its peculiarity is its shape. In other parts of the world there are four similar tombolos, however, two of them cannot be accessed by land and Costa Rica is the only place that receives whales near that area.

The interesting whale tail is the result of a natural formation due to two currents that meet and deposit sediment and sand on the rock, achieving a figure so particular and so similar to the park itself. The whale tail and the coral reefs and mangroves, are visible at low tide. This place offers much to enjoy and fall in love with.

To get there from San José, the capital of Costa Rica, you will have to travel to the south of Puntarenas. The trip by road can take an average of 4 to 5 hours, depending on traffic and occasional stops. However, on the way you will be able to enjoy other areas with amazing natural scenery, as it involves passing through other National Parks, viewpoints and villages near the coast.

Photo: Ronald Monge Arias



Marino Ballena National Park was established in 1989 but that first decree was repealed in 1990 and in 1992 it was legitimized with a territorial extension of approximately 5331ha.

It was the first marine park in Costa Rica and Central America, the first protected area created exclusively for its marine resources. It has approximately 15 km of beach and its terrestrial extension is only a strip of 50 public meters.

## ADMISSION FEES

Nationals and residents	c1000
Non-resident aliens	\$6
Children under 11 years of age and senior citizens are free of charge.	Free

## SERVICES



**Weather:**  
hot, rainy and very wet.

**Dry season:**  
mid-December to mid-April, with sporadic rains.

**Rainy season:**  
from mid-April to mid-December.

## MAIN ATTRACTIONS

**La Cola de la Ballena:** The Whales tail is a natural rocky and sandy formation originated by the sedimentation dragged by the tides. It can only be visited during low tide. The shape of the tail can only be seen from above. It is also known as the Tombolo and the passage of Moses.

**Isla Ballena:** Ballena Island is located about two kilometers from the coast, it is a rocky formation that is home to some species of birds and iguanas and is surrounded by coral reefs.

**Tres Hermanas Islets:** These are three rock formations where birds also nest.

**Beaches:** In addition to Uvita, where the tombolo is located, there are other beaches within the Protected Wildlife Area: Bahía, Colonia, Ballena, Arco and Piñuelas.

**Snorkeling:** This activity can be done during low tide near the tombolo or the whale's tail, only mask and snorkel are allowed, fins are not allowed.

**Whale watching:** Humpback whale watching during the season (July-November) and resident dolphins throughout the year in the area.

**Schedule:**  
Every day from 7 am to 4 pm



## HOW TO GET THERE

**From San José.** Take route 27 and in Orotina you have to exit to take the Costanera Sur for about 2 hours until you get to Uvita.  
**From Jacó.** Continue along the Costanera, pass through Quepos and continue to Dominical beach, Uvita and the entrance to the park are about 16 km apart, always on the Costanera. You can also go through Cerro de la Muerte to San Isidro de El General where you must turn southwest towards Dominical and drive about 26 km.



## WHAT TO BRING?



**Restricciones:**

No weapons

No fire

Do not litter

No pets

Keep within the walking trails

Not allowed loud music volume

Not allowed enter under the influence of drugs

Not allowed extract plants or animals

The following is not allowed:

- Marketing activities within the park boundaries
- The transit of any vehicle on the beach, according to article 127 and 130 of the transit law No. 7331, or boats that threaten the lives of bathers.

More information:  
[www.sinac.go.cr](http://www.sinac.go.cr)  
[www.zonasur.co.cr](http://www.zonasur.co.cr)  
[www.efc.com](http://www.efc.com)

## Take into account:

- Respect the park's public use regulations and check the tides at the entrance booths.
- Respect the park's visiting hours.
- Beware of ocean currents and do not swim in areas of identified risk.
- Stay on the trails.
- Trash is not part of the natural environment, remove it from the park.
- Don't forget to bring a hat, sunscreen and hiking shoes for walking in rocky areas.
- Please be cautious of ocean currents and high tides, especially near river mouths. Ask at the park entrance.
- Take care of your belongings and secure your vehicle well, leaving nothing of value in sight. The National Park is not responsible for loss or damage to equipment or materials.
- If possible, use biodegradable soaps in showers and sinks, so as not to pollute.
- Contact local guide associations, local tour operators and local organizations that support you in hiring tour guides and tours in the area.



# Piedras Blancas NATIONAL PARK

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

This area was created to protect the last tropical rainforest in the Golfito sector and the Esquinas river basin.

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

## SERVICES

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

-  From 8 a.m. to 4 p.m.
-  +506 2775-2110 Before visiting: 2775-1210 ext:126-146-127
-  joel.garcia@sinac.go.cr [sinac.go.cr/](mailto:joel.garcia@sinac.go.cr)
- [areasyparques.com/areasprotegidas/piedras-blancas/](http://areasyparques.com/areasprotegidas/piedras-blancas/)

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

 **BUS TRANSPORTATION**

Las rutas de acceso son en autobús desde San José hasta Golfito. De allí se toma un taxi hasta la comunidad de La Gamba (Villa Briceño), para luego caminar 6 kilómetros a través de bosques y ríos, hasta el centro operativo El Bonito, dentro del Parque.

 **TRANSPORTATION BY CAR**

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

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

 **RATES**

National visitors	€800
Foreign visitors	\$10
Resident children (2 - 12 years)	€500
NON Resident children (2 - 12 years)	\$5
Primary and secondary school students on tours, previously organized	€500
The currency of the rate for non-residents is the US dollar or its equivalent in colones, at the time of purchasing the ticket.	



# Isla del Caño Biological Reserve



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

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

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

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

## Land of whales and dolphins

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

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

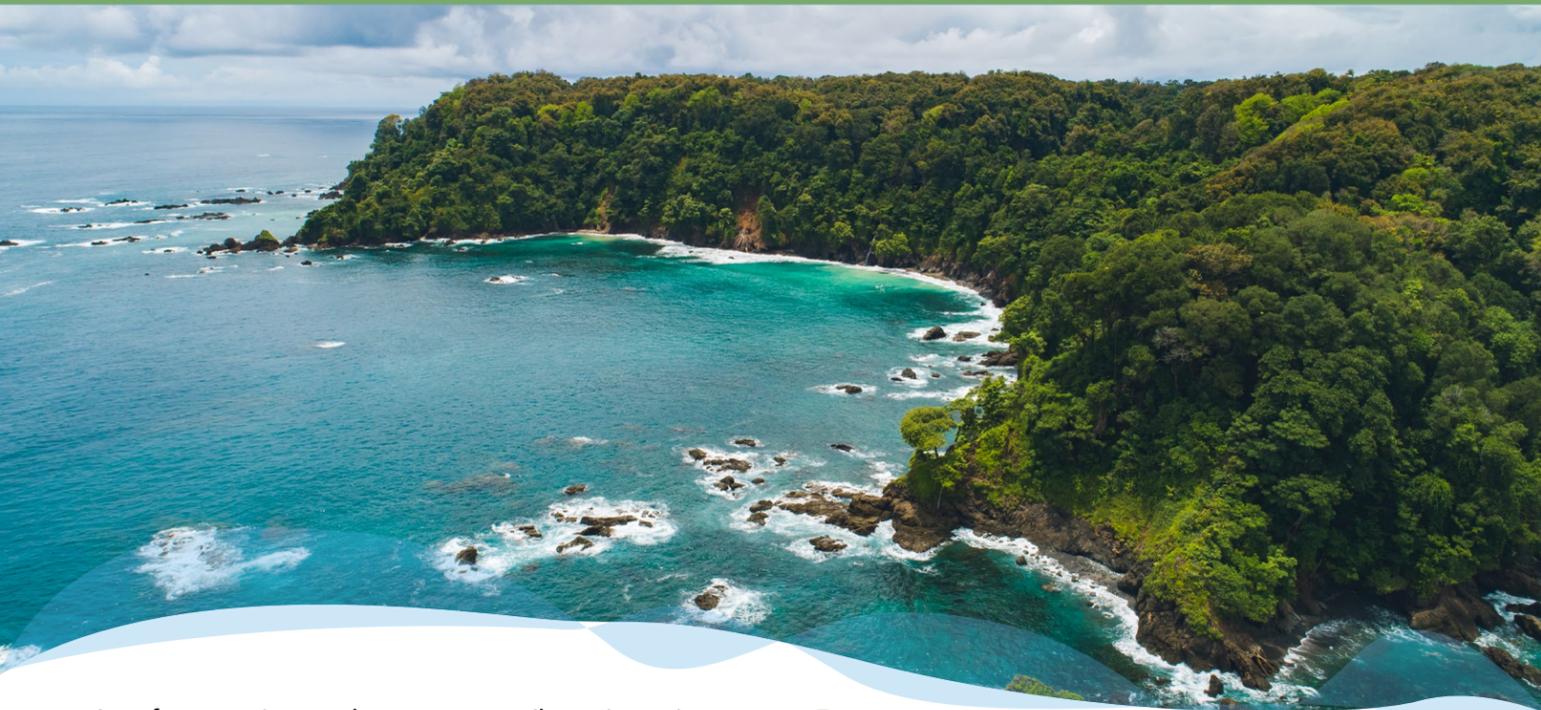
On the island you can see ferns, heliconias, lianas, herbaceous plants and some introduced species such as cashew, guava, bananas, mango and oranges.

Wildlife is scarce but you may encounter bees and butterflies. In addition to amphibians and reptiles, migratory and resident birds.

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



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



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

## Wealth in its depths

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

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

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



## WHAT TO BRING



**No drinking water in the island**

 **Hours: 7 a.m – 3 p.m**



In the Isla del Caño Biological Reserve the **archaeological sites are not open to tourism.**

For reservations: [reservaciones.pnc@sinac.go.cr](mailto:reservaciones.pnc@sinac.go.cr) o al teléfono: (506) 2735-50-36

## FEES

Natioanl adults	€1.600
Foreign adults	\$15
National children (2- 12 years)	€500
Foreign children (2- 12 years)	\$5
Snorkel (price of the tour operator is separately)	\$4
Anchorage (non-resident boats for 10 people or less)	\$4
Anchorage (non-resident boats for more than 10 people)	\$8
Anchorage (resident boats for 10 people or less)	\$2
Anchorage (resident boats for more than 10 people)	\$4

**Important:** The picnic is not allowed, only the entry of hydrating drinks.

## Restrictions:



## Conditions:

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

## Actions to protect corals

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



# Térraba - Sierpe NATIONAL WETLAND

## Snorkeling or scuba diving in Caño Island

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

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

## SERVICES



Drinking water



Outdoor shower

### Main Attractions:



Diving



Snorkel



Trail to viewpoint



Dolphin and whale watching

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

-  [sinac.go.cr/acosa/IsladelCaño](http://sinac.go.cr/acosa/IsladelCaño)
-  [visitcostarica.com/isla-del-caño](http://visitcostarica.com/isla-del-caño)
-  [costaricainfolink.com/isla-del-caño](http://costaricainfolink.com/isla-del-caño)
-  [costaricadiveandsurf.com/caño-island-snorkeling](http://costaricadiveandsurf.com/caño-island-snorkeling)
-  [costaricadiveandsurf.com/buceo-en-la-isla-del-caño](http://costaricadiveandsurf.com/buceo-en-la-isla-del-caño)

## HOW TO GET THERE

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

## BUS TRANSPORTATION

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

## AIR TRANSPORTATION

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

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

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

-  [ecured.cu/Humedal\\_Nacional\\_Terraba-Sierpe](http://ecured.cu/Humedal_Nacional_Terraba-Sierpe)
-  [areasyparques.com/humedal-nacional-terraba-sierpe/](http://areasyparques.com/humedal-nacional-terraba-sierpe/)
-  [youtube.com/DestinationSierpe](https://youtube.com/DestinationSierpe)

## Location

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



# Golfo Dulce FOREST RESERVE



Located in the province of Puntarenas (Golfito and Osa cantons), on the Osa Peninsula, in the southwestern tip of Costa Rica. This reserve is dominated by basal tropical rainforest and has cloud forests in the upper parts of the Mueller, Rincón and Brujo hills. This huge bay embraces beautiful virgin beaches, rivers and forests, which are protected and are part of the Golfo Dulce Forest Reserve. It belongs to the Osa Conservation Area (ACOSA) which offers a great attraction for tourists looking for a placid dive, or enjoy nature, wildlife and bird watching. It is one of the few places in the world where you can enjoy the shade of the rainforest from a kayak or boat and at the same time observe its unique wildlife or swim in its crystal clear waters.

The Golfo Dulce Forest Reserve is a great place to observe nature in its most pristine state. It is a great place for bird watching (scarlet macaws, toucans, hummingbirds, woodpeckers and trogons, and others) or just relaxing along the shores of one of its secluded beaches.

Monkeys are the most common residents here followed by tapirs, coatis, toucans, anteaters, sloths, many felines and numerous species of birds such as macaws, toucans, trogons, pelicans and gulls. In addition, the region where the forest meets the sea at the mouths of the rivers, forms impressive mangroves that are breeding grounds for many marine species such as dolphins, manta rays, eels, schools of fish jumping out of the water, as well as the possibility of observing the spectacular humpback whales with their calves during the months of December to May.



**Three life zones:** tropical humid forest, very humid tropical forest transition to premontane and tropical humid forest. Evergreen forests.



**Flora:** purple heart, brosimums, maca wood, terminalia, virola wild nutmeg, xylopia, apidosperma, sterculia, anacardium, hieronyma, kapok, bursera, hymena, cedrela.



**Fauna:** felines, deer, goat, squirrel monkey, howler monkey, white-faced monkey, otter, tapir. Birds: scarlet macaw, great curassow, eagles, hawks, owls.

As one of the wettest places on the planet with **over 200 inches of rain per year**, the Golfo Dulce Forest Reserve boasts some of the tallest and oldest trees that stand between 100 and 140 feet tall. Known for its biodiversity, this region is ideal for both nature lovers and the more adventurous.

**The reserve provides a biological corridor of dense evergreen forests, connecting Corcovado National Park with Piedras Blancas National Park.**



Those who want to explore the area outside the protected area will enjoy swimming and hiking that are abundant here. **As well as world-class surfing, sport fishing, kayaking, snorkeling, horseback riding and much more.**

Although the Golfo Dulce Forest Reserve has no public facilities, tourists are welcome to visit and enjoy the **enormous wealth of wildlife found here**. Other nearby parks include Corcovado National Park, Piedras Blancas National Park, Golfito Wildlife Refuge and Carate Wildlife Refuge.

More information: [costaricainfolink.com](http://costaricainfolink.com)

## How to get there from San José



### By Car

Take the Interamerican Highway South. In the city of Rio Claro, take the detour to Golfito. It can also be accessed from Puerto Jiménez or Chacarita, since the road from Chacarita to Puerto Jiménez crosses a large part of the reserve. The total trip from San José takes about 7 hours.



### By bus:

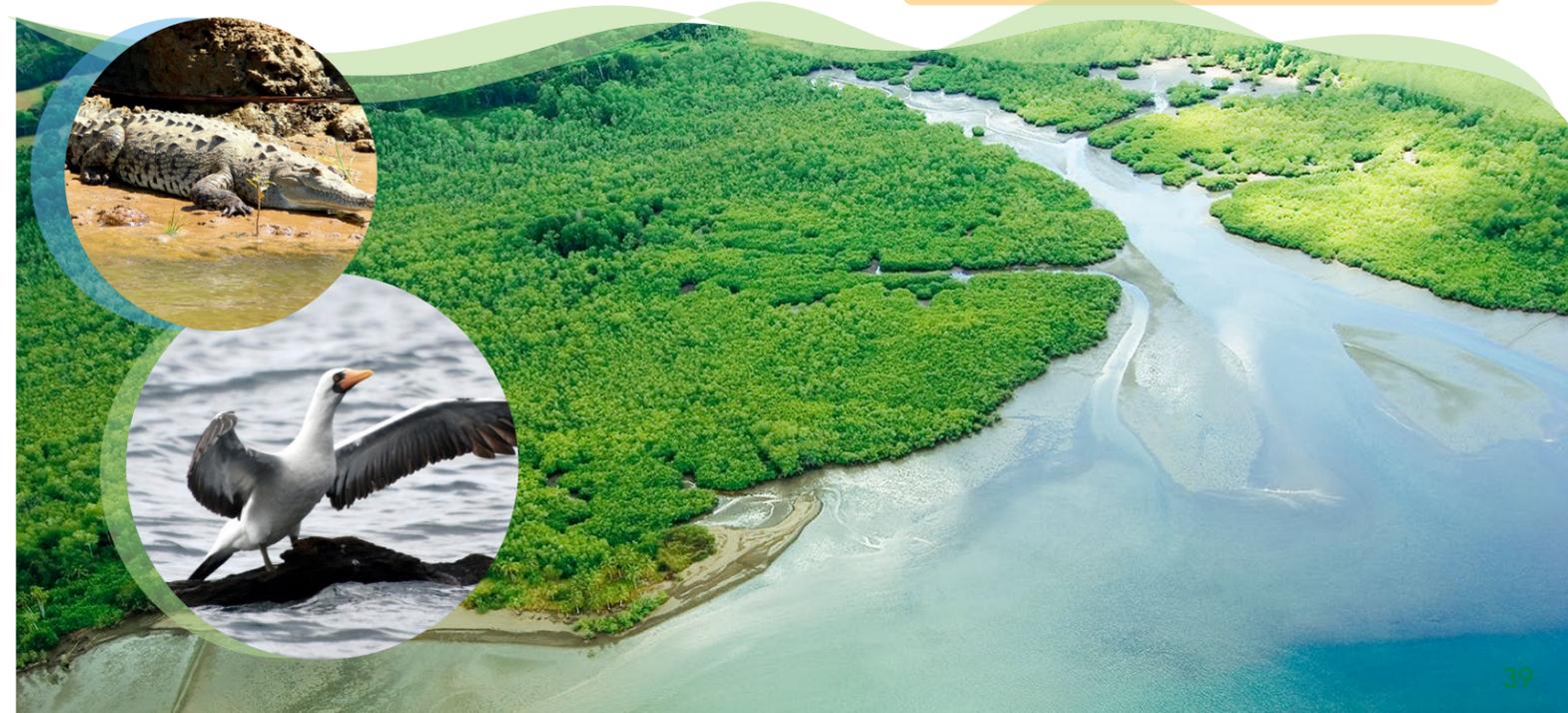
Take a bus on the San José - Golfito route, which takes about 8 hours (Tracopa-Alfaro, 2221-4214). From there you can drive or take another bus to the Golfo Dulce Forest Reserve.

You can also take a bus on the San José - Puerto Jiménez route, which takes about 8 hours (Transportes Blanco, 2771-4744). From there you can take a cab or drive to the Golfo Dulce Forest Reserve. For both cases it is recommended to purchase the ticket at least one day in advance to ensure space.



### By plane:

You can take a flight between Juan Santamaria airport and the airports of Golfito and Puerto Jimenez, either with Sansa or Aerobell Airlines every day. From there you can take a cab or drive to the Golfo Dulce Forest Reserve, which can take approximately 30 minutes.





# Arboretum

An **Arboretum** is a site where a living collection of trees is established for scientific, educational, touristic and recreational purposes.

The Chal Bay Arboretum is located in the Golfo Dulce Forest Reserve and is a collaborative effort between the Somos Arboretum Association (composed of people from the communities of Chal Bay, Alto San Juan and San Juan de Sierpe), SINAC officials and some strategic allies. Its intention is to provide a public space for neighboring communities, visitors, students and researchers to have access to knowledge about the most emblematic species of trees on the Osa Peninsula, a place that hosts 2.5% of the world's biodiversity.

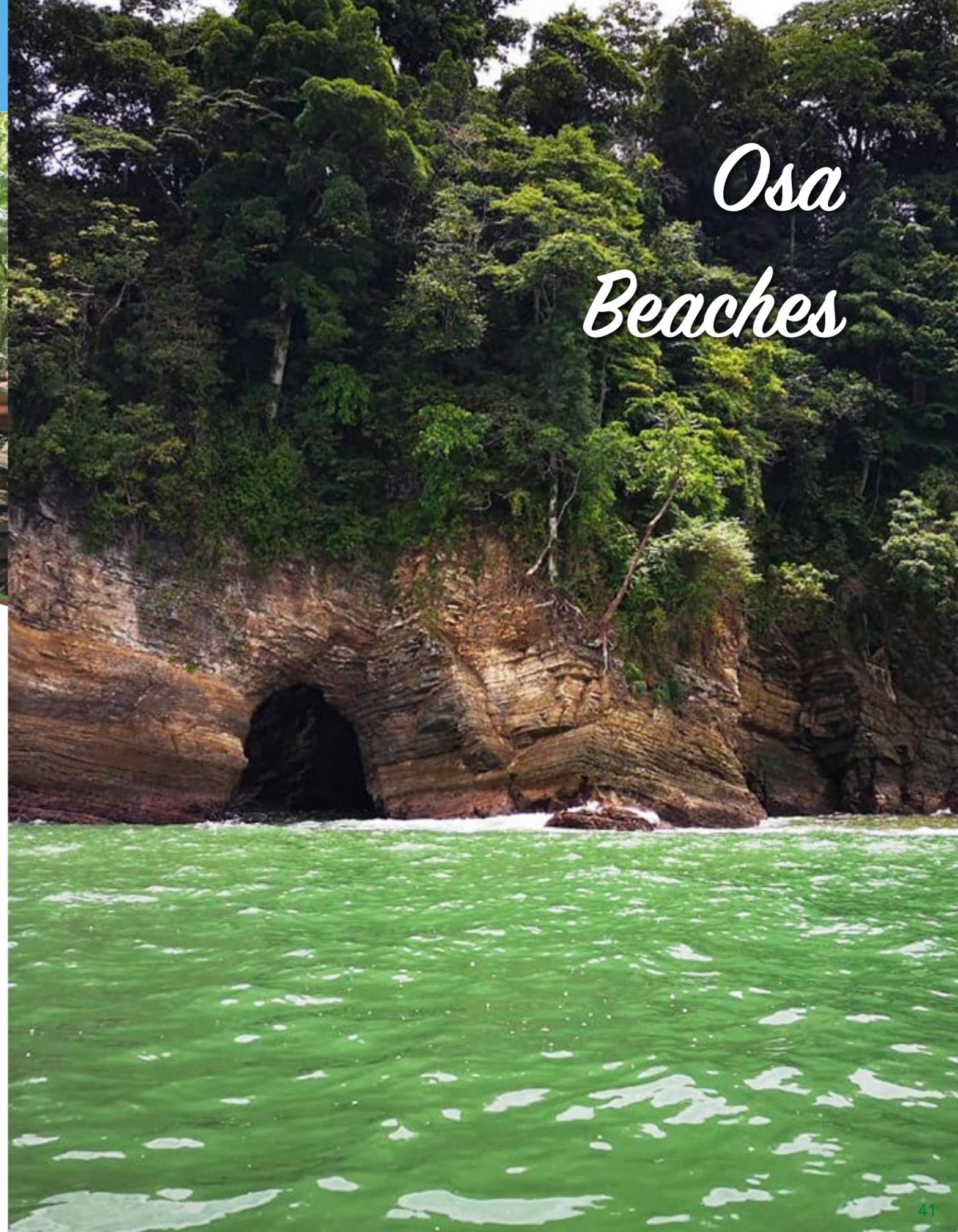
You can take guided tours through the trails of the Arboretum, where you can learn about the human uses of native, endemic and endangered plants of the Osa Peninsula. It is also an excellent site for bird watching, with open areas, forest and a lookout point. Visit this rural community-based tourism project and support the local economies of neighboring communities.

### Important events at the Arboretum:

An annual Arbor Day celebration event is held on the Sunday closest to June 15.



**To arrange a visit to the Arboretum contact:** (506) 5002-2723 and (506) 8374-7401.



# Osa Beaches

# OSTIA BEACHES

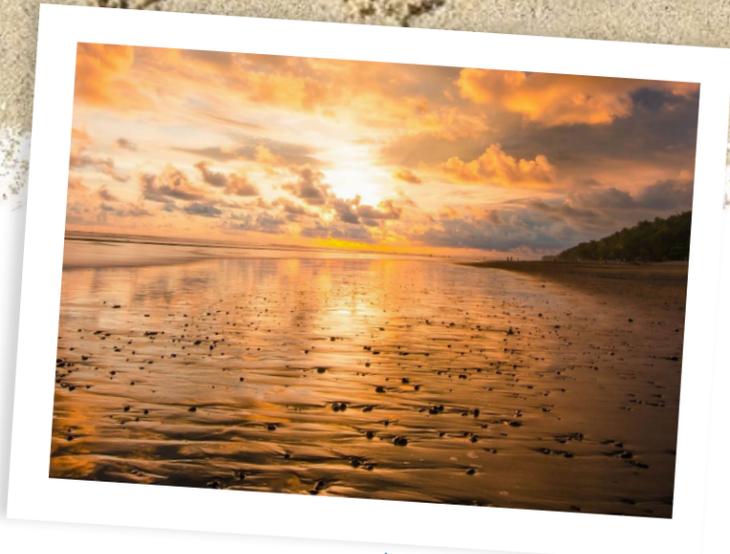


## Tortuga Beach

After crossing a path surrounded by trees, you will arrive at Tortuga, a gray sand beach with few rocks and strong waves. To the right, there is a river where the locals practice artisanal fishing. It is named after the sea turtles that lay their eggs on this beach at certain times of the year.

 [Playa Tortuga](#)

For more information visit:  
[www.goplaya.com](http://www.goplaya.com)



## Dominical Beach

It is a beach with strong waves, ideal for surfing. It is also very frequented by campers, since it has a camping site. From Dominical you can take excursions (and tours) to nearby places of great scenic beauty such as the Nauyaca waterfalls, as well as to the nearby hills, from where you can see a spectacular landscape of the entire coastal area.

It offers a variety of tourist and commercial services.

 [Playa Dominical](#)



## Dominicalito Beach

It is a beach with moderate waves, ideal for swimming and other water activities. Towards its southern end is Punta Dominical, which has a lush tropical rainforest. These characteristics, as well as the surrounding exuberant marine landscape, are a valuable component for those who like to enjoy nature.

 [Playa Dominicalito](#)



## Hermosa Beach

This beach and its neighbor Uvita join at their southern and northern ends, respectively, forming a sandy strip (tombolo) in the shape of an anchor, which can be traveled during low tide, and thus, it is possible to observe different species of crabs, fish, mollusks and algae. From this site you can see both beaches and the beautiful mountains of the Fila Costeña.

 [Playa Hermosa](#)

Photos by: [goplaya.cr](http://goplaya.cr)

 [Return to map](#)



## Uvita Beach

This is one of the most beautiful beaches of the South Pacific coast. Its waves are moderate and safe for swimming. It has estuaries and mangroves, especially on its northern end. To the south of the Quebrada Villegas estuary there is a beautiful row of coconut trees. Near its southern end is the Quebrada Colonia. It is an ideal beach for hiking and horseback riding, as well as to observe the marine life that exists in the surroundings of the Uvita point (tombolo).

 [Playa Uvita](#)



## Punta Uvita

This strip (tombolo) is very rich in marine fauna and has a reef that defends it from dangerous currents and strong waves. It is ideal for swimming and refreshing in its waters, which are very popular with divers.

 [Punta Uvita](#)



## Ballena Beach

It is a beach with small waves and fine sand. It is of great scenic beauty due to the coastal landscape where it is located and also includes Ballena Island, which is located in front of the coast, less than 3 kilometers away. Ballena Beach, as well as the island of the same name and the Tres Hermanas rocks are part of the Ballena National Marine Park, which extends from Punta Uvita to Punta Piñuela.

The waters of this park are frequented by humpback whales from August to October and from December to April each year.

 [Playa Ballena](#)

## Garza Beach

It is located south of Boca Brava. Although it is not suitable for swimming, its waves are very good for professional surfing.

 [Playa Garza](#)



## Piñuela Beach

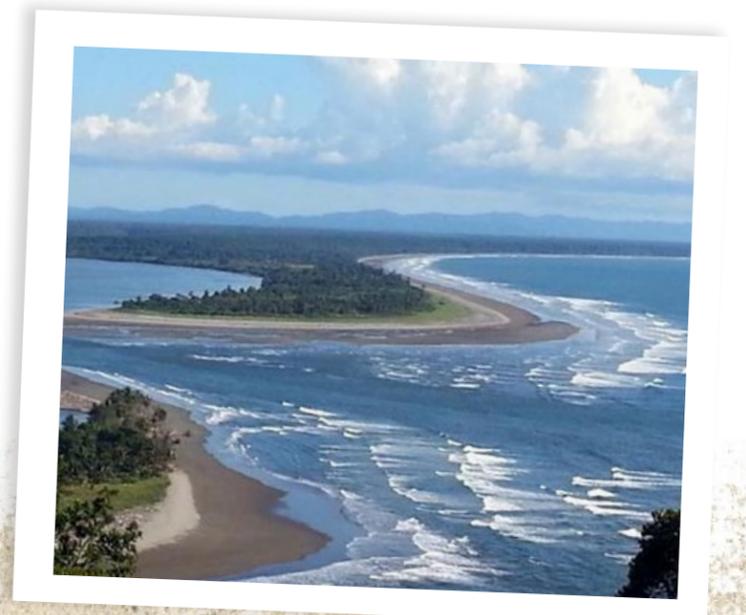
It is a small and beautiful cove, with moderate waves, very suitable for swimming, especially at its southern end. It has a steep mountainous slope toward the back and coastal vegetation. Towards the northern end the beach, a small ledge is formed, near where the Piñuela Creek flows. From here you can see Ballena Island.

 [Playa Piñuela](#)



Punta Uvita

Photos by: [goplaya.cr](#)



 [Return to map](#)



## Ventanas Beach

It is a small beach, but very nice due to the surrounding landscape. It is called Ventanas, there is a rocky promontory with openings through which the water enters, and which can be crossed during low tide.

 [Playa Ventanas](#)



## Drake Beach

It is a beach made up of rocky sectors and coves of great scenic beauty. Due to the frequent rainfall it has a very humid tropical forest of great interest for its rich biodiversity. Numerous sport fishing and diving tours depart from Drake to Caño Island, as well as to Corcovado National Park. You can go hiking and horseback riding to nearby places of great attraction. Every year, in the month of February, the arrival of the pirate Drake to this site is commemorated with official and local celebrations.

## San Josecito Beach

**Paradisiacal beach of golden sand and crystalline water** that complements its beauty with the surrounding nature. San Josecito is close to Drake Bay and a few kilometers from Corcovado National Park, in the Southern Zone of Costa Rica.

 [San Josecito](#)



## Matapalo Beaches

At the southern tip of the Osa Peninsula is located Matapalo Cape and near it, there are several coves and beaches of great natural beauty thanks to its very humid wooded areas, home to various species of birds, monkeys and other animals. There are waterfalls and other ideal resources for the observation of this rich biodiversity. Beaches such as Matapalo, "Backwash" and Pan Dulce are preferred by surfers, as they have excellent conditions for this sport.

 [Matapalo](#)



## Tamales Beach

It is located south of Puerto Jiménez, on the road to Matapalo. It is an extensive crescent-shaped beach, with a rocky coastline to the south. The Tamales River flows into the Tamales beach. It presents mild to moderate waves, depending on the point where it is located. It has coastal vegetation where it is possible to observe birds.

 [Playa Tamales](#)



## Arco Beach

Arco is one of the five beaches that belong to the Marino Ballena National Park in Uvita, in the Southern Zone of Costa Rica. This little-known spot is characterized by the **intense vegetation** that surrounds it. This beach can be accessed through a path that is only enabled when the tide is low, because when it rises the access is closed. It has an extension of 500 meters and a small cave that gives its name to the beach.

 [Playa Arco](#)



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Photo: Floria Leiva

### Colonia Beach (Shaman)

Located within the Marino Ballena National Park in Uvita. Colonia is a striking beach, with light gray sand and beautiful sunsets. It is a site with few rocks and enough space to enjoy a walk amidst the surrounding vegetation. There is also a spot suitable for surfing.

 [Playa Colonia](#)

### Punta Dominical

From its viewpoints, located on a rocky hill covered with vegetation, you can see Dominicalito, the islet known as Roca Arbol, and the beautiful mountainous and maritime landscape that extends to the south.

 [Punta Dominical](#)



Photo: foursquare.com

### Backwash

Backwash is a right-hand reef break situated in the middle of the incredibly beautiful Backwash Bay and identified by a giant rock in the lineup. It requires head high or bigger waves to really make it work, it is a big, slow break that is ideal for longboarding, but due to the steep beach, the waves will pick up to create steep sections.

It is best at medium or low tides with a southwest swell. Because it is very remote and about an hour and a half drive from Puerto Jimenez, it is generally not very crowded. It can also be accessed by boat from Pavones or Puerto Jimenez.

 [Playa Backwash](#)

# OSA Adventure Tours



Corcovado  
Photo: Roberto Ramos



## Corcovado Tours

It is located about 17 kilometers southwest of the town of Agujitas, in Drake Bay and can only be reached by boat, mostly primary forest.

-  [drakediverscr.com](http://drakediverscr.com)
- [surcostours.com](http://surcostours.com)
- [www.costaricadiveandsurf.com](http://www.costaricadiveandsurf.com)
- [vamosaturistear.com](http://vamosaturistear.com)

## Floating Tour

This tour starts from Drake Bay to the forest where we will start a 2 hour hike (hard hike), we will stop along the way to have some snacks or fruits and continue walking until we reach a relaxing waterfall where we will spend about 30 minutes.

After that we will start floating downstream for approximately one hour and 30 minutes. Sometimes you are able to see several tiny squirrel monkeys snapping around in the treetops and crossing from one side of the river to the other directly over our heads!

-  [www.pachecotours.com](http://www.pachecotours.com)

## Caño Island Snorkeling Tour

Caño Island is an incredible marine biological reserve located 20 km off the coast with pristine blue waters, making it the perfect tropical paradise for divers and snorkelers.

It is home to a spectacular array of stunning marine flora and fauna and is famous for having the largest concentration of Costa Rica's coral building organisms along the Pacific Ocean.

-  [surcostours.com](http://surcostours.com)
- [canodiverscostarica.com](http://canodiverscostarica.com)
- [www.bahiaaventuras.com](http://www.bahiaaventuras.com)
- [www.uvita.info](http://www.uvita.info)
- [tangaratours.com](http://tangaratours.com)
- [costaricateenamora.com](http://costaricateenamora.com)
- [drakediverscr.com](http://drakediverscr.com)
- [drakediverscr.com/wp/packs](http://drakediverscr.com/wp/packs)
- [drakediverscr.com/wp/packs/buceo](http://drakediverscr.com/wp/packs/buceo)

## Dolphin and whale watching tour

(seasonal)

The tour departs from Drake Bay to cross the waters between Caño Island and Corcovado National Park for 4 to 5 hours, looking for different species of dolphins and whales that visit our waters.

-  [drakediverscr.com](http://drakediverscr.com)

## Diving in Caño Island

The trip begins with a 1 hour boat ride to Caño Island. Once there, you will have the opportunity to complete 2 dives in different marine areas around Caño Island, (there are 6 marked dive sites) each dive is about 45 minutes.

Between the first and second dives, we make a stop at Caño Island. Later, the boat heads to San Josecito beach for a picnic. After lunch we travel back.

- [drakediverscr.com](http://drakediverscr.com)
-  [www.tangaratours.com](http://www.tangaratours.com)
- [www.uvita.info](http://www.uvita.info)
- [www.canodiverscostarica.com](http://www.canodiverscostarica.com)

## Diving course and PADI open water course

This course does not give license or certification, it is an introduction to enjoy the experience in the underwater world. Or course to obtain the PADI license. Drake Bay and Caño Island.

-  [www.canodiverscostarica.com](http://www.canodiverscostarica.com)
- [drakediverscr.com](http://drakediverscr.com)

## Horseback Riding Drake Bay course

Take a relaxing horseback ride to explore the jungle and beach of this incredible area. Stroll along the trails and old tracks used by the pioneers. Birds, howler monkeys, white-faced monkeys and many other animals will be seen along the way.

-  [www.poormansparadiseresort.com](http://www.poormansparadiseresort.com)



 [Return to map](#)



## Corcovado Canopy Tour

Canopy is one of the most extraordinary activities you should do in Costa Rica. These tours show you a different perspective of nature, where huge trees serve as platforms to move from unimaginable heights that generate adrenaline-filled experiences along with unforgettable and wonderful views.

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



## Trillo De la Danta Tour

El Trillo de la Danta, which means "the Tapir road" in Spanish, is located in the community of Los Planes in the buffer zone of Corcovado National Park. Being right next to Corcovado you can find the same animals you see inside the park.

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



## Night Tour

This tour really makes the night come alive, and it's easy to see how it's one of the most popular activities in Drake Bay. Not only do they describe the biology and behaviors of these fascinating creatures, but you will also learn historical information about many of the species of mammals, insects, arachnids, and others.

 [thenighttour.com](http://thenighttour.com)  
[drakediverscr.com](http://drakediverscr.com)



## Terraba Sierpe Wetlands

With more than 32,000 hectares, it has been recognized as one of the largest wetlands and mangrove forests in Central America. It is located in the canton of Osa, one of the most biodiverse areas of the country and the world, its northern boundary is the Grande de Terraba River in Boca Coronado and the Sierpe River to the south.

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



## Mangrove tour kayaking

Adventure tour through the aquatic trails of the Sierpe River, to observe the different species of the mangrove ecosystem.

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



## Megalithic Spheres Museum Tour

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

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



## Sierpe River mangrove Tour

The tour begins in Drake Bay by boat to the mouth of the Sierpe River, where the mangrove forest begins. Then you will take a four-hour trip upstream through the mangrove channels, seeing aquatic birds, crocodiles and mammals common to this forest. Lunch will follow in the town of Sierpe, either a picnic in the community park or in one of the restaurants in the area (as guests wish). After lunch you take a 1 hour boat ride back to Drake Bay. Return: 14:00

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



## Birding in Drake Bay

It can be done on several trails in the area. These walking tours will be customized depending on the location of your hotel. Tours can be arranged in the early morning (5:30 a.m.) or in the afternoon (3 p.m.) and last 3 hours.

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



## Birdwatching Sierpe route

The bird life present in Sierpe, is one of the greatest riches that can be offered to all our visitors, with different scenarios where you can find a wide range of species, which will captivate the eyes of those who are lovers of bird watching.

 [www.laperladelsur.cr](http://www.laperladelsur.cr)



## Corcovado National Park Tour (Sirena and San Pedrillo stations)

National Geographic has called it the most biologically intense place in the world, and it is estimated that no other place in the world (with a similar extension) has a greater biological diversity.

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



## Diving and snorkeling tour in Caño Island

The island is 110 meters above sea level. Volcanic rock formations provide the basis for coral colonies, composed of five reef platforms that make it ideal for diving and snorkeling. You will be able to observe small mollusks, crustaceans and an endless number of incredible fish.

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



## Sport fishing tour

Blue and crystalline waters are ideal for sport fishing lovers. A few miles offshore in Osa you will be able to fish some animals for human consumption and others to release, such as Sailfish, Mackerels, Mahi-Mahi, Marlin, Wahoos, Snappers, Roosterfish, Tuna, Bass and Snook.

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



## Whale and dolphin watching tour

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

 [www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## Osa Culture Tour (Trapiche, gold tour and Boruca indigenous territory)

This tour starts with a trip from Palmar Norte, to the Boruca indigenous reserve, along the Rio Grande de Terraba, the longest river in Costa Rica (192 km) here you can observe some species of birds such as the King Vulture, hawks and reptiles such as crocodiles. Once we have traveled 40 km along the river, we begin the ascent in 4x4 through the hills that protect the indigenous reserve, during this 11 km ascent we will have magnificent views of the valleys through which the Terraba River flows.

Once in the reserve we visit the house of Don Ismael Gonzalez, bastion of the indigenous community and holder of countless awards from different institutions such as the Ministry of Culture, UN and others, for his contribution to the culture especially in the construction of the indigenous masks, we continue our tour to the community school to observe how the Boruca culture is included in modern education. After that we continue to the community museum and also visit two artisans who make Boruca masks.

 [www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## Osa Culture Tour Ngäbe indigenous territory

This tour begins with a journey from Palmar Norte, to the Ngäbe indigenous reserve, located on the Osa Peninsula, on the border with Corcovado National Park, our tour passes through the mountains that divide the Golfo Dulce and the Terraba-Sierpe Wetland. The incredible beauty of the view of the Golfo Dulce, one of the 4 fjords of the world, will make us enjoy the majestic peace that it emanates.

Once in the reserve we hike on a nature trail to observe and learn about the medicinal and edible plants used in this culture, learn about their spiritual beliefs. After the tour, we will enjoy a delicious typical Costa Rican lunch.

 [www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## Marino Ballena National Park and Sierpe Mangroves

You will be able to observe one of the most important attractions of Punta Uvita Park: the "Tail of the Whale" as it is commonly known; you will also observe one of the Ventanas Caverns as well as the Whale Rock and along the coast you may encounter dolphins or whales.

 [ballenainfocenter.com](http://ballenainfocenter.com)  
 [costaricateenamora.com](http://costaricateenamora.com)  
 [pineapplekayaktours.com](http://pineapplekayaktours.com)



## Whales and Dolphins Tour Marino Ballena National Park

The tour begins and ends at the Marino Ballena National Park, where during the tour you will see different beaches such as: Playa Uvita, Playa Colonia, Playa Arco, Playa Ballena and Playa Piñuela. In addition, we visit the well-known Ventanas caverns and the mouth of the Rio Grande de Terraba. The tour includes the search for whales such as the humpback, pilot and some species of dolphins such as the bottlenose dolphin or spotted dolphin.

 [bahiaballenakayaktours.com](http://bahiaballenakayaktours.com) [www.bahiaaventuras.com](http://www.bahiaaventuras.com) [www.tangaratours.com](http://www.tangaratours.com)  
[www.uvita.info/en](http://www.uvita.info/en) [ballenainfocenter.com](http://ballenainfocenter.com) [www.bahiaballenakayaktours.com](http://www.bahiaballenakayaktours.com)  
[costaricadiveandsurf.com](http://costaricadiveandsurf.com) [costaricateenamora.com](http://costaricateenamora.com) [drakediverscr.com](http://drakediverscr.com)



## Stone spheres tour

The stone spheres are an assortment of more than three hundred petrospheres in Costa Rica, located in the Diquís Delta and Caño Island. The spheres are commonly attributed to the extinct Diquís culture.

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



## Hiking in Corcovado (San Pedrillo) and Snorkeling around Caño Island

If you don't have much time, you can't miss the opportunity to visit two jewels of the South Pacific. Travel to San Pedrillo in Corcovado National Park, which is about an hour and a half by boat from Playa Uvita, once you arrive you will walk on the beach trail or the one that leads to the waterfall for a few hours; at noon you will enjoy a delicious lunch.

After lunch you will take the boat again to Caño Island where you will snorkel in one of the snorkeling spots of the island, during which you will be able to observe manta rays, sharks, turtles and many species of fish and corals. And if you are lucky you will be able to see whales and dolphins on your return.

 [tangaratours.com](http://tangaratours.com) [ballenainfocenter.com](http://ballenainfocenter.com) [drakediverscr.com](http://drakediverscr.com)





## Snorkeling in Caño Island

With turquoise blue waters and colorful coral reefs, Cano Island, located near the Osa Peninsula, is one of the best destinations for snorkeling and diving in Costa Rica. Join this magical boat ride to Cano Island and explore in detail the mysteries of the underwater world and the archaeological wonders of Caño Island.

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



## Canyoning-Waterfall Rappelling

Enjoy the beauty of nature, hidden in the jungle is this rappel as one of the six best waterfalls in Costa Rica! Then plunge into the refreshing blue water as the waterfalls form a rainbow of light above your head, stunning your ears.

 [ballenainfocenter.com](http://ballenainfocenter.com)  
[uvita.info/en](http://uvita.info/en)



## Kayaks

Kayaking in the sea or on the river is easy and relaxing, besides being an excellent way to discover nature and explore the coast, you will be able to closely observe the Whale Rock, or you can snorkel in Punta Uvita. Also observe the riverside forests where tropical wildlife abounds.

[pineapplekayaktours.com](http://pineapplekayaktours.com)  
[www.ballenainfocenter.com](http://www.ballenainfocenter.com)  
[www.uvita.info/en](http://www.uvita.info/en)



Photo: Fabián Sánchez

## Surf Lessons

We offer you an awesome adventure, where safety and preparation in a surf lesson are the most important elements for a good surf instruction. That's why every surf lesson starts with basic instructions: How to be safe in the water, how to paddle, what position to have in the wave, wave dynamics, stretching, how to lift the board.

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



The lessons are given at Playa Chamán, which is known for being a quiet beach with moderate waves where you can observe different species of animals and birds.

Maybe you just want to ride some perfect waves at the best surf spot in Costa Rica: Playa Dominical. Or have you never tried surfing before and would like to take some lessons?

 [www.uvita.info/en](http://www.uvita.info/en)



Known worldwide for the consistency of its waves, Playa Dominical is a perfect place for experienced surfers, although it also offers some areas that are ideal for learning this sport.

Our instructors have decades of surfing experience and are very familiar with Dominical Beach and different dive sites.



## Canopy Tour

We have 2 options to do Canopy here in the South:

**Osa Canopy.** It is located in a private reserve of 800 hectares of primary and secondary forest, which consists of 9 cables of approximately 450 meters long, 2 rappel stations in the trees and a Tarzan rope. Also, on the property, you will be able to observe different birds, mammals, etc.

**Hacienda Barú.** On this tour, 8 zip lines on 8 separate cables will take you from one point to another, over valleys and streams. There are 14 land-based platforms and one tree platform overlooking the coast. The canopy tour we call the *Flight of the Toucan* is as much an ecological experience as it is a canopy adventure. This tour is suitable for the whole family.

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

[www.uvita.info/en](http://www.uvita.info/en)



## Piedra Ballena Island Tour

The tour starts from Ballena beach, paddling for about 30 minutes enjoying the natural coastal richness in a sustainable way without the harmful effects of an internal combustion engine. During the tour we can observe beautiful birds from pelicans to beautiful brown boobies and practice snorkeling, discovering the incredible species that are underwater.

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



## Diving Adventures

If you want to enjoy the best diving in Costa Rica, you have come to the right place. We specialize in diving tours to Caño Island and Marino Ballena National Park. Our experienced guides also know other spectacular sites that are less well known but offer an unforgettable diving experience.

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

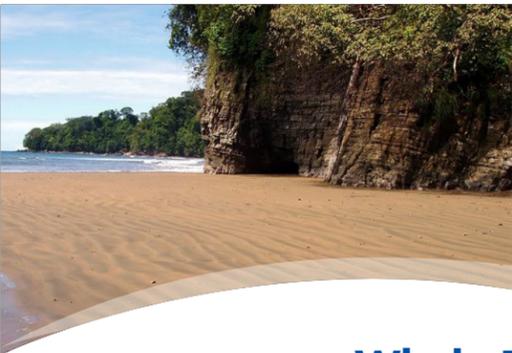
 [drakediverscr.com](http://drakediverscr.com)



## Rafting

Our country is one of the best places in the world to practice rafting due to the fluvial formations of our tropical forests. You can enjoy spectacular scenery while taking a natural ride on the river of your choice or you can also get your adrenaline pumping and speed boating.

 [www.ballenainfocenter.com](http://www.ballenainfocenter.com)  
[www.uvita.info/en](http://www.uvita.info/en)



## Whale Tail Tour

We start at low tide, the waves go to one side of the Passage of Moses or better known as the tail of the whale, which makes it an excellent spot for snorkeling. Our tour lasts approximately 45 minutes - 1 hour and 30 minutes, in which you can observe many species of fish and corals. As well as giant conches, starfish, parrotfish, damselfish, eels, Moorish idol, surgeons and others. The tour includes surf kayaking, where you can have fun without being an expert or having experience, after the great adventure in the sea, we take a break and start exploring the mangrove forest, observing seabirds and some mammals. Finally, we take a kayak tour through the mangrove swamp called Estero Negro.

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



## Day and Night Kayak tours through the Mangrove

This tour consists of exploring a secondary forest near the tail of the whale (Punta Uvita) where you can observe monkeys, snakes, spiders, bats, anteaters, sloths, kinkajou, raccoons, scorpions, crabs and many more species of animals and insects.

At the end of the forest you take a break on the beach near the Morete River along with a snack.

The tour continues along the beach in search of turtles (in season). You will also have the opportunity to take a kayak tour through the mangrove called Estero Negro.

[www.bahiaballenakayaktours.com](http://www.bahiaballenakayaktours.com)  
[www.uvita.info/en](http://www.uvita.info/en)  
[drakediverscr.com](http://drakediverscr.com)



## Sport Fishing

Put your sport fishing skills into practice and feel the adrenaline rush of battling a fierce mahi-mahi, yellowfin tuna, marlin or sailfish during your sport fishing trip. The waters of the Osa Peninsula in the South Pacific Ocean of Costa Rica are rich in nutrients and there is a great variety of fish for your sport fishing tour.

[bahiaaventuras.com](http://www.bahiaaventuras.com) [tangaratours.com](http://www.tangaratours.com) [uvita.info/en](http://www.uvita.info/en)

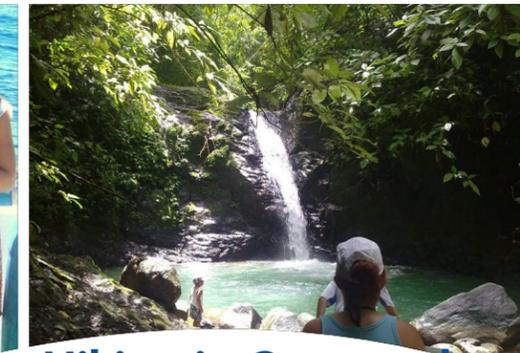


## Fishing in the river

Ready to fish in the river?

You can count on a great variety of fish such as snapper, black snapper, catfish, sea bass, snook, mackerel, grouper, jacks and more.

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



## Hiking in Corcovado National Park

Hike through lush rainforest, howl with howler monkeys, relax with a sloth, sing with birds and investigate millions of insects during your tour of Corcovado National Park on the Osa Peninsula. Corcovado National Park is famous for hosting 5% of the biodiversity on this side of the planet.

[tangaratours.com](http://www.tangaratours.com) [bahiaaventuras.com](http://www.bahiaaventuras.com)  
[vamosaturistear.com](http://www.vamosaturistear.com)  
[costaricateenamora.com](http://www.costaricateenamora.com)



## Rappelling Waterfalls in Costa Rica

The adventure begins at the top of the mountain in a 4x4 vehicle. When you reach the waterfalls, you will enjoy breathtaking views of the canyon and natural pools, where you can dive and enjoy the refreshing waterfall on your shoulders.

To take the tour you must be over the age of 12. No previous experience is necessary. Wear comfortable clothes, shoes, bring water and a camera. Do not bring insect repellents, sunscreen or a hat.

Our guide gives a welcome introduction and an overview of the day's plan, then you will be taken on a unique adventure, guaranteeing a pleasant, safe and exciting experience, with all the necessary equipment you will be part of an educational excursion of 7 waterfalls ranging from 10 to 30 meters high.

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

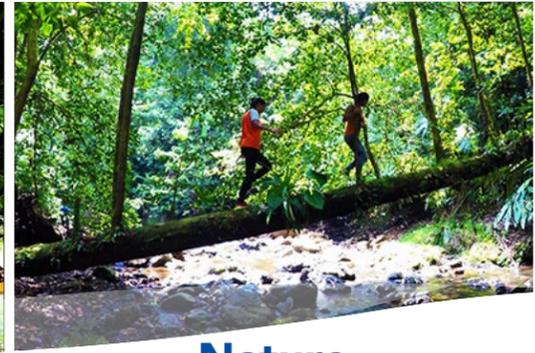


## Corcovado National Park (San Pedrillo Biological Station)

Corcovado National Park is one of the richest places in biodiversity that exist in the country and within it there are several biological stations, you will travel to San Pedrillo, which is about an hour and a half by boat from Playa Uvita and half an hour from Sierpe. approximately an hour and a half by boat from Playa Uvita and half an hour from Sierpe, once the boat trip is over you will arrive at San Pedrillo beach and walk for a few hours along the trails of this station.

At noon you can enjoy a delicious lunch and also relax on the beach while waiting for the second hike on the trails to the waterfall. Among the most common animals to observe are white-faced monkeys, coatis, macaws, among others.

[www.ballenainfocenter.com](http://www.ballenainfocenter.com)  
[drakediverscr.com](http://drakediverscr.com)



## Corcovado National Park (Sirena Biological Station)

Travel to Sirena, which is approximately 1 hour and a half by boat from Sierpe, once the boat trip is over you will arrive at the beach of the Biological Station and walk a few hours along the trails of this station.

The extraordinary diversity and concentration of wildlife in the Corcovado watershed, which contains this Sirena Station, means that wildlife viewing opportunities are likely to present themselves at virtually any time on almost any part of any trail.

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

## Nature walk

Discover the wildlife of Marino Ballena National Park as you walk along a trail between the beach and the mangrove forest and observe some mammals as well as a variety of birds, including the scarlet macaw and shorebirds. Your guide will also show you part of our city and some historical vestiges as you walk towards the main trail.

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

## Horseback Riding

With or without experience, you will enjoy the ride at Rancho La Merced. The horses are carefully trained for you to have a pleasant experience, while you ride through the refuge you will be able to admire the forest, the beach or the river.

You can visit Playa Hermosa, which is next to the Marino Ballena National Park, ride

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

through the forest or to the waterfall and dive in, or just enjoy an incredible sunset. You will find many points of interest here, such as the environmentally sustainable operation, the nature or just the pleasure of horseback riding.

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

## Terraba-Sierpe Mangroves

Navigate in a boat or catamaran through the canals of these mangroves, where you will be able to observe a great number of bird species, you will also have the possibility to see the 4 types of monkey species that exist in the country in one place! And of course, crocodiles and caimans characteristic of this mangrove area.

 [www.ballenainfocenter.com](http://www.ballenainfocenter.com)  
[www.uvita.info/en](http://www.uvita.info/en)  
[drakediverscr.com](http://drakediverscr.com)



## Snorkeling in Marino Ballena National Park

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

 [pineapplekayaktours.com](http://pineapplekayaktours.com)  
 [www.bahiaaventuras.com](http://www.bahiaaventuras.com)  
 [costaricadiveandsurf.com](http://costaricadiveandsurf.com)  
 [costaricateenamora.com](http://costaricateenamora.com)

## Bird watching

Observation trails in different types of nearby forests.

With a specialized local guide, you will be able to observe among the 250 different species, such as the Quetzal. Our specialized guides offer you between four incredible routes.

 [tangaratours.com](http://tangaratours.com)  
[www.uvita.info/en](http://www.uvita.info/en)

## Nauyaca Waterfalls St. Lucia

The waterfalls are one of the great attractions of the area due to their natural beauty. In addition, you can observe the fauna and flora of the place.

 [www.ballenainfocenter.com](http://www.ballenainfocenter.com)  
[www.uvita.info/en](http://www.uvita.info/en)

## Trapiche Tour

Trapiche: sugar mill. When the molasses begins to cool, it is poured into pools on a large wooden countertop where visitors make their own candy.

 [tangaratours.com/tours](http://tangaratours.com/tours)

## 4x4 ATV & 4x4 Tour

Enjoy incredible ocean and valley views, creek crossings, coffee and banana plantations. We will continue through a small village and pass through several farms on our way to the San Luis waterfall. This waterfall is one of the highest in Costa Rica. We will then stop for some fresh local fruit and a refreshing swim in another waterfall before returning to the base.

 [www.uvita.info/en](http://www.uvita.info/en)

## ATV monkey ride from Dominical Beach

This tour includes entrance to the waterfall, lunch, snacks and two hours at the waterfall. There is no better way to experience Costa Rica than by ATV! Drive your own all-terrain vehicle through an adventurous tour that will take you to the beautiful Eco-Chontales waterfall. This seven-hour tour is sure to be a day you won't forget!

 [www.uvita.info/en](http://www.uvita.info/en)



## Community walking tour of Bahia Ballena

A biocultural walk through Bahia Ballena. Learn about the people, history and natural wonders that make up this community bordering Marino Ballena National Park.

 [www.uvita.info/en](http://www.uvita.info/en)



## Cowboy Tour

Rancho La Merced is a working cattle ranch dedicated to the production of beef cattle in harmony with the ecological balance of the surrounding rainforest and mangrove forest. Come and have an unforgettable experience riding with the cowboys, driving cattle, checking calves and cows in the pasture, learning to rope calves and many other ranch activities.

 [www.uvita.info/en](http://www.uvita.info/en)  
[rancholamerced.com](http://rancholamerced.com)



## Coffee Tour

To all coffee lovers! Here's your tour! Learn firsthand the coffee process from its plantation to a delicious cup of coffee! Don Emilio's family, located just above San Josecito (approximately 30 minutes from Centro Uvita), are authentic coffee growers and are happy to show you around their farm and teach you the whole process while you practice.

 [www.uvita.info/en](http://www.uvita.info/en)



## Coconut Tour

What is so special about coconut and why is it so popular? David will teach you all about coconut and its benefits in the most rustic way, from cracking the nut, to squeezing the milk, to preparing a cooked coconut oil. It also shows you how to make a lip patch with natural home remedies. If you are interested in coconut, don't miss this rustic adventure, because you will really learn a lot about it.

 [www.uvita.info/en](http://www.uvita.info/en)



## Stand up paddling

Stand Up Paddle Boarding is one of the fastest growing water sports on the planet today. Why? Because it's easy, healthy and an activity the whole family can enjoy. The sensation of walking on water and wildlife viewing are just some of the highlights of this sport.

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



Actually, this sport is not new, but dates back to ancient times, where boards and paddles were handmade from many different materials. Both these boards and the paddles or "paddles" have existed in various forms for thousands of years and are part of the evolution of man.

 [www.uvita.info/en](http://www.uvita.info/en)  
[costaricadiveandsurf.com](http://costaricadiveandsurf.com)



## Chocolate Tour

This trip is ideal for those who wish to learn about the traditional way of making chocolate with a local Costa Rican guide. You have the opportunity to learn by doing, from peeling cocoa to grinding and cooking it. In addition, your host will show you some cocoa plants in his garden. At the end you can enjoy a delicious chocolate drink. For people of all ages.

 [www.uvita.info/en](http://www.uvita.info/en)



## Boruca Indigenous community

Tour famous for the masks and fabrics.

 [www.uvita.info/en](http://www.uvita.info/en)



## Community walking tour

A biocultural walk through Bahia Ballena. Learn about the people, history and natural wonders that make up this community bordering Marino Ballena National Park. Duration: 2 hours Start time: 8 a.m. and 3:30 p.m.

 [www.uvita.info/en](http://www.uvita.info/en)



## Tubing and floating

Tubing and floating is a perfect experience for those who enjoy fun, nature and adventure. Everyone will be given the option of a tube or a larger inflatable, for those who feel more comfortable doing the descent with the guide. The scenery downstream is beautiful, with fast and fun rapids. Along the river there is a picnic stop. This is an enjoyable activity for everyone in the group.

 [www.uvita.info/en](http://www.uvita.info/en)



## Night walks

Nightlife in the jungle. Here you can see the other side of the rainforest, looking for creatures that are not seen during the day.

 [costaricateenamora.com](http://costaricateenamora.com)  
[drakediverscr.com](http://drakediverscr.com)



## Other adventure and nature tours

Canopy tours, kayaking, bird watching, horseback riding, guided visits to waterfalls, community cultural tours and more... Contact us to learn more about the tours we offer.

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



### Piedras Blancas NP

Piedras Blancas together with Corcovado National Park and the Golfo Dulce Forest Reserve form an important biological corridor that, in addition to being rich in itself, protects a great diversity of flora and fauna species that live in the Golfo Dulce. As for visitor services, there are only trails and natural viewpoints.

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



### Río Grande de Térraba

A visit to the impressive Muñeco Mountains is recommended, which calls for a hike or a bicycle (or mountain bike) tour and will allow the visitor to observe beautiful landscape, such as the mouth of the imposing Grande de Térraba River. In this river you can practice sport fishing and paddling in its estuaries or mangroves.

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



Photo: Javier Barrantes

### Banana enclave

El Embarcadero, this neighborhood, during the time of the United Fruit Company, served as a port of entry to the Southern Zone from Puntarenas and is currently the landing site for artisanal and sport fishermen. You will also observe historical constructions that allude to the fishing and mollusk activity.

 [Municipalidad de Osa](http://Municipalidad de Osa)



### Horseback Riding

Horseback riding along the banks of the river becomes a unique adventure, especially during the months of May and June, since this journey leads to Rancho Quemado, where a unique phenomenon of this area can be observed: thousands of crabs come out of the holes to reproduce.



### Finca 6 Museum Site

A source of great pride for the people of Palmares are the pre-Columbian cacique settlements, which offer the wonder of their stone spheres and sculptural legacy, reason for the declaration of World Heritage by UNESCO. This extraordinary archaeological legacy represents the societies. The site is a testimony of the complex

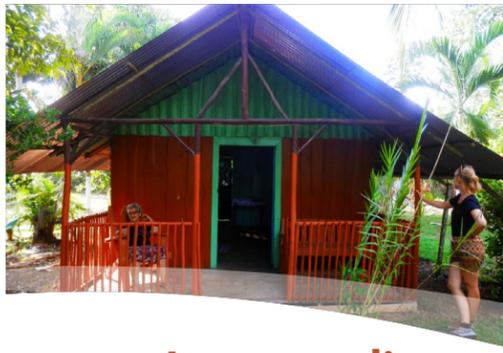


political, social and productive structures that characterized the organized societies of pre-Columbian times.

 [www.diquis.go.cr](http://www.diquis.go.cr)  
 [www.patrimonio.go.cr](http://www.patrimonio.go.cr)  
 [www.museocostarica.go.cr](http://www.museocostarica.go.cr)

# OSA Rural Tourism Tours





## Heart of the Osa BioCultural Route

The BioCultural route is defined as a set of experiences that shows the parallel evolution of biological diversity and cultural diversity, which through generations has forged ecological knowledge and sustainable local practices with their environment.

Its objective is to link the tourism services offered in the community of Rancho Quemado and make them visible as an important destination on the Osa Peninsula.

The route contains sites for observation and interpretation of the abundant wildlife of the area, as well as presenting the local traditions of the community, which are developed in harmony with the environment.

The BioCultural Route is one of the results of the project: ' 'Strategies for forest conservation and strengthening of green enterprises in the community of Rancho Quemado, in the buffer zone of Corcovado National Park", executed by Aves de Osa

and financed by the I Debt-for-Nature Swap USA. - C.R.

For reservations:

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

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

## Jaguarundi Paradise Cabins

It offers lodging in 3 bungalows of rustic materials with their own kitchen and bathroom. It has a large green area and a ranch to rest. We also offer tours to the lagoon, the Osa Trail, Corcovado National Park, Caño Island and horseback riding.

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

## Cabins Laguna del Valle and Sendero

It consists of 6 mixed cabins with capacity for 25 people and a large green area to enjoy. Varied food service.

There are 2 bedrooms with private bathrooms and a third one in process.

Our cabins are equipped with ramps for people in wheelchairs.

We also offer a trail in a primary forest with a viewpoint overlooking the blue waters of Drake Bay!

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



## Traditional Cooking Classes

Learn from the pros! A tour born out of the need to serve volunteer groups in the community, three women came together to create cooking classes. They offer the opportunity to learn how to prepare a traditional Costa Rican dish for half a day or a full meal, according to the student's wishes. The food is native to the Osa Peninsula region, made with fresh ingredients from local farms.

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

## Rancho Verde Posada Rural

A small family business that offers three rustic wooden cabins with shared bathrooms around a large green area with a capacity of approximately 15 people. Meal options are available for an additional cost.

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

## Cooking Classes

We offer the opportunity to cook typical food with Alice, our in-house chef. You can cook picadillos, gallo pinto, pancakes, desserts, and much more.

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

## Conservando Huellas Dairy Farm

Join us to get the hands-on experience of milking a cow as we have passed down techniques that have been preserved over time. After taking the opportunity to practice the ancient tradition, it's time to take that freshly squeezed milk back to the kitchen and put it to use! Learn how to make a traditional Costa Rican dessert of rice pudding, which is enjoyed at the end of the tour.

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

## Description of the Osa Trail

The Osa Trail allows you to get to know the primary forest, an intact forest that has not been exploited or touched by man. Primary forests have become very rare in the world and continue to disappear even though they are places of high biodiversity. It is a rainforest, which receives a lot of rain throughout the year, mostly in September and October.

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

## Horseback riding

Visitors can rent horses with or without a local guide for a tour of the community and the surrounding area. In charge: Enrique Badilla.

Travel by horseback to the other tourism projects here at Rancho. An excellent rural experience!

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



## The artisanal gold tour

It offers the experience to learn about the work of the artisan goldsmiths and also the history of Rancho Quemado and the Osa Peninsula. The former facilities now serve as the reception area. The tour consists of an introduction with coffee, refreshments, and a lesson on the history of the Osa Peninsula and gold panning.

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



## Tour of the "Sendero Surá" (Surá Trail)

The family also offers a tour of the "Sendero Surá" in process that can be part of the tour. The trail tour lasts approximately 3 hours. The "Sendero Surá" is an adventure trail and is not recommended for senior adults.

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



## Artisanal Sugar Mill "Don Carmen"

It consists of a traditional sugar cane mill where the normal process of sugar cane candy production is carried out using oxen or horses. The tourist will participate in the process from start to finish, including: cutting sugar cane, working in the sugar mill, drinking sugar cane juice, and helping to make delicious desserts. Typical food is also offered.

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



## Osa Silvestre" Bakery

Traditional Bakery with handmade bread we offer traditional baguette, whole wheat bread, homemade breads with fruits and seeds of the forest, roasted tamale, cornbread, cinnamon rolls, savory bread all based on local and forest ingredients.

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



## Butterfly Farm

The butterfly house in the forest is the place for local butterfly watching. We have an appropriate space to enjoy gardens, medicinal plants, and others related to the feeding and care of butterflies in Osa.

It consists of the production and maintenance of various species of butterflies which are kept on display in an appropriately conditioned room.

The butterfly garden will consist of 3-4 species (and many butterflies) endemic to the Osa Peninsula in Costa Rica. Also, visitors can learn about the life cycle of butterflies, metamorphosis, and more. A botanical garden is also on the way.

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



## Yoly Confections

Yolanda has years of experience and can create all types of rugs, quilts, comforters, sheets, baby clothes, and much more for the community and hotels.

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



## Weaving Dreams: Handmade with Cabuya

Cabuya fiber is from a cactus-like plant that has been used for hundreds of years in Costa Rican handicrafts. Traditionally, from the Cartago region of northern Costa Rica, a women's cooperative has brought manual labor to Rancho Quemado.

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



## Anecdotes from grandparents

Share a unique experience, listening to stories told by some of the first settlers of the community. The shared stories are based on real experiences and aim to create a dialogue in which visitors ask questions and give their opinions.

It is a familiar exchange where the visitor better understands the fundamentals of our community's identity.

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



## Night Hike: Tribal Bear

You can do the night walks when night falls and a new world begins to awaken, very hidden for many of us, but fantastic and beautiful. We will observe the activities of small and large varieties of amphibians: toads and frogs, spiders and crickets. Hopefully, we will see fanciful reptiles, such as snakes hunting in small ponds or turtles in fresh water, owls, hammerhead bats, rats and opossums, and others.

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



## UZU tracking expeditions

This is an alternative to development for rural families and a new marketing option for local tourism that decentralizes visits to Corcovado National Park to appreciate nature from the heart of Osa.

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



## Organic farming tour

Take a tour of the organic farm and learn about many medicinal and edible plants, as well as any other uses they may have. Here there are always fruits and plants in season, while during the tour you can taste them.

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

# Rural Tourism Tours

[Return to map](#)



## Committee on Biological Monitoring

This is a group formed by locals who have been trained by MINAET and biology experts to maintain control by monitoring the flora and fauna of Rancho Quemado. They offer the opportunity to participate in their tours, monitoring migratory birds, endangered trees, endemic plants, footprints and mammals. The tours are suitable for all types of clients and are geared towards research and learning.

## Soda Edward

A family business and restaurant that resulted from the experience obtained from cooking in hotels. Now serving typical Costa Rican food at affordable prices from their home.

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

## Corazón de Osa Typical Dance Workshop

The community organizes a mixed group of adults and children called "Corazón de Osa" that offers its services to visitors not only to be hired for presentations, but also to give typical dance classes and have fun with the members of the group.

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

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

# Camino de Osa Tours

## Camino de Osa offers four different trails along the Golfo Dulce Forest Reserve.

Through them, we aim to reduce pressure on Corcovado National Park while increasing visits to rural tourism ventures in the communities along the trails. In addition to trekking between each community, we partner with local micro tourism companies that offer a variety of services, from rich cultural experiences, a taste of local cuisine, boat excursions, horseback riding, kayaking, scuba diving, and much more.



<http://caminosdeosa.com>

## How to get to Rancho Quemado

Located in the heart of the Osa Peninsula in Costa Rica, 15km east of Drake Bay and 15km west of Rincon. Only 60 minutes from Puerto Jimenez by car.

### From San José

#### By car:

Take the Interamerican highway until you reach the large gas station in Chacarita (easy to locate). From there, follow the signs, you are being directed to Puerto Jimenez. When you get to Rincon, you will see the signs to Drake Bay. Turn right immediately before the Rincon Bridge and follow the signs to Drake Bay until you reach the beautiful Rancho Quemado. Time: 6 hours.

\*Note: The crossing is before the Rincón Bridge.

#### By bus:

Take the 8:00 a.m. bus. (noon to 12:00 p.m. also) at the San Carlos station (Lobo Blanco company) in San José. Ask the driver to drop you off in Rincon. From Rincon, take the 4:45 p.m. bus. to Rancho Quemado. Time: 9.5 hours

### From Puerto Jiménez:

#### By car:

Go northwest towards La Palma. Shortly after La Palma, it approaches Rincón. Immediately after the Rincon Bridge turn left. Follow the signs to Drake Bay. After 15 km you will arrive at Rancho Quemado. Approximate time: 60 minutes

#### By bus:

Take a bus that goes to La Palma. The bus leaves La Palma via Rancho Drake Bay every day (except Sunday) at 11:30 am. and 4:30 p.m. Also, in La Palma you can find a cab to take you to Rancho. Approximate time: 90 minutes

### From Drake Bay (Agujitas):

#### By bus or car:

Take public transportation (leaves at 4:00 am. (from the ice cream shop in the center of town) or by car follow the main road out for 15 km until you reach Rancho Quemado. Time: 45 minutes

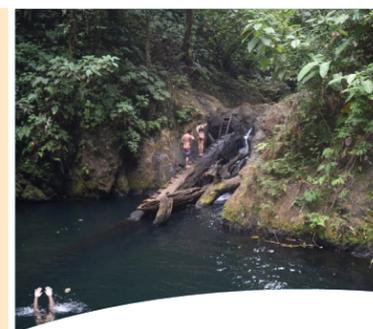
#### By Plane:

The nearest airports are in Drake Bay and Puerto Jimenez. Sansa Airlines and NatureAir offers several daily flights.

Also, you can rent a car in these places. Then, follow the directions either by car or bus to reach beautiful Rancho Quemado.

#### More information:

Phone: Jessica Roldan (Spanish) (506) 8667-2535



### 1. Water Way

This is a trip to visit, learn and enjoy different bodies of water (rivers, waterfalls, streams, mangroves and the Pacific Ocean), surrounded by nature, life and culture.

### 2. Jungle Road

This is a great combination of pristine forest, culture and the iconic Golfo Dulce.

Join us on this trip and discover the natural treasures hidden in the depths of some of the lesser known areas of the Osa Peninsula.

### 3. Gold Road

No other part of Costa Rica contains as much gold as the Osa Peninsula. We invite you to participate in this challenging 5-day adventure that will take you along the entire Osa Peninsula, from North to South, to discover the gold mining culture and experience Osa to the fullest.

### 4. Elemental Osa

Perfect option to get to know the Osa region, its people and nature! A conservation region becomes as large as the communities that make up that area. Enjoy an authentic experience with Osa Elemental, an opportunity for you to experience six different communities in Osa and see what each has to offer.

For more information visit: <http://caminosdeosa.com>

 [Return to map](#)



## Whale Tail Hike

Join us on a tour of the magical tombolo, better known as "the whale's tail", a natural formation unique in the world. Discover the secrets and history of the struggle of a people united in the 1960s for the protection of natural resources. We take a tour through trails within the Marino Ballena National Park that lead us to the foundations of the ancient town of Uvita Bay.

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



## Integral Gallo Farm Tour

Start the adventure with wonderful views during a 1.5 hour drive from Uvita to San Isidro to Antonio's farm (known as Gallo). Get ready to be in the middle of nature and plantations of various fruits such as citrus, bananas, coffee and explore the natural habitat of an integral farm that has everything to be self-sustainable.

[turismoculturalcostarica.com/tours](http://turismoculturalcostarica.com/tours)



## Mototrapiche

Sweeten your palate! From the organic sugar cane plantation to the sugar cane candy blocks you can learn with don Ademar and his family all the traditional and artisanal process to make sugar cane products. Also learn about the great history of this family that 20 years ago decided to work with organic products.

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



## Madre Selva Tour

Madre Selva is a rural community-based tourism project located in Progreso de Drake on the Osa Peninsula. Poison dart frog trail tours, hiking, horseback riding, night tours and bird tours are offered for locals and foreigners. Camping is offered if you bring your own tents.

[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)  
[caminosdeosa.com](http://caminosdeosa.com)



## La Tarde Community Lagoon Tour

Albergue la Laguna offers the service of food, lodging and enjoyment of walking the trails within the farm. Because we are located in the countryside and are far from the urban area, we do not have laundry facilities, refrigeration, hot water or electricity.

[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## La Tarde agroforestry farm

La Tarde Agroforestry Farm has a butterfly farm, trees of great attraction for their imposing beauty and for being part of a group of precious woods, trails, organic cocoa plantation, reforestation and agricultural development areas, and a guest house. It also has the advantage of being located near one of the entrances to Corcovado National Park.

[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## Coconut Tour

In this activity, learn about the properties and uses of coconut in an artisanal way, in the hands of David, a local producer who has been interested in rescuing the traditions of coastal areas and how to apply coconut derivatives in daily life. Now concerned about coconut reforestation in the Marino Ballena National Park. Come and learn with David some of the secrets of this almost forgotten plant.

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



## Village Tour

This tour takes place in the streets of our peaceful Bahia community. Get to know our people, places of archaeological and historical importance taking into account important events from the 60's to the present. During the tour, a collection of old photos of the area is shown to give a better perception of our past to each visitor.

[turismoculturalcostarica.com/tours/](http://turismoculturalcostarica.com/tours/)



## Finca don Guelo

The authenticity of being a farmer! Get to know don Guelo, his family, their history, a way of life on a family farm, and enjoy a walk through the only integral farm in the area! The family's efforts to reforest the farm have made it a sanctuary for wildlife. During the tour you will have the opportunity to learn about the agricultural processes used by Don Guelo and taste delicious and authentic dishes made by his wife Doña Yeti.

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



## Cinta Blanca

Cinta Blanca is a rural community-based tourism venture on the Osa Peninsula offering trail tours and horseback riding in the forest and in the community of El Progreso. It also offers lodging services for domestic and foreign tourists.

[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## Manglares del Golfo

Manglares del Golfo Cabins and Restaurant is located in front of Playa Blanca on the Osa Peninsula, one of the beaches awarded with the Blue Flag for its cleanliness and sustainable community.

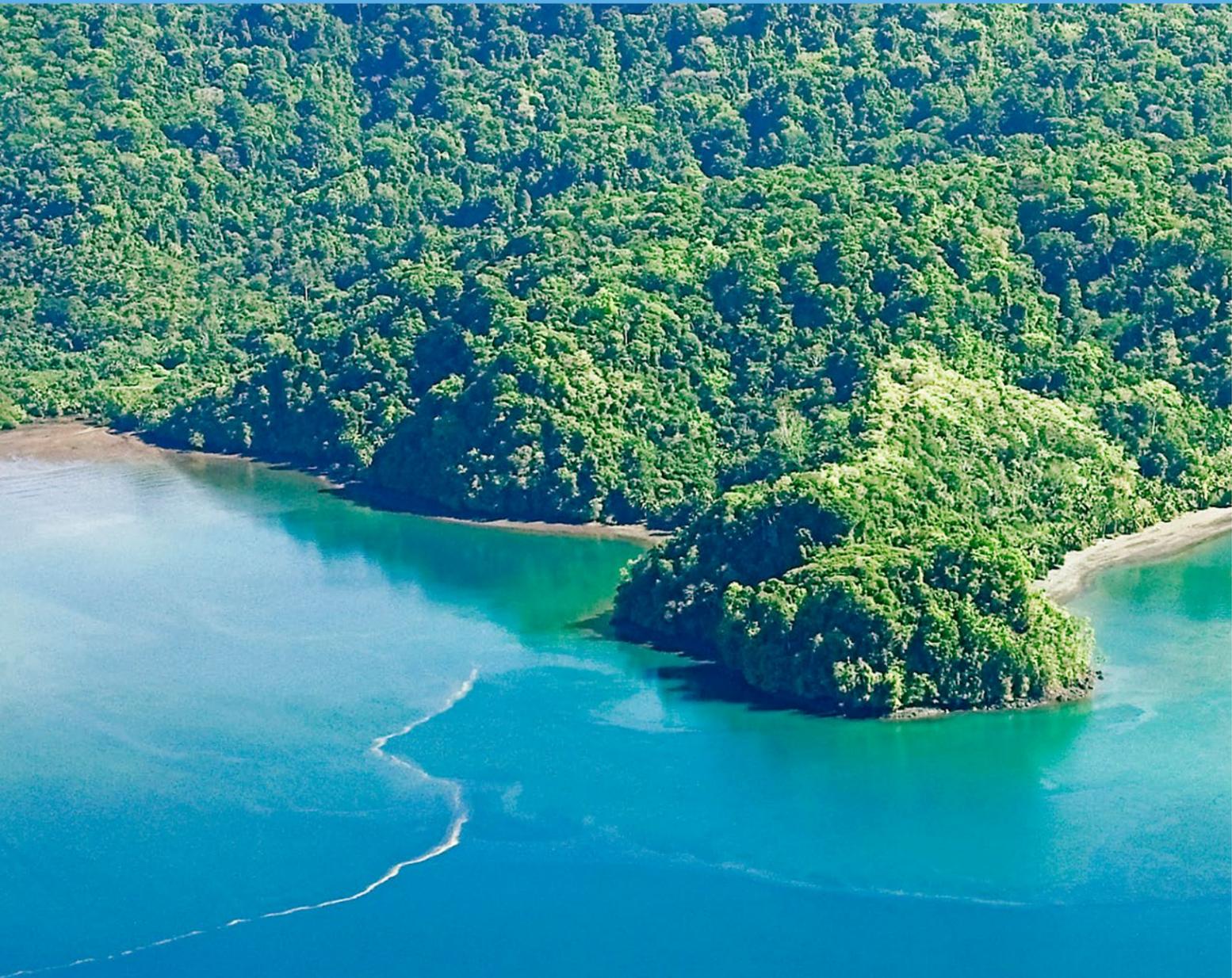
[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



## La Laguna Chocuaco Lodge

A company immersed in nature that allows national and foreign visitors to enjoy an authentic experience with nature. Through lodging, food and tours with personalized service and excellent quality; sharing knowledge of the natural and cultural wealth of the area.

[www.facebook.com/sierpeazul/](https://www.facebook.com/sierpeazul/)



# Directory of Services

## Directory of Services OSA

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

Land Transport	Contact
CENTRAL DE TAXIS PALMAR NORTE	Tel.: 2786-6457
TRACOPA PALMAR NORTE	Tel.: 2786-6511
TRACOPA CIUDAD PUERTO CORTES	Tel.: 2788-8105
TRACOPA SIERPE	Tel.: 2788-1082
TRACOPA UVITA	Tel.: 2743-8557
TRANSPORTES BLANCO PALMAR NORTE	Tel.: 2786-7627
TRANSPORTES ARAUZ (FINCAS-SIERPE-PALMAR NORTE)	Tel.: 2786-7496
MEDICAL CENTERS	
TÓMAS CASAS CASAJÚS HOSPITAL	Tel.: 2786-8148
CCSS	Tel.: 2786-6533
PRIVATE MEDICINE	
OSA MEDICAL CENTER	Tel.: 2786-6597
GOVERNEMENT INSTITUTIONS	
MUNICIPALITY OF OSA	Tel.: 2782-0000
POLICE OSA	Tel.: 2788-8030
OSA COURTS OF JUSTICE	Tel.: 2785-2600
ELECTIONS SUPREME COURT - PUERTO CORTES	Tel.: 2788-8163
ICE PALMAR NORTE	Tel.: 2786-6123
ICE PUERTO CORTES	Tel.: 2002-9164
ICE PALMAR UVITA	Tel.: 2002-5661
ICE PALMAR DOMINICAL	Tel.: 2002-9025
Emergencies	
FIRE STATION PALMAR NORTE	Tel.: 2786-6983
CRUZ ROJA PALMAR NORTE	Tel.: 2786-6595
CRUZ ROJA PUERTO CORTES	Tel.: 2788-8171
Pharmacy	
FARMACIA IBARRA PALMAR NORTE	Tel.: 2786-6757
FARMASUR PALMAR NORTE	Tels.: 2786-6686
FARMACIA IBARRA PUERTO CORTES	Tels.: 2788-7087
FARMACIA IBARRA OJOCHAL	Tels.: 2215-4940
FARMACIA IBARRA UVITA	Tel.: 2743-8460
FARMACIA IBARRA SIERPE	Tels.: 2788-1311
AERIAL TRANSPORT	
SANSA	Tel.: 2290-4100

 [Click here to get to know about COVID-19 protocols](#)

## Information of roads and airports

Place	Contact
Tobías Bolaños Airport, Pavas. Son José	Tel.: 2232-28201/ 2232-7330
Juan Santamaría International Airport Information	Tel.: 2437-2626
Daniel Oduber Quirós International Airport, Liberia Guanacaste Administration and Information	Tel.: 2668-1010
Private Tourist Transportation	
Air Transport	
Air flight Sansa San José- Golfito 50 minutes from Juan Santamaría Airport to Golfito Airport From Golfito Airport to the city center of Golfito is 5 minutes or 2 km There are currently two airlines that provide air service to and from San José	
SANSA	Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com
Aerobell Hangar #2	Tel. 4000-2030 Pavas Aiport <a href="http://www.aerobell.com">www.aerobell.com</a>
Departures from Juan Santamaría International Airport	
Air Taxi Centroamericano AVIONES TAXI AEREO S.A	Ph: (506) 2431-0160/ (506) 2431-0293 reservations@airchartercentralamerica.com Pavas Airport <a href="mailto:www.tacsa@racsa.co.cr">www.tacsa@racsa.co.cr</a>
Paradise Air Pavas Airport	Tel.: 2231-0938, 2296-3600. <a href="http://www.flywithparadise.com">www.flywithparadise.com</a>
Helicópteros	
Aensa	Tel.22321248 <a href="http://www.aerotours.cr">www.aerotours.cr</a>

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

- Book tours offered by authorized travel agencies.
- Make sure that the place you wish to visit is within the permitted sites of SINAC's Protected Wildlife Areas.
- Make sure that the activity you wish to perform is allowed.
- Make sure that the tour guide provides you with safety instructions and the rules of the activity before starting a tour.
- Make sure the company has an operating permit issued by the Ministry of Health, insurance policies and certified tour guides.

NAME	ADDRESS	MAIL	PHONE
<b>TRAVEL AGENCIES</b>			
PINEAPPLE TOURS	COSTADO SUR DE LA POLICIA TURÍSTICA DOMINICAL, OSA	pineappletourscr@gmail.com	
UVITA INFORMATION CENTER	FRENTE AL BANCO DE COSTA RICA, UVITA	mail@uvita.info	2743-8889
AGENCIA DE VIAJES RECEPTIVA CORAZON DE OSA	50 OESTE DE LA PLAZA DE DEPORTES DE RANCHO QUEMADO, OSA	adi.ranchoquemado@gmail.com	8667-2535
AGENCIA DE VIAJES CAÑO DIVERS	DENTRO DEL HOTEL PIRATA COVE, JUNTO A LA DESEMBOCADURA DEL RIO DRAKE	info@canodiverscostarica.com	2775-2025
DOLPHIN TOUR TOUR OPERADORA MARINO COSTERA	CONTIGUO A PIZZA EXPRESS, BAHIA BALLENA, OSA, PUNTARENAS	dolphintourscr@gmail.com	2743-8013, 8880-6483
AGENCIA DE VIAJES RECEPTIVA BALLENA INFOCENTER	CONTIGUO AL MINISUPER FREDDY, FRENTE AL SALÓN COMUNAL	pramirez@ballenainfocenter.com; gerencia@ballenainfocenter.com; info@ballenainfocenter.com	2743-8090, 8871-7335
BALLENA AVENTURA TOUR OPERADORA MARINO COSTERA	200 SURESTE PLAZA DEPORTES BAHÍA BALLENA, OSA	ballenaaventurachumi@gmail.com; info@ballenaaventuracr.com; ballenaaventura@hotmail.com	2743-8473
COSTA RICA DIVE AND SURF	200 METROS AL NORTE DE LA ENTRADA PRINCIPAL DEL PARQUE MARINO BALLENA	info@costaricadiveandsurf.com	2743-8679
AGENCIA DE VIAJES TANGARA TOURS	200 NORTE DEL RESTAURANTE PAVON VERGEL PUNTA MALA	tangaratours@yahoo.com	4001-4678
LOOK OUT DRAKE BAY	PUNTARENAS, OSA, SIERPE, BAHIA DRAKE, CALLE A LOS PLANES, CONTIGUO A RESTAURANTE JADEMAR, OFICINA CELESTE	drakedivers@gmail.com; info@drakedivers.com; reservations@drakedivers.com	8505-1717, 8310-3600
AGENCIA DE VIAJES COSTA RICA TE ENAMORA	100 METROS AL SUR DE LA GASOLINERA DE UVITA	info@costaricateenamora.com	2743-8283, 8911-7760
AGENCIA DE VIAJES BAHIA BALLENA KAYAKS	FRENTE A LA ESTACION DE GUARDA PARQUES, SECTOR PUNTA UVITA	bahiaballenakayaks@gmail.com	
LA PERLA DEL SUR ADVENTURES	ORPM 411- 07-12-2016 INF DE MARCIA ENRIQUEZ PARA D.T. 100 METROS SUR DEL PARQUE CENTRAL DE SIERPE, A UN COSTADO DEL HOTEL SIERPE RIVER.	info@perladelasur.net	2788-1082
SELVA MAR	50 sur del Hotel Chirripo, San Isidro. Calle 2 Av 8	info@selvamar.com	www.selvamar.com
Sunny Travel-Tropical Feathers	Peréz Zeledón, B° Laboratorio Daniel Flores, del Mini Super 50 Sur y 50 O	tropicalfeathershq@icloud.com	www.costaricabirdingtours.com
Agencia de Viajes Jeivacaciones	50 Norte 10 Oeste Abastecedor Arzu	jeivacaciones@gmail.com	www.jeivacaciones.com
Bahía Ballena Tours	Uvita, Bahía Ballena de Osa Puntarenas	<a href="https://bahiaballenatour.negocio">https://bahiaballenatour.negocio</a>	8974-6176
Agencia de Viajes Innoceana	Comunidad de Ojochal, de ferretería Grupo Materiales 100 metros oeste	info@innoceana.org	8617-2491
Agencia de Viajes Sukia Travel	Contiguo al Supermercado Santa Fe, Bahía Drake.	info@sukiatravel.com	7117-9166
Agencia de Viajes Auténtico Adventures Costa Rica	Perez Zeledón, 1 Km Sur Este de la Escuela Las Juntas del Pacuar.	autenticoadventures@gmail.com	www.autenticoadventures.com
Agencia de Viajes Macho Mora Adventures	Macho Mora de Rivas, contiguo a la Escuela Los Jilgueros	asoagroturmacizobellavista@gmail.com	

NAME	ADDRESS	MAIL	PHONE
Grupo Lucero Tours	Frente a la Aduana Tica, Paso Canoas, Corredores	grupolucerodelsur@racsa.co.cr	www.lucerotour.com
FANTASIA ECOLOGIA C.R.	Hotel Cocodrile Bay, Puerto Jiménez, Costado Este del Aeropuerto de de Puerto Jimenez	reception@crocodilebay.com	www.crocodilebay.com
Agencia de Viajes Receptiva Osa Wild	Pto Jiménez 80 metros Oeste del Supermercado BM, entre Lakos Surf Shop y Panadería Corcovado	osawild@gmail.com	www.osawildtravel.com
Agencia de Viajes Receptiva Jaguar Corcovado Tours	50 Oeste de Tienda Regalón, Puerto Jiménez, Golfito	info@jaguarcorcovadotourscr.com	www.jaguarcorcovadotours.com
Agencia de Viajes Receptiva Tropical Escapade	Puerto Jiménez, 3 Kms del Abastecedor la Bendición de Monterrey de Cañaza	www.tropicalescapade.com	info@tropicalescapade.com
Agencia de Viajes Surcos Tours	Contiguo al Parque Infantil de Puerto Jiménez	reservations@surcostours.com	www.surcostours.com
Agencia de Viajes Bahía Aventuras	Osa, Bahía Ballena, 50 m costado Oeste de la Escuela Líder Flor de Bahía	info@bahiaaventuras.com	www.bahiaaventuras.com
Agencia de Viajes Costa Rica Dive and Surf	200 Morte de la Entrada al Parque Nacional Marino Ballena	info@costaricadiveandsurf.com	www.costaricadiveandsurf.com
Agencia de Viajes Look Out Drake Bay	Calle Principal 50 metros al sur del Restaurante La Reina del Mar, Bahía Drake	drakedivers@gmail.com	www.drakediverscr.com
Agencia de Viajes Uvita Information Center	Frente al Banco Costa Rica Uvita	mail@uvita.info	www.uvitainfo.com

### TOURIST GUIDES

CARLOS ROBERTO VILLANUEVA BEITA	xirada@gmail.com	60138027
ANGEL GERARDO ROBLES CORTES	ladorobles04@gmail.com	87801256
MAIKEL EDUARDO SOLANO SALAS	mikesosa26@gmail.com	87183105
JAHAIRA RAMÍREZ CAMBRONERO	jhairaramorez@hotmail.es	83516760
MARIA ANGELICA CHINCHILLA LAZARO	angelchinchilla69@gmail.com	86877251
DAVID ISIDRO GARRO ACUÑA	seika26@live.com	85534380
JOSÉ LUIS VEGA ALPÍZAR	luigivega3@gmail.com	86570418
RAM DAVID VILLANUEVA HENRÍQUEZ	ram-david@hotmail.com	71179166
FREISER ACOSTA BARRANTES	freiseracosta50@gmail.com	89691433
MÓNICA MIRANDA VÁSQUEZ	momiva08@gmail.com	83617667
ZARIFET MARÍA GARCÍA GONZÁLEZ	zarifethmaria.97@gmail.com	85391196
ISAAC PÉREZ ACUÑA	isaacp.a23@gmail.com	87237610
ANGIE CHAVES BEITA	angchav99@gmail.com	83689927
SHARIS VALERIA SOLÍS CAMACHO	shariss099@gmail.com	85438622
JEFFRY GONZÁLEZ ESPINOZA	jeffreyge8@gmail.com	86595742
ERICKA ALEXANDRA CORDERO MARÍN	cordemar25@gmail.com	8574-1589
JOHAN DAVID FLORES CUBILLO	florescubillojohandavid@gmail.com	6224-7288
ROYNER JIMÉNEZ CHINCHILLA	roiner.jimene.ch@gmail.com	8551-8238
SHARON ALFARO GONZÁLEZ		8976-0254
HEYNER AZOFEIFA LÓPEZ	heyner01zolop.14@hotmail.com	5014-6193

NAME	ADDRESS	MAIL	PHONE
JAVIER MORA SEGURA		javiermorasegura@gmail.com	7011-8689
WILLIAM MORA GÓMEZ		wwwbbb@gmail.com	8345-3378
JOSÉ ARNOLDO SAMUDIO Q		arnoldosamudio@icloud.com	8487-0238
YURISAN ALFARO BLANCO		alfaro82@gmail.com	8477-7979
ROLANDO MORA SEGURA		osaexplorer@gmail.com	8827-9001
DAYANA ACUÑA ROBLES		wildgolfodulce@gmail.com	8767-5666
JEFFRY ALBERTO TIJERINO CABALLERO		jeffreytocaballero@gmail.com	8672-7838
MARIBEL MORALES BARQUERO		yeieli079@gmail.com	6115-9451
RABY NÚÑEZ ESCALANTE		seika26@live.com	8919-0917
JAFET MONTERO NARANJO		jafethmontero@gmail.com	8480-6764
LUIS ESTEBAN HERNÁNDEZ CHAN		estebanhernandez991@hotmail.com	8966-3217
YANIL MARÍA MORA MENDOZA		yanilmora@yahoo.es	6094-1830
JOSÉ DANIEL GUZMÁN GUERRERO		acerraderoguzma1992@gmail.com	8406-0663
MAIKOL MARÍN SÁNCHEZ		maikolguiacorcovado@gmail.com	8460-4014
DEYELIN NATALIA TAPIA FERRETO		tfnaty@hotmail.com	8944-5124
YENDRY SUSANA MORALES MENDOZA		yendrymendoza@gmail.com	6149-5594
LUIS ANGEL ACUÑA OBANDO		luisobando23@gmail.com	6420-9230
ANA GABRIELA QUIRÓS ESPINOZA		gana29125@gmail.com	8410-3610
DOUGLAS GERARDO CERDAS CHAVARRÍA		g.cerdasc@gmail.com	8345-6182
MADÉLIN GABRIELA GÓMEZ CORDERO		gabrielagc962@gmail.com	7202-4799
HELLEN DE LOS ANGELES VALLEJOS CORDERO		hellencordero2@gmail.com	8315-8359
OSCAR EDUARDO VALLEJOS CORDERO		oscarvc2000@gmail.com	8350-2905
STEPHANIE PÉREZ ARAYA		stefnaomariana123@gmail.com	8343-4680
KARLA YESENNIA AGUILAR TORRES		yesseniatorres952@gmail.com	8443-1454
DEYANIRA HERNÁNDEZ MARTÍNEZ		deyanira.hm@gmail.com	6216-3474
ALEXANDRE ROBERT KAMIERZAC		tree.poda@gmail.com	8605-6512

#### LODGING

MIRADOR LODGE		info@miradordrakebay.com; bahialety@yahoo.es	
SUITAL LODGE	CHACARITA DE OSA, 28 KM. HACIA PUERTO JIMÉNEZ, PARGOS, MOGOS, SIERPE, OSA	carlossuital@gmail.com	8826-0342, 2200-4662
ALBERGUE ECOLOGICO TESORO VERDE	BAHÍA DRAKE LOS PLANES DE DRAKE, SIERPE, OSA, PUNTARENAS	info@tesoroverdeecolodge.com	8849-9848
HOTEL HACIENDA COOPEAGRI	100 MTS. SUR DE FERRETERÍA LA JUNGLA, UVITA, OSA, PUNTARENAS	hacienda@coopeagri.co.cr	2743-8081

NAME	ADDRESS	MAIL	PHONE
LA PALOMA LODGE	EMBARCADERO AGUJITAS DEL RIO SIERPE, BAHÍA DRAKE, OSA, PUNTARENAS	info@lapalomalodge.com; palomalodgehotel@gmail.com	2239-0954, 2239-2801, 2775-1684
HOTEL DIQUIS DEL SUR	OJOCHA DEL OSA, 1.5 KILOMETROS AL ESTE DE LA ENTRADA DE LA AVENIDA PAPAGAYO	info@diquisdelsur.com	2786-5015
HOTEL CASA GAIA	5 KM SUR DEL PARQUE NACIONAL MARINO BALLENA	info@villasgaia.com; oficina@villasgaia.com	2786-5044, 8382-8240
YABÁ CHIGUÍ LODGE	OJOCHAL, 1.6 KM AL SUROESTE SOBRE CALLE PAPAGAYO.	welcome@yabachigui.com; welcome@yabachigui.com	2786-5120
HOTEL ALBERGUE COSTA PARAISO	200 M SUR RESTAURANTE ROCA VERDE DOMINICALITO	info@costa-paraiso.com; guestservices@costa-paraiso.com; jen.vv@hotmail.com	2787-0025
LA CUSINGA LODGE	200 METROS SUR KM. 166, COSTANERA SUR	info@lacusingalodge.com; operations@lacusingalodge.com	2770-2549, 8303-7427
HOTEL VILLAS RIO MAR	PUNTA DOMINICAL, OSA, PUNTARENAS	mauro@villasriomar.com; sostenibilidad@villasriomar.com	2787-0052, 2787-0053
CASA CORCOVADO JUNGLE LODGE	SAN PEDRILLO, OSA, SIERPE, PUNTARENAS	corcovdo@racsaco.cr; corcovado@racsaco.cr; casacorcovdo@yahoo.com	2256-3181, 2256-8825
HOTEL COPA DEL ARBOL	PLAYA CALETAS, 2 KILOMETROS AL OESTE DEL EBAIS	gerencia@copadearbol.com; carlosgomezfonseca2@gmail.com	8657-3916
CRISTAL BALLENA HOTEL RESORT & SPA	UVITA 7 KM SUR, FRENTE A CAMPO DE ATERRIZAJE BALLENA, BAHÍA BALLENA, OSA, PUNTARENAS	info@cristal-ballena.com; management@cristal-ballena.com; accounting@cristal-ballena.com	2786-5355, 2786-5367, 2786-5354
HOTEL WHALES & DOLPHINS	17 KM AL SUR DE DOMINICAL, JARDINES DE MORETE, 700 M SUR DEL PUENTE SOBRE EL RIO MORETE Ó 1 KM NORTE DE UVITA DE OSA, BAHÍA BALLENA, PUNTARENAS	salesmanager@whalesanddolphins.net; sales@whalesanddolphins.net; manager@whalesanddolphins.net	2743-8150, 8820-3521, 2743-8290
HOTEL CUNA DEL ANGEL	9 KM AL SUR DE PLAYA DOMINICAL, BAHÍA BALLENA, OSA, PUNTARENAS	cst@cunadelangel.com; info@cunadelangel.com; squesada@cunadelangel.com; gerencia@cunadelangel.com	2787-4301, 2787-4343, 2222-0704
MAR Y SELVA LODGE	DEL KM 170 COSTANERA SUR, 500 SUR, 1200 ESTE, BAHÍA BALLENA OSA PUNTARENAS	info@maryselva.com; bernan@maryselva.com	8340-5132, 2786-5670
TUCAN HOTEL	100 METROS ESTE BCR BAHIA BALLENAS, UVITA DE OSA, PUNTARENAS	tucanhotel@yahoo.com	2743-8140, 8868-2823
HOTEL NIDO DEL HALCON	DE LA ENTRADA PLAYA COLONIA 400 HACIA EL PARQUE MARINA BALLENA, BAHÍA BALLENA, OSA, PUNTARENAS	ilmaja@ice.co.cr; info@hotelnidodelhalcon.com	2743-8373, 2743-8374
LA CACATUA LODGE	PUNTARENAS, OSA, BAHÍA BALLENA, UVITA, 2 KILOMETROS AL ESTE DE CABINAS EL GATO Y 500 METROS AL NORTE	cacatualodge@gmail.com	
VILLAS BOUNGALOWS BALLENA	300 NORTE DE LA ENTRADA AL PARQUE MARINO BALLENA, UVITA.	info@bballena.com	

NAME	ADDRESS	MAIL	PHONE
KURA DESIGN VILLAGE	DEL BCR DE UVITA 5 KM AL NORTE, CALLE BEJUCO, BAHÍA BALLENA, OSA, PUNTARENAS.	support@kuracostarica.com; reservations@kuracostarica.com; cedogumo@gmail.com	8521-3407
DOLCE UVITA - THE SMALL RESORT	BAHÍA BALLENA COSTADO SUR DE LA PLAZA DE DEPORTES OSA	info@dolceuvita.com	
ALBERGUE MARINO BALLENA	DEL BANCO NACIONAL DE UVITA, 300 METROS AL OESTE Y 50 METROS AL SUR	hotel@marinoballena.com	8838-9000
HOTEL BOUTIQUE THREE SIXTY	OJOCHAL DE OSA 400 METROS AL ESTE DE LA ASADA	info@hotelthreesixty.com	2100-9206
DRAKE BAY GETAWAY RESORT (HOTEL BAHÍA DRAKE ESCAPE)	OSA, BAHÍA DRAKE, PUNTARENAS, DEL CENTRO DE SALUD, 600 METROS AL ESTE	mcamposnotificaciones@gmail.com; info@drakebaygetaway.com	6003-7253, 2201-7152, 2201-7150
HOSPEDAJE CORCOVADO ADVENTURES	Playa Las Caletas, Bahía Drake, 300m de la Escuela.	nubiagube@gmail.com; yesica@corcovadotencamp.com; www.corcovado.com	8708-1968
<b>ACUATIC TRANSPORTATION</b>			
OSA SPORT ADVENTURES	400 METROS AL OESTE DEL EBAIS DE DRAKE	info@aguiladeosa.com; bradd@aguiladeosa.com	2291-0318
TRANSPORTE ACUATICO BALLENA AVENTURA	200 SURESTE DE LA PLAZA DE DEPORTES DE UVITA OSA.	ballenaaventurachumi@gmail.com	2743-8473
<b>LAND TRANSPORTATION</b>			
SERV. TURISMO	DOMINICAL, FRENTE A HOTEL TROPICAL SAND EN CAFE EN SUEÑO	fonsecasegura@hotmail.com	
SERGIO ANTONIO ARIAS ELIZONDO	PUNTARENAS, DOMINICAL CENTRO	EMJADAS@HOTMAIL.COM	2787-0282
ALEXIS MARIN PORRAS	150 NORTE DEL HOTEL RIO MAR, OSA PUNTARENAS	alexismarin44@gmail.com	
RICARDO CAMACHO CHINCHILLA	DOMINICAL, FRENTE A SUPER MERCADITO	rcz12233@gmail.com	
HERMES SANDÍ VARGAS	50 MTS ESTE DE LA SODA KEM VARI	sandivargas@icloud.com	
FRANCISCO ZUÑIGA BADILLA	200 MTS NORESTE DEL SERVICENTRO BAHIA	osafast@gmail.com	
TRANSPORTES TURISTICOS PERICA	DE LA CANALLA 50 ESTE Y 400 M SUR UVITA BAHIA BALLENA	allanrrr@hotmail.com	
HIDONUEL LOPEZ VALERIN	PALMAR SUR, ANTIGUA ZONA AMERICANA, CONTIGUO A LA PISCINA, CASA 6018		
NURIA VILLALOBOS VINDAS	CONTIGUO A LA ESCUELA DE FINCA 12, PALMAR SUR	enoc.rugama@yahoo.es	
TRANSPORTES DE TURISMO BAHIA DRAKE Y PENINSULA DE OSA	50 MTS OESTE DE LA TORRE BAHÍA DRAKE OSA	fmarti.legal@hotmail.com	
TRANSPORTES RANCHO AL MAR	CONTIGUA A QUEBRADA LA TORTUGA RESTAURANTE Y CABINAS RANCHO AL MAR	marielosalmengor@gmail.com	8373-8946
TRANSPORTES LOS GAVILANES	100 MTS. NORTE PUENTE HAMACA	lupitabigbamboo123@gmail.com	
TRANSPORTES TURISTICOS PACIFICO SUR	600 MTS SUR DEL SUPERMERCADO BM	gilberthvillegasu@gmail.com	

NAME	ADDRESS	MAIL	PHONE
LORENZO JAVIER GUZMAN ALMENGOR	FRENTE A LA ENTRADA DE BARRIO EL TECAL	lorenzoguzmanalmengor@gmail.com	
TRANSPORTES ALVAREZ	PALMAR NORTE, DE COOPEALIANZA 300 MTS NORTE, CASA NO. 14	transalvarezso@hotmail.com	
ASDRUBAL VILLEGAS SALAZAR	150 MTS NORTE DE LA ESCUELA LA FLOR DE BAHÍA UVITA	transportesvillegas@hotmail.com	
AUTOLASSA S.A.	ENTRADA DEL BANCO NACIONAL, IGLESIA CATÓLICA, PALMAR NORTE, AVENIDA 9, CALLE 143, COSTADO NORTE EBAIS DEL CEMENTERIO	harauz4@hotmail.com	
MONTAÑAS Y ARRECIFES S.P.A. S.A	25 M ESTE DE LA CANCHA DE FUTBOL DE DOMINICAL, CONTIGUO A ALAMO CAR RENTAL	henry@dominicalsurfadventures.com	
DISCOVERY CONSULTING & INVESTMENT FIRM S.A.	CENTRO COMERCIAL PUEBLO DEL RÍO, LOCAL 14, DOMINICAL	barrantesgladys@gmail.com	
OSA'S WAVES TRAVEL	FRENTE SALÓN COMUNAL DEL LUGAR	osaswavestravel@yahoo.com	



(Megaptera novaeangliae)

# Humpback whales in Costa Rica

Costa Rica's Bahía Ballena, Isla del Caño Biological Reserve and Bahía Drake are some of the best places on the planet to catch a glimpse of the humpback whale. These sites are located in the northern and southern Pacific coast of our country. According to National Geographic, Ballena Marine National Park is one of the 10 best places to spot humpback whales. The Guanacaste coast is great as well!

Regardless of whether you're relying on patience or luck, watching humpback whales and their calves jumping and performing acrobatic feats in the ocean is something we should all see at some point in our lives.

Humpback whales travel long distances from their feeding areas in cooler waters, including the polar oceans, to their breeding areas in the warm waters of Costa Rica.

These giants remain in Costa Rica for a total of 10 months per year, with groups coming from different hemispheres in each half of the year. This gives the country the longest humpback whale watching season in the world, thanks to the presence of whales from the northern and southern hemispheres.

### Characteristics of the species

Humpback whales (Megaptera novaeangliae) are marine mammals belonging to the rorqual family (Balaenopteridae) of the suborder Mysticeti (baleen whales) and the Cetacea order, which includes whales, orcas and dolphins.

The name "humpback" is due to its distinctive short, stout dorsal fin. Its Spanish name, *ballena jorobada* comes from *joroba*, the Spanish word for "hump".

The scientific name, Megaptera is a compound word consisting of the greek words mega, large and ptera, fin: a reference to the animal's massive pectoral fins, which can reach up to one third of its body length, around 5 meters.

### Northern Hemisphere Population

From their feeding areas on the southern Pacific coast of Canada and the entire western coast of the United States, humpback whales migrate to their breeding areas in southern Mexico and throughout Central America. In Costa Rica, they congregate in specific areas (see list on the right of the poster) of the northern and southern Pacific.

#### December-April (dry season)



The whales that migrate from the northern hemisphere arrive during this period, traveling an average of 5,200 km on their way here and the same amount back to their feeding areas.

### Southern Hemisphere Population

From their feeding areas around the Antarctic Peninsula and southern Chile, humpback whales migrate to their calving sites in northern South America, Panama and Costa Rica. In our country, the whales congregate in certain sites in the southern and (to a lesser extent) northern Pacific coast.

#### July-November (rainy season)



The whales that migrate from the southern hemisphere arrive during this period, traveling an average of 8,400 km on their way here and the same amount back to their feeding areas. This is the longest permanent migratory route of any mammal!

### WHERE THEY COME FROM

Migratory movements are part of most whales' annual lifecycle: they spend the summer in their feeding grounds (high latitudes) and migrate to tropical waters (low latitudes) in the winter to reproduce and raise their calves.

Northern Hemisphere

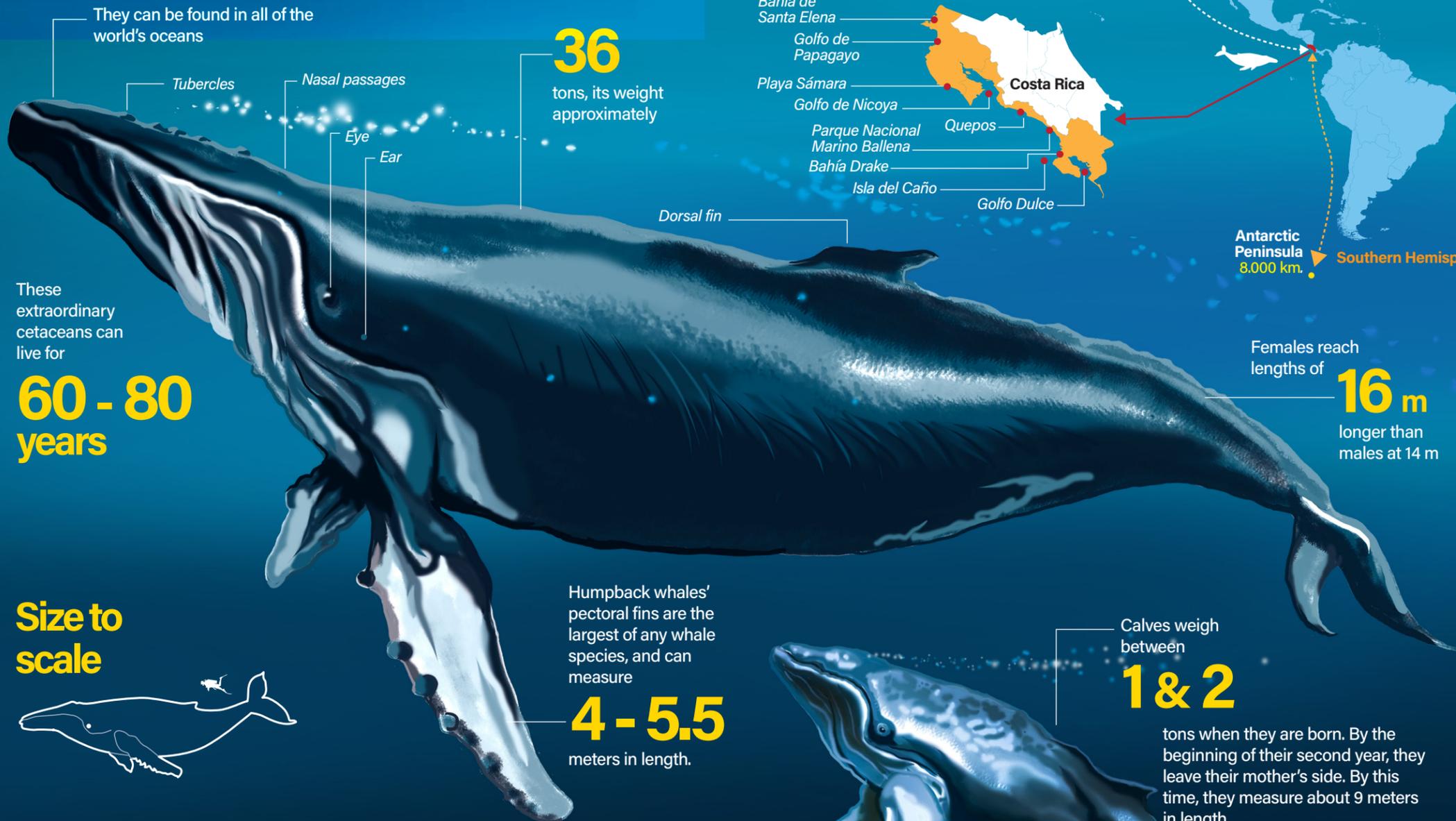
Washington  
Oregon  
California  
5.000 km.

Antarctic  
Peninsula  
8.000 km.

Southern Hemisphere

### Sightings in Costa Rica

- Bahía de Santa Elena
- Golfo de Papagayo
- Playa Sámara
- Golfo de Nicoya
- Parque Nacional Marino Ballena
- Bahía Drake
- Isla del Caño
- Quepos
- Golfo Dulce



They can be found in all of the world's oceans

36

tons, its weight approximately

60 - 80 years

Size to scale



Humpback whales' pectoral fins are the largest of any whale species, and can measure

4 - 5.5

meters in length.

Females reach lengths of

16 m

longer than males at 14 m

Calves weigh between

1 & 2

tons when they are born. By the beginning of their second year, they leave their mother's side. By this time, they measure about 9 meters in length.

### Main areas of sightings in Costa Rica

Whale watching services are available on the following beaches in Costa Rica:



- Cuajiniquil
- Playas del Coco
- Sámara
- Cóbano
- Jacó
- Quepos
- Herradura
- Dominicalito
- Bahía Rincón
- Bahía Ballena/Uvita
- Drake Bay
- Puerto Jiménez
- Playa Zancudo
- Cabuya
- Isla del Caño por Sierpe
- Isla del Caño por Bahía Drake
- Golfo de Nicoya
- Mal País
- Montezuma
- Tambor
- Curú
- Paquera
- Puntarenas
- Isla Tortuga
- Sierpe

### What do they do?



Mate



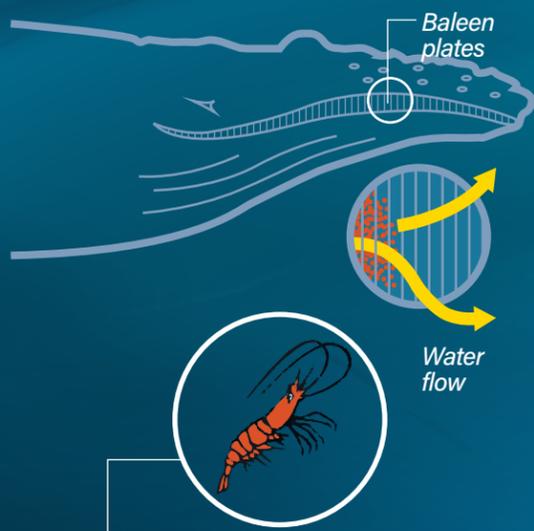
Give birth



Raise their calves

## FEEDING:

Humpback whales possess between 270 and 440 grayish-black baleen plates on each side of the jaw, measuring 70 to 100 cm in length, which allow them to filter out water in order to obtain their food of krill and small fish.



Krill is whales' main source of food. It is a crustacean similar to shrimp, measuring 1-6 cm. Whales can eat **1,400 kg** in a single day.

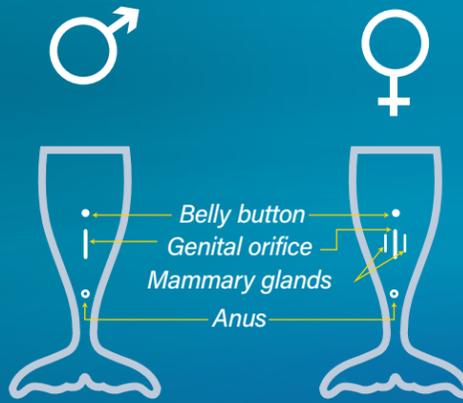
**C** Whales open their mouths, capturing the krill. Their baleen filters the water when they close their mouth

**B** They begin their ascent quickly

**A** The whales circle the school of krill, sometimes creating a circular "curtain" of bubbles.

## Sex of whales

Both sexes have a genital slit, which contains the penis in males and the vagina in females.



## SEXUALITY

Sexual maturity is reached between 6 and 11 years, at a size of between 12 and 14 m. The reproduction period lasts for a period of 4-5 months.

## HOW ARE THEY BORN?

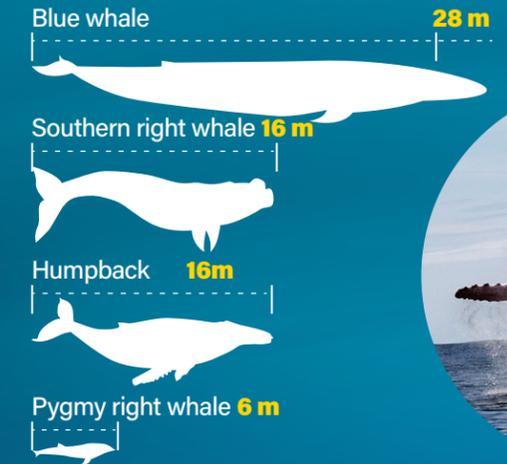
**1** The mother whale begins her contractions and the calf starts to leave the mother's body. Calves are born tail-first, not head-first.

**2** The umbilical cord breaks off once the calf leaves the mother's body.

**3** In order to take its first breath, the calf is helped to the surface by its mother.

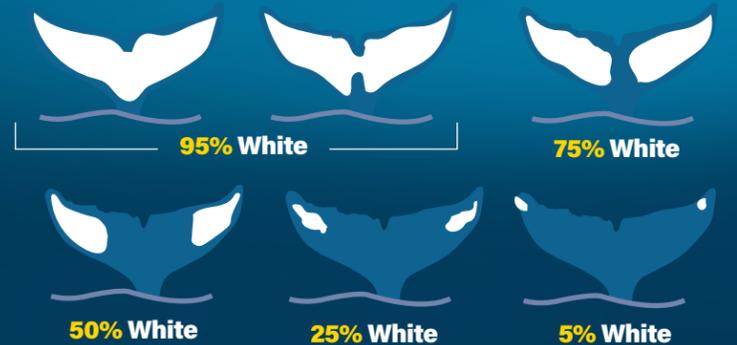
**4** The calf consumes between 60 and 70 liters of milk each day.

## SIZE TO SCALE:

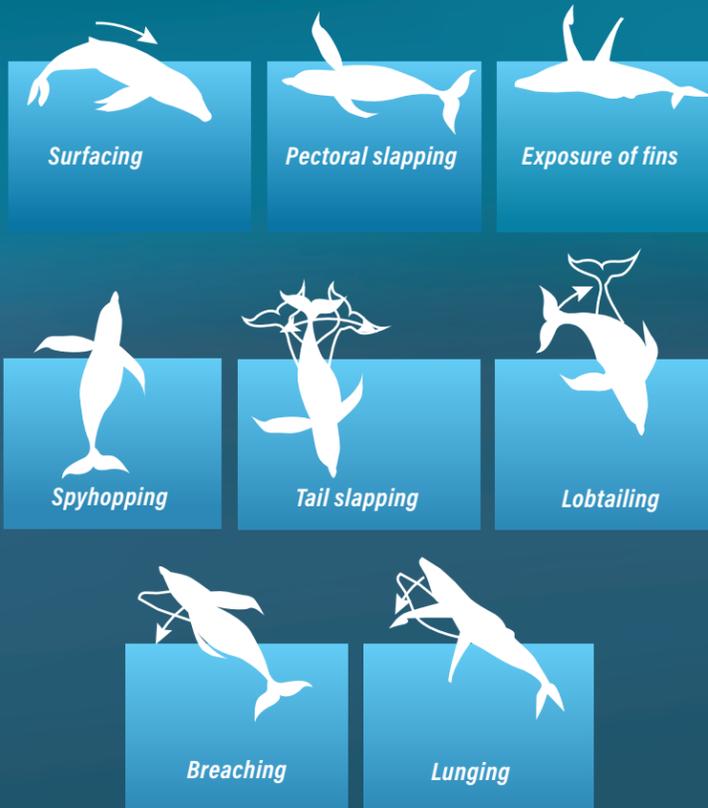


## IDENTIFICATION

Humpback whales can be identified by means of the white marks and the unique pattern of the jagged trailing edge of their tails. This does not change from birth, and allows the identification of individuals. They serve as the whales' "fingerprints" and help to classify whales within a group.



## MOVEMENTS ON THE SURFACE



## BREATHING:

Whales breathe through their blowhole (nasal orifices) situated in the upper part of their heads. They open and close their nasal passages in order to hold their breath underwater for **up to 45 minutes**. Under normal conditions, whales breathe every 3-9 minutes.

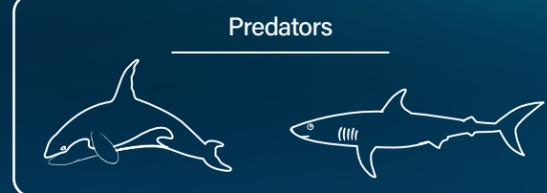
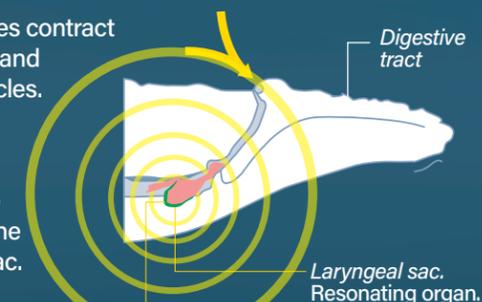
## SONGS:

Male humpback whales emit long-lasting sounds called songs during the reproduction period. These can last from 10 to 15 minutes and can be interpreted after a few minutes or repeated continuously for up to 22 hours.

**1.** The whales contract their throat and thorax muscles.

**2.** Air flows through the lungs and the laryngeal sac.

**3.** The alternating expansion and contraction of these organs take air through the U of the larynx (in green), making it vibrate and produce the sound.



## Ballena Marine National Park

To protect this valuable site, the government of Costa Rica created Ballena Marine National Park (PNMB) as a sanctuary for these and other marine species including pantropical spotted dolphins, bottlenose dolphins, manta rays, clownfish and mackerel. Isla Ballena is also an important nesting site of the American white ibis. The bird species found in the park also include frigatebirds and the brown booby.



The PNMB is the first Costa Rican protected area created exclusively for its marine resources. It is also the first marine park in Central America (UCR-FUNDEVI 1995/SINAC) and is the eighth-best site for whale watching in the world, according to National Geographic.

### Links:

- [www.sinac.go.cr](http://www.sinac.go.cr)
- [www.youtube.com](https://www.youtube.com)
- [www.youtube.com/watch](https://www.youtube.com/watch)
- [mongabay.com](https://mongabay.com)
- [www.nacion.com](http://www.nacion.com)

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Coordination and production: Mario B. Badilla Jara.  
Design and layout: Floria Leiva Pacheco.  
Illustrations: Alexander Salazar.



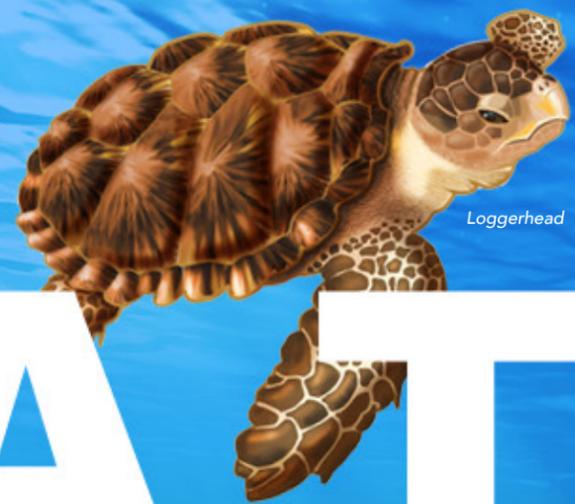
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# Observing

# SEA TURTLES

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## in Costa Rica

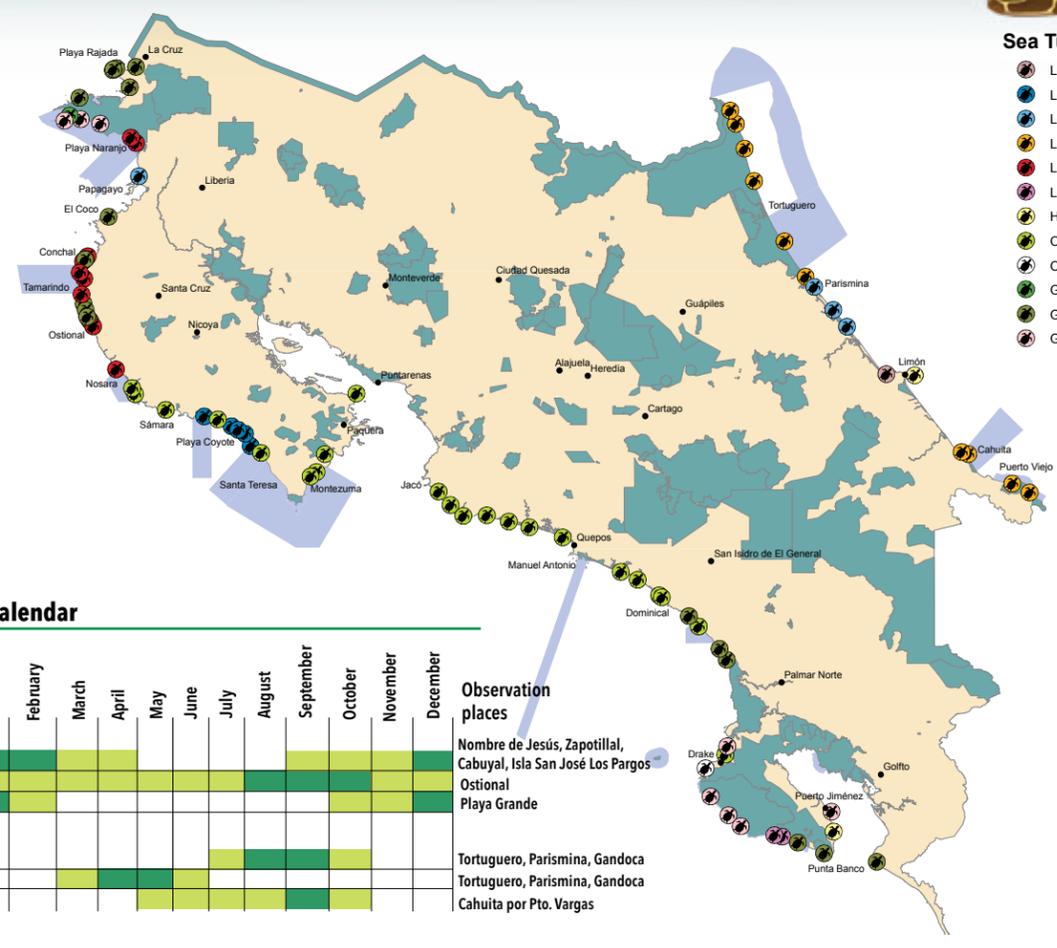
- 5**  
species of sea turtles:
- Leatherback *Tortuga baula* *Derموchelys coriacea*
  - Green Turtle *Tortuga verde* *Chelonia mydas*
  - Olive ridley *Tortuga lora* *Lepidochelys olivacea*
  - Loggerhead *Tortuga cabezona* *Caretta caretta*
  - Hawksbill *Tortuga carey* *Eretmochelys imbricata*

Costa Rica is a privileged country, as it is visited by no fewer than five species of sea turtles, migratory species with a high ecological value and great indicators of the health of the oceans. The sea turtles nesting beaches play a very important role in ecosystem dynamics, as well as being a hotspot of ecotourism development in Costa Rica. The beaches have made it possible for local communities to carry out tourism activities related to the observation of the nesting process, which has brought significant economic and social benefits at the local and regional levels.

Costa Rica has also been one of the few countries in the world that has been carrying out sea turtle conservation for over 60 years, beginning in 1955 in the community of Tortuguero with Archie Carr. Sea turtles

are one of the most important animal group mentioned in the declarations of several protected wildlife areas, including Tortuguero National Park, established in 1975, as well as some established later, including the **Ostional National Wildlife Refuge, Las Baulas Marine National Park and the Camaronal National Wildlife Refuge**. Over the years the government has made significant efforts to protect the sea turtles nesting beaches by including them in the management plans of protected wildlife areas, such as **Playa Nancite in Santa Rosa, Playa Hermosa and Punta Mala in Cahuita, and Gandoca-Manzanillo**.

In spite of these efforts, approximately 50% of the beaches used for sea turtle nesting are not covered by the country's natural heritage program (MINAE 2018).



- Sea Turtle species**
- Leatherback
  - Leatherback and Olive Ridley
  - Leatherback and Green
  - Leatherback, Green and Hawksbill
  - Leatherback, Green y Olive Ridley
  - Leatherback, Green, Olive Ridley and Hawksbill
  - Hawksbill
  - Olive Ridley
  - Olive Ridley and Hawksbill
  - Green and Hawksbill
  - Green and Olive Ridley
  - Green, Olive Ridley and Hawksbill
- Protected marine area  
Protected land area

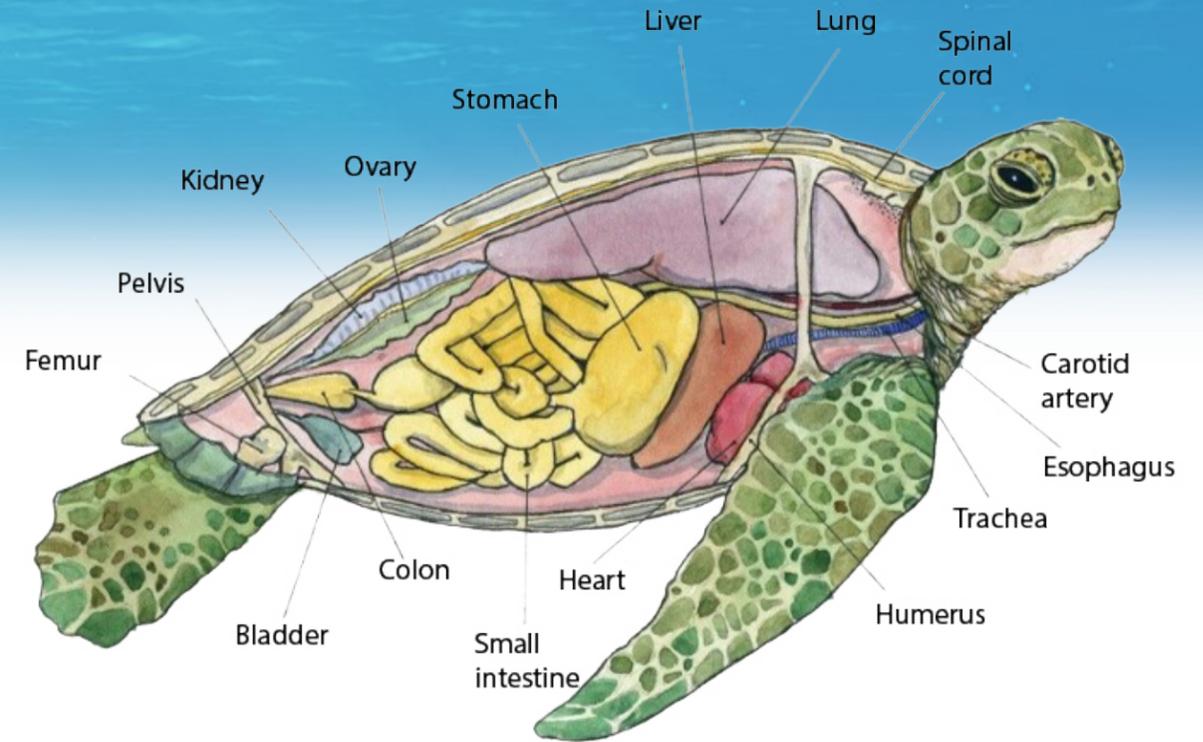
**Credits:**  
The Costa Rican Tourism Board thanks Rotney Piedra Chacón, Director of Protected Wildlife Areas for the Tempisque Conservation Area (ACT) - National System of Conservation Areas (SINAC) for his contributions to the content and revision of this sea turtles infographic. Thanks are also due to Sergio Arias, Elizabeth Vélez from Asociación Kuemar, Didiher Chacón from Latin American Sea Turtle (Last), Luis Fonseca from Asociación Costa Rica por Siempre, Verónica Cáceres, Randall Ureña, Ruth Alfaro and Saúl Ruiz for their contributions to the content of this infographic.  
Coordination and production: Mario B. Badilla Jara / Design and layout: Floria Leiva Pacheco / Turtle illustrations: Alexander Salazar / Maps: Pablo González.  
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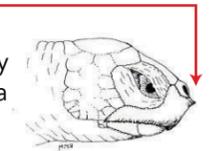
# Species and their characteristics

Species	Common name	Head	Shell	Plastron
<i>Eretmochelys imbricata</i>	Hawksbill Tortuga Carey	2 pairs of prefrontal scales	Scutes imbricated (overlapping)	4 inframarginal scutes without pores
<i>Chelonia mydas</i>	Green turtle Tortuga verde	1 pair of prefrontal scales	4 lateral scutes	4 inframarginal scutes without pores
<i>Lepidochelys olivacea</i>	Olive ridley Tortuga lora	More than 1 pair of prefrontal scales	6 or more lateral scutes 6 or more vertebral scutes	4 inframarginal scutes with pores
<i>Caretta caretta</i>	Loggerhead Cabezona	More than 1 pair of prefrontal scales	5 lateral scutes	3 inframarginal scutes without pores
<i>Dermochelys coriacea</i>	Leatherback Tortuga baula	No scales	Ridges	No scutes

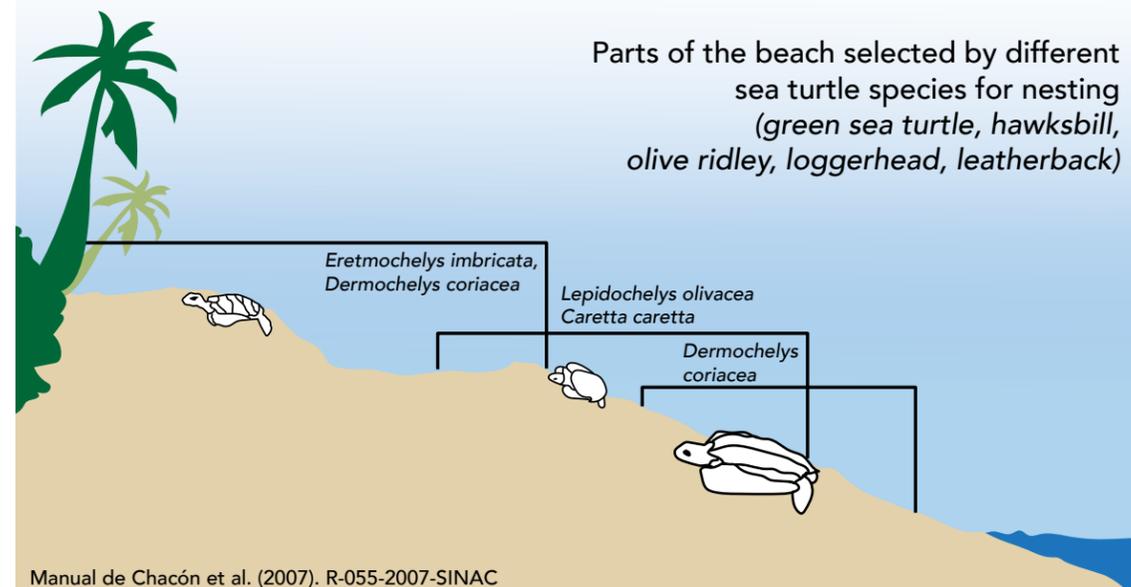
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Newborn sea turtles develop a temporary sharp egg-tooth called a caruncle, which they use to break the egg. The tooth remains for a short time, breaking off after a few days.

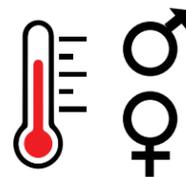


## Beach nesting sites



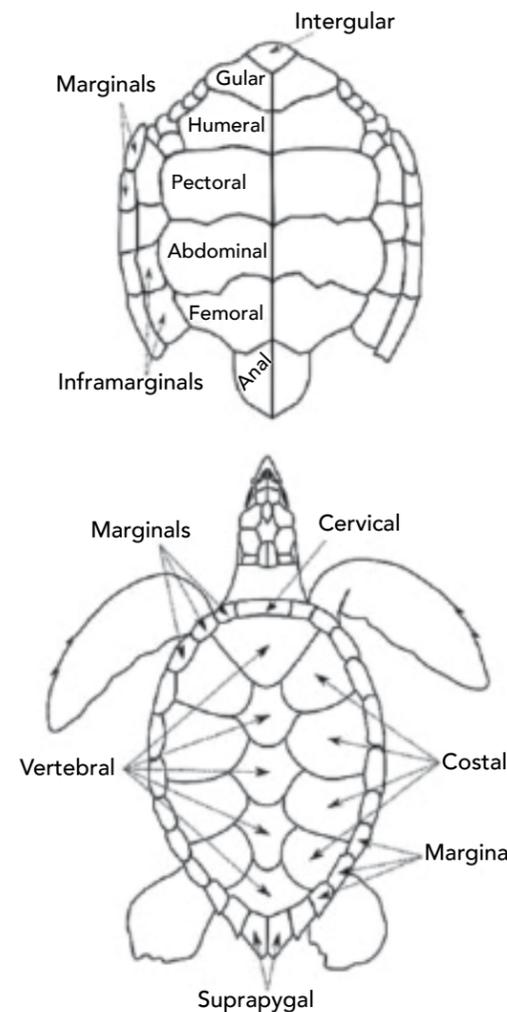
Manual de Chacón et al. (2007). R-055-2007-SINAC

### Did you know?

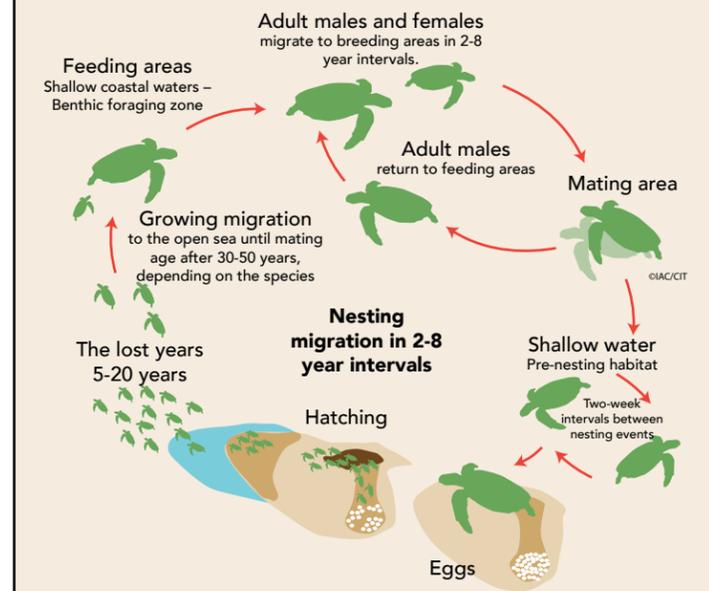


**Temperature determines the sex of newborns.**

If the temperature in the nesting cavity is above 28.7-30.0°C, a proportionally larger number of females will be born (depending on the species).



### Life cycle of a sea turtle



The life cycle of sea turtles makes it hard to manage the species and exposes them to many impacts, natural as well as human-caused, which puts their survival at risk. Very few sea turtles survive to maturity: perhaps only 1 per 1000.

Inter-American Convention for the Protection and Conservation of Sea Turtles. For more information, visit [www.iacseaturtle.org](http://www.iacseaturtle.org)

# Leatherback sea turtle

Leatherback sea turtles carry out extensive migrations between different feeding regions in various seasons and nesting zones.

*Dermochelys coriacea*

Tortuga baula

## Shell

Elongated, with seven longitudinal ridges protruding from the back. The shell is soft, thick and does not contain scutes, the usual components of turtle shells. It is the only species in which the shell is composed of small bony plates called osteoderms.

## Coloration

Dorsal side is predominantly black, with a variable abundance of white or lighter spots; pots can be bluish or pink on the neck and base of the fins; clear pigmentation predominates on the plastron.

## Head

Triangular, up to 25 cm wide; covered with skin; no scales or scutes in adults. The head has a pinkish spot that differs between individuals and can be used for identification.

## Plastron

Relatively small, flexible (contains very little material)

## Up to 500 kg

One individual was reported with a weight of 1,000 kg and a size of 3 m.

## Extremities

Frontal flippers are extremely long; skin does not contain scutes in adults; claws not present on any of the flippers.



## Nesting period on the Pacific coast

September to March:

Grande, Ventanas, Langosta, Ostional, Nancite, Osa, Junquillal, Matapalo, Naranjo, Real, Honda, Zapotillal y Nombre de Jesús.

## Nesting period on the Caribbean coast

February-August:

Barra del Colorado, Tortuguero, Moín, Parismina, Pacuare, Matina, 12 millas, Negra, Cahuita, Gandoca.

Leatherback turtles are circumglobally distributed, with nesting sites on tropical sandy beaches and foraging ranges that extend into temperate and subpolar latitudes. Leatherbacks are a single species worldwide comprising seven biologically described regional management units or subpopulations. (Wallace et al. 2010).

## Predators

Eggs and newborns:



Adults:



The leatherback is the world's largest sea turtle species. It used to be a common sight in the northern Pacific coast, but currently arrives less frequently. It can also be observed in abundance along the Caribbean coast between March and July. These animals are not easy to spot, as they prefer to swim in the open ocean.



Average length in Costa Rica:  
**148.7 cm** (Pacific)  
**152 cm** (Caribbean)

## NESTING PERIOD



Caribbean coast:  
February-August

Pacific coast:  
September to March

## DIET



Juveniles and adults both feed on jellyfish and soft-bodied invertebrates.

## MATING



Occurs every **four or more years** in shallow coastal waters

## GEOGRAPHIC DISTRIBUTION



Worldwide distribution, with nesting sites on **tropical sandy beaches and foraging ranges** that extend into temperate and subpolar latitudes.

## CONSERVATION STATUS



Tropical eastern Pacific: **critically endangered**  
Northwestern Atlantic region: **endangered**

## THREATS



Egg poaching, plastic bags, bycatch, coastal development, sale, solid and liquid waste

## AGE



**30 - 50 years.** Under ideal conditions, it is believed that they can live longer.

## SEXUAL MATURITY



Reached between **9 and 14 years of age**

## WHERE THEY SWIM



They prefer to swim in the open ocean, **from the surface to depths of 1,300 m.**

## AVERAGE NEST SIZE



Between **68 and 80 normal eggs, 112 eggs per nest** (Caribbean)

## NESTS PER SEASON



**7-13 clutches** of eggs laid per season

## INCUBATION PERIOD



**50-70 days**

# GREEN TURTLE

*Chelonia mydas*

Tortuga blanca (Caribbean),  
Tortuga negra (Pacific)

**Oval shell (Caribbean)**  
Non-serrated margin, 4 pairs of costal scutes.

**Heart-shaped shell (Pacific)**  
Posterior notch present in adults, non-serrate; commonly tectiform (shaped like a tent) and flattened on the anterior profile; 4 pairs of costal scutes.

**Black coloration** on the dorsal side in newborns, becoming brown with radial veins in juveniles and highly variable in adults (generally brown, creamy-yellow and other earthy shades; smooth, streaked or spotted); ventral side white in newborns, yellowish in adults.

Weight up to **230 kg** in the Caribbean and up to **120 kg** in the Pacific (70 kg on average)

**One claw** on each flipper (Pacific and Caribbean)

**Head: Up to 15 cm (Caribbean)** is the width of its head 2 prefrontal scales; 4 pairs of postorbital scales.

**Head: Up to 13 cm (Pacific)** 2 prefrontal scales; 4 pairs of postorbital scales is the most common number, followed by 3 pairs.

**Extremities** Relatively larger flippers than other populations of the *C. mydas* complex (Pacific)

Average length:  
**104,6 cm Caribbean**  
**88,6 cm Pacific**

Except for their migrations, during which they cross the open sea, they generally live in shallow waters with coral reefs, seagrass beds and algae.



**Nesting period on the Caribbean coast**

**June to October:** Barra del Colorado, Tortuguero, Parismina, Pacuare, Matina, 12 millas, Negra, Cahuita, Gandoca.

The green sea turtle, also known as the black turtle, has a worldwide distribution, occurring in all tropical seas as well as subtropical waters with less frequency (eastern, northeastern, northwestern, southeastern and western Atlantic Ocean, eastern and western Indian Ocean, Mediterranean Sea, eastern, northwestern, southwestern and western Pacific Ocean).

**PREDATORS**  
Eggs and newborns:

- Crabs
- Snakes
- Raccoons
- Seagulls
- Dolphins
- Sharks

Adults:

- Jaguars
- Sharks

There is a significant concentration of green sea turtles in Tortuguero, on the Atlantic coast, with over 100,000 nesting females per year. A subspecies of the green sea turtle, called the black turtle, lives on the Pacific coast of Costa Rica. It is smaller, with dark coloration and a narrower rear portion of the shell. In addition to seagrass and algae, they consume mangrove propagules and marine invertebrates. Nombre de Jesús, Zapotillal, Los Pargos, Cabuyal, Isla San José and Golfo Dulce are very important sites for the feeding and nesting of this subspecies (*Ch. mydas agassizi*).



NESTING DATE	DIET	MATING	GEOGRAPHIC DISTRIBUTION	CONSERVATION STATUS	THREATS	AGE	SEXUAL MATURITY	HABITAT	AVERAGE NEST SIZE	NESTS PER SEASON	INCUBATION PERIOD
<p><b>Caribbean:</b> June to October</p> <p><b>Pacific:</b> August to March</p>	<p><b>Omnivorous</b> from when they are newborns to juveniles, but become <b>herbivorous</b> as adults (seagrass, algae)</p>	<p>Occurs every <b>two to four years</b> in shallow coastal waters.</p>	<p>Found in all <b>tropical seas</b> as well as less frequently in subtropical waters (eastern, northeastern, northwestern, southeastern and western Atlantic Ocean, eastern and western Indian Ocean, Mediterranean Sea, eastern, northwestern, southwestern and western Pacific Ocean).</p>	<p><b>Endangered</b></p>	<p>Egg poaching, bycatch, coastal development, sale, solid and liquid waste.</p>	<p>Up to <b>75 years</b></p>	<p>Reached between <b>20 and 50 years of age</b></p>	<p>Except for their migrations, during which they cross the open sea, they generally live in shallow waters with coral reefs, seagrass beds and algae.</p>	<p><b>82 eggs in the Pacific and 112 eggs in the Caribbean</b></p>	<p><b>3 or more times</b> per season. The average nesting intervals is 14 days.</p>	<p><b>48-70 days</b></p>

To find out on which beaches in Costa Rica you can see leatherback turtles, see the map on page 1

Green sea turtles are named for the color of their fat, which is green because of their diet of seagrass (*Thalassia sp.*) This gives their fat tissue an olive-green color, which is called *Calopee* on the coast of Limón.

# OLIVE RIDLEY

Known as the only sea turtle that lays its eggs in a mass nesting event called *arribada*, with thousands of females arriving at the same beach to lay their eggs. Between 100,000 and 300,000 females can participate in the event. There are several beaches along the Pacific coast of Central America where the phenomenon occurs: Ostional and Nancite (Costa Rica), Playa La Flor and Chacocente (Nicaragua), and Isla Cañas and la Marinera (Panama).

*Lepidochelys olivacea*

Tortuga Lora

## Shell

Short and broad, lightly tectiform (tent-shaped) in adults, five to nine pairs of costal scutes (commonly six to eight), frequently with an asymmetric configuration.

## Head:

Relatively large, slightly triangular; up to 13 cm wide, two pairs of prefrontal scales.

## Weight:

35 kg - 50 kg

## Extremities

Two claws on each flipper (some adults may lose the second claw on the front flippers).

## Plastron

Four inframarginal scutes with pores.

**Coloration** dorsal side is brown with amber-colored streaks in adults; ventral side has hues of pale yellow to white, sometimes with black spots (particularly in specimens on the Pacific).



Average length in Costa Rica:  
**66 cm to 72 cm**



**Nesting period on the Pacific coast**

Mass nesting: once per month in each month of the year.  
Solitary nesting: year-round

**Nesting period on the Pacific coast (mass nesting)**

Every month, but especially during the rainy season (June to November) in Nancite and Ostional



This is the only species able to come together and organize their nesting in groups, which are called *arribadas*. In Costa Rica, these *arribadas* occur in Ostional and Corozalito.

## PREDATORS:

Eggs and newborns:



## Adults:



## HABITAT

Like most sea turtles, olive ridley sea turtles have a complex life cycle that requires a series of geographically separate areas and multiple habitats. Females nest on sandy coastal beaches, from where their newborns emerge and enter the sea to continue their development. They remain in a pelagic phase, passively traveling on ocean currents that take them away from the areas of their birth, with juveniles sharing habitats with adults until reaching sexual maturity. Reproductively active males and females migrate to the coastal zones and congregate near the nesting beaches.

## MATING

The species has three modes of reproduction: **mass nesting, solitary nesting and a mixed strategy**. The first method is a massive, simultaneous mass nesting behavior that can include hundreds of thousands of females over a period of several days. This occurs in less than a dozen places around the world, including the Ostional National Wildlife Refuge, Nancite in Santa Rosa National Park and Corozalito in Nandayure, Guanacaste. The most common form of nesting is dispersed or "solitary" nesting, with no apparent links between the individual events. In some areas, a mix between these two nesting behaviors can be observed.

## NESTING DATE



**Mass nesting:** Every month, but especially during the rainy season (June to November) in Nancite and Ostional

**Solitary:** Year-round

## DIET



**Omnivorous**  
Marine plants, lobsters, shrimp, fish, jellyfish, snails, algae.

## GEOGRAPHIC DISTRIBUTION



Olive ridley sea turtles have a circumtropical distribution, nesting in all tropical seas with the exception of the Gulf of Mexico, and with migratory routes in tropical and some subtropical regions.

## CONSERVATION STATUS



**Vulnerable**

## THREATS



Egg poaching, plastic bags, bycatch, coastal development, sale, solid and liquid waste

## AGE



Estimated life expectancy of **50 years**

## SEXUAL MATURITY



Reached at **13 years of age**.

## AVERAGE NEST SIZE



**110 eggs per nest**

## NESTS PER SEASON



**Two per season.**

**Nesting interval:** 26-66 days.

## INCUBATION PERIOD



**46-65 days**

# HAWKSBILL SEA TURTLE

One of the most highly exploited species by humans, the hawksbill turtle is captured for its meat and its attractive shell, which is used to make rings, combs, sunglasses, bracelets, necklaces, etc. Its eggs are also collected.

*Eretmochelys imbricata*

Tortuga Carey

## Shell

Oval, with a markedly serrated posterior margin and with thick, imbricated (overlapping) scutes, except in newborns and some adults; 4 pairs of costal scutes.

## Head:

relatively narrow; width of up to 12 cm; straight beak similar to a bird's; two pairs of prefrontal scales.

Weights up to **80 kg** with an average weight of **60 kg**

## Plastrón

Four pairs of inframarginal scutes without pores.

## Extremities

Front flippers of medium length compared to other species; two claws on each flipper.

**Coloration** dorsal side is brown with amber-colored streaks in adults; ventral side has hues of pale yellow to white, sometimes with black spots (particularly in specimens on the Pacific).



## Nesting period on the Caribbean coast:

**May to November :**  
Barra del Colorado, Tortuguero, Parísimina, Pacuare, Matina, 12 millas, Negra, Cahuita, Moín, Gandoca and Uvita.

Average lenght in Costa Rica:  
**85,97 cm to 90 cm**



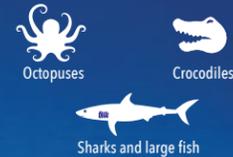
Its diet consists of sea sponges, jellyfish, invertebrates and other smaller organisms that live on the sea floor.

## PREDATORS

Eggs and newborns:



Adults:



The hawksbill sea turtle is the rarest of the species found in Costa Rica. Though there is a resident colony that lives in Golfo Dulce, they are difficult to spot due to the small size of the population and endangered status.

Feeding zones: internal part of the Gulf of Nicoya, rocky reefs of Cabo Blanco, Coyote, Central Pacific and the internal area of Golfo Dulce. In Costa Rica the nesting of hawksbill turtles occurs sporadically along the Pacific coast. Nesting females have also been reported in the northern Pacific beaches, including Isla San José, Lagartillo, Avellanas, Punta Banco, Caletas and Caña Blanca.



## NESTING DATES



**Caribbean:**  
May to November  
**Pacific:**  
May to January

## DIET



**Omnivorous**  
Sea sponges in large quantities, algae, marine worms, mollusks, seagrass and mangroves.

## MATING



Mating events occur every two or three years in shallow waters.

## GEOGRAPHIC DISTRIBUTION



The tropical and subtropical coastal waters of the Pacific, Atlantic and Indian Ocean.

## CONSERVATION STATUS



**Critically endangered**

## THREATS



Egg poaching, plastic bags, bycatch, coastal development, solid and liquid waste. Trade in products made from hawksbill turtle shells is a major problem in many countries, and continues to be a widespread threat in the Americas, Asia and parts of Africa.

## AGE



Estimated life expectancy of **30 to 50 years**

## SEXUAL MATURITY



Reached at **20 years of age or later.**

## HABITAT



Its marine environment is surrounded by coral reefs with a large quantity of sponges, algae and seagrass. It is also located close to rocky areas, sandbanks and mangroves; turtles can rest in caves and underneath rocks.

## AVERAGE NEST SIZE



**155 eggs per nest.**

## NESTS PER SEASON



**5 clutches** per season.

**Nesting interval:**  
14-16 days

## INCUBATION PERIOD



**47-75** days.

# LOGGERHEAD SEA TURTLE

Except for their migrations, during which they cross the open sea, they generally live in shallow waters with coral reefs, seagrass beds and algae.

## Caretta caretta

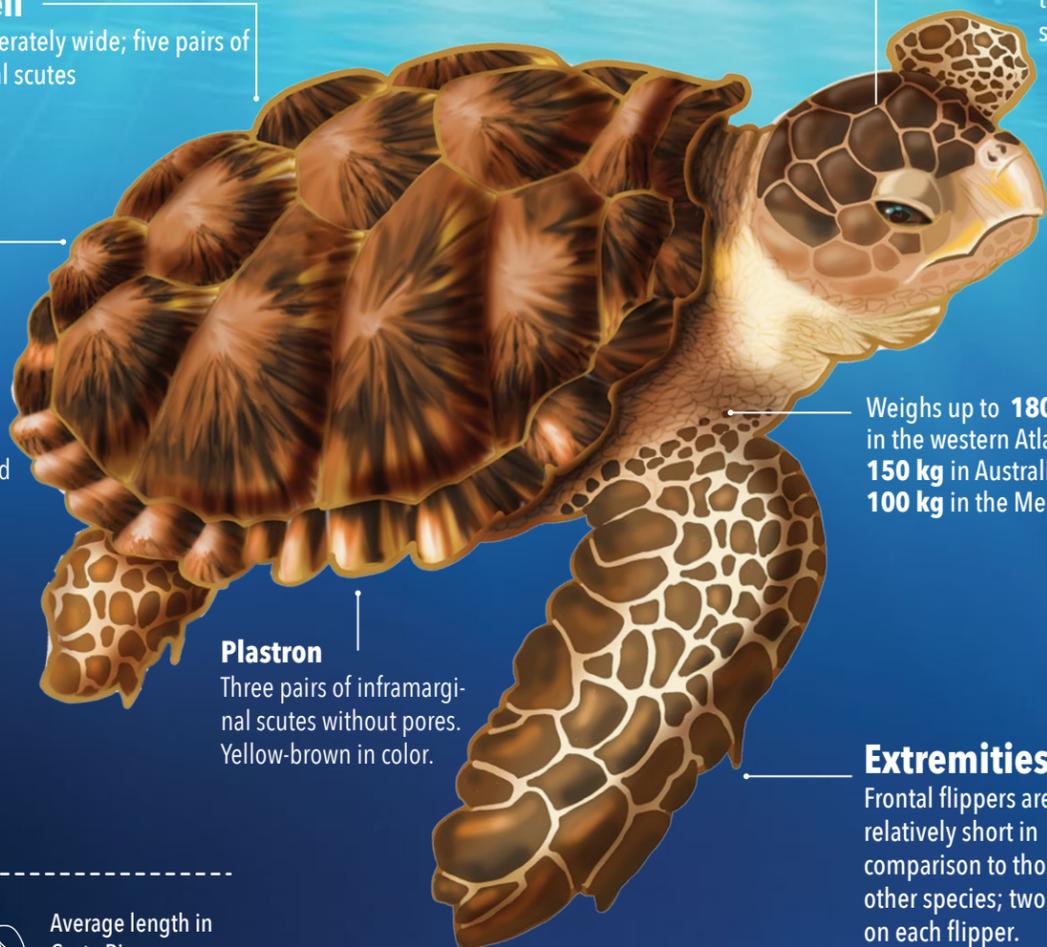
Tortuga cabeza, Tortuga caguama

### Shell

Moderately wide; five pairs of costal scutes

### Coloration

Dorsal side is reddish brown in adults; ventral surface yellow to orange in adults. Measures approximately 1 meter and can weigh up to 150 kg.



### Head:

Large and triangular. Width up to 28 cm; two pairs of prefrontal scales.

Weighs up to 180 kg in the western Atlantic, and up to 150 kg in Australia; under 100 kg in the Mediterranean.

### Plastron

Three pairs of inframarginal scutes without pores. Yellow-brown in color.

### Extremities

Frontal flippers are relatively short in comparison to those of other species; two claws on each flipper.



Average length in Costa Rica: **87 cm**



### Nesting period on the Caribbean coast

**May to August:** Barra del Colorado, Tortuguero, Parismina, Pacuare, Matina, Moín, 12 Millas, Negra, Cahuita, Gandoca.

### Pacific No nesting

In addition to its large head, this species is known for climbing trees near rivers and streams.

Due to the large size of its head, it cannot be hidden inside the shell.

This turtle is well-adapted to its marine surroundings.

It can be found exclusively in the reefs of Cahuita and Gandoca-Manzanillo on the country's Caribbean coast. There are no loggerhead turtles in the Costa Rican Pacific.

### PREDATORS

Eggs and newborns:



Adults:



This species has been found as far as 240 km into the open sea. Though it is not commonly found nesting in Costa Rica, nests have been reported in Tortuguero. Globally, its distribution includes the Pacific Atlantic and Indian Ocean, and can be found in Washington state, Japan, India, Kenya, the British Isles, southern Chile, Australia, South Africa, and even Argentina. It is also found in the Caribbean and Mediterranean Seas. It migrates long distances from its feeding sites to its nesting beaches.



Photo: tortugueroinfo.com

### NESTING DATE



**Caribbean:** May to August

**Pacific:** No information

### DIET



**Omnivorous** from when they are newborns to juveniles, but become **carnivorous** as adults (crabs, snails, sponges, jellyfish, urchins, fish eggs, shrimp)

### MATING



Mating is somewhat violent: males tend to bite the female's neck or flipper to be accepted. If the female rejects the male, she covers her cloaca and swims away towards the seafloor.

### GEOGRAPHIC DISTRIBUTION



Loggerhead turtle are distributed globally, in the **subtropical and temperate areas** of the Pacific, Indian and Atlantic Oceans and the Mediterranean Sea.

### CONSERVATION STATUS



**Endangered**

### THREATS



Egg poaching, plastic bags, bycatch, coastal development, sale, solid and liquid waste.

### AGE



Estimated life expectancy of **47-67 years**

### SEXUAL MATURITY



Reached betweenage. **10 and 39 years of age**

### HABITAT



Commonly found in coastal waters, river deltas and coral reefs. **Can dive for 15-30 minutes.**

### AVERAGE NEST SIZE



**100-130 eggs per nest** (Caribbean)

### NESTS PER SEASON



**4 clutches** per season,

**Nesting interval:** 15 days

### INCUBATION PERIOD



**56-80 days**



NATIONAL BIRD  
WATCHING ROUTE  
COSTA RICA  
**CORCOVADO**



*Amazilia boucardi*  
Mangrove Hummingbird  
Photo: Michael P. Anderson

# CORCOVADO - COSTA RICA



**Main Bird Watching Sites** 

Rincón • Río Tigre • Puerto Jiménez Mangrove • Corcovado National Park • La Tarde • Miramar • La Balsa • Carate • Luna Lodge • El Bambú • Danta Lodge • La Bijagua de Drake • Rancho Quemado • Los Planes Drake • Cristal Ballena Hotel • Oro Verde (Uvita) • Rancho La Merced • La Cusinga • Ballena Marine Park (Ballena Sector, Punta Uvita Sector) • Golfito Wildlife Refuge • Piedras Blancas National Park (El Bonito Sector) • Esquinas Rain Forest Lodge • Calatea (Uvita-Coronado) • Térraba-Sierpe Wetlands (Laguna de Sierpe, La Hacienda, Finca 18, Boca Coronado, Coopemangle, Boca Nueva) • Palmar Norte (Cerro Retinto) • National Museum Visitor Center Finca 6 • Las Pangas, Hospitales behind Ciudad Neily, Puente Negro en Coto 47.

The Corcovado Node is considered "the most biologically intense place on earth" by National Geographic magazine.

The Osa Peninsula is home to 2.5% of the world's biodiversity and more than 50% of Costa Rica's biological diversity, making it one of the most biodiverse regions in Costa Rica and the world. It is home to a large number of endemic birds, so much so that the Osa Peninsula is included in the "South Central American Pacific slope-021" one of the sites identified by the American Bird Conservancy as an area of endemic birds.

This region includes the Osa Conservation Area, located in the southern part of Costa Rica. The region is very humid, with an annual rainfall of 6,000 mm, which in combination with the isolation from other systems, has contributed to the high diversity of plant and animal species, including many that are endemic.

It is the only extensive region with very humid tropical forests on the Pacific slope of Central America, and the largest percentage of the country's remaining forests are found in this area. The vegetation of the area consists mainly of very humid tropical forest with the following habitats: mountain forest, cloud forest, lowland forest, swamp forest, herbaceous swamp, mangrove, cliff vegetation and coastal vegetation.

# BIRDS EMBLEMATIC BIRDS OF SCORCOVADO

**Main Communities**  
**Osa:** Ciudad Cortés, Palmar Norte, Sierpe, Piedras Blancas, Bahía Ballena, Bahía Drake  
**Golfito:** Golfito, Puerto Jiménez  
**Corredores:** Ciudad Neily



 **January to May**  
**Euphonia imitans**  
 Common name: Pot-crowned Euphonia

Photo: Monitor Group Dos Brazos de Río Tigre



 **February to June**  
**Melanerpes chrysauchen**  
 Common name: Golden-naped Woodpecker

Photo: Alan Dahl



 **March**  
**Habia atrimaxillaris**  
 Common name: Black-cheeked Ant-Tanager

Photo: Manuel Sánchez



 **December to June**  
**Carpodectes antoniae**  
 Common name: Yellow-billed Cotinga

Photo: Karen Leavelle

 **August to January**  
**Pteroglossus frantzii**  
 Common name: Fiery-billed Aracari

Photo: Alvaro Antonio Cubero



 **August to January**  
**Trogon bairdii**  
 Common name: Baird's Trogon

Photo: Gustavo Rojas Madrigal

 **March to June**  
**Amazilia boucardi**  
 Common name: Mangrove Hummingbird

Photo: Frank Chaves



 **March**  
**Cotinga ridgwayi**  
 Common name: Turquoise Cotinga

Photo: Leandro Arias Salazar



 **February to June**  
**Cantorchilus semibadius**  
 Common name: Riverside Wren

Photo: Manuel Sánchez



 **August to January**  
**Lophornis adorabilis**  
 Common name: White-crested Coquette

Photo: Manuel Sánchez



 **August to January**  
**Manacus aurantiacus**  
 Common name: Orange-collared Manakin

Photo: Manuel Sánchez



 **Nesting season**

 Para más información visite:

-  [ebird.org](http://ebird.org)
-  [Video de aves Corcovado](#)
-  [Birds of the cloud forest](#)
-  [Bahía Ballena](#)
-  [Lista Oficial de Aves de Costa Rica](#)
-  [Unión de Ornólogos CR](#)
-  [Asociación de Ornólogos de CR](#)
-  [Listado de aves de Corcovado](#)
-  [Lista de Aves Migratorias Península de Osa](#)

# BIRD WATCHING IN Costa Rica

For national and international birdwatchers, Costa Rica is one of the most important tourist destinations in the world. A country with a small territory of 51,100 km<sup>2</sup> of land area (0.03% of the world's surface) and 589,000 km<sup>2</sup> of territorial sea, it has an avifauna with more than 900 species that surpasses all of Europe. Costa Rica is possibly the country with the most bird species and habitat types in the world in relation to the size of its territory.

The diversity of birds is divided into four ornithological provinces: Highlands, Caribbean Slope, North Pacific and South Pacific. Including Cocos Island and its territorial waters.

The country has developed the National Bird Route which is composed of 12 nodes or main birding sites, involving 7 National Parks, 1 National Wildlife Refuge, private reserves and surrounding communities, distributed practically throughout the country and differentiated into 4 Bird Zones: Tropical Dry Forest, Highlands, Caribbean Tropical Rainforest and South Pacific Tropical Rainforest. All of them with a high diversity of bird species that is complemented by the culture, rurality and local communities that are integrated into this route.

**Costa Rica has:**

- **3 million** migratory birds of prey fly through the sky from August to November.
- **220 species are migratory** and correspond to Nearctic migratory species from North America.
- **19 are globally threatened.**
- **One of the top 5 favorite birding countries in the world.**
- **7 endemic species**, 4 on the mainland, 3 on Cocos Island.
- In total, Costa Rica's bird species constitute **9% of the world's known species.** (Stiles and Skutch, 2007, p. 13-31)



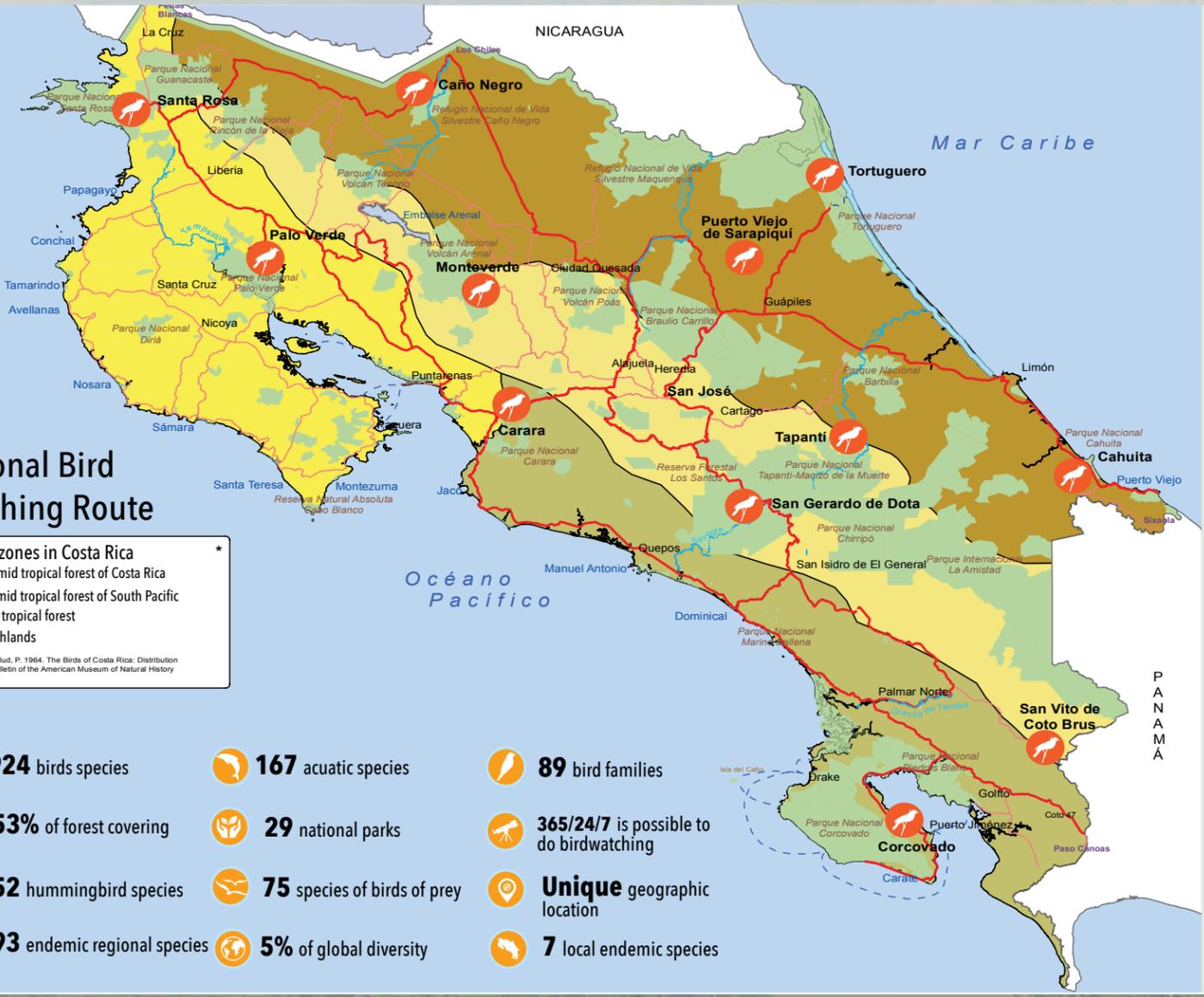
## National Bird Watching Route

**Birdlife zones in Costa Rica** \*

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

\*Adaptado de Stued, P. 1964. The Birds of Costa Rica: Distribution and Ecology. Bulletin of the American Museum of Natural History 134: 261-296

- 924 birds species
- 167 aquatic species
- 89 bird families
- 53% of forest covering
- 29 national parks
- 365/24/7 is possible to do birdwatching
- 52 hummingbird species
- 75 species of birds of prey
- Unique geographic location
- 93 endemic regional species
- 5% of global diversity
- 7 local endemic species



**Credits:**  
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**Coordination and production** Mario B. Badilla Jara.  
**Workgroup:** Mario Badilla, Luis Humberto Elizondo, Pablo González (mapas), Rafael Soto, Rodolfo Lizano and Ruth Alfaro (Costa Rican Tourism Board).  
**Graphic design:** Floria Leiva Pacheco.  
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**Direction, proposals and review:** Ruth Alfaro Rojas.

**Coordination and production:** Mario B. Badilla Jara.

**Guide managers:** Mario Badilla and Emilia González.

**Design and layout:** Floria Leiva Pacheco.

#### **Workgroup:**

Loida Pretiz, Efrén Hernández and Natalia Cedeño (Ministry of Culture and Youth).

Ruth Alfaro, Emilia González, Giovanni Solera, Katy Solís, Sandra Monge, Pablo González y Antonio Farah (maps), Francisco Esquivel and Mario Badilla Jara (Costa Rican Tourism Board).

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Corazón de Osa Travel Agency  
Caño Divers Travel Agency  
Tangara Tours  
Costa Rica Dive and Surf Travel Agency  
Look Out Drake Bay Travel Agency  
Uvita Information Center Travel Agency  
Bahía Ballena Kayaks Travel Agency  
Drake Divers Costa Rica Travel Agency  
Poormans paradise resort  
Drake Bay Costa Rica  
La Perla del Sur  
Sierpe Azul  
Rancho La Merced  
Tropical Escapade  
Rancho Quemado  
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Ensueño Terraba Tour  
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3-Beaches photography.  
GOPLAYA.

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