



Touristic and Cultural guide of SOUTH PACIFIC

Buenos Aires • Corredores Coto Brus • Pérez Zeledón



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Municipalidad de Pérez Zeledón



Municipalidad de Buenos Aires



Municipalidad de Buenos Aires



Municipalidad de Buenos Aires



Turibus



Nauyaca Waterfalls

NWR: National Wildlife Refuge
BR: Biological Reserve

10 things every tourist must do in Pacífico Sur: Buenos Aires, Corredores, Coto Brus and Pérez Zeledón

1

Discover Cerro Chirripó; the highest massif in the country, La Amistad International Park and the foothills of the Talamanca mountain range.



2

Enjoy rural life in Buenos Aires, Corredores, Coto Brus and Perez Zeledon.



3

Take a Birdwatching Tour.



4

Have an experiential and cultural experience with the Boruca, Bribri and Cabécar, Ngäbe and Térraba indigenous peoples.



5

Enjoy the richness of traditional and international gastronomy.



6

Seek the adrenaline rush of rafting, canopy, rappel and paragliding.



7

Admire its many spectacular waterfalls and explore the pure and refreshing waters of its rivers.



8

Visit the Wilson Botanical Garden and Los Cusingos Bird Sanctuary.



9

Enjoy the incredible formations sculpted by water (stalactites and stalagmites) over thousands of years



10

Dazzle yourself with its natural viewpoints and panoramic views.





We invite you to visit the South Pacific region, you will be fascinated by its variety of landscapes ranging from the ocean coasts to the high mountains. It is recognized for concentrating 2.5% of the world's biodiversity, we have the highest mountain in Costa Rica, Cerro Chirripó at 3,824 meters above sea level, 10 protected wild areas, 9 indigenous territories, a variety of microclimates, lands with impressive conditions for planting. Its authentic and wonderful Costa Rican rurality. And especially its multiethnic and multicultural origin of its populations.

This cultural tourist guide of the South Pacific includes the cantons of Buenos Aires, Corredores, Coto Brus and Perez Zeledon. This area is immersed in the Brunca region, however, the cantons of [Osa y Golfito-Jiménez](#) do not appear in this guide because each has its individual guides. However, there are particular tourist activities that can be done while visiting the region.

The South Pacific region includes the entire coastal sector extending from Dominical in the north to Punta Burica in the extreme south of the country. However, within this region there are several natural attractions belonging mainly to the Cordillera de Talamanca. This area is also known for its biological diversity, natural beauty and rich landscape. There are several wilderness areas of great natural and tourist importance. Due to all of the above, a variety of activities are offered in the South Pacific including hiking in the highest mountains of Costa Rica, horseback riding, river rafting, sport fishing, waterfalls, adventure tourism, bird watching and observation of the great biodiversity of species of flora and fauna, troops of squirrel monkeys and endemic species of the Central and South Pacific coast.

The South Pacific is therefore an ideal tourist area for adventure seekers and ecotourists. It is a region of high contrasts where the tourist has the opportunity to visit from beaches with profuse and very humid tropical vegetation (in the cantons of Osa, Golfito and Jiménez, which are included in this guide, see link), to the highest elevations of the country, where the low temperatures correspond to unique ecosystems and geological formations in Costa Rica. The rivers and waterfalls of this region are also of great scenic beauty. ict.go.cr/en/servicios-institucionales

On the Talamanca mountain range there are several state protected areas (among them the Chirripó and La Amistad National Parks) that form a Ramsar Site as well as a World



Heritage Site recognized by UNESCO. These protected areas and the surrounding indigenous territories make up the La Amistad Biosphere Reserve.

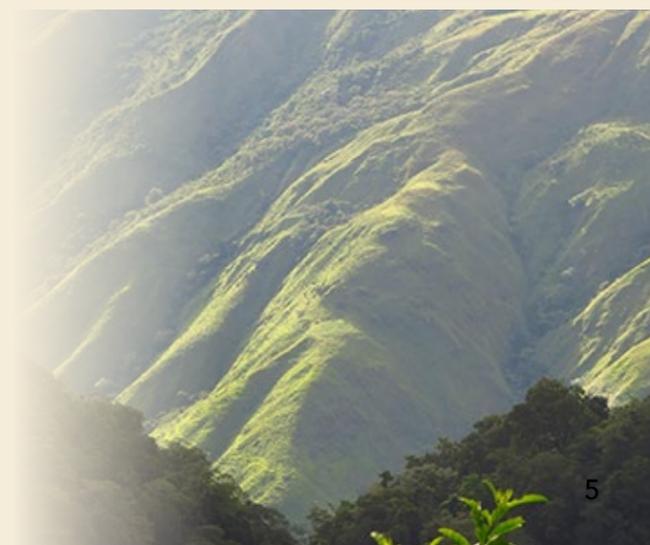
www.visitcostarica.com/es/costa-rica/where-to-go/protected-areas/la-amistad-international-park-and-reserve

This mountain range is the highest in elevation in southern Central America. It extends from the southern part of the Central Valley of Costa Rica and continues in the territory of the Republic of Panama with the names of Cordillera de Chiriqui or Cordillera Central. In Costa Rica, through the Interamerican Highway South you can reach one of the highest hills of the mountain range, Buenavista Hill (3491 m), more commonly called Cerro de la Muerte (Hill of Death), because there are stories that claim that passersby who went from Valle del General to San José, when spending the night on the hill, died of cold in the place.

La Amistad Pacifico Conservation Area covers most of the Talamanca mountain range on the Pacific side. It is made up of terrestrial parts that rise from 100 meters above sea level to the highest altitude formation in the country (Chirripó). It shares its territory with La Amistad-Caribe Conservation Area, La Amistad International Park, a World Heritage Site and Biosphere Reserve of exceptional scientific value, conservation, and natural beauty.

Since 1982, La Amistad International Park has been part of the core area of La Amistad Biosphere Reserve, along with other neighboring protected wildlife areas (including Chirripó National Park) and the surrounding indigenous territories, both in the Pacific and Caribbean sectors of Costa Rica. It is the largest protected wildlife area in the country and currently the only bi-national protected area since it continues in Panamanian territory with an extension of more than 200,000 ha. It is called "International" because it extends to the neighboring country of Panama, whose territory covers about 207,000 hectares. Its surface area includes very humid, rain and cloud forests, as well as moorlands and regions crowned by peaks and rocky massifs where cold bogs are found restricted to small areas at high altitudes.

There are seven life zones and six transition zones in La Amistad International Park. This is because Costa Rica acts as part of the biological bridge and filter between South America and North America, which is the great value of this protected wilderness area endowed with a great biodiversity in which





we find an extraordinary number of ecosystems, product of differences in altitude, soil, climate and topography, such as paramos, swamps, oak forests, madroñales, fern forests and mixed forests. The area is endowed with a great biodiversity in which we find an extraordinary number of ecosystems, as a result of the differences in altitude, soil, climate and topography, such as paramos, swamps, oak forests, strawberry trees and mixed forests.

Rural Tourism

The rural tourism offer is ample and combines natural, cultural, and agricultural attractions, making your tourist experience personalized and allowing you to enjoy the services of micro, small and medium local businesses, without neglecting the proper management of natural and cultural resources that offer an integrated proposal of lodging, food, and recreational activities. In short, you will be able to experience the warmth and authenticity of Costa Rica.



Indigenous peoples

Let us tell you about the Southern Zone of Costa Rica, specifically the exuberant Brunca Region or Diquís www.diquis.go.cr, which in pre-Columbian times was part of the Gran Chiriquí Region, where its first settlers between 12000- and 5000-years B.C., gave rise to the formation of small groups that moved around to gather food and hunt. (JUDESUR, 2016. History of the Brunca Region,

Five indigenous peoples live in the South Pacific: Bribri, Borucas or Bruncas, Cabécares, Ngäbes and Térrabas, which have 12 territories: Salitre, Cabagra, Boruca, Rey Curré, Ujarrás and Térraba in the canton of Buenos Aires, China Kichá in Pérez Zeledón, Abrojo Montezuma, Alto Laguna in canton of Osa and Altos de Osa de San Antonio in Corredores, Coto Brus in Coto Brus, Conte Burica in Golfito and La Casona in Coto Brus and Buenos Aires; that is to say, in all the cantons of the region.

 puravidauniversity.eu/territorios-indigenas-costa-rica/



Bribri

Derived from the name for “people of the steep mountains”, because in the old days the Bribri people of the highlands differed from the people of the plains, although the two were closely related. The Bribri people inhabit the territories of Cabagra and Salitre, in the canton of Buenos Aires, Puntarenas province. The Bribri language is spoken by the majority, which are bilingual with Spanish, in some cases trilingual with English.

These communities reaffirm, promote and recreate their own values and traditions, which contribute to the strengthening of their cultural identity, through the construction of traditional houses, the formation of cultural groups that rescue and project traditional dances such as the “Sorbón” and other cultural and educational activities such as the teaching of the Bribri language, as well as the production of various handicrafts with natural raw materials such as gourds, cabuya and pita; in addition to the use of natural dyes, there are traditional craft techniques, designs and shapes that reflect their natural and cultural environment.

 www.facebook.com/turismoindigenaenamerica/

Cabécar

The Cabécar have occupied very remote areas on both slopes of the Talamanca Mountain range. Due to the remoteness of their territories, they have had a lower degree of acculturation and their habitat is the least altered, therefore, they preserve their language and many of their traditions. Their name originates from the word for the quetzal bird. Most speak the Cabécar language, and almost all speak Spanish.

This native people are located in the territories of China Kichá and Ujarrás, which are located in the cantons of Pérez Zeledón and Buenos Aires.

These indigenous communities still preserve various traditions and customs, some of which are materialized through cultural festivals, the transmission of the Cabecar language between generations and the transfer of knowledge related to natural medicine, traditional housing construction, and agricultural





and handicraft production techniques. They make various handicrafts with natural raw materials such as gourds, cabuya pita, natural dyes to decorate the handicrafts.

www.ecured.cu

 **Borucas**

Known as Borucas. They are named after their main settlement, the town of Boruca ("Place of ashes"). They are located in the Boruca and Curré territories, located in the canton of Buenos Aires, province of Puntarenas. According to INEC (2000), the total indigenous population settled in these territories was 2,017 people (1,386 in Boruca and 631 in Curré).

Their native language is Brunca or Boruca, but few speak it; Spanish is known to all.

The Brunca community has developed several initiatives aimed at revitalizing its culture through the "Baile de los Diablitos", through theatrical and festive performances that take place every year from December 31 to January 2 in Boruca and in February in Curré. In addition, traditional masks have been created and are used as souvenir handicrafts during these festivities. In the field of handicraft production, the cultural revitalization of cotton fabrics and the use of natural dyes, including purple, which is extracted from a mollusk whose process does not harm the animal, is noteworthy. The carving of gourds with a variety of designs is also a specialty of the indigenous artisans of Curré.

 www.boruca.org/es/

Térraba o Teribe

It is in the canton of Buenos Aires, province of Puntarenas, in Térraba and other villages of the Boruca-Térraba Reserve. The Teribe or Térraba people of Costa Rica are descendants of the Teribes who were moved by the Spanish in the 17th and 18th centuries from Talamanca, on the Caribbean slope, to the Pacific slope. The Térraba people of Costa Rica and the Naso-Teribe people of Panama are related. Some of the terrabas are: San Antonio, Volcancito, Paso Real, Murciélago, Bajos de San Andrés, Camancragua and El Tigre.



Among the handicrafts of this group, the elaboration of balsa or cedar wood masks stands out. They build large and beautiful baskets, which are called javas, characterized by a triangular bottom and round top. They also manufacture musical instruments such as drums, maracas and flutes. In this sense, they excel as excellent carvers. Special mention should be made of its canoe production.

 terraba.org/es/home.html

Ngäbe

At the beginning of the conquest, one of their chiefs was known by that name by the Spaniards. The name of the indigenous peoples was extended to central Costa Rica, mainly in the Central Valley.

They are in the South Pacific in the following territories: Coto Brus, Abrojos Montezuma, Altos de San Antonio, Conte Burica and Alto Laguna, in the cantons of Coto Brus, Corredores, Golfito, Buenos Aires and Osa, Puntarenas province. These territories are rich in natural resources on which they base their economy.

This indigenous group that has preserved more customs and traditions, including the use of traditional dress (women daily and men for Ngäbes cultural activities), along with the important trait of the Ngäbere language. They produce a variety of handicrafts made with natural raw materials, including crafts made with tree bark, decorated with natural dyes, costume jewelry and traditional dresses that are very colorful.

 es.wikipedia.org





Cantons

Buenos Aires

Buenos Aires was founded on January 1, 1915, and its primary community is the City of Buenos Aires, which was previously known as Hato Viejo. This region is known as an important cultural melting pot with its own language and traditions and for being in the middle of Costa Rican history. It is a territory rich in biodiversity and natural resources, which makes its conservation necessary. Founded on July 29, 1940. Its main industry is agriculture and livestock. It has a climate of strong breezes from the South Pacific.

See more

-  [Municipalidad de Buenos Aires](#)
- [Agencia para el desarrollo Zona Sur](#)
- [Cámara de Turismo Buenos Aires](#)
- www.descubrebuenosaires.com



Corredores

The name of the canton has its origin in the toponym of the Corredor River, which rises on the slopes of the Brunqueña range, an extensive spur of the Talamanca Mountain range. This river also borders Ciudad Neily, the cantonal capital, being its most important river course.

The denomination of "Corredores" already existed when the fourth district of Golfito was created, established by decree in 1970. In the bill for the creation of the canton, it was mentioned that the residents of the fourth Corredores district were requesting the creation of this new administrative unit.

See more

-  [Municipalidad de Corredores](#)
- [Cámara de Comercio Industria y Turismo de los Cantones del Sur](#)
- [Agencia para el desarrollo Zona Sur](#)

Coto Brus

Regarding the origin of the canton's name, the explanatory memorandum of the bill for its creation indicates that it was proposed by Mr. Germán Espinoza Jiménez as a

tribute to the cacique, and his tribe, that inhabited the region many years ago. In the document Los Aborígenes de Costa Rica by Don Carlos Gagini, the meanings of both words of indigenous origin appear. Couto, coctú, cooto or cobto was a province located to the southeast of Quepo, which was an enemy territory with two fortified settlements. In 1571, Don Perafán de Ribera founded the city of Nombre Jesús on the margin of the river Cobto. In 1797, Brusi, a name that later evolved to Brus, was a Terraba or northern Indian territory partiality, which was assigned to a valley of Boruca. The name Coto Brus, was given to the main river, which originates on the slopes of the Pando hill, in the Talamanca mountain range, through the valley of the same name, before joining the General river and forming the Grande de Terraba. According to the Atlas Cantonal de Costa Rica, of the Instituto de Fomento y Asesoría Municipal, and Carlos Gagini's research, the name Coto Brus comes from the Coto or Couto River and the Brus or Brusi valley that was inhabited by a large group of indigenous people.

Coto Brus is located in the foothills of the Talamanca Mountain Range and is made up of small valleys and high plateaus thus, the roads leading to it are irregular due to the difficult terrain.

The climate is cold and humid, which helps keep the land covered with green throughout the year, resulting in satisfactory agricultural development, especially the cultivation of coffee. From the main town of San Vito, it is possible to travel to different natural attractions that are located within protected areas.

See more

-  [Municipalidad de Coto Brus](#)
- [Cámara de Turismo Rural Comunitario de Cotobrus \(CATUBRUS\)](#)
-  infoturibrus@gmail.com
- facebook.com/Camara-de-Turismo-y-Comercio-de-Coto-Brus
- [Agencia para el desarrollo Zona Sur](#)
- destinopilacr.com

Pérez Zeledón

The canton is characterized for being one of the most populated and extensive of the country. Economic activities in this area include agriculture, livestock, ecotourism, and others. Cerro Chirripó, the highest point in Costa Rica, at 3820 meters above sea level, is located at the summit where the cantons of Talamanca, Turrialba, and Pérez Zeledón converge.

The name of the canton is a homage to Lic. Pedro Pérez Zeledón, Costa Rican jurist and diplomat, who worked for the development and promotion of agriculture in the South Pacific region of Costa Rica.

See more

-  [Municipalidad de Pérez Zeledón](#)
- [Cámara de Comercio, Turismo, Industria y Agricultura de Pérez Zeledón](#)
-  [CATURCOCHI](#)
- [Valle del Chirripó](#)
-  [Asociación de Empresarios turísticos del Valle del General y Pacífico Sur \(TURISUR\)](#)

Other organizations

Chamber of Commerce, Industry and Tourism of Southern Cantons

-  agenciazonasur.com/cadeco.negocio.site/

Rural tourism

-  [Cámara de Experiencia Rurales](#)



[Return to Map](#)

Cultural Heritage

MUSEUMS

Boruca Indigenous Community Museum. The building showcases the typical rancho used by the Borucas as a traditional dwelling, of which there are very few left in the area. It is the meeting place for the artisans' committee and is also used as an artisan workshop to train and revitalize the characteristic activity of the community.

Térraba Indigenous Community Museum. This museum is part of the Térraba culture complex. The site exhibits an old fire pit and bed, bows, arrows, and other utensils that are part of the history of the indigenous community of Térraba.

Dante Alighieri Cultural Center. It was created in 1983 for the promotion and preservation of Italian culture, paying homage to Luigi Sansonetti (Father of Vito Sansonetti, founder) at the entrance with a statue. It has a library, a room for various activities and a collection of historical photographs on the population process of San Vito.

Ricardo Neily Mausoleum. Located in Ciudad Neily, Corredores. It is a historical center of the life of the founder of Ciudad Neily, Don Ricardo of Lebanese origin and houses his mausoleum.

INDIGENOUS TERRITORIES

The South Pacific is inhabited by the various indigenous groups Bribri, Teribe, Cabécares and Borucas

The Festival of the Diablos. It represents a fight to the death against the Spanish culture that invades the indigenous territories. Two central characters appear in this festival, the bull that represents the Spaniard, and the devils that represent the indigenous people.

The festival of negritos. Takes place between December 6 and 8. The Indians paint their faces with charcoal and wear no other special clothing. There is an older devil, who directs the activity. In Boruca they play with a bull and a little horse carved in wood, while in Térraba they play with a cow and a little horse.

Piedra del Indio Archaeological site is in Rivas 8 km from San Isidro de El General. It is a petroglyph, an archaeological vestige that shows a "rock map" detailing the Talamanca Mountain range with its various geographical features, that was declared historical heritage.

South Pacific stone spheres. These are archaeological pieces found only in this region of the country and are unique in the world. These spheres have been found mainly on banana plantations in Palmar Sur.

Ngäbe traditional costume. The Ngäbe are the only indigenous people in Costa Rica that still preserve their traditional costume. Ngäbe women dress in loose-fitting gowns that fall to their ankles. These costumes are elaborated with colorful fabrics, and are decorated with borders, horses and colorful ribbons. Handmade.

GASTRONOMY

In the South Pacific, you can savor exquisite dishes of pre-Columbian and colonial influence based on corn, rice, beef, pork, and poultry, as well as dishes based on fish and seafood.

CRAFTS

The work of traditional artisans, who continue to work their products in a manner like their ancestors, stands out. They make fabrics, bags, balsa wood masks, which are shaped into different characters and then decorated with bright colors.

In addition, in the South Pacific, operates the artisan collective La Zona, made up of artisans from the southern zone of Costa Rica, whose crafts stand out for the use of different techniques and materials, all inspired by the southern zone.

ANCESTRAL DANCES AND CEREMONIES

Ancestral dances and ceremonies of the indigenous people of Casona de Coto Brus

In the Casona de Coto Brus, the Gnäbes celebrate a series of cultural activities that express their worldview and ancestral spirituality through dances, rites and ceremonies that recall the ancient customs of their ancestors.

Folk dances are done mainly in the dance halls of the communities, alternating popular music such as salsa, merengue, cumbia, and Creole swing, among others.

Folkloric dances: One of the most popular artistic expressions in the cantons are the different folkloric dance groups, which are characterized by bringing to the stage choreographic works that complement the musical and dance production from the Costa Rican cultural heritage.



Architectural Heritage

1

Uslë (U-suré)



The traditional conical dwelling (U-suré) of the Bribri and Cabécar peoples, in its role as microcosm, represents the essential key to elucidate the cosmovision of these original Costa Rican peoples.

2

Traditional house



Traditional indigenous houses, made from natural materials. Inside, there is a kitchen area, a common area and a sleeping area. They are generally built on bases and have a rectangular structure.

3

Pedregoso School



It has a "Casona" which was declared Architectural Heritage on March 16, 2007, it is the second oldest school in the canton of Perez Zeledon.

4

Barrantes House



First house built in the Valley of El General, in 1935 and 1936, with influence in design, materials and dominant characteristics in the construction of that time in the Central Plateau.

Tourist activities



Observation of flora-fauna and birds. The state protected areas of La Amistad Pacifico Conservation Area and private nature reserves facilitate a pleasant experience with the diversity of nature.



Bird watching. The Brunca region is famous among the most renowned birdwatchers, but people's interest has increased dramatically in recent years, due to the great diversity of birds available in the region.



Hiking. Day and night hikes are part of a very important activity that is carried out to observe natural and cultural attractions, such as the national parks of Chirripó and La Amistad, among others. As well as state and private forested areas.



Horseback riding. Horseback riding in the south offers the possibility to visit natural sites, communities, and patrimonial and cultural sites, including Rivas de Perez Zeledon, San Vito, Buenos Aires and Neily.



Thematic activities. Make the most of the themed activities that include adventure parks, ecological, with access to water and hot springs activities, zip lines, hanging bridges, trails, slides, botanical gardens, native and exotic animal sanctuaries.



Adventure activities. Experience the adrenaline of canopy, canyoning, rappelling, horseback riding, hiking, quad biking, mountain biking, kayaking, and paragliding, among others.



Tilapia and trout fishing. Looking for a nice trip for the weekend? This is a guide of places to go fishing with the family, enjoy nature and have a delicious lunch at the same time.



Waterfalls and cascades. Immerse yourself in the refreshing waters of the waterfalls and waterfalls such as the beautiful Nauyaca, Abrojo, Diamante, Ecochontales, Kilo, and others. <https://moveteenelmundo.com/14-cataratas-increibles-en-costa-rica/>



Wellness tourism. Experience the soothing, relaxing therapeutic experience of spas and hot springs.



Rural tourism. Get to know Costa Rica's countryside and traditions on a tour through the heart of the southern zone. You will travel through the South Pacific and visit several indigenous villages and farming communities, where you will hear stories and learn about the customs of the region as you get closer to the sites of interest.



Recreational cycling. The Southern Zone has a diversity of trails for adventure and nature observation, which can be done on regular or mountain bikes, including San Vito-Agua Buena, to name a few.



Spelunking in the vicinity of the community of Ciudad Neily are the caverns known as Fila de Cal, which allows you to enjoy an adventure and learn about the caverns.



Photography. Photography is a wonderful activity due to the varied cultural, archaeological, and scenic options in this area.



Chirripó mountain race. This competition, unique in Central America, takes place during the last week of February of each year, in the town of San Gerardo de Rivas in Pérez Zeledón, with the participation of more than 200 athletes, mainly local, although runners from other areas participate. The route is a very tough climb, since you must ascend from 1,000 meters to 3,500 meters of altitude in the Valley of the Crestones in a very short time, in a distance of 14 km. There is also the Cerro Cabecar race (14 km) and the Eternal Waters race.



Observation of cultural activities. Throughout the year, various activities related to cultural, religious, sports and civic aspects are carried out or fairs are held to raise funds for community development.

Information

visitcostarica.com
visitcostarica.com/es/costa-rica

JANUARY		
	1 - 2 Festival of Los Diablitos. Boruca Indigenous Community.	
	Mid-month Feast of Santo Cristo Esquipulas. Canaán de Rivas. Popular festivities. Rivas Horseshoe.	
	Balsería Festival and Ngäbe-Buglé culture. Ngöbe La Casona Territory in San Vito de Coto Brus.	
	Mid-month Pedregoso Civic Festivities. San Isidro de El General.	
<i>Fiesta de los Diablitos</i>	FEBRUARY	
	1 - 2 Festival of Los Diablitos. Rey Curré Indigenous Community.	
	Chirripó Cultural and Ecological Cross-Country Race. San Gerardo of Rivas.	
	11 Our Lady of Lourdes Patron Saint's Day. Savegre de Río Nuevo, Lourdes de Daniel Flores and downtown Pejibaye.	
	End of month ExpoPZ. Daniel Flores. San Vito de Coto Brus.	
<i>Fiesta de los Diablitos</i>	MARCH	
	Cerro Cabécar race. Santa María de Brunca.	
	22-23-24 Expo Fila Tigre.	
	Popular festivities of the Limoncito Valley. Coto Brus.	
	Last weekend Cross-country race to Cerro Ena. San Jerónimo de San Pedro.	
<i>Fiestas populares del valle de Limoncito</i>	APRIL	
	Holy Week liturgical celebrations in all communities	
	11 Civic activity Juan Santamaría	
	24 Traditional horseback riding. Pérez Zeledón-Cartago.	
<i>Cabalgatas</i>	MAY	
	1 Labor Day.	
	15 San Isidro Labrador Day. Patron Saint Festivities. San Isidro de El General downtown	
	20 Birthday of Alexander Skutch. Quizarrá de Cajón.	
	JUNE	
	29 Patron saint festivities in commemoration of San Pedro, patron saint of Buenos Aires, District of Buenos Aires, head of the Canton. San Pedro downtown and at La Piedra de Rivas. Also, in San Pablo de Platanares	
	JULY	
	15-29 Patron saint festivities of Santa Marta- Ciudad Neily, are usually from July 15 to 29.	

AUGUST		
	1 Pilgrimage to Cartago. Pérez Zeledón-Cartago Horseback Ride Patron saint festivities in honor of the Queen of the Angels. Los Ángeles de Rivas.	
	24 National Parks Day	
	Reto de las Aguas Eternas Cross Country Race. San Gerardo de Rivas.	
	End of month National Rambutan Fair. Pueblo Nuevo de Cajón.	
	SEPTEMBER	
	14 Lantern parade.	
	15 Costa Rica Independence Day	
	Feasts of the Tico-Panamanian confraternity. Corredores, Paso Canoas as well as the neighboring cantons of Coto Brus and Golfito and the neighboring Panamanian border.	
	All month Paso Canoas. In Potrero Grande a beautiful activity is celebrated every year, since this community was created by Panamanians.	
	20 - 30 Patron saint festivities General Viejo.	
	OCTOBER	
	19 Annual Cantonate Festivities. Ciudad Neily Park	
	NOVEMBER	
	Week of 4 Independence of Panama. On the Panamanian road on the border.	
	Last week Corn Fair. Mollejones de Platanares	
	DECEMBER	
	7-8 Somos Festival. Coto Brus.	
	8 Festival of Los Negritos. Boruca Indigenous Community. Festival of light. Buenos Aires.	
	Mid-month Rice Tamale Festival. The rice tamale is one of the most typical dishes of the canton of Buenos Aires.	
	2nd Saturday of the month Annual Christmas Festival. Neily central park	
	31 to 02 January Dance of the Diablitos. This tradition, in the form of a procession lasting three days and nights, takes place in the Boruca community every December 31 to January 2 and in the community of Rey Curré the first weekend of February.	
<i>Festival Navideño</i>		

The South Pacific of Costa Rica is a multiethnic and multicultural region. Historically, a population of diverse indigenous origins, with the addition of Italian immigrants in Coto Brus, Panamanians in Potrero Grande, and the process of the banana enclave, which brought peasants and local and foreign agricultural workers, creating an attractive and little exploited cultural variety.

The diversity of the human group makes the cultural richness of the area of particular interest in terms of popular and traditional cultures.

Currently this area is projected as a region of economic development, its main activities are livestock, agriculture (palm plantations, rice, cocoa, coffee, and pineapple), gold mining and fishing and commercial activity (Paso Canoas and Golfito).

Property declared heritage or of cultural interest



Barrantes Elizondo House

The first house built in the El General Valley in 1935 and 1936, belonged to the Barrantes-Elizondo family. Influenced by design, materials and dominant characteristics in the construction of that time in the central plateau. It incorporated in its construction new materials, unknown until then by the settlers: paint, glass, gutters, downspouts, and other elements such as electricity and an iron stove.

In August 1936, the name of the farm was placed on the roof of the new white house: "La Angelica".

Declared to be of historical patrimony, Decree N° 26317-C, June 20, 1997, the descendants of the Barrantes-Elizondo family joined forces to buy the property where many of their children were born and opened its arms to grandchildren, sons-in-law, daughters-in-law, relatives, and friends of the family.

For more information:

 micostaricadeantano.com



School of Pedregoso

In 1927 one of the educational centers with the longest history in the canton of Pérez Zeledón was established, we are talking about the Pedregoso School, an institution that is celebrating 90 years of existence this week.

In the middle of the 20th century, as part of the development process of the community of Pedregoso de Pérez Zeledón, and thanks to the efforts of the Board of Education, with the cooperation of the residents, who provided most of the construction materials and labor, the construction of the school was possible.

It has a "Casona" which was declared National Heritage based on Articles 7 of Law No. 7555, Costa Rican Historical Heritage Law and 21 to 36 of its regulations, where important members of Perez Zeledon were educated. It is the second oldest school in the canton.

Next to this building, and in perfect condition, is the well that supplied water to the entire community.

This was installed by the Ministry of Public Health since there were no drinking water sources in the community.

The abundance and quality of the wood found the mountains near Pedregoso, extracted in carts by the townspeople, made possible the construction of this building in this material.

Declared Architectural Heritage on March 16, 2007, under decree #33634-C, Gazette #54.

 micostaricadeantano.com

 teletica.com/masqn



Uslë

The traditional conical dwelling (U-suré) of the Bribri and Cabécare peoples, in its role as a microcosm, represents the essential key to elucidating the worldview of these original Costa Rican peoples.



Pérez Zeledón Cathedral

It is the Diocese of San Isidro Labrador. It is located in front of the main park of the city of San Isidro de El General. Under the title of Diocese it was erected on August 19, 1954.

Inside the temple is the image of San Isidro Labrador, which is a puzzle that has hundreds of thousands of tesserae (small marble squares of different colors) that could only be appreciated by looking at the mosaic very closely or through high-resolution photography. The tiles, to have an approximate graphic idea, are like the pixels of a digital photograph.

It is not known how much it cost, nor is it known about the care that the carriers who brought it across the Atlantic must have taken, nor about the difficulties that the builders of the cathedral may have had to raise and install a delicate, valuable and heavy image. tons, ten meters high, on the back wall of the building.

perezzeledon.net



Indigenous traditional house

Traditional indigenous houses, made from natural materials. Inside they have a space for the kitchen, another space for common use and the area where you sleep. Generally, they are built on stilts and with a rectangular structure.

Cultural heritage of the native peoples



The bribri, Cabécares, Borucas, Térrabas and Ngäbes living in the region have a specific cultural tradition that is still expressed in certain cultural manifestations and customs that have been sustained over time despite the onslaught of acculturation. However, not all peoples have managed to preserve and reproduce all cultural traits; the Kabecar and Bribri, for example, maintain their language today; the Brunca language, on the other hand, is a dying one; the Terrabas, for their part, have an extinct language that can be revived. However, the sense of a cultural past gives these peoples a sense of present existence.

Among practices that stand out is the manifestation of the Game or Feast of the Little Devils and that the indigenous community calls Cabru^rojc (in the Brunca language) that, since time immemorial, has been held annually in the town of Boruca, between December 30 and January 2, as well as in the community of Rey Curré, since 1979, where it

is held the last weekend of January or the first of February. This festival was declared of Intangible cultural heritage on December 14, 2017, for the communities of Boruca and Rey Curré, by decree No. 40766-C.

This traditional cultural expression represents the historical drama of the conquest, that is, the struggle of the Borucas, personified by the cabrú (little devils) against the Spaniards symbolized in the figure of the bull, emphasizing the resistance of the indigenous people to colonization.

To learn more about the Festival of Los Diablitos, such as its different stages, characters, preparations, among other information, visit the site:

tinyurl.com

si.cultura.cr/es/expresiones

presidencia.go.cr/comunicados

Banana enclave



Later, with the transfer of the United Fruit Company from the Atlantic to the Pacific in the mid-1930s, immigration to the region accelerated with people coming from all over the country, mainly from Guanacaste and Central American countries in search of better job opportunities. Thus, many towns emerged in the shadow of the banana enclave, which has given a particular stamp to its development; such is the case of Puerto Cortés.

Traditions



In the southern zone, religious festivals are held to celebrate the patron saint's day, coordinated by members of the communities and not necessarily by the owners of tourist sites. However, the activity is involving given the influx of families, friends and tourists who want to learn more about the traditions, such as the Festival of Los Diablitos of Boruca and the feast of St. Peter (patron saint of the canton).

In indigenous gastronomy, products made from corn, rice and tubers, pork, and chicken. In handicrafts, seeds, roots, balsa, and gourd trees, pejoballe palm, grass, royal palm leaves, leather, cotton, all these raw materials are the basis of products for daily use and as tourist products in the production of jewelry, sculptures, masks, huacales, ranchos, drums, bows and arrows, bags, sashes, fabrics, paintings, and others.

Among the non-indigenous population, cultural activities include rice tamales, meat pots, gallo pinto, tortillas with cheese, masa tamales, roasted tamales, roasted meat, rice with milk, papaya snacks, heart of palm, pozole, fried rice, pork rinds, fried chicken, rice with milk, among others.



Ancestral dances

In the Casona de Coto Brus, the Ngäbes celebrate a series of cultural activities that express their cosmivision and ancestral spirituality and for this they perform dances, rituals and ceremonies that recall the ancient customs of their ancestors.



Popular dances

Danced mainly in the dance halls of the communities, alternating popular music such as salsa, merengue, cumbia, and Creole swing, among others.

Folkloric dances

One of the most popular artistic expressions of the cantons are the different folkloric dance groups. They are characterized by bringing to the stage choreographic works that are complemented with musical and dance production from the Costa Rican cultural heritage.



City of San Vito, Coto Brus

San Vito is the head of Coto Brus, one of the youngest cantons in the country. In 1951, the Italian Society of Agricultural Colonization (SICA), entered into an agreement with the government of Costa Rica through which an Italian colony would be founded for the development of the area. The process was so fast that, today, San Vito is a thriving city with various commercial, health and tourist services.

It has two interesting communities: Sabalito (border with Panama) and Agua Buena, coffee is the product par excellence of the area.



San Isidro de El General

San Isidro, located at 702 m., is the main access city to the southern part of the country and has a good development of services, commercial and tourism, as well as health, education, and justice.

It has several tourist companies that offer their services in lodging, food, and tours, among others. It is the starting point for sites of great tourist interest such as San Gerardo de Rivas and Dominical.



Buenos Aires Community

Municipality number three of Puntarenas in Costa Rica. This region is known for being an important cultural melting pot with its own language and traditions and for being in the middle of Costa Rican history. A territory rich in biodiversity and natural resources, which makes its preservation necessary.



Founded on July 29, 1940. Its main industry is agriculture and livestock. It has a climate of strong breezes from the South Pacific.

Ciudad Neily

Ciudad Neily, the head and first district of the canton of Corredores, is in the extreme south of Puntarenas.

It is located 18 kilometers from the national border with Panama in Paso Canoas and 342 km southeast of the capital San José, at an altitude of 46 meters above sea level and on the banks of the Caño Seco and Corredor rivers. Its name is a tribute to Ricardo Neily Jop, a citizen of Lebanese origin and



founder of the city.

Coto Brus

In Coto Brus, 4 cultures (not ethnic groups) converge: the mestizos (Ticos) who arrived first (who primarily came from Alajuela, Pérez Zeledón and Los Santos) and populated Agua Buena and Sabalito; the Chiricanos (from Chiriqui, Panama) who arrived in several places and stayed in Potrero Grande (from Buenos Aires) and surrounding areas; the original Ngäbes who were always there (one of the 8 indigenous cultures of the country); and finally the Italians who with the support of the government of Figueres Ferrer and the SICA (Italian Agricultural Colonization Society) came to found San Vito.

History, prior to the middle of the last century, tells us of two indigenous cultures: the Coctos and the Ngäbes. The first, near the Terraba River, disappeared, apparently absorbed and mixed with the Borucas. The second, more on the Panamanian side, stayed far away, in their ancestral trails under the slopes of the Baru volcano. Today, some Ngäbes have settled in "La Casona", a protected territory for them.

Most of the Italians left the canton, leaving a few families who have already mixed with the Ticos. Today there is a predominance of mestizos of all kinds, traditional families that came from the valley of El General and Los Santos.



The name Coto Brus mixes the memory of the Coctos and its belonging to the Brunca region (Brun Cajc).

The community of La Casona has an EBAIS, a school in good conditions and they are already building their own aqueduct. Memorable residents include Dr. Mirna Román (educated in Cuba), the soccer player Yiyalin Rodríguez, the cultural manager Alexis "Unchi" Rodríguez (who has taken Ngäbe music to many countries with the Jirondai project), and women today have begun to be empowered and educated despite machismo. Geovanny Debrús Jiménez culturacr.net

Gastronomy

[Return to Map](#)

La Oruga Restaurant

Buenos Aires,
Corredores, Coto
Brus & Pérez
Zeledón

Aside from visiting the cantons of Buenos Aires, Corredores, Coto Brus and Perez Zeledon, you must experience its gastronomy. Its cuisine speaks of a history of passions and traditions that have been passed down from one generation to the next. Immerse yourself fully and taste a diverse culinary offer ranging from regional and national dishes to the gastronomy of the indigenous culture.

Part of this multiculturalism and the variety of its mestizo food is due to the culinary influences of native (Bribris, Cabécares, Térrabas, Ngöbes, Borucas), European and African descent. The gastronomic contribution of hundreds of immigrants who have arrived en masse to the territory, such as Spaniards, Italians, Afro-Caribbeans, Chiricans, Chinese, Germans, French and Arabs, as well as from all parts of the Americas. Many of the recipes we taste today are due to this cultural mix.

In the gastronomy of the Brunca Region: (socioeconomic region of southern Costa Rica), we find dishes such as: arroz guacho (creamy soup with rice), rice tamale, squash juice, cocoa juice, sweet water with lemon, chicharrones, pole bean stew with pork ribs, rice with corn, chicha (corn liquor), potato hash with quelites, boiled pejibaye, plantain picadillo with peel, plantain cakes, flor de itabo, plantain honey with fresh cassava cheese.

The indigenous peoples of the Pacific coast of Costa Rica are determined to revive their culinary culture and keep alive the traditions inherited from their ancestors. For this reason, their diet is based primarily on corn, beans, meat, mushrooms and tubers such as cassava. They also preserve the consumption of chicha, an alcoholic beverage that is made by the indigenous people themselves. As for tamales, they eat them filled with meat, pumpkin seeds, tomatoes, and sweet peppers.

Alternatively, there are typical recipes of the country such as gallo pinto, roasted tamale, rice with chicken, coffee, casado, beef stew, pork tamale, picadillos (chayote, potato, chicasquil, papaya, arracache, plantain), peasant lunch, rice pudding, molasses water, and others.

Non-alcoholic beverages such as smoothies and juices are excellent for their taste. You will be asked if you want it prepared "in water" or "in milk". Imported beverages can be expensive, so it may be better to consume Costa Rican national beverages. Do not forget to have a "cafecito", often manually filtered or chorreado.



The restaurant and cafeteria "La Oruga", is a new tourist-gastronomic destination, led by female members of the Asociación Artesanas del Bosque and located in the Biolley district of Buenos Aires. "La Oruga" combines the sale of native dishes with the exhibition and placement of products prepared by artists of the district.

This project was initiated to foster the economic development of women through tourism, offering a unique and different concept that will become the icon of Biolley.

The design of our restaurant resembles a butterfly caterpillar. The importance of the restaurant is not only in providing quality service to our customers but also in generating jobs and income for local families.

This structure, designed by Francisco "Pancho" Quesada (artist of our town) and protected by the architect Don Felix Granados, makes us proud as an organization. A unique construction characterized by many finishes with recycled materials, including motorcycle tires, glass bottles, motorcycle sprockets and chains, old corn grinding machines, car axels, horseshoes and more.

The Caterpillar, for us, represents the process of metamorphosis that they must undergo to later become butterflies, which is what each one of our members are undergoing today by achieving economic stability.

The restaurant and cafeteria La Oruga belong to the association called Artesanas del Bosque, established in 2012 as a 4S club.

More information:

In believe in Artesanas del Bosque

[Restaurante.La.Oruga](#) [restauranteycafeterialaoruga](#)

[tvsur.co.cr/noticias](#)

[destinopilacr.com/restaurante-la-oruga/](#)

[youtu.be/Q57_5uGcgq4](#)

Contact: (506) 8802-3717

We are located in Altamira de Biolley, 400 meters from ASOPROLA en route to Altamira.



Coffee and Coffee Shops

If you are looking for unique and authentic experiences, you must connect with coffee and its culture.

Experience coffee tourism in the youngest coffee producing cantons of Costa Rica: Coto Brus, bordering Panama, and Pérez Zeledón.

Coffee lovers from all over the world delight in Costa Rican coffee, and the delicious blends offered in coffee shops, restaurants, and sodas. The coffee bean has played an important role in the history of the country. Tourists can explore the heritage and traditions of this prized beverage on one of the many coffee tours. You will be able to explore the coffee plantations, feel the heavenly aroma of the beans as they are roasted, and taste the final product.



Sodas in South Pacific

Eat local specialties in a soda.

There are many dining options in the region, from upscale restaurants to small sodas. Sodas are local Tico restaurants, where everyone is welcome.

Sometimes they are buffet style, sometimes they have a menu. A typical soda will offer appetizers, typical dishes, pastas, rice dishes and main courses with various types of meat. Three of the most popular dishes are casado, gallo pinto and picadillos. A casado is a simple dish of white rice, meat, beans, and fried plantains, while gallo pinto is a rice and bean dish that is the most typical dish in the country.

The following is a list of traditional dishes that represent the region and shows how its culture, location and customs are reflected in each of the dishes.

[See recipe book here](#)



FRIED PORK



A traditional meal is called "frito" or fried pork. A dish like asadura (beef offal soup, black broth and vegetables), but the fried one is a recipe that stands out for the use of the pig's head and the offal of this animal.

GREEN PAPAYA PRESERVES



Papaya is one of those ingredients that can be perfectly made into a preserve and fabulous dessert.

Rice Tamale



It consists of wrapping rice, potatoes, carrots, pork, and sometimes pork bacon in a bijagua leaf to give it a better flavor, this is tied with a wick and cooked in firewood for 2 hours.

OLLA DE CARNE



Cooked on a wood burning stove, using freshly harvested vegetables, beef, and tubers, gives it a very characteristic flavor and texture.

Chicha



Chicha, made from corn, is served during community festivities, which can last several days. When there are many guests, it is customary to store the chicha in a barrel where guests can serve themselves using a gourd.

AGUA DULCE



Aguadulce is a typical Costa Rican drink, in Buenos Aires it is drunk with lemon and ginger, it goes very well with country lunches and weddings

PINEAPPLE DESSERT



Dessert representative of the area due to the presence of pineapple crops. The pineapple is cut into cubes, cooked and mixed with condensed milk and sour cream. Its final texture is juicy and creamy, very tasty.

CRAFT BEER AND WINE



Produced by an entrepreneur from the South Pacific and completely handcrafted, it uses honey to carbonate the beer, making it a very distinctive tasting beer.

TILAPIA AND TROUT



Fried, accompanied with salad and potatoes, very traditional dishes in Costa Rica.



Roasted Tamale



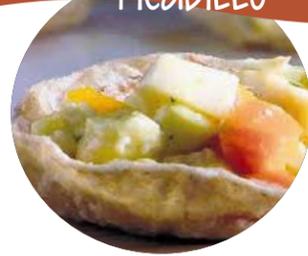
Tamal asado and tamal de maicena (corn starch), baked in wood burning ovens, are very traditional in the country.

Rice Pudding



Rice pudding is a very characteristic dessert of the country.

Heart of Palm Picadillo



Traditional during Holy Week, heart of palm is harvested just before the holiday to ensure its freshness. One way to prepare it is with tuna and spices.

Gallos



Grilled meat gallos: Excellent to share with family or friends, it is served with boiled yucca and plantains, rice (if you like), pico de gallo and tortillas.

Rice with Pole Beans



It consists of white rice mixed with frijolillo or pole beans, which is a kind of green bean smaller than the normal bean, this is cooked with pork lard, to give it a better flavor, it is accompanied with ripe plantains, chicharrones, pico de gallo and a nice cup of local coffee.

Picadillo de Papa de Cagló



Cagló (*Cytheaceae*) or monkey's tail is the quelite of a tree fern abundant in the wild in the southern region of the country that is prepared with diced potato, onion, cagló, oil, garlic, salt, achiote and coriander.

Papaya Picadillo



What characterizes the papaya picadillo from Buenos Aires is the presence of pork bacon in its preparation, which gives it a very good flavor and aroma.

Itabo Flower



It is cooked with eggs and served with a handmade tortilla. It is also a traditional dish during Holy Week due to its seasonality.

Bien Me Sabe



A very traditional dessert that is prepared with milk, rice, raw sugar (molasses), and salt (optional), cooked on the stove in a large pot (like those for tamales) and served in banana, plantain or bijagua leaves.

Mashed Ñampi



Ñampi is a tuber of high nutritional content. There are two varieties, white and lilac (tiquisque). It is also known as malanga. It grows wild in these territories. (*Colocasia esculenta* var. *Antiquarum*)

Meat Slices



It can be made with smoked pork and salt to taste.



Coconut and Chiverre Preserves



They are often prepared during Holy Week and are ideal on top of rice pudding.

Ice Cream



Handmade ice creams made of cas (variety of guava), soursop, pineapple, strawberries and more.

Country Lunches



Wrapped in banana leaves, it is a typical meal in the region that includes rice, refried beans, smoked pork, picadillo, plantain, egg cake, a tortilla, and a natural soft drink.

If you want to taste the local cuisine of the region, you can download the recipe books in the following links:

Ngäbe

[Recipe book of traditional Costa Rican food. Peasant and Ngäbes flavors](#)

Bribri

- [Traditional Bribri food from Kèkòldi](#)
- [The ancestral origin of Costa Rican cuisine](#)
- [Bribi and Cabécar Gastronomy](#)
- [Traditional Costa Rican Cuisine 8 . Compiled by: Isabel Badilla Chang. Centro de Investigación y Conservación del Patrimonio Cultural](#)
- [Ministerio de Cultura y Juventud Zona Sur: Osa, Corredores y Golfito](#)



La Zona Handicraft Collective



As a result of an accompaniment process sponsored by the Costa Rican Tourism Institute, under the Crafts with Identity Program implemented by the Tourism Development Department of the Tourism Planning and Development Directorate in 2014, as part of a strategy to make the tourist enjoy the travel experience intensely and take with them a unique product, forged by the hands of local artisans.



Take home a taste of the color and beauty of South Pacific!

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



[See catalog here](#)

Indigenous handicrafts



The richness of Costa Rica's South Pacific handicrafts is almost as attractive to tourists as the natural beauty of the forests, waterfalls, and beaches.

The cantons of Buenos Aires, Corredores, Coto Brus and Pérez Zeledón have one of the most interesting cultural heritages. The people who inhabited their lands before the Spanish conquest developed products made to satisfy daily, aesthetic, and ritual needs, mainly through manual processes and tools.

They use and transform natural raw materials, preferably local, with processes and designs, shapes, colors, finishes and aesthetic elements characteristic of the cultural identity of indigenous peoples.

The traditions and techniques used in the elaboration of handcrafted pieces were influenced by Spanish settlers as well as by recent migrations of other peoples.

Many of the handcrafted pieces have an extended history. The way they are made has been passed from one generation to the next, some from pre-Hispanic times and others from colonial times.

The skill and creativity of each of the artisans are reflected in their creations throughout the territory in terms of materials, techniques, use and styles. To identify the handicrafts of an area is to immerse oneself in the mixture of

ancestral cultures and to understand, at least a little, the rich traditions of each of the regions of the country.

The craftsmanship of the Boruca Indians stands out for the use of pre-Hispanic backstrap loom techniques and in the elaboration of the traditional Boruca/Térraba masks made of balsa wood, painted entirely by hand with synthetic dyes for a better finish. Masks made in cedar are not painted to take advantage of the beauty of the wood. These masks are used in the festival of the Diablitos.

These ceremonial masks are carved in wood and decorated with shapes of forest animals, including pumas, toucans, frogs, good spirits, and bad spirits. Other handicraft products made in Boruca are textiles, backpacks, clothing, bags, purses, wallets, sashes, hammocks, hats, guacales, gourds, candles, necklaces, totem poles, bows and arrows, drums, daggers and jewelry.

Cabecar and bribri handicrafts are mainly composed of natural fibers used to make bags and baskets, and they also work with wood and gourds.

Their handicrafts are diverse and made with natural materials, including gourd and stone carvings that depict animals and other elements of their natural and cultural environment. They also make baskets, hammocks, and homemade wooden utensils.

In the case of the Ngäbe, their main handicrafts are the elaboration of dresses, necklaces, chácara and hats made from a natural fiber that they obtain in the surrounding area.

Finally, there is also a wide offer of contemporary handicrafts, there is so much variety, quality, color, designs that there is always something interesting for all tastes.

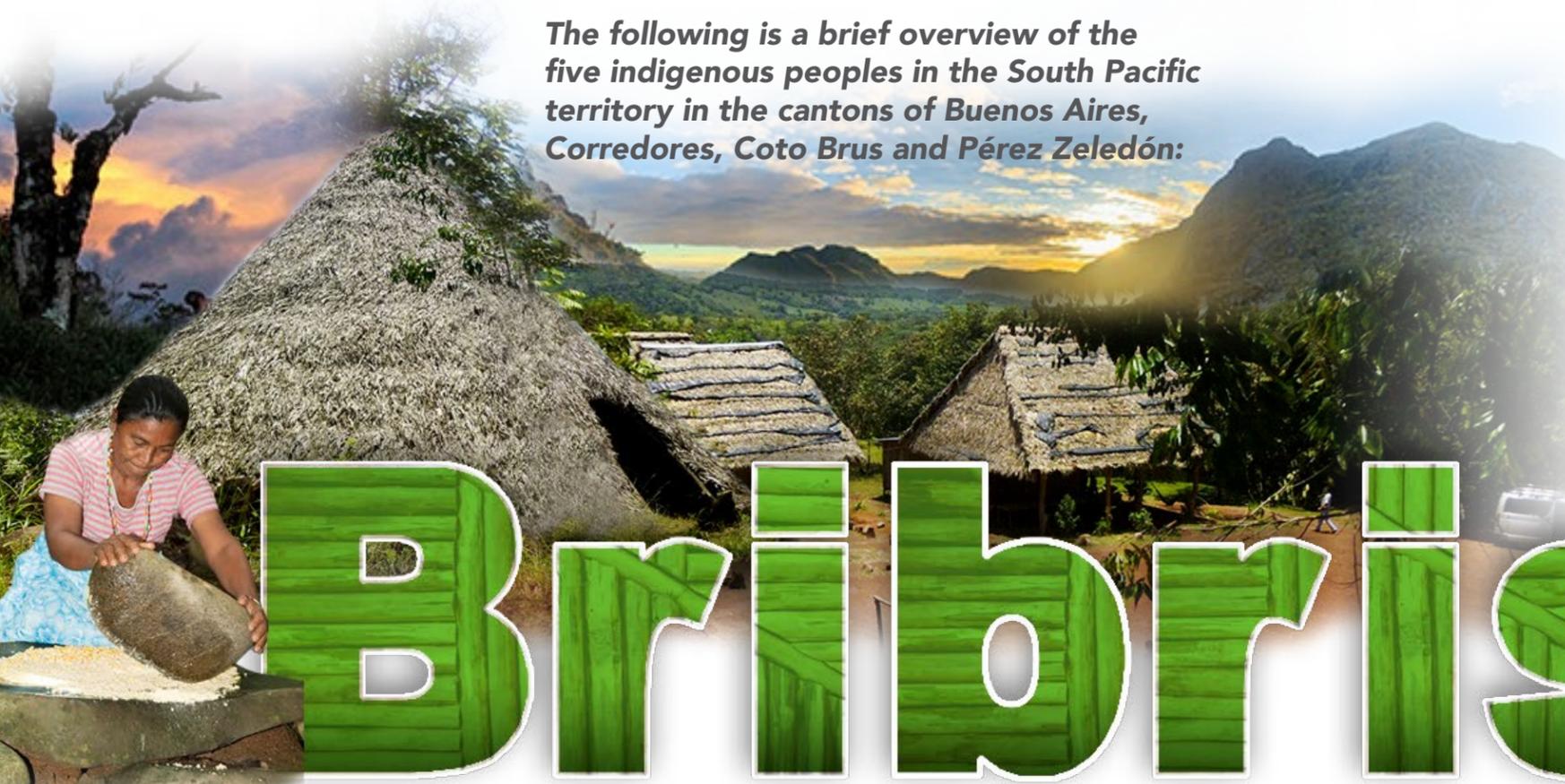
We invite you to delve into the incredible world of artisan creativity throughout this section.

ranchobrugra.com/boruca-costa-rica/



Indigenous peoples of Costa Rica

The following is a brief overview of the five indigenous peoples in the South Pacific territory in the cantons of Buenos Aires, Corredores, Coto Brus and Pérez Zeledón:



Bribris

Derived from the name for "people of the steep mountains", because in the old days the Bribri people of the highlands differed from the people of the plains, although the two were closely related.

They inhabit the Huetar Atlántica and Brunca Regions. The Talamanca (Cabécar and Bribri) and Keköldi-Cocles territories are in the Talamanca canton, province of Limón, and the Brunca Region is inhabited by the Cabagra and Salitre territories, in the canton of Buenos Aires, province of Puntarenas.

It is one of the largest indigenous groups in terms of population.

According to INEC (2000), the total number of indigenous people living in these territories was 9,465, with the Talamanca-Bribri territory accounting for most of the population.

The Bribri language is spoken by the majority, which are bilingual with Spanish, in some cases trilingual with English.

These communities reaffirm, promote, and recreate their own values and traditions, which contribute to the strengthening of their cultural identity, through the construction of traditional houses, the formation of cultural groups that revive and present traditional dances such as the "Sorbón" and other cultural and educational activities such as teaching the Bribri language. Also, in the production of various handicrafts with natural raw materials such as gourds, cabuya and pita, in addition to the use of natural dyes, there are traditional craft techniques, designs and shapes that reflect their natural and cultural environment.

The most important activity is agriculture: cocoa, bananas, corn, beans, tubers, and other plants.

They also raise pigs, hunt and fish. In handicrafts, they stand out for basketry and the manufacture of musical instruments.

They have religious practices of different Christian denominations (Catholics, Evangelists, etc.). They use the health services of the State and those of indigenous tradition:

the sukias (the awá, the awapa) practice to preserve the health not only of their bodies, but also of their spirits, since illness for them has a spiritual origin. They also specialize in the stories of the oral tradition related to the cosmovision, which is very complex and varied. There are national

educational centers in this area.

Bribri

This Bribri territory is in the district of Buenos Aires, 3 kilometers northeast of Centro, and has an approximate indigenous population of 1285 inhabitants.

From the moment you enter the territory, you will notice the importance put on conserving nature. The forest is dense, and the streams and rivers are clean and pure. Thanks to these conditions, and to the harmony that the population has with nature, it is very common to see species typical of the forest type; both mammals and birds.

They still build native houses, maintain the existence of funeral singers: Tsukurs or

Isogros and the BikakLa, a kind of master of ceremonies. In addition, they make tools for hunting and fishing and make instruments such as the Güiro, the Sabak (drum), the maraca and the use of the Dúk (snail).

And they still perform burials around the house, practice the mano vuelta, the chichada, the sorbón dance, animated by shouts and songs in Bribri for the collective work of agriculture or construction of a conical Talamanca house.

Bribri Kanèblö

The Bribri Kanèblö Association is part of the indigenous population living in the canton of Buenos Aires de Puntarenas. The organization has 17 direct partners and 14 families, with an average of 80 people benefiting from the project. They protect 450 hectares of primary, secondary and regeneration forest, which they maintain in conservation under the payment of environmental services and through the development of economic and sustainable activities. The area is surrounded by cattle ranches owned by large landowners, who do not carry out environmentally sustainable practices, so the work carried out by the organization is vital to maintain these 450 hectares. and promote connectivity with other areas, which feed the entire protected area of the region.

The indigenous people of Salitre have a participatory biological monitoring brigade that they implement to learn about the biodiversity in their territory. They also have a brigade for the prevention and control of forest fires. Both activities are carried out in coordination with SINAC.






Location:
Salitre, Buenos Aires, Puntarenas

Culture, indigenous tradition and 450 hectares of forest!

The Bribri Cultural Center is one of the best places to learn about Costa Rica's indigenous cultures. The Center has charming cabins beautifully decorated in the Bribri style with private baths and inner gardens. Also available is the Chokowe (restaurant), where native Bribri dishes and other Costa Rican dishes are served. Also, local pita fiber handicrafts, jewelry and wood carvings are on sale.



Services:

Lodging:

- Bribri Cultural Center: 3 beautifully decorated Bribri style cabins with private baths and inner gardens. The cabins have a terrace with hammocks from where you can enjoy breathtaking views of the mountains. Two cabins are double cabins, and one has a double bed and 2 single beds.

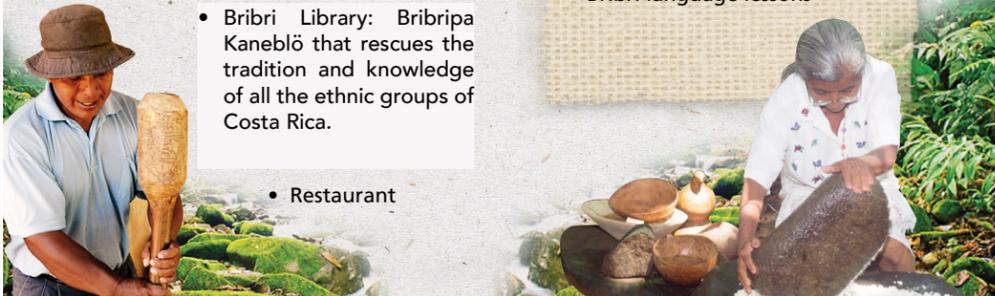
- Indigenous handicraft shop.

- Bribri Library: Bribri Cultural Center that rescues the tradition and knowledge of all the ethnic groups of Costa Rica.

- Restaurant

Activities

- Tours of the Bribri Indigenous Territory
- Guided walks
- Mammal and bird watching
- Hiking
- U Pako tours (cultural activities), a ceremony in the U Sule, visits to the savannah, the mountain, the river, etc.
- Bribri language lessons



BRIBRIPA RURAL TOURISM INN

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

Information:

- ☎ (506) 8573-2025
- ✉ bribrika@hotmail.com
- 📍 Buenos Aires, 600 east of the Salitre school, Buenos Aires, Puntarenas
- 🏠 Number of rooms: 13

CABAGRA RURAL TOURISM INN

Also located in the district of Buenos Aires, this territory has an approximate indigenous population of 1,683 inhabitants.



The Cabagra indigenous territory is in the districts of Buenos Aires and Potrero Grande. It was officially created as an Indigenous Territory on April 30, 1982.

Cabagra was created by indigenous people from Talamanca who used the mountain range as a transfer zone. Like the other indigenous territories, it has a large forest cover with a large amount of water resources.



Bruncas: Known as Borucas. They are named after their main settlement, the town of Boruca (place of ashes). Currently, they are divided into two territories, with Bruñicáj (Boruca) and Yimba Cáj (Rey Curré) as central towns, surrounded by a large number of small communities, inhabited by both indigenous and non-indigenous people. Located in the canton of Buenos Aires, province of Puntarenas. According to INEC (2000), the total indigenous population settled in these territories was 2,017 people (1,386 in Boruca and 631 in Curré).

Its native language is Brunca or Boruca, but it has few speakers at present; Spanish is known to all.

The Brunca community has developed several initiatives aimed at revitalizing its culture through the "Baile de los Diablitos", through theatrical and festive performances that take place every year from December 31 to January 2 in Boruca and in February in Curré. In addition, traditional masks have been created and are used as souvenir handicrafts during these festivities. In the field of handicraft production, the cultural revitalization of cotton fabrics and the use of natural dyes, including purple, which is extracted from a mollusk whose process does not harm the animal, is noteworthy. The carving of gourds with a variety of designs is also a specialty of the indigenous artisans of Curré.

Their economy and productive activities are based on the cultivation of basic grains, tubers, bananas, pole beans, pejibaye, fruit trees and family-scale raising of pigs, poultry and, in some cases, cattle. They also sell their masks and other handmade products. The practices of Catholicism and other Christian denominations are prominent in local activities. Oral tradition preserves stories related to the ancient worldview. Herbal home medicine is practiced.

Children attend national primary schools and more and more young people are attending the country's secondary schools.

In this indigenous territory you can find a community museum that exhibits the crafts and way of life of the Borucas.

Like Boruca, Curré also has an Indigenous Community Museum. Of the same Brunca ethnic group, they share some customs and traditions, such as the Dance of the Diablitos.



Boruca Museum and Craft Shop, South Zone

A space that exhibits the handicraft traditions inherited by their ancestors and that are still alive.

In a traditional ranch, recently built in the old indigenous style, the village gathers their heritage: wooden masks, textiles, carved gourds, basketry, as well as drums, bows and arrows.

They are handicrafts made by Borucas, with knowledge and values passed down from one generation to the next for centuries.

The history of this community museum has as its fundamental objective the rescue of the Boruca identity and the historical memory of the community, deposited in the remembrances of the elders and collected through a meticulous work of participatory oral history.

The museum offers a journey through the history, legends, craft, culinary traditions, and language of the Boruca people.

Contact

laflordeboruca@gmail.com (506) 2730-4614

www.museocostarica.go.cr

si.cultura.cr/infraestructura

Puntarenas, Buenos Aires, Boruca

Hours of operation: M-F de 8 a.m. a 3 p.m

Customer Service: Adriana Lázaro Morales



Yimba Cájc Indigenous Community Museum

The Yimba Cájc Indigenous Community Museum, located in Rey Curré, in Buenos Aires, reopens its doors to the public to show the enormous historical and cultural wealth of this community.

In this museum, national and foreign visitors can learn about the ancient history of the community, aspects associated with the local archaeological legacy, community genealogy, uses of medicinal plants, art and indigenous cosmivision, as well as the experiences that their ancestors had in their travels along the Rio Grande de Terraba on their way to the coast, among other topics.

Information:

 (506) 8489-6987  www.facebook.com
 www.museocostarica.go.cr

Dance of LITTLE DEVILS

The dance of the little devils of Boruca (Cagrúv rójc, in the Brunca language) is a traditional festivity of the Boruca culture, an indigenous people of Costa Rica, held between December 30 and January 2 every year. It takes place in the community of Boruca, and the first weekend of February, in the town of Rey Curré, the two main settlements of Boruca Indians, located in the canton of Buenos Aires de Puntarenas.

This celebration is characterized by dances and games in which people take part wearing traditional Boruca masks that resemble devils, representing the Boruca Indians, and another person disguised as a bull, representing the Spanish conquistadors. The diablitos game was declared of Intangible Cultural Heritage of Costa Rica in 2017.

The festival of the little devils is the cultural activity of greatest participation and enthusiasm among the inhabitants of Boruca and other indigenous Bribri, Cabecare and Terraba communities.

 si.cultura.cr
 youtube.co

 youtube.com/watch



Cabécar

Cabécares: *Its name originates from the word for the quetzal bird. Most speak the Cabécar language, and almost all speak Spanish. It is the largest indigenous group.*

They are in the following territories: Alto de Chirripó (Turrialba canton, Cartago province), Bajo Chirripó (Turrialba and Matina cantons), Nairi Awari (Matina and Siquirres cantons), Tayni and Tamanca-Cabécar, Central and Tamanca cantons, respectively, Limón province. The territories of China Kichá and Ujarrás are located in the cantons of Pérez Zeledón and Buenos Aires. The total indigenous population settled in these territories is 9,861 people (INEC, 2000). The largest population concentration is in the indigenous territory of Alto Chirripó (4,619 people). These indigenous communities still preserve various traditions and customs, some of which are materialized through

cultural festivals, the transmission of the Cabecar language between generations and the transfer of knowledge related to natural medicine, traditional housing construction, and agricultural and handicraft production techniques.

They make various handicrafts with natural raw materials such as gourds, cabuya pita and natural dyes to decorate the handicrafts.

They have subsistence agriculture, tropical gardens, domestic animal husbandry, forest gathering, hunting, fishing, and handicrafts. They also produce basketry, bows and arrows, spears, and instruments such as drums, for sale.

They have religious practices of different Christian denominations (Catholics, Evangelicals, etc.). They use the health services of the state and those of indigenous tradition: The jawá (the jawáwa) practice to preserve health according to the indigenous

(Continued on next page)



Known in Costa Rica as *Térrabas*, they are in the territory of *Térraba*, in the canton of *Buenos Aires*, province of *Puntarenas*. This people, also known as *Nasoga* (*Naso People*), were forced to migrate from their ancestral territory (*Isla Tójarm*, currently *Isla de Colón* in *Bocas del Toro*, *Panama*). The total indigenous population was **621 people (INEC, 2000).**

Terrabas

medical tradition. They also specialize in the stories of the oral tradition related to the cosmovision, which is very complex and varied. There are national educational centers for primary and secondary education.

Located in the district of Buenos Aires, about 8 kilometers from downtown, this territory, like the others, boasts great cultural and natural wealth.

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

It is important to note that, in 1695, the conquistadores divided the Teribe people found in Panama, which is why there is a similar culture in the western region of the province of Bocas del Toro. The Naso-Teribe region preserves traits and traditions that have benefited those established in the Costa Rican with programs implemented over the years including one to teach the language called Broram, which in Costa Rica was all but lost.

They still preserve customs and traditions that are reflected in the agricultural and handicraft production and conservation of natural resources. This indigenous territory is surrounded by large dense forests that have undergone reforestation processes by the inhabitants themselves. Thanks to these efforts, many animal and bird species have returned to this area in search of food such as fruits and seeds.

As part of the richness of the cultural identity, they have traditions such as the tiger dance, the dance of the snake Ööka Bëyo (which is a song about a big snake that marries a Teribe girl), the sorbón dance, the cockerel, the dance of the bull and the mule and the Corbeco shrimp.

The Teribes revive, preserve, and recreate traditional handicraft techniques and designs through the production of cotton for weaving and the extraction of natural dyes for the decoration of handicrafts.

The Teribes produce various handicrafts made from natural raw materials, including gourd and stone carvings that depict animals and other elements of their natural and cultural environment. They are also dedicated to the production of baskets of different sizes, hammocks woven manually with majagua and articles in laurel and cedar wood, such as trays, mortars, drum bodies and, primarily, canoes, in which they excel as excellent carvers.

Source: Brochure Encuentro Intercultural Indígena. Ministry of Culture and Youth, Mesa Nacional Indígena. 2006.

El Descanso Ecotourism Center

El Descanso is a place of tranquility, where you can breathe fresh air, relax, and experience the Térraba culture and way of life, unique in the country and in the world. You will be able to savor delicious traditional Térraba meals (rice tamales, chicha, picadillos) and stay in comfortable cabins of traditional Térraba design.

Rest and relaxation are found in Térraba, an indigenous community that still struggles to recover and preserve traditions. Come and join them in their Christmas and New Year's Eve festivities, with its traditional game of "The Bull and the Mule" (24 Dec - 02 Jan), where young and old participate by sharing typical food and drinks in different homes of the community.

Information

(506) 2248-9470.

www.actuarcostarica.com

www.facebook.com/eldescansoterraba/

Ngäbes



Los Ngäbes: At the beginning of the conquest, one of their chiefs was known by that name given by the Spaniards. The name of the indigenous peoples was extended to central Costa Rica, mainly in the Central Valley.

They are in the South Pacific in the following territories: La Casona, Abrojos Montezuma, Altos de San Antonio, Conte Burica and Alto Laguna, in the cantons of Coto Brus, Corredores, Buenos Aires and Osa, Puntarenas province. According to INEC, the total indigenous population settled in these territories was 2,563, with a higher concentration in Coto Brus (1,091 people). It is the indigenous group that has preserved more of its customs and traditions, including the use of traditional dress (women daily and men for Ngäbes cultural celebrations). In addition to this, one of their most important cultural traits that they still preserve is their native language, Ngäbere. This group produces a wide variety of handicrafts made with natural raw materials, including crafts made with tree bark, decorated with natural dyes. In addition, costume jewelry and traditional dresses that are very colorful.

Their occupations include agriculture and the commercialization of handicrafts and medicinal plants.

They maintain deep-rooted customs such as the belief in their own and general God, called Nubu in their native language, and a bad god represented by evil spirits. They also practice the Mamachi, a cult of followers product of the appearance of the virgin to an indigenous woman, who has become the maximum leader of the doctrine. They speak two languages, Ngäbe and Bugle. Some traditions are the consumption of natural medicine, the structure of the houses, the use of face painting in certain ceremonies and the fact that the women are the only ones in the country that maintain their traditional attire.

They have their own beliefs regarding birth, death, puberty, and marriage. They practice as a custom, dances, and big parties once a year or on special occasions.

Balsería is their maximum form of expression, several meanings: friendship, rivalry, competition, among others. For this, they drink chicha, make meals and

use balsa sticks to compete in groups or alone, one against the other (Tenorio: 1988). They also make chácaras, bags made of natural fibers and colorful chaquiras, or geometric necklaces, of beads made from shells and bones, which are mostly used by men.

Indigenous territory La Casona

The indigenous community of La Casona, located 16 kilometers from San Vito in the Limoncito district, offers tours on Ngäbe customs and traditions. The Ngäbes are dedicated to farming, harvesting cocoa, tubers, rice, beans and, to a lesser extent, livestock. Workshops are offered on how to extract the different colors and dyes from plants for the elaboration of their products. Traditional gastronomy can be tasted.

www.desafiostour.com

www.youtube.com/watch

mep.go.cr/sites

www.ina-pidte.ac.cr

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





The cantons of Buenos Aires, Corredores, Coto Brus and Perez Zeledon in the southern Pacific of Costa Rica, as a whole, bring together numerous options of attractions and tourist activities for rural tourism and ecotourism, such as archeology, experiential tourism in the native towns and communities. The area offers a wide range of national and international gastronomy, preparation and use of traditional medicine, Italian and Chiriqui influence, forest reserves, national parks, rivers, waterfalls, hot springs, exuberant biodiversity, butterfly gardens, botanical gardens, mountain biking sites, a large number of orchids, handicrafts, art galleries, museums, sugar mills, ethno-tourism, agro-tourism, flora and fauna observation such as bird watching, energetic hikes to the peaks of Chirripó and La Amistad International Park, integral farms, emblematic villages, environmental organizations, coffee production, trout and tilapia fishing, a variety of alternative lodging options, day tours, adventure tours, and more.

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



The visitor who appreciates enjoying biodiversity and culture, under models of lower socio-environmental impact such as rural tourism, will discover here, guided by its own inhabitants, a great exuberance concentrated in such a small territory, which is difficult to find in other parts of the world.

Rural tourism

Rural tourism is a different way to travel while interacting and relating more closely with the people of the country, living their customs, and even learning new things. It results in unique and authentic experiences. Each place visited is attended by people from the community itself and, in many cases, families host travelers in their own homes. The hosts considers the protocols that the tourist activity implies to provide a quality service, but they are simple and authentic people, who do not lose their rural essence, and this is precisely what travelers love the most, it makes them feel at home.



This type of tourism has become an activity in which entire families and groups of people support each other to conserve the environment, respect and make known our pre-Hispanic and rural roots, taking sustainability very seriously at all levels, as they have developed their projects based on social responsibility and sustainability in harmony with the nature that surrounds them.

Enjoy a tour guided by the owner of a farm or plot whose knowledge or education was obtained in the fields with his sowings or harvests and who, at lunch is a chef or server. Arrive at a shelter run by women who believed in themselves.

It is also possible to combine rural tourism with traditional tourism and do one-day activities or stay

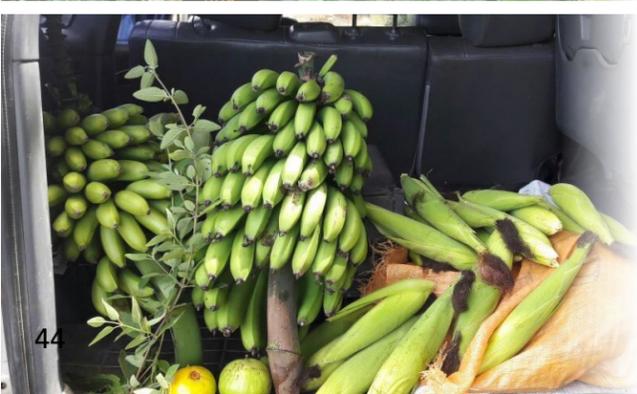
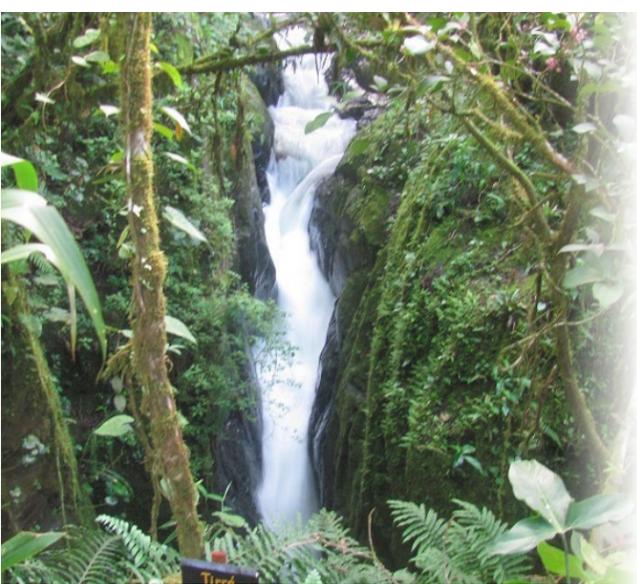


for a night and then continue through Costa Rica to a more traditional tourist destination.

Rural tourism allows you to appreciate the Costa Rican way of life, peasant villages and aboriginal villages, where you can live with Costa Rican families and there is a true cultural exchange.

Rural community-based tourism has also been developed in the South Pacific of Costa Rica in native communities such as the Bribris, Ngäbe, Teribe, Bruncas or Borucas and Cabécar.





Cerro Biolley

Since we are located on the slopes of Cerro Biolley (a district named in memory of the French naturalist Paul Biolley), the first thing that will grab your attention is our spectacular views. From here we can see the Coto Brus valley and, if the weather is nice, we can see the southwestern part of Panama, if we are really lucky, visitors can even see the Pacific coast from here.

Currently, the Biolley Hill Inn, a lodge-type inn, has six rooms for up to 18 people. They are comfortable rustic rooms that comply with Law 7600. Each has its own private bathroom with hot water.

The Biolley Hill Inn also offers food service, with “Creole” dishes typical of the area and exotic foods to your liking.

This is an undertaking of the Association of Organized Women of Biolley (ASOMOBI) and is in the community of Biolley de Buenos Aires, in the Southern Zone of Costa Rica, within the buffer zone of La Amistad International Park. This association has a micro-coffee processing plant managed by women and offers several services for visitors, including comfortable lodging, delicious meals, unique scenic beauty and guided tours to incredible local attractions.

We offer tours in which you can learn about the cultivation and harvesting of coffee, history, and daily life in Biolley.

You can also enjoy bird or amphibian watching and hikes to waterfalls or into the forests of La Amistad International Park. In addition, on the trail you can learn about native trees, several of which are labeled with their scientific and common names.

Information

-  Tel. (+506) 8492-4020 | (+506) 8916-4638
-  posadacerrobiolley@gmail.com
-  asomobi-costarica.com/hotel-posada-cerro-biolley
-  1.6 km northeast of Biolley School, Biolley de Buenos Aires, Puntarenas, Costa Rica

Hotel Finca Palo Alto

Hotel Finca Palo Alto is a mountain hotel, familiar and cozy, surrounded by the most lively and exuberant nature sheltered by the majestic and imposing La Amistad International Park.
Number of rooms: 7

Information

-  Tel. (506) 2743-1063
-  hotelfincapaloalto@gmail.com
-  Biolley, road to San Vito through Paso Real 14 km from the crossing, Biolley, Buenos Aires.

Hotel Emanuel

At Hotel Emanuel you will experience Costa Rican hospitality that will make you feel like family. It offers lodging services for 40 people in 16 rooms (single, double, triple and family rooms). It also offers food service, laundry, WIFI, private parking, cable TV, cab services and 24-hour security. They have a native orchid tour, native timber tree tour and hiking. All the above under the slogan “Comfort and Family treatment”.

The 3 tours offered at the hotel are offered to tourists who request them, for a voluntary fee.

Number of rooms: 16

Information

-  Tel. (506) 2789-0129
-  hotelemanuelaguabuena@gmail.com
-  Agua Buena, 50 meters north of the entrance of the Bilingual School, Agua Buena, Coto Brus, Puntarenas





Cerro Pittier Lodging

Be amazed by the panoramic views of La Amistad International Park. Live a unique and unforgettable experience, visit us and join us in the morning when we milk the cows and then enjoy a delicious dessert and other local foods that we prepare with the delicious milk. We offer the perfect place for you, the Posada de Turismo Rural Cerro Pittier, with independent bathrooms, for couples or groups, or individual travelers who want to experience a vacation in contact with nature, if you want to observe the diversity of flora and fauna found in the International Park of La Amistad.

We are located 1600 meters above sea level at the foot of the national park overlooking the mountains where you will delight in observing the beauty that this place holds.

Fish for trout in our trout pond and our staff will prepare it however you like.

We also have other traditional food options from the area that will delight you.

Tours:

Night Tour: walk along the forest trails, where you can appreciate the diverse sounds of insects and animals.

Day hike tour: A tour through forest trails to observe wild animals and birds. Arrive at a beautiful river where you can bathe (La Perla de Agua) in pure water, and then continue to a beautiful waterfall.

Horseback Riding Tour: You can ride through the local facilities.

Contact:
 Tel. 506 8964-5918  villegasdeiby3@gmail.com
 southerncostarica.biz/spanish/Otro
 800m north of Santa Maria de Pittier School, San Vito, Puntarenas

Hotel Hacienda don Paolo

We welcome you to Hotel Hacienda Don Paolo, hidden in the beautiful area of Coto Brus, a place where Italian culture blends with Costa Rican culture to offer an experience of peace and connection with nature.

This hotel is an exquisite architectural construction inspired by stables, the wonderful nature of the area and the creativity of the renowned architect and founder Don Vito Di Pippa.

We welcome you with a cozy style, delicious food in our restaurant La Scarpetta and personalized service of high-quality standards, which will begin your connectivity with nature.

Hacienda Don Paolo is a boutique hotel that opens its doors to nationals and foreigners to visit Coto Brus.

This hotel is a project of an Italian-Costa Rican family that has made their dream of bringing added value to the beautiful area of San Vito de Coto Brus come true; a place that has honest people, exuberant nature that will make your visit full of peace and relaxation combined with an area full of stories.

We are located near La Amistad National Park, Marino Ballena National Park and Corcovado National Park, exotic places that have been a worldwide reference of our country.

Contact:
 haciendapaolo.lhdsolution.com/contacto.html



Bonnysu Cabins

A family owned and operated lodging and tour company. Each of the 2 cabins can host up to 7 people and have a fully equipped kitchen. We also offer a variety of tours such as stargazing, guided hikes, bird watching, waterfall tour and a blackberry tour. Certified guides available.

Bonnysu Cabins, in front of Cerro Seno, in the International Amistad Park, rest before the "Kámuk Experience". It is a rural tourism venture of the Asociación de Turismo de Tres Colinas de Potrero Grande (Asotur Tres Colinas).

Asotur Tres Colinas is located in the community of Tres Colinas de Potrero Grande. We began operations in 1994 but formalized as an association in 2003.

ASOTUR's main product is the guided tour package to Cerro Kamuk and packages to the same trail up to the first camp. It also has a volunteer program for all those who wish to live the experience and support the development of the rural community.

In addition to this tour, ASOTUR also promotes the tourism offer of its associated family enterprises:

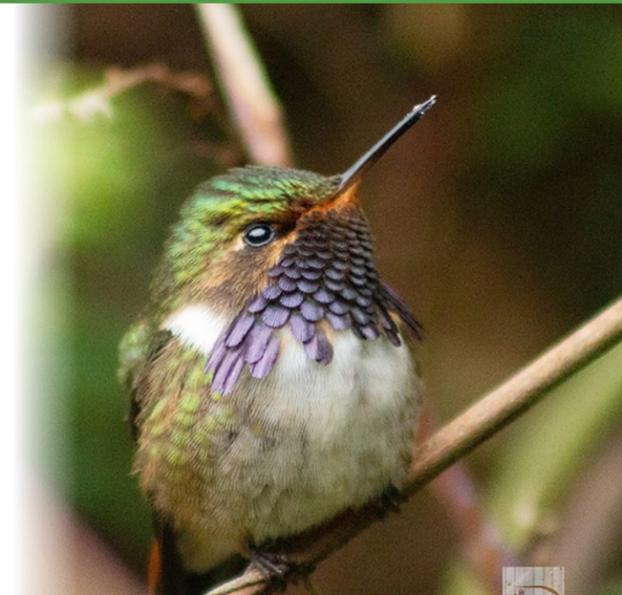
-  **Star gazing** is a tour for the whole family. It starts at 3:00 am, with sightings of astronomical events, such as shooting stars, the milky way, planets, accompanied by hot chocolate and homemade bread, basic explanation about astronomy and history of constellations.
-  **Blackberry Tour:** A seasonal tour (August to April) that is for the whole family. Your guide will tell you about the properties of these berries and provide you with a container and instructions on how to collect them. Duration: 1 to 2 hours.
-  **Bird watching tour:** bird watching is done in the morning from 5am to 9.30 am and in the afternoon from 3pm to 5pm, accompanied by a snack.

-  **Guardianes del Bosque:** tours for the whole family. Basic difficulty. Approximately 1 km trail between secondary and primary forests. Observe many birds such as guans, trogons, and others, as well as spider monkeys and mushrooms (seasonal).
-  **La Catarata Trail:** Advanced. Approximately 6.2 trail to 5 waterfalls, with access to one, several pools, views of the landscape, birds, perfect to take a lunch packed in leaves and snacks to spend the entire day on the trail.
-  **See-saw in the park:** Advanced. A 6 to 8 hour hike up and down several hills, approximately 7 km, into the Parque Internacional de la Amistad to Laguna Seca where quetzals can be spotted. Recommended for training, bird watching, photography.
-  **Piedra del Tigre:** A tour for the whole family. About 2 km from the main entrance to the park we will ascend about 200 meters where we can see the entire town of Tres Colinas, the Brunqueña mountain range, other hills on the east and west side and the Pacific Ocean. La Piedra del Tigre is a huge rock that can be seen from the cabins.
-  **Night photography:** We offer our clients advice on night photography and astrophotography for amateurs. Tours are usually at around 8 pm, or on the star tour in the early morning.
-  **Art workshops for children and adults:** Art with nails, painting stones or wood, figures with seeds.

Information:

Contact:

Blanca Rosa Mena Gamboa
 (506) 8829-26-93
 bmg1971bonisu@hotmail.com





Mi finca

The comfort you deserve!

This farm is in the community of La Libertad de San Vito, 15 kilometers from the center of San Vito Coto Brus.

The property belongs to the Barrantes Arrieta family, who ensure that all agricultural activities are carried out in harmony with the environment.

Lodging and camping: It has a fully equipped lodge with kitchen, living room, dining room, two bedrooms, two bathrooms, jacuzzi, massage shower, fireplace, and an ample porch with panoramic views.

Inside the house we can accommodate 4 people and with tents up to 8 people.

desafioستour.com/es/hospedaje-mi-finca/

Camping

-  In the South Pacific region, you can enjoy: camping areas.
-  Hiking on mountain trails.
-  Savoring agricultural products.
-  Horseback riding through the paddocks and on internal roads.
-  Party area (includes pots to make chicharrones and a grill)

Información

-  [Municipalidad de Buenos Aires](#)
-  [Municipalidad de Corredores](#)
-  [Municipalidad de Coto Brus](#)
-  [Municipalidad de Pérez Zeledón](#)
-  destinopilacr.com/
-  Photos: zonabrunca.com



Botanical Gardens

If you are a nature lover, Forbes magazine singled out Costa Rica for having some of the best botanical gardens in the world.

We invite you to discover unique flora species, as well as enjoy other activities such as hiking and bird watching. Meetings, weddings, and events can also be accommodated.

On our list we have the Wilson Botanical Garden, Las Cruces Biological Station, in Coto Brus. This botanical garden was founded in 1963 by Robert and Catherine Wilson and is currently the most important botanical garden in Costa Rica.

The Wilson couple were former owners of the "Fantastic Gardens of Miami". Its design was highly influenced by the Brazilian artist and landscape designer Roberto Burle Marx.

This botanical garden is home to more than 1,000 genera of 212 families of tropical and subtropical plants from Costa Rica and other parts of the world that are rare or threatened. The collections are arranged in terraces surrounding a hill with walking paths and views of the surrounding countryside.

-  facebook.com/LasCrucesBiologicalStationandWiltropicalstudies.org/portfolio/las-cruces-valledelchirripo.com/el-pacifico-sur
-  valledelchirripo.com/el-pacifico-sur
-  quebuenlugar.com/lugares/lascruces/

We also offer gardens specialized in orchids and other plants in Pérez Zeledón, where visitors may observe and photograph them.

 valledelchirripo.com/el-pacifico-sur-de-costa-rica/

Jardín Botánico Wilson



Los Cusingos Bird Refuge

Another of the Tropical Science Center's private reserves established on the farm where one of our pioneers, Alexander Skutch, lived. Located in Quizarrá de Pérez Zeledón, it has a museum with objects that belonged to this prolific ornithologist, surrounded by a botanical garden.

It is a bird sanctuary of great biodiversity, as it covers altitudes between 800 and 3820 meters above sea level.

Among the most appraised species are: Cotinga (*Cotinga ridgwayi*), the golden naped Woodpecker (*Melanerpes chrysauchen*), the Bairds Trogon (*Trogon biardii*), the antshrike (*Thamnophilus bridgesi*), orange-collared manakin (*Manacus aurantiacus*), the riverside wren (*Thryothorus semibadius*), spot-crowned euphonia (*Euphonia imitans*), Tangaras and antbirds. Los Cusingos has an extension of 78 hectares in which there is a trail that is almost 2 kilometers long.

Information:

- [✉ cusingos@cct.or.cr](mailto:cusingos@cct.or.cr)
- [☎ \(506\) 2738-2070](tel:(506)2738-2070)
- [👉 cct.or.cr/contenido/nuestras-areas-protegidas/refugio-aves-los-valledelchirripo.com/el-pacifico-sur-de-costarica/](https://cct.or.cr/contenido/nuestras-areas-protegidas/refugio-aves-los-valledelchirripo.com/el-pacifico-sur-de-costarica/)

Topolandia

It is a unique family project in Central America that has been 14 years in the making, with only hand tools. The 500-meter extension of labyrinthine tunnels is shaped like a house. You will find rooms, halls, crystalline water springs and many sculptures adorning the walls. An excellent place to enjoy with the family and learn that, with hard work, dreams are possible.

Information:

- [👉 www.facebook.com/topolandiaz/](https://www.facebook.com/topolandiaz/)
- [👉 valledelchirripo.com/el-pacifico-sur-de-costarica/](https://valledelchirripo.com/el-pacifico-sur-de-costarica/)

Reptilandia Park

Reptilandia Park has the largest and most diverse presentation of reptiles in Costa Rica. They can be safely examined up close and displayed beautifully, simulating their natural habitat as much as possible. As you stroll along the easy walking trails, you can also enjoy the beautiful plants and trees in the botanical garden. Visit Reptilandia Park when looking for things to do in and around Dominical; a fun and exciting activity for the whole family.

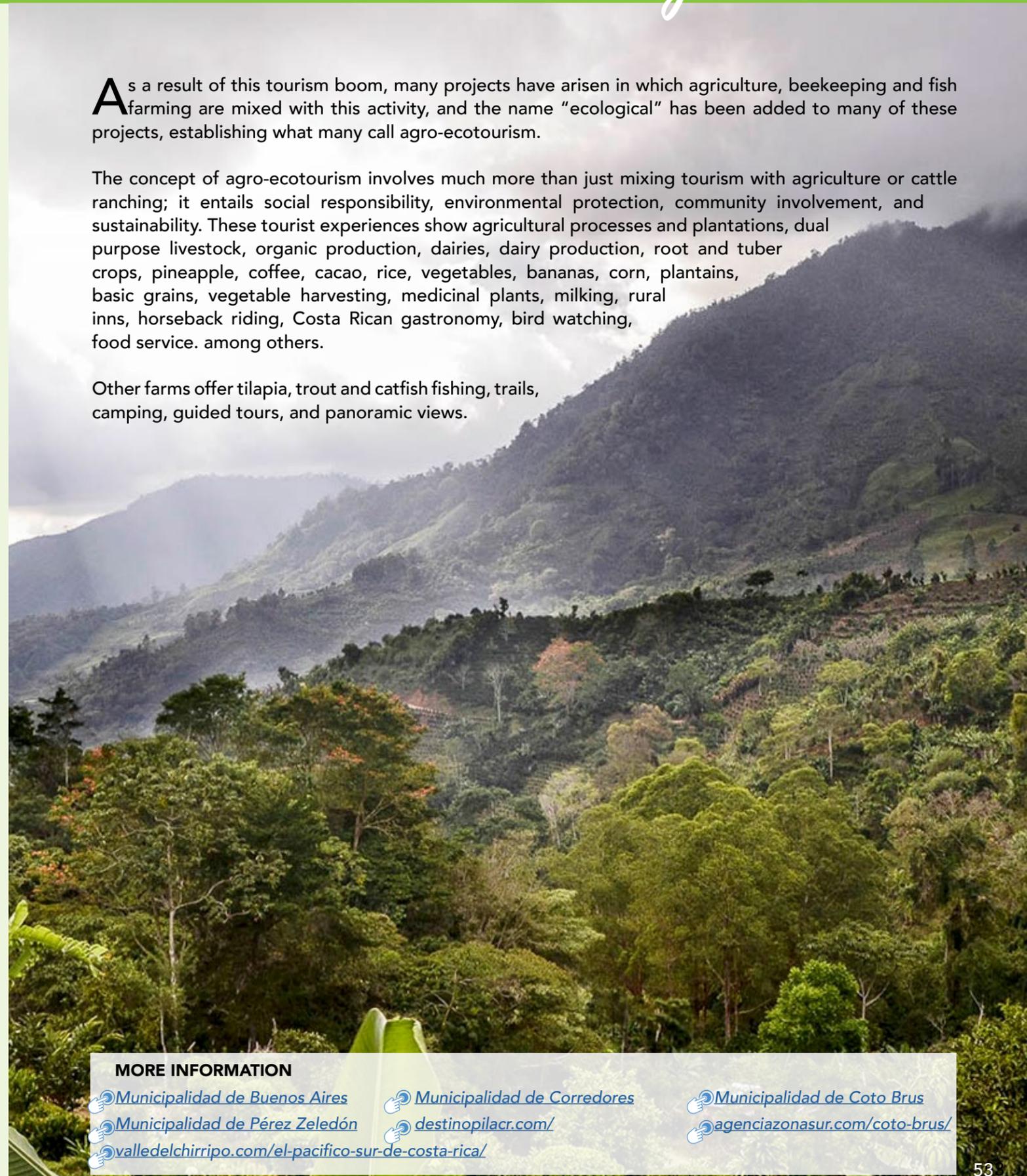
Information:

- [👉 crrptiles.com/es/](https://crrptiles.com/es/)
- [👉 valledelchirripo.com/el-pacifico-sur-de-costarica/](https://valledelchirripo.com/el-pacifico-sur-de-costarica/)

As a result of this tourism boom, many projects have arisen in which agriculture, beekeeping and fish farming are mixed with this activity, and the name "ecological" has been added to many of these projects, establishing what many call agro-ecotourism.

The concept of agro-ecotourism involves much more than just mixing tourism with agriculture or cattle ranching; it entails social responsibility, environmental protection, community involvement, and sustainability. These tourist experiences show agricultural processes and plantations, dual purpose livestock, organic production, dairies, dairy production, root and tuber crops, pineapple, coffee, cacao, rice, vegetables, bananas, corn, plantains, basic grains, vegetable harvesting, medicinal plants, milking, rural inns, horseback riding, Costa Rican gastronomy, bird watching, food service, among others.

Other farms offer tilapia, trout and catfish fishing, trails, camping, guided tours, and panoramic views.



MORE INFORMATION

- [👉 Municipalidad de Buenos Aires](#)
- [👉 Municipalidad de Corredores](#)
- [👉 Municipalidad de Coto Brus](#)
- [👉 Municipalidad de Pérez Zeledón](#)
- [👉 destinopilacr.com/](#)
- [👉 agenciazonasur.com/coto-brus/](#)
- [👉 valledelchirripo.com/el-pacifico-sur-de-costarica/](#)

Emblematic towns of Buenos Aires

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Emblematic towns - Buenos Aires



Buenos Aires

In pre-Columbian times, the territory that currently corresponds to the canton of Buenos Aires was inhabited by indigenous people of the so-called Borucas group, as evidenced by the numerous cemeteries that have been found in various parts of the region.

In 1700, the indigenous settlement of San Francisco de Térraba was founded with Teribe Indians from Talamanca. In 1712, Recollect friars established a cattle ranch in the savannahs of the region. From then on and during the rest of the colonial period, the area was known as the missionaries' herd of Térraba, mission herd or simply the herd. In 1744, Recollect friars created the Cabagra settlement.

In 1860 Pedro Calderón, opened a road that communicated Cartago with the towns of Térraba and Boruca, and baptized the site that was called Hato Viejo, with the name of Buenos Aires.

In 1961, following the opening of the section of the Inter-American Highway between the towns of San Isidro de El General and Buenos Aires, the region experienced an increase in population due to the arrival of migrants from the Central Valley.



Biolley

The Biolley district is named after the naturalist educator Paul Biolley Matthey, of Swiss origin, who died on January 16, 1908, and was buried in the San José General Cemetery. One of the hills of the Talamanca Mountain Range located within the La Amistad International Park (PILA) was named in his honor.

In addition, the town and district of Biolley also bear his name and are in the canton of Buenos Aires, in the province of Puntarenas.

Finally, an orchid named *Maxillaria biolleyi* and an onychophorus (invertebrate), *Epiperipatus biolleyi*, endemic to the northern section of the Central Valley of Costa Rica, were also named after him.

Thanks to the influence of PILA, the organized population of the Biolley district has seen rural community-based tourism as a real option for improving their quality of life and economic, social, and environmental sustainability.



Photo: Diego Matarrita

Pueblo Bolas Pre-Columbian Spheres

In the South Pacific of Costa Rica, in the canton of Buenos Aires, there is a town called Bolas. It received this name because there were many pre-Columbian stone spheres. Bolas de piedra (Stone spheres), that's how the spheres are known in Costa Rica, and Bolas had at least 20. Hence its name.

At Bolas, at least 20 pre-Columbian spheres have been found in sizes ranging from 20 to 157 cm in diameter. Apart from Finca 4, in the Diquís Delta, where 30 spheres have been recorded, no other archaeological site is known to have so many spheres.

We know very little about the archaeological village. Studies in the early 1980s by Robert Drolet and Robert Markens say that this village was as large as the present one. They also say that some 1500 years ago people already lived there, in small hamlets, and that there was a time when a small center was built with artificial mounds and stone spheres.



Potrero Grande

Potrero Grande de Buenos Aires is a community whose first inhabitants arrived from Chiriquí, Panama, at the beginning of the 20th century. They came in search of land suitable for cattle ranching and pushed by the political crisis their country was experiencing at the time: restructuring of indigenous peoples, land dispossession, soil depletion, forced enlistment, population increase and taxes.

The Chiricans settled in southern Costa Rica bringing with them their traditions, way of life, food, beliefs, ways of work and entertainment, in short, their culture.

And that is why, in Potrero Grande, today the National Day of the Chirican Person is celebrated from May 26 to 29. It is a 4-day fair filled with celebration, music, dance, crafts, typical food, and many other activities, ending with bull riding.

 www.elpais.cr/2018/05/25/potrero-grande-de-buenos-aires

 ifigeniaquintanilla.com/2014/12/01/un-poco-de-historia-sobre-las-bolas-de-bolas/



Coto Brus

San Vito de Coto Brus

Coffee cultivation began in 1949, becoming the most important agricultural product in the region due to favorable prices after World War II. In 1952 (during the post-war socio-economic crisis in Europe) a group of Italian pioneers from forty different locations, from Trieste to Taranto, with a handful from Istria and Dalmatia, were energetically led by brothers Vito Giulio Cesare and Ugo Sansonetti.

This Italian immigration represents a typical example of directed agricultural colonization, which in many ways resembles that which occurred in other parts of Latin America. European immigrants came with the help of the Intergovernmental Committee for European Migration (CIME).

The region underwent a great transformation with the efforts of these settlers and the Costa Ricans, who promoted and carried out the development of the region. During the administration of Mr. Francisco Orlich Bolmarich, on December 10, 1965, the town of San Vito, head of the canton created on that occasion, was granted the title of village.

Contrary to popular belief, the origin of the name is not attributed to Vito Sansonetti, one of the first landowners in the area, but was in honor of the Italian saint and founder of the towns of Vito di Lucania, coincidentally of the same name. The term "Java", according to legend, is due to the fact that on a certain occasion the migrants found a Panamanian Indian in the stream that runs through San Vito with a "jaba" (a wooden box) on his back. The river itself would later

adopt this name, until today. No other population in the country has been so influenced by the contribution of Italian culture, although over the years, it was largely modified by the contribution of other ethnic groups: Creoles, Guaymi Indians, Asians and others.

municotobrus.go.cr/articulo/15/historia-del-canton

youtube.com/watch?v=WqR66r960iY



Corredores



Ciudad Neily

Ciudad Neily, head of the canton of Corredores and its first district Corredor, is in the extreme south of the province of Puntarenas, Costa Rica.

Also called Villa Neily by the locals, the town provides a balance of exciting rural adventures and comfortable urban environments that are perfect for couples or families on vacation. Ciudad Neily is surrounded by forests and has a river that runs through it.

It is located 18 km from the national border with Panama in Paso Canoas and 342 km south of the capital San José, at an altitude of 46 meters above sea level and on the banks of the Caño Seco and Corredor rivers. Its name is a reference and homage to Ricardo Neily Jop (1912-2000†), a citizen of Lebanese origin and founder of the city.

mipaiscostarica.com/cuidad-neily/



Canoas

Paso Canoas is an international city located between the province of Puntarenas (Costa Rica) and the province of Chiriqui (Panama). The border between Panama and Costa Rica crosses it from north to south, making this city both Costa Rican and Panamanian.

In Costa Rica, Canoas is district number 3 of the Corredores canton, in the province of Puntarenas (in the southern Brunca Region of the country). It is 122.33 km² and has an estimated population of 11,527 inhabitants (2011).

In Panama, it belongs to the jurisdiction of the township of Progreso, in the district of Baru, province of Chiriqui.

Since it is in a border area, cross-border trade is of great importance to the inhabitants of the area.

Pérez Zeledón



Cedral

Cedral is in the Cajon district. It is a town noted for its high-altitude climate, strong social organization, cooperativism, the quality of its high altitude coffee production and the abundant water sources on which its tourism and recreational development revolves.

San Jerónimo in the district of San Pedro. It is the gateway to Chirripó National Park, through which you enter the Sabana de los Leones sector and Cerro Ena, only through the Cerro Ena Tourism Association (ATURENA), which works with Chirripó NP. In addition to the natural attractions linked to the protected areas, the town of San Jeronimo has become a benchmark in Perez Zeledon in the development of hiking activities and waterfall tours. The diversity of rural tourism businesses, cabins, reserves, and micro coffee processing plants has allowed for exponential rural and community tourism development.



San Isidro de El General

Main city and historical place of the canton of Perez Zeledon

Places such as the sports center and the private reserve La Finca Municipal (just two kilometers from the city center) allow for accessible family-oriented recreational activities. San Isidro's central location allows easy connection to the twelve districts of the canton. San Isidro is a central point of commerce and services for the region; we find a strong institutional presence and an accelerated process of urban development.



Pejibaye

Pejibaye is the most important urban center in the district of the same name. It is a historical benchmark of the canton for its peasant and agricultural production, primarily based on beans and corn.

As a district, Pejibaye has many natural attractions including waterfalls and pools and a mostly warm climate. The many viewpoints overlooking the Pacific Ocean located a few kilometers from the main town, along the coastal range, offer incredible panoramic views of the southern coast of our country.



San Gerardo de Rivas

San Gerardo de Rivas is a small town high in the valley of the Chirripó Pacifico River, in the mountains of Talamanca. It is located 20 km northeast of San Isidro de El General and is the last town before Chirripó National Park.

Very popular with hikers, trekkers, birdwatchers and nature enthusiasts, this place is perfect to dive deep into the unique ecosystem of this area, explore the traditional Tico lifestyle and maybe even climb to the top of Costa Rica's highest peak.

Barely touched by mankind for centuries, San Gerardo de Rivas offers the beauty of its extensive mountain views, the biodiversity of its cloud forests, its crystalline rivers, and the rustic Costa Rican atmosphere.

It is a community dedicated to the cultivation of high-altitude coffee, tomatoes, various other vegetables and dairy cattle.

Nestled at the foot of Cerro Chirripó, the community of San Gerardo de Rivas, in Pérez Zeledón, has held a sports festival every February for the past 30 years, with its famous cross-country race.



San Jerónimo de San Pedro

San Jeronimo is a small town with enormous potential for sustainable rural tourism that includes rivers, rappelling, horseback riding and trout fishing, among other attractions. Its main activities are rural tourism and coffee harvesting.

In the San Jeronimo sector, they offer lodging and food services and have several experienced guides available to tourists, as well as hikes to Cerro Ena, which is located in the same mountain range but at a lower altitude than Chirripo. The residents of San Jeronimo are well organized through an association called ASOENA, and they also have a porter service for those who wish to hike with less weight in their backpacks or without it any at all. This point of access offers a challenging alternative for those who are regular visitors looking for a new ways to hike the massif, surrounded by beautiful scenery.

senderosdelchirripo.com/san-jeronimo/

Contact: (506) 8374-3443, 4406-4542
info@aturena.com

State protected areas

In the South Pacific there are two Conservation Areas: La Amistad Pacific Conservation Area (ACLAP) and Osa Conservation Area (ACOSA) that protect a large part of the country's natural heritage, which in turn include several protected wildlife areas. ACLAP includes the protected wildlife areas of Chirripó National Park, La Amistad International Park, Los Santos Forest Reserve, Pájaro Campana Biological Reserve, and Las Tablas Protected Area. This Conservation Area has two international designations that distinguish it worldwide (UNESCO declared it La Amistad Biosphere Reserve in 1982, and in 1993 it was recognized as a World Heritage Site). It covers the cantons of Coto Brus, Pérez Zeledon and Buenos Aires and the boundaries of the protected areas contained in these cantons.

ACOSA has important conservation characteristics, as it is the natural dispersal point for species from the north and south. This has allowed it to be characterized as a representative sample of the ecological richness of the country, with enormous scientific value for research. Among its multiple ecosystems it has humid and very humid tropical forest, rainforest, sites of archaeological value, beaches, reefs, wetland ecosystems and spawning sites for marine species. It also has a rich biodiversity of flora, terrestrial and marine species, endemic or endangered.

It includes the cantons of Corredores, Golfito and Osa. In addition to the boundaries of the protected areas contained in these cantons. The canton of Corredores has no State Protected Wildlife Areas. The above data demonstrates that the region has natural potential for development, due to its terrain, climatic, edaphic and hydrographic conditions.

Amistad Pacific Conservation Area (ACLA-P)

This area was created in June 1990 and covers an area of 522,793 hectares, of which 193,739 hectares are within Protected Wildlife Areas (ASP), 169,414 hectares are the buffer zone of the ASP and 167,985 hectares (32% of the ACLA-P territory) are biological corridors. The ACLA-P is located in the southeast of the South Pacific region of Costa Rica, in the cantons of Pérez Zeledón, Buenos Aires and Coto Brus; from San Gerardo de Dota to the border with Panama, and from the watershed in the Talamanca Mountain Range to the Fila Costeña or Brunqueña.

Among the main attractions found in this Conservation Area is the highest point of Costa Rica (Cerro Chirripó), a National Patriotic Symbol (Cerro Crestones), of great geological history of the Talamanca Mountain Range and glacial lakes. It is made up of diverse ecosystems such as natural high altitude savannas, subalpine moorlands, extensive cloud forests, oak forests and high altitude wetlands (peat bogs), biological richness and high endemism. The area also boasts a diverse cultural richness represented by nine indigenous territories (Boruca, Térraba, Rey Curré, Coto Brus, Ujarrás, Salitre, Cabagra, China Kichá and Alto Chirripó) of the Bribri, Cabécar, Ngöbe, Térraba, Brunka and Boruca ethnicities, descendants of Chiriqui-Panama, Honduras, Italy and other Central America countries have fostered a diversity of peasant traditions. Here you will find scenic

beauty, the largest terrestrial Protected Wildlife Area, and the only binational ASP of C.R. (La Amistad International Park) and the largest watershed in the country, Grande del Térraba. The Protected Areas and communities of the ACLA-P have obtained three international designations from UNESCO: La Amistad Biosphere Reserve, Savegre Biosphere Reserve and World Heritage Site Cordillera de Talamanca Reserves - La Amistad National Park Costa Rica/Panama. In addition to this, the ACLA-P is home to the Talamanca Peatlands Ramsar Site and the aspiring geo-park "Parque Nacional Chirripó" and has promoted a shared responsibility approach for over two decades.

In the ACLA-P there are five types of climates and the average annual precipitation is 3800 mm³, with an average of 195 rainy days per year. The average annual temperature remains at 30°C, but can vary between 0°C and 32°C. The vegetation is quite varied, many species are endemic to each ecosystem (wetlands, peatlands, paramo, savannas and tropical rainforest, humid subtropical, very humid subtropical, very humid low montane, very humid montane). These ecosystems are rich in species of all groups, some of which have a reduced populations or are in danger of extinction, including six species of felines and other wild mammals, as well as migratory or resident birds and amphibians such as salamanders and frogs. The Northern Harrier (Spizaetus ornatus) is the flagship species of the ACLA-P.

The ACLA-P includes ten Protected Areas, of which three are private areas

with the management category of National Wildlife Refuge (Longo Mai, Río General and Montaña del Tigre), three are state-owned (Chirripó National Park, La Amistad International Park and Pájaro Campana Bicentennial Biological Reserve) and four are mixed (part state and part private): San Vito Wetland, Cerro Paraguas Palustrine Wetland, Las Tablas Protected Zone and Los Santos Forest Reserve.

 sinac.go.cr/ES/ac/aclap/Paginas

La Amistad Biosphere Reserve

La Amistad Biosphere Reserve was declared by UNESCO in August 1982, at the request of the Costa Rican government, becoming the first such designation received by the country. It is located in the Talamanca Mountain Range and extends to the border with Panama, over more than six hundred thousand hectares along the Pacific and Caribbean slopes, covering more than 12% of the national territory.

The presence of protected wild areas with high biodiversity, endemism and uniqueness, and the presence of indigenous territories with diverse forms of traditional and cultural use, make La Amistad Biosphere Reserve a site that protects Costa Rica's natural and cultural heritage.

The core zone of the biosphere reserve is La Amistad World Heritage Site, which in turn comprises one of the largest patches of primary forest in Central America. It hosts a variety of ecosystems of rich biodiversity, due to the altitudinal variations, with elevations from 50 to 3820 meters above sea level. It is home to particular ecosystems such as moorlands, peat bogs, endemic oak forests, representing 90% of Costa Rica's flora, including more than 1000 species of orchids and ferns, as well as endangered fauna such as big cats and tapirs.

For many years, important efforts have been made in indigenous territories and peasant communities to develop balanced forms of management and integration between man and nature, as well as the actions carried out by the state through its institutions, developing planning and coordination processes and implementing a reserve management model, in accordance with biodiversity conservation policies and strategies.

Turberas de Talamanca wetland - Ramsar site

These are a series of high altitude wetlands, located in the Talamanca Mountain Range, of different types, origin and size. They are characterized for being areas of flooded soils, peat bogs, as well as glacial morainic lagoons, from where many of the rivers that bathe the Caribbean and the South Pacific of our country start their course. The wetlands are located in a large sector of the Talamanca Mountain Range, which extends from the southern part of the Central Valley of Costa Rica and continues into the territory of the Republic of Panama. These wetland ecosystems are located within sectors of several protected areas, namely: Los Quetzales National Park, Los Santos Forest Reserve, Chirripó National Park, Tapantí-Macizo de la Muerte National Park, La Amistad National Park, and Cerro Las Vueltas Biological Reserve. This is the only Ramsar site in Costa Rica that includes high altitude wetlands, which have a totally different ecological dynamic from the rest of the country.

 par-manglares.net/images

 unesdoc.unesco.org/ark:/48223

International Park La Amistad

Costa Rica – Panamá

This area extends over almost 200,000 hectares, of which 25,181.85 hectares are in the ACLAP and the remaining territory is in the ACLA-C.

It is the largest terrestrial Protected Wildlife Area in Costa Rica and is binational, since its territory continues in Panama for 207,000 hectares more. It is characterized by different ecosystems like oak forests, cloud forest, paramo and high altitude wetlands, such as peat bogs.

Ecosystems:



Paramo



Cloud forest



Wetlands



Oak grove

It has a network of short, medium and long trails where visitors can observe a wealth of species, some of which are endemic to Talamanca.

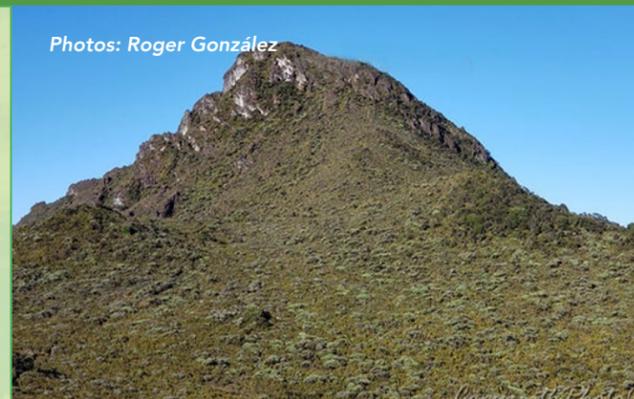


Photo: Róger González

The diversity of bird species in this zone represents an important tourist attraction.

Visitors have the opportunity to be in a National Park recognized worldwide as a Ramsar Site, World Heritage Site and a Biosphere Reserve.

www.sinac.go.cr/ES



Photos: Roger González



Important data



- It is the only transboundary park in the country.
- It is the largest terrestrial protected wilderness area in the country.

Surface

199 147 ha (166 980 ha of the Caribbean part and 32 167 ha on the Pacific side).



Altitude

The highest point is at 3,549 m (3,549 ft) of elevation at Cerro Kamuk



Lowest temperature 0° C

Activities



Ecotourism and adventure tourism (high-demanding trekking)

Path	Length (km)	Maximum altitude (masl)	Difficulty
Gigantes del Bosque	2,4	1 450	Low
Tres Colinas - cerro Kámuk	27,5	3 547	Extreme
Santa María - cerro Cabécar	12	2 980	High
Sabanas Esperanza	3,6	1 852	Medium
Altamira - valle del Silencio	18	2 450	High
Santa María de Pittier			
Río Canasta	4	1 500	Medium
Santa María – cerro Pittier	7,5	2 869	High
La Cascada de Pittier	1,3	1 500	Low



Suggestions



Long-sleeved shirt and pants



Rain coat



Walking shoes



Location

The PILA is located in the southern sector of the Talamanca Mountain Range, from the border with Chirripó National Park to the Panamanian border.

Featured species



Bird, mammal, plant and insect groups



Endemic species of amphibians, plants and insects



Threatened or endangered species



Flora: oaks and "aguacatillos (*Lauraceae*)



Fauna: jaguar, tapir, bush dog, quetzal and bellbird

More information can be found at:

doi.org/10.22458/urj.v13i2.3621



Fotos: Roger González

Services



Hosting

- **Camping:** Altamira & cerro Kamuk.
- **Rustic Rooms:** Pittier and valle del Silencio.
- **Altamira y Pittier** have electricity, sanitary services, potable water, cellular coverage and landline telephones.
- In **Cerro Kamuk and Valle del Silencio** there is no electricity or cell phone coverage, toilets are latrine style and water comes from forest springs.

Hours: M-F from 8:00 am to 4:00 pm. For reservations, only during the same hours.

RATES: Admission (per day)
Residents (nationals): ₡800 (+VAT) adults and ₡500 (+VAT) children
Non-residents: \$10 (+VAT) for adults and \$5 (+VAT) for children

Camping (per night)
Nationals, residents and non-residents: \$6 (+VAT)

Minimum stay recommended:
3 to 5 days

How to get there

- The use of a four-wheel drive vehicle (4x4) is recommended to reach the starting points of the hikes:
 - Tres Colinas-Cerro Kamuk Sector
 - Santa María-Cerro Pittier Sector
 - Biolley-Valle del Silencio Sector
 - Brunca-Cerro Cabécar Sector

Needs a guide

- Senderos Tres Colinas-cerro Kamuk
- Santa María-cerro Cabécar
- Sabanas Esperanza and
- Altamira-valle del Silencio

Needs a local guide

Meals

- Visitors must bring their own food.
- All sites have areas designated for the preparation of food. Visitors must bring their own stove, gas and utensils.

Difficulty level
Intermediate to difficult.

For reservations:
Tel. (506) 2200-5355 sinac.go.cr
reservaciones.pila@sinac.go.cr
Kamuk ASOTUR with Iliana Flores Salazar, cel: 8482-99-31 / Cabécar ACETUSAMA with Roger Romero Ureña, cel: 8542-97-07

[video](#) www.epidendra.com
tvsur.co.cr/etiqueta/parque-internacional-la-amistad/

Main attractions:

Cerro Cabécar: With an elevation of 2890 masl and temperatures varying between 10 and 12°C, this hill has a vegetation characteristic of premontane forest, cloud forest or oak forest, peatland and moorland. Visitors will experience the scenic beauty of the Terraba Valley, as well as several hills including Chirripó and Dúrika. During the tour, it is possible to observe a large number of bird species and waterfalls. The Santa María - Cerro Cabécar Trail, 11.9 km, is very difficult and offers day hikes for individuals or groups of a maximum of nine visitors per day. All visitors must be accompanied by a local tour guide, which is coordinated in the community of Santa María de Brunca, through the organized group Asociación Cámara Ecológica y de Turismo Santa María de Brunca.

Cerro Kamuk: At 3549 meters above sea level, this is the eighth highest mountain of Costa Rica. To get to the site you must follow the Tres Colinas-Cerro Kamuk trail, which is 27.5 km long in each direction and takes between three to five days, with a high degree of difficulty. Day hikes on this trail are allowed from one to a maximum of nine visitors per day. All tourists must be accompanied by a local tour guide from the Tres Colinas de Potrero Grande Tourism Association. During the tour you can observe various ecosystems such as premontane forest, cloud forest and paramo. From the top of Cerro Kamuk, you can see the Pacific and Caribbean coasts.

Sabanas Esperanza: To get to the site you must walk a medium to difficult trail for 3.6 km in each direction, reaching an elevation of 1852 meters above sea level. Day hikes are permitted for individuals or groups of a maximum of 13 visitors per day, who must be accompanied by one of the local tour guides available through the Biolley Organized Women's Association. The main attraction is the savannah ecosystem, which are open natural areas dominated by various species of grasses, pastures and stunted vegetation, allowing an excellent panoramic view of the area and its surroundings. Another feature that makes the place attractive is that it is an archaeological site (indigenous cemetery).

Valle del Silencio: The Altamira-Valle del Silencio trail begins at Biolley's Altamira Biological Station and requires two to three days to complete the entire trail. Day hikes are permitted for individuals or groups of up to nine people, always accompanied by a local tour guide coordinated through the Biolley Organized Women's Association. After a trail of almost 18 km (in each direction) you will reach a plain in the middle of the Cordillera de Talamanca located at 2500 meters above sea level, which is covered with cloud forest and extensive oak groves. In the middle of this forest are the Peatlands, known as "the Garden", an ecosystem internationally recognized as a Ramsar Site, containing very colorful formations composed of lichens, algae, fungi, tree ferns and other small plants. During the tour you will have the opportunity to enjoy the scenic beauty of several hills and the Rio Grande de Terraba Valley.





Los Gigantes del Bosque (The Giants of the Forest): In a 2.4 km route you can appreciate areas in regeneration, secondary forests and mature forest, where different species of trees live, among which stand out the sweet cedar and "Ira rosa" or sweetwood, some of these are over thirty meters tall. It is an excellent trail for bird watching. Day hikes are permitted on this trail, with or without a guide, individually or in groups of up to seven people, with a maximum of 28 visitors per day. At the beginning of the trail there is a camping area with basic facilities (toilets, water, food preparation area).



La Cascada de Pittier: After walking 1.5 km, you will reach a cascade of three waterfalls. The trail allows the visitor to appreciate areas in regeneration, secondary forests and primary forest, where you can see many birds flying in a premontane forest. Day hikes are permitted on this trail, with or without a guide, individually or in groups of up to seven people, with a maximum of 28 visitors per day. Due to the strong water currents, slippery and sharp rocks, bathing in the waterfall or in the river is not permitted.



Río Canasta: It is a river with crystalline waters that come from the deepest corners of the cloud forest at Cerro Pittier. To reach the site you must arrive at Santa María de Pittier (Coto Brus de Puntarenas) and walk a 4 km trail (in each direction). Day hikes with or without a guide are allowed on this trail, with a maximum of 10 people per day. Due to the strong water currents, slippery and sharp rocks, bathing in this river is not permitted.



Cerro Pittier: This hill has an elevation of 2869 meters above sea level and was named in honor of the Swiss scientist Henri Pittier, who made important contributions to the knowledge of the biodiversity of Talamanca. To get to Cerro Pittier you must follow a 7.5 km trail that starts at the SINAC Operational Post located in Santa María de Pittier and ends at the summit of Cerro Pittier. Day hikes accompanied by a local guide are allowed. The total hike is 14 km long and must be done in a single day, as camping facilities are not allowed on Cerro Pittier. During the tour you can observe various ecosystems such as premontane forest and forest.

-  In the above sites, a large number of flora species can be found, including white oak trees (*Quercus occarpa*), aguacatillo (*Ocotea sp.*), ira rosa (*Nectandra sp.*), sweet cedar (*Cederla tonduzzi*) and tirrá (*Ulmus mexicana*). There is a great wealth of species, including insects, mammals such as the tapir (*Tapirus bairdii*), mountain goat (*Mazama temama*), coatis (*Nasua narica*), and the six species of wild cats in the Reserve.
-  Among the bird species, the most outstanding are the quetzal (*Pharomachrys mocinno*), the harrier (*Spizaetus ornatus*), the bellbird (*Procnias tricarunculatus*), the black guan (*Chamaepetes unicolor*), the Curasaw (*Crax rubra*), the black-faced woodpecker (*Melanerpes formicivorus*), the sun biter (*Eurypyga helias*) and goldfinches (*Myadestes melananus*).

 The climate is varied due to altitudinal differences. The best time to visit the Pacific sector is during the dry season, between December and April. The highest rainfall is during the months of September and October, with an annual average of 3000 mm³. Average annual temperatures range from around 20°C in the lowlands to 0°C in the highlands. Strong winds are also common during the dry season.

Forest Reserve Los Santos



Size: 62,000 ha, of which 24,275.7 ha are in the ACLA-P, including several communities, agricultural crops and a wooded remnant typical of oak forests where there is a high biodiversity. This ASP is in the watershed of the Savegre River, considered the cleanest river in C.R., in the cantons of Dota and Pérez Zeledón.



It is an area characterized by steep slopes and hills with elevations above 3000 meters above sea level, where telecommunication towers are located that allow the signal to be repeated throughout the southern region of Costa Rica.



The temperature ranges from 12° to 28° C. In the lower parts the climate is very hot and humid, in the intermediate parts it is excessively hot and humid, and in the higher parts of the hills of Las Vueltas and Buenavista the climate is very humid and cold.



The average annual rainfall is **1800 mm.**



The dry season is from January to April and the rainy season from May to December.

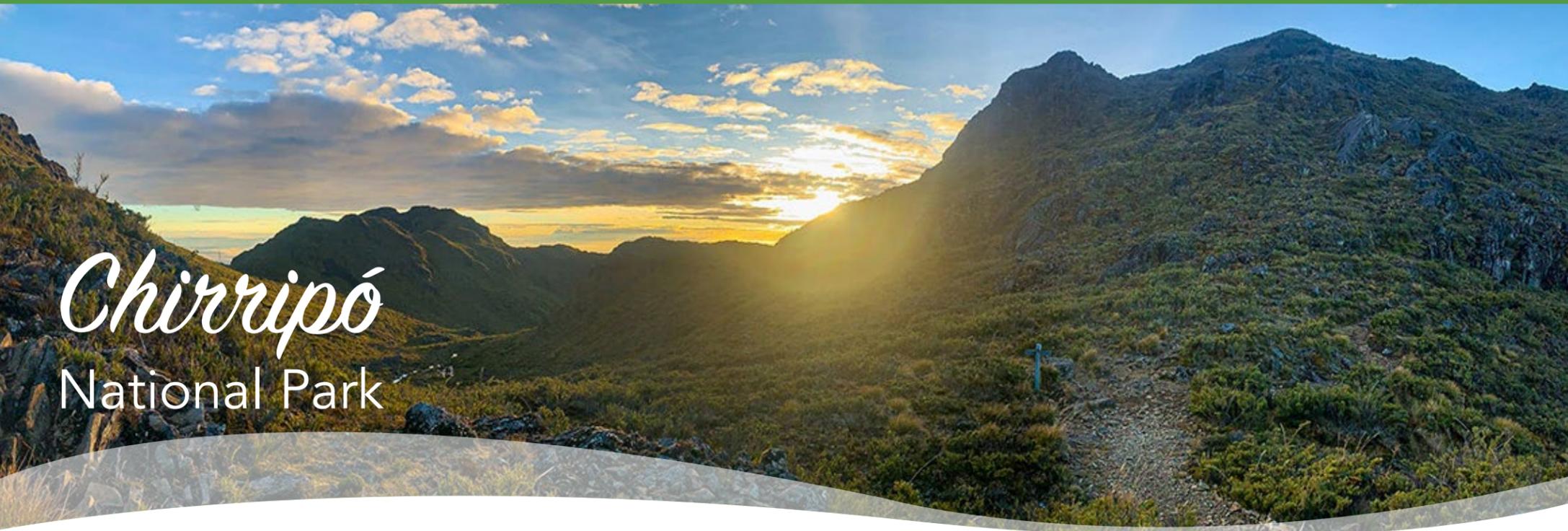
The entire area is a large hydrographic basin, where the Savegre River, Naranjo River and Parrita or Pirrís River originate.

Among the trees and plants that can be found are the oak, cacho de venado murta, tierra, guaba, quina, horquetilla, cuacaracho, quizarrá, duraznilla, jicarillo, yos, yas, palo de papa, arborescent ferns, rabo de mico, copey, cirrí, magnolia, lorito, ciprecillo, poor man's umbrellas, cedrillo, candelito, nance macho.

From a geological perspective, the region of Los Santos (derived from the name of the cities of San Marcos, Santa María and San Pablo) is homogeneous in condition in view of its origins dating back to the Oligocene. Oligocene marine clastic deposits are found, possibly including slightly older and younger rocks (Senosri Formation, Terraba, Masachapa). The region is highly faulted with evidence of sedimentary rocks, mainly shales, limestones and sandstones.

Among the species of fauna in this reserve are mammals such as peccaries, tapirs, mountain goats, coatis, armadillos, foxes, raccoons, coyotes, weasels, porcupines, squirrels and felines such as the jaguarundi, the jaguar (*Panthera onca*) and the margay; birds include the quetzal (*Pharomachrus mocinno*), the black guan (*Chamaepetes unicolor*), partridges, doves, goldfinches and robins, and otters and trout can be found in the rivers. There are also snakes such as pit vipers, lora and coral snakes.

In the region you can observe ecosystems such as very humid tropical forest, transition to premontane; premontane rainforest; low montane rainforest; montane rainforest; very humid low montane forest.



Chirripó National Park



Unique experience at the top

The satisfaction of reaching the highest point in the country is the main - but not the only - reason that attracts visitors to Chirripó National Park. Get ready to discover one of the most impressive places that you must visit at least once in your life.

Magical panoramic views, observation of endemic, resident and migratory bird species and a journey through moorlands and glacial lakes are part of the experience you can live in Chirripó National Park.

Chirripó is a Cabécar word meaning "Land of Eternal Waters", in this place there are modeled and varied glacial forms such as U-shaped valleys, moraines, terraces, glaciers, lakes and glacial cirques that testify to the passage of large ice tongues whose action dates back approximately 25,000 years.

Your visit will not only delight your senses, but you will also contribute to the development and well-being of neighboring communities by purchasing associated services, such as luggage transport, lodging, food and souvenir sales.

Chirripo National Park is home to what is known as the "Chirripo Massif" a mountain massif is "a large mountainous mass or a compact group of connected mountains that form an independent portion of land". Thus, the "Macizo del Chirripo" is formed by 19 hills of more than 3400 meters high and five valleys. All these peaks have been named and measured in their altitude by the National Geographic Institute, a powerful attraction for all those who enjoy mountaineering.

At Chirripó, each site is unique. From the beginning of the trail, the view is refreshed by the premontane forests and their great diversity of species.

 The cloud forest is an area full of epiphytic (aerial) plants that cover the trunks and branches of trees. Some of the trees that you can observe in Chirripó National Park are several species of oak (*Quercus spp*), the aguacatillo (*Ocotea sp*), the ira rosa (*Nectandra sp*), the sweet cedar (*Cedrela tonduzzi*) and the tirá (*Ulmus mexicana*). (*Ulmus mexicana*) and herpetofauna species such as the Lora Snake (*Bothriechis lateralis*), the recently

described Talamanca Highland Toboba (*Bothriechis nubestris*) and arboreal and ground Salamanders (*Plethodontidae*).

 In Chirripó NP there is a great diversity of wild mammals such as the tapir (*Tapirus bairdii*), mountain goat (*Mazama temama*), coati (*Nasua narica*), peccary (*Pecari tajacu*), paca (*Cuniculus paca*), spider monkey (*Atteles geofroyi*) and the six species of wild cats in CR. However, due to the elusive behavior of these animals, they are rarely observed. There are a large number of bird species, among them the quetzal (*Pharomachrys mocinno*), the harrier (*Spizaetus ornatus*), the black guan (*Chamaepetes unicolor*), the Curasaw (*Crax rubra*), the white-faced woodpecker (*Melanerpes formicivorus*) and the goldfinch (*Myadestes melanops*), endemic herpetofauna such as the giant canopy lizard (*Dactyloa savagei*), the spotted eyelash viper (*Bothriechis supraciliaris*) and the emblematic critically endangered harlequin toad (*Atelopus varius*).



Dry season:
Dec. - April



Rainy season:
May - Nov.



3000 mm³
average annual precipitation



Average annual temperatures range from around 20°C in the lower elevations to 0°C in the higher elevations.



The higher elevations are subject to strong winds, frost, frequent drizzle and sudden temperature changes. The lowest recorded in Chirripó and Costa Rica has been 9° below zero.



Located between the provinces of San José, Cartago and Limón, 25 km. northeast of San Isidro de el General.



Here is the highest peak in Costa Rica, Cerro Chirripó, at 3821 meters above sea level, (12530 feet).



It extends over 50 150 ha.

Featured species:



Pluvial moor:

Flora: dwarf bamboo (*Chusquea* spp) as well as several species of grasses.

Fauna: fire-throated warbler, long-tailed capybara, coyote, eagles, tapir, margay, peccary, and puma.

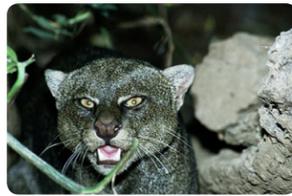


Cloud forest:

Flora: Oak trees and mountain aguacatillos.

Fauna: Quetzal, trogons, goldfinch, black guan, jaguar, ocelot, brocket deer.

Important data



There are 6 species of felines in the country.

On clear days you can see the Caribbean Sea and the Pacific Ocean simultaneously. From Chirripó hill you can see the Turrialba, Irazú, Poás and Barú volcanoes in Panama, as well as several hills of the Talamanca mountain range and the Fila Fábrega in Panama.



Rates

- Fee for residents (nationals): ₡4.000 +VAT
- Fee for children (nationals): ₡ 500 +VAT
- Fee for non-residents (foreigners): 18 +VAT
- Fee for children non-residents (foreigners): 5 +VAT
- Camping (Urán Lodge): 6 +VAT



Administrative office hours

(registration to enter the Park):

- Every day between 8:00 am and 4:00 pm.
- The best time to start the hike is between 3am and 10am.
- Prior registration at the park's administrative office is required for admission during the established hours.

What do we take care of?



Paramo and high altitude oak forest ecosystems.



Much of the evidence of glacial activity in the past.

What to see?



- Los Crestones (patriotic symbol)
- Characteristics of the glacial epoch
- The sunset over the Pacific from Ventisqueros hill.



Recommendations



Minimum time for enjoyment recommended: 2 days
Recommended: 2 nights and 3 days



Thermal clothing



Rain coat



Gloves and scarf



Walking shoes/boots



Cap and sunglasses



Sunscreen

Need for guidance



In Herradura and San Jeronimo a **local guide is mandatory**.



Meals
Food service available by reservation



Difficulty level: **High**



Hosting



Lodging at Base Crestones Lodge



Camping area for the Herradura-Urán- Chirripó route.



Attractions

Mountains

The highest parts of the park, Cerro Chirripó, Monte Uran, Cerro Terbi and Cerro Ventisqueros, are subject to strong winds, frost and frequent drizzle making this park the coldest place in Costa Rica, with the lowest temperatures ever recorded: -9°C (15°F). To give you an idea of how cold it can get, in the northern hemisphere, temperatures can drop as low as -5°C.

The visitor will have the opportunity to visit 4 hills higher than 3000 masl.

The lakes of Chirripó National Park

Two valleys with several lakes, the **Valley of Los Lagos and the Valley of las Morrenas**, and a lagoon called **Ditkevi Lagoon** make up more than 30 lakes between large and small.

The valleys of Chirripó National Park

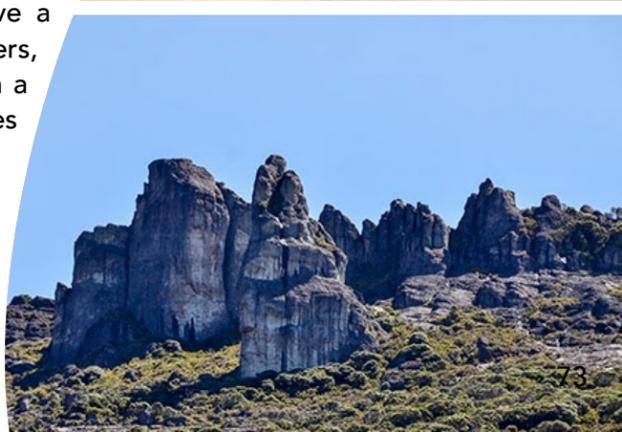
There are 5 valleys in the park. In addition to the valley of **Los Lagos and the valley of las Morrenas**, there is **La Sabana de los Leones, El Valle de los Conejos** and a hidden valley that is not accessible to visitors, called the **Ancho valley**.

Flora & Fauna of Chirripó National Park

In the upper part of the park, the paramo is predominant and has a treeless area of approximately 60 km².

Multitude of species inhabit the park, among them the most outstanding are the squirrels, tapirs (you will be lucky in the Ditkevi Lagoon), pumas and jaguars (these can cross you in the early morning on the way to the refuge Base Crestones), rabbits (in the Valley of the Rabbits), salamanders, frogs, coyotes, toads, and peccaries. We also have a great variety of birds such as nuthatches, goldfinches, warblers, hummingbirds, fly catchers, and the quetzal, a bird that feeds on a type of Lauracea called ira or aguacatillo, worms, insects, reptiles and small amphibians.

Beyond 2700 meters above sea level, the paramo dominates, where scrub type vegetation predominates (shrubs) with trees no taller than 4 meters, in Central America, only in Costa Rica



and Panama you can find this type of area. The most common species are bamboo or cane.

We can also find cloud forest, rain forest, and oak trees up to 50 meters high characterize this area of life, green sown, leathery leaves, stunted crown and acorns as fruit. The most common oak is *Quercus costarricensis*.

The cloud forest is characterized by a high content of tree ferns, mosses, bromeliads, palms and orchids, distributed in different strata of the forest.

Chirripó National Park Main Attractions

In the upper part of the park there are several areas of great geological and biological importance and of great scenic beauty.

To enter any of the sites, you must pay the fees (admission, lodging, camping and others) established by SINAC "Rates for entrance fees and other services offered in the Wildlife Protected Areas under the administration of the National System of Conservation Areas". The places that do not appear in the following list are considered as sites NOT permitted for the development of ecotourism activities, for which the corresponding legal and administrative sanctions and measures are applied to those who enter the site, or to those who promote or offer services associated with this illegal income.



Attractions	Description	Location
Cerro Chirripó 	Highest point in the country and second highest in Central America - 3820 masl. Panoramic view; when clear you can see the Pacific Ocean and the Caribbean Sea. You can also observe from its summit, Terbi hill, Urán hill, Morrenas, Chirripó lagoon, Poás, Barva, and several of the highest peaks of Panama. Rock of volcanic origin.	5.5 km north of the base lodge Crestones.
Los Crestones 	Characteristic site of Chirripó Park, this gigantic rock can be seen 7km before reaching the Crestones base. In the afternoons, the sun shines on the Crestones giving them a unique golden color. Los Crestones are a national symbol.	1.5km from Crestones Base Lodge Geomorphic rocks.
Terbi Hill 	Geomorphic rocks. This hill can be visited after passing through the Crestones, or on the way to the Crestones, you pass through the Guardianes trail in the middle of huge rock walls.	1.7km from the Crestones base lodge.
Valley of Los Conejos 	It is a glacial cirque, where the Talari River originates. The park's first lodge was built here in 1965. It is the midway point to several attractions in the park. It has a small kiosk where you can rest on your way to Chirripó hill, Ditkevi lagoon, Terbi hill or to Crestones base.	2.5km north of the Crestones base lodge.
Ditkevi Lagoon 	Glacial origin, with a depth of 8 to 12 meters. Its icy waters will enchant you.	3km north of the Crestones base lodge.

Fotografías: Róger González Tenorio

Attractions	Description	Location
Cerro Urán 	Access is restricted, only with a guide authorized by the Chirripó NP administration, since you enter from Herradura de Rivas, summit at Urán and descend through Chirripó.	7.5 km east of Cerro Chirripó.
Cerro Ventisqueros 	Best panoramic view of the entire Park. Strong characteristic winds give rise to its name. The journey to reach its summit is spectacular. Proximity to the forest.	3.1 km west of the Crestones base lodge.
Sabana de los Leones 	High altitude valley with different types of vegetation where grasses predominate. It is known by that name because of two stories: lioness (female puma with cubs) and the other is that the vegetation is supposed to resemble the mane of an African lion. On the trail there are excellent viewpoints of the General Valley. The Sabana de los Leones can be seen even 7km before reaching Base Crestones.	4 km east of the Crestones base lodge.
Valley of las Morrenas 	Lagoons of glacial origin that drain their waters through the Chirripó Caribe River. Covered entirely by moorland vegetation. You can see the remains of the lodge built in 1975.	7 km north of Crestones base lodge.
Valley of los Lagos: 	Lake that is 22 meters deep and is where the Chirripó Pacific River originates. These lakes are part of the Talamanca Peatlands Ramsar Site.	5.3 km north of Crestones base lodge. 3 lakes of glacial origin.



Attractions	Description	Location
El Páramo 	Ecosystem dominated by grasses, with an area of 6,000 hectares, with temperatures that can drop to freezing point at dawn. There is a high endemism in flora and fauna species.	In elevations above 3000 masl, and at some lower elevations. According to Kappelle's books, there are moorlands located at the 2700 masl line.



Authorized trails

To reach the attractions described above, only the following trails are authorized:

Trail	Length (km)	Maximum altitude (masl)	Difficulty
Herradura – Urán – Chirripó (Paso de los Indios) ¹	25	3664 (cerro Urán)	Extreme
San Jerónimo - Base Crestones ¹	14	3393 (base Crestones)	Extreme
San Gerardo – Base Crestones	14,5	3393 (base Crestones)	Extreme
Albergue Crestones – Ventisqueros	3,1	3812 (cerro Ventisqueros)	High
Albergue Crestones – Sabana of Los Leones	4	3393 (base Crestones)	High
Base Crestones–Valle of las Morrenas	7	3750 (base del cerro Chirripó)	High
Base Crestones – cerro Chirripó	5,1	3820 (cerro Chirripó)	High
Los Crestones – cerro Terbi- Valle of Los Conejos	6,1	3820 (cerro Chirripó)	High
Valle of los Conejos – Laguna Ditkevi	1,2	3509 (laguna Ditkevi)	Low

¹ Entrance with accompanying guides from the local communities is mandatory.



How to get there

There are three routes to climb Chirripó:
1) The well-known traditional route through **San Gerardo de Rivas,**

2) **From the town of San Jerónimo**
info@aturena.com Tel: (506) 7085-0445

3) **Rivas - cerro Urán - Chirripó** must be processed with the development association of Herradura de Rivas, at curismoherradura@gmail.com.

Take the route that best suits you until you reach the intersection located on the Interamericana Sur highway, near the Maxi Pali Supermarket located in Brasilia de San Isidro del General. From this point, head northwest for 20 km, passing through the community of Rivas de Pérez Zeledón and then to San Gerardo de Rivas, where you will find the Chirripó NP Administrative Office and access to the San Gerardo - Base Crestones and Herradura - Cerro Urán - Base Crestones trails.

If you wish to enter Chirripó NP through the San Jerónimo - Sabana de los Leones Trail, take Route 2 Interamerican Highway South, and at the community of La Fortuna de San Pedro, head towards La Unión, passing through the communities of La Guaria, Fátima and Zapotal until you reach San Jerónimo.

Prior to your arrival, you must have the respective online reservation.

Services

Crestones Base Hut

-  Showers (very cold water)
-  Alquiler de caballos para transporte de equipaje
-  Rooms with two cabins each (4 people)
-  Guidance and accompaniment within the protected area
-  Drinking water
-  Network of trails from 3.1 km to 25 km
-  Restrooms
-  Food service (you can bring food that does not require cooking)
-  Internet (2 computers)
-  Areas for food consumption
-  Signal of telephone
-  Nature store

Restrictions and recommendations

For you and other visitors to enjoy your stay in the area, follow these regulations and recommendations that will increase your contact with nature.

-  Chirripó National Park has a management plan, zoning, and public use regulations that all visitors should know and respect.
-  To enter Chirripó National Park, it is mandatory to pay admission fees. These payments and the respective coordination must be made in advance through the mechanisms established by SINAC and the concessionaire.
-  If you require assistance, please contact SINAC officials who will be more than happy to help you. All park ranger dispositions are mandatory.
-  Leave no trace of your stay in this protected area: pick up your garbage and dispose of it properly.
-  Extracting plants, seeds, fruits, rocks, insects, animals and other materials from the site is not allowed.
-  Do not feed wildlife or leave leftover food available.
-  Do not enter with music players or other objects that may disturb both wildlife and other visitors.
-  Speak quietly so as not to interfere with other people's activities. Respect rest schedules.
-  Stay on the official trails and protect the signs posted by the Park, they are for your safety and information.
-  Take care of your belongings.
-  No weapons of any kind may be carried.
-  No pets of any kind are allowed.
-  The entrance and/or consumption of alcoholic beverages, cigarettes (tobacco, marijuana and others) and any other type of drugs or narcotics is prohibited.

-  Sports activities, noise or other activities that alter public order or park resources are prohibited.
-  Campfires are not allowed.
-  Food consumption is allowed only in the places established by the park.
- "Drones" are not allowed.
- Single-use plastics are not allowed.

CONTACT

Administrative Office:

-  Tel: 905-CHIRRIPO / 905-2447747 (Dentro de Costa Rica)
-  (506) 2742-5348 (Fuera de Costa Rica)
- reservaciones.chirripo@sinac.go.cr

To coordinate concession services in the Park, visit the official website of the concessionaire

www.chirripo.org/

La Amistad Pacific Conservation Area (ACLAP) Regional Office, Pérez Zeledón

-  Tel.: 2771-3155
-  Email: aclap.info@sinac.go.cr
-  Location: Pérez Zeledón, Daniel Flores, Barrio Villa Ligia. 100 metros Este y 100 metros sur de la UNED.

Chirripó National Park

www.sinac.go.cr/ES/ac/aclap

Videos

-  quebuenlugar.com/lugares/parque-nacional-chirripo-2/
-  www.youtube.com/watch?v=eOhW_HNBS5k
-  [Ruta San Gerardo de Rivas](#)
-  [Ruta San Jerónimo](#)

OFFICIAL TRAILS

[google.com/maps](https://www.google.com/maps)

Rural community consortium

-  www.chirripo.org/
-  www.chirripo.org/galeria/



Las Tablas Protective Zone

It is a prime destination for ecotourists, birdwatchers and adventurers in general, located in the canton of San Vito of Coto Brus, in the province of Puntarenas. The Las Tablas Protected Zone (ZPT), with an area of 19,602 ha, is part of the Cordillera de Talamanca - La Amistad Reserves / La Amistad National Park World Heritage Site and La Amistad Biosphere Reserve (UNESCO, 2021a). More than 90% of the area is covered by humid forests in a good state of conservation and constitutes an important genetic bank of forest species. It also conserves areas of peatland belonging to the Ramsar site Turberas de Talamanca. These ecosystems protect the watersheds of numerous rivers and streams that supply drinking water to communities in southern Costa Rica.

This PSA was created in 1981 by Executive Decree 6638, and its size was increased (from 10,000 to 19,602 hectares) on February 22, 1982 by Executive Decree 13225.

Its importance lies in the protection of the life zone of the very humid tropical montane forest, very humid low montane forest, low montane rainforest, montane rainforest, the rainy moor and the basin of a number of rivers and streams that supply drinking water, it is also used as a genetic bank of forest species.

Las Tablas is a very humid area. It has rivers that provide water for residents in the nearby San Vito region. The area is essential to preserve the watersheds for the utilization of the hydroelectric potential that can be generated in the area, given its abrupt topography. It is drained by the Cotón River and has a hydrographic

network formed by the Cedro, Gemelos, Cotito, Hamaca, Suray and Bellavista rivers. All of them join the Cotón on its right bank, since the abruptness of its left bank prevents the formation of tributaries.

Flora and Fauna

The Las Tablas protected area prioritizes the conservation of the forest, mammals (including the jaguar, puma, tapir and howler monkey), birds (including the bellbird, quetzal, and emerald toucan) and water resources.

The high altitude of the area helps trees such as oaks and lauráceas to grow.

Both the quetzal and the bellbird are species of high importance for conservation and for sustaining rural tourism in the area (SINAC, 2020).

The resplendent quetzal (*Pharomachrus mocinno*) lives in the area in large numbers due to the abundance of Lauraceae, its main food source. It is a relatively common resident species in the fully or partially forested mountains of the Cordillera de Tilarán, and southward to Panama. This species has been reported from 1,200 to more than 3,000 meters above sea level and may remain in disturbed areas if remnant forests contain good feeding and nesting sites. It prefers very humid montane forests, loaded with epiphytes. The quetzal feeds on fruits, small insects, frogs and small lizards or snails.



Panthera onca



Pharomachrus mocinno

The bellbird (*Procnias tricarunculatus*) is a resident species of Costa Rica, breeding mainly between 1,200 and 2,300 meters above sea level. It lives in the middle and upper levels of montane forests during the reproductive season, which occurs mainly from March to June. On some occasions they visit secondary forests and visit tall trees in semi-open forests. They perform quite marked altitudinal migrations. They feed on fruits (including guava -*Psidium guajaba*-), insects and sometimes small lizards, eggs, and chicks.

The Las Tablas Protected Zone protects wildlife species such as armadillo, peccary, mountain goat, tapir, ocelot, jaguar, puma, margay, mountain lion, ocelot, racoon, howler monkey, white-faced monkey, otter or water dog, porcupine, coati, tyra and peccary. The diversity of birds in this area include the bell bird (*Procnias tricarunculatus*), hawk (*Elanoides furficatus*) the crested harrier (*Spizaetus ornatus*), the black guan (*Chamaepetes unicolor*), the curassow (*Crax rubra*), the white-fronted woodpecker (*Melanerpes formicivorus*), goldfinches (*Myadestes melanops*) and other species such as spotted quail, volcano hummingbird, fire-throated hummingbird, chestnut-breasted hawk, yellow-winged parakeet, striped parakeet, green toucanet, tangaras and red-crested vulture.

Research facilities

The Research Station is managed by the CR OTS. This NGO coordinated with other institutions.

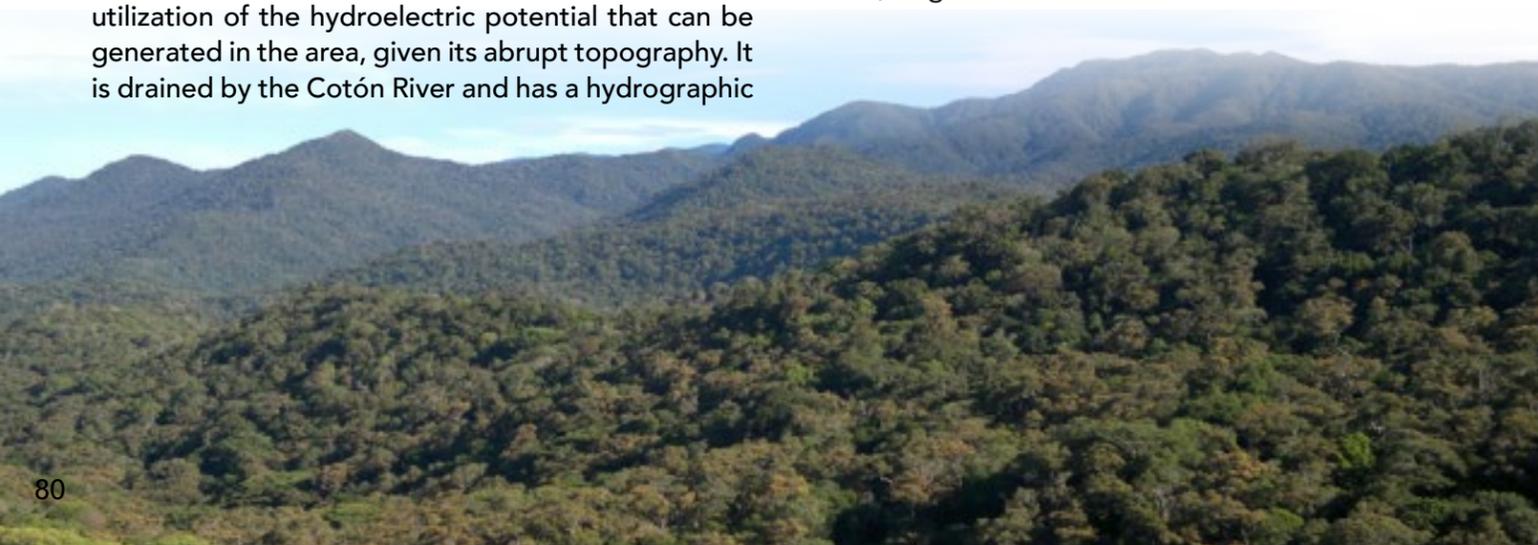
The research facilities are immersed in a private estate dedicated exclusively to conservation, no tourism or any other activity is allowed. There are only private park rangers from the Finca itself.

Information:

 www.youtube.com/watch?v=IJD4x9RLc0



Procnias tricarunculatus



Featured species



It conserves one of the three bellbird (*Procnias tricarunculata*) populations.



Flora: aguacatillo, campano, candelillo, sweet cedar, lorito cypress, ira rosa, arbutus, several species of oaks and orra.



Fauna: armadillo, bush dog, mountain goat, tapir, ocelot, jaguar, puma, mountain lion, ocelot, monkeys such as the howler and white faced, otter, coati and sloths.



It is home to a small population of the harlequin frog (*Atelopus varius*).

What do we take care of?



Water resource for current and future generations. It is the aquifer recharge area where most of the Coto Brus and Sabalito communities.

Main attractions



Excellent population of jaguars, black panthers, peccaries and tapirs



Migratory population of bellbirds (*Procnias tricarunculatus*).



The short-tailed Toledo Saltarin has a restricted distribution in Costa Rica.



Surface area
19 883,25 ha



Altitude
Up to 3000 m elevation



Temperature
Minimum: 6°C
Maximum: 30°C



Recommendations



At least one day plus travel time



Thermal clothing



Rain coat



Gloves and scarf



Walking shoes/boots

Reservations are not required to enter the area.



No admission charge



Services such as food, lodging and other services are offered by private owners and vary in price.



How to get there



Las Tablas Protected Zone is located in the southern sector of the Talamanca Mountain Range from the border with La Amistad International Park to the Panamanian border.

Take the best route to get to San Vito de Coto Brus, continue on the road to Sabalito, passing through the communities of La Lucha and Progreso.

Access road for off-road vehicles only

www.sinac.go.cr/ES/ac/aclap/zptablas

Palustrine Wetland Laguna del Paraguas



With an extension of 49.6 hectares, it has 3000 m² of water mirror and a depth of 2 meters. It is of great importance for the protection of the water resource, the surrounding forests and its associated species of migratory and resident birds, as well as amphibians and bats.

This wetland is located in the canton of Coto Brus, in the province of Puntarenas, between the districts of San Vito and Agua Buena, Costa Rica.

It is part of the La Amistad Pacifico Conservation Area. It protects both migratory and resident birds and is surrounded by primary and secondary forests. Their existence is directly related to water resources thus they are found in areas with these conditions.

Created by Executive Decree No. 22898-MIRENEM of February 23, 1994.

More information

areasparques.com/areasprotegidas/humedales-de-costa-rica/

areasparques.com/areasprotegidas/otros-amistad-pacifico/

San Vito Wetland

With an area of 18.66 hectares, it is of **great importance for the feeding and shelter of local and migratory birds**. It harbors plant and fish species that are endemic or of reduced distribution. This wetland is the source of a tributary of the Sabalito River, which is important for the irrigation of crops and forests in Coto Brus.



Pájaro Campana Biological Reserve

The Bicentennial of the Republic-Bird Bell Biological Reserve (BR) is a Protected Wildlife Area (ASP) located in the canton of Coto Brus, in the province of Puntarenas, on the southern border between Costa Rica and Panama. With an area of 5,075 ha, it is part of the Cordillera de Talamanca - La Amistad / La Amistad International Park World Heritage Site and La Amistad Biosphere Reserve and is surrounded by the La Amistad International Park (PILA) and the Las Tablas Protected Zone -ZPT. More than 99% of the area is covered by humid forests in a good state of conservation and constitutes an important genetic bank of forest species. These ecosystems protect the watersheds of numerous rivers and streams that supply drinking water to communities in southern Costa Rica.

The BR is of great biological and ecological importance; technical studies have determined that it is a site with important ecosystems, flora and fauna species. Most of the BR is covered by primary forest in a good state of conservation. It has remnants of three life zones: very humid premontane forest, low montane rainforest and montane rainforest.

Information on the Pájaro Campana BR can be taken from the General Management Plan available at: [youtube.com/watch?v=JJDr4x9RLc0](https://www.youtube.com/watch?v=JJDr4x9RLc0)

However, in this Protected Area (RBBR Pájaro Campana) there are no facilities for tourist visitation.



Wilderness Areas Protected Private

The owners of the private RNVs are committed to not carry out activities that may hinder the existence of the flora and fauna present, without prior authorization from SINAC-MINAE. In addition, landowners must provide all necessary cooperation to MINAE officials, investigators, and natural resource inspectors who visit the area to carry out the functions of their respective positions.

ACLAP has three private RNVs, which are described below:

1. **Longo Mai National Wildlife Refuge**
2. **Río General National Wildlife Refuge**
3. **Montaña del Tigre National Wildlife Refuge**





1. Longo Mai National Wildlife Refuge

It was created on July 10, 2014 by Executive Decree 38560 - MINAE. It covers an area of 792.83 hectares and is owned by the Longo Mai European Cooperative Association. It is located in Volcán de Buenos Aires, Puntarenas and protects part of the Convento River Basin where the vegetation cover corresponds to very humid tropical forest - transition to premontane, and premontane rainforest, according to the ecological map of Costa Rica and the classification system of life zones in the world of L.R. Holdridge.

Both life zones are characterized by an excess of precipitation of 4000 to 6000 mm³ as annual average and are located between 600 to 1000 meters above sea level. There is a wide variety of fauna (insects, mammals, amphibians, birds and reptiles) and flora that deserve to be rationally and sustainably conserved in order to guarantee

their permanence within the ecosystems in which they are currently found. In accordance with Article 87 of the Wildlife Conservation Law and Article 5 of its creation decree, the owner of the property of RNVS Longo Mai is responsible for the administration (through an internal Management Plan), surveillance and maintenance, which is supervised by SINAC through ACLAP, Subregional Office of Buenos Aires, which has a duly conformed file with all the information required. This is supervised by SINAC through the ACLAP, Subregional Office of Buenos Aires, which has a file with all the information on this National Wildlife Refuge.



Refuge

It was created on July 5, 2013 under Decree No. 37849-MINAET and covers an area of 470,658 hectares, protecting part of the General River Basin, in the Volcán de Buenos Aires district of Puntarenas. The RNVS Río General is made up of four plots of land, all owned by Corporación de Desarrollo Agrícola del Monte Sociedad Anónima (PINDECO-DEL MONTE). The area of this RNVS corresponds to different sectors within PINDECO's pineapple plantations, where this agricultural activity was not implemented, because they are remnant fragments of forest, including protection areas of the General and Sonador Rivers and the Cacao, Vueltas and Segundo streams. On the other hand, these lands have slopes that do not favor pineapple cultivation, where there are areas of secondary forest and/or riparian forest and various vegetation structures of young dense thickets.

The conservation of these ecosystems protects wildlife species of great biological, socioeconomic and endangered importance. In accordance with Article 87 of the Wildlife Conservation Law and Article 4 of its creation decree, the administration (through an internal Management Plan), surveillance and general maintenance of the Río General is the responsibility of the property owners, which is supervised by SINA-ACLAP through the Buenos Aires Subregional Office, which has a duly completed file with all the information on this National Wildlife Refuge.



3. Montaña del Tigre National Wildlife Refuge



It was created on October 28, 2003 under Decree No. 31513-MINAET and covers an area of 273.29 hectares, protecting part of the General River Basin, in the district of the Buenos Aires Volcano in Puntarenas.

The Montaña El Tigre Natural Reserve is made up of land owned in its entirety by Corporación de Desarrollo Agrícola del Monte Sociedad Anónima (PINDECODEL MONTE).

In this RNVS there is a large number of fauna (insects, mammals, amphibians, birds and reptiles) and flora that are representative of mid-elevation zones, which are of great biological and socioeconomic importance, since some species are of reduced populations or in danger of extinction. In accordance with Article 87 of the Wildlife Conservation Law and Article 5 of its creation decree, the owner of the property of Longo Mai National Wildlife Refuge is responsible for the administration (through an internal Management Plan), surveillance and maintenance, which is supervised by SINAC-ACLAP through the Subregional Office of Buenos Aires. This is supervised by SINAC-ACLAP through the Subregional Office of Buenos Aires, which has a duly completed file with all the information on this National Wildlife Refuge.



Las Cruces and Wilson Botanical Garden

The Wilson Botanical Garden is the gateway to the Las Cruces Biological Station. It is the main center in the region dedicated to education, research and environmental education.

Las Cruces offers visitors the unique opportunity to experience and learn about the tropical ecosystem at a site where scientists and students from around the world come to conduct research and study.

Las Cruces began in 1962 as a botanical center, nursery and experimental farm, created by Robert and Catherine Wilson, a horticultural couple from Florida, U.S.A. Acquired by OTS in 1973, developing tropical research in fields such as conservation-oriented biology and restoration. In 1987, the Organization for Tropical Studies (OTS) dedicated the Botanical Garden to the Wilsons for their contribution to horticulture.

The Robert and Catherine Wilson Botanical Garden has an abundant and internationally renowned collection of tropical plants from around the world. More than 1,000 genera in over 200 plant families constitute a unique collection. Araceae, bromeliads, ferns, zingiberaceae, heliconias, marantas and palms are well represented within the 10 hectares of Garden.

Data



Altitude
1200 m above sea level



Temperatures
From 21-26°C during the day to 15-21°C at night



Average annual precipitation
4000 mm per year



Rainy season:
April to December



Dry season:
January to March

Flora and Fauna

Plants of the Biological Station

It is estimated that the 355 hectares of Las Cruces Biological Station contain some 2,000 native plant species, currently being documented in a florula. The Luis Diego Gómez Herbarium documents the native flora of the Coto Brus Valley, which includes lowland and mid-altitude rainforest, cloud forest and dry forest.

The Wilson Botanical Garden was designed so that visitors would have easy access to all the collections.



There are about 5 km of trails that expose you to more than 3,000 species of cultivated plants, 60% of which come from all over the world's tropics and the remaining 40% are native to Costa Rica.

This protected area has collections of heliconias, bromeliads, orchids, anthuriums, tree ferns, gingers, snapdragons, cacti and other succulent plants, cycads, lilies, fruit species, and medicinal plants. These species are being documented in a database containing images and other useful information.

Birds

In Las Cruces and nearby areas, there is a great diversity of birds, some 432 species that represent almost half of the species registered in CR. Resident and migratory species can be observed. Only in the Wilson Garden, it is possible to observe some 250 species throughout the year.

The Robert and Catherine Wilson Botanical Garden has a rich, internationally renowned collection of tropical plants from around the world. More than 1,000 genera in more than 200 families of plants constitute a unique collection. Araceae, bromeliads, ferns, zingiberaceae, heliconias, marantas and palms are well represented within the 12 hectares of the Garden.



- Penelope purpurascens* (Crested Guan)
- Sarcoramphus papa* (King Vulture)
- Elanoides forficatus* (Swallow-tailed Kite)
- Lophornis adorabilis* (White-crested Coquette)
- Aulacorhynchus prasinus* (Northern Emerald-Toucanet)
- Dacnis venusta* (Scarlet-thighed Dacnis)
- Pipra mentalis* (Red-capped Manakin)

Mammals

More than 100 species of mammals have been recorded, of which about 60 species are bats. Some of the most seen mammals are agoutis, white-faced or capuchin monkeys, tayra, kinkajou, raccoons and squirrels. The station protects three species of mammals that are threatened with extinction in other regions.

Bats

- Hylonycteris underwoodi* (Underwood's long-tongued bat)
- Artibeus watsoni* (Tent-Roosting Bat)
- Thyroptera tricolor* (Spix's disk-winged bat)
- Platyrrhinus vittatus* (Greater broad-nosed bat)
- Glossophaga soricina* (Pallas's Long-tongued Bat)

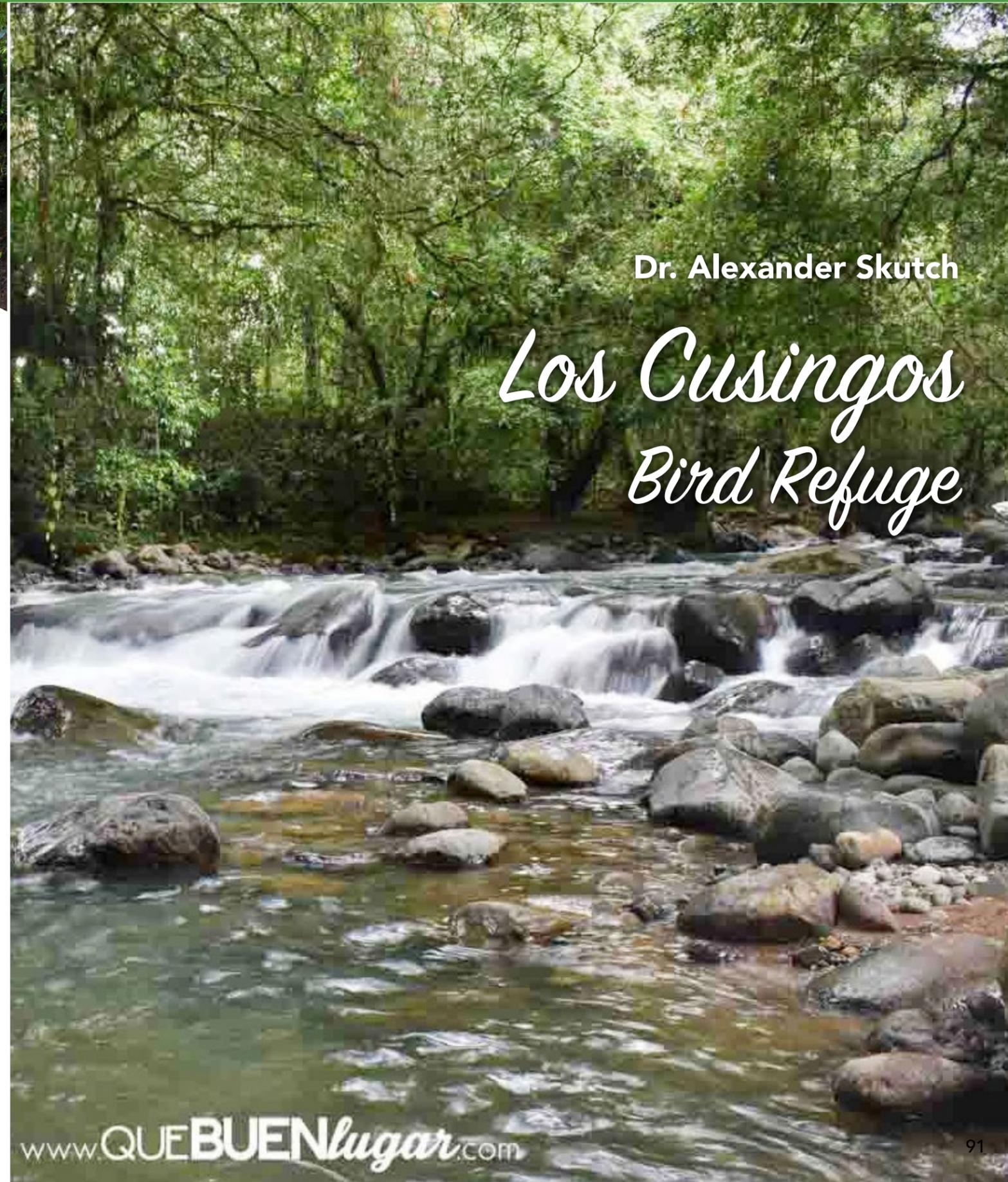
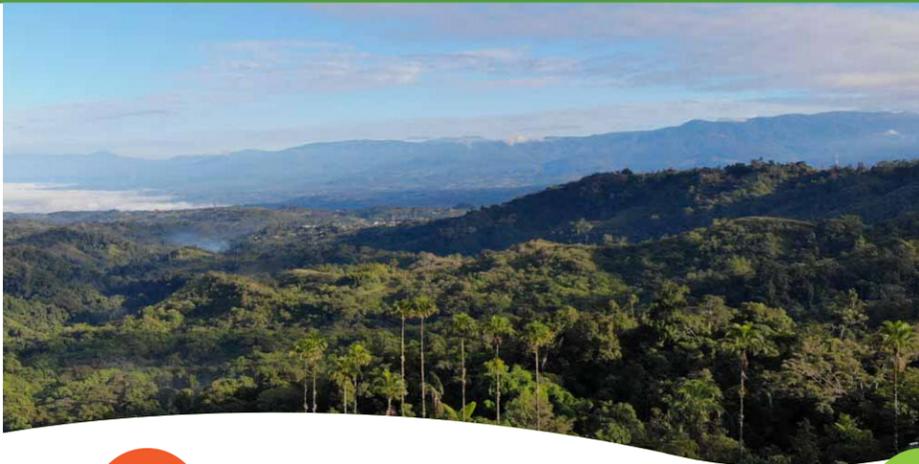
Insects

There is a great diversity of insects, particularly butterflies and moths.



More information here:

tropicalstudies.org/portfolio/natural-history-visitors-las-cruces/
tropicalstudies.org/portfolio/las-cruces-research-station/



Dr. Alexander Skutch

Los Cusingos Bird Refuge

Accommodations

12 cabins with private bathrooms, 2 of them special for people with limited mobility. They are available with single and double beds, and all have balconies overlooking the gardens.

Meals

- We serve meals family style. Vegetarian foods are a daily option.
- Take-out food is prepared.
- Breakfast: 6:30 am
- Lunch: 12:00 md
- Dinner: 6:00 pm.



Gift Shop

Store hours are 8:00 am - 4:00 pm, daily. The store offers books, Garden guides, t-shirts and a wide variety of gift items. With your purchases you help us to preserve this unique place.

Walks

Guided tours of the garden and forest are available by reservation. Our natural history guides can focus the tour according to the client's personal interests, please inform us about your preferences.

How to get there

Towards San Vito, either by the Costanera Sur or by the Cerro de la Muerte (Interamericana Sur). You can take Route 27 and then Costanera.



Recommendations

- Rain coat
- Repellent
- Comfortable clothing
- Water in reusable bottle
- Walking shoes

Information:

- Tel: (506) 2511 4900
- (506) 8682 2402
- www.youtube.com
- www.facebook.com/
- quebuenlugar.com

The **Los Cusingos Bird Refuge** was a living laboratory for A. Skutch for more than 60 years, perhaps one of the most studied sites in Costa Rica. This protected wildlife area owned by the Tropical Science Center, holds an important part of the history of Costa Rican Ornithology.

The site preserves the austere and simple lifestyle that Dr. Skutch and his wife Pamela Lankester maintained, the house is a museum surrounded by one of the last relicts of the original forest of the valley of the general and gardens for bird watching, in addition to the vestiges of the populations that lived in the years 800 A. D.C with symbolic petroglyphs immersed in the forest, elements that transmit that connection with nature and raise the consciousness of those who visit the site.



Los Cusingos Bird Refuge: the farm of the eminent ornithologist Dr. Alexander Skutch

Author: Mario Mejía Montoya / Administrator of the "Los Cusingos" Bird Refuge Dr. Alexander Skutch del CCT (mmejia@cct.or.cr)

Dr. Alexander Skutch visited the tropics for the first time in 1928 - at the age of 24 - to do his doctoral thesis on the anatomy of the banana tree. It was then that he was dazzled by the beauty and mysteries of the rainforest. Such was his enchantment that he would continue to travel around these lands for the next 12 years, making botanical collections for different herbaria in North America. However, in 1941 he decided to turn his life around.

With the necessary capital and the conviction of what was to be, he decided to begin his search for a place to settle down, because, as he mentions in his book: *A Naturalist in Costa Rica* (Skutch, 2001), "I longed for a place where I could study the life of nature at my leisure without being interrupted by anyone or feeling like an intruder". He was looking for a place where he could continue his studies and philosophy of life, and thus end his erratic life, which would not be easy for a globetrotter, which is why it had to be precisely what his heart demanded. He began his explorations in the southern part of the country, finding the ideal place in Quizarrá de Pérez Zeledón, a community named after a tree that abounded in the forests that pleased Don Alexander so much.

There were 53 hectares -which he would later expand to 78 hectares- bordered by a fast-flowing river, good land for crops, according to him, and a large part of the land still covered by forest. He named the site "Los Cusingos" in honor of the orange-bellied toucanet. There the renowned botanist, philosopher and ornithologist of passion lived for more than 60 years with his wife Pamela Lankester. This site is also evidence that it served as a passage for ancient civilizations, with the presence of petroglyphs made by native groups of Chibchoid languages.



Activities



Bird watching



Guided hikes



Scientific research

Other reserve activities



Alexander Skutch
Historical Museum



Petroglyphs



Souvenir
store



Trapiche Nery:
Tel: 8657-5100



CAPICAOA
cocoa farm
Tel: 8358-6775

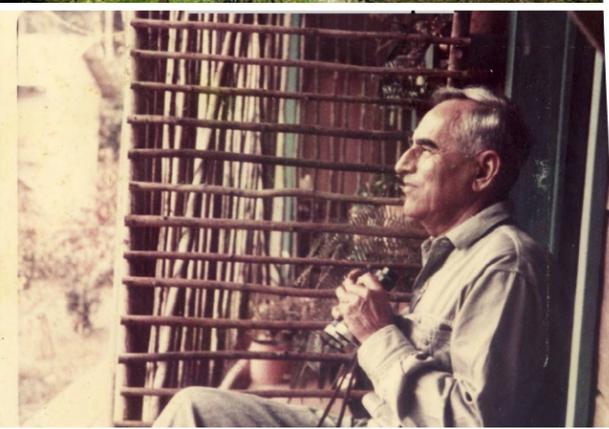
To visit Los Cusingos or obtain information:

 cusingos@cct.or.cr

 (506) 2738-2070

Other private protected areas Los Cusingos

[Return to map](#)



In 1993, concerned about the fate of his farm, he decided to donate it to the Tropical Science Center, of which he had been a member since 1964, converting his property into one of the association's reserves. With the conservation of the forests, the association acquired a commitment with Dr. Skutch to continue his legacy and to pass on to future generations all the wealth left by his more than 45 literary works and more than 300 articles in different magazines.

Currently, the Dr. Alexander Skutch Bird Refuge "Los Cusingos" is managed as a private protected wildlife area under the category of wildlife refuge and administered by the CCT. It includes as an attraction the house where Dr. Skutch lived for more than 60 years and from where he wrote his literary works, which was converted into a museum that presents his simple and austere lifestyle.

Four management programs were implemented there: administration, maintenance, research, and environmental education within the framework of a biological corridor. The environmental education program carries out different activities such as orchid courses, the environmental festival, and the birth of A. Skutch, among others. The research program leads three projects: orchids, amphibians and birds, where species adaptations to changes in temperature are evaluated. This program has been able to establish a baseline with the support of other stakeholders, such as students and organizations, demonstrating the richness of the refuge due to its strategic location.

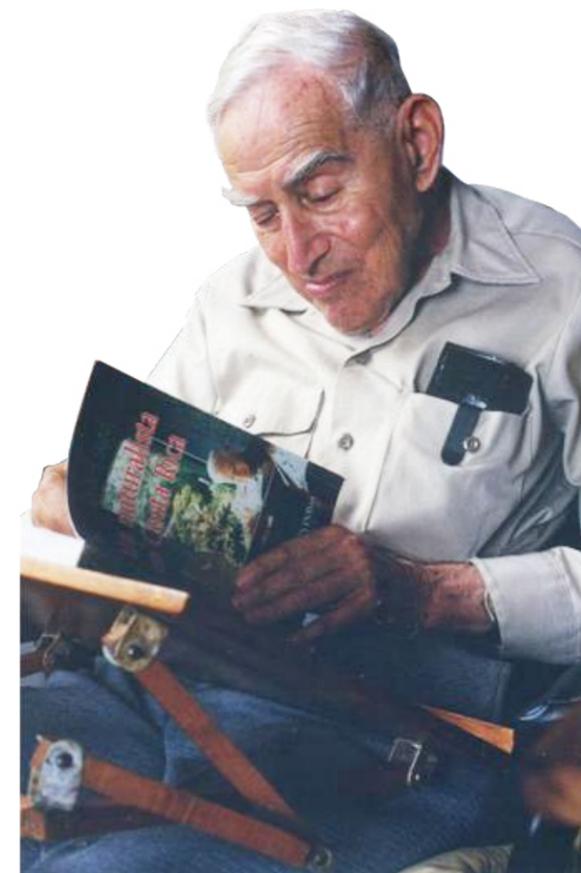
The avifauna of Los Cusingos is the best studied in the country thanks to the efforts of Dr. Skutch, who over 54 years, recorded 301 species, both resident and migratory. Many of these species have disappeared from the region, as is the case of the scarlet macaw (*Ara macao*), or their populations have declined considerably, as is the case with the white hawk (*Leucopternis albicollis*) due to deforestation and the establishment of extensive crops.

Other private protected areas - Los Cusingos

Currently, 255 species distributed in 43 families have been recorded in Los Cusingos and its surroundings, with 207 resident species, 48 migratory species and 18 endemic species, mostly from Costa Rica and Panama, which makes it a favorite place for bird lovers. The presence of different palms and large trees, such as the baco (*Brosimum utile*) and chiricano (*Humiriastrum diguense*) make it an ideal feeding ground for the mastofauna.

Mammal monitoring has been carried out with camera traps and mist nets, recording 20 species of non-flying mammals, including the enigmatic puma (*Puma concolor*), which represents an indicator species of ecosystem health and connectivity. Twenty-four species of flying mammals have also been recorded, which are of great importance for pollination and pest control.

In addition, about 30 species of amphibians and 20 species of reptiles have been monitored and recorded, including some endemic to the southern part of the country and western Panama.



Recommendations

- Fresh clothing
- Hidration
- Walking shoes/boots
- Sunscreen
- Binoculars
- Rain coat
- Extra clothing
- Snacks
- Cap or hat
- Repellent
- Camera

How to get there

Take the Interamerican Highway South (through the Cerro de la Muerte) until you reach Perez Zeledon, we are located 100 meters northwest of the Quizarra Cemetery.

- No pets
- No camping
- Parking area
- 4x2 Car Paved street

More information:

- (506) 2738 2070
- cct.or.cr/contenido/nuestras-areas-protegidas
- facebook.com/RefugioCusingos/

Alexander Skutch

- alexanderskutch.com/los-cusingos.html
- laplumavoladora.wordpress.com

Videos

- quebuenlugar.com/lugares/refugio-de-aves



The study of orchids has been greatly enriched. More than 120 species have been identified, the most diverse number of all plant families found in the refuge. Many of these species are endemic to southern Costa Rica and were collected by Dr. Alexander Skutch. This is the case of *Sarcoglottis neglecta* (Skutch 2621) and *Sobralia allenii* (5430). *Platystele tica*, considered the smallest orchid in the world, has also been identified.

Los Cusingos is part of the biological corridor named after Alexander, which begins at this refuge, at 750 meters above sea level, and extends to Chirripó National Park up to 1800 meters above sea level. It covers three forest types according to Holdridge's life zone system: very humid premontane forest, premontane rainforest and low montane rainforest. The corridor is fluvial and altitudinal, whose core is the Peñas Blancas River, which serves as a bridge between different forest fragments for the passage of wildlife. It was in this diverse site where the greatest of Costa Rica's ornithologists developed, trusting that new generations would follow his legacy, and the site where naturalists can appreciate his monumental work and contribute with their work to the conservation of nature.

References

Skutch, A. (2001) *Un Naturalista en Costa Rica*. Santo Domingo de Heredia, Costa Rica: Instituto Nacional de Biodiversidad, INBIO/ Centro Científico Tropical, CCT. Costa Rica.
Mejía, M. *Refugio de Aves Los Cusingos: la finca del eminente ornitólogo Dr. Alexander Skutch* www.ambientico.una.ac.cr. ISSN 1409-214X. Julio-Setiembre 2017. *Ambientico* 263, Artículo 7 IPp. 36-39!

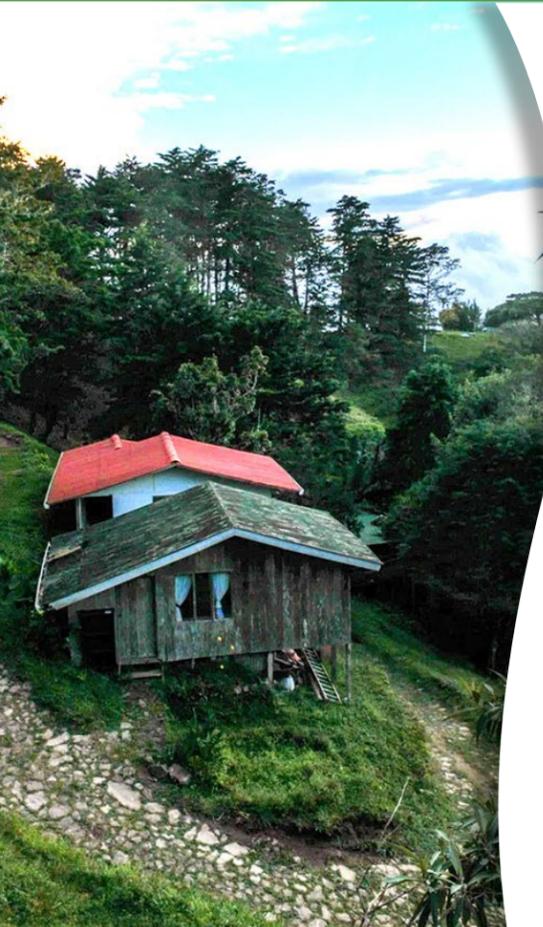


Durika is a private biological reserve that protects approximately 8500 hectares, located high in the Cordillera de Talamanca, in the South Pacific of Costa Rica. The reserve is protected by the Dúrika community, a self-sustainable community that offers visitors the possibility of living in harmony with nature, along with

incredible landscapes, a comfortable place to stay and an excellent quality of service during their stay.

Information:

 [tripadvisor.es/Hotel_Review-g2451388-d627002-Reviews-Durika_Biological](https://www.tripadvisor.es/Hotel_Review-g2451388-d627002-Reviews-Durika_Biological)



How to get there

By vehicle. If not, you can leave your car at Fundación Dúrika's office in Buenos Aires and travel by cab to the Reserve.

From the city of San José, travel along the Interamericana Sur highway, passing through Cerro de la Muerte, San Isidro del General, until you reach Buenos Aires, which is 200 kilometers from San José.

Once you arrive in Buenos Aires, look for the Fundación Dúrika office or call for further directions (2730-0657).

Services

9 rooms available. Each cabin has a spectacular view of valleys, forests or the Talamanca Mountain Range.

The cabins are rustic, but cozy and comfortable, each with full bathroom and toilet facilities.

Restaurant: Meals are vegetarian, cooked Tico (Costa Rican) style. Attended by very experienced staff who take great care in preparing a wide variety of dishes combining milk, eggs, vegetables, cereals, fish and spices, most of which are produced in-house.

Trails: There are about 10 different hikes in the trails and the community, the average duration per hike is 2 hours.



- Reserve ecosystems**
- Low premontane rainforest
 - High premontane rainforest
 - Cloud forest
 - Preparamo

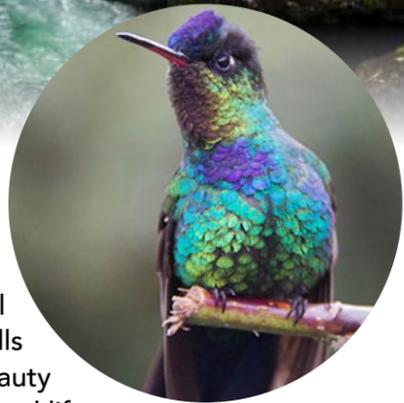
- Average temperature**
- Rainy season: 10 to 22°C (50 to 72°F)
 - Dry season: 6 to 27°C

Altitude
From 1400 m.s.n.m. up to 2800 m.s.n.m.

For more info visit:
durika.org/es_inicio.html



*Nature Reserve
Cloudbridge*

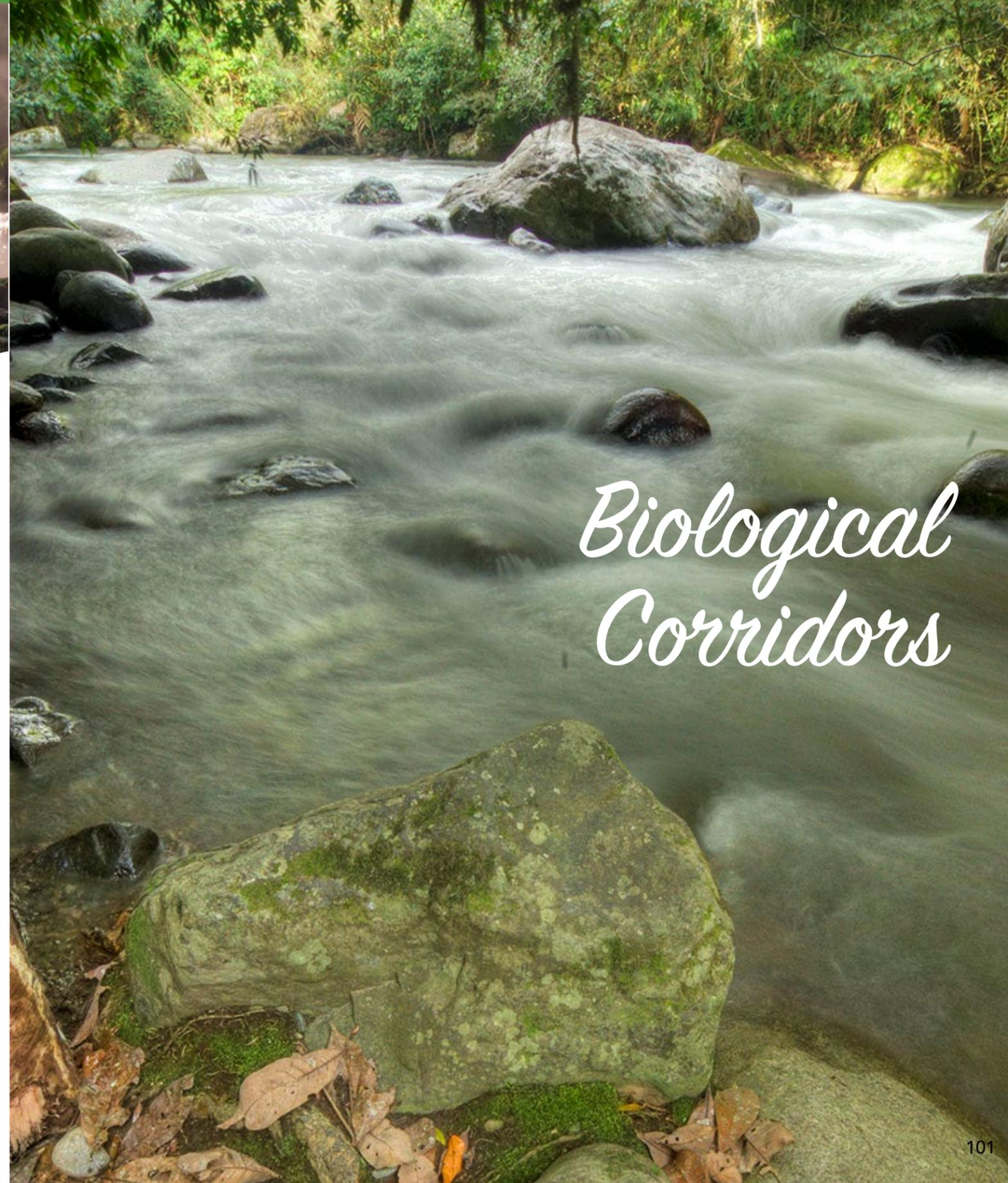
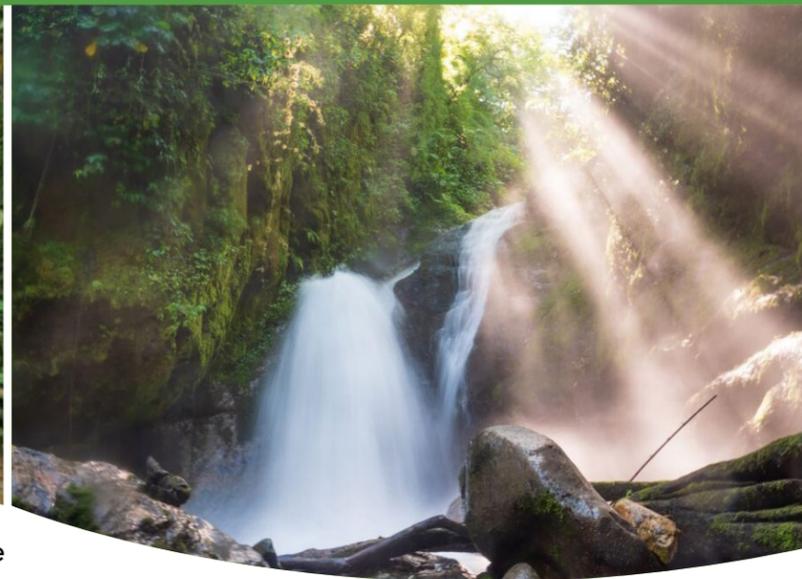


It is a private forest reserve that borders Chirripó National Park and its main function is to serve as a bridge to extend the ecosystem of Chirripó National Park to the Chirripó River in San Gerardo de Rivas, because years ago this strip of land near the park was threatened by aggressive agricultural practices of those times. However, this project has allowed a regeneration of this area that had been converted into pastures and farms, transforming them back into a beautiful cloud forest, which shelters a great diversity of flora and fauna species.

This reserve is a reforestation project initiated by a North American couple, Ian Giddy and Genevieve Giddy, and covers 183 hectares around Chirripó National Park.

Several trails wind their way through the reserve where you can observe beautiful vegetation and waterfalls of incredible natural beauty as well as exuberant animal life, including many kinds of birds such as the quetzal. The reserve is a good warm-up for those who can't resist the urge to climb Cerro Chirripó.

Entrance is free (with voluntary donation) for those who want to walk the trails. You can also make a small contribution (recommended) as the money goes directly to the reforestation project that the reserve carries out. But come prepared, because the trails are beautiful, but steep and difficult, and



Biological Corridors

if you are planning to climb Cerro Chirripó the next day you could get tired.

It is important to emphasize the valuable work done by the reserve and its volunteers whose main purpose is to reforest part of the land that was converted for cattle grazing and at the same time, educate visitors to protect the biodiversity for which Costa Rica's forests are so famous. This opens up opportunities for scientists, volunteers and students to actively contribute to this forest reserve.

Numerous investigations have been carried out in this project in which the presence of a great diversity of birds and several species of felines, among others, has been confirmed.

Cloudbridge Nature Reserve Trails

There are five very well marked trails that will take you to several gardens at the beginning and then you will be able to reach several large waterfalls.

Suggestion:

It is recommended to do it in the morning, and if the hike is long, it is preferable to be accompanied by a guide. Let your lodging know that you will be visiting the reserve.

-  **Travel time:** 1 to 4 hours or more depending on the route.
-  **Accessibility:** Difficulty of the hike varies from intermediate to high.
-  **For people related to:** Rural tourism, ecotourism, tracking, bird watching, sports.
-  **Hours:** Available all week
-  **Pricing:** Suggested voluntary contribution from ₡3000 and upwards

Recommendations

-  Comfortable clothing
-  Cap and sunglasses
-  Hydration
-  Camera
-  Walking shoes
-  Snacks

 **Address:** 2 Km East of the San Gerardo de Rivas School, you should arrive at the Hotel Uran, where you should continue for a few meters past the entrance to the Chirripó National Park, until you reach the entrance to the reserve.

If you want to learn more about the work being done at the reserve, information about volunteering, the research being done there, or if you just want to enjoy the mountain and the trails, go to their home page for more information.

www.cloudbridge.org



Río Cañas Biological Corridor

The Río Cañas Biological Corridor is located within the La Amistad Pacífico Conservation Area (ACLA-P). This biological corridor is located in the buffer zone of La Amistad International Park (PILA) and borders the Ujarrás Indigenous Territory and the Bosque de Agua Biological Corridor. The Corridor has an area of 5,252 ha, an altitudinal range from 700 to 2,300 masl, and is mainly made up of the upper section of the Cañas River sub-basin. This corridor has a forest coverage of 73% of its total area, an above average percentage compared to other biological corridors in the country (Acevedo, 2016).

Although the Cañas River Biological Corridor was not designed to connect specific protected areas, there are important forest remnants around the corridor in the PILA, the Bosque de Agua Biological Corridor and the Ujarrás Indigenous Territory. Therefore, forests within the corridor can generate connectivity between forests located in the surrounding areas. This is important to take into account when planning the management of the corridor and the elements of the corridor on which it is important to direct conservation efforts.

Information:

Coordinator: Programa Regional Corredores Biológicos, SINAC- ACLAP

 (506) 2771-3155

 adriana.ortega@sinac.go.cr

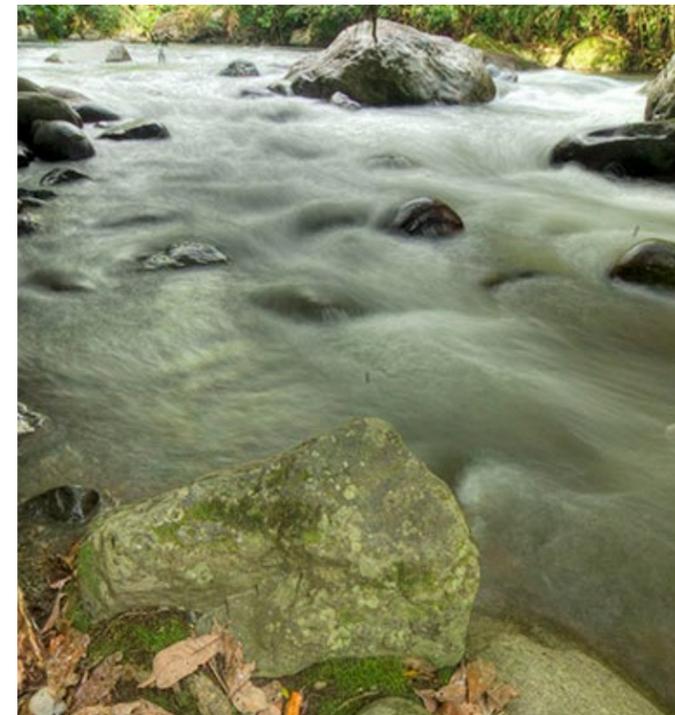
 biocorredores.org/corredoresbiologicos

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

 [youtube.com/watch](https://www.youtube.com/watch)

 www.sinac.go.cr

El Quetzal Tres Colinas Corridor



Its creation process dates back to the 1990s. A group of families that lived in the area decided to work together to prevent their displacement and formed the Tres Colinas Tourism Association (ASOTUR) with legal status. From this platform, the ASOTUR association, formed in 1995, has generated various work strategies such as the establishment of the biological corridor in 2003, whose purpose is based on the need to strengthen connectivity in the area surrounding the PILA, as well as to take advantage of opportunities that benefit its inhabitants.

The El Quetzal Tres Colinas Biological Corridor is located in the district of Potrero Grande in the canton of Buenos Aires (Puntarenas), between coordinates 9°8'0"N and 83°4'0"W (Figure 2). The biological corridor covers an area of 1778 ha. Hydrologically, it is located between the Singri and Guineal rivers, which border La Amistad International Park. The temperature ranges between 12 and 27°C, with

precipitation varying between 2000 and 4000 mm per year in the lower and upper parts. The corridor is located at an elevation of 1884 meters above sea level, ranging from 1000 to 2000 meters above sea level.

Located in this biological corridor is the community of Tres Colinas, which develops activities in harmony with nature, such as rural community tourism, bird watching, guided tours to Kamuk hill, stargazing, trout fishing, natural regeneration, and reforestation. This allows for many species of flora and fauna such as the quetzal, the goldfinch, the black guan, the curasaw, hummingbirds, the harrier, the jaguar, the puma, peccaries, tapirs, mountain goats and many more.

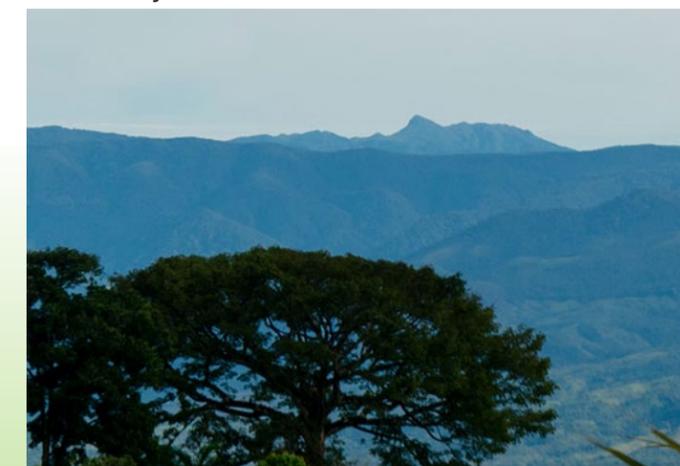
This biological corridor is led by ASOTUR (Asotur Tres Colinas - Facebook) in coordination and work with SINAC ACLAP PILA.

Amistosa Biological corridor

Information available at:

 enbcr.go.cr/sites/default/files

The Amistosa Biological Corridor has an area of 92 913 hectares (Agathos Natura, 2017). It is located in the province of Puntarenas, comprising part of the cantons of Buenos Aires, Corredores, Coto Brus and Golfito. All located in the Brunca Region of our country. Below is the distribution of the biological corridor by canton:



Coto Brus	48% (44 212 hectares)
Golfito	39% (35 942 hectares)
Corredores	9% (8497 hectares)
Buenos Aires	5% (4258 hectares)

We work in coordination with SINAC ACLAP and ACOSA.

Fuente de la Amistad Biological corridor



Geographic location: La Amistad Pacific Conservation Area, Buffer Zone of La Amistad International Park. Communities of San Isidro, Altamira, Hamacas, El Carmen, Sábalo, Bajo Coto, Colorado, Los Naranjos and San Luis de Biolley, Buenos Aires, Puntarenas. It has an area of 10,200.54 hectares. Created on July 25, 2001.

Practices in harmony with nature are implemented in this biological corridor, such as rural community tourism, guided tours to Valle del Silencio, beekeeping, shade coffee plantations, diversified farms and others, which have allowed the coexistence with wildlife such as **toucans, oropendolas, trogons, hummingbirds, eagles, mountain goats, puma, jaguar, tapir, coyotes and pacas**, among many others.

This biological corridor is managed by the Asociación de Productores la Amistad (ASOPROLA).

asoprola.com

Alexander Skutch Biological Corridor

Information available at:

biocorredores.org/corredoresbiologicos

[facebook.com/Corredor-Biológico Alexander Skutch - COBAS](https://www.facebook.com/Corredor-Biol%C3%B3gico-Alexander-Skutch-COBAS)

[youtube.com/watch?v=mOjY-04TYWk](https://www.youtube.com/watch?v=mOjY-04TYWk)

Pre-montane biological corridor Chirripó Savegre

Information available at:

[facebook.com/Corredor-Biol](https://www.facebook.com/Corredor-Biol%C3%B3gico-Chirrip%C3%B3-Savegre)

chirriposavegre.com/

pequenasdonacionescr.org

[youtube.com/watch](https://www.youtube.com/watch)

[youtube.com/watch](https://www.youtube.com/watch)

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

[youtube.com/watch](https://www.youtube.com/watch)

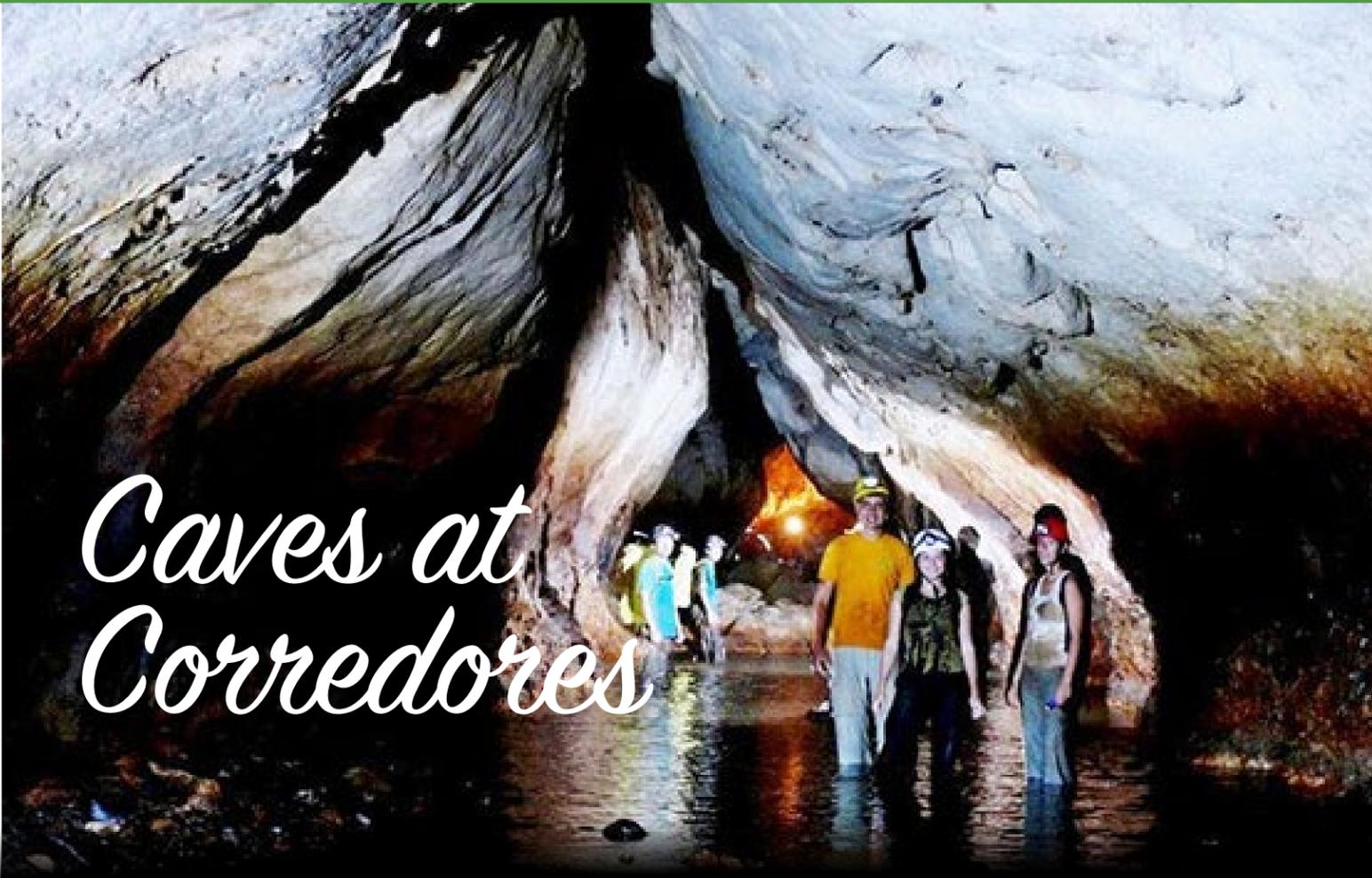
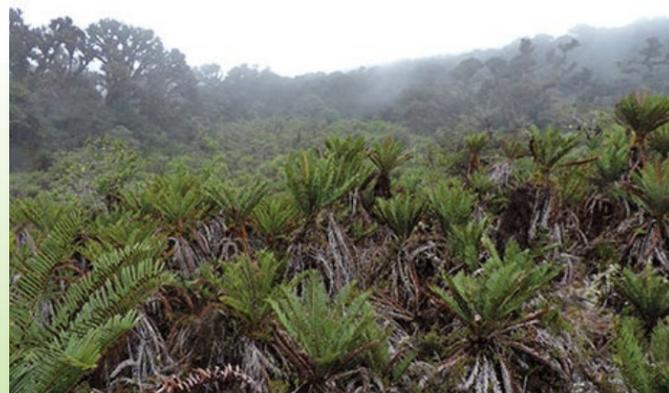


Paso de la Danta Biological Corridor

Information available at:

biocorredores.org/corredoresbiologicos

asanacr.org/donde-trabajamos/corredor-biologico-paso-de-la-danta/

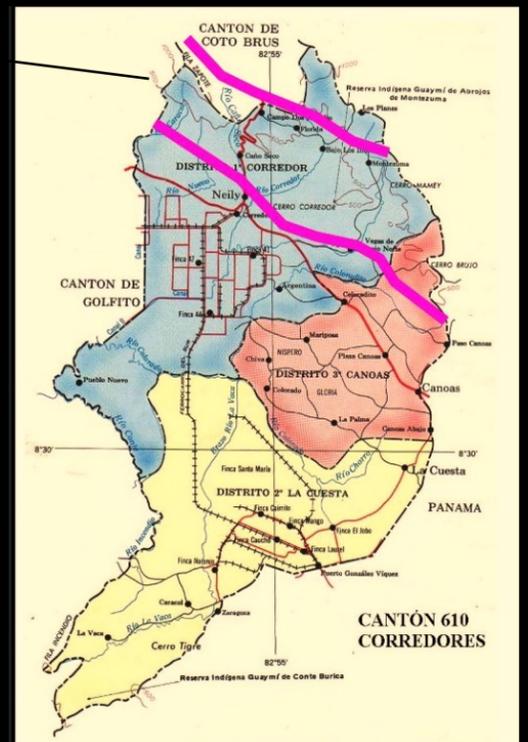


Geologically, the area of CALIZAS within the Corredores canton includes approx. the space between the 2 magenta lines. This limits us to the caverns in these sectors:

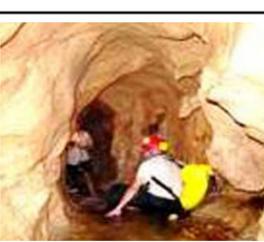
- 1- Carma Caves, Escondida, Caño Seco, El Portillo. There are other minor ones of no importance.
- 2- Corredores and Alma Caverns, in the river canyon.
- 3- Arguedas farm caves and La Bruja valley.

It is a large number of caves, at least 35 to 40, almost all mixed, vertical and then horizontal.

- 4- Caverns of the Quebrada Seca-Fila de Cal sector. Highlights include the Gran Galería, Bananal, La Espera, Banano Quemado, Año Nuevo. There are other minor ones.
- 5- Caves of Miramar de Abrojo. The deepest of CR, the Sleeping Serpent, is found here. There are about 3 more, smaller, vertical ones.
- 6- Another important group of caves, those of Fila Zapote, are located in the Coto Brus canton, and will be protected by our Group Logo, the GEA.



NAME	DESCRIPTION	LOCATION
1. Abrojo Falls	 Natural site composed of waterfalls surrounded by primary forest, where you can observe a great variety of flora and fauna species.	It is located in Abrojo Norte, on the farm of the López Castro brothers, with a distance of 3.22 km.
2. North Abrojo Lagoon	 Natural site with a large number of bird species, which remain all year round.	Located 10 km from Abrojo and approximately 45 minutes from this community.
3. Los Portones Plateados	 Catalogued as a family place, dedicated to the conservation of flora and fauna.	It is located in Barrio San Jorge, 2 km from downtown Paso Canoas.
4. El Chorro waterfall pool	 El Chorro is a river formed by a small waterfall and an immense deep pool.	It is located in La Cuesta, 4.4 km from the central park, on the road to Naranja de Laurel.
5. Corredores / Tururün / La Bruja / Rectángulo system	 It is a system formed by 4 important caverns, linked by a subterranean river, where the troglobitic fish can be observed. Great variety of bats, crickets, arachnids, centipedes and frogs.	It is located in the estate of the Arguedas Elizondo brothers. over the Corredores River, with a duration of 60 minutes. (SpeleoBase/GEA Program)
6. Quebrada Seca basin	 A wonder of nature where the waters of the Fila de Cal and Guayabí slopes become subterranean, forming a spectacular basin, whose waters travel underground until they fall into the Corredor River. Full of vertical caverns.	It is located in the same valley where the Bananal cave is located.
7. Macameca Cavern	 Rocky wall, covered with formations, leading to a small room that has signs of being an animal habitat. Claw marks can be seen on the walls of the short descent where the pacas enter and exit the cave.	It is located in San Rafael, at the end of the Quebrada Seca basin. (SpeleoBase/GEA Program)

NAME	DESCRIPTION	LOCATION
8. Bananal Cavern	 The main mouth is triangular and is hidden by vegetation.	It is located 130 meters south of the Quebrada Seca basin, between the quarry and the turnoff to Guayabí. (SpeleoBase/GEA Program)
9. Gran Galería Cavern	 The cave is located at the bottom of a limestone wall. It is beautifully decorated, both on the walls and on the ceiling.	It is located in San Rafael, near the Bananal cave. It has an open trail to the mouth and can be reached by a 26-meter rappel from the top, on the wall. (SpeleoBase/GEA Program)
10. Carma Cavern	 Complex cavern with 7 levels of depth, the first level being more accessible.	It is located in Caño Seco, near the community hall, 45 minutes away. (SpeleoBase/GEA Program)
11. Mirador Linda Vista	 Beautiful viewpoint overlooking Golfo Dulce, Coto plains, Puerto Armuelles and Ciudad Neily.	Location: Cal Corredores Row
12. La Torre Viewpoint	 The waterfall is made up of 3 low waterfalls, surrounded by primary forest.	It is located in the community of Rio Bonito, 4 km from the El Estadio neighborhood in Ciudad Neily, with an approximate duration of 25 minutes.
13. Guillermo Cortés Farm	 The waterfall is made up of 3 low waterfalls, surrounded by primary forest.	It is located in the community of Rio Bonito, 4 Km from Barrio el Estadio in Ciudad Neily. with an approximate duration of 25 minutes.
14. Vilma Farm	 Cascade of 3 waterfalls, surrounded by primary forest.	Located in the community of Rio Bonito, 6 km from the El Estadio neighborhood in Ciudad Neily, with a duration of 45 minutes.

NAME	DESCRIPTION	LOCATION
<p>15. Caracol Falls</p> 	<p>Area formed mainly by carbonate rocks, which form small crystalline waterfalls.</p>	<p>It is located in the community of Caracol Norte, 5 km from the Interamerican Highway, with a 20-minute drive.</p>
<p>16. Las Pangas Wetland</p> 	<p>Natural site where you can observe ducks, herons, lizards, lizards, etc.</p>	<p>It is located 12 Km from the center of Ciudad Neily, approximately 45 minutes away.</p>
<p>17. Puente Negro Lagoon</p> 	<p>Natural space surrounded by secondary forest where you can observe monkeys, howlers, ducks, herons and some aquatic plants.</p>	<p>Located 15 Km from the center of Ciudad Nelly.</p>

Acknowledgements: Lisseth Andrea Espinoza Céspedes - Grupo Espeleológico Anthros (GEA) www.anthros.org - Félix Montoya Duesada, Tourism Professional - Lic. Shirley Esquivel Rodríguez Ministry of Agriculture and Livestock



Directory of Services

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

BUENOS AIRES	
Service	Contact
Financial entities	
Banco Popular	2730 08 97
Banco Nacional	2730 02 10
Banco de Costa Rica	2730 10 00
Coopealianza	2730 02 57
Public Institutions	
Cuerpo de Bomberos	2730 02 51
Cruz Roja	2730 00 78
Fuerza Pública	270 01 03
Municipalidad de Buenos Aires	2730 02 35
Health Services	
Farmacia de Buenos Aires	2730 12 12
Farmacia Saryana	2730 02 42
Farmacia Hidalgo	2730 06 60
Transportation Services	
Gafeso	2730 02 15
TRACOPA	2730 02 05
Taxis públicos	2730 00 88 / 2730 20 44
Transporte Wilfri Tour	8862 33 46
Transportes Morales	8323 59 64
Transportes Bonaerenses	8930 29 29
Viajes Profe Ariel	8900 90 00

COTO BRUS	
Service	Contact
Financial entities	
Banco Popular	2773-4000
Banco Nacional	2212-2000
Banco de Costa Rica	2211-1111
Coopealianza	2773-3763
Public Institutions	
Cuerpo de Bomberos	2547-3700
Cruz Roja	2773 3600
Fuerza Pública	2773 3191
Municipalidad de Coto Brus	2773 3225 / 2773-3373
Health Services	
Farmacia de Coto Brus	2773 3076

COTO BRUS	
Service	Contact
Transportation Services	
TRACOPA	2773 3410
Taxis públicos	2773 5959

CORREDORES	
Service	Contact
Financial entities	
Banco Popular	2783 3484
Banco Nacional	2212-2000
Banco de Costa Rica	
Coopealianza	4201-2650
Public Institutions	
Cuerpo de Bomberos	2783-3484
Cruz Roja	2783-5205
Fuerza Pública	2783-3150
Municipalidad de Corredores	2783 3939
Health Services	
Farmacia Selah	8855 3265
Farmacia Karo's	2783 3840
Farmasur Laurel	2780 1111
Transportation Services	
TRACOPA	2290 1308
Taxis públicos	2732 1414

PÉREZ ZELEDÓN	
Service	Contact
Financial entities	
Banco Davivienda	2287-1111
Banco Nacional	2212-2000
Banco de Costa Rica	2211-1111
Coopealianza	2785-3000
Banco BCT	2212-8529
Banco Improsa	2284-4271
Coopeservidores	2243-9500
BAC Credomatic	2295-9595
Grupo Mutual La Vivienda	2437-1000
Instituciones públicas	
Cuerpo de Bomberos	2771-0333

PÉREZ ZELEDÓN	
Service	Contact
Cruz Roja	2770-1413
Emergencias	911
Delegación policial de Pérez Zeledón	2771-3608
Municipalidad de Pérez Zeledón	2220-6600
Policia de Tránsito	2771-3313
Oficina de Gestión Turística	2220-6768 / 2249-9446 oficinaturismo@mpz.go.cr infoturismo@camarabrunca.com

Company	Service	Contact
Red Taxi Companies	The cab service in Pérez Zeledón is mainly located in the city of San Isidro de El General and nearby places.	2771-1166 2771-2020
Grupo Blanco Bus Company	It is made up of four routes. Two of them are in charge of trips to many towns within the Canton, such as Los Ángeles, Morazán, Palmares, Hoyón, La Finca, Cocorí, La Esperanza, etc. These buses are picked up at the Municipal Market. Another route connects San Isidro with Uvita, Dominical, Quepos, and Ciudad Cortés. A last route connects San Isidro with Puerto Jimenez de Golfito.	2771-2550 www.grupoblanco.cr
Hernández Solís Bus Company	Travel to the district of Rivas, to towns such as Pueblo Nuevo, San Gerardo de Rivas, Chimirol and Buena Vista.	2771-2314 www.hernandezsolis.com
Grupo Musoc Bus Company	It consists of the Musoc and Gafeso companies. It connects San Isidro with the capital of Costa Rica, San José, and with the city of Buenos Aires de Puntarenas. Musoc group travels to the districts of Platanares, La Amistad and Pejibaye	2771-0414 Gafeso: 2771-3390 www.musoccr.com www.gafeso.com
Tracopa Bus Company	From San Isidro it travels to Paso Canoas (the border with Panama) and to the cantons of Puntarenas: Buenos Aires, Coto Brus, Corredores.	2221-4214 www.tracopacr.com

MIGRATION OFFICES

Center of attention to the citizen, call center:1311
Schedule:

M-F from 7:00 a.m. to 6:00 p.m.
Saturdays from 9:00 a.m to 2:00 p.m.
Sundays closed
www.migracion.go.cr

REGIONAL OFFICES IN RÍO CLARO

Tel: 2789-7739
Email: ictrioclaro@ict.go.cr
Address: 100 meters east of la Bomba de Río Claro. Across from Cabinas Pérez



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.



LODGINGS WITH TOURIST DECLARATION

NAME	TELEPHONE	E-MAIL	WEB	LOCATION
Hotel Thunderbird Resort	2-7706230	aymorab@cr.cirsa.com		San Isidro del General, de la terminal MUSOC, 75mts Oeste
Hotel de Montaña Rancho La Botija	2-7702146	reservaciones@rancholabotija.com	www.rancholabotija.com	San Isidro del General, carretera a Rivas de Pérez Zeledón
Hotel Angelus	2-7723630	info@hotelesangelus.com	www.hotelesangelus.com	100 Norte Iglesia Católica Barrio Hoyón, Pérez Zeledón
Albergue Río Magnolia	88685561	info@riomagnolia.com	www.riomagnolia.com	1 Km Norte del cruce del Alto de San Juan, Alfombra Pérez Zeledón
Hotel del Sur	27713033	reservaciones@hoteldelur.net	www.hoteldelur.net	5 kms hacia el sur del centro de San Isidro de El General
Hotel Hacienda Altagracia	21053000	alg.reservations@aubergeresort.com	www.altagracia.aubergeresort.com	Santa Teresa de Cajón, contiguo a la escuela carretera a San Ignacio de P.Z.
Best Western Hotel Zima	27701114	hotelzima@hotmail.com	www.hotelzima.net	Pérez Zeledón, 250 N y 100 E de Mc Donalds
Hotel Pz Country Club	27712444	mercadeo@pzcountryclub.com	www.pzcountryclub.hotel.com	350 sur , 40 Este del Cementerio Municipal Perez Zeledon
Hotel Urán	27425003	info@hoteluran.com	www.hoteluran.com	1.5 Kms de la Escuela de San Gerardo de Rivas.
Albergue de Montaña El Pelicano	27425050	info@hotelpelicano.net	www.hotelpelicano.net	San Gerardo de Rivas, 750 Norte del Liceo Canann Pérez Zeledón
POSADA DE TURISMO RURAL BRIBRIPA	85732025	bribrika@hotmail.com	www.bribripakaneblo.com	Salitre, Buenos Aires, 400 metros de la Escuela .
POSADA RURAL CERRO BIOLLEY	89164638	posadacerrobiolley@gmail.com	www.asomobi-costarica.com	1.6 Kms Noreste del Centro Educativo Biolley
TIMARAI BAMBOO RESORT	2-7793200	timaraibambooresort@gmail.com	www.timaraibeachresortdecobamboohotel.com	
EL GRAN IMPALA N° 2	27831911	hotelgranimpala@gmail.com		300 Oeste del Cementerio de Ciudad Neily
Hospedaje Lorito Verde	8820-2763	cabinasneily@gmail.com	www.hospedajeloritovere.bolqspot.com	Corredores, 100 metros al norte del OIJ de Ciudad Neily.
HOTEL EMANUEL	27890129	hotelemanuelaguabuena@gmail.com		50 norte de la entrada del Colegio Bilingüe Agua Buena
HOTEL Organización para Estudios Tropicales (OET) Coto Brus	27734004	repcion.lc@tropicalstudies.org	www.threepaths.co.cr	San Vito, 6 kms al Suroeste del Parque San Vito
HOTEL LA RIVIERA	27840305	larivierahotelsabalito@gmail.com		Al frente de la Agencia del Banco de Costa Rica Sabalito
Cabañas Bonnyusu	8829 2693	bmg1971bonisu@hotmail.com		
HOTEL HACIENDA DON PAOLO	27735618	repcion@haciendadonpaolo.com	www.haciendadonpaolo.com	San Vito, 1.5 Kilómetros al Este de la Escuela Aguas Claras.
HOSPEDAJE CERRO PITTIER	89645918	villegasdeiby3@gmail.com	https://www.facebook.com/profile.php?id=100057664321396	Coto Brus, 800 Norte de la Escuela Santa María Pittier

RESTAURANTS WITH TOURIST DECLARATION

NAME	TELEPHONE	E-MAIL	WEB	ADDRESS
Restaurante Club Los Delfines	27721632	clublosdelfinespz@gmail.com	www.losdelfines.com	200 sur del Bar el Camarón, Daniel Flores, Perez Zeledon
Rest y Pizzeria Sabores	27706545	sabores08@hotmail.com		Villa Ligia, 150 Norte del Súper Coopeagri.
Cafetería Antojos de Maíz	27724381	antojitosdemaiz@gmail.com		La Bonita de Rivas, 50 de la entrada a Miravalles San Isidro Pérez Zeledón
Restaurante Todo Tapas	27705909	tototapascr@gmail.com	www.tototapascr.com	Barrio Cooperativa, contiguo a Cable Tica,
Restaurante Yarán Yán	27721010	info@yaranyan-restaurant.com	www.yaranyan-restaurant.com	B° Cooperativa 150 de antigua Cable Tica
Restaurante EMS	27721530	diego@mikfocr.com		100 sur del estadio de PZ en el alto de Panadería MI K-FE
Restaurante Candombe	27710500	candombepz@gmail.com		San Isidro de el General entrada principal a San Rafael Norte
Cafetería El Kafé de la Casa	2770-4816 8894-1463	kafedelacasa1@hotmail.com		25m Oeste de juguetería Toys, San Isidro del General, Pérez Zeledón
Restaurante Velvet's Food	47049223	admin@velvets.vip	www.velvets.vip	San Isidro Barrio Hospital Viejo 100 NorOeste Ferretería Barsa

TRAVEL AGENCIES WITH TOURIST DECLARATION

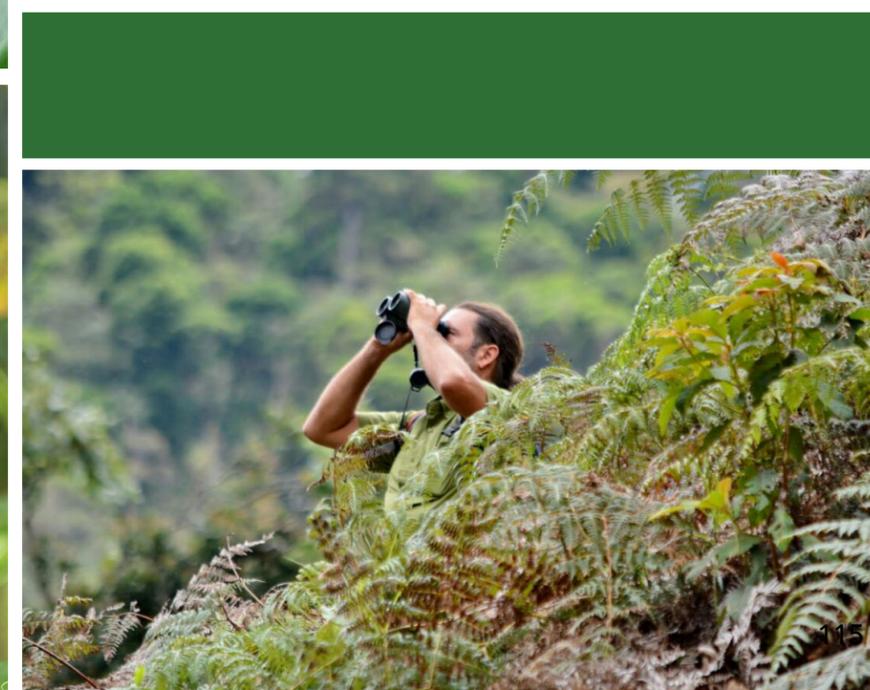
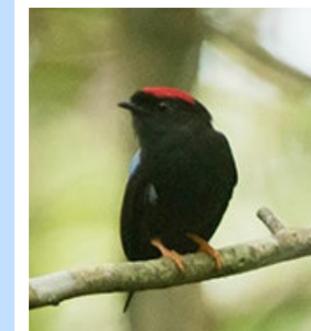
NAME	TELEPHONE	E-MAIL	WEB	ADDRESS
SELVA MAR	2-7714582	info@selvamar.com	www.selvamar.com	50 sur del Hotel Chirripo, San Isidro. Calle 2 Av 8
Sunny Travel-Tropical Feathers	2-7719686	tropicalfeathershq@icloud.com	www.costaricabirdingtours.com	Peréz Zeledón, B° Laboratorio Daniel Flores, del Mini Super 50 Sur y 50 O
Agencia de Viajes Jeivacaciones	21021103	jeivacaciones@gmail.com	www.jeivacaciones.com	50 Norte 10 Oeste Abastecedor Arzu Residencial Harder
Agencia de Viajes Auténtico Adventures Costa Rica	27702923	autenticoadventures@gmail.com	www.autenticoadventures.com	Perez Zeledon, 1 Km Sur Este de la Escuela Las Juntas del Pacuar.
Agencia de Viajes Macho Mora Adventures	44105773	info@machomoraadventures.bd-cr.com	www.machomoradventures.bd-cr.com	Macho Mora de Rivas, contiguo a la Escuela Los Jilgueros
Agencia de Viajes Profe Ariel	27302900	profeariel@gmail.com		50 al Este de la Ctl Telefonica del ICE
Grupo Lucero Tours	2732-3118	grupolucerodelsur@racs.co.cr	www.lucerotour.com	Paso Canoas, frente a la aduana Tica 506 Canoas, frontera con Panamá.
Agencia de Viajes Surcos Tours		reservations@surcostours.com	www.surcostours.com	Contiguo al Parque Infantil de Puerto Jiménez
Agencia de Viajes Desafíos Tour	8316-6408	info@desafiotour.com		San Vito de Coto Brus

THEMATIC TOURISTIC ACTIVITIES WITH TOURIST DECLARATION

NAME	TELEPHONE	EMAIL	WEB	ADDRESS	ACTIVITY
Refugio de Aves Los Cusingos	27382070	cusingos@ccr.or.cr	www.cct.or.cr	Quizarra, 100 Oeste del Cementerio 1era entrada a la derecha	Bird watching and gardens
Actividad Temática Cataratas Nauyaca	27870541	info@cataratasnauyaca.com	www.cataratasnauyaca.com	Peréz Zeledón, Barú 2 Kms al Sur Oeste de la Escuela de Platanillo	Hiking to waterfall and horses

LODGING COMPANIES ACCREDITED AS BOUTIQUE HOTEL

NOMBRE COMERCIAL	TELÉFONO	E-MAIL	SITIO WEB
ALTAGRACIA BOUTIQUE HACIENDA	21053000	patriciablanco@altagracia.cr	www.altagracia.cr



NATIONAL BIRD WATCHING ROUTE COSTA RICA

COTO BRUS - CORREDORES



Chiroxiphia lanceolata
Lance-tailed Manakin
Saltarín Coludo
Photo: Rodrigo Jiménez



COSTA RICA COTO BRUS - CORREDORES



It was designated a Biosphere Reserve by UNESCO in 1982, and a World Heritage Site by UNESCO in 1983. The presence of protected wild areas with high biodiversity, endemism and uniqueness, and the presence of indigenous territories with diverse forms of traditional and cultural use, make La Amistad Biosphere Reserve a site that protects Costa Rica's natural and cultural heritage. The conservation of the site is the subject of close cooperation between Costa Rica and Panama.



Coto Brus-Corredores is the prelude to La Amistad Biosphere Reserve, one of the most important birding sites in Costa Rica.

It is located within important areas for the conservation of birds, known as IBAS, which are essential sites for the conservation of Costa Rican avifauna and of great value for tourism.

The region of Coto Brus is a paradise for birdwatching, given its rich diversity, with **520 species of the more than 900 that can be seen in Costa Rica**, including resident, migratory, and common in different environments such as forests, open areas and lagoons. **At the Wilson Botanical Garden alone, some 250 species can be observed throughout the year!**

Coto Brus offers birdwatchers a great variety of species in different birding areas, together with an exuberant nature, pleasant climate, the hospitality of its people and its specialized guides, make it one of the most interesting destinations in Costa Rica.

520 Bird Species

1 Biosphere Reserve

1 National Park

2 Wetlands

1 Protective Area

Its diversity of habitats allows the observation of forest specialist species, forest edge, early successional stages and open areas. In the territory, for example, there are records of species of the families *Tyrannidae*, *Furnariidae* and *Thamnophilidae*, as well as the presence of *Thamnophilus bridgesi* (a species endemic to the South Pacific of Costa Rica and Panama). In addition, it is possible to observe birds such as: **crested eagle, solitary eagle, spotted quail, captain cocora, volcanic hummingbird, fire-throated hummingbird, red-tailed hawk, chestnut-breasted hawk, volcanic junco, mountain owl, collared dove, black guan, yellow-winged parakeet, striped parakeet, green toucanet, red widow, red-headed vulture, and red-headed vulture**, among other species.

Also, near the Coto Brus-Corredores site there are important bird watching points such as the Amistad International Park, Tablas Protected Zone, San Vito Wetland, Wilson Botanical Garden, Cántaros Farm and a large number of farms that are committed to the conservation of nature and have trails to enjoy bird watching.

BIRDS EMBLEMATIC BIRDS OF COTO BRUS AND SURROUNDINGS



Rhodinocichla rosea
Rosy Thrush-Tanager
Common name in spanish: Tangara Pechirrosada (Queo)
January to September

Photo: Rodrigo Jiménez



Synallaxis albescens
Pale-breasted Spinetail
Common name in spanish: Pijui Pechiblanco
December to July

Photo: Rodrigo Jiménez



Psarocolius decumanus
Crested Oropendola
Common name in spanish: Oropendola Crestada
N/A

Photo: Rodrigo Jiménez



Myiophobus fasciatus
Bran-colored Flycatcher
Common name in spanish: Mosquerito Pechirrayado
April to June

Photo: Rodrigo Jiménez



Procnias tricarunculatus
Three-wattled Bellbird
Common name in spanish: Pájaro campana
March to June

Photo: Rodrigo Jiménez

OTHER BIRDING SITES

Robert and Katherine Wilson Botanical Garden It is managed by the Organization for Tropical Studies (OTS) and for the Amistad Biosphere Reserve.

- 10 ha of ornamental plant collections
- 134 ha secondary or primary forest Palmaraceae (350 species)
- Palmaceas (350 species)
- Heliconiaceas (60 species and cultivars)
- Araceas (200 species)
- Marantáceas (50 species)

144 ha

It has greenhouses, houses for employees and visitors, library, tissue culture laboratory. The garden has been used as a training center for the cultivation of ornamental plants.

Buenos Aires

The union of areas allows the mobility and reproduction of those wildlife species, among them: limpets, robins, swallows, blue widow, seedeaters, oropendola, jays, yellow-breasted, booby bird, whippoorwill, woodpecker, macaw, yellow-bearded parakeets, hawks, king vulture, laughing falcon, vultures, guans, kingfisher, and others. This area combines natural, agricultural and urban landscapes of great beauty, with an important and particular biodiversity, especially of birds, which is little known.

Corredores It has several surrounding forests and a river that crosses it, giving a singular beauty to the place.

Indigenous Reserves: Conteburica and Abrojo

Main birding sites: La Papayera, Las Pangas, Coto 47, Coto 54, Puentre Negro, Abrojo Norte.

Humedales Térraba-Sierpe The Térraba-Sierpe National Wetland is one of the largest in Central America and is composed of the deltas of the Sierpe and Térraba rivers. The designation as a wetland of international importance is granted due to its biological richness and its functionality as a refuge for a significant number of seasonal migratory waterfowl.

Las Tablas It is characterized for being a genetic bank of forest communities of great importance and for having a great aquifer recharge that feeds several communities in the Coto Brus Canton, extending to the border with Panama.

Diquis stone spheres The Cacique sites with stone spheres that were recently declared by UNESCO as World Heritage Sites and that constitute an example of a very advanced indigenous society, are located in what is known today as the Diquí Valley, a plain formed mostly by the deposit of material carried over thousands of years by the Grande de Térraba and Sierpe rivers, on their final journey to the Pacific Ocean.

Links of interest

- [mrbirdingguide.school.blog](#)
- [Ruta Nacional de Observación de Aves](#)
- [Jardin Wilson](#)
- [Finca Cantaros](#)
- [Cerro Paraguas](#)
- [Sabalito](#)
- [Coto 47](#)
- [La Amistad Pittier](#)
- [Coto 47-Las Pnagsasd](#)
- [Ciudad Nely Campos de Arroz](#)
- [Casa Botania \(San Vito\)](#)
- [Video](#)

More information:

- [ebird.org](#)
- [Asoc. Ornitológica de CR](#)
- [Video](#)
- [Unión de Ornítólogos CR](#)
- [Lista Oficial de Aves de Costa Rica](#)

Credits

The Costa Rican Tourism Institute thanks the National System of Conservation Areas, tourist guides, companies and individuals for their collaboration in the development of the Coto Brus-Corredores Infogram.

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Workgroup: Mario Badilla, Luis Humberto Elizondo, Pablo González (mapas), Rafael Soto, Rodolfo Lizano, Ruth Alfaro.
Advisory: Pablo Camacho, Luis Humberto Elizondo, Roger González, Mónica Guerrero, Surcos Tours, Henry Barrantes.
Photography: Rodrigo Jiménez, Roger González y Mónica Guerrero.
Graphic design: Floria Leiva Pacheco.

A production of the Department of Tourism Development, Direction of Planning and Development, Costa Rican Institute of Tourism, National Bird Watching Route.

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Ocellated Crake
Micropygia schomburgkii
Photo: Henry Fallas

NATIONAL BIRD WATCHING ROUTE COSTA RICA

BUENOS AIRES



BUENOS AIRES

 Main points of observation of birds in Buenos Aires

- Peje
- Santa María de Brunka
- Tres Colinas
- Sabanas Ujarrás
- Altamira de Biolley
- Otros puntos menores

ALTITUDE

 from 60 meters above sea level to 2900 meters above sea level

TEMPERATURES

 From 35° degrees and in a few kilometers reaching 3° degrees



The canton of Buenos Aires and its area of influence has 80% of the country's endemism, with 511 species present and important protected areas such as La Amistad International Park, which is part of the Biosphere Reserve and World Heritage Site, declared by UNESCO in 1982. It is also a Ramsar Site, protecting territories belonging to Costa Rica and Panama, hence its name.

Biosphere Reserve

- It is located in the mountains of Talamanca.
- It extends to the border with Panama.
- More than six hundred thousand hectares along the Pacific and Atlantic slopes, covering more than 12% of the national territory.

The presence of protected wild areas with high biodiversity, endemism and uniqueness, and the presence of indigenous territories with diverse forms of traditional and

(Continued on next page)

cultural use, make La Amistad Biosphere Reserve a site that protects Costa Rica's natural and cultural heritage.

It is made up of: Tapantí-Macizo de la Muerte National Park, Chirripó National Park, Hitoy-Cerere Biological Reserve and La Amistad International Park, in addition to some forest reserves and indigenous territories. In terms of visitor services, there are: a series of trails and natural viewpoints.

500+ Bird Species

1 Biosphere Reserve

La Amistad International Park (PILA) is the largest unaltered tropical forest-covered mountain system in the country, with elevations ranging from 100 meters above sea level to Kámuk Hill at 3,549 meters and Dúrika Hill at 3,280 meters.

1 International Park

It is characterized by oak forest ecosystems, cloud forest, paramo and high altitude wetlands such as peat bogs, where majestic trees can be observed. It has a network of trails with short, medium and long distances, in which you can observe a great wealth of species, some of them endemic to Talamanca.

6 Indigenous Territories

Another attraction of La Amistad International Park (PILA) is the scenic beauty of both its natural environment and the adjacent rural and indigenous communities, where you can find guiding, food and lodging facilities.

More than 263 species of amphibians and reptiles have been observed, the most common being lizards, salamanders, and anurans. Among the mammals we find the tapir, puma, jaguar, white-faced monkey, ocelot, Tyra and the jaguarundi. It should be noted that the PILA protects the middle and upper

basins of rivers whose main collector is the Grande de Terraba River on the Pacific slope. On the Caribbean slope, the Banano, Telire, Coen, Lari and Urén rivers, whose main collector is the Sixaola River, stand out. The capacity of these watersheds to provide drinking water to the surrounding populations is undeniable, especially considering the rapidly increasing population.

 **Bird watching**

Currently, 511 species of birds have been recorded, representing approximately 54% of the country's avifauna. These include the quetzal, the crested eagle, the black guan, the black-faced woodpecker, the white-fronted woodcreeper, the white-throated hummingbird, the quetzal, the black guan, the curasaw and other species. Only in the canton of Buenos Aires can they be found with greater certainty, we will describe them with their scientific name, english name and common name, **Ocellated Crane**, *Micropygia schomburgkii*, is a resident species located in Ujarrás and Salitre, a unique ghost in the country that requires patience to be able to see.

Other birds are highly sought after, such as the **Turquoise Cotinga**, *Cotinga ridgwayi*, or when migration is at its best, we can see the **Scissor-tailed Flycatcher**, **Pink-tailed Flycatcher**, or **Black-billed and Black-billed Cuckoos**, the distances that separates these species do not even reach 2 hours between Peje and Altamira de Biolley, important sites for birdwatching in the region of the South Pacific.

BIRDS EMBLEMATIC BIRDS OF BUENOS AIRES



Rhodinocincla rosea
Common name:
Rosy Thrush Tanager



January to September

Photo: Roger González



October to March

Micropygia schomburgkii
Common name:
Ocellated Crane



Photo: Harold Serrano Picado



Psarocolius decumanus
Common name:
Crested Oropendola



No data

Photo: Henry Eduardo Fallas Gutiérrez



May to September

Emberezoides herbicola
Common name:
Wedge-tailed Grass-Finch



Photo: Henry Eduardo Fallas Gutiérrez



March to April

Carpodectes antoniae
Common name:
Yellow-billed Cotinga



Photo: Henry Eduardo Fallas Gutiérrez



Bombycilla cedrorum
(Ampelis)
Common name:
Cedar waxwing

Species migratory nearctic

Photo: Herbert Martínez

 **More information here:**

-  ebird.org
-  Asoc. Ornitológica de CR
-  [Video](#)  Unión de Ornítólogos CR
-  Cantón de Buenos Aires
-  Ruta nacional de observación de aves
-  Municipalidad de Buenos Aires

Credits
The Costa Rican Tourism Institute thanks the National System of Conservation Areas, tourist guides, companies and individuals for their collaboration in the development of the Buenos Aires Infogram.

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Advisory: Henry Fallas y Roger González.
Photography: Harold Serrano Picado, Herbert Martínez, Henry Fallas y Roger González.
Graphic design: Floria Leiva Pacheco.

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NATIONAL BIRWATCHING ROUTE COSTA RICA



Cotinga ridgwayi
Turquoise Cotinga
Cotinga turquesa
Photo: Geovanny Jiménez

PÉREZ ZELEDÓN



PÉREZ ZELEDÓN

Main birdwatching areas

- Páramo District** (Valle de El General Lookout, Tolomuco Forest, Los Quetzales National Park, División, Santa Eduviges, Villa Mills, Telecommunications Towers area)
- El General District** (Los Cusingos Bird Refuge, Santa Elena, Las Nubes Refuge)
- Rivas District** (San Gerardo, Pueblo Nuevo, Herradura, Chirripó)
- Barú District** (Alto de San Juan, Tinamaste)
- San Pedro District** (San Jerónimo)
- San Isidro de El General District** (Polideportivo, Finca Municipal, La Ceniza, Las Quebradas Biological Center)
- Pejibaye District** (VALLECOOP)
- Platanares District** (Vista de Mar)
- Cajón District** (Cedral, Quizarrá)
- Río Nuevo District** (Savegre, Río Nuevo)
- La Amistad District** (Moctezuma, China Kichá)
- Daniel Flores District** (Quebradores del Sur sector, riverbanks of the Río El General)



Pérez Zeledón is a globally renowned birdwatching destination, with 607 recorded species, amounting to 65% of the country's total avian biodiversity. The species identified in the canton belong to 66 of the 82 bird families recorded in Costa Rica, or 75% of the total. They also include 70 species considered to be endemic in the country (67% of the country's total).

Furthermore, factors such as the region's topography and climate, with altitudes ranging from 600 to 3820 masl within a small area, create a large number of ecosystems and foster an incredibly diverse population of birds.

The Pérez Zeledón region contains low-lying, coastal areas as well as mountainous zones at very high elevations, including the country's highest point. As a result, there is drastic variation in various aspects of the climate.

607 Bird species

70 Endemic (regional) species

1 Forest reserve

1 National park

5 Private reserves

ALTITUDE



desde los 600 masl hasta los 3820 masl

TEMPERATURES



Between 24°–27° C. In some areas it may drop to less than 10° (Cerro de la Muerte and Cerro Chirripó)

Pérez Zeledón is home to an incredible diversity of life zones (with a total of 13), due to the area of the canton and significant variations in its relief. The premontane wet forest and premontane rainforest have the greatest coverage, representing 28.1% and 18.5% of the canton's area, respectively. Other zones make up between 6% and 12% of the canton's area, including the tropical premontane transition wet forest (6.3%) and premontane rainforest (11.5%).

Nota: Author's analysis with information from the eBird.com platform.

The region is particularly promising for tourism activities that take place in nature and offers an excellent entry point for the growing interest in birdwatching tourism, which is well established in the area. It is home to a great variety of birds, especially in the famous **Los Cusingos bird sanctuary**, which was once home to the renowned ornithologist Alexander Skutch while he was writing one of his major works, Birds of Costa Rica. In addition to birdwatching, it is also home to the majestic **Chirripó National Park** and other nature reserves, with part of the canton's territory belonging to the UNESCO Biosphere Reserve.

The natural setting of Pérez Zeledón is a perfect place for birdwatching excursions or simply enjoying the pleasures of hearing birdsong from

comfortable accommodations in rural communities, where the idiosyncrasies and customs of yesteryear are still alive, providing a window into Costa Rican culture and traditions.

Some of the bird species located in the area include the following: the **red widow, great kiskadee, ground doves, rufous-collared sparrow, great-tailed grackle, turkey vultures, caracara, goldfinches, hummingbirds, flycatchers, warblers and the metallic green quetzal**. Other species that are present in secondary forests in lower numbers include **red-winged blackbirds, red-crowned woodpeckers, silver-throated tanagers, butterflies, emerald toucanets, yellow tyrannulets, orange-collared manakins and swallow-tailed kites**.

Advantages for birdwatching in our region



50% of all families present in Costa Rica.



Over 180 different species.



Forest reserves and observation points just a few minutes from nearby towns.



Observation routes with low to high difficulty.



Presence of rainforests on the slopes of the Cordillera de Talamanca.



A few hours from the Alexander Skutch Biological Corridor



Our experienced guides will help you to identify them by shape and color, as well as by recognizing their songs.

Fuente: OAVE - Observadores de Aves del Valle de El General

BIRDS EMBLEMATIC BIRDS OF PÉREZ ZELEDÓN



Zeledonia coronata
Common name:
Wrenthrush

From April to June

Photo: María Calderón



Rhodinocincla rosea
Common name:
Rosy Thrush Tanager

From January to September

Photo: Marco Fonseca



Spizaetus tyrannus
Common name:
Black Hawk-eagle

December

Photo: Harold Serrano



Lophornis adorabilis
Common name:
White-crested Coquette

From December to February

Photo: Harold Serrano



Pteroglossus frantzii
Common name:
Fiery-billed Aracari

From January to April

Photo: Harold Serrano



Cotinga ridgwayi
Common name:
Turquoise Cotinga

March

Photo: Leonardo Valverde



For more information visit:

- [OAVE \(Observadores de Aves del Valle de El General\)](#)
- [ASOCIACION ORNITOLOGICA](#)
- [Lista oficial de aves de Costa Rica](#)
- [UNION DE ORNITOLOGOS](#)
- [unionornitologoscr](#)
- [Listado de aves E.Bird-Chirripó](#)

- [Cloudbridge](#)
- [Los Cusingos](#)
- [FUDEBIOL](#)
- [Río Magnolia](#)
- [Asociación ornitológica - San Jerónimo](#)
- [Vídeo-UNED](#)



Crédits

The Costa Rican Tourism Institute thanks OAVE (Observadores de Aves de El General), the tour guides, companies and individuals for their collaboration in the development of the Pérez Zeledón Infogram.

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OAVE: Gustavo Granados Atencio,
Photography: Harold Serrano, Leonardo Valverde, María Calderón, Marco Fonseca, Harold Serrano y Geovanny Jiménez.
Graphic design: Floria Leiva Pacheco.

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BIRD WATCHING IN Costa Rica

For national and international birdwatchers, Costa Rica is one of the most important tourist destinations in the world. A country with a small territory of 51,100 km² of land area (0.03% of the world's surface) and 589,000 km² of territorial sea, it has an avifauna with more than 900 species that surpasses all of Europe. Costa Rica is possibly the country with the most bird species and habitat types in the world in relation to the size of its territory.

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

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

Costa Rica has:

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

National Bird Watching Route

Birdlife zones in Costa Rica *

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

* Adaptado de Stud, P. 1964. The Birds of Costa Rica: Distribution and Ecology. Bulletin of the American Museum of Natural History 134: 261-298

- 🐦 **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



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Credits

The Costa Rican Tourism Institute thanks the Municipalities of Buenos Aires, Corredores, Coto Brus and Pérez Zeledón, to Universidad Estatal a Distancia, the Ministry of Culture and Youth and the Amistad Pacifico Conservation Area. As well as those of the Chamber of Tourism of the Buenos Aires Chamber of Tourism, Chamber of Rural Community Tourism of Coto Brus (CATUBRUS), Destinopilac, Chamber of Commerce, Tourism, Industry and Agriculture of Pérez Zeledón, CATURCOCHI, Valle del Chirripó, Association of Tourism Entrepreneurs of the General Valley and South Pacific (TURISUR), Chamber of Commerce, Industry and Tourism of the Southern Cantons, Chirripó Rural Community Consortium, South Zone Development Agency, Coto Brus R. L. Rural Community Tourism and Multiple Services Cooperative (TURIBRUS R. L.) Rural Experience Chamber

A very special thanks to Xinia Madrigal, Oscar Leiva, Gregory López, OAVE (Observadores de Aves de El General), Gustavo Granados Atencio, Iván Hidalgo, Graciela Nuñez, Jeily Guerra, Ivette Mora, Dionisio Paniagua, Stella Paniagua, Surcos Tours, Desafíos Tours, Mario Mejía, Mónica Guerrero, Jorge Badilla, Sergio Arias, Henry Fallas, Saúl Ruiz, Róger González, San Vito Bird Club, Geovanny Prendas.

As well as companies and individuals for their collaboration in the development of the Cultural Tourist Guide of the South Pacific (Buenos Aires, Corredores, Coto Brus and Pérez Zeledón and its Miniguides of Buenos Aires-Pérez Zeledón and Coto Brus-Corredores.

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Coordination, production and texts: Mario B. Badilla Jara.

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Ruth Alfaro, Pablo González y Antonio Farah (maps), Mario Badilla Jara, Bielka Chacón and Yorleny Fontana (Costa Rican Tourism Board).



Photography

Regarding the photographs of the Cultural Tourist Guide of the South Pacific (Buenos Aires, Corredores, Coto Brus and Pérez Zeledón) and their mini-guides, we appreciate the contribution of the images to the following people and companies:

- 1 Roberto Ramos,
- 2 Nancy Pamela López Mora, UNED
- 3 Municipalidades de Buenos Aires
- 4 Municipalidades Corredores
- 5 Municipalidad de Coto Brus
- 6 Municipalidades Pérez Zeledón
- 7 Mónica Guerrero
- 8 Mario Badilla
- 10 SINAC
- 11 Floria Leiva
- 12 Marjorie Solís (Chirripó NP)

Bird photography of Pérez Zeledón: Harold Serrano, Leonardo Valverde, María Calderón, Marco Fonseca and Harold Serrano and Geovanny Jiménez

Information and photographs of the tours and activities provided by the following tourist companies:

- Róger González (Chirripó-Parque Internacional La Amistad-Las Tablas)
 Hotel Thunderbird Resort (Lucky's Hotel y Casino)
 Hotel de Montaña Rancho La Botija
 Hotel Angelus
 Albergue Río Magnolia
 Hotel del Sur
 Hotel Hacienda Altagracia
 Best Western Hotel Zima
 Hotel PZ Country Club
 Hotel Urán
 Albergue de Montaña El Pelicano
 Posada De Turismo Rural Bribripa
 Posada Rural Cerro Biolley

- El Gran Impala N° 2
 Hospedaje Lorito Verde
 Hotel Emanuel
 Hotel Organización para Estudios Tropicales (OET) Coto Brus
 Hotel La Riviera
 Hotel Hacienda Don Paolo
 Posada de Turismo Rural Cerro Pittier
 Selva Mar
 Sunny Travel-Tropical Feathers
 Agencia de Viajes Jeivacaciones
 Agencia de Viajes Auténtico Adventures Costa Rica
 Agencia de Viajes Macho Mora Adventures
 Costa Rica Birding
 Restaurante Club Los Delfines
 Rest y Pizzeria Sabores
 Cafeteria Antojos de Maíz
 Restaurante Todo Tapas
 Restaurante Yarán Yán
 Restaurante EMS
 Restaurante Candombe
 Restaurante Velvet's Food
 Restaurante La Oruga
 Centro Científico Tropical
 Cataratas Nauyaca S.A
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 <https://quebuenlugar.com/>

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