**Arts and Culture**

The influence of customs inherited from West Africa and the Antilles has helped shape the Afro-Caribbean culture of Costa Rica’s Caribbean, both through customs and traditions such as architecture, gastronomy, art and music. In music, this includes calypso and soca.

**Crafts**

Limón offers items that express innovation, history, identity and quality, using indigenous materials such as artistic textiles, sculptures from recycled material, wooden turtles with moving parts, jewelry sculpted from river stones, hand-painted macramé recycled glass, items made from seeds and aluminum cans. Caribbean homes crafted with wood, recycled plastic birds of flight, textiles for the kitchen, stationary inspired by carnival and Black Culture Day gourd containers, decorative figures with butterfly wings, money boxes, votive candles and printed Costa Rican birds.

**Events**

**BLACK CULTURE DAY.** The celebration of Black Culture Day takes place on August 31. Streets are filled with cultural activities, colorful parades and floats.

**THE CANTONATO.** This celebration is held every year in the month of July, with horse parades and local gastronomy.

**“WALTER FERGUSON” INTERNATIONAL CALYPSO FESTIVAL.** This festival is held every year in the month of July, with the region’s most famous calypso groups.

**Welcome to Limón**

**Parks**

**BALVANERO VARGAS PARK.** In addition to a panoramic view of the Caribbean Sea, this park also has a view of Uvita Island, declared a National Monument in 1965 because it was the first place Christopher Columbus visited along Costa Rica’s Caribbean coast, during his fourth voyage in 1502.

**EL BULEVAR.** In addition to enjoying a panoramic view, this area features local artists who express themselves on canvas with works created from their own hands.

**Gastronomy**

One of the featured characteristics of Afro-Caribbean culture is its gastronomy in all its various forms, from a variety of traditional dishes such as Rice ‘n’ Beans (made with rice, beans and coconut milk), fish in a marinade, sancocho (chicken and pork with tomato, cassava, potato, sweet potato and other ingredients), plantain (plantain with sweet plantain), pate (meat empanada with spicy chilli), romón (a blend of various vegetables and beef, chicken and fish), mondongo (beef tripe with beans and spicy seasonings), coconut cookies, sweet bread, black cake or Christmas cake and cachinche, among others.

**Tortuguero National Park**

This is one of the most important nesting locations for the green, leatherback and hawksbill sea turtles. This park also is known for its lush flora and abundant fauna. Tortuguero has a unique system of natural and artificial canals that serve as transit routes for local businesses, tourism and exploration.

**Cahuita National Park**

This park is located southeast of Limón. Its biggest attraction is its white-sand beaches and coral reefs that extend like a fan in front of Punta Cahuita, forming a spectacular marine garden. Punta Cahuita, forming an spectacular jardín marine.

**Plants**

Another of the region’s important attractions are its varied plantations of banana, cacao, pineapple, coconut and cassava, which can be visited on different tours offered by tour operators.

**Historical Sites**

- Old Harbormaster’s Office
- Bautista Church Missionary Home
- Post Office and Telegraph Building
- Old Caribbean Hotel
- Uvita Island
- Municipal Market
- Municipal Palace
- Pension Costa Rica
- DiKe

**Adventure Activities**

From the cruise ship port of arrival, you can enjoy various adventure tourism activities, including canopy tours, which entail gliding from one point to another on horizontal cables with a full set of safety equipment; rafting, which entails floating along with the current of a river (downstream) on a raft; and a visit to a rainforest aerial tram.