Throughout our years of worldwide travel and avid scuba diving, we have firmly believed in the simple concept of “taking only pictures and leaving only bubbles.” Before Sustainable Tourism became an industry passion, we at Elegant Adventures practiced our philosophy of responsible travel by being actively involved in ongoing community outreach projects and supporting resorts and businesses that showed an obligation to responsible environmental practices and to making a positive impact on their local communities.

Today it is more important than ever that the tourism community – travelers and travel providers alike – engage in environmentally friendly travel practices and leave as small a footprint as possible. One way to accomplish this is to support those organizations that demonstrate a conscientious commitment to sustainability, environmental conservation and the well-being of the local people. Elegant Adventures is proud to feature many of these fine establishments in our Central America guides.

Dan & Jeanne

carrot-top.png

Rainforest Alliance

The Rainforest Alliance works to conserve biodiversity and ensure sustainable livelihoods by transforming land-use practices, business practices and consumer behavior.

We work with people whose livelihoods depend on the land, helping them transform the way they grow food, harvest wood and host travelers. The Rainforest Alliance involves businesses and consumers worldwide in our efforts to bring responsibly produced goods and services to a global marketplace where the demand for sustainability is growing steadily.

We set standards for sustainability that conserve wildlife and wildlands and promote the well-being of workers and their communities. We also work with tourism businesses, to help them succeed while leaving a small footprint on the environment and providing a boost to local economies.

The Rainforest Alliance is working on an initiative to expand the benefits of sustainable tourism certification to small and medium-sized enterprises in Costa Rica through pilot projects in geographic areas that are not currently benefiting from Costa Rican Certification for Sustainable Tourism (CST). The proposed work will take place along the Caribbean coastline, recognized for its distinctive topography and its complex cultural mosaic. The project will teach best management practices, provide training sessions on certification, conduct certification assessments, and promote certification within environmental markets.

In Costa Rica, the Rainforest Alliance’s work will complement the National Institute for Biodiversity (INBio) project entitled “Support to the Use of Biodiversity by Small Enterprises,” inviting the participation of any ecotourism ventures working with INBio in our pilot projects and standard-setting process.

rainforest-alliance.org

The government of Costa Rica has set up programs that play a large part in making sure that what visitors come to Costa Rica for today will still be there for the visitors of tomorrow. One of these programs developed by the Costa Rican Tourism Board (ICT), along with other governmental and educational groups, is the Certificate for Sustainable Tourism (CST). The CST program categorizes and certifies tourism companies according to the level that their operations approach a model of sustainability – in terms of their degree of impact on the natural, cultural and social resources of the country. The certification committee focuses on four operational components: the physical-biological; the infrastructure and services; the external clients; and the socioeconomic environment. The ICT defines sustainable tourism as the balanced interaction of three basic factors within the tourism industry:

1. Proper stewardship of our natural and cultural resources;
2. Improvement of the quality of life of the local communities; and
3. Economic success that can contribute to other programs of national development.

Although Costa Rica and many of its wilderness-oriented tourism businesses are famous for pioneering the concept of ecotourism, the CST addresses a broader concept – sustainable tourism – which addresses both wilderness and urban tourism activities and encourages practices that spread benefits into the local communities and ensures long-lasting success. CST isn’t an ecotourism seal. It is a set of performance-based standards that create guidelines. The certification addresses a series of basic principals of sustainability that are in need of adoption the world over.

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Pura Vida! “Pure Life” – this popular Costa Rican greeting says it all about the allure of this amazing country. Located at the center of the American Continent with coasts on both the Pacific and the Caribbean, Costa Rica is a peaceful land of spectacular beauty. No other destination offers such an immense variety of landscapes, ecosystems, climates and experiences all within easy traveling distance. There are tree-lined tropical beaches whose warmth is exceeded only by the friendly, family-loving people who live here. Misty mountain forests give way to rolling savannah and bucolic countryside. Dense, lowland rain forests shelter brilliantly colored birds, exotic butterflies and prolific plant life and provide a magnificent backdrop to the crashing surf of the Pacific. Beaches on both coasts are primary nesting sites for many species of sea turtles. There are rushing tropical rivers, cascading waterfalls, thermal mineral springs and active volcanoes that light the night sky with their spectacular fiery display.

A Model for Conservation

Each year, Costa Ricans welcome thousands of visitors to share the tranquil beauty and natural treasures of their country. Endowed with 5% of earth’s life forms within a mere 0.03% of the planet’s surface, they have preserved this incredible bio-diversity in national parks, nature reserves and protected areas covering fully one-quarter of the land – more per capita than any other country in the world. It’s no wonder that Costa Rica is often cited as a model for conservation in harmony with community development and economic growth, and has become a place of pilgrimage for ecological tourism.

Rich in Experiences

The opportunities for fun and adventure are endless. There are spectacular new golf courses, uniquely carved into the magnificent landscape. Record-winning sport fishing, thrilling whitewater rafting and kayaking, world class surfing and superlative scuba diving attract enthusiasts from the world over. Plus there is hiking, horseback riding, mountain biking, canopy traversing and a great deal more – all in a perfect, year-round spring climate.

Accommodations that Offer Something Special

Throughout the country there are plenty of captivating places to stay. From cozy mountain lodges and charming jungle hideaways to spacious villas, elegant inns and luxury resorts there are a variety of tempting choices for every taste and budget.

Finally, Safe and Close to Home

Best of all, Costa Rica offers a safe travel environment in a stable democracy with very close political, economic and social ties to America. The country has been twice nominated and once awarded the Nobel Peace Prize and, since 1949, has had no standing army. Instead, the country’s resources are directed to its excellent educational and health care systems, social programs and economic development. But the heart and soul of Costa Rica is undoubtedly the cultured, peaceful and friendly people who eagerly shower visitors with their unmatched “Tico” brand of hospitality.

Come with Elegant Adventures and experience Pura Vida for yourself in the Heart of the Americas – Costa Rica.
San José’s flagship resort hotel offers a unique tropical ambience enhanced by an excellent blend of fine amenities and services. There are 220 spacious rooms and suites, all handsomely appointed with pretty fabrics and warm wood accents. Each offers 24-hour room service, air-conditioning, telephone, cable television and modern bathroom.

Activities: Casino, Health Club/Spa, Pool, Tennis

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Hilton Doubletree Cariari

There’s a fitness center, 11 tennis courts, 2 swimming pools, jogging paths, a casino and top international dining.
**San José**

**Costa Rica Marriott Hotel**

Activities: Health Club/Spa, Pool, Tennis

Sixteenth century Colonial architecture accentuates the stately grandeur of the Costa Rica Marriott Hotel. Set amid a 30-acre coffee plantation between the international airport and downtown, the Marriott offers 248 lovely guestrooms with all the amenities of a fine luxury hotel.

Opulent public areas look out over a Spanish style courtyard which gives way to the 2 free-form pools, 3 tennis courts, health club, putting green and golf driving range. Dining to suit every palate is available in the 2 restaurants, lobby bar, gourmet coffeehouse and pool bar and grill.

**Hampton Inn & Suites Airport**

Activities: Health Club/Spa, Pool

The Hampton Inn & Suites Airport – San Jose hotel is located just a few minutes from the Juan Santa Maria International Airport in San Jose making it convenient to several of the most important companies, the free trade zones and the national parks.

Hampton Inn is a leading brand of quality, value-priced hotels. Here you’ll find clean, fresh, comfortable standard rooms with a coffee maker, iron and ironing board, and complimentary in-room movie channel. Enjoy complimentary local calls and no surcharge for using a calling card. The spacious one bedroom studio suites have a king size bed, sleeper sofa, bar sink, refrigerator and microwave oven. Plus, for your business comfort, an enhanced desk work area with complimentary high speed internet.

Guests also enjoy the following complimentary items: “On the House” hot breakfast, Hampton’s “On the Run” breakfast bags (Monday-Friday), high speed internet access in every room, wireless internet access in the lobby, meeting rooms and public areas, coffee and tea in the lobby 24 hours a day, and USA Today® copies Monday-Friday. Hampton also offers a 24 hour front desk, message and fax service.

**Planning Your Adventure**

Journey through the pages of this expansive and informative brochure. Our carefully selected range of locations, accommodations, transportation and touring ideas will help you choose those that match your preferences and interests, and define the unique focus of your adventure. With so much to see and do, most visitors combine two or three different elements such as a stay over in San José, a beach vacation and trips to a national park or nature reserve.

Getting around in Costa Rica is an adventure in itself! You may prefer the independence and flexibility of driving your own rental car, and we offer a wide variety of vehicles from mini 4x4s to large SUVs and vans.

As a comfortable alternative, Elegant Adventures also commands a modern fleet of air-conditioned, radio equipped vans, buses and motor coaches driven by professionals familiar with the roads. If you want to reach your destination quickly, there are convenient flights utilizing small twin engine aircraft operating between San José and the most popular tourist areas.

Whatever you choose, our destination specialists are here to help you put it together with the insight, value and convenience of a prepackaged tour. As experts go, there are none more skilled, knowledgeable or devoted to the fine art of selling Costa Rica than ours.
Costa Ricans take great pride in the beauty and natural resources of their nation. One-quarter of the county’s land mass is contained within a protected area and every hotel, resort and lodge offers sightseeing featuring parks and places of ecological importance.

**Volcanoes**

Costa Rica’s active volcanoes provide vivid testament to the awesome power contained within the earth’s thin mantle. At Poas Volcano, a torrid, sulfurous caldron boils within its massive crater. And at Irazu Volcano it’s easy to see why Neil Armstrong compared its desolate landscape with the surface of the moon. Poas is an easy excursion from Villa Blanca, Finca Rosa Blanca and Xandari Resort & Spa, and both Irazu and Poas can be visited in day tours from San José.

In the northern plains the skies around Arenal Volcano are lit by regular bursts of fire, rocks and smoke. Undoubtedly the most active, most studied and most photographed volcano in all the country, Arenal’s majesty has awed thousands of visitors. Elegant Adventures offers a number of small and unique hotels near Arenal Volcano, including Arenal Kioro Hotel, The Springs, Arenal Nayara, Royal Corin, Tabacon Resort and Hotel Mountain Paradise. Here’s some advice: when touring the park, be sure to stay in the designated areas. These eruptions are the real thing!

On the lower slopes of Rincón de la Vieja, power is vented in boiling mud pots, hissing fumaroles and thermal streams. Rincón de la Vieja can be visited in day tours offering horseback riding, zip line canopy tours and therapeutic hot mud baths from all of our Guanacaste/Northern Pacific resorts including Four Seasons, Hilton Papagayo, JW Marriott, Riu Guanacaste, Playa Conchal, Reserva Conchal, Capitan Suizo, Tamarindo Diria and Barcelo Playa Langosta.

**Rain Forest Reserves**

In the foothills and lowlands on both sides of the country, Costa Rica’s rain forests harbor thousands of known life forms and countless more yet to be discovered. They are among the last strongholds of biodiversity on earth. Take a walk in the dark, cool interior of the rain forest and step back in time to a quiet, still world where modern day stresses fade into insignificance. Elegant Adventures’ programs offer many opportunities to explore the rain forests throughout Costa Rica:

In the center of the country, Braulio Carillo National Park is known for its birds and verdant natural scenery. It can be visited on a day trip from San José and enjoyed from the top on the “Rain Forest Aerial Tram” tour.

In the Central Pacific region, Carara Biological Refuge is ideal for the neophyte visitor to see monkeys, macaws and crocodiles. Carara is a popular day trip from San José and can also be visited from Xandari by the Pacific, Club del Mar and Villas Caletas. The famous Manuel Antonio National Park, also in the Central Pacific region, is renowned for its beautiful beaches and lush...
jungle with white-faced monkeys, three-toed sloths, turtles, iguanas and hundreds of species of birds that can be viewed from maintained nature trails. Enjoy this consummate rain forest experience from Arenas del Mar, Gaia Hotel, La Mansion Inn, Parador Resort & Spa or Si Como No Hotel Resort.

In the Caribbean valley rafting in and out of an all-inclusive river lodge is possible as a guest of Pacuare Jungle Lodge. On the Caribbean coast Manatus Hotel is located adjacent to Tortuguero National Park and is reached by a canal boat cruise on a series of tropical rivers through exuberant rain forest. Crocodiles, sloths, monkeys, birds and a wealth of rich flora and fauna thrive in this protected habitat. The park is the largest and most studied nesting area in the Caribbean for the green sea turtle, and is also visited by leatherback and hawksbill turtles. Elegant Adventures’ packages to these upscale properties include transportation, meals, guided park excursions and very comfortable accommodations.

At the Caño Negro Wildlife Preserve in the North zone an excursion “Jungle Queen” style by boat reveals alligators, turtles, monkeys, sloths, rare butterflies and exotic birds. Visit Caño Negro while staying at hotels in the Arenal Volcano area.

Palo Verde National Park in the Northwest region is a refuge for resident and migratory birds and a natural habitat for crocodiles, iguanas, monkeys, peccaries and other animals. Guided tours by covered boat travel through the park along the Tempisque and Bebedero Rivers and can be enjoyed on day trips from most resorts on the northern Pacific coast including JW Marriott, Playa Conchal, Reserva Conchal, Capitan Suizo, Tamarindo Diria and Barcelo Playa Langosta. Also in the Northwest on the Nicoya Peninsula is the Cabo Blanco Nature Reserve, known for its pink sand, pelicans and monkeys, and the Curu Biological Reserve, a family-owned working finca and private nature and wildlife reserve. Both can be visited in day trips from Tango Mar Beach Resort and Latitude 10 Resort.

In the remote reaches of the South Pacific region occupying more than 100,000 acres on the Osa Peninsula is fabled Corcovado National Park, one of the last and largest remaining bastions of virgin lowland tropical rain forest on earth. Sheltering the country’s largest population of Scarlet Macaws as well as jaguar, tapir and many rare and endangered species, Corcovado can be appreciated from Aguila de Osa Inn and Lapa Rios.

The forests on the upper slopes of Costa Rica’s mountains and volcanoes are frequently draped in mist and clouds. Algae, mosses and lichens get a foothold on the continually wet branches and tree trunks, providing a place for orchids, bromeliads, ferns and innumerable other plants to cling to. Among the cloud forest’s unique inhabitants are sprightly hummingbirds, giant Morpho Blue butterflies and the legendary Resplendent Quetzal. The best known of Costa Rica’s cloud forests is the Monteverde Reserve, a private sanctuary located high on the Continental Divide where eight ecological life zones protect hundreds of species of birds, butterflies, mammals, and thousands of plant species. Discover Monteverde while staying at El Establo Mountain Resort. Lesser known, but rich with like flora and fauna and only 60 minutes from San José is the Los Ángeles Cloud Forest Private Biological Reserve. Here, experts have identified dozens of medicinal plants and hundreds of species now found in only 2.5% of the cloud forests left on the planet. Explore this natural treasure at Villa Blanca.
FINCA ROSA BLANCA

Activities: Birdwatching, Hiking, Horseback Riding, Nature Tours, Pool, Spa

Finca Rosa Blanca is a delightful country inn located only minutes from the bustle of San José in the verdant hills and coffee fields of Heredia. The interior’s gleaming woods, unique yet sumptuous furnishings, and extraordinary art create the perfect ambience for intimacy and relaxation. Each of the eleven comfortable junior suites and the two spacious master suites possesses its own distinctive personality and name with soothing views of the countryside. Freshly prepared and artfully presented, each meal at the Tigre Vestido Restaurant is a culinary experience to be savored. The full-service spa, swimming pool, stables, arts and crafts store, well-stocked library and sprawling organic, shade-grown coffee fields add to the inn’s irresistible appeal.

PEACE LODGE

Activities: Hiking, Horseback Riding, Nature Tours, Pool

Located on the grounds of La Paz Waterfall Gardens Nature Park, Peace Lodge is uniquely designed to capture the true essence of the rainforest. Accommodations are spacious and charming, richly accented in lustrous woods and nature’s vibrant hues. A grand gas fireplace adds warmth and intimacy to each room and is best enjoyed from the centerpiece king canopy bed. Oversized balconies invite peaceful reverie with Jacuzzi tubs, hammocks and heart-stopping views of the La Paz River Valley and Poás Volcano. Unique waterfall showers tempt the outdoors in, and deluxe rooms feature incredible sky lit garden baths where a seven-foot waterfall spills behind a Jacuzzi tub. All rooms offer satellite TV, stereo, refrigerator, and coffee maker.

The Nature Park features trails that meander alongside the La Paz River and showcase 5 magnificent waterfalls. A Hummingbird Garden attracts more species than any other single location in Costa Rica, and the Butterfly Observatory is the largest of its type in the world.
**Villa Blanca Cloud Forest Resort**

**Activities:** Hiking, Horseback Riding, Nature Tours

Villa Blanca Cloud Forest Hotel & Nature Reserve, built by former Costa Rican President Rodrigo Carazo, is a charming mountain hotel located adjacent to a working dairy farm only one hour away from the San Jose International Airport on a well-paved country highway. The Hacienda contains the reception, lobby bar, private movie theater, conference rooms and country style restaurant overlooking the village casitas, and a panorama of Arenal Volcano. The well-appointed casitas are comfortable replicas of traditional adobe farmhouses complete with whitewashed walls, tile floors, cane ceilings and adobe wood burning fireplaces. Resident guides lead nature walks through the adjacent cloud forest reserve which is excellent for bird watching as well as a variety of other nature tours.

**Xandari Resort & Spa**

**Activities:** Health Club/Spa, Nature Tours, Pool

Xandari Resort & Spa is a tropical paradise of 22 individually designed villas nestled on a 40 acre plantation overlooking the Central Valley of Costa Rica, and only 20 minutes from the San Jose International Airport. At an elevation of 3900 feet, Xandari enjoys a near perfect temperature of around 70 degrees Fahrenheit all year.

Each spacious villa, surrounded by gardens, has a large view terrace for enjoying the sunset and lights of the valley at night, plus a walled in terrace for privacy and solitude.

The spa village is set in a tropical garden and includes five private palm roofed jalapas with jacuzzis and a picturesque view of the Central Valley. Enjoy a massage, mud wrap, facial, and various exotic body treatments with a distinctive Costa Rican flavor.

The indoor/outdoor restaurant features a healthy continental and Costa Rican menu. Many of the fruits and vegetables are from the hotel's own organic greenhouse, orchard and gardens. Dine in intimate and elegant simplicity while enjoying a panoramic view of the Central Valley.
Activities: Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, Pool, River Rafting & Floating, Spa, Waterfall Rapelling

Facing the majestic volcano and set on 27 gently rolling acres embellished with lush gardens, quiet pathways, flowing streams and its own private thermal springs, Arenal Kioro Hotel sets the new standard for luxury in the famed Arenal area. All of Kioro’s 53 sumptuous suites have every amenity and feature king or two queen beds, sofa bed, spa tub with hydro massage and sweeping panoramic views of the volcano and mountains. Exquisite cuisine, superb service and astonishing views have earned the Heliconias Restaurant its well-deserved reputation for 5-star dining. The exclusive Neidin Spa pampers guests with privileged service and a full array of treatments designed to soothe, energize and achieve a perfect balance of body and spirit. A wide range of activities and adventure options reveal the full glory of the surrounding natural landscape.

ROYAL CORIN

Activities: Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, Pool, River Rafting & Floating, Spa, Waterfall Rapelling

Royal Corin Resort & Loto Spa is the best answer if you are looking for a comfortable and luxurious destination in one of the most beautiful areas in Costa Rica. Located around La Fortuna, Royal Corin offers great service with accessible rates to enjoy Arenal Volcano, fun and entertainment.

The Royal Corin Resort & Loto Spa has 54 rooms with an elegant design and quiet atmosphere in harmony with the natural wealth of the area of the majestic Arenal volcano. Each room has a fantastic view of the volcano due to the excellent architectural design of this five-story hotel. Three floors are strictly for lodging. Every room has phones – even in the bathrooms – plus mini bar, drinkable hot water system, LCD TV, tempered panoramic glasses, high quality wooden furniture, tempered glass doors and ceramic vitro in bathroom. Suites also have a special bathroom tub with integrated TV/DVD, bubbles system, different color lights and jacuzzi for two. Royal Corin offers Internet service and electronic latchkeys with security key. In order to guarantee a higher level of comfort, Royal Corin offers additional services such as: 24 hour front desk, bellboys valet parking, 24 hour security service, 2 elevators for guests, thermal water in pools, laundry service, safe-deposit boxes, babysitting service, secretarial services, wireless Internet and central telephone with voice mail and phones in every room.
Activities: Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Jungle Cat Rescue/Wildlife Exhibit, Nature Tours, Pool, River Rafting & Floating, Spa, Waterfall Rapelling

With a spectacular view of the Arenal Volcano, natural hot and cold springs, four unique dining experiences, and an impressive full service spa, The Springs Resort and Spa at Arenal promises to overwhelm you in every aspect of quality, service and design.

The 18 free-form, landscaped pools provide guests with great views of the volcano and a multitude of options. With temperatures ranging from 76 to 103 degrees F and environments that vary from raging waterfalls to tranquil forest experiences, guests can find the perfect pool for their mood and the current weather conditions.

Each guest room and villa at The Springs Resort and Spa includes a private terrace with balcony and picturesque volcano view, hammocks, rocking chairs, central air conditioning, luxurious marbled bathrooms with Jacuzzi tubs and multiple head showers, satellite television with 37" flat screen TV, surround sound stereo with CD/DVD player and iPod/MP3/USB connectivity, telephone, wireless Internet access, wet bar, safe, mini-bar refrigerator and coffee maker.

Accommodations range from guest rooms with king beds to spacious villas. A family suite has a master bedroom with king bed and a mezzanine level bedroom with a king or two single beds and separate bath.

Activities: Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, Pool, River Rafting & Floating, Spa, Waterfall Rapelling

Located on the outskirts of Arenal Volcano, Arenal Nayara is an oasis of tranquility that provides a uniquely natural experience. Surrounded by lush tropical rainforest, each one of its 24 air conditioned bungalows provides an exclusive retreat where guests can relax amidst the breathtaking view of the volcano.

Bungalows include a private backyard with an outdoor shower and jacuzzi as well as a private front balcony. Inside you'll find a king or two queen beds, cable TV, DVD/CD player, iPod stand, Internet access, safe, stocked mini fridge and coffee maker.

The full-service, open-air Altamira Restaurant offers an exclusive dining experience surrounded by plants and flowers. Enjoy cocktails, fresh fruit juices, and light snacks at the Kali-Kali wet bar located in the jacuzzi or a light lunch at the deck area overlooking the volcano. Unique in all of Costa Rica, the Nostalgia Wine Bar allows guests to savor samples of Latin America's finest vintages, enjoy tapas and other hors d'ouvres in a cozy tropical sanctuary.
**Hotel Mountain Paradise**

**Activities:** Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, River Rafting & Floating, Waterfall Rapelling

Hotel Mountain Paradise has 30 Colonial Design Suites, 26 Junior Suites and 4 Master Suites. All suites have remote controlled lights, temperature controlled air conditioning, flat screen television (LCD), security safe, local and international phone service, Internet access, private bathroom, exotic gardens, a beautiful view of the Arenal Volcano and breakfast served to suites upon request. Each Master Suite has its own plunge pool facing Arenal volcano with an inside jacuzzi sharing the same view. The Master comes with two rooms. The main room with a king size bed, rock bathroom with jacuzzi and hydro-massage shower. The second bedroom has two single beds with a full bathroom and a private entrance/porch area. Masters are equipped with a kitchenette and mini bar and a private concierge for meals and other services is available.

The Junior Suites come with a king size bed and a single bed and jacuzzi on the patio facing the volcano.

The restaurant offers international cuisine nurtured from preparation to serving by a five-star chef that will satisfy all discriminating palates.

Free scheduled transportation to La Fortuna and the nearby hot springs is available.

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**Tabacon Resort & Spa**

**Activities:** Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, River Rafting & Floating, Spa, Waterfall Rapelling

Extraordinarily set at the foot of Arenal Volcano, Tabacon is renowned for its therapeutic hot mineral springs and splendid gardens. Fountains of thermomineral water spring from the heart of the volcano and cascade through exotic tropical gardens into a series of pools and natural Jacuzzis.

The Lodge’s comfortable rooms and elegant junior suites provide the perfect vantage point for viewing the volcano and enjoying the restorative powers of the thermal waters. A variety of spa treatments are available to enhance the experience. The Original Canopy Tour is now available on premises. Tabacon’s restaurant serves a tempting variety of local and international cuisines and healthy vegetarian dishes in a romantic setting enhanced by the volcano’s glowing eruptions.

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**Lost Iguana Resort & Spa**

**Activities:** Biking, Birdwatching, Cave Tours, Canopy Zip Line Tours, Fishing, Hiking, Horseback Riding, Hot Springs Tours, Nature Tours, Pool, River Rafting & Floating, Spa, Waterfall Rapelling

The Lost Iguana Resort offers luxury accommodations in the rain forest. The resort’s 100-acre property overlooks the world’s most active volcano, Arenal Volcano located near La Fortuna, Costa Rica.

A premiere, upscale retreat nestled gently in the jungle, the Lost Iguana Resort only offers rooms with large private balconies overlooking the Arenal Volcano and Arenal River Gorge. All rooms are spacious and well-appointed with first-class furnishings, artwork and full amenities (A/C, phone, cable TV, pillow-top mattresses with 100% Egyptian cotton sheets and more).

Enjoy waking to the serenity of the jungle and the playful sounds of the local toucans and howler monkeys. Plan your day’s activities as you enjoy coffee on your private balcony while viewing the majestic volcano and abundant wildlife.

After spending the day exploring the miles of foot trails available at the resort, enjoy your evening by relaxing in your private hot tub and witness the spectacular lava flows and eruptions from the volcano.

Lost Iguana also features a tropical open air restaurant and palapa bar, a spectacular double pool with swim up bar and waterfall and a pool side massage cabana.
Arenal Country Inn offers guests a unique hospitality experience, based on individual attention and value for their money. Its beautiful country setting makes every morning a bird watching experience.

Hotel Arenal Lodge is located on a 2000-acre property, surrounded by lush nature and a rainforest housing hundreds of exotic birds, several wild animals and incredible tropical vegetation of Costa Rica. This specialized rainforest lodge offers a unique panoramic view of the Arenal Volcano and Arenal Lake along with warm hospitality.

Arenal Springs Hotel is located just five miles away from La Fortuna town toward the Arenal Volcano National Park. The hotel has 87 junior suites with direct views to the active side of the Arenal Volcano.

This hotel is situated facing Arenal Volcano and only four minutes away from La Fortuna town. The staff always strives to make guests’ experience unforgettable with comfortable rooms, stunning vistas, access to the numerous pools, and excellent personal service.

Montana de Fuego Hotel is located in La Fortuna, San Carlos. The hotel takes advantage of the natural beauty of the area and emerges as a peaceful oasis with magnificent vegetation and diverse fauna and spectacular view of Arenal Volcano. Its spacious and comfortable rooms offer all the facilities to rest and relax.

Rio Celeste Hideaway is a boutique hotel nestled within the untouched jungles of Costa Rica, approximately 60 miles from the Arenal Volcano. The resort offers sophistication, comfort, and style amidst lush natural beauty. The hotel is situated in a secluded rainforest adjacent to the Tenorio Volcano National Park.

Located in Muelle, San Carlos, on 17 hectares of impeccable gardens and rainforest, Tilajari’s expansive grounds host many species of wildlife, as well as offer a magnificent view of the San Carlos River, in which you can see crocodiles, enormous iguanas and other wildlife.

Arenal Volcano Inn is a 25-room hotel surrounded by exotic nature that can be admired from the tranquility of the rooms or by taking a small walk around the hotel gardens. Every guest may enjoy the view of the Arenal Volcano from their own terrace.

Set in the middle of Costa Rica, Volcano Lodge has become the entryway to its lush beauty. The lodge itself is set within a tropical garden, watching over Arenal Volcano and close to the thrills of a canopy adventure and the calm relaxation of some of the most beautiful hot springs in the world.
Arenal Volcano Hike. Begin on one of the trails close to the volcano which meanders through the forest over recent lava flows

Arenal Volcano Hike & Hot Springs. A short hike on a trail close to the volcano followed by a healthy and relaxing soak in natural hot spring pools

Caño Negro. A floating safari through tropical rain forest, pastures and marsh in the country’s most biologically diverse refuge surrounded by monkeys, sloths, caimans, turtles and multitudes of resident and migratory birds and water fowl

Canopy Tour Arenal. Fly high over the rainforest canopy on zip lines at the foot of the volcano’s mountain range

Cerro Chato Hike. An exhilarating hike through dense rain forest to the summit of Chato Hill where a lagoon and beautiful views of the San Carlos Lowlands and Arenal Volcano awaits; the return hike goes to La Fortuna Waterfall

Eco-Termales Hot Springs & Dinner. Arenal’s smallest and most exclusive hot springs set in a lush, private sanctuary of nature. Enjoy a healthy and relaxing soak in four thermal spring-fed pools, followed by a delicious “Tipico” home-cooked dinner

4-in-1 Tour. Spend a full day exploring the Arenal area with this combination tour that includes four activities: Hanging Bridges or Safari Float, La Fortuna Waterfalls, Arenal Volcano Hike and a Hot Springs visit

Hanging Bridges. A series of 15 bridges of aluminum, galvanized steel and concrete, each from 5 to 100 meters long, offer interpretive trails through the rain forest with imposing vistas of the volcano from atop the trees

Horseback Ride to La Fortuna Waterfall. Journey by horseback through the bucolic countryside, then hike about 1/3 mile to the La Fortuna Waterfall where you can swim in the fresh natural pool (La Fortuna Waterfall by Car is also available)

Hot Rocks Kayaking & Hot Springs Combo. Lunch or dinner is included with this tour combining two hours of kayaking on the Arenal River (class I-II) followed by entrance to The Springs Resort to visit the Wild Cats Adventure Center and soak in the Lost Springs Hot Springs

Kayak on Lake Arenal. A pleasant paddle learning or using basic kayak techniques on the beautiful lake with spectacular views of the volcano
Lake Arenal Fishing. Enjoy a half or full day fishing trip on beautiful Lake Arenal catching and releasing rainbow bass, the incredible fighter of the Arenal Lake, while enjoying the view of Arenal Volcano with its impressive ash and lava eruptions.

Monteverde Day Trip & Hike. Travel by bus and boat to Monteverde for an exceptional hike in the cloud forest, a visit to the frog pond or serpentarium, and lunch.

Mountain Biking. Starting from the Arenal Lake Dam, mountain bike on an old trail into the forest that ends at the entrance of the Arenal Volcano National Park then ride to the observatory and back to the main road.

Penas Blancas Safari Float. A peaceful paddle through the rain forest encountering monkeys, sloths, iguanas, crocodiles and numerous tropical birds.

Pure Trek Canyoning & Waterfall Rappel. Hike on beautiful trails deep in a rain forest slot canyon and rappel four waterfalls and one canyon wall. The ultimate!

Rio Balsa II-III River Rafting. Experience up to two hours of white water rafting on this half day adventure on the beautiful, tropical Balsa San Carlos River.

Rio Celeste Hike. Within the Tenorio Volcano, the union of two rivers is mysteriously transformed into a sky blue phenomenon of nature. Hike along trails that lead to mud “ollas,” take a mud bath and rinse in natural hot springs, then descend past the spectacularly hued Rio Celeste Waterfall.

Rio Toro III-IV River Rafting. Non-stop whitewater for 14 miles surrounded by steep canyon walls with 100 ft. waterfalls.

Sky Tram/Sky Trek. Ride the Sky Tram aerial tram up a rain forest covered mountain in the Arenal Reserve to a spacious observation deck to enjoy spectacular views of the volcano, lake and Tilarán mountain range. From the observation deck you can enjoy a 30-minute walk through one of the trails. The adventurous can continue on Sky Trek, a system of zip lines ranging from mountain to mountain where you will fly along cables at speeds up to 40 mph with distances ranging up to 2500' and heights of 524'. There are 5 observation towers that exceed the cloud forest treetops providing a panoramic view.

Venado Caves. Hike through an underground river and waterfalls deep into the heart of these ancient caves adorned with stalactites, stalagmites, corals, marine fossils and whimsical stone formations.

Unless otherwise indicated, all tours include transfers, entrance fees & guide.
Activities: Birdwatching, Culture Tours, Hiking, Horseback Riding, Nature Tours, Rafting

Surrounded by dense vegetation, the Pacuare Jungle Lodge is situated on the banks of the Pacuare River in one of Costa Rica’s most pristine rain forest areas. Formed by a group of 13 exquisitely appointed palm-thatched bungalows and suites, the lodge was designed and created fully respecting the natural environment and observing the principles and criteria of sustainable ecotourism. Interior furnishings are luxurious yet simple, and include wide screened windows, teak floors, hand-crafted furniture, spacious private bathrooms with hot water, and a king size canopy bed perfectly situated to offer you a nearly 360 degree panoramic view of the rain forest.

Dinnertime is a particularly memorable affair where by the dim glow of candlelight you will be served gourmet delicacies on fine china and crystal. The lodge employs a resident naturalist guide who provides guests with unique insights into the plant and animal world.

Approximate travel time from San José: 2½ by land and 4 hours by land and raft.

Manatus Hotel

Activities: Birdwatching, Fishing, Hiking, Kayaking, Nature Tours, Pool

Located on the main canal feeding Tortuguero National Park, a room at Manatus Hotel begins with an extraordinary sense of peace and solace. Enjoy nature at its maximum splendor, without sacrificing comfort. The canal-side pool gives the illusion of becoming one with the wild.

All rooms feature two queen beds, luxury finishing, bathroom with hand-painted sinks, hot water indoor and outdoor showers, air conditioning, satellite television, and mini bar.

Tours are offered to the central shopping area of Tortuguero. Visitors may also enjoy Frogs’ Observatory, turtle watching/nesting, canopy tours and water bikes.

The hotel’s main concern is nature conservation and the preservation of threatened species such as the manatee. Manatus Hotel was awarded the National Geographic Flag for their effort in establishing the Manatee Conservation Foundation for the Tortuguero area. This foundation helps to educate the community about the manatee and how to protect their habitat.
**Aguila de Osa Inn**

**Activities:** Birdwatching, Canoeing/Kayaking, Diving, Fishing, Hiking, Horseback Riding, Nature Tours

The Aguila de Osa Inn is secluded on beautiful Drake Bay adjacent to Corcovado National Park and the Caño Island Biological Reserve. In an area described by National Geographic as “the most biologically intense place on earth”, the resort offers adventure seekers a plethora of activities including big game fishing, diving and kayaking. Guided expeditions into the rain forest frontiers of Corcovado and Caño Island are also offered.

Situated on a bluff overlooking the Pacific, the comfortable guest cabins feature hardwood floors, vaulted ceilings and fans to stir the lilting tropical breezes. The resort’s trademark is its tempting dining, featuring fresh seafood, pasta and fruit prepared with originality and a distinctly tropical flair.

Approximate travel time from San José: 3 hours by air and land transfer.

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**Lapa Rios**

**Activities:** Birdwatching, Hiking, Horseback Riding, Nature Tours

Set on the tip of the wild Osa Peninsula in southwest Costa Rica, Lapa Rios is a wilderness hideaway enfolded in 1,000 acres of private tropical rain forest reserve. Created in ingenious harmony with the surrounding ecosystem, the resort offers some of the world’s best opportunities for viewing wildlife.

Private palm-thatched bungalows feature polished cristobal wood floors and accents with private deck and patio garden. Queen-sized beds draped with mosquito netting elicit a romantic ambience. The huge screened window walls invite constant tropical breezes and provide stunning panoramic vistas of rain forest and sea, fostering a sense of connection with the outdoors.

Extraordinary local guides lead a variety of rain forest explorations in search of wildlife and eco-enlightenment.

Approximate travel time from San José: 2 hours by air and land transfer.
El Establo Mountain Hotel

Activities: Birdwatching, Hiking, Nature Tours, Pool

El Establo is situated on a private 150-acre farm adjacent to the Monteverde Reserve. Nearly half of the property is private, protected primary forest with trails for exploring and a crystal clear, spring fed lake. The Santa Elena Rain Forest is only 4 1/2 miles away. Spacious rooms and suites all come with cable TV, hairdryer, coffee maker, telephone, safe deposit boxes and comfy orthopedic mattresses. Suites also have private balconies with the best views of the lushly forested mountains.

Las Ríendas restaurant offers delicious international and national cuisine, breakfast buffet and a lounge bar area. The large swimming pool is the perfect place to relax, breathe the fresh mountain air and take in the beautiful surroundings.

Monteverde Area Tours

Monteverde Cloud Forest. A guided nature hike through the exuberant cloud forest

Santa Elena Cloud Forest Reserve. Four trails and three observation platforms offer incredible views of lush flora and fauna. (Minimum 2 persons)

Selvatura Park. Zip lines and hanging bridges take you into the heart of the cloud forest. Family-friendly natural exhibits including Butterfly and Hummingbird Gardens complete the experience.

Sky Trek. Fly along a series of zip line cables from mountain to mountain and observe the panoramic cloud forest canopy from five observation towers

Sky Tram. Ride on gondolas up the Continental Divide to one of the highest mountains of Monteverde, stopping to observe the cloud forest biodiversity, the Arenal, Tenorio, Miravalle and Orosi volcanoes, the Nicoya Gulf, and the Guanacaste plain

Sky Walk. A guided tour combining trails and hanging bridges above the canopy of Monteverde cloud forest

All tours include transfers, entrance fees and guide.
Useful Facts for Travelers

Entry Requirements: U.S. citizens need a passport, valid for at least six months beyond their intended stay, and a round trip or continuing ticket.

Language: The official language is Spanish, though many Ticos (native Costa Ricans) speak English.

Currency: The official currency of Costa Rica is the colon, but U.S. dollars are widely accepted. U.S. dollars and travelers checks can be exchanged in banks and in most hotels. It is illegal to exchange money anywhere else. Major credit cards and traveler’s checks are accepted throughout the country. ATMs are becoming more widely available in the major tourist areas. Most independent guides will require cash for tours you arrange yourself locally.

Electricity: The standard in Costa Rica is the same as in the United States: 110 volts AC (60 cycles).

Time: Costa Rica is on Central Standard Time, six hours behind Greenwich Mean Time. Daylight Saving Time is not observed.

Climate/Clothing: Costa Rica enjoys a year round spring-like climate, but with 12 different climatic zones there is considerable regional variation in rainfall and temperature. The coastal regions are hot and humid, averaging between the mid 70's to low 90's in temperature where lightweight, loose fitting clothing and strong sunscreen is recommended. In San José and the Central Valley temperatures range between the low 60's to the low 70's, cooler in the mountain regions. Here, long pants and a sweater or light wrap may come in handy, particularly in the evenings. The rainy or “Green Season,” is from May to November, although the mornings are usually clear and sunny. A disposable rain poncho will get you through. Rains generally diminish in July through the beginning of August.


Liquor Laws: Alcoholic beverages are sold every day of the week throughout the year, with the exception of the two days before Easter and the two days before and after a presidential election. The legal drinking age is 18, though it’s rarely enforced.

Medical Facilities: Reliable doctors, clinics, hospitals and pharmacies are available, but may be limited outside urban areas. Immediate cash payment is usually expected for health services. The Medicare/Medicaid program does not provide for payment of medical services outside the United States and medical insurance is not always valid outside the United States. Supplemental medical insurance with specific overseas coverage, including medical evacuation, is recommended. Pharmacists are authorized to dispense drugs of a U.S. level of quality without a prescription.

Insects: Bothersome insects are generally not considered to be any more of a problem in Costa Rica than they are in the U.S. and Canada. Common sense precautions are recommended, however, especially when visiting dense rain forests, the high altitudes, beach areas or when walking at dusk. Insect repellent is highly recommended.

Immunizations: No vaccinations are required for travel to Costa Rica and most communicable diseases have been eradicated, but some authorities advise preventative measures when traveling to remote regions and for patients with particular health problems. Consult your doctor. For the latest health information visit the Centers for Disease Control’s web site at www.cdc.gov.
Costa Rica, meaning “Rich Coast” in Spanish, is aptly named for it offers a treasure trove of beaches spread along its 762 miles of coastline. From sheltered coves where only a sliver of white crescent separates the lush rain forest from the sea to sweeping expanses lathered by surf and laced with swaying palms, Costa Rica’s beaches offer varying degrees of “salt and pepper” coloring according to the level of volcanic activity affecting the region. Most are set against tropical forest where troops of howler monkeys and flocks of parrots dwell. All are uncrowded and unspoiled and impart a variety and exuberance to appeal to every traveler’s tropical fantasy.

The beaches are best enjoyed from any of Costa Rica’s fine beach resort properties, and Elegant Adventures offers a superb selection of upscale, unique establishments placed all along the Pacific coast stretching from the popular Northwestern province of Guanacaste to the wild and undiscovered Osa Peninsula in the south. Nature parks and places of natural interest and beauty are never far away from any of the country’s beaches and can be experienced in day trips from your resort.

Guanacaste is the home of Costa Rica’s newest international gateway, Liberia, offering convenient access to the most sought after beaches of the North Pacific. Dubbed Costa Rica’s “Gold Coast,” the province extends from Costa Rica’s northern border with Nicaragua down the western edge of the Nicoya Peninsula. Reminiscent of the southern California coastline a century ago, Guanacaste offers dozens of sun-swept beaches separated by rocky bluffs and trimmed by tropical dry forest. Its blue waters hold many deep sea fishing records and offer exceptional diving and surfing.

At the far north, bordered by Santa Rosa National Park, the Gulf of Papagayo offers tranquil waters perfect for swimming, diving, fishing and other aquatic pursuits. Here you’ll find The Four Seasons Resort, Hilton Papagayo, Riu Guanacaste and Ocotal Beach Resort, each with breathtaking views overlooking the sparkling bay where dolphins dance and sea birds soar.

Following the coast south from Flamingo to Tamarindo and Pinilla, you’ll find a never-ending swath of sandy beaches popular with surfers and sun-worshippers, and a wide range of accommodations including Playa Conchal, Reserva Conchal, Capitan Suizo, Tamarindo Diria, Barcelo Playa Langosta and JW Marriott.

Heading further south along the Nicoya Peninsula signs of civilization yield to wild wind-swept beaches where nature nevertheless thrives. One such secluded outpost is Playa Islita where the splendid Hotel Punta Islita occupies a solitary nook. Continuing around the peninsula past the Cabo Blanco Nature Reserve and turning toward the Gulf of Nicoya you come to lazy Tambor. Nearby is the delightfully exotic Tango Mar Beach Resort with its waterfall, lush tropical flora and compelling beachscape. Also nearby where surfing is king, you’ll find the Harmony Hotel at Playa Guiones and Latitude 10 Resort further south at Santa Teresa.
Island refuges, rain forest reserves, whitewater rivers and sugary palm-lined beaches are among the attractions along the country's Central Pacific coast. South of the port town of Puntarenas just below the tip of the Nicoya Peninsula lies Jaco Beach, one of the first in the country to be developed as a resort, where you'll find an abundance of restaurants, shops and services. Nearby is Marriott’s La Iguana Golf Course combining world class golf with the area’s astounding natural wonders. Nearby on its own expansive beach, beautiful Xandari by the Pacific features spacious, private seaside villas.

Further to the south in the Central Pacific region is the resort of Manuel Antonio, famous for its coastal scenery, tropical nature and selection of outdoor adventures. Manuel Antonio National Park protects its beaches, rain forest, reefs and islands. All this and more outside the park is accessible from an array of small, uniquely individual hotels. Most are perched cliffside with spectacular panoramic views overlooking the park where rain forest cascades to the sea. There is the exquisite La Mansion Inn that offers the feel of a luxurious private residence, and engaging Si Como No Hotel Resort where whimsical touches, an irresistible assortment of amenities and deluxe accommodations come together to create a magical atmosphere. Parador Resort & Spa features an impressive collection of antiques, fabulous new suites and exquisite panoramic views. Arenas del Mar, a luxury eco-property occupying 11 acres within a coastal rain forest including a secluded beach, has been awarded the highest level of achievement from the Costa Rica Sustainable Tourism Organization (CST). The Gaia Hotel, another eco-friendly property, blends modern Italian style with South Pacific appointments.

Far to the south, the untamed and virtually undiscovered beaches of the Osa Peninsula have hardly changed during the last five centuries. The ruggedly breathtaking coastline here consists of deserted beaches bound by steep hillsides that are draper in dense jungle and teeming with wildlife. Corcovado National Park covers one third of the peninsula and if you make the effort to hike down to one of that park’s remote beaches you’ll be more likely to encounter monkeys and scarlet macaws than another human being. To the north of the park is the wild and isolated enclave of Drake Bay where you’ll find the secluded Aguila de Osa Inn, an intriguing wilderness retreat offering rain forest and marine adventure. South of Corcovado on the tip of the peninsula, the captivating jungle hideaway, Lapa Rios, sits 350 feet above the sea in its own private nature reserve. Playa Nicuesa Rainforest Lodge enjoys the calmer waters inside the Osa Gulf.
FOUR SEASONS RESORT
COSTA RICA AT PENINSULA PAPAGAYO

Activities: Beach, Diving, Fishing, Golf, Health Club, Kids’ Program, Nature Tours, Pool, Sailing, Sea Kayaking, Snorkeling, Spa, Surfing, Tennis

Spilling down a lush mountainside to an isthmus of golden sand, Four Seasons Resort Costa Rica introduces cosmopolitan luxury and service to this pristine tropical setting.

The 153 generously sized guest rooms and suites plus 20 residential villas are imaginatively crafted with indigenous woods and stone finishes. Each room seamlessly blends indoor comfort with an outdoor terrace or balcony living area and mesmerizing ocean views. Spacious bathrooms are cool, airy and inviting, clad in marble and offering signature Four Seasons features.

Guests may dine at one of several superb restaurants, each celebrating the beauty of the location with glorious views of the Pacific Ocean. Four Seasons In-Room Dining is available around the clock.

Sun and sea lovers will revel in the recreation facilities, with two expansive beaches and an enticing roster of water sports, from world class fishing, snorkeling and sea kayaking to sailing and surfing. A magnificent 18-hole championship Arnold Palmer Signature Golf Course is on-site, plus a well-equipped fitness center and full service spa. There is a large free-form infinity-edge swimming pool with outdoor whirlpool and a children’s play pool. A wide range of eco-adventures is available.

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1½ hour by air and car transfer, or 4½ hours by land.

HILTON PAPAGAYO
COSTA RICA RESORT & SPA

Activities: Beach, Biking, Diving, Fishing, Golf, Health Club, Hiking, Kayaking, Kids’ Program, Nature Tours, Pool, Sailing, Snorkeling, Spa, Surfing, Tennis

The all-inclusive Hilton Papagayo Costa Rica Resort & Spa is located in a secluded, private bay on the Pacific Ocean at the Gulf of Papagayo, Guanacaste. Just a 20-minute drive from the Liberia International Airport and 30 minutes by plane from San Jose, this is the perfect setting for a fun-filled family vacation, romantic getaway or memorable event.

Spacious guestrooms, bungalows and suites boast magnificent views of the Gulf of Papagayo or tropical gardens. All rooms are tastefully appointed with wooden furnishings, marble floors, and the Hilton Serenity Bed™ collection. Rooms also feature an in-room coffee system, a 32-inch flat-screen TV, and high-speed Wireless Internet access (separate fee).

Guests can indulge themselves at Spa Vida with 13 treatment rooms, a beauty parlor, whirlpool and sauna as well as separate swimming pool in the secluded Spa relaxation area.

With many restaurants and bars, the resort features upscale menus with signature dishes inspired by Costa Rica’s rich flavors.

In addition, El Ritual Bar, El Bocadillo Snack Bar and Fuente de Vida Pool Bar all offer a place to escape the sun and enjoy a tropical beverage in a casual setting.
**JW Marriott Guanacaste**

**Activities:** Biking, Diving, Fishing, Golf, Hiking, Horseback Riding, Kayaking, Kid’s Program, Nature Tours, Pool, Snorkeling, Spa

A stunning oceanfront resort fast being recognized as one of the most magnificent in Latin America. The JW Marriott Guanacaste Resort & Spa is located on the country’s northwestern coast and offers the comforts and luxuries associated with JW Marriott in an environment that is richly and authentically Costa Rican.

Enjoy unforgettable sunsets everyday as you discover a cool and exotic drink on Mansita beach. Four restaurants and two bars, with unique ambiances and culinary styles, add excitement and fun. A world class spa helps you find tranquility and relaxation while rejuvenating body, mind and spirit.

Spacious guest rooms offer a comfortably furnished private balcony or terrace while luxurious bedding and exquisite bathroom amenities ensure your maximum comfort. The bathrooms feature separate deep soaking tubs and shower.

Twenty-four hour room service and twice daily maid service are standard.

Wireless Internet is available for a fee in all guest rooms and throughout the resort.

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**Riu Guanacaste**

**Activities:** Casino, Golf, Gym, Kayaking, Horseback Riding, Kid’s Program, Nature Tours, Pool, Snorkeling, Spa, Tennis, Windsurfing

This spectacular new all-inclusive resort is situated beachfront on Costa Rica’s exclusive Gold Coast. As well as a superb range of leisure possibilities, the hotel offers five modern, fully-equipped conference rooms, four restaurants, five bars/lounges, a nightclub and children’s playground and mini club.

The all-inclusive price includes all meals and snacks, unlimited local and imported beverages, regularly restocked mini-bar and liquor dispenser, use of on-site equipment and facilities (windsurfing, pedaloes, snorkeling equipment, kayaking, tennis courts, etc), daily daytime entertainment program for children (ages 4 to 12) and adults, daily shows, Riu evening programs or live music, complimentary entrance to the Casino and the night club (drinks not included), gym, steam bath and jacuzzi, and wireless LAN zone.

Also on site are the Renova Spa featuring a variety of treatments and massages and a beauty salon.
Playa Conchal

Activities: Canopy Tour, Casino, Diving, Fishing, Four Wheeling, Golf, Health Club/Spa, Horseback Riding, Kids’ Program, Nature Tours, Pool, Snorkeling, Surfing, Tennis

The newly appointed Playa Conchal has redefined the “worry-free family vacation” concept by offering the only top-of-the-line, all-inclusive beach and golf resort in Central America. Set in the emerald forests of Costa Rica’s magnificent North-Pacific Riviera, the resort resembles a luxurious seaside village with meandering walkways, bubbling fountains, shimmering lakes, lush gardens and a magnificent white crescent beach. A Robert Trent Jones par 72 championship golf course offers challenging play against a spectacular backdrop of sparkling sea and tropical forest.

The hotel offers spacious, beautifully furnished deluxe suites appointed with an elegant living room, private terrace, lavish bathroom and other fine amenities. 24-hour room service, one buffet and four a la carte restaurants offer a variety of cuisines. All meals, snacks and beverages including premium brand liquors and fine wines are included in the price. Myriad trails through the forest and along the beach make an enticing playground for horseback riding and four wheeling. A new canopy tour with a glide path over the sprawling free-form pool and swim-up bar is fun for adventurers of all ages. A casino and nightly floor show provide evening entertainment.

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1 1/2 hour by air and car transfer, or 4 1/2 hours by land.

Playa Conchal Royal Service

Activities: Canopy Tour, Casino, Diving, Fishing, Four Wheeling, Golf, Health Club/Spa, Horseback Riding, Kids’ Program, Nature Tours, Pool, Snorkeling, Surfing, Tennis

The signature Royal Service offers an unparalleled all-encompassing luxury resort experience in an exclusive and private environment that is reserved for adult guests only. Royal Service guests are treated to our finest and most preferential services.

Royal Service amenities include:

- Discreet and efficient assistance of private butlers throughout your stay.
- Access to an elegant Royal Service Lounge for private check-in/out, complimentary high-speed Internet access, daily continental breakfast buffet, coffee and beverages, international newspapers, evening cocktails and hors d’oeuvres
- Preferential reservations for specialty restaurants, spa, activities and excursions
- A la carte breakfast, lunch and dinner at the exclusive Gabi Club restaurant
- Access to a private pool with Bali beds, pool concierge and bar service
- A personalized in-room pillow menu

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1 1/4 hour by air and car transfer, or 4 1/2 hours by land.
Reserva Conchal

Activities: Biking, Birdwatching, Diving, Fishing, Golfing, Health Club/Spa, Hiking, Horseback Riding, Nature Tours, Pool, Sailing, Snorkeling, Surfing, Tennis

Reserva Conchal is located on the Northern Pacific Coast of Costa Rica in the Guanacaste Region. This exquisite beach resort offers incredible stretches of sand overlooking the Catalina Islands, a Robert Trent Jones II 18-hole championship golf course, a five-star hotel, condominiums and activities from a poolside siesta in the sun to surfing, from hiking and exploring nature trails to sport fishing.

Accommodations include condominiums and townhomes with views of the sea, golf course or Catalina Islands. Spanish-colonial or Guanacastean in design, the units exceed all expectations of comfort, luxury, security and style.

With world-class residences and amenities in place, it was only natural for Reserva Conchal to offer its own gourmet dining experience at the magnificent Beach Club. The culinary talent in the kitchen is Executive Chef Miguelangel Ayovi, a Costa Rican Chef with over 12 years of experience, who was chosen to invigorate the sophisticated palates of Reserva Conchal’s members and guests. With extensive experience in Italian, Arabic, and Costa Rican cuisine, our talented Chef will provide you with a unique culinary experience, complemented by the elegant setting and five-star service of the Beach Club’s formal dining room.

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1½ hour by air and car transfer, or 4½ hours by land.

Capitan Suizo

Activities: Canoeing/Kayaking, Diving, Fishing, Horseback Riding, Pool, Snorkeling, Surfing

Set on one of Tamarindo’s best beaches, Capitan Suizo combines casual tropical elegance with inherent Swiss quality. Each of its 22 guestrooms is spacious and comfortable and features modern private bath and patio or balcony. The eight thatched roof villas are open and airy with ceiling fans and lots of windows to invite the fresh ocean breezes. Private terraces are framed by lush, tropical gardens and offer enticing sea views. All units feature mini-fridge, telephone, radio and security box.

The large free-form pool, open air restaurant and bar, and host of adventure activities add to the resort’s irresistible appeal.

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1½ hour by air and car transfer, or 4½ hours by land.
Tamarindo Diria

Activities: Diving, Fishing, Golf, Horseback Riding, Nature Tours, Pool, Snorkeling, Spa, Surfing

Tamarindo Diria Beach & Golf Resort sets itself apart from all others as the only hotel located on the white sand of the world famous Tamarindo Beach. Spread out over 5 acres, Tamarindo Diria Beach & Golf Resort’s mixture of tradition and contemporary style and architecture is surrounded by exotic and beautifully maintained lush tropical gardens that offer guests the natural beauty of Costa Rica right outside their doors. The majority of rooms offer incredible ocean views, providing picturesque sunsets, and access to Tamarindo Beach just a few steps from your hotel room.

At the end of each day, gaze at an unforgettable palette of colors courtesy of Tamarindo’s oceanside sunset which can be viewed while you dine at the beachfront restaurant, or sip a refreshing cocktail at one of the bars.

At Tamarindo Diria Beach & Golf Resort, all rooms have been designed for the comfort and enjoyment of guests. Each room category offers electronic door locks, safety deposit box, cable television with international news, sports and movie channels, air conditioning, mini bar, national and international telephone service, king size bed or two queen size beds, and wireless Internet connections in the hotel’s public areas.

Barcelo Playa Langosta

Activities: Casino, Diving, Fishing, Health Club/Spa, Horseback Riding, Nature Tours, Surfing

Set right on the Pacific Ocean next to the Tamarindo Beach area, Barcelo Playa Langosta is an all-inclusive resort with a full range of amenities and activities to appeal to all members of the family. Hotel rooms are all air-conditioned and have satellite TV, telephone, mini-fridge, room safe, fully equipped bath and a terrace or balcony. Among the all-inclusive program facilities are the buffet restaurant, lobby bar, large free-form swimming pool and snack bar, jacuzzi, and gym featuring aerobics and dance classes. There is a daily activities program for children and adults and nightly entertainment.

Approximate travel time from Liberia: 45 minutes by car transfer. Approximate travel time from San José: 1½ hour by air and car transfer, or 4½ hours by land.
Guanacaste Area Tours

Borinquen Hot Springs. Natural history walk through a primary forest followed by a horseback ride to the canopy zip line, lunch and a visit to the hot springs and mud baths

Buena Vista Adventure. Zip through the forest near Rincón de la Vieja, cool off in the 1200 foot waterslide, then horseback ride to the thermal springs to enjoy rejuvenating hot volcanic mud treatments

Catamaran Day Sailing (1/2 day). Sail the Pacific coastline on a luxury 66 foot catamaran enjoying snorkeling, fishing, kayaking and secluded beaches

Colorado River Rafting (II-III). A lively ride through an impressive natural canyon followed by a dip in one of the river’s swimming holes

Congo Trail Canopy Tour. Fly high over the tropical dry forest canopy on zip lines in the little town of Artola

Corobici River Float (I-II). A fun paddle through the tropical dry forest encountering monkeys and exotic birds

Guachipelin Adventure. Horseback riding, river tubing, therapeutic volcanic mud springs and a canyon canopy tour with rappelling, Tarzan swings, hanging bridges and waterfalls – all on a working ranch by Rincón de la Vieja National Park

Guaitil Pottery & Liberia. Shop for beautiful clay pots, hand crafted by ancient Indian methods, plus sightseeing and souvenirs

Horseback Riding on the Beach. A two-hour ride along the North Pacific coastline.

Marlin del Rey Catamaran. A half-day sail along the Gold Coast sighting dolphins, sea turtles, or even a breaching whale. Drop anchor and kayak through sea caves, float on a raft or snorkel in a tranquil bay.

Rincón de la Vieja National Park. Hike through ancient forest and across barren, rocky, volcanic mountains to encounter geothermic wonders such as fumaroles, hot mud pools and eerie steam holes, and visit a 195 foot waterfall

Tamarindo Mangrove by Boat. Travel by small boat through the narrow canals of Tamarindo Wildlife Refuge observing the wildlife while learning about the unique ecosystem of the mangrove forest

Tempisque River Float. A floating safari in the Palo Verde National Park through at least 12 different wildlife habitats including mangroves, marsh, saltwater and freshwater lagoons. See howler monkeys, iguanas, crocodiles, anteaters and multitudes of birds.

Tenorio River Rafting (III-IV). Plunge through twists, turns and drops down 10 miles of intense, challenging rapids (for experienced rafters)

All tours include transportation, guide and entrance fee.
**Punta Islita**

Activities: Biking, Canopy Tour, Fishing, Health Club/Spa, Horseback Riding, Kayaking, Nature Tours, Pool, Tennis, Yoga

Splendidly isolated amid the forested hills of Guanacaste, Punta Islita is a romantic hideaway where privacy, rustic elegance and all-around comfort have earned its distinction as a Small Luxury Hotel of the World. This peaceful and luxuriously intimate resort consists of 45 bungalow style rooms, suites, casitas and villas, strewn along the hillside crest with magnificent ocean views. All are beautifully appointed in vibrant colonial décor and indigenous woods with air-conditioning, satellite television, mini bar and personal amenities. Ocean view rooms have private hammock-hung patios or outdoor jacuzzi. Spacious suites and casitas open to a private walled garden with plunge pool, the perfect retreat for honeymooners. The resort’s centerpiece is the towering thatched palm pavilion that houses the open-air gourmet dining room overlooking an enticing multi-tiered swimming pool. A second seaside pool with swim-up bar flanks the private beach, and there is a full service spa offering pampering treatments, massages and yoga. Approximate travel time from San José: 1 hour by air (land travel not recommended).

**Tango Mar**

Activities: Diving, Fishing, Golf, Hiking, Horseback Riding, Nature Tours, Pool, Snorkeling, Surfing, Tennis

Tango Mar is the ultimate beach resort in an exotic jungle garden setting on the Nicoya Peninsula. Spacious air-conditioned accommodations include beachfront rooms with two queen beds, wet/minibar and private balcony; hilltop Tropical suites with hand-carved king canopy bed and garden tub jacuzzi; and the Polynesian-style Tiki Suites featuring king bed, garden tub jacuzzi and kitchenette. The resort’s oceanfront open-air restaurant serves light international cuisine in a casual, romantic setting. The 9-hole executive golf course, tennis courts and stables, along with the mile long private beach, 40-foot waterfall and spring-fed swimming pool present enticing opportunities for relaxation and fun. Approximate travel time from San José: 1½ hour by air and car transfer, or 4½ hours by land.
**LATITUDE 10**

Activities: Hiking, Pool, Snorkeling, Spa, Surfing, Yoga

The resort consists of five spacious free standing, individually decorated and private casitas. Each casita has its own tropical decor, situated on over seven acres of private beachfront property located near the bustling beach town of Santa Teresa on the southern tip of the Nicoya Peninsula.

The casitas have shades but no windows and there are no locks on the doors. The bathrooms are completely open-air with large hot water showers and gardens. It is more than a lovely room, it is a structure enabling you to sleep and reside completely in harmony with nature. Porches with cozy chairs and hammocks, ceiling fans, safe deposit boxes, and a twice-daily housekeeping service add to your comfort. In the evening, the staff will pull down the shades, light candles, burn incense, and dim the lights. The turndown service paired with the sounds of nature provides a very tranquil and very Costa Rican experience.

Included with accommodations are full local breakfast, minibar with non-alcoholic beverages, water and coffee/tea station all day, local bocas, use of beach toys (snorkel, boogie boards, and others) and bicycle use in Santa Teresa. Latitude 10 serves a full breakfast, but doesn’t have full restaurant service. Both Santa Teresa and Malpais offer a wide range of restaurants for lunch and dinner.

**HARMONY HOTEL**

Activities: Health Club/Spa, Pool, Surfing, Yoga

The Harmony Hotel located on Guiones beach in Nosara is inspired by the old school tropical destinations of eras that appreciated low key glamour and total escape; this is the perfect setting for people to get in tune with their natural rhythm. It caters to upscale surfers, yoga enthusiasts as well as honeymooners and families with older children looking for an authentic and relaxed Guanacaste experience.

All accommodations reside on a path that meanders through a tropical garden overflowing with native vegetation. The path ends nearby at the Playa Guiones, Nosara.

The Harmony Hotel features a vegetarian restaurant and a raw food juice bar serving organic food options, as well as a natural spa and healing center. The Healing Centre has been designed as a place of restoration, nurturing and peace. It offers massage, yoga, meditation and a contemplative, supportive environment in which to embrace life and your own healing.

One yoga class per person per stay is included.
### La Mansion Inn

**Activities:** Canoeing/Kayaking, Fishing, Health Club/Spa, Horseback Riding, Nature Tours, Pool, River Rafting, Spa

Small and romantic, La Mansion Inn combines its exotic natural setting with the finest service and amenities available. Set above a beautiful and secluded beach, La Mansion offers magnificent views of the Pacific Ocean, Manuel Antonio National Park and lush rain forest.

Built as a luxurious private residence, the inn houses 25 opulent suites and rooms. All are air-conditioned and have sliding glass doors which open to outside sitting areas for enjoying the incredible views. The suite rates include a continental breakfast. Fine in-room spa services are available including a variety of massages. Spacious yet intimate areas for dining and relaxing include a patio with barbecue and an infinity swimming pool with jacuzzi.

La Mansion is set apart by its unique location and the unparalleled personal service afforded to a small, exclusive set of guests by the diverse and dedicated international staff.

La Mansion Inn helped establish local community programs to assist senior citizens, children, schools, hospitals and police organizations. All of the profits from the sale of items in the gift shop at the inn go towards these programs.

Approximate travel time from San José: 45 minutes by air and car transfer or 4 hours by land.

### Si Como No Resort & Spa

**Activities:** Biking, Canoeing/Kayaking, Fishing, Health Club/Spa, Hiking, Horseback Riding, Nature Tours, Pool, River Rafting

The gateway to Manuel Antonio National Park, Si Como No is one of the best-known and most celebrated boutique resort hotels in Costa Rica and the crown jewel of the Greentique Hotels Collection. An ideal base for exploring the magnificence of Costa Rica's natural treasures, Si Como No welcomes families as well as couples. The resort is a fully-contained oasis with beautifully appointed rooms, two full restaurants, a family pool and waterslide plus a separate adult pool, both with swim up bars and pool side service, Café-Tal, gift shop, art gallery Regalame, and free scheduled transportation to the beach for guests. Serenity Spa offers world-class spa treatments. The friendly, personalized service throughout the resort is consistently noted as amongst the most exceptional in the country. An adjacent 30-acre private wildlife refuge features a butterfly botanical garden and crocodile lagoon. Conference centre and THX Theatre are also on-site.

Driving distance from San José is 3 hours plus.
**Arenas del Mar**

Activities: Hiking, Horseback Riding, Kayaking, Pool, Rafting, Spa, Surfing

Arenas del Mar is a beach and nature resort with a strong commitment to ecological sustainability and supporting the local community. The resort is located adjacent to Manuel Antonio National Park and has earned the highest rating given to hotels from the Costa Rica Sustainable Tourism Organization (CST).

Thirty-eight luxurious rooms with either ocean or rain forest views grace Arenas del Mar. All guest rooms offer amenities such as air conditioned bedrooms, high speed Internet access, cable television, mini-bar, ceiling fans, personal safe, and coffee maker.

World-class cuisine and personal service await guests at either of the two restaurants. El Mirador serves full service breakfast, lunch and dinner while Playita is an informal choice for lunch and snacks near the secluded beach area. Two swimming pools, limited service spa treatments, a gift shop and private nature trails are all available within the 11-acre resort.

**Parador Resort & Spa**

Activities: Fishing, Health Club/Spa, Hiking, Horseback Riding, Nature Tours, Pool, River Rafting, Tennis

Perched on the palisades of a private peninsula with an awe-inspiring panorama of ocean and jungle, Parador Resort & Spa is the place for luxury and comfort at Costa Rica’s premier national park. The resort’s smart Spanish style is the perfect backdrop for its impressive collection of European antiques, paintings and historic artifacts.

Accommodations include double-bedded deluxe hotel rooms with private oceanview balcony. Hugged by the lovely free form pool, the main building houses the casino, as well as library, meeting rooms and dining room.

Crowning the highest point of the resort is the magnificent Parador Suites complex that houses 30 truly luxurious panoramic suites, 2 sumptuous Master Suites, and features a private adult-only infinity pool and Jacuzzi, the light fare of La Fragata Restaurant & Tapas Bar, 2 elevators, Wi-Fi, and a private concierge to attend your every need.
Activities: Biking, Diving, Fishing, Gym, Hiking, Horseback Riding, Pool, Spa

The Gaia Hotel and Reserve, an adults-only member of Small Luxury Hotels of the World, offers modern amenities set among the lush and pristine coastal forest of Manuel Antonio. This luxury resort is chic and imaginative from start to finish with the richness of leather, teak and rattan, Italian fittings, bathrooms rendered in slate, Balinese room screens, and a jacuzzi/bath.

Gaia presents to the guest all that is desirable such as room service 24/7, full-service spa, gym, three-tiered pool with bar and personalized concierge service for each guest. The La Luna restaurant offers three different menus: international, local and low carbohydrate cuisine.

The business center has computer, fax, copier, printer, wireless and hard-wired Internet and audio-visual equipment. Banquet and meeting rooms are available for up to 120 participants.

Fishing Charters

Quepos, located in the mid-Pacific zone, offers the exciting combination of excellent fishing and lush green vegetation all year round. The second half of December through the end of April is considered to be the best time for sailfish and blue-striped marlin. Half- and full-day fishing excursions are available with full days suggested for sport fish.

Choose from either a 31-foot boat accommodating up to five persons or 36-foot boat with room for six persons. Excursions include round trip transportation between hotel and pier, captain and mate, all tackle and bait, bottled water, sodas, beer, fruit and lunch. Gratuities for crew (approximately 10% suggested) is not included.
Manuel Antonio Area Tours

Canopy Safari. Traverse from tree to tree, platform to platform on suspension cables through primary tropical jungle in the heart of the Paso Real rain forest. The course consists of 21 platforms, 9 zip lines, 2 rappel lines, a suspension bridge and a Tarzan swing.

Coastal Kayak Paddle & Snorkle. An open ocean paddling adventure along the striking Manuel Antonio coastline. Snorkel an active coral reef nestled close to the shore of Biesanz Bay and observe exotic booby and frigate birds nesting nearby. (for experienced kayakers)

Horseback Riding on the Beach. A two-hour guided horseback ride through the rainforest spotting sloths, white faced and squirrel monkeys, and a multitude of bird species. Great for beginning to advanced riders.

Isla Damas by Boat Tour. Glide through the mangrove channels along the gentle currents of the coastal tides in high-tech, ultra-quiet estuary boats. See families of white faced monkeys, sloths, egrets, crocodiles and many more species of wildlife. Good for all ages.

Manuel Antonio Park Tour. Explore the famous Manuel Antonio National Park with an experienced nature guide, hiking along lush trails winding through the park, identifying all the varied flora and fauna

Planet Dolphin Catamaran Cruise. Sail the offshore islands aboard the Tom Cat or the Spanish Dancer and see the many dolphins, whales, sea turtles, and birds of the Manuel Antonio Marine Preserve. Enjoy fantastic snorkeling and a feast of fresh fruits, grilled fish brochettes, pasta salad and drinks.

Rio Naranjo Rafting Class III/IV. A high octane, half-day adventure beginning when the Naranjo River drops steeply from the mountains and charges through pristine jungle gorges, ending finally at sea level (for experienced rafters)

Rio Savegre Rafting Class II/III/IV. An adventurous, family-friendly trip for adults and children over 10 years who are relatively fit to paddle and walk on river bottom rocks

Santa Juana Mountain & Canopy Tour. Experience a unique piece of Costa Rican rural heritage. This guided nature hike and horseback ride takes you along the lush, jungle-shrouded slopes of the Fila Chonta Mountains and includes a 90-minute zip line canopy tour. See mountain streams, swim beneath waterfalls, try fishing for organic tilapia and visit the tiny pueblo of Santa Juana to learn about coffee and citrus production. Enjoy a typical Campesino-style lunch.

Sea Kayaking Isla Damas Estuary. Spend a few indulgent hours paddling with the currents as your highly trained, bilingual naturalist guides reveal the protected inland waterways of the Damas Estuary and mangrove habitat

Snorkel Excursion. No experience is necessary to discover the natural beauty of Costa Rica’s underwater jungle!

Tocori Waterfalls by Horse. A gentle ride through the rain forest, followed by a guided nature walk for a refreshing dip in pristine natural pools of the two stunning waterfalls. Finish with a homemade Costa Rican meal.

Two-Tank Dive Manual Antonio Park. The Manual Antonio coastline with its 12 islands offers numerous dive sites rich with marine life and fascinating underwater formations. All dives are typically between 35 and 60 feet deep, about 45 minutes in duration and guided by PADI professionals. Full equipment rental is available.

All tours include transfers, entrance fees and guide.
They say that your worst day fishing in Costa Rica is your best day fishing anywhere else. Serious anglers consider Costa Rica to be one of the world’s top fishing destinations, with world fishing records to back it up. Giant marlin, sailfish beyond number, high jumping tarpon, record-class snook and more than a dozen other hard hitting species – Costa Rica has them all! And Costa Rica is one of the few destinations that offers the opportunity to fish two oceans in a single trip. A number of resorts and fishing operators on the Pacific and the Caribbean specialize in fishing charters. All those recommended by Elegant Adventures are highly skilled and use fast, modern boats with all the latest electronics and safety equipment. Costa Rica boat operators release all billfish that are not record contenders, so the future of the resource is assured.

On the Pacific coast, it’s common to release a dozen or more sails and even a marlin or two in a single day, and not unusual to release more than 30 sailfish a day. There’s not been a year in recent memory without three or more Super Grand Slams reported on local charter boats, with sailfish, blue, black and striped marlin released on the same day. Grand Slams, with three of the four billfish species released the same day, are routine during peak season. There are also dorado (including the long-standing International Game Fish Association’s all-tackle record 87-pounder), giant yellowfin tuna, wahoo, roosterfish, a variety of snapper, grouper, and more. Elegant Adventures can arrange fishing charters at virtually every resort we offer along the Pacific Coast, from Guanacaste in the Northern Pacific to the Osa Peninsula in the far south.

The Caribbean coast offers an entirely different type of fishing, with fine lodges accommodating nature lovers and anglers in pursuit of tarpon, snook and other species. For many fisherman, there’s simply no bigger thrill than having one of those 80- to 100-pound aerial acrobats smash a lure and become airborne, often soaring 12 feet or more out of the water, twisting and turning, only to land and leap again, time after time. Costa Rica has long been known for the best snook action in the world, with the bigger fish most often caught fishing from shore near the river mouths. Many other species, such as barracuda, jacks, kingfish, grouper, jewfish and other gamesters are found just outside the river mouths, and with the newer, bigger boats and some intensive guide training fishermen on the northern Caribbean also catch Atlantic sailfish, dorado, wahoo, tuna to over 100 pounds, and even an occasional Atlantic blue marlin. **Manatus Lodge** caters to fishermen and nature lovers alike, offering the area’s best boats, equipment and top guides.

The catch and conditions in the main fishing areas vary with the seasons. Use the handy chart as a guide to seasons in the key areas, but keep in mind that fish don’t always check the calendar!

### Scuba Diving

Few places on earth can rival the biodiversity and abundance found in Costa Rica’s warm, nutrient rich waters. Here the unexpected is commonplace, where swirling clouds of fish hang suspended above the reef and divers are likely to encounter a giant manta ray or even a whale shark on every dive. While some dive destinations offer unlimited visibility but few fish, Costa Rica offers multitudes of fish and decent visibility in the 30 to 120 foot range.

Guanacaste, Costa Rica’s Northern Pacific coast, offers more than 60 charted dive sites, many in the Gulf of Papagayo, and most within a 10 to 20 minute boat ride from your resort. Most dives are around pinnacle rock formations at 40 to 80 foot depths. The mixture of species here typifying Caribbean, tropical Pacific and
coastal Pacific waters is fascinating. Imagine spotting Harlequin shrimp, pufferfish, four species of moray eels, two species of angelfish, a school of eagle rays and several giant schools of reef fish on a single dive! The highlight of a visit to Guanacaste is diving the offshore islands where large pelagic fish and big animal encounters abound. In the Bat Islands, off the coast of Santa Rosa National Park, is “Big Scare,” a dive site populated by sociable Pacific bull sharks. In the Catalina Islands near the southern end of the Gulf of Papagayo you’ll find a large population of whitetip reef sharks, schools of bat, eagle and cow nose rays, and often, mantas. There are nearly always dolphins frolicking the wake of the dive boat, and, during July and August, divers and snorkelers may be blessed to find themselves swimming in the midst of a pod of pilot whales, awe-struck participants in one of nature’s most amazing spectacles. Many resorts in the Guanacaste region offer diving excursions, including Tamarindo Diria and Ocotal Beach Resort. The Four Seasons Resort offers daily dive trips to popular sites such as the Catalina Islands and Bat Islands.

The underwater scenery off the Nicoya Peninsula is much the same as further north in Guanacaste, but without the propensity for big pelagic fish encounters. Day trips to Tortuga Island in the Gulf of Nicoya for recreational diving and snorkeling amid large schools of small, colorful reef fish and swaying gorgonians are exceptional. Excursions often include a beach picnic between dives. Tango Mar Beach Resort offers diving programs.

The local underwater environment in the Manuel Antonio area is just as stunning as its topside topography, with incredible volcanic formations, a multitude of tropical fish and a variety of soft and hard coral colonies. Majestic humpback whales and manta rays are often sighted December through April. Dive excursions are available from all Manuel Antonio hotels with our local PADI 5-star operator, Oceans Unlimited.

Far down in the South Pacific, ten miles off the coast of the Osa Peninsula, is the Caño Island Biological Reserve. Caño Island is a fully protected natural paradise with an exceptionally beautiful reef of rocky corals and underwater canyons bordering its shores. With depths ranging from 15 to 70 feet, these reefs offer an incredible diversity of underwater life including mantas, whitetip reef sharks and whale sharks, schools of jacks and sea snakes. Tiny marine creatures from banded coral shrimp and sea anemones to “Christmas tree” worms and “feather dusters” flourish. Dive Caño Island from Aguila de Osa Inn and also from Manuel Antonio with Oceans Unlimited.

Whitewater Rafting

Costa Rica’s scenic rivers offer some of the world’s best whitewater rafting and kayaking. Wild and untamed, they plunge exuberantly through beautiful, unexplored tropical wilderness. Rafting is perhaps the most popular adventure sport in the country, one anyone can enjoy whether an experienced rafter or novice, nature lover or thrill seeker.

Elegant Adventures works with Costa Rica’s leading adventure outfitters who have expert river guides, internationally approved equipment and high safety standards. All guides are bilingual and trained in advanced first aid.

Whitewater rafts feature the most modern self-bailing boats, paddles, helmets and rafting life jackets. Safety and first aid kits and raft repair kits are carried on all trips.

Day trips are offered in a number of locations including the popular Class II-III Rio Balsa and Rio Colorado. And, for more experienced rafters, the exhilarating Class III-IV Pacuare, Rio Toro and Tenorio. Swollen by Green Season rains, rafting trips are even better from May to November. All tours include transportation to and from local hotels, typical breakfast and picnic style lunch plus all necessary equipment and expert guides. Overnight rafting trips are available from Pacuare Jungle Lodge.
Adobe Rent A Car — Service with a Smile

Adobe Rent A Car takes the hassle out of car rental in Costa Rica. A smiling, uniformed representative meets passengers on arrival at the international airport and provides all the assistance, road tips and advice needed for a trouble free driving experience. Free maps and tourist magazines are provided and GPS and cell phones are available. Adobe will also deliver vehicles to any San José hotel or to any Travelair destination in the country. Computerized reservations, 24-hour a day road assistance service and a fleet of new cars set Adobe apart in customer service and reliability.

A word to the wise about driving in Costa Rica: Driving around Costa Rica is an adventure in itself. Main roads and highways are paved, but many of the secondary and tertiary roads are unpaved and poorly maintained. Narrow, curving mountain passages have limited sight and can be treacherous, while some roads become impassable during rainy periods. Traversing potholes and coaxing stray cattle out of the way is all part of the experience! Despite these warnings, self-drive vacations in Costa Rica can be a fulfilling experience if approached with patience, optimism, preparation and due caution. See our road travel chart on the map page of this brochure and discuss your plans with an Elegant Adventures specialist who will factor distances, road conditions and ferry crossings into your itinerary.

Sansa Regional — Always Thinking About You

Sansa Regional has been flying the skies of Costa Rica for more than 30 years, making them the most experienced domestic airline in Costa Rica. Sansa’s hub of operations is located steps from the Juan Santamaria International Terminal. The completely revamped terminal provides a spacious, comfortable atmosphere including a full-service cafeteria, fire wireless Internet access and flat screens with up-to-date flight information. Each aircraft in the Cessna Grand Caravan fleet has an efficient air conditioning system and is equipped with leather seats for a relaxing, enjoyable flight.

World-class safety technology and the best operational safety standards set Sansa apart. The entire fleet has the highest quality safety technology available in the market today with tools like the Garmin 1000 to provide pilots with optimal flight data. Aircraft maintenance is performed by highly specialized mechanics to ensure that each aircraft is attended to with the same dedication, professionalism and level of detail as with jet aircraft.

Sansa’s pilots receive the finest training available twice a year through a rigorous curriculum conducted in world-class simulators in the US. In addition, pilots receive a stringent and detailed performance evaluation.
## More Choices

### Caribbean & Tortuguero
- **Mawamba Lodge**
- **Tortuguero Lodge**

### Jaco
- **Club del Mar**
- **Club del Sol**
- **Stay in Costa Rica Condos**
- **Villas Caletas**
- **Xandari by the Pacific**

### Manuel Antonio
- **Buena Vista Villas**
- **Hotel Karahe**
- **Makanda by the Sea**
- **Costa Verde**
- **La Mariposa**
- **Villas Lirios**

### Monteverde
- **Belmar**
- **Fonda Vela**
- **Hidden Treehouse Canopy Lodge**
- **Monteverde Lodge Trapp Family Lodge**

### Nicoya Peninsula
- **L’Acqua Viva**

### Northern Pacific
- **Bahía del Sol**
- **Borinquen**
- **Jardín del Eden**
- **Villas Sol**
- **Hilton Garden Inn (Liberia Airport)**
- **Ocotal**
- **Vacation Rentals of Tamarindo Condos**

### Osa Peninsula
- **Crocodile Bay**
- **Playa Nicuesa**

### San José & Central Zone
- **Britannia**
- **El Silencio Lodge & Spa**
- **Grano de Oro**
- **Hotel Bougainvillea**
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