

# Miniguide of **Cahuita & Puerto Viejo** and Talamanca





Nestled in the Caribbean coast of Costa Rica, surrounded by a landscape of multiple contrasts and exuberant nature, the canton of Talamanca in Limón province is a standout destination with two tourist centers: Cahuita and Puerto Viejo. It retains a strong attachment to Afro-Caribbean cultural traditions, with **a unique lifestyle and incredible hospitality, in one of the most beautiful areas of the country.**

It was at the dawn of the sixteenth century, in 1502, that Christopher Columbus first set foot in this territory, which history has enshrined as one of the most abundant in wealth and natural beauty in all of Costa Rica.

Columbus arrived at the island now known as Uvita, which the Indians called Quiribí.

**The indigenous population in the area was mainly composed of the Bribri and Cabécar groups,** who currently live in the southern part of the province.

The cultural profile of the people of Limón changed over time, with the arrival and later permanent settlement of various black communities from the Antilles who worked on the cultivation of cocoa, the construction of the railroad to the Atlantic or in banana production.

This new population took root throughout the region, retaining their ancestral customs as well as their language, food and music, which intermingled with the existing expressions of Costa Rican life.

Later, these Afro-Caribbean and indigenous groups were joined by a wave of Chinese immigration, joining them in this region with a favorable climate, landscape and an obvious potential for wealth. The resulting mixture of indigenous, European, Afro-Caribbean and Chinese cultures that have made Limón into a region full of cultural surprises.

**Talamanca offers some of the best backdrops of multicolored beaches (white, brown, black, yellow and gray), picture-perfect parks and a unique culture with all its modes of expression,** all of which can be taken in by tourists visiting the southern Caribbean. The region extends from Limón to the Panamanian border, with Puerto Limón serving as an important primary tourist center, stopover

and logistics center. The area offers a **unique mix of beautiful beaches, natural resources and Afro-Caribbean culture in the towns of Cahuita, Puerto Viejo and Gandoca-Manzanillo.** The activities allow travelers to mix adventure with natural history, with a dash of culture, cuisine, handicrafts and music. There are impressive coral reefs, coastal vegetation and medium altitude forests. Cahuita National Park and the Gandoca-Manzanillo Reserve are internationally renowned not only for their natural beauty, but also because they have become unique examples of conservation throughout the greater Caribbean region.

**Its 100% relaxing natural environment and the direct contact with afro-caribbean culture make this region of Costa Rica a sure bet when planning your next vacation.** The region offers many and varied options for an enjoyable visit.

The scenery of this natural paradise is enriched by its numerous navigable rivers, with crystalline waters that allow travel as well as fishing or rafting.

Another interesting aspect of Limón's cultural and economic life is the **cultivation of bananas,** which has been the region's most profitable activity for over a century.

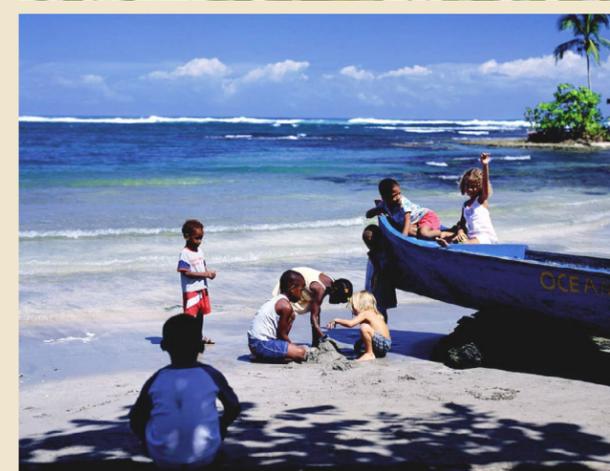
Although the area's economy has diversified considerably, banana plantations continue to be the dominant economic activity, a fact that can be easily observed when driving down the region's roads.

The afro-costa rican culture is an attraction in itself, with cultural aspects that add to the charm of the region's characteristic tropical vegetation and the beautiful waters of the Caribbean Sea. It is the gateway to an unparalleled magical adventure; those looking for an exotic experience will find it upon arrival.

## South of Paradise

Those who love natural surroundings with ample biodiversity should know that the **southern Caribbean has numerous national parks and a variety of wildlife refuges.** It is an environment that is home to a society that strives to enrich the lives of its members through the value of its people.

Both here and in the surrounding area there is a wide variety of small hotels for all tastes, restaurants, medical services, telephones, paved roads, banks and other services.





## Cultural mosaic

This region of the province of Limón has a distinctive feel that cannot be found anywhere else: its multicultural population, its climate and its landscape.

Afro-Caribbean rhythms have made a valuable contribution to the musical environment of Limón through the well-known and contagious rhythms of calypso and reggae.

**The foods of the area are the result of a mixture of local ingredients and the unique ways they have been put to use by the various ethnic groups living in the Caribbean, enriching the local cuisine.**

Delectable and original dishes have made Limón's cuisine famous on the world stage.

It includes the well-known **rice and beans** made from rice, beans and coconut milk and seasoned with thyme, onion and celery. The meal is served with fried fish or chicken smothered in a flavorful sauce, plus a few slices of ripe plantain.

**Pan bon**, a cousin of Jamaican spice bread, is prepared with flour, panela, butter, dried fruits, vanilla and star anise.

**The famous patí** (patty), a pastry filled with ground beef and spiced with scotch bonnet chilies, is not to be missed. Other local specialties include **ginger snaps and rondón**, a soup containing vegetables and seafood.

Limón's magic also extends to its language, **with spanish spoken along an english patois**, which borrows some grammatical structures from spanish alongside words from indigenous languages.

Puerto Viejo and Cahuita are towns located in the country's Caribbean region, which is known for its cultural richness, with an Afro-Caribbean and indigenous culture not seen elsewhere in the country.

Its cuisine, handicrafts, music, and customs make this area a wonderful attraction for visitors from Costa Rica and abroad. Its beaches, which alternate black volcanic sand and light sand, keep

visitors enchanted as they enjoy the sun and the rainforest that reaches the seashore.

## Talamanca, a Land Full of Roots

Located 234 kilometers from San José, Talamanca is the fourth canton of the province of Limón and covers an area of almost 3,000 square kilometers.

The region can be accessed either through the Estrella Valley or the Sixaola Valley.

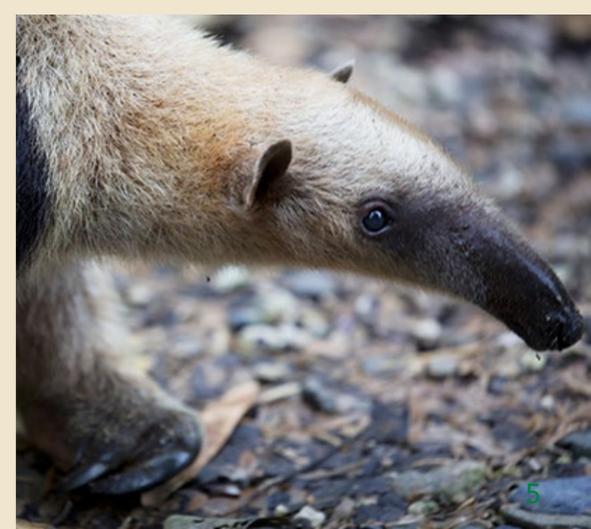
Various indigenous settlements exist in the highlands of the Talamanca mountain range, which strive to preserve their cultures and traditions. The villages of Bribri, Uatsí, Amubri, Bratsí and Shiroles, located in the Talamanca foothills, are also hotspots of indigenous culture.

The customs and traditions of the region's cultural richness, as well as the lush natural environment, blur the lines of the nearby Panamanian-Costa Rican border.

## An Experience to be Lived

This activity is carried out mainly in the area's indigenous communities. It consists of having a direct experience with the people of the local communities, where visitors will learn about elements of their ancestral and current culture, including activities such as the cocoa tour, medicinal plants, language, food, canoe rides, bird watching, and more.

If you are looking for a destination that encapsulates all the wealth that Limón and Talamanca can offer to tourists from near and far, nothing can come closer. Limón is one of the regions of Costa Rica where, in addition to several languages and dialects, there is a particular sense of life, perhaps a product of an environment that has allowed its inhabitants to coin a phrase that is already famous around the world: Limón, ¡pura vida!



## How do you get there?

### Airport

The Limón airport is located to the south of the city, near Barrio Cieneguita, 4 km (2.5 miles) south of downtown Limón. This airport offers charter flights through the airlines SANSA: [flysansa.com/es/charters-vuelos-privados/](https://flysansa.com/es/charters-vuelos-privados/) y AEROBELL: [aerobell.com/es/destinos-vuelos-privados](https://aerobell.com/es/destinos-vuelos-privados)

### Buses

The public bus station is located in downtown San José. Address: Estación Atlántico Norte - intersection of Avenida 9 and Calle 12, Barrio México. Or you can call San Jose bus info: (+506) 2258-01-34 or Puerto Viejo Bus info: (+506) 2750-00-23. There are several daily departures in the morning and in the afternoon.

The bus travel time between San José and Puerto Viejo de Talamanca is about 4h 30m and covers an approximate distance of 215 km. The fastest bus normally takes 4h 30m. Operated by Autotransportes MEPE, the bus service from San José to Puerto Viejo de Talamanca departs from the MEPE Terminal in San José and its final stop is in Puerto Viejo de Talamanca. In general, 50 buses run weekly, although schedules may vary on weekends and holidays, so check in advance.

Reservations by phone can be made by calling MEPE at (+506) 2257-8129. You can book months in advance and your ticket will be placed on hold awaiting payment up to 30 minutes before the bus departs.

### INFORMATION ON MEPE

Mepe en San José:	2257-8129
Mepe en Cahuita:	2755-1011
Mepe en Limón:	2758-1572
Mepe en Puerto Viejo:	2750-0023
Email:	info@mepecr.com

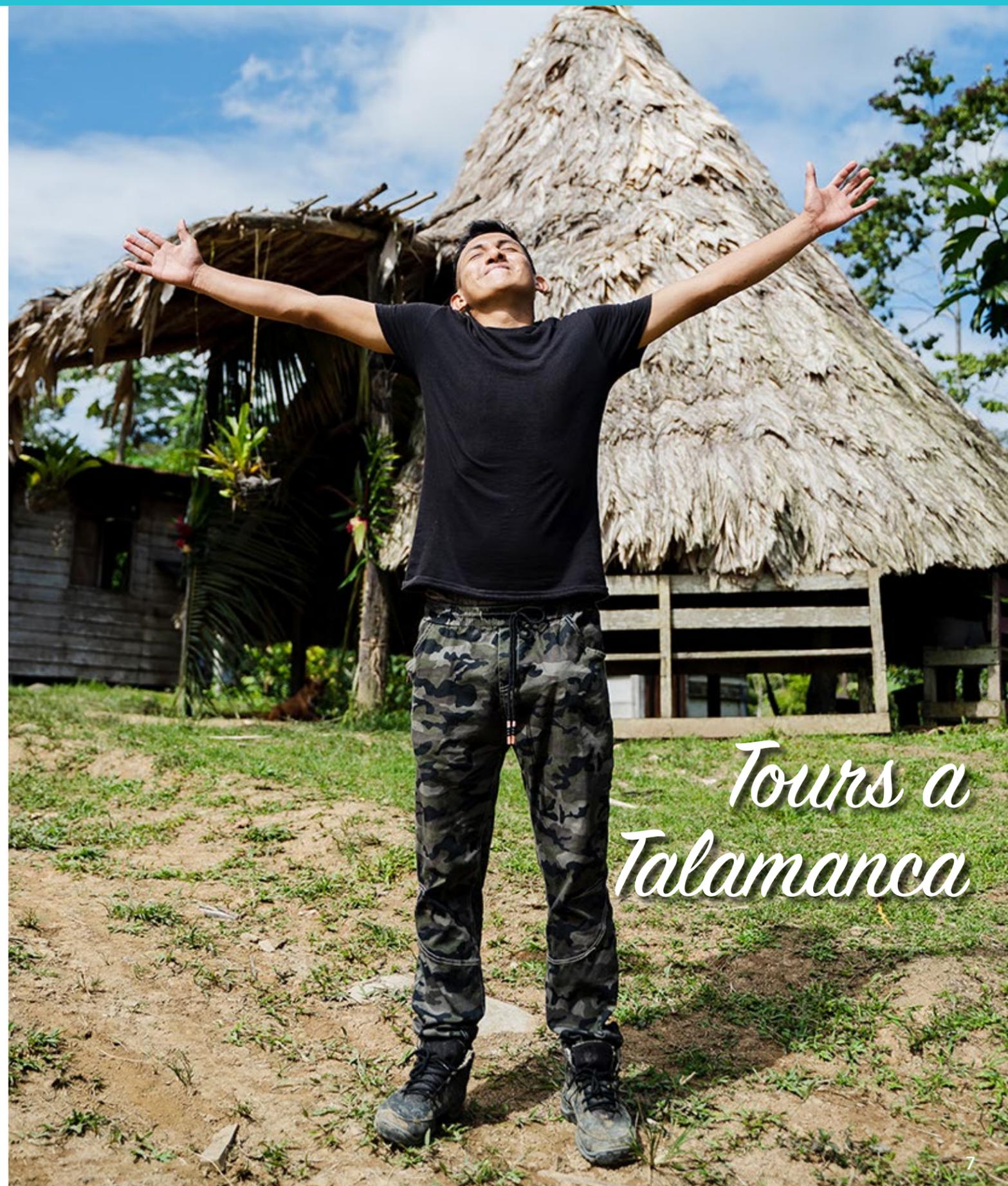
### By vehicle

From San José, take route 32 towards Limón, passing through the Zurquí tunnel, crossing Braulio Carrillo National Park and passing the towns of Guápiles and Siquirres until you reach Puerto Limón.

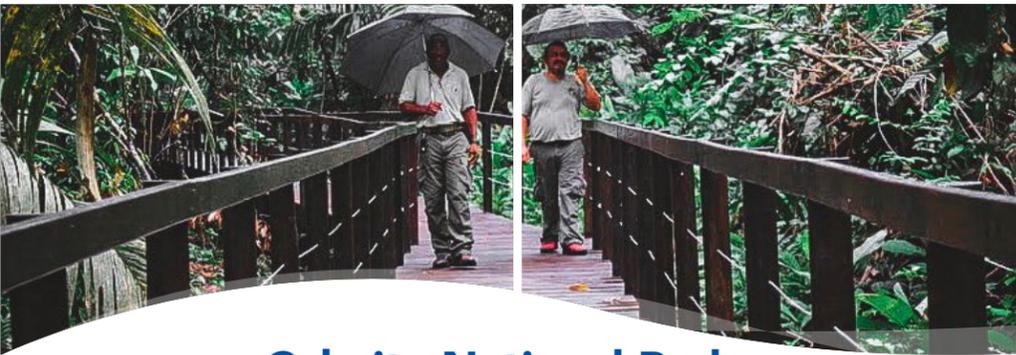
Before entering the city, turn right at the gas station, following the signs for the community of Cahuita. You will first arrive at the Playa Blanca sector. Continue south from the community of Cahuita on route 36 and pass the entrance to the Puerto Vargas sector. If you are going to Puerto Viejo, follow the coastal road surrounded by palm trees that goes south past Cahuita and then to Puerto Viejo. If you are going to Cocles, continue 1.5 km past Puerto Viejo towards Cocles.

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*Tours a Talamanca*

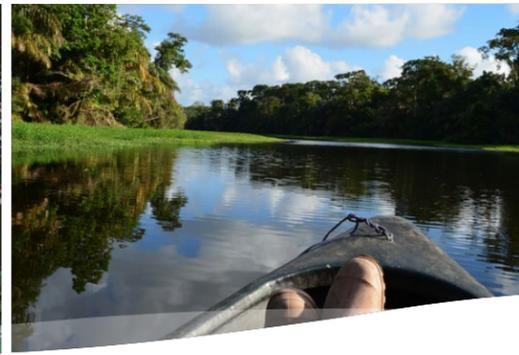


## Cahuita National Park

Cahuita National Park is home to an incredible amount of biodiversity. Catch a glimpse of various species in the swamp forest, visit a banana plantation, and swim at the most beautiful beaches in Costa Rica. Approximately 123 species of fish live in the seas off of Cahuita, along with a variety of corals and other invertebrates. The park also protects an area of tropical rainforest, along with swamp forests and marshes. Visitors can spot monkeys,

iguanas, birds and many other species with ease on a walk through the park.

- [terraventuras.com](http://terraventuras.com)
- [cariblue.com](http://cariblue.com)
- [samasati.com](http://samasati.com)
- [Life & Culture Travel](#)
- [Parque Nacional Cahuita](#)
- [hotelaguasclaras.com](http://hotelaguasclaras.com)
- [geckotrail.com/tours/](http://geckotrail.com/tours/)
- [Tortuguero Shuttle](#)



## Guided Boat Tour of Tortuguero

Guided boat ride on the canal from Moín to Tortuguero or return from Tortuguero to Moín. Enter Tortuguero starting in Moín by guided boat through the unique waterways of the canal. Enjoy a fun time with your guide's silly sense of humor and unmatched eye for wildlife such as crocodiles, sloths, monkeys and birds.

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## Gandoca-Manzanillo Wildlife Reserve

This protected area encompasses both marine and coastal areas. While most of the area is designated for conservation, there are also some residences set aside for ecotourism. It has unique ecosystems, including the orey tree, the only mangrove forest on the Caribbean coast of Costa Rica, as well as tropical forests and coral reefs. Three species of dolphins can be observed and it is home to 358 identified bird species, of which almost 40% of the



species are considered rare. Many of the birds migrate from North America. In addition, its beaches are often the nesting destination for sea turtles, with four species nesting here.

- [terraventuras.com](http://terraventuras.com)
- [Life & Culture Travel](#)
- [hotelaguasclaras.com](http://hotelaguasclaras.com)
- [geckotrail.com/tours/](http://geckotrail.com/tours/)
- [Tortuguero Shuttle](#)



## Tour of the Gandoca Lagoon

Experience one of the greatest treasures of the Caribbean. The Gandoca Lagoon is part of the wetlands of the Gandoca-Manzanillo Wildlife Refuge and is an important breeding ground for tarpon and manatees. The lagoon also contains the only natural mangrove oyster beds on the Caribbean coast of Costa Rica.

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## Tortuguero National Park

The National Park is a large waterway system that covers most of the northern Caribbean area of the country. Start your day exploring the Tortuguero canals on a river boat, gliding along the river right next to the wildlife and enjoying excellent views of the local flora and fauna. You can visit the cocoa plantation and observe sloths, howler monkeys, aquatic birds, bats and crocodiles, the rainforest of the Tortuguero



canal, the views of the countryside, the beach, and more.

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- [Exploradores Outdoors](#)
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## Day Tour in Gandoca

See the refuge of life in a different way: tour the small, peaceful coastal town, have lunch with a local farming family and take a boat trip across the lagoon. Spend the morning exploring the primary forest and, after lunch, learn more about the wildlife around Talamanca's largest and most important lagoon.

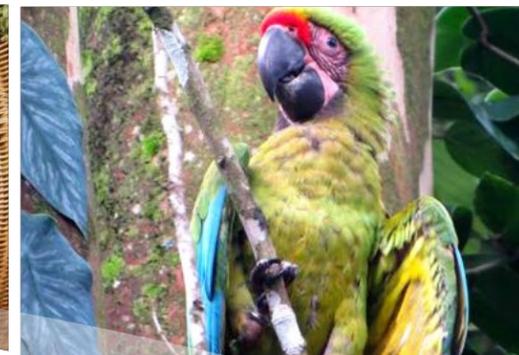
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## Aviarios del Caribe Rescue Center

Aviarios del Caribe is a model integrated center that works on the research, protection and rehabilitation of sloths. By visiting this sanctuary, you will learn about these creatures, their habitat and the dangers they face in the wild. Afterwards, you will travel along the Estrella River by boat and you will be able to see sloths in their natural environment, as well as birds, butterflies, monkeys and other species.

- [cariblue.com](http://cariblue.com)
- [cahuitatours.com](http://cahuitatours.com)



## Visit the Ara Project

(Grandes guacamayos verdes)

This tour offers a fun adventure that will introduce you to different places in Limón. First, you will travel to Punta Uva to learn about the history of the first peoples of the area. Next, you will visit the Ara Project to see the large green macaws, where you will learn about their history and the conservation efforts aimed at these birds.

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## Jaguar Animal Rescue Center

An educational experience about some of Costa Rica's most emblematic species. The Jaguar Rescue Center provides a temporary or permanent home for sick, injured and orphaned animals. It focuses on monkeys, sloths and other mammals, birds and reptiles. Learn about their daily rescue, rehabilitation, care and release efforts to protect wildlife in Costa Rica.

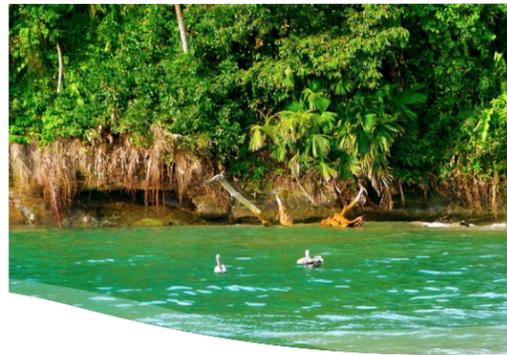
- [Jaguar Rescue Center](#)
- [lacostadepapito.com](http://lacostadepapito.com)
- [cariblue.com](http://cariblue.com)



## Experience in Punta Uva

One of the jewels of the province of Limón, Punta Uva, offers a wealth of activities. This tour will allow you to embark on a magical sea kayaking trip in Punta Uva, traveling along a coastline full of cliffs, caves and the most incredible rainforest. You will be able to observe monkeys, sloths, colorful birds, river turtles, bats and iguanas. When you return to the beach you can walk to Grape Point and admire one of the best views in the area.

[Exploradores Outdoors](#)



## Caribbean Experience in Cahuita

Cahuita National Park has the largest coral reef system in Costa Rica. The park has established itself as a home for a wide range of tropical fish and even offers the occasional encounter of sharks or manta rays. Visitors can catch a glimpse of the diverse marine species while snorkeling. Or take a walk through the coastal forest, where you will be able to see monkeys, sloths, birds, poison dart frogs and more.

[Exploradores Outdoors](#)  
[terraventuras.com](#)



## Sea Turtle Watching

Tortuguero is home to the largest colony of green turtles (*Chelonia mydas*) in the western hemisphere, as well as important nesting populations of leatherback (*Dermochelys coriacea*) and hawksbill (*Eretmochelys imbricata*) turtles. You can be part of one of the most interesting phenomena of nature, witnessing the nesting of various turtle species: a once in a lifetime experience!

[Life & Culture Travel](#) [ATEC](#)  
[lacostadepapito.com](#)



## Dolphin Tour

This tour will take you to the Manzanillo Refuge, where you can observe three different types of dolphins in their natural state: the tucuxi, bottlenose and tiger dolphins. Afterwards, you will go to Punta Mona to cool off while swimming in the crystal clear waters.

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[La Costa de Papito](#)



## Birdwatching

If you are a beginner or experienced birdwatcher, or just a nature lover, this experience is for you. You will be able to take this tour in several places including Palce, Manzanillo, Puerto Vargas, Carbono #1, Gandoca and Kekoldi indigenous territory, among others. While enjoying the

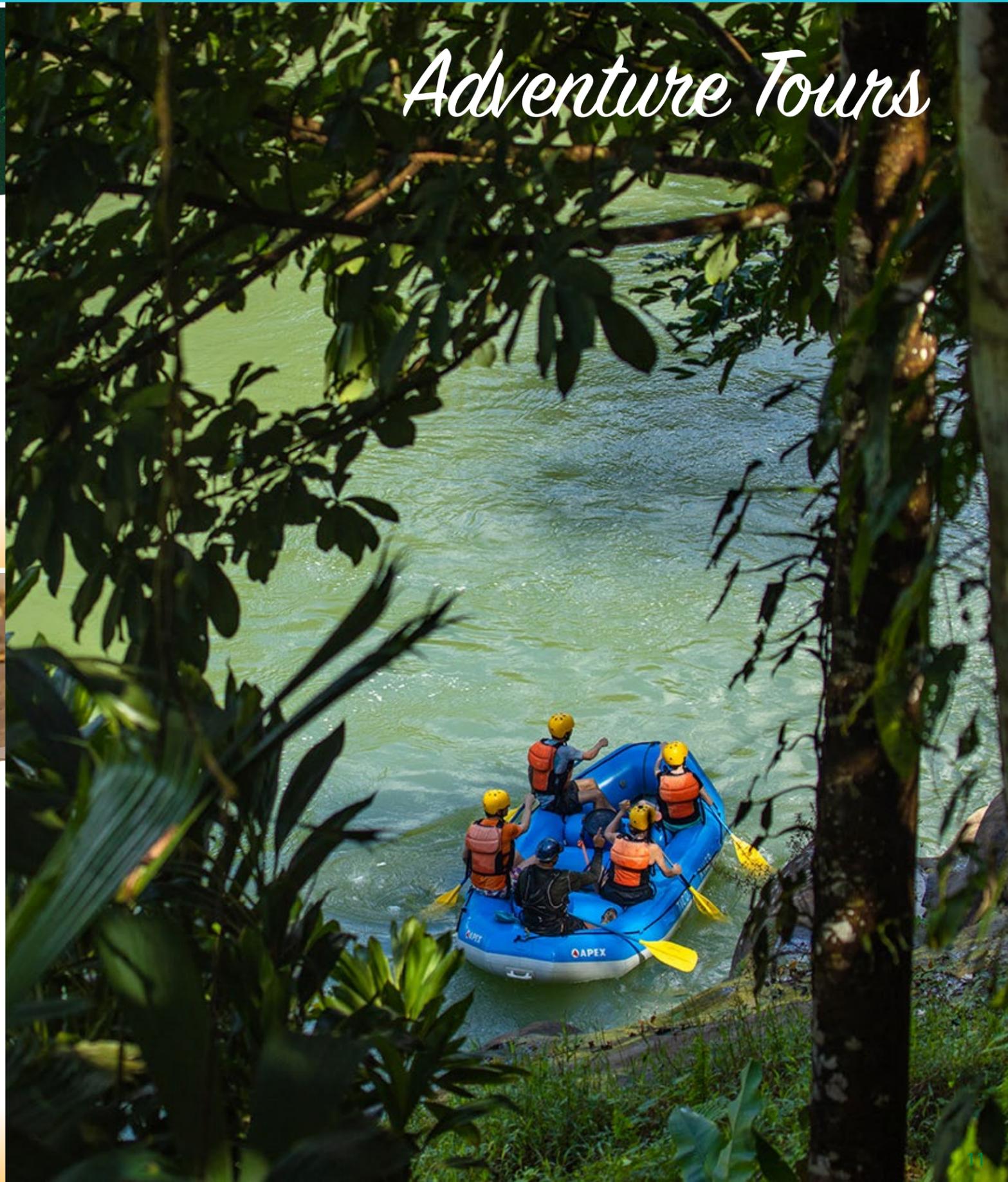
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[Cahuita Tours](#)  
[Samasati](#)



cool and refreshing air of the mountains of Limón, you will be able to observe a great variety of birds, with approximately 560 species in the area, including manakins, tanagers, toucans and trogons.

[Kukula Lodge](#)  
[ATEC CR](#)

# Adventure Tours





## Snorkeling

Enjoy snorkeling among schools of colorful coral fish, eels, corals, rays and much more. This activity can be done in various locations, such as Cahuita National Park and Punta Uva, where you can find more than 500 different species of marine life.

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## Artisanal Fishing

Enjoy a beautiful day of fishing with local fishermen, hard-working and experienced people who will help you snag an excellent catch of the day.

You will be able to learn their traditional fishing techniques, which have less of an environmental impact, and have the opportunity to take your catch and taste fresh fish.

- [Life & Culture Travel](#)



## Surf

Surf the best spots in Limon, which have a reputation for offering unbeatable, adrenaline-filled waves. Costa Rica offers visitors waves suitable for beginners and advanced surfers. The perfect combination of a tropical climate, warm waters and cool sea breezes make Costa Rica a perfect year-round surfing destination.

- [samasati.com](#)
- [Kukula Lodge](#)



## Kayak Tour

Reme y descubra los tesoros escondidos Paddle and discover the hidden treasures of Costa Rica. You can do it in Punta Uva, Manzanillo or the beautiful beaches of Limón. The tour is pleasant and highly suitable for relaxation and viewing flora and fauna. You will be able to observe monkeys, sloths, colorful birds, river turtles, bats and iguanas.

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- [Life & Culture Travel](#)
- [hotelaguasclaras.com](#)
- [ATECCR](#)



## SUP (Stand Up Paddle)

Paddleboarding is a different way to get out on the water in Costa Rica. You control the experience, whether it's rigorous training or taking it easy, spending a while watching Punta Uva and the sloths, monkeys and toucans that call it home. Upon returning to the bay, we will paddle along some of the most beautiful reefs Costa Rica has to offer.

- [Life & Culture Travel](#)



## Hiking

For the more adventurous, you can spend the day on foot exploring the Kekoldi Indigenous Refuge, Punta Uva, Manzanillo, Punta Mona and Cahuita. You will be able to see sloths, monkeys, frogs, birds, caimans, insects, reptiles and more, while crossing the varied and beautiful landscapes of the secondary forest.

- [Finca Agroecológica Siwakabata](#)
- [Life & Culture Travel](#)
- [ATECCR](#) [ATECCR](#)
- [ATECC](#) [lacostadepapito.com](#)
- [Red de Ecoturismo Talamanca](#)
- [hotelislainn.com](#)



## Surf Lessons

Learn to surf in the warm tropical waters of Costa Rica with the help of experienced staff. You will learn the basics of paddling, standing and turning, as well as wave selection and other fundamental skills. Learn how to surf on Playa Cocles in Puerto Viejo, or the nearby Playa Negra and Playa Chiquita, both of which are famous among locals for their excellent waves.

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- [La Costa de Papito](#)



## Rafting

If you are an adrenaline junkie or just love physical activity, this adventure is perfect for you. Test your courage as you plunge through the twists, turns and descents of intense and challenging rapids. Take an exciting and breathtaking guided tour of the Río Pacuare. Pacuare is famous around

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- [Gecko Trail](#)



the world for its great beauty and amazing views of the virgin rainforest, which has an abundance of wildlife such as sloths, toucans, parrots, coatis, morpho butterflies and colorful frogs.

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- [Exploradores Outdoors](#)



## Horseback Riding

Get in touch with your inner rider when you see Limon mounted on a well-cared for and highly trained horse. During the tour, your guide will tell you about the local wildlife and nature; you may also have the opportunity to see various species of iguanas, birds, butterflies, monkeys and more. You can visit Playa Cocles, Punta Uva, Cahuita, Playa Negra, Playa Grande and others.

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- [terraventuras.com](#)
- [caribblue.com](#)
- [samasati.com](#)
- [lacostadepapito.com](#)



## Mountain biking

Talamanca has great cycling circuits that offer plenty of opportunities to enjoy the beautiful scenery. While getting exercise on your bike, you will be guided by a professional cyclist who will teach you the proper techniques to help you improve your skills. You can travel from Playa Chiquita to Manzanillo, with a special stop at Punta Uva.

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## Ziplining Tour

Start your day with adrenaline as you fly through the woods, safely suspended and traveling between platforms. Observe the scenic beauty of the forests as you pass through the treetops, while taking in the incredible variety of biodiversity in the area. Many courses provide additional options like the Tarzan Swing and Superman.

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## Adventure in the jungle

This adventure-filled tour includes activities such as ziplining, hiking, rappel, hanging bridges, tree climbing, Tarzan swing and Superman cable. In short, all the activities you need to make the most of your day and keep the adrenaline pumping!

- [terraventuras.com](http://terraventuras.com)
- [cariblue.com](http://cariblue.com)
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## Hiking in Manzanillo

From Manzanillo, hike to Punta Mona, a 400 hectare wetland that provides a paradise for aquatic birds. Head out and go snorkeling if the sea is calm. This area of Costa Rica is considered one of the most picturesque places in the country. This is an all-day trip to take in some of the most beautiful scenery of the Caribbean coast.

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## Transcontinental Trek 11-16 Days

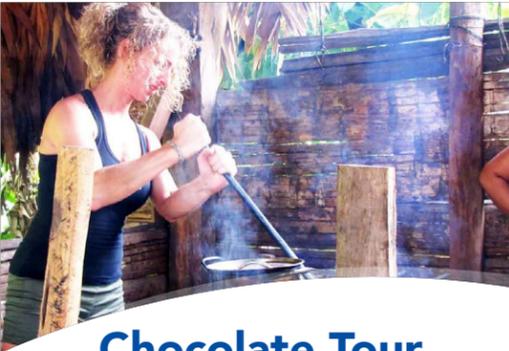
The transcontinental is a demanding hike, so make sure you are in very good physical condition. The trek takes between 11 and 16 days. It can start on the Caribbean side in Suretka and end in Buenos Aires on the Pacific side, or the other way around. You will need to bring and carry your own food, water, clothes, sleeping bag or hammock, gas stove, etc.

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# Rural Tourism Tours





## Chocolate Tour

This tour will allow you to get the best out of the cocoa bean, discover the magic behind the sweet taste of chocolate by touring the cocoa plantations, and learn the process behind the final product: you will learn about the process of indigenous artisan chocolate, as well as how to recognize medicinal plants and their uses. You can visit the organic farm and try fruits you have never tasted before, such as biribá, mamón chino, water apple, caimito and others.

- [terraaventuras.com](http://terraaventuras.com)
- [Life & Culture Travel](#)
- [Finca Agroecológica Siwakabata](#)
- [ATEC CR](#)



## Kekoldi Indigenous Reserve

Visit the Kekoldi Indigenous Reserve and visit the iguana breeding farm dedicated to the reproduction of the green iguana. In addition, you will learn about the trees and plants endemic to the area, and to recognize the different medicinal plants used by the indigenous people in their daily lives, as well as plants used in dyes, handicrafts and food.

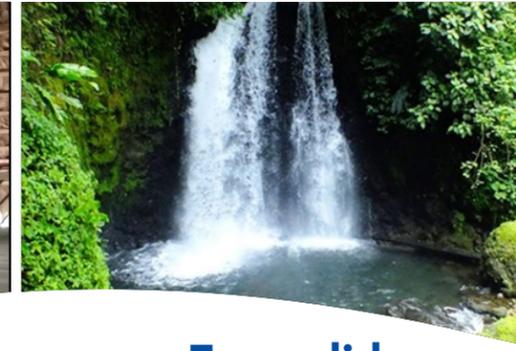
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## Yorkin-Stibrawapa Tour

Travel to the community of Bambú in a river canoe, then visit the Yorkin indigenous territory, where you can learn how to weave suita (palm used in house building) and the process of indigenous chocolate. You will also witness a demonstration of how the ancestors used the bow and arrow for hunting and defense.

- [ateccr.org/](http://ateccr.org/)
- [Life & Culture Travel](#)
- [ateccr.org/](http://ateccr.org/)



## Escondida Waterfall, Kéköldi

Hike through secondary forests, amidst plantations of cocoa and banana, and primary forest (surrounded by medicinal and aromatic plants) until you reach the highest waterfall in Talamanca. You will also pass through the bird watching area, the community center and the science center on an exciting interpretive walk.

- [Life & Culture Travel](#)
- [AtecCR](#)



## Awá Bribri Ceremony

Be part of the ceremony of the Awá Bribri, to whom Sibö granted healing powers. From there, gain insights into the indigenous cosmovision, while helping in the chocolate process and learning to recognize medicinal plants and how they are used.

- [Life & Culture Travel](#)



## Banana Tour

Visit a banana plantation on an organic farm to learn about the history of these plants in the Costa Rican Caribbean, and how they are still produced in the area.

- [Life & Culture Travel](#)



## Ethnobotany Bribri

Learn about the indigenous people's knowledge of plants, and the uses of over 1,500 species. The ancestral traditions of recognizing and caring for plants has passed from generation to generation and is still used by the Bribri of Talamanca. This one-of-a-kind experience will allow you to understand the lifestyle of these communities.

- [Life & Culture Travel](#)



## Ditsowo U-Lodging

This tour will allow you to stay in indigenous territory, specifically in the community of Bratsi. Sleep in a natural house made of bamboo that is shared with a local family, allowing you to have a unique experience and learn the group's customs and traditions.

- [Life & Culture Travel](#)



## Dururpe Cultural Tour

Travel along the river by canoe until you reach indigenous territory, specifically the community of Dururpe. Here, you will learn about Bribri techniques for making juices, indigenous chocolate and using natural plants for healing. You will also be able to take in one of the traditional Bribri dances, called Sorbon.

- [Life & Culture Travel](#)
- [ateccr.org](http://ateccr.org)



## Stone Grinding Tour

This tour will provide an insight into indigenous culture and the ancestral practice of stone crushing, similar to indigenous groups in the south. Only women could participate in this process of grinding cocoa, corn and many other food products.

- [Life & Culture Travel](#)



## Indigenous cooking class

In the indigenous territory of Talamanca, a family is waiting for you to prepare the traditional food of the Bribri, with 100% natural ingredients grown in the same territory.

- [Life & Culture Travel](#)



## Afro-Caribbean Cooking Class

Learn how to prepare traditional Caribbean dishes, new fusions and flavors that will make for a unique and unforgettable experience. You will also be able to taste the basic ingredients of Caribbean food, sweet and savory dishes and hot and cold drinks.

- [Life & Culture Travel](#)
- [Finca Agroecológica Siwakabata](#)



## Veronica's Place Combo Tour

Started by Verónica and Delroy, Veronica's Place has become a "must see" destination in Puerto Viejo. At Veronica's Place, you will get an authentic Afro-Caribbean experience. You will feel spiritually, mentally and physically connected to nature and culture.

This tour includes a walk through the jungle, explanation of various medicinal plants, chocolate tasting and lunch.



## Talamanca Bribri Reserve and Cocoa Tour

The Caribbean side of Costa Rica is home to the Bribri, the largest indigenous group in Costa Rica. On this fascinating tour, you will travel to the mountains and visit the Watsi Reserve, where the Bribri people continue to preserve their culture, lifestyle and traditions.

[Hotel Aguas Claras](#)

[Samasati](#)



## One-Day Excursion to Yorkin

Visit a Bribri indigenous territory located in the heart of the rainforest in the mountains of Talamanca. Take the opportunity to discover the Bribri culture in Yorkin, an indigenous community and the Stibrawpa women's hostel. Learn about nature, crops and traditional medicines. Enjoy a late lunch and witness the chocolate-making process and other arts and crafts after this unforgettable experience.

[ateccr.org](#)



## Spa

Pamper yourself and revitalize your senses with a day at the spa receiving various rejuvenating treatments. You will come out of each treatment with visible results thanks to the antioxidant, rejuvenating, moisturizing, healing and anti-aging properties of the Caribbean superfoods derived from the flowers, leaves, bark, roots, seeds and fruits of naturally grown indigenous plants.

[cariblue.com](#)  
[samasati.com](#)  
[lacostadepapito.com](#)

[hotelislainn.com](#)  
[Kenaki Lodge](#)



## Yoga

Enjoy retreats and training activities from world-class yoga teachers. Samasati yoga classes are held every day in spaces oriented and designed to facilitate transformation, breakthroughs, celebrations and moments of happiness. Services include: stand-up paddleboard yoga, acro yoga, martial arts, movement therapy, tai chi, qigong, bodywork, energy work, seva (community service) and more.

[samasati.com](#)



## Astronomy tour

On this tour, you will learn to observe the sky from the indigenous perspective, understand a sky map and recognize the main stars. This unique experience delves into the traditions of the indigenous communities of the area.

[Finca Agroecológica Siwakabata](#)



## Adela - Medicinal Garden and Chocolate Farm

Jose Luis and Annie produce a traditional pure dark chocolate with 16 different flavors!

While eating your favorite chocolate, visit the beautiful garden and learn about medicinal plants and their benefits, ancestral



indigenous knowledge that has been passed down from generation to generation.

A delicious traditional family lunch will end your tour.

[ATEC](#)

## Videos of interest

- [▶ Finca Agroecológica Siwakabata](#)
- [▶ Cahuita Tours](#)
- [▶ Exploradores Outdoors](#)
- [▶ Gecko Trail](#)
- [▶ Parque Nacional Cahuita](#)
- [▶ Terraventuras](#)
- [▶ Nativo Adventures](#)
- [▶ Cariblue](#)
- [▶ Life & Culture Travel](#)
- [▶ Hotel Aguas Claras](#)
- [▶ ATEC CR](#)
- [▶ Samasati](#)
- [▶ Red de Ecoturismo Indígena de Talamanca](#)
- [▶ Tortuguero Shuttle](#)
- [▶ AGITUBRIT](#)
- [▶ La Costa de Papito](#)
- [▶ Hotel Isla Inn](#)
- [▶ Kukula Lodge](#)

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FINCA AGROECOLOGICA SIWAKABATA	siwakabata@gmail.com	8777-7757	<a href="https://www.facebook.com/Finca-Agroecol%C3%B3gica-Siwakabata-111847920665000/">https://www.facebook.com/Finca-Agroecol%C3%B3gica-Siwakabata-111847920665000/</a>
AGRO TURÍSTICO EL JARDIN TROPICAL	jardinsa@racsa.co.cr	2763-8026	<a href="https://m.facebook.com/pg/eventosheliconia/posts/?ref=page_internal&amp;mt_nav=0">https://m.facebook.com/pg/eventosheliconia/posts/?ref=page_internal&amp;mt_nav=0</a>
TURISMO DE AVENTURA EXPLORADORES	info@exploradoresoutdoors.com	2222-6262	<a href="https://www.facebook.com/raftingcr/posts/2881300415219576/">https://www.facebook.com/raftingcr/posts/2881300415219576/</a>
AGROECOLOGY CULTURAL TOUR OF CARIBBEAN	tour_cultural@hotmail.com	8329-3216, 2718-5453, 2718-6130	
FLORES Y FOLLAJES DEL CARIBE S.A.	turismocaribbean@gmail.com	2716-8059, 6059-7551	<a href="https://www.facebook.com/FFC.agribiotech/">https://www.facebook.com/FFC.agribiotech/</a>
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<b>Travel Agencies</b>			
AGENCIA DE VIAJES RECEPTIVA CARIBBEAN ADVENTURES	caribbeanadventurescostarica@gmail.com; julieta.pecou@gmail.com	2798-0619	<a href="https://www.facebook.com/caribbeanadventures.costaricacaribbeanadventures">https://www.facebook.com/caribbeanadventures.costaricacaribbeanadventures</a>
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COSTA RICA WAY TRAVEL	travel@costaricaway.net	2750-3031, 8704-7926, 2750-0694	<a href="https://www.facebook.com/COSTA-RICA-WAY-Travel-456635921127934/">https://www.facebook.com/COSTA-RICA-WAY-Travel-456635921127934/</a>
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PACUARE LODGE	info@pacuarelodge.com; roberto@pacuarelodge.com; pri@pacuarelodge.com	2225-3939, 2224-0505	<a href="https://www.pacuarelodge.com/">https://www.pacuarelodge.com/</a>
HOTEL ILAN ILAN	ilan@mitour.com; vriviera_progen@hotmail.com	2709-8174	<a href="http://www.ilan-ilanlodge.com/">http://www.ilan-ilanlodge.com/</a>
TAPIRUS LODGE	ventastram@rainforest.co.cr; reservation@rfat.com; nstaton@rainforestaventure.com	2257-5361, 8382-8886, 2257-5961, 2224-5961	<a href="https://tapiruslodge.com/">https://tapiruslodge.com/</a>
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HOTEL ALMENDROS Y CORALES	aurora@almendrosycorales.com; marco@almendrosycorales.com; info@almendrosycorales.com	2271-3000, 2272-2024, 2759-6056, 2759-9032, 2759-9031	https://www.almondsandcorals.com/es/
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POSADA DE TURISMO RURAL AVE SOL RIVER SANCTUARY	rieriopacuaire@gmail.com		https://www.facebook.com/AveSolPacuaire/
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HOTEL ESCAPE CARIBEÑO	escapecaribeno@gmail.com	2750-0103, 8479-1614	https://escapecaribeno.com/
HOTEL LOS RIOS			https://www.hotellosrios.com/
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## Safety advice for Swimmers

### Dear tourist

- Although the majority of beaches are suitable for swimming, there are some that because of their ocean conditions, shifting sands, and geomorphology are susceptible to under currents, also known as rip tides.
- The following is to provide some useful advice to identify them, as well as freeing yourself in the event you get caught in one, and also some general advice to enjoy the beach safely.

### How can you identify a rip tide?

- A channel of turbulent water moving out to sea.
- An Area that has a visibly unusual color, usually due to swirling sediment from the beach.
- A formation of foam, algae, or litter moving uniformly out to sea.
- A disturbance in the waveline coming to shore.
- Remember that in many cases, these types of currents are unperceivable to the naked eye and although the ocean may seem calm, they still may be present, especially in beaches where the sediment is thick or the sand is white.

### How to avoid being trapped by a rip tide?

- Be very cautious. Ocean conditions can change at any moment.

- Remember that rivers and lakes also have currents that may be dangerous.
- Never swim alone.
- Swim near lifeguards. If there are none, look for signage warning of dangerous currents, or ask some of the locals if the beach is dangerous or not..

### What can I do if a rip tide gets a hold of me?

- Try to stay calm to conserve energy.
- Don't fight the current.
- Swim perpendicular to the current or parallel to the beach.
- Once you feel that you are free of the current, swim to shore.
- If unable to do the aforementioned, wade in the water. The force of the current lessens as it goes out to sea. When the current diminishes, swim toward the shore.
- If, at any moment you feel that you cannot reach the shore, get someone's attention: face the beach, wave your arms and shout for help.

<https://www.seguridadpublica.go.cr>



## General recommendations for all beaches

- If you can't swim, be careful in the water.
- If you have eaten or drunk any alcoholic beverages, wait at least two hours before going into the water.
- Ask hotel staff, lifeguards, or locals, about the ocean water conditions.
- Look for signage or flags that warn of dangerous ocean water conditions. When you do find flags, red means danger.
- Always be in the presence of another adult who can adequately help you in the event you are in danger or need help.
- If you haven't been trained in first aid, are not skilled at swimming, or overall not in good physical condition, never try to rescue someone on your own who is drowning.
- If you want to try some water sport such as surfing, jet skiing, or others, you should know how to swim.
- If you are traveling with friends, do not play or joke around in a way that can put your life or that of others at risk.
- Learn about the ocean conditions or other natural phenomenon that can change the ocean conditions.
- If you travel to the beach with children, people with physical limitations, or elderly people, stay close to them and never let them out of your sight for any reason.

## How can you help someone being dragged by a rip tide?

- Get help from a lifeguard.
- If there is no lifeguard, call 911.
- Throw the victim something that floats, like a cooler, a life jacket, or a ball.
- Yell the instructions on how to escape, as outlined in this manual.

## If you're traveling in a rental car

- In the event of any damage, flat tire, or impact to the vehicle, do not accept help from strangers, since it could be a scheme to rob you. Call the agency that rented you the vehicle and do not stop until you reach a safe place.
- Never leave valuable objects in a visible place inside the car and close the doors and windows securely.
- Whenever you can, use public parking with a security guard. Do not trust people offering to watch your vehicle on the side of the road.
- It is recommended that you exercise particular caution with personal items such as your passport, credit cards, money and jewelry.

## If you're traveling by bus:

- Don't lose sight of your luggage at any time. During your trip, exercise particular caution if you place your luggage in the overhead racks on the bus.

- While boarding and once you arrive at your destination, do not let your belongings out of your sight and do not trust people who offer you help or seem overly friendly.
- Take care of your personal items such as your passport, credit cards, money and jewelry. Ideally, do not keep these items in your luggage.
- If you need help, dial 9-1-1, go to the closest police station, or call the OIJ at 800-8000-645 to report a crime.

## If you're going to the beach:

- If you don't know how to swim, be careful.
- Do not consume alcoholic beverages before going into the ocean and wait at least two hours after eating.
- Never swim alone. Swim close to a lifeguard post.
- Inquire about beach conditions before entering the water.
- Look for signs or warning flags.
- If you feel trapped in a rip current, do not panic and make signs that you need help.
- If you are traveling with children, senior citizens, or persons with disabilities, do not let them out of your sight.
- If a storm or other inclement weather is approaching, leave the beach area and find a safe place.
- Do not lose sight of your belongings.

## General recommendations:

- Do not carry valuable items that can stand out.
- Keep your personal documents in a safe place.
- Do not trust people who seem overly friendly or who offer you services that appear to be extremely cheap and appealing.
- Do not hike alone, especially at night.
- When possible, engage the services of companies with a Tourism Declaration or ICT-certified guides. See [www.visitcostarica.com](http://www.visitcostarica.com) for more details.
- In your accommodations, ensure that the doors and windows are closed well and use the room's safe, if available, to keep your valuable items.
- If you consume alcoholic beverages, do so responsibly and avoid consuming drugs.

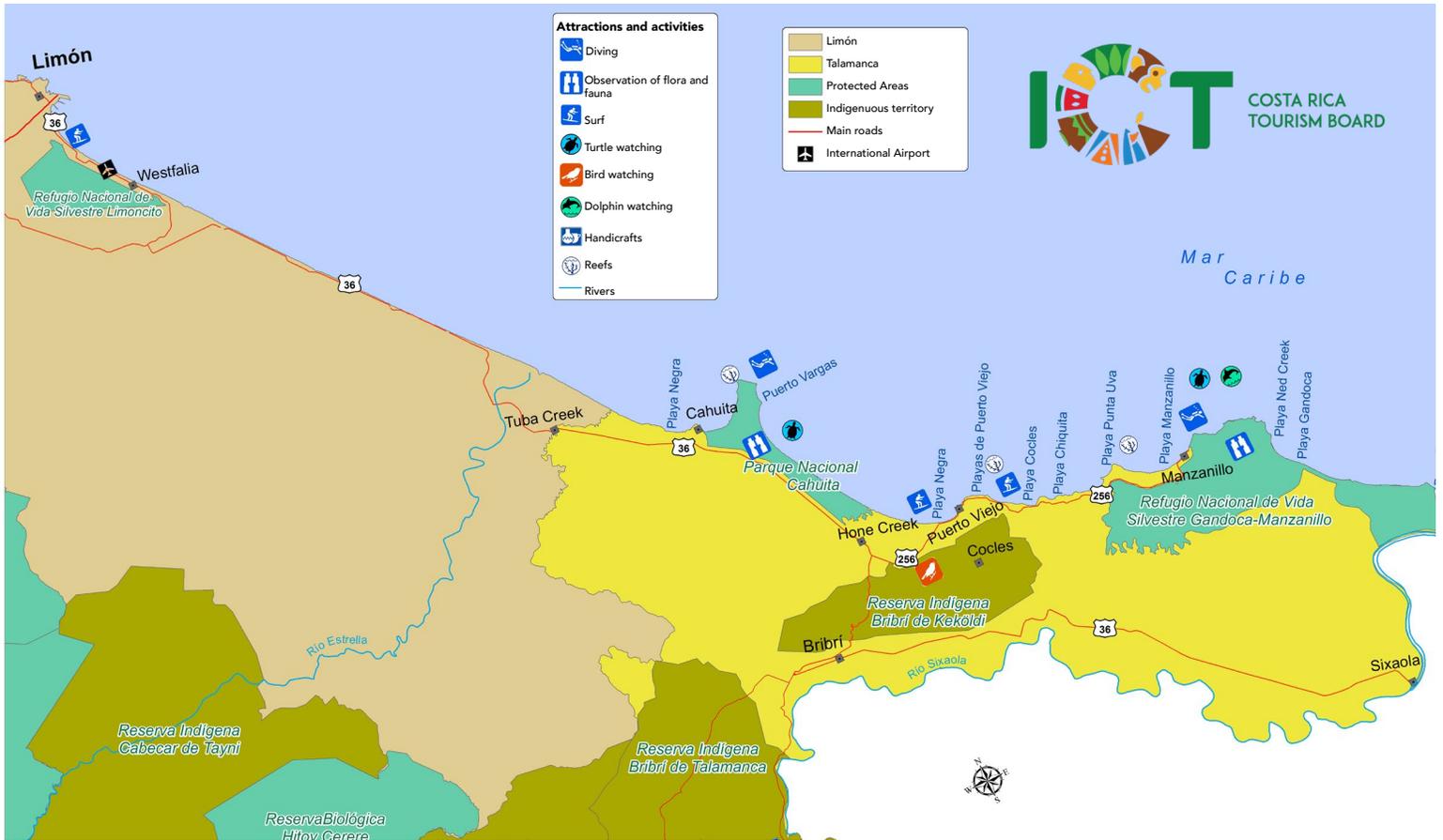
For more safety tips, please visit

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

You can find more safety brochures on the Visit Costa Rica site under "Publications" at the following link

[visitcostarica.com/en/costa-rica](http://www.visitcostarica.com/en/costa-rica)





## General services

Service	Contact
Área de Conservación La Amistad Caribe (ACLAC)	<a href="http://www.sinac.go.cr/ES/ac/aclac/Paginas/default.aspx">http://www.sinac.go.cr/ES/ac/aclac/Paginas/default.aspx</a>
Municipalidad de Talamanca	Tel.: (506) 2751-0057 <a href="https://www.municipalidadtalamanca.go.cr/">https://www.municipalidadtalamanca.go.cr/</a> Correo: info@municipalidadtalamanca.go.cr
Municipalidad de Matina	<a href="https://www.munimatina.go.cr/">https://www.munimatina.go.cr/</a>
Caribe Sur Tourism Chamber	Correo: info@catccas.cr - Locación: Puerto Viejo
Limón regional offices	Correo: carol.whittingham@ict.go.cr - Tel: 2758-1009 / Limón centro, contiguo a Parque Vargas, plaza la Capitanía Local 2
Center of attention to citizen	Call Center de Migración, 1311 Horario de Atención: Lunes a Viernes de 7:00 a.m. a 6:00 p.m. Sábados de 9:00 a.m a 2:00 p.m. Domingos no atiende
Tony Facio Castro Public Hospital	Tel.: 2758-2222 / 2758-0970 / 2758-0130 / 2758-1056 Correo: hr_hfrc@ccss.sa.cr
Cahuita Pharmacy	Teléfono: 2755-0505 / Calle 0 Cahuita
Zeledón - Western Union Pharmacy	Tel.: 2750-0220 / Calle 215
Red Cross	Tel.: 2751 0141 / Tribunales de Justicia Talamanca, Av. 0, Limón, Bribri, 70401
Banking	Se encuentra los principales bancos públicos y privados y cooperativas. Así como cajeros automáticos en Limón centro.
Fire station	Tel.: 2751-0347 y 911
Gas station	Hone Creek - Peshurst - Margarita Sixaola
Banking services	Existen 3 bancos en Cahuita y 2 bancos en Puerto Viejo. Además de cajeros automáticos. Banco en Bribri
Shopping centers and supermarket	Existen 2 supermercados
There are multiple lodging options in Cahuita & Puerto Viejo: Hotel - Hostel - Camping - Glamping - AirBNB	